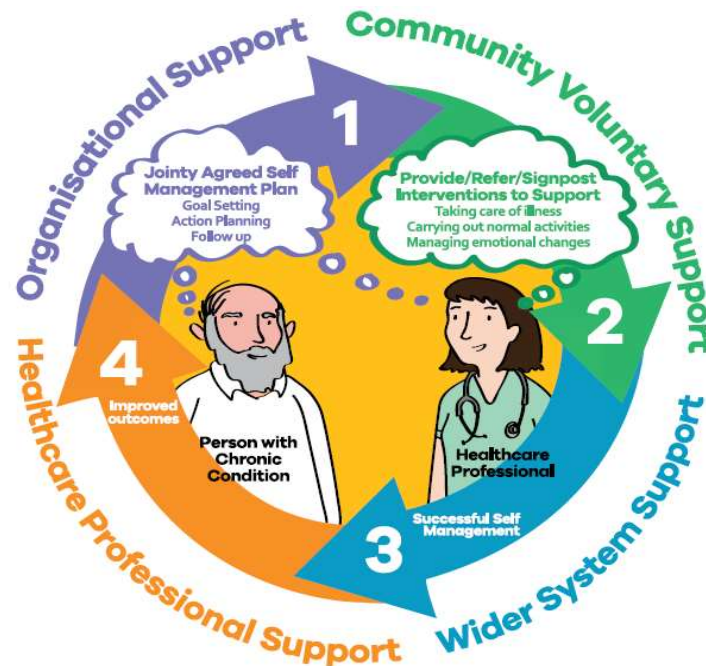




Dublin South, Kildare & West Wicklow Community Healthcare



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



Connecting people to services and services to each other

Nov-20

## Dublin South, Kildare & West Wicklow Community Healthcare

*Connecting people to services and services to each other*



COPD & Asthma



Diabetes



Heart Conditions



Stroke



Generic supports

# Index

<b>COPD &amp; Asthma</b>	Asthma.....	6
	Asthma and COPD.....	7
	COPD .....	10
	Smoking Cessation.....	12
<b>Diabetes</b>	Type 1 Diabetes.....	13
	Type 2 Diabetes.....	13
	Type 1 and Type 2 Diabetes.....	15
<b>Heart Conditions</b>	Heart Conditions.....	18
	Heart Failure.....	20
<b>Stroke</b>	Stroke.....	22
<b>Generic Supports</b>	Active Living.....	26
	Chronic Disease Self-management Program.....	28
	Drugs and Alcohol.....	29
	Emergency Health Services.....	29
	Health Information.....	30
	Healthy Eating & Weight Management.....	31
	Local Health Services.....	34
	Mental Wellbeing Supports & Training.....	36
	Smoking Cessation.....	39
	Social Inclusion.....	40
	Social and Community Supports.....	40
	Other Supports.....	44
	Self -management Support Co-ordinators.....	45

## Foreward

Healthy Ireland – A framework for improved Health and Wellbeing 2013-2025 was published in 2013 to address Ireland’s changing health and wellbeing profile. In response to the publication of the HI Framework the HSE developed the Healthy Ireland in the Health Services National Implementation Plan 2015 – 2017 to improve health and prevent onset of disease.

To drive implementation of the national plan, Dublin South, Kildare & West Wicklow Community Healthcare launched their HI Implementation plan in 2018. One of the priority areas identified in the plan is to support people living with long-term conditions.

We are delighted to issue the first edition of the Dublin South, Kildare & West Wicklow Community Healthcare Directory of Services and Programmes for adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. This directory is a priority action in the overarching “Living Well with a Chronic Condition Framework for Self-management Support” report and is also a key action in our area Healthy Ireland Implementation Plan 2018-2022.

**Brena Dempsey**  
**Head of Service Health Wellbeing**  
Dublin South, Kildare & West Wicklow  
Community Healthcare



**Geraldine Cully**  
**Self-management Support Co-ordinator**  
Dublin South, Kildare & West Wicklow  
Community Healthcare

This Directory will assist healthcare and community professionals to support adults living with or caring for someone with a long-term condition by signposting them to disease specific self-management supports such as pulmonary rehabilitation, cardiac rehabilitation and diabetes structured education programmes. Essential programs such as these can improve the skills and confidence of people with long term health conditions and help contribute to leading a healthier life.

The inclusion of social and community supports, peer support groups and mental wellbeing supports recognises the value of these services for people trying to self-manage their condition.

This directory will also be used as a key tool in implementing Making Every Contact Count (MECC) across our Community Healthcare area.

Sincere thanks to all individuals and organisations who provided information on their services and assistance with the development of this resource. This directory will be updated and re-circulated periodically. We value your opinion and invite you to send any feedback or suggestions for future editions to [cho7healthandwellbeing@hse.ie](mailto:cho7healthandwellbeing@hse.ie).



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Asthma	Asthma Society of Ireland Advice line	Call the Advice Line to make an appointment to speak with an Asthma Specialist Nurse.	Call 1800 44 54 64 or Email: nurse@asthmasociety.ie
Asthma	Asthma Society of Ireland Website	Provides support and information to people living with Asthma.	www.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 you manage your asthma and recognise when it's getting worse. It is filled out by the person with asthma in collaboration with their GP or Practice Nurse.	<a href="https://www.asthma.ie/document-bank/asthma-action-plan-0">https://www.asthma.ie/document-bank/asthma-action-plan-0</a>
Asthma	Asthma Society of Ireland advice on dealing with an asthma attack	Action to take during an asthma attack	<a href="https://www.asthma.ie/about-asthma/living-well-with-asthma/asthma-for-teachers-carers/what-do-asthma-attack">https://www.asthma.ie/about-asthma/living-well-with-asthma/asthma-for-teachers-carers/what-do-asthma-attack</a>
Asthma	Asthma Society of Ireland and HSE Asthma Education Programme	A variety of reliable information leaflets available including self management, activity, gardening, allergies and pregnancy	Contact Asthma Ireland on 01 8178886 or email: reception@asthma.ie



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Asthma</b>	Asthma Education Programme	This online education programme is for health and social card 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.'  Register via asthma society website <a href="https://elearning.asthma.ie">https://elearning.asthma.ie</a>
<b>Asthma and COPD</b>	Nurse-led review clinic	Patients attend for optimisation of respiratory medications, education and advice on their respiratory condition including inhaler technique and consideration for pulmonary rehabilitation	St. James Hospital: Respiratory ANP/Respiratory CNS's Tel: 01 4103763  Naas General Hospital: Respiratory ANP/Respiratory CNS's Tel: 045 849758  Tallaght University Hospital: Respiratory CNS.Tel: 01 4144758 Integrated Respiratory Team, Co Kildare & West Wicklow: Fiona Kavanagh Tel 087 356 6654
<b>Asthma and COPD</b>	Breathlessness Clinic	Community-based clinic for patients with Asthma/COPD which looks at how your condition affects your day-to-day life and develops a care plan for you.	Meath PCC, Dublin 8: Brenda Deering 01 79 58180 (Virtual service)



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Asthma and COPD</b>	Integrated Care Pulmonary Rehabilitation	A comprehensive intervention based on a thorough patient assessment followed by patient-tailored therapies that include, but are not limited to, exercise training, education, and behaviour change, designed to improve the physical and psychological condition of people with chronic respiratory disease and to promote the long-term adherence to health-enhancing behaviours. It runs twice a week for 8 weeks. No cost. Referrals accepted from G.P's, Hospitals and multidisciplinary teams.	Bru Chaoimhin, Dublin 8: Brenda Deering 01 79 58218 Dublin South West (Tallaght): Clare Baily Scanlan & Barry Kehoe 086 0255397 Kildare & West Wicklow: Integrated Respiratory Rapid Response Team (IRRRT) 045 920691 or Respiratory.kww@hse.ie. Available in Athy, Newbridge, Celbridge and Blessington PCC's.
<b>Asthma and COPD</b>	Maintainance Pulmonary Rehabilitation Programme an RIC and DCC initiative	Suitable for people who have completed hospital or community based pulmonary rehabilitation programmes. It is available in St. Catherines Sports Centre, Marrowbone Lane, Dublin 8. It runs on Monday and Thursday mornings from 11am-12pm.	Contact Brenda Deering: 01 79 58180 for further details.
<b>Asthma and COPD</b>	Community Respiratory CNS/Respiratory Physiotherapy led clinic	A community respiratory clinic to optimise medical management, offering education and advice including inhaler technique, breathing control, airway clearance and benefits of exercise to improve a person's self-management of their disease. Referrals accepted from G.P's.	Kildare & West Wicklow: Integrated Respiratory Rapid Response Team (IRRRT) 045 920691 or Respiratory.kww@hse.ie. Available in Athy, Newbridge, Celbridge and Blessington PCC's.
<b>Asthma and COPD</b>	Early Supported Discharge	Supported discharge from Naas General Hospital. Review of patients post discharge in a community setting following an exacerbation of the respiratory condition	Kildare & West Wicklow: Integrated Respiratory Rapid Response Team (IRRRT) 045 920691 or Respiratory.kww@hse.ie. Available in Athy, Newbridge, Celbridge and Blessington PCC's.



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Asthma and COPD	Dental services	<p>Oral health is essential to general health and well-being. Oral health shares common risk factors with other chronic conditions and studies have linked poor oral health to other systemic diseases. Oral conditions have an impact on overall health and disease. Bacteria from the mouth can cause infection in other parts of the body when the immune system has been compromised by disease or medical treatments.</p> <p>Patients with asthma and COPD have increased risk of dry mouth which increases the risks of tooth decay, gum disease and bad breath 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><b>Adults aged 16 and over with a medical card:</b> Treatment is provided under the Dental Treatment Service Scheme (DTSS). A list of contracted dentists is available from your local HSE dental office or clinic or <a href="http://www.hse.ie/eng/services/list/2/dental/">http://www.hse.ie/eng/services/list/2/dental/</a>. Dentists and/or local HSE Dental Service will be able to advise regarding your entitlements.</p> <p><b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to insured workers (including self employed and farmers) and retired people. Eligibility can be confirmed by your dentist or at the Dept. of Employment and Social Protection. 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. Anyone who pays for dental services from a private practitioner may claim tax relief for certain specialised dental treatments.</p>





Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>COPD</b>	Pulmonary Rehabilitation	Pulmonary rehabilitation is a program of exercise, education, and support to help you learn to breathe and function at the highest level possible. It includes two hours of exercise and education twice a week for 8 weeks. No cost. Referrals accepted from Medical and Respiratory Teams.	Tallaght University Hospital: Sara Keane 01 4142750 St. James Hospital: Ciara Gleeson 01 4103763 Peamount HealthCare: Kudos Anyakudo 01 6515933
<b>COPD</b>	Outreach Pulmonary Rehabilitation	Pulmonary rehabilitation is a program of exercise, education, and support to help you learn to breathe and function at the highest level possible. It includes two hours of exercise and education twice a week for 8 weeks. No cost.	Tallaght University Hospital: Ciara Scallan 01 414 2542
<b>COPD</b>	COPD Outreach: a service which supports early discharge from Hospital and admission avoidance.	The Clinical Nurse Specialist or Specialist Physiotherapist will visit the patient at home for up to fourteen days, depending on the patients needs.	Tallaght University Hospital: Ciara Scallan and Sherin Varghese 01 414 2542  St. James Hospital: Respiratory Assessment Unit 01 4103763  -(Patients must live in Dublin 2/6/8/10/12/20)



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>COPD</b>	Long-Term Oxygen Therapy (LTOT) assessment clinic	Home oxygen assessment for patients with COPD. Patients should only be referred if there are concerns over the patients baseline oxygen levels. Acute hypoxia should be addressed separately if severe in the ED. LTOT assessments may consist of an Arterial Blood Gas and/or 6 minute walk test. Patients should NOT be assessed during a respiratory exacerbation. Referrals accepted from Medical Teams/Resp CNS/ANP/COPD Outreach and Physiotherapy	St. James Hospital: Respiratory ANP/Respiratory CNS's Tel: 01 4103763  Naas General Hospital: RespiratoryANP/ Respiratory CNS's Tel: 045 849758  Tallaght University Hospital: Sarah Cunneen Tel: 01 4143624
<b>COPD</b>	Speech & Language Therapy service for people living with swallowing difficulties due to a diagnosis of COPD.	Shortness of breath due to COPD can make swallowing more difficult. SLTs are trained in the assessment and management of eating, drinking and swallowing impairments. If you are experiencing difficulty or discomfort eating and/ or drinking, you can contact SLT directly or request a referral be made by your GP/ Public Health Nurse.	Service available in Primary Care Centres across community healthcare Dublin South, Kildare & West Wicklow. Kildare & West Wicklow: Call: 045 986300 Dublin South West: Call 01 79 57571 Dublin West: Call 01 79 55256 Dublin South City: Call 01 79 58081 and ask to speak to an adult Speech & Language Therapist.
<b>COPD</b>	COPD Support Ireland Nurse Advice Line	Call the Advice Line and an appointment will be made with the nurse to call you back at a time convenient to you.	Call 1800 832146
<b>COPD</b>	COPD Support Groups	Weekly 1 hour support group incorporating supervised, structured exercise programme. Cost €5 per session.	Ballyfermot : Jennifer Mitten 086 0415128 Tallaght (Rua Red): Carol Muldoon 086 305 6232
<b>COPD</b>	COPD Support Ireland Website	Provides support and information to people living with COPD.	<a href="http://www.copd.ie">www.copd.ie</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Smoking Cessation</b>	One to one behavioural support with advice on smoking cessation medications, healthy eating, stress management and physical activity provided on a weekly basis.	Support commences 2 weeks prior to Quit Date and continues on a weekly basis until client is 4 weeks smokefree, with follow-up at 3 and 12 months.	<b>QUIT Service:</b> www.quit.ie 1800 201 203 <b>St James Hospital:</b> Carmel Doherty 01 4103580 <b>Meath PCC, Dublin 8:</b> Jose Ayala 01 79 58074 <b>Ballyfermot PCC, Dublin 10:</b> Elaine Cunniffe 087 6461143 <b>Mary Mercer PCC, Tallaght:</b> Elaine Cunniffe 087 6461143 <b>Celbridge PCC:</b> Ann Scanlon 087 4079118 <b>Peamount HealthCare:</b> Emer Hannigan 01 6010300 <b>Vista PCC, Naas:</b> Ann Scanlon 087 4079118
<b>Smoking Cessation</b>	We can Quit is a free, friendly and supportive 12 week programme to help women quit smoking and stay quit for good.	The programme offers free nicotine replacement therapy (NRT), a weekly smoking cessation group and one to one support.	We can Quit: 01 2316669
<b>Asthma and COPD</b>	<b>See also section on Generic Supports</b>		



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Type 1 Diabetes</b>	Berger Education	Comprehensive Group Programme delivered over three days with review after three months. No cost.	Naas Hospital: Call Jackie McGrath/Joanne Begley: 045 849752 Tallaght University Hospital: Call Diabetes Day centre: 01 4143223 St. James Hospital: Call Carolyn Treacy 01 4103141
<b>Type 1 Diabetes</b>	Website providing information on type 1 Diabetes	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	<a href="https://www.jdrf.org/">https://www.jdrf.org/</a>
<b>Type 2 Diabetes</b>	There are three different free diabetes education programmes available: DISCOVER, DESMOND and CODE. Contact the numbers below to find one running near you and register for it. Whatever programme you choose will give you up-to-date information about living with diabetes. You will have an opportunity to meet others with type 2 diabetes. You can share experiences and learn from each other in a relaxed and enjoyable environment. You are welcome to ask any questions you have or you can just sit and listen if you prefer. Friendly and welcoming diabetes nurses and dietitians will create a safe space for you to learn. Every person who attends receives a free information booklet to keep. This is a helpful guide for you to refer to at home. You are welcome to bring a family member, carer or friend with you.		
<b>Type 2 Diabetes</b>	DISCOVER DIABETES – Type 2	DISCOVER DIABETES is a free four session course for people with type 2 diabetes (2.5 hours weekly for 4 consecutive weeks) with follow up sessions offered at 6 months, 12 months and each year thereafter. The course is delivered by a HSE Community Dietitian who is trained in this specialist course. A family member or carer can attend with you.	Available in various locations throughout Dublin South and Kildare, West Wicklow. Call DISCOVER DIABETES Co-ordinator on 076 69 58054.

<b>Type 2 Diabetes</b>	DESMOND Diabetes support course	DESMOND stands for Diabetes Education and Self-management for Ongoing and Newly Diagnosed type 2 diabetes. It is a free 6 hour course delivered as two half day sessions or as a 1 day course. The sessions are led by health professionals, trained to ensure you receive accurate, up to date, evidence based information.	Available in various locations throughout Dublin South and Kildare, West Wicklow. Call DISCOVER DIABETES Co-ordinator on 076 69 58054.
<b>Type 2 Diabetes</b>	CODE Education	CODE stands for community orientated diabetes education. It's a free course for people with type 2 diabetes or pre-diabetes provided by Diabetes Ireland. CODE will teach you about all the different aspects of diabetes care and will answer your questions in an informal environment. CODE is facilitated by a diabetes nurse or dietician and runs for a two hour sessions for 3 weeks. The facilitator will phone you in and around week 10 to see how you are doing and finally the group will meet again after 6 months for a review. No Cost.	Call 1850 909 909 or register online at <a href="http://www.diabetes.ie">www.diabetes.ie</a>
<b>Type 2 Diabetes</b>	Clinical Nurse Specialist: Diabetes Clinic	One to one service for Newly diagnosed and longterm Type 2 diabetes with uncomplicated/complicated diabetes on up to 4 oral agents. People with type 2 diabetes receive a full assessment from a diabetes nurse including assessment of medication and lifestyle. GP referral.	Ballyfermot PCC: Louise Conneally 01 7956051 Tallaght: Fiona Fullam 087 7401864 Kildare: Una O'Neill 087 9934399
<b>Type 2 Diabetes</b>	Joint Diabetic Nurse Specialist and Dietitian clinics	Free one to one service for people requiring more intensive support with their management of their type 2 diabetes. GP referral.	Ballyfermot PCC: Louise Conneally 01 7956051/Michelle Carey 01 7958080 Kildare: Una O'Neill 087 9934399
<b>Type 2 Diabetes</b>	Community Dietitian Diabetes Service	One to one service for people who are newly diagnosed and those with existing diagnosis. Healthcare Professional referral.	Ballyfermot PCC: Michelle Carey 01 7958080 Meath PCC: Michelle Carey 01 7958080
<b>Type 2 Diabetes</b>	Diabetes Smart Online Education course	A 55-minute online education course developed by Diabetes Ireland and Trinity College, to help you learn more about diabetes self-management. No cost.	<a href="http://www.diabeteseducation.ie">www.diabeteseducation.ie</a>

<b>Type 1 and Type 2 Diabetes</b>	Long-Term Illness Card	Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances free from your pharmacy. Diabetes 1 and 2 are covered by the scheme. There is no means test for the scheme.	For further information go to: <a href="http://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html">//www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html</a>
<b>Type 1 and Type 2 Diabetes</b>	Podiatry Service (foot care)	Hospital referral for ulceration only. Community referral for active foot disease only. No cost.	Tallaght University Hospital: Call Diabetes Day Centre on 01 4143223 St. James Hospital: Call Diabetes Day Centre on 01 4162661
<b>Type 1 and Type 2 Diabetes</b>	Community Podiatry Foot Service	Community referral for active foot disease only. No cost.	Refer via email to: <a href="mailto:podiatry.cho7@hse.ie">podiatry.cho7@hse.ie</a> Meath PCC: 01 79 58030 Ballyfermot PCC: 01 79 56225
<b>Type 1 and Type 2 Diabetes</b>	Retinal Screening (eye screening)	National Diabetes Retinal Screening Programme offers free annual screening and treatment for diabetic retinopathy to people with diabetes aged 12yrs and older. No cost.	Register for this service by calling 1800 454555 or online at <a href="http://www.diabeticrotinascreeen.ie">www.diabeticrotinascreeen.ie</a>
<b>Type 1 and Type 2 Diabetes</b>	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.	Dublin South, Wicklow and Kildare. NCBI, Unit F5, Talbot House, Tallaght Cross East, Dublin 24. Tel: 01 4056950. Email <a href="mailto:info@ncbi.ie">info@ncbi.ie</a> .
<b>Type 1 and Type 2 Diabetes</b>	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.	<b>Adults aged 16 and over with a medical card:</b> Treatment is provided under under the Dental Treatment Service Scheme (DTSS). A list of contracted dentists is available from your local HSE dental office or clinic or <a href="http://www.hse.ie/eng/services/list/2/dental/">http://www.hse.ie/eng/services/list/2/dental/</a> . People with diabetes are deemed 'Exceptional/High Risk' under the DTSS and are entitled to an enhanced level of care including regular scale and polish and treatment of periodontal disease.

			<b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to insured workers (including self employed and farmers) and retired people. Eligibility can be confirmed by your dentist or at the Dept. of Employment and Social Protection. 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. Anyone who pays for dental services from a private practitioner may claim tax relief for certain specialised dental treatments. The form is called Med 2 and can be obtained from the Tax Office or local dentists.
<b>Type 1 and Type 2 Diabetes</b>	Diabetes Ireland Website and Helpline	Provides support, information and motivation 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.	Email: <a href="mailto:info@diabetes.ie">info@diabetes.ie</a> Website: <a href="http://www.diabetes.ie">www.diabetes.ie</a>
<b>Type 1 and Type 2 Diabetes</b>	Diabetes Ireland Free Publications	A variety of reliable information leaflets available online to download on all aspects of type 1 and type 2 diabetes and prediabetes	<a href="https://www.diabetes.ie/downloads/patient-booklets/">https://www.diabetes.ie/downloads/patient-booklets/</a>
<b>Type 1 and Type 2 Diabetes</b>	HSE information on Diabetes	General information on diabetes including HBA1C and foot care.	<a href="https://www.hse.ie/eng/health/hl/living/diabetes/">https://www.hse.ie/eng/health/hl/living/diabetes/</a>
<b>Type 1 and Type 2 Diabetes</b>	Diabetes UK	UK site providing support, education and motivation to people living with diabetes.	<a href="https://www.diabetes.org.uk/">https://www.diabetes.org.uk/</a>
<b>Type 1 and Type 2 Diabetes</b>	<b>See also section on Generic Supports</b>		



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Heart Conditions	Cardiac Rehabilitation Programme - Phase 3.	Phase 3 cardiac rehabilitation incorporates exercise training in combination with ongoing education and psychosocial and vocational interventions. It includes 1½-2 hours of exercise and education 2-3 times weekly for 6-8 weeks (depending on location and need). No cost.	Naas Hospital: Ger Hogan 045 849847 Tallaght University Hospital: Noeleen Fallon 01 4143097 St. James Hospital: Mary Kerins 01 4162548
Heart Conditions	Cardiac Rehabilitation programme - Phase 4.	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 rehabilitation. Also suitable for individuals who have risk factors such as high blood pressure, high cholesterol or diabetes. It involves 1 hour exercise class per week for 6 weeks. Contact service provider for cost of these programmes.	Kilcullen/Mount Merrion: Karen Craddock 045 484000 Tallaght Leisure Centre: Elaine Mcguinness 086 0742506 Clondalkin Leisure Centre: Enda McNulty 01 4574858 Islandbridge: Mella Fitzgerald 086 8122948
Heart Conditions	IACR: Irish association for Cardiac Rehabilitation	National site providing information on cardiac rehabilitation in Ireland including a detailed directory	<a href="http://www.IACR.info">www.IACR.info</a>
Heart Conditions	Irish Heart Foundation Website	Provides support, education and information for people living with heart conditions.	Email: <a href="mailto:info@irishheart.ie">info@irishheart.ie</a> Call 01 6685001 <a href="http://www.irishheart.ie">www.irishheart.ie</a>





Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Heart Conditions	Irish Heart Foundation resources	A variety of information leaflets available	<a href="http://www.irishheart.ie/publications">www.irishheart.ie/publications</a>
Heart Conditions	Croi Website	Provides education and information for people living with heart conditions	<a href="http://www.croi.ie">www.croi.ie</a>
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	<b>Adults aged 16 and over with a medical card:</b> Treatment is provided under the Dental Treatment Service Scheme (DTSS) from dentists who have a contract with the HSE. A list of dentists is available from your local HSE dental office or clinic or <a href="http://www.hse.ie/eng/services/list/2/dental/">http://www.hse.ie/eng/services/list/2/dental/</a> . 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 including regular scale and polish and treatment of periodontal disease. Local Dentists will be able to advise regarding entitlements.



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
			<b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to insured workers (including self-employed and farmers) and retired people. Eligibility can be confirmed by local dentists or at the Dept. of Employment and Social Protection. 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. Anyone who pays for dental services from a private practitioner may claim tax relief for certain specialised dental treatments. The form is called Med 2 and can be obtained from the Tax Office or local dentists.
<b>Heart Failure</b>	Heart Efficiency Clinic Heart Failure Clinic	The heart failure clinic will help educate you on your condition and improvements that you can gain through diet, exercise and medication.	Tallaght University Hospital: Sarah Fall 01 4143136 St. James Hospital: Pat Kerrigan 01 4103593
<b>Heart Failure</b>	Heart Failure Website	Ireland's national heart failure charity. Source of reliable information and resources for people with heart failure.	<a href="http://heartbeat-trust.ie/">http://heartbeat-trust.ie/</a>
<b>Heart Failure</b>	The Heart Beat Trust Heart Failure Self Care Plan	Heart Failure Self Care Plan to support a person with Heart Failure to self-manage.	<a href="http://heartbeat-trust.ie/wp-content/uploads/2016/04/traffic_light_guide_a4_print.pdf">http://heartbeat-trust.ie/wp-content/uploads/2016/04/traffic_light_guide_a4_print.pdf</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Heart Failure	Heart Failure Website	Provides education and information for people living with heart failure	<a href="http://www.heartfailurematters.org">www.heartfailurematters.org</a>
Heart Conditions	See also section on Generic Supports		



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Stroke	Irish Heart Foundation Stroke Support Groups: can help you cope with the aftermath of stroke as you work towards rebuilding your life and are a fantastic way to meet others and to share experiences.	Weekly 2 hour meetings providing a social outlet for people who uniquely understand the daily challenges of living with a stroke. Group physiotherapy and structured exercise is followed by a range of activities such as art, quizzes, bridge, boccia and board games. Contact service provider for costs.	Ballycane Parish Centre, Naas: Helena Heffernan 086 1300237 Rua Red, Tallaght: Les Carroll 087 0663063 St. Bernadettes, Crumlin: Les Carroll 087 0663063
Stroke	"Life after Stroke"online Support Group for young stroke survivors	Hosted on Facebook – this private forum lets you chat to other young stroke survivors about the many common challenges post stroke, such as relationships, returning to work, positive mental health, anxiety and depression, fatigue and communication difficulties.	New members can join by clicking this link <a href="https://www.facebook.com/groups/143802206262536/">https://www.facebook.com/groups/143802206262536/</a> and requesting membership. You can also contact Helena on <a href="mailto:hodonnell@irishheart.ie">hodonnell@irishheart.ie</a> with any queries.



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Stroke	Moderate Severe Social-Communication Group	This Speech & Language Therapy (SLT) facilitated group is for people living with moderate- severe communication changes post- stroke. The group provides opportunities to gain and maintain confidence in communication. Participants are supported by other group members and SLTs in a total communication approach that uses strategies and techniques to maximise effectiveness of communication. It runs for 6 week blocks 3- 4 times a year.	Contact: Clane Primary Care Centre Reception- 045 986300, ask to speak to an adult Speech & Language Therapist
Stroke	Comhrá- Conversation Support Group	This Speech & Language Therapy (SLT) facilitated group is for people living with mild- moderate communication changes post- stroke. The group provides an opportunity for social interaction and to regain confidence in communication. This group runs once a month in Athy Health Centre.	Contact: Clane Primary Care Centre Reception- 045 986300, ask to speak to an adult Speech & Language Therapist
Stroke	CHAT	This is a communication hub, providing people with communication difficulties post stroke with communication opportunities. It is based in Rua Red coffee shop and the group meets on the 1st Thursday of the month for a 'chat'. Conversation is facilitated by Speech and Language Therapists and it provides an opportunity for social interaction, communication and support.	Áine Lawlor, Senior Speech & Language Therapist Contact number: 0860421657



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

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>Family member only groups meet once a month in Dublin and provide education, support and relaxation to people who care for someone with a brain injury.</p> <p>One to one Individual and/or family support is offered as needed. This includes providing information about living with stroke and signposting to suitable services.</p>	<p>ACE Enterprise Park, Bawnogue Road, Bawnogue, Dublin, D22</p> <p>Helpline: 1890 200 278. <a href="http://www.headway.ie">www.headway.ie</a></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. 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>Fill out a form available on <a href="http://www.abiireland.ie">www.abiireland.ie</a> or Call 01 280 4164 for more information.</p>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Stroke	National Rehab Hospital	The NRH accepts referrals for adults to both the inpatient and outpatient services for people post stroke who require complex specialist rehabilitation services	Referrals for people under 65 from acute hospitals, Gp's, Community agencies. Referrals for people over 65 must be from a geriatric medicine specialist. For more information and to download the referral form <a href="http://www.nrh.ie">www.nrh.ie</a> or Tel: 01 235 5000 ask for the Administration Office for the: Brain Injury Programme
Stroke	National Rehab Hospital patient and family information leaflets	The NRH have created a range of Patient and Family Information and Education Leaflets for use during and after an acquired brain injury rehabilitation. Topics nutrition, alcohol and driving.	<a href="http://www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/">http://www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/</a>
Stroke	Irish Heart Foundation Website	Provides support, education and information for people living with stroke. A variety of information leaflets available on <a href="http://www.irishheart.ie/publications">www.irishheart.ie/publications</a>	Email: <a href="mailto:info@irishheart.ie">info@irishheart.ie</a> Call 01 6685001 <a href="http://www.irishheart.ie">www.irishheart.ie</a>
Stroke	Croi Website	Provides education and information for people living with heart conditions and stroke	<a href="http://www.croi.ie">www.croi.ie</a>
Stroke	Memory Technology Resource Room	The Memory Technology Resource Room allows people with memory difficulties, dementia, their families and friends to see and try a range of products to make independent living easier	Ballyfermot Primary Care Centre- Call 087 1240373 or email: <a href="mailto:BALLYFERMOT.MTRR@HSE.IE">BALLYFERMOT.MTRR@HSE.IE</a> for an appointment.
Stroke	<b>See also section on Generic Supports</b>		



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Active Living	Get Ireland Active Website	Website providing motivation and guidance to get people active. It includes a directory of places to get active including local parks, swimming pools, gyms and playing pitches.	<a href="http://www.getirelandactive.ie">www.getirelandactive.ie</a>
Active Living	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.	<a href="http://www.getirelandactive.ie/Older-Adults/Resources/Fact-Sheets/">www.getirelandactive.ie/Older-Adults/Resources/Fact-Sheets/</a>
Active Living	Get Ireland Walking	Get Ireland Walking is a national initiative that aims to maximise the number of people participating in walking - for health, wellbeing and fitness - throughout Ireland.	<a href="https://www.getirelandwalking.ie/findgroup/#counties">https://www.getirelandwalking.ie/findgroup/#counties</a>
Active Living	ExWell: Community-based chronic illness rehabilitation programme offering medically supervised exercise classes	ExWell is a community-based supervised exercise programme specifically tailored for individuals with chronic health conditions. It is open to a range of health conditions and those with multiple conditions. Referrals accepted from G.P's and Consultants. Send referral letter containing patients contact details, medical history and list of medications to Dr Noel McCaffrey, c/o Tallaght Leisure Centre, Fortunestown Way, Tallaght, Dublin 24.	Tallaght Leisure Centre, Fortunestown Way, Tallaght, Dublin 24. Classes take place on Tuesdays and Fridays at 11am, 12.30pm and 2pm. Assessment and inductions arranged by appointment.





Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Active Living	Park Run	Park run. Weekly free 5km park walk or run at 9.30am on a Saturday morning	Castletown House, Celbridge, Co. Kildare Naas Racecourse, Naas, Co. Kildare Russborough House & Parklands, Blessington, Co. Wicklow Bushy Park, Terenure, Co. Dublin Brickfields Park, Drimnagh, Co. Dublin Corkagh Park, St Johns Crescent, Dublin 8 Griffeen Valley Park, Lucan, Co. Dublin Marlay Park, Rathfarnham, Co. Dublin Tymon Park, Tallaght, Dublin 24 Waterstown Park, Palmerstown, Dublin 20
Active Living	Sports Partnership Programmes	Variour programmes available. Contact your local Sports Partnership for details.	Kildare: Eddie Hennessy 045 980546 Wicklow: Ashling Hubbard 0404 20100 South Dublin County: Thos McDermott 086 0441071 Dublin City Sport & Wellbeing: Shauna McIntyre/Aideen O'Connor 01 222 7870
Active Living	Age and Opportunity	Age & Opportunity is the national organisation that inspires everyone to reach their full potential as they age	<a href="http://www.ageandopportunity.ie">www.ageandopportunity.ie</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Active Living</b>	Age and Opportunity: Go For Life	Go for Life is the national programme for sport and physical activity for older people in Ireland Includes: Go for life games and leagues run by local sports partnerships for groups and clubs Go for Life Physical Activity Leaders (PALs) workshop for people who are willing to lead activities in their group or club Go for Life Care Pals workshop for staff and volunteers in day and residential care settings to lead suitable physical activities with older people.	Contact the Go for Life Team on 01 805 7733 Email <a href="mailto:gfl@ageandopportunity.ie">gfl@ageandopportunity.ie</a> Find out more at <a href="http://www.ageandopportunity.ie/what-we-do/physical-activity-sport/go-for-life-games">www.ageandopportunity.ie/what-we-do/physical-activity-sport/go-for-life-games</a>
<b>Chronic Disease Self Mangement Program</b>	Chronic Disease Self-Management Program (Stanford Model). For adults living with health conditions such as Asthma, COPD, Stroke, Diabetes, Heart Disease and many others.	Group support which explores the skills to live well with long term conditions. Two and a half hours per week over six weeks. Contact Catherine for details of cost.	Group runs in various locations in Dublin South, Kildare & West Wicklow. Contact: <b>Dublin 10, 12, 22, 24</b> - Catherine Heaney 01 4590708 <b>Dublin 8</b> - Lisa Buckley, 01 4716723, email <a href="mailto:health@f2c.ie">health@f2c.ie</a> <b>Kildare &amp; West Wicklow</b> - 045 988369 or email <a href="mailto:cho7healthandwellbeing@hse.ie">cho7healthandwellbeing@hse.ie</a>
<b>Drugs and Alcohol</b>	Drugs & Alcohol Helpline and Website.	Free confidential place where you can talk through your concerns about drugs or alcohol, get information about services and consider the options available to you to improve your situation	Freephone 1800 459 459 Email: <a href="mailto:helpline@hse.ie">helpline@hse.ie</a> <a href="http://www.services.drugs.ie/s">http://www.services.drugs.ie/s</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Drugs and Alcohol</b>	Website to improve people's knowledge about alcohol	Reliable information and support about alcohol. Includes contact details for local support groups	<a href="http://www.askaboutalcohol.ie">www.askaboutalcohol.ie</a>
<b>Emergency Health Services</b>	Emergency Services	Emergency Services Number	112 or 999
<b>Emergency Health Services</b>	G.P. Out of Hours Services	G.P. out of hours family doctors services are for patients with urgent medical problems who need to contact a doctor after surgeries close.	Kildare /West Wicklow (Kdoc): 1890 599 362 South Inner City, Dublin (Dubdoc): 01 4545607 Tallaght & Clondalkin (TLD Doc): 1890 202224 South Wicklow (Caredoc): 1850 334 999
<b>Emergency Health Services</b>	Community Intervention Teams	A Community Intervention Team (CIT) is a specialist, health professional team which provides a rapid and integrated response to a patient with an acute episode of illness who requires enhanced services/acute intervention for a defined short period of time. This may be provided at home, in a residential setting or in the community as deemed appropriate, thereby avoiding acute hospital attendance or admission, or facilitating early discharge.	Community Intervention Team, Dublin Area: Call 087 9792589 (Last referral 10pm). Community Intervention Team, Kildare & West Wicklow: Call 01 4276000
<b>Health Information</b>	Antimicrobial Resistance and Infection Control	Factsheets and Patient Information Leaflets	<a href="http://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/hcai/">http://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/hcai/</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Health Information	Healthy Ireland Campaign	Website encouraging people to make positive choices to improve their health and wellbeing across three main themes - Healthy Eating, Physical Activity and Mental Wellbeing.	<a href="http://gov.ie/HealthyIreland">gov.ie/HealthyIreland</a>
Health Information	Health Promotion.ie	Health literature available to order online on a large range of topics including health eating, active living, smoking, drugs, alcohol and mental health. Professionals can register to order large quantities	<a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a>
Health Information	Practical advice for staying well in winter	Useful HSE checklist with advice on being prepared for the winter period when living with a long-term health condition such as Asthma, COPD, Diabetes, Heart Disease.	<a href="http://www.winterready.ie">www.winterready.ie</a>
Health Information	Practical advice when sick	Practical advice on how to mind yourself or your family when you're sick. From the HSE, GPs and Pharmacists	<a href="http://www.undertheweather.ie">www.undertheweather.ie</a>
Health Information	Making Every Contact Count	The E-learning training programme 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	<a href="http://www.makingeverycontactcount.ie">www.makingeverycontactcount.ie</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Health Information	Health Products Regulatory Authority (HPRA)	Protect and enhance public health by regulating medicines, medical devices and other health products.	<a href="http://www.hpra.ie">Website: www.hpra.ie</a>
Health Information	Medicines Information	Online information and advice on your medications.	<a href="http://www.medicines.ie">www.medicines.ie</a>
Health Information	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.	<a href="http://www.workwell.ie">www.workwell.ie</a>
Health Information	Alzheimer Café	Alzheimer Café's are safe and relaxed places where people with dementia, their families and care professionals come together to learn about dementia and support each other.	Naas: last Wednesday of every month in the Convent Tea Rooms at McAuley Place from 7-9pm. Contact Mary Roach on 087 347 1662. Leixlip: Second Wednesday of every month in Ryevale Nursing Home from 7-9pm. Contact Susan O'Reilly on 087 741 8512.
Healthy Eating & Weight Management	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.	Group runs in various locations in Dublin South , Kildare & West Wicklow: Mairead Aherne 045 986313.
Healthy Eating & Weight Management	Community based and digital weight management supports	Online and/or group support to help you lose weight and achieve a healthy lifestyle.	<a href="http://www.slimmingworld.ie">www.slimmingworld.ie</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Healthy Eating &amp; Weight Management</b>	Community based and digital weight management supports	Online and/or group support to help you lose weight and achieve a healthy lifestyle.	<a href="http://www.unislim.ie">www.unislim.ie</a>
<b>Healthy Eating &amp; Weight Management</b>	Community based and digital weight management supports	Online and/or group support to help you lose weight and achieve a healthy lifestyle.	<a href="http://www.weightwatchers.ie">www.weightwatchers.ie</a>
<b>Healthy Eating &amp; Weight Management</b>	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 an obesity related co-morbidity e.g. diabetes). Multidisciplinary lifestyle and behaviour change programme delivered by a dietitian, physiotherapist and psychologist. It involves 9 appointments. Suitable people can go on to be referred to the surgical bariatric service.	More information and health care professional referral information can be found at <a href="http://weightmanagement.ie/index.html">http://weightmanagement.ie/index.html</a> Please send referrals or queries to: Prof Donal O'Shea or Dr Jean O'Connell, Consultant Endocrinologists, Weight Management Service, St Columcille's Hospital, Loughlinstown, Co Dublin. Phone:01-2115042.
<b>Healthy Eating</b>	Healthy Food Made Easy: a six session fun and practical course which focuses on fostering basic knowledge about healthy eating	Community Cookery programme runs for 2½ hours weekly for 6 weeks. Contact Liz/Tina for cost of course	Group runs in various locations in Dublin South, Kildare & West Wicklow. Contact Liz/Tina for details. (Liz Griffin 086 049 0866, Tina Daly 086 8275938).



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Healthy Eating	Healthy Hearts (follow on to Healthy Food made Easy Course).	2 hours weekly for 3 weeks. First week focuses on nutrition, second week on stress management and third week on physical activity.	Group runs in various locations in Dublin South, Kildare & West Wicklow. Contact Liz/Tina for details. (Liz Griffin 086 049 0866, Tina Daly 086 8275938).
Healthy Eating	Safe Food	Website providing reliable information on food safety and healthy eating. You can also download publications and recipes.	<a href="http://www.safefood.eu">www.safefood.eu</a>
Healthy Eating	101 Square Meals: recipe book	Recipes that are easy to prepare, low budget and highly nutritious.	<a href="https://www.safefood.eu/Recipes/101-Square-Meals-(PDF).aspx">https://www.safefood.eu/Recipes/101-Square-Meals-(PDF).aspx</a>
Healthy Eating	Irish Nutrition and Dietetic Institute (INDI)- factsheets	Factsheets cover a large range of topics.	<a href="http://www.indi.ie">www.indi.ie</a>



## Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma. Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Local Health Services</b>	Primary Care Services	Primary Care Services are all of the HSE health and social care services available in your community, outside of the hospital setting. They include: Public Health Nursing Service Dental Service Dietetic Service Occupational Therapy Service Ophthalmic Service Physiotherapy Service Podiatry Service Psychology Service Speech & Language Therapy Service Social Work Service	For further details contact: <b>Dublin West</b> looks after the communities of Palmerstown, Lucan, Chapelizod, Inchicore, Clondalkin, Milltown, Newcastle, Saggart and Brittas - <a href="https://www.hse.ie/eng/services/list/1/lho/dublinw/">https://www.hse.ie/eng/services/list/1/lho/dublinw/</a> <b>Dublin South City</b> looks after communities of Dublin 2, 6 and 8 - <a href="https://www.hse.ie/eng/services/list/1/lho/dubsouthcity/">https://www.hse.ie/eng/services/list/1/lho/dubsouthcity/</a> <b>Dublin South West</b> looks after the communities of Drimnagh, Crumlin, Walkinstown and Tallaght - <a href="https://www.hse.ie/eng/services/list/1/lho/dublinsw/">https://www.hse.ie/eng/services/list/1/lho/dublinsw/</a> <b>Kildare and West Wicklow</b> - looks after communities of County Kildare and West Wicklow - <a href="https://www.hse.ie/eng/services/list/1/lho/kildare-west-wicklow/kildare-and-west-wicklow-local-health-office.html">https://www.hse.ie/eng/services/list/1/lho/kildare-west-wicklow/kildare-and-west-wicklow-local-health-office.html</a>
<b>Local Health Services</b>	Home Support Service for Older People	The Home Support Service provides help and support with every day tasks to older people living at home	Home Support Service, Services for Older People, Junction House, Kilnamanagh-Tymon Primary Care Centre, Airton Road, Tallaght, Dublin 24. Tel: 01 9214719/ 9214720/ 9214721/ 9214722





Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Local Health Services</b>	Hospitals	Acute Hospital services	St James Hospital, Dublin 8: 01 410 3000 Tallaght University Hospital, Dublin 24: 01 414 2000 Naas General Hospital, Co. Kildare: 045 849 500
<b>Local Health Services</b>	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.	GP or hospital doctor normally makes a referral. Referral to palliative care can be organized as soon as a diagnosis is made. Palliative Care is funded by the health service in partnership with voluntary sector. Services are free to patients and family. Kildare/West Wicklow Homecare Team: 045 920027 St Brigids Hospice, Kildare: 045 920011 Palliative Care Service, St Lukes Hospital, Rathgar: 01 4065000 Palliative Care Service, Tallaght University Hospital: 01 4142000 Palliative Care Service, St James Hospital: 4162389 Our Lady's Hospice & Care Service, Harolds Cross: 01 4068700
<b>Mental Wellbeing Supports</b>	If you, a member of your family or someone you know is in distress help is available. In the first instance contact your GP, if it is late in the evening or at the weekend call your local GP Out of Hours Service. You can also go to the Emergency Department in your nearest hospital or you can contact Emergency Services on 112 or 999. Other useful services are listed below.		
<b>Mental Well Being Supports</b>	Your Mental Health	Comprehensive website containing information, supports and services available in the Republic of Ireland.	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Mental Well Being Supports</b>	Samaritans	Free confidential, non-judgemental support available 24 hours a day.	Free call 116 123 Email: jo@samaritans.ie
<b>Mental Wellbeing Supports</b>	HSE National Counselling Services	Free Counselling Service for adults who have experienced trauma and abuse in childhood	You can refer yourself by Phoning: Freephone: 1800 234 118 <a href="https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/">https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/</a>
<b>Mental Wellbeing Supports</b>	Connect	Free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood	Helpline: 1800 477 477 <a href="http://www.connectcounselling.ie">http://www.connectcounselling.ie</a>
<b>Mental Wellbeing Supports</b>	Counselling in Primary Care (CIPC)	Short term one to one counselling service for medical card holders over the age of 18 years.	<a href="https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc">https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc</a>
<b>Mental Wellbeing Supports</b>	Low Cost Counselling options	Low Cost Counselling options	Village Counselling Service, Tallaght: 087 9049497 Beacon of Light Counselling Centre, Clondalkin: 01 4578700 My Mind Centre for Mental Wellbeing, Dublin 6 and 8: 076 6801060 (Skype counselling available also). Pieta House: 1800 247 247. St. Catherines Counselling Service, Tallaght: 01-4513076



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Mental Wellbeing Supports</b>	Free online counselling	HSE funded Free online counselling provided by fully trained and accredited professionals Counsellors/Psychotherapists/Psychologists/CBT Therapists	<a href="https://spunout.ie/health/article/online-counselling">https://spunout.ie/health/article/online-counselling</a>
<b>Mental Wellbeing Supports</b>	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) www.iacp.ie Tel. 01-2303536</p> <p>The Psychological Society of Ireland (PSI) http://www.psychologicalsociety.ie Tel. 01-4720105</p> <p>The Irish Council for Psychotherapy (ICP) http://www.psychotherapycouncil.ie Tel. 01 9058658</p> <p>Irish Association for Humanistic Psychotherapy (IAHIP) http://www.iahip.org Tel 01 284 1665</p>
<b>Mental Wellbeing Supports</b>	Mental Health Booklets	Link to a range of booklets on Mental Health in english and other languages to download or order	<a href="https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/booklets/">https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/booklets/</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Mental Wellbeing Supports</b>	Dublin South Central Community Mental Health Services	Link to Dublin South Central Community Mental Health Services	<a href="https://www.hse.ie/eng/services/list/4/mental-health-services/dsc/dubwestsouth/well/">https://www.hse.ie/eng/services/list/4/mental-health-services/dsc/dubwestsouth/well/</a>
<b>Mental Wellbeing Training</b>	ASIST - Applied Suicide Intervention Skills Training	A two-day skills-building workshop in suicide first-aid.	<a href="http://www.yourmentalhealth.ie/get-involved/news-events/events/">http://www.yourmentalhealth.ie/get-involved/news-events/events/</a>
<b>Mental Wellbeing Training</b>	safeTALK	safeTALK is a half day training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources	<a href="http://www.yourmentalhealth.ie/get-involved/news-events/events/">http://www.yourmentalhealth.ie/get-involved/news-events/events/</a>
<b>Smoking Cessation</b>	One to one behavioural support with advice on smoking cessation medications, healthy eating, stress management and physical activity provided on a weekly basis.	Support commences 2 weeks prior to Quit Date and continues up to 4 weeks after with follow-up at 3 and 12 months.	<p><b>QUIT Service:</b> www.quit.ie 1800 201 203</p> <p><b>St James Hospital:</b> Carmel Doherty 01 4103580</p> <p><b>Meath PCC, Dublin 8:</b> Jose Ayala 01 79 58074</p> <p><b>Ballyfermot PCC, Dublin 10:</b> Elaine Cunniffe 087 6461143</p> <p><b>Mary Mercer PCC, Tallaght:</b> Elaine Cunniffe 087 6461143</p> <p><b>Celbridge PCC:</b> Ann Scanlon 087 4079118</p> <p><b>Peamount HealthCare:</b> Emer Hannigan 01 6010300</p> <p><b>Vista PCC, Naas:</b> Ann Scanlon 087 4079118</p>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Smoking Cessation</b>	We can Quit is a free, friendly and supportive 12 week programme to help women quit smoking and stay quit for good.	The programme offers free nicotine replacement therapy (NRT), a weekly smoking cessation group and one to one support.	We can Quit: 01 2316669
<b>Social Inclusion</b>	The Safetynet Homeless Primary Care Team	Safetynet Primary Care is a medical charity that delivers quality care to those marginalized in society without access to healthcare, including homeless people, drug users and migrants.	Staffed by GPs, nurses and clinic support workers the Safetynet model comprises the following: Mobile Health & Screening 087-3559722 Homeless PC Team Inreach 087-1762246 Homeless PC Team Outreach 087-6520225 Homeless PC Team Support 087-2220402
<b>Social and Community Supports</b>	Age Friendly Ireland	Age Friendly Ireland co-ordinates the National Age Friendly Cities and Counties Programme	Kildare Age Friendly County Programme: 045 980584, Email: info@kildareagefriendly.ie Website: www.kildareagefriendly.ie Wicklow Age Friendly Programme: 0404 20208. Email: agefriendly@wicklowcoco.ie Dublin South Central Area Age Friendly Alliance: 01 2225104. Email: mary.noonan@dublincity.ie
<b>Social and Community Supports</b>	Education and Training Boards	ETBI promote the development of education, training and youthwork in Ireland.	<a href="https://www.etbi.ie/etbs/find-a-training-centre/">https://www.etbi.ie/etbs/find-a-training-centre/</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Social and Community Supports	Employability	<p>EmployAbility Service is an employment and recruitment service to assist people with a health condition, injury, illness or disability to secure and maintain a job in the open labour market. It is suitable for people with a health condition, injury, illness or disability who are job ready and need a level of support to succeed in long-term and sustainable employment. EmployAbility Service provides a range of supports, through Job Coaches. The range of supports include:</p> <ul style="list-style-type: none"> <li>• Individual Needs Assessment</li> <li>• Vocational Profiling and Career Planning</li> <li>• Individual Employment Plan</li> <li>• Job Sourcing and Job Matching</li> <li>• On-the-Job Support and Coaching</li> <li>• Advice and Support to Employers</li> <li>• Follow-up Support and Mentoring to both Employers and Employees</li> </ul>	<p><b>Dublin South Employability</b>, Unit 16A Nutgrove Enterprise Park, Nutgrove Way, Rathfarnham, Dublin 15. Tel: 01 459 1992.</p> <p><b>Dublin West Employability LTD</b>, Unit 15, Bluebell Business Park, Old Naas Road, Dublin 12. Tel: 01 460 3081.</p> <p><b>Kildare Employability Service</b>, Main Street, Kilcullen, Co. Kildare. Tel: 045 482064.</p> <p><b>Wicklow Employability Service</b>, Wicklow Enterprise Centre, The Murrough, Wicklow. Tel: 0404 20417. <a href="https://www.welfare.ie/en/Pages/List-of-Employability-Organisations.aspx">https://www.welfare.ie/en/Pages/List-of-Employability-Organisations.aspx</a></p>
Social and Community Supports	Carer Supports	Information, support and signposting for carers	<a href="https://www.hse.ie/eng/services/list/3/carerssupport/">https://www.hse.ie/eng/services/list/3/carerssupport/</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Social and Community Supports</b>	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. For further information visit <a href="http://www.chime.ie">www.chime.ie</a>	Call our Information Line on 1800 256 257 or email <a href="mailto:rejoin@chime.ie">rejoin@chime.ie</a> for any queries related to hearing loss, or call in to any Chime centre around the country. Further details at <a href="http://www.chime.ie">www.chime.ie</a>
<b>Social and Community Supports</b>	Family Resource Centres	The aim of the FRC programme is to combat disadvantage and improve the functioning of the family unit. Each FRC operates autonomously working inclusively with individuals, families, communities, and both statutory and non statutory agencies.	<a href="https://www.tusla.ie/services/family-community-support/family-resource-centres/">https://www.tusla.ie/services/family-community-support/family-resource-centres/</a>
<b>Social and Community Supports</b>	Financial Support	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	<a href="http://www.mabs.ie">www.mabs.ie</a> Helpline: <a href="tel:0761072000">076 107 2000</a>
<b>Social and Community Supports</b>	Healthy Ireland at your Library	Health information, books on health & wellbeing, online health information and talks, discussions and workshops relating to various health & wellbeing topics available at your local library.	For more information log onto: <a href="http://www.librariesireland.ie">http://www.librariesireland.ie</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Social and Community Supports</b>	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 and where the primary objective is to advance the health & wellbeing of the participating men.	Edel Byrne, Health & Wellbeing Co-ordinator: 087 6215505 <a href="http://www.menssheds.ie">www.menssheds.ie</a>
<b>Social and Community Supports</b>	National Adult Literacy agency (NALA)	NALA is an independent charity committed to making sure people with literacy and numeracy difficulties can fully take part in society and have access to learning opportunities that meet their needs.	<a href="http://www.nala.ie">www.nala.ie</a> (find a course) Freephone 1800 20 20 65
<b>Social and Community Supports</b>	Rural Transport Options	local link provides door to door and scheduled bus services in towns, villages and rural areas	<a href="http://www.localink.ie">www.localink.ie</a> .
<b>Social and Community Supports</b>	Seniorline	National Confidential Listening Service for Older People	1800 80 45 91
<b>Social and Community Supports</b>	Social Prescribing	Social Prescribing is a free service which helps to link you with sources of support and social activities within your community.	Fatima Groups United: Adrienne Dempsey 087 9410734 County Hall, Tallaght: 087 3336208 G.P's at Tallaght Cross: Brenda Nolan 01 9058012





Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
Other 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.	Call SEAI Home Energy Grants on 1850 927000 Email <a href="mailto:info@betterenergyhomes.ie">info@betterenergyhomes.ie</a>
Other Supports	Better Energy Warmer Homes Scheme	This 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. Terms and conditions apply	Sustainable Energy Authority of Ireland (SEAI): 1800 250 204. <a href="http://www.seai.ie">www.seai.ie</a>
Other Supports	Citizen's Information	Provide information on your rights and entitlements	Citizen's Information Centres: Lo Call 1890 777121 <a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>
Other 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: <ul style="list-style-type: none"> <li>• approved prescribed drugs and medicines</li> <li>• rental costs for a continuous positive airway pressure (CPAP) machine</li> <li>• rental costs for Oxygen</li> </ul>	For further information go to: <a href="http://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html">http://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html</a>
Other 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: <a href="http://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html">http://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html</a>
Other 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: <a href="http://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html">//www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html</a>



Directory of Services and Programmes for Adults with Diabetes, Heart conditions, Stroke, COPD and Asthma.  
Dublin South, Kildare & West Wicklow

Category	Service	What is involved?	How to access?
<b>Other Supports</b>	Medical Card	A medical card entitles you to receive certain health services and medicines free of charge.	For further information go to: <a href="http://www2.hse.ie/medical-cards/">//www2.hse.ie/medical-cards/</a>
<b>Other Supports</b>	Warmth and Wellbeing Scheme	The Warmth and Wellbeing Scheme aims to improve the living conditions of vulnerable people living with chronic respiratory conditions. The pilot areas are Dublin 8, 10, 12, 22, 24. The scheme works on a referral basis. It aims to provide free, extensive energy efficiency upgrades to eligible homes making the home warmer and cosier to live in	<a href="https://www.seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes/warmth-and-wellbeing/">https://www.seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes/warmth-and-wellbeing/</a>
<b>Self-management Support Co-ordinators</b>	The role of a Self-management Support Co-ordinator 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 <a href="https://www.hse.ie/eng/health/hl/selfmanagement">https://www.hse.ie/eng/health/hl/selfmanagement</a> .		
	Maeve McKeon	Donegal, Leitrim, Sligo, Cavan, Monaghan Community Healthcare	<a href="mailto:Maeve.McKeon@hse.ie">Maeve.McKeon@hse.ie</a>
	Ailish Houlihan	Galway, Mayo and Roscommon Community Healthcare	<a href="mailto:Ailish.Houlihan@hse.ie">Ailish.Houlihan@hse.ie</a>
	Michelle Lynch	Mid West Community Healthcare	<a href="mailto:michelleann.lynch@hse.ie">michelleann.lynch@hse.ie</a>
	Maeve Carmody	Cork Kerry Community Healthcare	<a href="mailto:Maeveh.Carmody@hse.ie">Maeveh.Carmody@hse.ie</a>
	Kate O'Connor	South East Community Healthcare	<a href="mailto:Kate.OConnor1@hse.ie">Kate.OConnor1@hse.ie</a>
	Mary Gowing	Community Healthcare East - Dublin South East, Dun Laoghaire & Wicklow	<a href="mailto:Mary.Gowing@hse.ie">Mary.Gowing@hse.ie</a>
	Geraldine Cully	Dublin South, Kildare & West Wicklow Community Healthcare	<a href="mailto:geraldine.cully@hse.ie">geraldine.cully@hse.ie</a>
	Ger Walsh	Midlands Louth Meath Community Healthcare	<a href="mailto:gerA.Walsh@hse.ie">gerA.Walsh@hse.ie</a>
		Dublin North City and County Community Healthcare	<a href="mailto:sms.dncc@hse.ie">sms.dncc@hse.ie</a>

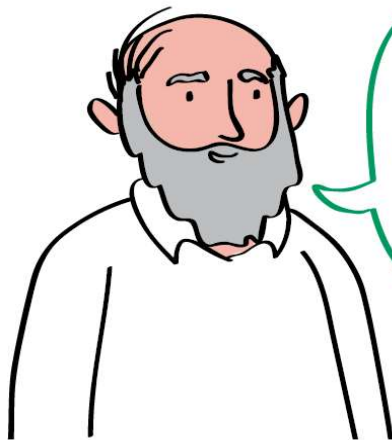
**DISCLAIMER:**

Dublin South, Kildare & West Wicklow Community Healthcare does not endorse or guarantee the programmes, services or information described, offered or provided by any of the service providers, agencies or organisations listed.

The material contained in this directory is provided to health care 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.

## Dublin South, Kildare & West Wicklow Community Healthcare

HSE, Oak House, Millennium Park, Naas, Co. Kildare



For the most up to date directory, directories from other HSE areas and to view this directory in large print go to: [www.hse.ie/eng/health/hl/selfmanagement/](http://www.hse.ie/eng/health/hl/selfmanagement/)

[www.hse.ie/eng/health/hl/selfmanagement](http://www.hse.ie/eng/health/hl/selfmanagement)



[cho7healthandwellbeing@hse.ie](mailto:cho7healthandwellbeing@hse.ie)



045 988369



Self-management  
Support



Diabetes  
Ireland



Irish Heart  
Foundation



COPD  
Support Ireland  
[www.copd.ie](http://www.copd.ie)

