

Community Healthcare Organisation Dublin North City and County

Directory of Services and Programmes

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



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



Self-management
Support



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



Asthma & COPD



Diabetes



Heart Conditions



Stroke



Lifestyle Supports

This Directory is a work in progress, and will be updated and recirculated periodically. The most up to date version can be found at: www.hse.ie/selfmanagementsupport. Please contact the Self Management Support Coordinator if you would like to make any suggestion on how it can better meet your needs.

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Foreword

We are very pleased to issue this first edition of the Dublin North City and County Community Healthcare Organisation directory of services and programmes for adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke. This directory aims to assist healthcare and community professionals to support adults who are living with a long term health condition or caring for someone with one. It aims to connect people with long term health conditions to services and services to each other.

This directory is a priority action of “Living Well with a Chronic Condition: Framework for Self-Management Support” and an important step towards implementing the CHO Dublin North City & County Healthy Ireland plan.

We would like to thank all the individuals and organisations who provided their information and assistance for this directory. This directory provides the information on how to access disease specific self management support such as pulmonary rehab, cardiac rehab and

diabetes education. These essential programmes improve the skills and confidence of people with long term health conditions and keep them healthier. It also supports health care professionals to implement Making Every Contact Count our new health behaviour change programme. This will support people to make healthy lifestyle choices that help prevent chronic diseases. The inclusion of mental wellbeing supports, social and community supports and peer support groups recognises that people can struggle to look after their physical health if they are lacking support to care for their mental wellbeing or are feeling lonely or isolated.

This directory is a small first step towards building the road map required to live well with a long term health condition. It is a start and to make sure we are heading in the right direction we would value your feedback as we update the online resource which is available on www.hse.ie/eng/health/hl/selfmanagement/ in the ‘related files’ section. Please let us know what you think by contacting us at sms.dncc@hse.ie.



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

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Category	Service	What is involved?	How to access?
Asthma	Asthma Society of Ireland Website and Advice Line	Provides support and information to people living with asthma. Also offers an advice line where patients can make arrangements to speak on the phone with an Asthma Nurse Specialist.	For further information Ph: 01 8178886 or Email: reception@asthmasociety.ie . Website: www.asthma.ie For Advice Line: Ph: 1800 44 54 64 Email: nurse@asthma.ie
Asthma	Asthma Society of Ireland Asthma Action Plan	An Asthma Action Plan is a document that contains all the information a person with asthma requires to keep their asthma under control. It is a written, step by step guide to help manage asthma and recognise when it's getting worse. It is filled out by the person with asthma alongside their GP or asthma nurse.	For further information go to: www.asthma.ie/sites/default/files/files/document_bank/2018/Nov/ASI%20-%20Asthma%20Action%20Plan%202018.pdf
Asthma	Asthma Society of Ireland advice on dealing with an asthma attack	Website giving helpful information on the action to take during an asthma attack.	For further information go to: www.asthma.ie/about-asthma/living-well-with-asthma/asthma-for-teachers-carers/what-do-asthma-attack
Asthma	Asthma Society of Ireland: Asthma in the Pharmacy days	Pharmacy Days: Asthma Society of Ireland run 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	For further information go to: www.asthma.ie/about-us/what-we-do/health-promotion/patient-programmes/asthma-pharmacy Ph: 01 817 8886



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Category	Service	What is involved?	How to access?
Asthma	Asthma Society of Ireland publications	A variety of reliable information leaflets available including self management, activity, gardening, allergies and pregnancy.	For further information Ph: 01 8178886 or email: reception@asthma.ie , elearning.asthma.ie/
Asthma	Asthma Education Programme	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. There are five modules within the resource, which take approximately three hours to complete. The content is informed by the Irish College of General Practitioners (ICGP) 'Asthma Control in General Practice'. It is Category 1 Approved by the Nursing and Midwifery Board of Ireland (NMBI).	Go to My Learning on HSELand and search for 'Care of Adults and Children with Asthma e-Learning Education Programme'
COPD	COPD Support Ireland Website and Nurse Advice Line	Provides support and information to people living with COPD. It also offers a Nurse advice line where patients can make arrangement to speak with a Nurse. The service operates between 9am and 5pm Monday to Friday.	For further information Ph: 086 0415128 or email info@copd.ie www.copd.ie Phone Nurse Advice line on 1800 83 21 46 or send an email via www.copd.ie/helpline/



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COPD	COPD Outreach Service	<p>COPD (Chronic Obstructive Pulmonary Disease) Outreach is a hospital at home service which has been shown to be safe and well tolerated in people who present to an acute hospital with an uncomplicated exacerbation of COPD. The service facilitates links between primary care and the acute hospital setting. When a person is suitable they are discharged home from hospital under the care of the outreach team. The outreach team visit them 1-3 times at home over approximately two weeks.</p> <p>A home visit may include monitoring, inhaler techniques, support with new equipment (such as oxygen, nebulisers & home BiPAP), spirometry, exercise prescription, education to people with COPD and their families, Early intervention strategies and Self-management techniques.</p>	<p>COPD Outreach Connolly Hospital In order to be able to access the COPD Outreach programme the person with COPD needs to be assessed by the COPD Outreach team during an admission to hospital to determine eligibility. Referral therefore needs to be by Connolly Hospital Consultant or Medical Team.</p> <p>Contact details for the COPD Outreach Team Connolly Hospital Ph: 01 6465644</p>
COPD	COPD Support Groups / peer support groups	<p>COPD support groups meet once a week. They also offer a place for people with COPD to come together to share their experiences.</p> <p>Some groups also provide weekly exercise classes information and advice.</p>	<p>For Further information phone Wendy at COPD Ireland on 086 0415128 or check out www.copd.ie Groups are currently running in Whitehall, Huntstown, Ballybough, and Finglas. There is a minimum cost for exercise classes.</p>



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Category	Service	What is involved?	How to access?
COPD	Pulmonary Rehabilitation [Hospital Based]	One hour of exercise and education twice a week for 6 weeks.	Initial referral to hospital services is by the GP to the Consultant in the Respiratory Department of the hospital. Referral to Pulmonary Rehabilitation is then made in line with programmes criteria. For further information contact: Beaumont Hospital Ph: 01 852 8698 Connolly Hospital Ph: 016465644
COPD.,Asthma and other respiratory conditions	Pulmonary Rehabilitation [Community Based]	One hour of exercise twice a week and there is an education component to the programme.	Community Respiratory Pulmonary Rehabilitation Programme Referrals are accepted from respiratory team in Mater Hospital and the Integrated Care Respiratory Clinical Nurse Specialist linked to GP Practices Current Programmes are running in: Ballybough Youth and Sports Centre, Dublin 3. Navan Road Primary Care Centre, Dublin 7. Dublin City Council Sports and Fitness Centre, Mellows Road, Finglas, Dublin 11. For further information contact Respiratory Integrated Care Team on Ph: 01 8687425



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COPD.,Asthma and other respiratory conditions	Respiratory Integrated Care Clinical Nurse Specialist	The role of this service is to aid in the diagnosis and management of Asthma and COPD. The Clinical Nurse Specialist will aid diagnosis, perform a breathing test called Spirometry, assess patients inhaler technique and develop self management plans with the patient. The Clinical Nurse Specialist links with both the GP and the hospital.	<p>This service is currently available for the Mater Hospital and Connolly Hospital Dublin catchment areas.</p> <p>Referrals to the service is via GP. For further information, advise patient to contact GP.</p> <p>The Service is run in a number of GP practices and also in two primary care centres: Blanchardstown Primary Care Centre Summerhill Primary Care Centre</p>
COPD.,Asthma and other respiratory conditions	Breathe Right Programme -follow on from Pulmonary Rehabilitation programme.	<p>The Breathe Right Programme is a way of continuing regular physical activity as a follow on from hospital or community service.</p> <p>Two exercise classes of 1 hour each week for people with COPD, Asthma and other respiratory conditions.</p>	<p>Health Care professionals can refer.</p> <p>For further information contact Ellen Keatley or Sue Kelly at National Sports Campus, Snugborough Road, Blanchardstown, Dublin 15. Ph: 01 6464348</p> <p>www.tonezone.ie</p> <p>[See gym classes and health referrals]</p>



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Category	Service	What is involved?	How to access?
COPD.,Asthma and other respiratory conditions	ExWell Programme [formally known as MedEx]	Breathe Smart with ExWell 1/2 hour of exercise each week ongoing for people with respiratory conditions. ExWell is a medical programme therefore any person attending MUST have been referred by letter from GP/Consultant. Minimal charges apply.	All referrals should be POSTED to: Dr Noel McCaffrey ExWell Clinical Programme Sportslink Furry Park Turnapin Great Swords Road Santry Dublin 9. Any further queries contact: Lorraine Corcoran ExWell Administrator Mobile 085 2525499 Tuesday-Thursday 10am-4pm lcorcoran@exwell.ie
COPD.,Asthma and other respiratory conditions	Siel Bleu Exercise COPD and Me	Siel Blue offer exercise programmes specifically for people with COPD. Designed in consultation with a respiratory consultant this class aims to increase muscle strength, agility, flexibility and most importantly aerobic endurance. Minimal charges apply.	For Further information contact: Ph: 01 2096889 or email info@sielbleu.ie www.sielbleu.ie 1.5 hours one to two days a week at - 5 Euro per class Classes are currently run in Huntstown, Finglas and Whitehall.



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Category	Service	What is involved?	How to access?
COPD.,Asthma and other respiratory conditions	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. 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>Persons 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>Persons 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-Benefit.aspx</p>
COPD.,Asthma and other respiratory conditions	Irish Lung Foundation	Irish based website that assists with Research, Education and Support for Respiratory Conditions.	For further information go to: www.irishlungfoundation.ie
COPD.,Asthma and other respiratory conditions	British Lung Foundation	UK based website that provides support and information to people living with COPD and asthma.	For further information go to: www.blf.org.uk
COPD.,Asthma and other respiratory conditions	See also section on Lifestyle Behaviour Change Supports		



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Category	Service	What is involved?	How to access?
Diabetes Type 1	Beaumont Hospital: Diabetes Day Centre	<p>Diabetes Education Programme DAFNE: Dose Adjustment for Normal Eating. DAFNE involves attending 5 full days for one week or 1 full day a week for 5 weeks plus a follow-up session around 8 weeks after the course. The DAFNE course is about practising skills such as carbohydrate counting and insulin adjustment and group learning from each others experience.</p> <p>The Day Centre also provides additional services such as individual education, specialist clinics.</p>	<p>Diabetes Day Centre, Beaumont Hospital.</p> <p>Initial referral to hospital services is by patients GP. Recommendations around access to the DAFNE programme is made by the Hospital Diabetes Team. For further information Ph: 01 8092744 or Email: diabetescentreadmin@beaumont.ie</p> <p>See also www.beaumont.ie/diabetescentre. Also www.dafne.uk.com</p>
Diabetes Type 1	Connolly Hospital: Diabetic Day Centre	Supports provided by team in Diabetic Day Centre, Connolly Hospital.	<p>Diabetic Day Centre Team Connolly Hospital.</p> <p>Initial referral to hospital services is by patients GP. For further information contact the Diabetes Day Centre on Ph: 01 6465411.</p>
Diabetes Type 1	Mater Hospital: Diabetes Day Centre	<p>Diabetes Education Programme BERGER: BERGER Comprehensive Group Programme delivered over three days with review after three months.</p> <p>Other supports include, telephone advice, individual advice, dietetics and multidisciplinary specialist foot service.</p>	<p>Diabetes Day Centre Mater Hospital.</p> <p>Initial referral to Diabetes hospital services is by patients GP. For further information contact Hospital Diabetes Team on Ph: 01 803 4610 or by Email: ddcreception@mater.ie. See www.mater.ie for further information</p>



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Category	Service	What is involved?	How to access?
Diabetes Type 1	Website providing Information on Type 1 Diabetes	A source of reliable information and resources for people with Type 1 diabetes. It also provides a support network for millions of people around the world impacted by Type 1 diabetes.	For further information go to: www.jdrf.org/
Diabetes Type 1	Carbohydrate counting information	Introduction to carbohydrate counting which can assist a person with Type 1 diabetes to match the amount of insulin they take to the carbohydrate they eat and drink.	For further information go to: www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes/nuts-and-bolts-of-carb-counting
Diabetes Type 1	Carbohydrate counting book and app	1700 photos of food and meals that assist people with Type 1 diabetes to count carbohydrate.	Order the book from www.carbsandcals.com or online book stores. Also available as an app to download on smart phones.
Diabetes Type 2	Cycle of Care	In October 2015, the Diabetes Cycle of Care (CoC) was introduced nationally by the HSE. GPs can choose to take part in this CoC. People with a diagnosis of Type 2 diabetes who have a Medical Card or GP Visit Card are eligible to be managed as part of the CoC by their GP. Once registered with the Primary Care Reimbursement Service (PCRS) people with Type 2 diabetes receive two visits a year, an Annual Review Consultation and a Second Consultation. These should be organised at approximately 6 monthly intervals.	Individuals need to check with GP to establish if they take part in the Cycle of Care.



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Diabetes Type 2	Clinical Nurse Specialist Diabetes Integrated Care	<ul style="list-style-type: none"> • Clinics are run in GP practices for people with Type 2 Diabetes. • Provide education and support to GPs and Practice Nurses. • Provide education updates for Health Care Professionals on Diabetes Management. • Deliver Structured Patient Education for patients with Type 2 Diabetes . • Act as a resource and support for Public Health Nurses and Community RGNs when they have patients under their care with Diabetes. • Can provide Health Promotion Education and screening to General Public and Community Groups. 	<p>This service supports the cycle of care in GP practices, and can be accessed via GP or Practice nurse if available in a particular practice.</p> <p>For further information advise individuals to discuss with GP.</p>
Diabetes Type 2	XPERT Structured Patient Education Programme	<p>The XPERT free programme will increase knowledge and understanding of Type 2 diabetes and help make lifestyle choices to manage Type 2 Diabetes more effectively. This programme is delivered by a HSE Community Dietitian.</p> <p>XPERT involves attending 2.5 hours per week over 6 weeks with a follow up offered at approximately 12 months. The course takes place in a primary care centre or community centre. A family member or carer can also attend.</p>	<p>Self referral or professional referral [with consent] are accepted.</p> <p>For further information contact Debbie Grealish Ph: 01 897 6109 or by email: debbie.grealish@hse.ie or register online at www.hse.ie/xpert or HSE Diabetes Education Courses.</p>



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Diabetes Type 2	DESMOND Structured Patient Education Programme	DESMOND is a free program for people with Type 2 Diabetes. It aims to provide a good foundation and practical skills to help manage Diabetes. It is delivered by 2 Diabetes health care professionals. It is a 6 hour programme – which is delivered over 2 half days or 1 full day in the community.	Self referral or professional referral [with consent] are accepted. For further information or to book a place on this programme contact Amanda Dornan on Ph: 01 8976112 Email: amanda.dornan@hse.ie About The DESMOND Programme - Diabetes Education and Self Management for Ongoing and Newly Diagnosed - HSE.ie www.hse.ie/eng/health/hl/living/diabetes/desmond/
Diabetes Type 2	CODE Structured Patient Education Programme	CODE will teach about all the different aspects of Diabetes care and will answer questions in an informal environment. CODE is facilitated by a Diabetes Nurse or Dietitian and runs for a two hour session for 3 weeks. The facilitator will phone individuals around week 10 to see how they are doing and finally the group will meet again after 6 months for a review. Diabetes Ireland website and helpline also provides support, education and motivation to people living with Diabetes.	Self referral or professional referral [with consent] are accepted. For further information or to book a place on this programme contact Diabetes Ireland, 19 Northwood House, Northwood Business Campus, Santry Dublin 9 Ph: 01 8428118 [helpline] Email info@diabetes.ie www.diabetes.ie Twitter@diabetes.ie Facebook diabetes ireland
Diabetes Type 1 and Type 2	Diabetes Smart Online Education course	A 55-minute online education course developed by Diabetes Ireland and Trinity College, to help learn more about diabetes self-management.	For further information go to: www.diabeteseducation.ie



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Category	Service	What is involved?	How to access?
Diabetes Type 2	Diabetes Ireland Support Groups	Diabetes Ireland have many local support groups and branches across Ireland.	For Further information contact Diabetes Ireland on Ph: 01 8428118 or Email info@diabetes.ie www.diabetes.ie Twitter@diabetes.ie Facebook diabetes ireland
Diabetes Type 1 and Type 2	Podiatry Service (foot care)	This service provides assessment and treatment and education for diabetic patients in relation to their foot health. The service is available in the Dublin North/ Beaumont catchment area only.	All health practioners can refer i.e. General Practitioner, Practice Nurse, Occupational Therapist, Physiotherapist, Clinical Nurse Specialist, Consultants, Dieticians etc. They will need to complete the Podiatry specific referral form. For further information Ph: 01 8976112 For a copy referral form Email michael.cassidy1@hse.ie
Diabetes Type 1 and Type 2	Retinal Screening (eye screening)	National Diabetes Retinal Screening Programme offers free annual screening and treatment for diabetic retinopathy to people with diabetes aged 12 years and older.	Register for this service by calling 1800 454555 or online at www.diabeticretinascreen.ie
Diabetes Type 1 and Type 2	National Council for the Blind Ireland (NCBI)	NCBI is the national sight loss agency. It provides supports and services for people who are experiencing difficulties with their eyesight. Services include advice and information, emotional support and counselling as well as practical solutions, technology and training to build confidence and independence.	For further information contact NCBI on Ph: 01 830 7033 or by Email: info@ncbi.ie www.ncbi.ie



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Diabetes Type 1 and 2	Dental services	Diabetes reduces the body's resistance to infection and increases the risk of periodontal (gum) disease. This appears to be more frequent and severe in people with diabetes. Gum disease impacts on general health as well as oral health. Research shows that untreated gum disease may make it difficult to control diabetes. Loss of teeth due to periodontal disease will impact a person's ability to maintain a varied and balanced diet. A good oral hygiene regime together with regular periodontal care can improve diabetes control.	<p>Persons aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). A list of contracted dentists is available from local HSE dental offices or clinics or www.hse.ie/eng/services/list/2/dental/.</p> <p>Persons 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 euro. For further information go to: www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</p>
Diabetes Type 1 and Type 2	HSE information on Diabetes	Provides support, information and motivation to people living with diabetes. Diabetes Ireland also raises public awareness of diabetes and its symptoms and funds research.	For further information go to: www.hse.ie/eng/health/hl/living/diabetes/



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Diabetes Type 1 and Type 2	Diabetes Ireland Website	<p>Provides support and information to people living with diabetes. Diabetes Ireland also raises public awareness of diabetes and its symptoms and funds research into finding a cure for diabetes.</p> <p>Also provides a free helpline service.</p> <p>Also has a variety of reliable information leaflets available online to download on all aspects of Type 1 and Type 2 Diabetes and Prediabetes</p>	<p>Website: www.diabetes.ie Email: info@diabetes.ie</p> <p>Ph: 01 8428118 Helpline</p> <p>www.diabetes.ie/downloads/patient-booklets</p>
Diabetes Type 1 and Type 2	Diabetes UK	Provides support, education and motivation to people living with diabetes.	For further information go to: www.diabetes.org.uk/
Diabetes Type 1 and Type 2	See also section on Lifestyle Behaviour Change Supports		



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Heart Conditions	Cardiac Rehabilitation Programme Phase III	Cardiac Rehab is a medically supervised program in your hospital for people who have heart disease or have had a heart attack or heart surgery, including bypass, valve replacement, stenting and angioplasty. Some programs also accept people who have stable heart failure. The program includes exercise training, education on heart-healthy living and guidance on reducing stress and help you to return to a healthy life. It involves 1-2 hours of exercise and education 2-3 times a week for 7-8 weeks.	Initial referral to hospital services is by GP or Consultant. This service is for individuals who are engaged with the hospital cardiac team. For further information contact: Mater Hospital - Ph: 01 8032600 Connolly Hospital - Ph: 01 6466086 Beaumont Hospital - Ph: 01 8092816 Further information is also available on: www.iacronline.ie
Heart Conditions	Phase IV Cardiac Rehabilitation programmes/ classes	This programme is 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. Also suitable for individuals who have risk factors such as high blood pressure, high cholesterol or diabetes. Minimal charges apply.	Referral can be made by any health care professional. Services are available in the following centres: Inspire Fitness Centre, Deaf Village Ireland, Ratoath Road, Cabra Dublin 7. Ph: 01 8683807 clinicalexercise@ifcc.ie inspire fitness facebook page 75 min session twice a week €5 each class or gym membership Heart Right Programme National Sports Campus, Snugborough Road, Blanchardstown, Dublin 15. Ph: 01 6464348 www.tonezone.ie / www.nationalsportscampus.ie 60 min classes run 3 times a week €5 per class. Coolmine Sports and Recreation Centre, Grove Road, Clonsilla, Dublin 15 Ph: 01 8214549 www.coolminesports.ie 1 hour twice a week €6 drop in or included in gym membership.



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Category	Service	What is involved?	How to access?
Heart Conditions	ExWell Programme [formally known as MedEx]	HeartSmart (cardiac rehab phase 4) 1/2 hours of supervised exercise each week ongoing. ExWell is a medical programme therefore any person attending MUST have been referred by letter from GP/Consultant.	All referrals for should be POSTED to: Dr Noel McCaffrey ExWell Clinical Programme Sportslink, Furry Park, Turnapin Great, Swords Road, Santry, Dublin 9. Any further queries contact: Lorraine Corcoran ExWell Administrator Mobile 0851491432 Tuesday-Thursday 10 am-4pm lormarver@gmail.com
Heart Conditions	Dental services	Studies have shown that gum disease is associated with an increased risk of developing heart disease. Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect the heart valves and this is particularly important in people with artificial heart valves. Tooth loss patterns have also been connected to coronary artery disease.	Persons 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/ Persons 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-Benefit.aspx



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Heart Conditions	IACR: Irish Association for Cardiac Rehabilitation	National site providing information on cardiac rehab in Ireland including a detailed directory	For further information contact Irish Association of Cardiac Rehabilitation 17-19 Rathmines Rd Lower, Dublin 6, D06 C780 Ph: 01 668 5001 E-mail: IACRehabilitation@gmail.com
Heart Conditions	Irish Heart Foundation Website	Provides support, education and information for people living with heart condition, heart failure and stroke. Also a variety of reliable information leaflets available to download on heart conditions including heart attacks, heart surgery, angina, stroke and heart failure	For further information contact Irish Heart on Ph: 01 6685001 www.irishheart.ie www.irishheart.ie/publications
Heart Conditions	Croí website_ West of Ireland Cardiology Foundation	Source of reliable information and resources for people with heart disease and stroke	For further information go to: www.croi.ie
Heart Conditions	British Heart Foundation	Provides support, education and motivation to people living with heart conditions and stroke A variety of reliable information leaflets available to download or order on heart conditions and risk factors. Includes recipe books	For further information go to: www.bhf.org.uk/ www.bhf.org.uk/information-support/publications



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Heart Conditions	Heart Failure Service	This service provides programmes of care in managing patients with Heart Failure. Through education techniques it encourages both patient and family to self - manage this condition and improve quality of life.	Referrals to the service is by the Consultant Cardiologist. For further information please contact as follows: Beaumont Hospital Ph: 01 809 2241 Connolly Hospital Ph: 01 6466086 Mater Hospital Ph: 01 803 4765 /45
Heart Conditions	The Heart Beat Trust - Heart Failure Self Care Plan	Heart Failure Self Care Plan to support a person with Heart Failure to self-manage.	For further information go to: www.heartbeat-trust.ie/wp-content/uploads/2016/04/traffic_light_guide_a4_print.pdf
Heart Conditions	UK Heart Failure Website	Provides education and information for people living with heart failure	For further information go to: www.heartfailurematters.org
Heart Conditions	See also section on Lifestyle Behaviour Change Supports		



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Category	Service	What is involved?	How to access?
Stroke	Department of Geriatric and Stroke Medicine	This is a multidisciplinary service offering specialist geriatric care to older adults resident in North East Dublin City and North County Dublin.	Initial referral to hospital services is by GP or Consultant. For further information contact; Beaumont Hospital Ph: 01 809 3281 www.beaumont.ie
Stroke	Stroke Rehabilitation service	This service provides physiotherapy for patients following a stroke who are inpatients within the hospital. The stroke service in the hospital is based on Rowan ward. Physiotherapy is provided as part of a multidisciplinary team approach	Initial referral to hospital services is by GP or Consultant. For further information contact; Connolly Hospital Rowan Ward Ph: 01 6466368 www.hse.ie/eng/services/list/3/acutehospitals/hospitals/connolly/
Stroke	Acute Stroke Unit	This consists of multidisciplinary assessment and rehabilitation service.	Initial referral to hospital services is by GP or Consultant. For further information contact; Acute Stroke Unit Mater Hospital Ph: 01 803 4201 www.mater.ie
Stroke	Stroke Rehabilitation service	A 10 bed stroke rehabilitation unit for adults of all ages	Initial referral to hospital services is by GP or Consultant. For further information contact; St Marys Hospital, Phoenix Park, Dublin. Ph: 01 6250300



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

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Category	Service	What is involved?	How to access?
Stroke	Cardiac Rehabilitation Programme	This will depend on local provision for people with stroke in each individual hospital. No cost.	<p>Service may vary slightly on access criteria and delivery between the providers. For further information discuss with cardiac team in local hospital details as follows:</p> <p>Beaumont Hospital Ph: 01 8092816 Connolly Hospital Ph: 01 6466086 Mater Hospital Ph: 01 8032600 Please see IACR website for further information</p>
Stroke	Phase IV Cardiac Rehabilitation programmes/ classes	This programme is 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. Also suitable for individuals who have risk factors such as high blood pressure, high cholesterol or diabetes.	<p>Referral can be made by any health care professional.</p> <p>Services are available in the following centres:</p> <p>Inspire Fitness Centre, Deaf Village Ireland, Ratoath Road, Cabra Dublin 7. Ph: 01 8683807 clinicalexercise@ifcc.ie inspire fitness facebook page 75 min session twice a week €5 each class or gym membership</p> <p>National Sports Campus, Snugborough Road, Blanchardstown, Dublin 15. Ph: 01 6464348 www.tonezone.ie / www.nationalsportscampus.ie 60 min classes 3 times a week - €5 per class.</p> <p>Coolmine Sports and Recreation Centre, Grove Road, Clonsilla, Dublin 15 Ph: 01 8214549 www.coolminesports.ie 1 hour twice a week €6 drop in or included in gym membership.</p>



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Category	Service	What is involved?	How to access?
Stroke	Irish Heart Foundation Stroke Support Group	Irish Heart Foundation Stroke Support Groups provide a place for people affected by stroke to come together to share their experiences. The groups provide information, raise awareness and offer support and advice on stroke. Groups also provide activity programmes, such as guest speakers and recreational trips and services such as physiotherapy and counselling.	Referral / signposting can be made by health professionals or by patients themselves. Groups are currently running in Whitehall and Castleknock. For further information Ph: 016685001
Stroke	Irish Heart Foundation Website	Provides support, education and information for people living with heart conditions and stroke. A variety of reliable information leaflets available to download on heart conditions including heart attacks, heart surgery, angina, stroke and heart failure.	For further information go to www.irisheart.ie
Stroke	“Life after Stroke” online Support Group for young stroke survivors	Hosted on Facebook – this private forum lets individuals 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.	New members can join by clicking this link www.facebook.com/groups/143802206262536/ and requesting membership. For further information contact Tracy Egan tegan@irisheart.ie



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Category	Service	What is involved?	How to access?
Stroke	Headway	<p>Headway provides person centred services based on an assessment of a person's needs and their own goals for recovery to assist people and their families living with Acquired Brain Injury to rebuild their lives.</p> <p>Headway provide the following services; Psychology and Family support Work Related Programmes Skills Training Programme Long Term Rehabilitation Community Rehabilitation Information and support</p>	<p>Services are provided at their Head Office Blackhall Green, off Blackhall Place, D.7 Ph: 01 604 0800</p> <p>For further information contact Helpline: 1800 400 478 or go to www.headway.ie</p>
Stroke	Acquired Brain Injury Ireland	<p>Acquired Brain Injury Ireland is the country's leading provider of support and services for those of working age (18-65 years) living with and recovering from an acquired brain injury. They provide both short and long-term rehabilitation services to people with brain injury and their families through residential, clinical, community rehabilitation and clubhouse services.</p> <p>All services are supported by local managers and a regional clinical team, including access to neuropsychology and occupational therapy, which works together with community rehabilitation assistants as part of an interdisciplinary team</p>	<p>For further information contact Acquired Brain Injury Ireland - National Office 64 Mulgrave Street, Dún Laoghaire, County Dublin. Ph: 01 280 4164</p> <p>www.abiireland.ie</p> <p>If you wish to make a referral you can download referral form on link below.</p> <p>www.abiireland.ie/services/accessing-our-services/</p>



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Category	Service	What is involved?	How to access?
Stroke	National Rehabilitation Hospital	<p>The NRH accepts referrals for adults to both the inpatient and outpatient services for people post stroke who require complex specialist rehabilitation services.</p> <p>The NRH have created a range of Patient and Family Information and Education Leaflets for use during and after an acquired brain injury rehabilitation. Topics include nutrition, alcohol and driving.</p>	<p>Referrals for people under 65 are accepted from acute hospitals, GPs, Community agencies. Referrals for people over 65 must be from a geriatric medicine specialist.</p> <p>For more information Ph: 01 235 5000 ask for the Administration Office for the: Brain Injury Programme www.nrh.ie To download the referral form to to: www.nrh.ie/healthcare-professionals/referring-a-patient-to-the-nrh/</p>
Stroke	Irish Heart Foundation Website	<p>Provides support, education and information for people living with heart condition, heart failure and stroke.</p> <p>Also a variety of reliable information leaflets available to download on heart conditions including heart attacks, heart surgery, angina, stroke and heart failure</p>	<p>For further information contact Irish Heart on Ph: 01 6685001 www.irisheart.ie</p> <p>www.irisheart.ie/publications</p>
Stroke	Croí website_ West of Ireland Cardiology Foundation	<p>Source of reliable information and resources for people with heart disease and stroke</p>	<p>For further information go to: www.croi.ie</p>
Stroke	Ataxia Foundation of Ireland	<p>Supports and services to people with Ataxia / Ataxia Support Team</p>	<p>For further information contact 087 361 6616 Email info@afi.ie www.afi.ie/</p>



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Category	Service	What is involved?	How to access?
Stroke	British Heart Foundation	Provides support, education and motivation to people living with heart conditions and stroke	For further information go to: www.bhf.org.uk
Stroke	British Heart Foundation	A variety of reliable information leaflets available to download or order on heart conditions and risk factors. Includes recipe books.	For further information go to: www.bhf.org.uk/information-support/publications
Stroke	See also section on Lifestyle Behaviour Change Supports		



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Category	Service	What is involved?	How to access?
Carers Supports	Support for Carers	Information, support and signposting for carers.	For further information go to: www.hse.ie/eng/services/list/3/carerssupport/
Carers Supports	Carer Supports: Family Carers Ireland	Provides help and advice to carers such as information on rights and entitlements. Also run carers groups that meet once a month to offer each other help and support.	For further information phone Careline 1800 240 724 or Email: info@familycarers.ie www.familycarers.ie
Chronic Disease Self Mangement Program	Chronic Disease Self-Management Programme (Stanford Model)	For adults living with health conditions such as COPD, stroke, diabetes, heart disease and many others. Teaches the skills to live well with such conditions. Two and a half hours per week over six weeks. There are minimal costs for this service.	The following are the providers of this service contact for further information: Arthritis Ireland Ph: 01 6470206 training@arthritisireland.ie Beaumont Hospital Ph: 01 8092018/ 018092223 bhbl@beaumont.ie Irish Kidney Association Ph: 01 620-5306 info@ika.ie Multiple Sclerosis Ireland Ph: 01 4905933 na@ms-society.ie Irish Society for Colitis and Crohns Disease Ph: 01 872 1416 laura@iscc.ie Mater Hospital Ph: 01 8545439 / 854439 [for hospital patients only]



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Category	Service	What is involved?	How to access?
Drugs and Alcohol	Alcohol Counsellors	There are a number of Alcohol Counsellors and support group services in the area.	For further information please see Appendix 1 at the end of this directory
Drugs and alcohol	Ask about alcohol website	Reliable information and support about alcohol. Includes a service finder which provides contact details about local support groups.	For further information go to: www.askaboutalcohol.ie
Drugs and alcohol	Drugs and alcohol helpline	A free confidential place where anyone can talk through their concerns about drugs or alcohol, get information about services and consider the options available to them to improve their situation.	For further information contact Freephone number: 1800 459 459 (Monday- Friday, 9.30am- 5.30pm) or Email support: helpline@hse.ie
Drugs and alcohol	Drugs.ie	Drugs and alcohol information and support including a directory of services.	For further information go to: www.drugs.ie
Emergency Health Services	Emergency Services	Emergency Services Number for an ambulance, fire service or gardai.	Ph: 112 or 999
Emotional and Mental Well Being Supports	Relaxation and Mindfulness	Learn about how and why to practice relaxation and mindfulness exercises. Relaxation and mindfulness training are helpful for managing stress as well as helping people cope with physical illness and ongoing medical treatment.	For further information go to: www.beaumont.ie/marc Mindfulness and Relaxation Centre



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Stress Control	Together with HSE psychology colleagues in North Dublin, the psychology department of Mater Hospital co-facilitate the stress control series of psycho-education sessions for stress management. Sessions include, learning about stress, controlling your body, controlling your thoughts, controlling your actions, controlling panic and controlling sleep problems. It is open to Mater Hospital patients, staff and the general public	For further information Ph: 01 854 5439 / 01 8975154
Emotional and Mental Well Being Supports	Fingal Counselling Service	Fingal Counselling Service is a community based voluntary counselling service providing confidential, non-directive counselling. The service offers a safe and confidential environment where clients are encouraged and supported while working through their difficulties. This service can be a lifeline to people when they are most vulnerable. Our counsellors are trained in humanistic counselling.	Fingal Counselling Service, Base Resource Centre, Brackenstown, Swords, Co. Dublin. Ph: 01 8902596 – 10am to 1pm Monday to Friday All communication regarding appointments must be conducted through this number. An answering service is in operation and all calls will be returned. info@counsellingatfingal.com
Emotional and Mental Well Being Supports	Northside Counselling Service	Northside Counselling Service provide a caring, confidential, professional and non-judgmental service, in a safe and secure therapeutic space. Counsellors are professionally trained to a high standard and are supported in their work by our very experienced team of clinical supervisors.	Northside Counselling Service CDC, Bunratty Drive, Coolock, Dublin, Ireland. Ph: 01 8484789



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Target Counselling	Target provides a counselling services and accepts referrals from individuals themselves or professionals.	Ph: 01 8670279 Target, Scoil Na Trionoid Naofa, Newbrook Road, Donaghmede, Dublin 13.
Emotional and Mental Well Being Supports	24 hour Pieta House Suicide Helpline	Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm. Calls are answered by trained Counsellors.	For further information Freephone: 1800 247 247 or Text HELP to 51444 www.pieta.ie
Emotional and Mental Well Being Supports	Samaritans	Samaritans telephone service is available 24 hours a day for confidential and non-judgmental support.	www.samaritans.ie Freephone 116 123 We're here round the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call us on the phone. This number is FREE to call.



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Family Resource Service / Centres	<ul style="list-style-type: none"> • Provide counselling and support to individuals and groups. • Support personal and group development • Provide information, advice and support to target groups and families. • Provide information concerning the range of services and development options available locally and advice on accessing rights and entitlements and act as a focal point for onward referrals to mainstream service providers. • Deliver education courses and training. • Establish 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.) • Practical assistance to individuals and community groups such as access to information technology and office facilities. 	<p>Family Resource centres in this area: Aster FRC Ph: 01 516 1146 / info@asterfamilysupport.ie</p> <p>Baldoye Family Resource Services Ph: 01 832 6115 / reception@bfrs</p> <p>Ballyboden FRC Ph: 01 493 5953 info@ballybodenfrc.com</p> <p>Ballymun FRC Ph: 01 852 7183 Reception1@ballymunfrc.org</p> <p>Hillstreet FRC Ph: 01 874 6810 info@hillstreetfrc.ie</p> <p>Mountview FRC Ph: 01 820 6171 mfrc@eircom.net / margaretmfrc@eircom.net</p> <p>Tús Nua ArtaneCoolock FRC Ph: 01 851 2289 / manager@artanefrc.com</p> <p>For further information go to: www.familyresource.ie</p>
Emotional and Mental Well Being Supports	Connect	Free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood.	For further information contact Helpline: 1800 477 477 www.connectcounselling.ie



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	HSE National Counselling Services	Free Counselling Service for adults who have experienced trauma and abuse in childhood.	Self referral is accepted. For further information Freephone: 1800 234 118 or Email: Comhar@hse.ie www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/
Emotional and Mental Well Being Supports	GROW	GROW helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. GROW has a national network of over 130 groups in Ireland. Its principal strength is the support members give each other from their own experience.	Raheny Group monday at 2.30pm St. Francis Hospice Priory Rooms, Station Road, Raheny, Dublin 5. Free parking available. Balbriggan GROW meeting takes place on Mondays at 2pm in Balbriggan Community rooms in the Community Centre, Dublin Street, Balbriggan. For further information Ph: 1890 474 474 or go to www.grow.ie
Emotional and Mental Well Being Supports	Aware	Provides support and information to people experiencing depression and bipolar conditions. Provides a free support line, support email and local support groups. Provides information and local online life skills training.	For further information phone Support Line: 1800 804848 or Email: supportmail@aware.ie www.aware.ie



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Private Counsellors	Clients who wish to access counselling or psychotherapy privately, the following four professional organisations are recognised / recommended by the HSE Directors of Counselling group.	<p>The Irish Association of Counselling and Psychotherapy (IACP), Carmichael House, 4 Brunswick North, Dublin 7. Ph. 01 2303536 Email info@iapc.ie www.iacp.ie</p> <p>The Psychological Society of Ireland (PSI) Ph. 01 4720105 www.psychologicalsociety.ie</p> <p>The Irish Council for Psychotherapy [ICP] Ph. 01 9058658 www.psychotherapycouncil.ie</p> <p>Irish Association for Humanistic Psychotherapy [IAHIP] Ph. 01 2841665 www.iahip.org</p>
Emotional and Mental Well Being Supports	Recovery Colleges	Recovery Colleges provide recovery focused education where the person with the self experience of distress is recognised as the expert. Recovery Colleges work to create spaces where people can come together to share and learn about recovery from mental health and addiction challenges.	<p>Dublin North East, Recovery College, The Healthy Living Centre, Dublin City University, Glasnevin, Dublin 9.</p> <p>For further information: Ph: 01 7007907 or Email : Recoverycollege@dcu.ie www.recoverycollege.ie/</p>



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	Counselling in Primary Care (CIPC)	Short term general counselling service for people with a medical card. Suitable for persons experiencing depression, anxiety, relationship problems, loss issues etc.	GP or other members of the Primary Care Team with the GP's awareness can make referral using the standard CIPC referral form. For further information contact: CIPC Counselling Coordinator, Unit1, 1st Floor, St. Fintans, North Street, Swords, Co. Dublin Ph: 076 6957170 / 076 6957171
Emotional and Mental Well Being Supports	Mental Health Ireland	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. 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.	For further information go to: www2.hse.ie/mental-health/ www.mentalhealthireland.ie



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	HSE Mental Health Support	HSE Mental Health and Suicide Support Dublin North, Dublin North Central and Dublin North West. This service is for a consultation with a Psychiatrist.	Referral needs to be made by GP or Consultant. for further information go to: www.hse.ie/eng/services/list/1/lho/northdublin/mentalhealth/ www.hse.ie/eng/services/list/1/lho/dubncentral/mental-health-services/mental-health-services-in-dublin-north-central.html www.hse.ie/eng/services/list/1/lho/dublinnw/mental-health-services/
Emotional and Mental Well Being Supports	Psychiatry of later life	This is a service for those over 65 years who are experiencing mental illness or dementia for the first time.	Referral to the consultant-led-team is through the G.P. service. The service is based at; 61 Eccles Street, Dublin 7. Ph: 01 860 0488
Emotional and Mental Well Being Supports	Psychiatry of later life	Frailty Education Programme	Clinical Nurse Specialist in Dementia Mental health Services for Older Persons. Ashlin Centre, Beaumont Road, Dublin 9 For further information Ph: 01 7977275



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Category	Service	What is involved?	How to access?
Emotional and Mental Well Being Supports	HSE National Directory of Mental Health Services	<p>The National Directory of Mental Health Services is a resource that offers a single national view of all the HSE mental health services that are available throughout Ireland, including those services delivered through a section 38 or section 39 service level agreement. Emergency Departments, GP out-of-hour clinics and Approved Centres operated by the independent/private sector are likewise included.</p> <p>For MHD and the CHOs it provides an up-to-date and valuable tool to inform future planning and resource allocation as well as containing data that is useful for report writing and responding to queries. For all staff, the directory offers a single source of information when searching for the location, contact details and opening hours of a particular service.</p>	For further information go to: www.hse.ie/eng/services/list/4/mental-health-services/
Emotional and Mental Well Being Supports	Information and directory of supports. YourMentalHealth.ie	Reliable advice, information and signposting to support services for mental health and wellbeing, including access to suicide alertness training.	For further information go to: www.yourmentalhealth.ie
Emotional and Mental Well Being Supports	Mental Health Booklets	Link to a range of booklets on Mental Health in english and other languages to download or order	For further information go to: www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/booklets/



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Category	Service	What is involved?	How to access?
Financial Supports	MABS	MABS is a free, independent, non-judgmental and confidential service for people who are in debt or at risk of getting into debt. MABS will work with you to determine the type of support you need, including assessing whether it is necessary to meet with a Money Adviser	For further information go to: www.mabs.ie Helpline: 076 107 2000
Financial Supports	Medical Card	A medical card entitles you to receive certain health services and medicines free of charge.	For further information go to: www2.hse.ie/medical-cards/
Financial Supports	GP Visit Card	If you are not eligible for a medical card you may be eligible for a GP visit card. A GP visit card allows you free visits to a participating GP.	For further information go to: www2.hse.ie/services/gp-visit-cards/
Financial Supports	Drugs Payment Scheme	Under the Drugs Payment Scheme (DPS) an individual or family will pay no more than a set fee in each calendar month (currently €124) for approved prescribed drugs and medicines, rental costs for a continuous positive airway pressure (CPAP) machine, rental costs for oxygen.	For further information go to: www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html
Financial Supports	Long-Term Illness Card	Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances free from your pharmacy. Certain diseases and disabilities are covered by the scheme.	For further information go to: www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html
Financial Supports	Home Energy Grants - Sustainable Energy Authority of Ireland (SEAI)	The SEAI home energy grants are available to all homeowners. There are a variety of grants available such as insulation grants or solar water heating grants. Terms and conditions apply.	For further information about the SEAI Home Energy Grants: Ph: 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?
Financial Supports	Better Energy Warmer Homes Scheme - Sustainable Energy Authority of Ireland (SEAI)	<p>The Warmth and Wellbeing Scheme aims to improve the living conditions of vulnerable people living with chronic respiratory conditions. 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. 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 Ph: 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?
Health Information	Citizen's Information	Provide information on your rights and entitlements.	For further information: Citizen's Information Centres LoCall: 1890 777 121 www.citizensinformation.ie
Health Information	Medicines Information	Online information and advice on your medications.	For further information go to: www.medicines.ie
Health Promotion	Winter Ready Checklist for long-term health conditions	Useful checklist by the HSE on being prepared for the winter period when living with a long-term health condition such as Asthma, COPD, Diabetes and Heart Disease.	Click here for more info: www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/winter-advice-for-patients-with-chronic-conditions/
Health Promotion	Practical advice for staying well in winter	Website with practical advice on how to stay safe and well during the winter.	For further information go to: www.winterready.ie
Health Promotion	Practical advice when sick	Practical advice from the HSE, GPs and Pharmacists on how to mind yourself or your family when you're sick.	For further information go to: www.undertheweather.ie
Health Promotion	Health Promotion.ie	Health literature available to order online on a large range of topics including healthy eating, active living, smoking, drugs, alcohol and mental health. Professionals can register to order large quantities.	For further information go to: www.healthpromotion.ie



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Category	Service	What is involved?	How to access?
Health Promotion	Making Every Contact Count	This E-learning training programme is for health and social care professionals to help them make every contact count. It consists of 6 x 30-minute e-learning modules Including: Introduction to behaviour change, four topic modules on smoking, alcohol and drugs, healthy eating and active living and a skills into practice module. Following completion of the on-line module there is an opportunity to complete a classroom-based 'Enhancing your brief intervention skills' workshop	For further information go to: www.makeeverycontactcount.ie
Health Promotion	Workwell.ie	This website provides information for healthcare workers to support them to be physically and emotionally well throughout their working lives. It provides links to suitable resources and supports.	For further information go to: www.workwell.ie
Health and Wellbeing	Healthy Ireland	A Government-led initiative which aims to create an Irish society where everyone can enjoy physical and mental health, and where wellbeing is valued and supported at every level of society.	For further information go to: www.healthyireland.ie/
Healthy Eating	PHEW: Programme for Healthy Eating and Weight Management	Free 6 week programme designed for overweight adults run by community Dietitians. Each session lasts 1½ hours and programme runs for 6 weeks.	For further information Ph:01 8976189 or email linda.byrne8@hse.ie www.hse.ie/phew



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Category	Service	What is involved?	How to access?
Healthy Eating	Healthy Food Made Easy	Community Cookery programme runs for 2½ hours weekly for 6 weeks. This is a fun and practical course which focuses on fostering basic knowledge about healthy eating.	Coordinator of Programme Catherine Kavanagh Ph: 01 8209550 ckavanagh@bap.ie www.empower.ie Groups are run in various locations www.hse.ie/communitycooking
Healthy Eating	Specialist Weight Management service	Public Weight Management Service in St. Columcille's Hospital Loughlinstown, Co. Dublin for people with a BMI >40. (or >35 with a obesity related co-morbidity e.g. diabetes) Multidisciplinary lifestyle and behaviour change programme delivered by a dietitian, physiotherapist and psychologist. It involves 9 appointments.	More information and health care professional referral information can be found at: www.weightmanagement.ie/index.html
Healthy Eating	Healthy Eating HSE	HSE Healthy Eating Guidelines and the Food Pyramid	For further information go to: www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/health/healthy-eating-guidelines/
Healthy Eating	101 Square Meals: recipe book	Recipes that are easy to prepare, low budget and highly nutritious	For further information or to download here: www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101_Square_Meals.pdf
Healthy Eating	Irish Nutrition and Dietetic Institute (INDI)-factsheets	Factsheets cover a large range of topics	For further information go to: www.indi.ie



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Category	Service	What is involved?	How to access?
Healthy Eating	Carbohydrate and Calorie counting book and app	1700 photos of food and drink and meals that assist people to count calories and choose correct portions.	Order the book from www.carbsandcals.com or online book stores. Also available as an app to download to your smartphone.
Palliative Care	Palliative Care	The aim of palliative care is to enhance quality of life and, wherever possible to positively influence the course of illness. Palliative care also extends support to families to help them cope with their family member's illness and their own experience of grief and loss.	<p>In-patient hospice / specialist palliative care unit and community specialist palliative care service www.palliativecare.ie</p> <p>St. Francis Hospice Station Road, Raheny, Dublin 5, Co. Dublin. Ph: 01 832 7535</p> <p>Dublin North West St Francis Hospice, Blanchardstown, Dublin 15. Ph: 01 8294000 info@sfh.ie www.sfh.ie</p> <p>Palliative Services in Acute Hospitals Beaumont Hospital Palliative Care Service Ph: 01 809 3339 / 01 80928203 palliativecare@beaumont.ie www.beaumont.ie/</p> <p>Connolly Hospital Palliative Care Service Ph: 01 646 5744 www.connollyhospital.ie/en/</p> <p>Mater Misericordiae University Hospital Palliative Care Service Ph: 01 830 2000 www.mater.ie</p>



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Palliative Care	Irish Association for Palliative Care	The Irish Association of Palliative Care seeks to meet its goals through programmes / activities as follows: Education, Research & Professional Development: Advocacy: providing expert knowledge and input to national bodies in the health sector re: adult and children's palliative care; Influencing and shaping national health policy through advocacy and communications.	Irish Association for Palliative Care Coleraine House Coleraine Street Dublin 7 Ph: 01 873 4735 info@palliativecare.ie
Palliative Care	The Irish Hospice Foundation	Support, advice, information and education for persons who are dying, their family members/carers and for professionals. Bereavement Support Think Ahead Advance Care Planning	For further information contact 01 679 3188 Email info@hospicefoundation.ie The Irish Hospice Foundation, Morrison Chambers (4th Floor), 32 Nassau Street, D2. www.hospicefoundation.ie
Physical Activity	ExWell Programme [formally known as MedEx]	ExWell is a medical programme therefore any person attending MUST have been referred by letter from GP/Consultant. It consists of supervised exercise classes and offers the following programmes; 1. BreatheSmart 2. HeartSmart (cardiac rehab phase 4) 3. SmartSteps (vascular/ Claudication) 4. Diabetes Health Steps 5. Moving On (replaces MoveOn) cancer rehabilitation.	All referrals for this service should be POSTED to: Dr Noel McCaffrey ExWell Clinical Programme Sportslink, Furry Park, Turnapin Great, Swords Road, Santry Dublin 9. Any further queries contact: Lorraine Corcoran ExWell Administrator Mobile 085 2525499 Tuesday-Thursday 10am-4pm lcocoran@exwell.ie



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Physical Activity	Get Ireland Walking	Support to get you walking. Regularly updated information on walking groups in your locality	For further information go to: www.getirelandwalking.ie/findgroup/
Physical Activity	Get Ireland Active	Website providing motivation and guidance to get people active. Directory of places to get active including local parks, swimming pools, gyms and playing pitches	For further information go to: www.getirelandactive.ie
Physical Activity	Get Ireland Active	Fact sheets which provide practical advice for people living with heart disease, diabetes, arthritis, cancer, asthma and osteoporosis about overcoming concerns about becoming more active. Also general factsheets on improving balance, posture and strength.	For further information go to: www.getirelandactive.ie/Older-Adults/Resources/Fact-Sheets/
Physical Activity	Park Run	Parkrun is a series of 5k runs/walk held on Saturday mornings at 9.30am in areas of open space around Ireland. They are open to both runners and walkers, free, and are safe and easy to take part in.	Park runs currently take place in Brickfield, Clontarf [St Annes], Darndale, Donabade, Fairview, Hartstown, Malahide, Marley, Poppintree, Porterstown, Rivervalley swords, Tolka Valley For further information go to: www.parkrun.ie



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Physical Activity	Sports Partnerships	Deliver recreational sport to local people. There is a vast range of Sports and Recreation activities. Contact your local Sports and Fitness Centres available in your area .	<p>For further information contact Dublin City council on Ph: 01 222 2222 Email customerservices@dublincity.ie or spports@dublincity.ie www.dublincitycouncil.ie</p> <p>Fingal Sports Partnership, Sports Office, Fingal County Council, Civic Offices, Grove Road, Blanchardstown, Dublin 15 Ph: 01 890 5107 Email: Marion.Brown@fingal.ie Web: www.fingalcoco.ie</p>
Physical Activity	Age and Opportunity: Go For Life	<p>Go for Life, an Age & Opportunity SPORT initiative, is the national programme for sport and physical activity for older people in Ireland, and entails:</p> <p>Go for Life Games: sports fests and regional games and activities being played all over the country by various groups and organisations supported by Local Sports Partnerships.</p> <p>Go for Life Physical Activity Leaders (PALs): workshops designed to teach members of groups how to lead activities and sports in their local clubs, groups and communities.</p> <p>Go for Life Care PALs: workshops for staff and volunteers in day and residential care settings empowering them to lead suitable physical activities with people in their care.</p> <p>National Grant Scheme: a small grant scheme open to local groups and clubs to promote increased participation in recreational sport and physical activity.</p>	<p>Contact the Go for Life Team on Ph: 01 805 7733 Email: gfl@ageandopportunity.ie</p> <p>Find out more at: www.ageandopportunity.ie/what-we-do/physical-activity-sport/go-for-life-games</p>



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Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Physical Activity	Age and Opportunity: Go for Life Fit Line	Go for Life FitLine is a free telephone service that encourages older adults who are doing no physical activity to become more active. It is manned by volunteer older adults who are trained to motivate and encourage people to be active.	Freephone 1800 303 545 and a mentor will phone you every few weeks until you're happy with your progress
Physical Activity	Tone Zone Pathway	Offers a range of exercise classes and gym membership.	National Sports Campus, Snugborough Road, Blanchardstown, Dublin 15. Ph: 01 6464348 www.tonezone.ie / www.nationalsportscampus.ie
Physical Activity	Falls Prevention	Exercise programme for falls prevention.	Inspire Fitness Centre, Deaf Village Ireland, Ratoath Road, Cabra Dublin 7. Ph: 01 8683807
Physical Activity	Siel Bleu Falls Prevention Class	Fall Prevention programmes - the key really is prevention. Siel Bleu Ireland Physical Trainer will help patients to maintain and improve balance and coordination to ensure they have the tools to feel confident on their feet.	Corpus Christi Parochial Hall, Home Farm Road, Drumcondram, Dublin 9. Fall Prevention & Chair Gym Tuesday 14:00
	Siel Bleu Move More and Stay Active Class	A multicomponent physical activity class designed for the most active older people. Stay Active focuses on maintenance and improvement of physical condition in a dynamic and fun way while adapting to patients needs. The programme can change depending on the needs of the group; it can be an aerobic class from a combination of seated and standing positions or even a circuit class!	Move More & Stay Active St Benedict's Stay Active, Estuary Road, Malahide, Co. Dublin. For further information Ph: 01 2096889 or Email info@sielbleu.ie www.sielbleu.ie



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Primary Care	General Practitioners [GPs]	The Irish College General Practitioners (ICGP) is the professional body for general practice in Ireland. The College's primary aim is to serve the patient and the general practitioner by encouraging and maintaining the highest standards of general medical practice. It is the representative organisation on education, training and standards in general practice.	To get a list of GP's practicing in a particular area contact ICGP as follows: ICGP, 4/5 Lincoln Place, Dublin 2, Ireland Ph: 01 6763705 Email: info@icgp.ie www.icgp.ie/go/about
Primary Care	D-Doc Out of Hours GP Service	D-DOC is an out of hours family doctors service for patients with urgent medical problems who need to contact a doctor after normal working hours. All patients must phone D-Doc in advance to arrange a appointment.	For further information Ph: D-DOC 1850 22 44 77 Treatment Centres are located at: Ballymun Health Centre, Ballymun, Dublin 9 Coolock Health Centre, Cromcastle Road, Coolock, Dublin 5 Hartstown Health Centre, Hartstown Road, Clonsilla, Dublin 15 North Strand Health Centre, North Strand, Dublin 1 Swords Health Centre, Bridge Street, Swords, Co Dublin www.northdoc.ie



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Primary Care	Primary Care Services	<p>Primary Care services are all of the health or social 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 Occupational Therapist Physiotherapist Speech and Language Therapy Dieticians Psychology Service Social work Podiatry Dental Ophthalmic Services</p> <p>For further information contact Primary Care Services - HSE.ie www.hse.ie/eng/services/list/2/primarycare/pccser.html</p>	<p>Primary Care Team Central Referrals information.</p> <p>For further information and to obtain a referral form contact the following depending on the individuals place of residence:</p> <p>Referrals can be sent by email or post to:</p> <p>HSE North Dublin Community Services HQ, Fujitsu House, Unit 100, 1st Floor, Lakeshore Drive, Airside Business Park, Swords, Co.Dublin K67R8X2 Ph: 01 8136700 Fax: 01 8953792 Email: referrals.nd@hse.ie www.hse.ie/eng/services/list/1/lho/northdublin/</p> <p>Dublin North City Health Service Area, Ballymun Health Care Facility, Ballymun, Dublin 9 Ph: 01 8467005. Fax: 01 8467505 Email: referrals.dnc@hse.ie www.hse.ie/eng/services/list/1/lho/dubncentral/</p>



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Primary Care	Community Intervention Team (CIT)	CIT is a specialised health team that provides a rapid and integrated response to a patient with an acute episode of illness who requires enhanced services/acute intervention for a defined short period of time.	For further information Ph: 01 7044444 (Dublin North) Email: cnm.cit@hse.ie
Primary Care	Audiology Services	The adult audiology service is provided by a team of audiologists. They assess clients with hearing difficulties and support them through each stage of their care pathway, from initial assessment to hearing aid fitting and follow-up care.	Referrals via GPs (for those over 55 years of age) or from ENT Consultants. For further information Ph: 01 8676230 Email: Audiology@hse.ie Audiology Services, Dublin North City and County, Grangegorman Primary Care Centre, Upper Grangegorman Road, Grangegorman, D7.
Primary Care	Chiropody	Medical Card holders over the age of 65 / people with diabetes or people with a disability who hold a medical card are entitled to apply for a chiropody treatment card.	For a referral form and alist of approved Chiropodists and any further information Ph: 01 9214298/ 9214296 Northside Civic Centre Bunratty Road. Coolock Co. Dublin Dublin 17.



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Primary Care	Flu Vaccination and Pneumococcal Vaccine	<p>Seasonal flu is a highly infectious viral illness of the respiratory tract that can be life threatening. Vaccination is strongly recommended for those with long-term health conditions such as diabetes, heart and lung disease including COPD. People over 18 may attend their GP or Pharmacist for vaccination. Those without a 'Medical Card' or 'GP Visit Card' will be charged for the consultation but the vaccine is free. Healthcare workers are also strongly advised to get the vaccine.</p> <p>Adults aged 65 and over and those aged over 2 and under 65 with chronic lung or heart disease or with Type 2 diabetes are advised to get the pneumococcal vaccine. A booster vaccine is recommended 5 years after the first vaccination but depending on age and risk factors a person may require 1, 2 or 3 doses of PPV.</p>	<p>For further information go to: www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/about-the-vaccine/</p>
Primary Care	Continence Promotion Unit	HSE Continence Advisory Service.	<p>Referral can be made in writing to Continence Promotion Unit, Dr Stevens Hospital, Dublin 8.</p> <p>Ph: 01 6352775</p>



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Smoking Cessation	Smoking Cessation	All stop smoking support services are free and available to anyone who would like to stop smoking. Individuals can self refer to any of the services using contact details below.	<p>Contact for one to one support/appt</p> <p>Northside Partnership, Bunratty Drive & Kish House Kilbarrack Ph: Michael Malone on 085 8478960</p> <p>Mater Hospital For staff, service users and local community Ph: 01 8034021 stopsmoking@mater.ie</p> <p>Connolly Hospital For staff, service users and local community Ph: Joeren Rescate on 01 6465075 Joeren.rescate@hse.ie</p> <p>Beaumont Hospital For staff, service users and local community Ph: Olive Gibson on 01 8092941 olivegibson@beaumont.ie</p>
Smoking Cessation	Smoking Cessation Group Support	The “We Can Quit” is a free 12 week stop smoking support programme for women only, offering group support, one to one support and free Nicotine Replacement Therapy. It is run at key times during the year in a number of locations in North Dublin and run in partnership with the Irish Cancer Society, HSE, Local Area Partnerships and local pharmacies.	<p>For details of all groups in North Dublin call Sue on 087 9683020 or email sfox@empower.ie</p> <p>Details and registration form can also be found on www.cancer.ie/we-can-quit</p>



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Smoking Cessation	Smoking Cessation	Phone and Online Support You can contact or refer to the HSE “QUIT” team	For further information go to www.quit.ie [online quit plan] Free Ph: 1800201 203 Email: support@quit.ie Text: Free text QUIT to50100 Tweet: @HSEQuitTeam Facebook Us: facebook.com/HSEQuit
Social and Community Supports	Advocacy Service	The National Advocacy Service (NAS) works with people under 65 with disabilities.	Ph: 0761 07300 info@advocacy.ie National Advocacy Service for People with Disabilities, National Office, C/O Citizens Information Board, George’s Quay House, 43 Townsend Street, Dublin 2.
Social and Community Supports	SAGE Advocacy	Sage Advocacy is a support and advocacy service for vulnerable adults, older people and healthcare patients.	For further information Ph: 01 536 7330 Email info@sageadvocacy.ie 24-26 Upper Ormond Quay, D7. www.thirdageireland.ie/sage SAGE Advocacy
Social and Community Supports	National Council for the Blind Ireland (NCBI)	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. Services include advice and information, emotional support and counselling as well as practical solutions, technology and training to build confidence and independence.	For further information go to: Ph: 01 830 7033 Email: info@ncbi.ie www.ncbi.ie



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Category	Service	What is involved?	How to access?
Social and Community Supports	Chime	Chime, the National Charity for Deafness and Hearing Loss offers support, services and advocacy to anyone affected by hearing loss. Our vision is a society with no limits or barriers for anyone living with deafness or hearing loss. Our team of professionals provide information and advice; individual, family and group support; technology for the home, school and workplace, including hearing aids.	Call our Information Line on 1800 256 257 or email rejoin@chime.ie for any queries related to hearing loss, or drop into any Chime centre around the country. For further information visit: www.chime.ie
Social and Community Supports	Men's Sheds	Community based, non commercial organisation which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men.	To find local sheds Ph: 01 891 6150 Email: info@menssheds.ie www.menssheds.ie
Social and Community Supports	National Adult Literacy Agency	Help with reading, writing, maths and technology.	Freephone 1800 20 20 65 Freetext 50050 www.takethefirststep.ie
Social and Community Supports	National Adult Literacy Agency	Information on health literacy.	For further information: Ph: 01 412 7900 Email: info@nala.ie www.nala.ie



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Category	Service	What is involved?	How to access?
Social and Community Supports	Accessible transport service	Vantastic is a not for profit charity that offers accessible transport services to people with disabilities, mobility impairments and not for profit groups.	Free phone 1800 242 703 www.vantastic.ie/
Social and Community Supports	Dublin Bus	Accessible Transport including demonstrations & training	For further information Ph: 01 703 3204 Accessibility Officer 59 Upper O'Connell Street, Dublin 1. www.dublinbus.ie/Your-Journey1/Accessibility/
Social and Community Supports	Irish Wheelchair Association	On Road Driving Assessment / Parking Permits: Services to people with limited mobility including: Motoring/ Parking Permits On road driving assessments Assisted Living Resource & Outreach Enhanced Homecare Services Wheelchair Solutions Housing Holidays/ Respite Service Rehabilitation Training	For further information Ph: 01 8186400 Helpline 01 8186455 Email info@iwa.ie www.iwa.ie Áras Chuchulain, Blackheath Drive, Clontarf, Dublin 3. Contact for Driving Assessments Ph: 045 893094 maats.admin@iwa.ie
Social and Community Supports	Seniorline	National Confidential Listening Service for Older People.	For further information Ph: 1800 80 45 91 www.thirdageireland.ie/seniorline



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

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Category	Service	What is involved?	How to access?
Social and Community Supports	Age Friendly Ireland	Age Friendly Ireland co-ordinates the National Age Friendly Cities and Counties Programme.	For further information contact North Central Area on Ph: 01 222 8865 / 01 2228546 or email: ailleen.doyle@dublincity.ie / ciaran.mahoney@dublincity.ie North West Area Ph: 01 222 5404 or email: larry.dooley@dublincity.ie
Social and Community Supports	Age and Opportunity Changing gears programme - Private provider, Costs Associated	<p>Changing Gears is a helpful and fun 6-week course about building resilience, taking stock, making changes, bouncing back & moving on, with no previous experience necessary except life experience.</p> <ul style="list-style-type: none"> • It is relevant for people who are moving from working life into retirement. • It is also useful for taking a mid-career review. • 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. • Learn from other people's experiences • Build more resilience so that you can succeed whatever life throws at you. 	<p>For further information contact; Age & Opportunity, Marino Institute of Education, Griffith Avenue, Dublin 9, Ireland</p> <p>Ph: 01 805 7709 Email: info@ageandopportunity.ie or www.ageandopportunity.ie</p>



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Traveller Supports	<p>Traveller organisations</p> <p>(including Traveller Primary Health Care Projects)</p>	<p>Traveller organisations work to address the needs of Travellers and Roma as minority ethnic groups.</p> <p>Traveller Primary Health Care projects are peer-led projects employing Traveller Community Health Workers to work on the ground with Traveller families by providing health advocacy in a range of health arenas (e.g.) mental health, health education; child and infant health; immunisation and health alerts; addiction; diet and exercise; health and well-being; women’s health; men’s health; mental health; and social determinants work including accommodation and environmental health issues.</p>	<p>For further information contact; Pavee Point Traveller and Roma Centre 46 Charles Street Great, Dublin 1 Ph: 01 878 0255 ronnie.fay@pavee.ie</p> <p>TravAct Clonshaugh Drive, Coolock, Dublin 17 Ph: 01 8486515 travact@eircom.net</p> <p>Blanchardstown Traveller Support Group Parslickstown House, Ladyswell, Mulhuddart Blanchardstown, Dublin 15 Ph: 01 8207812 btdg@eircom.net / btdg18@gmail.com</p> <p>Balbriggan Travellers Project The Resource Centre, St Macullins Park, Matt Lane, Balbriggan Ph: 01 8020504</p> <p>St Margaret’s Traveller Community Association St. Margaret’s Traveller Centre, St. Margaret’s Road, Ballymun, Dublin 1. Ph: 01 8622144 saintmargarets@eircom.net</p>



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

Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Self Management Support Coordinators	<p>The job of a Self-Management Support Coordinator is to support the awareness and development of services which increase the ability and confidence of people with long term health conditions to manage their health and to live well. A directory of services and programmes such as this is being created in each HSE area and can be found at: www.hse.ie/selfmanagementsupport</p>		
Self Management Support Coordinators	Maeve McKeon	Donegal, Leitrim, Sligo, Cavan, Monaghan Community Healthcare	Maeve.McKeon@hse.ie
	Ailish Houlihan	Community Healthcare West - Galway, Mayo and Roscommon	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	selfmanagementsupportSECH@hse.ie
	Mary Gowing	Community Healthcare East	Mary.Gowing@hse.ie
	Geraldine Cully	Community Healthcare-Dublin South and Kildare/ West Wicklow	Geraldine.Cully@hse.ie
	Sinead Power	Midlands Louth Meath Community Healthcare Organisation	Sinead.Power4@hse.ie
Therese Clarke	HSE Community Healthcare Organisation Dublin North City & County	sms.dncc@hse.ie	

**Appendix 1
Alcohol Services**

**Directory of Services and Programmes for Adults with
Asthma, COPD, Diabetes, Heart Conditions and Stroke**
Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Alcohol	ACRG (Aftercare Recovery Group)	Support Group/ Counselling	48 Seville Place, Dublin 1 Ph: 01 8557611 Email: tkacrg@gmail.com
Alcohol	Crinan Youth Project	Support Group/ Counselling	Crinan Youth Project, 72 Sean Mc Dermott St, Dublin 1 Ph: 01 8558792 Helpline: 085 7358581 / 085 2088368 Website: www.crinanyp.org Email: info@crinanyp.org
Alcohol	H.O.P.E	Support Group/ Counselling	Unit 5, Killarney Court, Buckingham Street Upper, Dublin 1. Ph: 01 8878404 Email: hopehandson@gmail.com
Alcohol	The Oasis Centre LTC (Deara Project)	Support Group/ Counselling	The Oasis Centre Ltd St Laurence's Place East, Seville Place, Dublin 1. Ph: 01 8364524 Website: www.oasiscentre.ie Email: info@oasiscentre.ie
Alcohol	Saol Project	Support Group/ Counselling	58 Amiens Street, Dublin 1 Ph: 01 8553391 / 01 8553393 Website: www.saolproject.ie Email: admin@saolproject.ie
Alcohol	Sassy	Support Group/ Counselling	22 Mountjoy Street East, Dublin 1 Ph: 01 8566837 Email: sassy@hse.ie Opening times: Monday - Friday 9am-5pm

**Appendix 1
Alcohol Services**

**Directory of Services and Programmes for Adults with
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Category	Service	What is involved?	How to access?
Alcohol	Crosscare Drug & Alcohol Programme	Support Group/ Counselling	The Red House, Clonliffe College, Dublin 3 Ph: 01 8360911 Website: www.crosscare.ie Email: info@dap.ie
Alcohol	Donnycarney Youth Project	Support Group/ Counselling	Le Cheile Collins Ave East, Donnycarney, Dublin 5 Ph: 01 8314985 Website: www.dyp.ie Email: reception@dyp.ie
Alcohol	Dublin North East Drugs & Alcohol Task Force	Support Group/ Counselling	The Mornington Centre 44A, Malahide Road, Artane, Dublin 5 Ph: 01 8465070 Website: www.dnetaskforce.ie Email: reception@dnetaskforce.ie
Alcohol	KCCP	Support Group/ Counselling	Kilbarrack Coast Community Programme Kilbarrack Community Hall, Greendale Road, Kilbarrack, Dublin 5. Ph: 01 8324516 Helpline: 01 8324516, Website: www.kccp.ie Email: info@kcco.net
Alcohol	The Loft	Support Group/ Counselling	The Loft 67 Dowth Avenue, Cabra, Dublin 7 Ph: 01 8384377 Helpline: 085 7672169 Website: www.theloft.ie Email: info@theloft.ie Opening times: 9am-5pm.

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Alcohol Services**

**Directory of Services and Programmes for Adults with
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Category	Service	What is involved?	How to access?
Alcohol	Stanhope Centre	Support Group/ Counselling	Stanhope Centre Lower Grangegorman Road, Dublin 7 Ph: 01 6773965 Helpline: 01 6773965 Website: www.stanhopeservice.com Email: stanhope.centre@hse.ie Opening times: Monday to Friday 9am-12:30pm and 2pm-5pm.
Alcohol	Domville House Ballymun	Support Group/ Counselling	Domville House Ballymun Road, Ballymun, Dublin 9 Helpline: 01 8579900 / 01 8620111 Fax no. 01 8579912 Email: hugh.gallagher@hse.ie
Alcohol	HSE Addiction Service - Ballymun	Support Group/ Counselling	Ballymun Healthcare facility Main Street, Ballymun, Dublin 9 Ph: 01 8467309 Email: denice.ball@hse.ie
Alcohol	Star Project	Support Group/ Counselling	Horizons Centre Balcurris Road, Ballymun, Dublin 11 Ph: 01 8467930 Website: www.starballymun.ie Email: starballymun@eircom.net Opening times: Monday - Friday (9:30am-4:30pm) out of hours.

**Appendix 1
Alcohol Services**

**Directory of Services and Programmes for Adults with
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Category	Service	What is involved?	How to access?
Alcohol	Ballymun Youth Action Project Ltd	Support Group/ Counselling	Horizons Centre Balcurris Road, Ballymun, Dublin 11 Ph: 01 8428071, Website: www.byap.ie Email: info@byap.ie
Alcohol	Blakestown & Mountview Youth Initiative	Support Group/ Counselling	BMYI, Blakestown Road, Blanchardstown, Dublin 15. Ph: 01 8210055, www.bmyi.ie Email: sharonh@bmyi.ie
Alcohol	Coolmine Ashleigh House Women's Residential Programme	Residential	Damastown Walk, Damastown Industrial Estate Dublin 15. Ph: 01 8251100 / 0871229307 Helpline: 0871229307 Website: www.coolmine.ie Email: info@coolminetc.ie Opening times: 24hr residential.
Alcohol	Coolmine Lodge Men's Residential Programme	Support Group/ Counselling	Grove Road, Blanchardstown, Dublin 15 Ph: 01 8214545 / 087 9212727 Helpline 087 1229307 Website: www.coolmine.ie Email: info@coolminetc.ie Opening Times: 24 Hours Residential.
Alcohol	Coolmine Alcohol Programme	Support Group/ Counselling	Coolmine Lodge Grove road, Blanchardstown, Dublin 15. Ph: 087 1229307 Website: www.coolmine.ie Email: cap@coolminete.ie Community Alcohol Programme is a part time day programme meeting twice weekly on Tuesdays and Fridays from 10am-1pm.

**Appendix 1
Alcohol Services**

**Directory of Services and Programmes for Adults with
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Category	Service	What is involved?	How to access?
Alcohol	Corduff Community Youth Projects	Support Group/ Counselling	Corduff Sports Centre Blackcourt Road, Blanchardstown, Dublin 15 Helpline: 086 8338973 (John Cash) 086 8209891 (Deborah Stack) Website: www.foroige.ie Email: corduffcyp@foroige.ie
Alcohol	Genesis Therapy Service	Support Group/ Counselling	Genesis Therapy Service Blackcourt Road, Blanchardstown, Dublin 15 Ph: 01 8202764 Website: www.genesistherapy.ie Email: office@genesistherapy.ie
Alcohol	HSE, Rehabilitation Integration Service	Support Group/ Counselling	HSE Addiction Service, Corduff Primary Care Centre, Blackcourt Road, Blanchardstown, Dublin 15 Ph: 076 6956720 / 086 7810235 www.hse.ie Email: niamh.moynihan@hse.ie Opening times: Monday to Friday 9am-5pm by appointment
Alcohol	The Web Family Support	Support Group/ Counselling	Buzzardstown House Mulhuddart, Blanchardstown, Dublin 15 Ph: 086 0413681 Website: www.foroige.ie Email: karen.gorman@foroige.ie

**Appendix 1
Alcohol Services**

**Directory of Services and Programmes for Adults with
Asthma, COPD, Diabetes, Heart Conditions and Stroke**
Community Healthcare Organisation Dublin North City and County

Category	Service	What is involved?	How to access?
Alcohol	Tolka River Project	Support Group/ Counselling	Tolka River Project, Buzzardstown Campus, Mulhuddart, Dublin 15 Ph: 01 8242060 / 087 6684671 Website: www.tolkariver.ie Email: tolkariverproject@gmail.com Opening Times 8am-4pm the structured programme business Monday - Friday
Alcohol	Alcoholics Anonymous Dublin 1,3,5,7, 9,11,13,15,17	Support Group/ Counselling	Santry, Dublin 9. Ph: 01 8420700 Website: www.alcoholicsanonymous.ie Email: gso@alcoholicsanonymous.ie
Alcohol	Beldale View Treatment Centre	Support Group/ Counselling	Beldale View Treatment Centre, Old Belcamp Lane, Darndale, Dublin 17 Ph: 01 8488951 Email: bernie.cullen@hse.ie
Alcohol	Dales Centre	Support Group/ Counselling	Unit 3&4, Rear of the Parish Hall, Darndale, Dublin 17 Ph: 01 8487733 Website: www.thedalescentre.ie Email: info@thedalescentre.ie Opening times: Monday to Thursday 9:00am to 4:30pm, Friday 8:30am to 1:00pm.

**Appendix 1
Alcohol Services**

**Directory of Services and Programmes for Adults with
Asthma, COPD, Diabetes, Heart Conditions and Stroke
Community Healthcare Organisation Dublin North City and County**

Category	Service	What is involved?	How to access?
Alcohol	RASP	Support Group/ Counselling	10c Ringuard House, Malahide Road Industrial Estate, Greencastle Parade, Dublin 17 Ph: 01 8774184 Website: www.raspprogramme.com Email: admin@raspprogramme.com
Alcohol	Sharing Point	Support Group/ Counselling	Northside Enterprise Centre, Bunratty Drive, Coolock, Dublin 17 Ph: 01 8675205, Helpline: 086 8353706 Website: www.sharingpoint.ie Email: info@sharingpoint.ie
Alcohol	Sphere 17 Regional Youth Service	Support Group/ Counselling	Sphere 17, Regional Youth Service, Darndale, Dublin 17 Ph: 01 8674348 / 086 1735822 Website: www.sphere17.ie Email: generalmail@sphere17.ie
Alcohol	Cuis Project, Balbriggan	Support Group/ Counselling	Unit 7, Linen Court, Harbour Mill Street, Balbriggan, Dublin North County Ph: 086 3843861 (Andrew Sexton) 086 0477063 (Jacki Thompson) 086 0415547 (Lindsey Wallace) Website: www.foroige.ie Email: andrew.sexton@foroige.ie jacki.thompson@foroige
Alcohol	North Dublin Regional Drug & Alcohol Task Force	Support Group/ Counselling	32-33 Main Street, Malahide, Co. Dublin Ph: 01 2233493 Website: www.ndublinrdtf.ie Email: brid@ndublinrdtf.ie

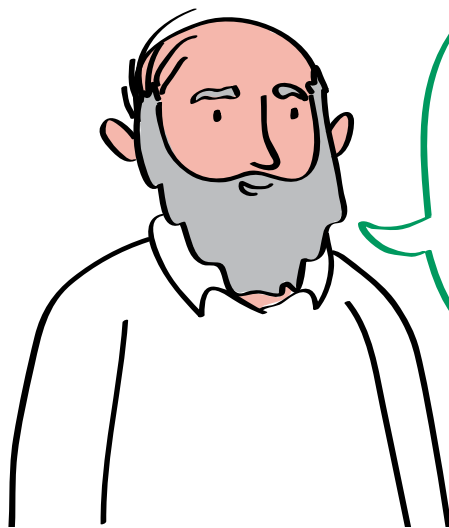
Dublin North City and County Community Healthcare

HSE Health and Wellbeing Division, Floor 1, Unit 4&5 Nexus Building,
Block 6A, Blanchardstown Corporate Park, Ballycoolin, Dublin 15, D15CF9K

www.hse.ie/selfmanagementsupport

 sms.dncc@hse.ie

 01 8976171



The online resource is
available at: [www.hse.ie/
selfmanagementsupport](http://www.hse.ie/selfmanagementsupport)

DISCLAIMER:

Health and Wellbeing, Dublin North City and County Community Healthcare does not endorse or guarantee the quality of the programmes, services, or information described, offered or provided by any of the service providers, agencies or organisations listed. The material contained in this directory is provided to healthcare professionals for general information purposes only and does not replace or constitute care, treatment or other professional advice. Individuals are welcome to use the material contained in the directory but decisions with respect to specific programmes or services are a matter for individual choice.



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
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