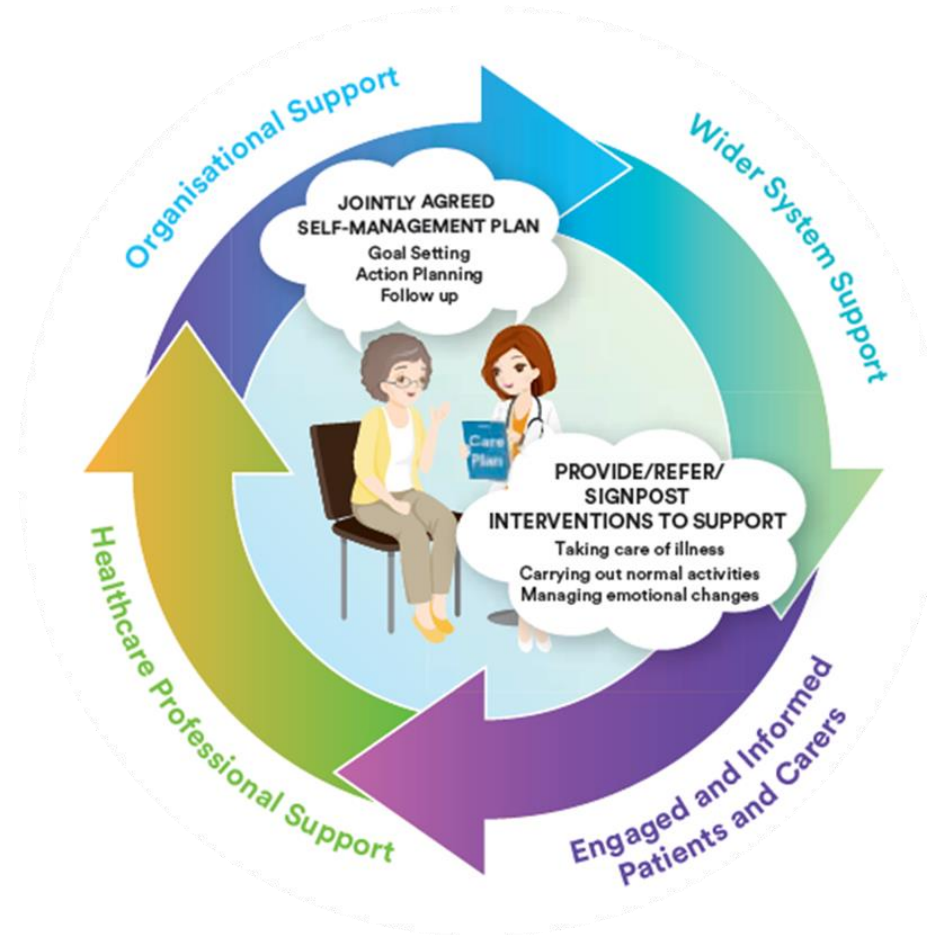


Galway Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions, Stroke.



**Self-management
Support**



**Cúram Sláinte
Phobail, Iarthar**
ag freastal ar Ghallimh,
Maigheo agus Ros Comáin

**Community
Healthcare West**
serving Galway, Mayo
and Roscommon

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



Asthma & COPD



Diabetes



Heart Conditions



Stroke



Generic Supports

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Foreword

We are delighted to issue the first edition of the Galway Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke.

This directory is a priority action of the *'Living Well with a Chronic Condition: Framework for Self-management Support.'* It is also a key action in our *'Community Healthcare West Healthy Ireland Implementation Plan 2018-2022'*, where we have committed to supporting people living with long-term health conditions.

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

The *'National Framework for the Integrated Prevention and Management of Chronic Disease'* describes self-management support as a foundational component in delivering end-to-end care for people living with chronic conditions. A key focus of this framework is on developing and integrating services and supports which will enable people to self-manage and live well with their conditions.

This directory will assist healthcare professionals to support adults living with or caring for someone with a long-term health condition, by signposting them to condition-specific self-management supports such as pulmonary rehabilitation, cardiac rehabilitation and diabetes structured education programmes. These programmes aim to equip individuals with the knowledge, skills and confidence to live well with a health condition. The inclusion of social and community supports, peer support groups and emotional and mental wellbeing supports recognises the value of these wider resources in supporting people's overall health and wellbeing.

This directory will also be used as a key tool in implementing Making Every Contact Count (MECC) across our Community Healthcare area. We hope you find this directory helpful in connecting people living with long-term health conditions to services and services to each other.

Sincere thanks to all individuals and organisations that provided information on their services and assistance with the development of this resource.

Please note, many services have had to make changes to how they deliver, as a result of COVID-19. During COVID-19 restrictions, many services are offering alternative methods of health and social care provision in place of face-to-face delivery. Many of the services in this directory are employing various telehealth methods e.g. phone, online delivery etc. As services are responding flexibly to varying restriction levels, many of the services have chosen to reflect ‘usual business’ in their service descriptor. However, all services included in this directory are happy to be contacted by healthcare professionals for more information, if required.

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 ailish.houlihan@hse.ie









Mary Warde
Head of Health and Wellbeing
Community Healthcare West



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Self-management Support Co-ordinator
Community Healthcare West

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Category	Service	What is involved?	Where & how to access?
Asthma	Asthma Society of Ireland Website	Provides support and information to people living with Asthma. Includes helpful videos on inhaler technique. A wide range of educational resources also available to members – membership is free. Register for membership online or contact the Asthma Society by call or email.	Click here for more information: www.asthma.ie Asthma Society of Ireland Call: 01-8178886 Email: reception@asthma.ie
Asthma	Asthma Society of Ireland Advice Line	Call or email the FREE Advice Line to make an appointment to speak with an Asthma Specialist Nurse.	Call: 1800 44 54 64 Email: nurse@asthmasociety.ie
Asthma	Asthma Action Plan	This is a written, step-by-step guide to help patients manage their asthma and recognise when it may be getting worse.	Download here: https://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	A guide on the symptoms of an asthma attack and what action to take.	Download here: www.asthma.ie/sites/default/files/files/document_bank/2018/Sep/Attack%20Card%202018.pdf



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Category	Service	What is involved?	Where & how to access?
Asthma	Asthma Education Inclusion Project	This Project consists of culturally appropriate, literacy-friendly asthma resources and materials for the Roma, Refugees, People Seeking International Protection and the Traveller community. The aim of this education project is to improve the respiratory health of these communities by developing literacy-friendly information resources for community members, and to support intercultural health workers and healthcare professionals to communicate key messages relating to asthma to their client groups. This project is a collaboration between the Asthma Society, the HSE Social Inclusion South East Community Healthcare and Pavee Point Traveller and Roma Centre.	Click here for more information: https://www.asthma.ie/asthma-education-inclusion-project
Asthma	Asthma Society of Ireland Asthma in the 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 a healthcare professional.	Click here for more information: https://www.asthma.ie/about-us/what-we-do/health-promotion/patient-programmes/asthma-pharmacy Asthma Society of Ireland Call: 01-8178886 Email: reception@asthma.ie



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Category	Service	What is involved?	Where & how to access?
COPD	Exercise, COPD & Me Exercise and Support Groups	Virtual delivery of COPD Exercise class followed by peer-to-peer support group meeting. These classes are delivered weekly via Zoom. Includes a monthly self-management education session delivered by health care professionals. Classes involve a range of exercises that improve aerobic capacity, strength and flexibility. The classes also offer a social gathering where individuals can share experience of living with a lung condition. Classes are delivered by Siel Bleu Ireland in association with COPD Support Ireland.	<p>You can refer your patient by completing the COPD Support Ireland Membership form on www.copd.ie and signing with your professional registration number as a referral to the exercise classes.</p> <p>Currently this referral pathway is only available to those patients who have completed Pulmonary Rehabilitation within the last six weeks.</p> <p>For referrals outside of this criteria, please email info@copd.ie or call 086-0415128 for further information.</p>
COPD	COPD Support Ireland Website	Provides support and information to people living with COPD.	Click here for more information: www.copd.ie



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Category	Service	What is involved?	Where & how to access?
COPD	COPD Support Ireland Nurse Advice Line	When a person calls the FREE Advice Line an appointment is made with the nurse to call the person back at a time that suits them.	Call the Nurse Advice Line: 1800 83 21 46
COPD	'COPD and Me' Patient Information Booklet	'COPD and Me' is an information booklet for patients and their carers developed by COPD Support Ireland.	Download here: http://copd.ie/wp-content/uploads/2020/04/COPD-Me-Booklet.pdf
COPD	COPD Communication Card	Your COPD communication card will contain all information relevant to your COPD and an action plan for you to follow depending on how you are feeling. Your healthcare professional may give you this, it can help you recognise and manage a flare-up.	Download here: https://www.hse.ie/eng/about/who/cspd/ncps/copd/resources/copd-communication-card.pdf
COPD	COPD Self-Care Plan	This COPD self-care plan will help you to manage your condition when you are well and to be aware of your symptoms so that you know what to do in the event of a flare-up.	Download here: https://www.hse.ie/eng/about/who/cspd/ncps/copd/resources/copd-self-care-plan.pdf



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Category	Service	What is involved?	Where & how to access?
Asthma and COPD	Hospital-based Pulmonary Rehabilitation Programme Merlin Park University Hospital	Group exercise and education for individuals living with long-term lung conditions. Involves a two-hour session twice a week for eight weeks. No cost. * Patients must be diagnosed with a respiratory condition by their Respiratory Consultant and will be assessed prior to participation.	Programme delivered in the Physiotherapy Department, Unit 8, Merlin Park Hospital, Galway. Hospital Consultant can refer to this programme by contacting the Pulmonary Rehab Team in Unit 8 Merlin Park Hospital. Call: 091-893942.
Asthma and COPD	Community-based Pulmonary Rehabilitation Programme Respiratory Integrated Care (RIC)	Group exercise and education for individuals living with long-term lung conditions. It involves a one-and-a-half to two-hour session twice a week for eight weeks. No cost. * Patients must be diagnosed with a respiratory condition and will be assessed prior to participation.	This programme is delivered by the RIC Physiotherapist in a limited number of community locations across the county on a demand-led basis. Health Care Professionals can refer to this programme by sending referral letter to the RIC Physiotherapist, Shantalla Health Centre, Shantalla, Galway. Patients cannot self-refer to this programme.



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Category	Service	What is involved?	Where & how to access?
Asthma and COPD	Respiratory Integrated Care (RIC) for Asthma and/or COPD	Respiratory Integrated Care is for individuals who have a confirmed diagnosis or suspected diagnosis of Asthma and/or COPD. Delivered by a Respiratory Specialist Nurse and Respiratory Physiotherapist. The nursing review involves one-to-one assessment and education including spirometry, disease treatment and self-management planning. The physiotherapy review involves one-to-one assessment, management and education, including airway clearance techniques, breathing exercises and exercise prescription. No cost.	<p>Nurse-led RIC clinics are available in certain GP practices in Galway. To find out if this programme is available in a GP Practice, call the Practice Nurse/Practice Manager.</p> <p>Physiotherapist-led RIC clinics are available in certain Primary Care Centres and Health Care Centres. Referral required from a Health Care Professional to the RIC Physiotherapist, Shantalla Health Centre, Shantalla, Galway.</p>
Asthma and COPD	Oxygen Therapy Clinic Portiuncula University Hospital	This clinic provides a one-to-one review service to those who currently use oxygen either at home or on ambulation. It aims to provide ongoing education and support, as well as reassessment with alternative devices and oxygen levels to ensure it is prescribed appropriately. It is delivered by a Specialist Nurse and Physiotherapist and is linked with the Respiratory Team in the hospital. No cost.	<p>Portiuncula University Hospital, Ballinasloe.</p> <p>Referral from Hospital Respiratory Team required.</p>



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Category	Service	What is involved?	Where & how to access?
Asthma and COPD	Asthma Society of Ireland Beating Breathlessness	The Asthma Society launched its Beating Breathlessness WhatsApp Patient Support Service on World Asthma Day 2020. This service allows patients with asthma or COPD to message a respiratory specialist nurse to get support, advice and information about their condition.	Save the Beating Breathlessness number on your phone: 086-0590132. Send a WhatsApp message to our nurse with your query or to start your asthma/COPD chat today. Click here for more information: https://www.asthma.ie/whatsapp-messaging-service-formerly-known-beating-breathlessness
Asthma and COPD	Dental Services	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.	Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). For further information go to: http://www.hse.ie/eng/services/list/2/dental/ Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. For further information go to: https://www.gov.ie/en/service/1fb655-treatment-benefit-scheme/
Asthma and COPD	See also section on Generic Supports		



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 1	DAFNE Programme (Dose Adjustment For Normal Eating)	Group education programme for individuals with Type 1 diabetes. Provides individuals with the knowledge and skills to manage their insulin treatment independently to suit their food intake. Involves practising skills such as carbohydrate counting and insulin adjustment. Delivered over five full days. No cost.	Delivered in University Hospital Galway (UHG) for patients attending the UHG Diabetes Centre. Contact the Hospital Diabetes Team about access to this programme. You can find out more about DAFNE education on this UK-based dedicated website: http://www.dafne.uk.com/
Diabetes Type 1	Young Adult Diabetes Service	Specialised Diabetes Clinic for young people with Type 1 diabetes, between the ages of 18-26 years.	Delivered in University Hospital Galway. This clinic is held on the second Wednesday monthly. For more information, contact the following Diabetes Nurse Specialists Email: Helen.burke@hse.ie or Email: DiabetesNurses.Guh@hse.ie
Diabetes Type 1	JDRF website	American-based website providing 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.	Click here for more information: www.jdrf.org



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 2	DESMOND Programme (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed)	Group education programme for individuals who are newly diagnosed (within one year). Provides individuals with the knowledge and practical skills to help manage their diabetes. Six-hour programme, usually held over two half days. No cost.	Usually delivered face-to-face* in the following locations: Galway City (east and west venues), Clifden, Tully, Tuam, Ballinasloe, Loughrea. <u>*Delivered online during COVID-19 restrictions.</u> Referral required from Primary Care Provider e.g. GP, Practice Nurse, Public Health Nurse, Physiotherapist. Referrals can be sent to the Community Nutrition and Dietetic Department, St. Francis Primary Care Centre, Newcastle, Galway, H91 K6C1. Call: 091-861186 Click here for more info: https://www.hse.ie/eng/health/hl/living/diabetes/desmond/



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 2	DESSIE (Diabetes Education and Self-Management that Specifically Involves Exercise)	DESSIE is a physiotherapy-led six-week programme of group education and exercise classes for individuals with Type 2 diabetes. Due to COVID-19 the DESSIE programme has had to move to a virtual platform in order to reach, engage and interact with patients with Type 2 diabetes.	DESSIE is delivered via the WebEX platform by two Physiotherapists based in Loughrea PCT. Participants are currently recruited from referrals received through the Endocrinology Consultant Diabetes Clinics in Portiuncula University Hospital Ballinasloe. It is envisaged post COVID-19 the DESSIE Programme will revert to a face-to-face format. For more information, contact: Colm Walsh, Senior Physiotherapist and DESSIE Project Lead. Ailis Loughnane Physiotherapist and Project Moderator. Loughrea PCT, St Brendan's Campus, Lake Road, Loughrea, Co. Galway. H62 F438 Call:091-872772



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 2	CODE Programme (Community Orientated Diabetes Education)	Group education programme for anyone with Type 2 diabetes or pre-diabetes. Involves a two-hour session per week for three weeks, with a fourth session six months afterwards. No cost. The CODE programme is being delivered online via Zoom due to COVID-19 restrictions.	Individuals can self-refer. To find out more about CODE or to register online click https://www.diabetes.ie/living-with-diabetes/living-with-type-2/diabetes-ireland-education-programme/ You can also contact Regina in the Diabetes Ireland Western Regional Office. Call: 071-9146001 Email: wro@diabetes.ie
Diabetes Type 2	Diabetes Dietitian Service	One-to-one review of food intake and specialist dietary advice to help a person manage their diabetes. No cost.	Usually delivered face-to-face* in Primary Care Centres in Galway City, Carraroe, Clifden, Tully, Clonbur, Tuam, Mountbellew, Monksland, Ballinasloe, Portumna, Loughrea, and Athenry. <u>*Delivered via telehealth during COVID-19 restrictions.</u> Referral required from Primary Care Provider e.g. GP, Practice Nurse, Public Health Nurse, Physiotherapist. Referrals can be sent to the Community Nutrition and Dietetic Department, St. Francis Primary Care Centre, Newcastle, Galway, H91 K6C1. Call: 091-861186.



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 2	Diabetes Nurse Specialist Clinics in General Practice	Integrated service for individuals with complicated Type 2 diabetes. Involves one-to-one review of diabetes treatment and support with self-management.	This service is currently delivered in the majority of GP Practices in Galway city and East Galway. To find out if this service is available in a GP Practice, call the Practice Nurse/Practice Manager.
Diabetes Type 1 and 2	Nurse Support Line for Service-users University Hospital Galway	This support phone line is available to outpatients attending the diabetes centre at University Hospital Galway.	Nurse Support Line: Call: 091-544698 Available Monday-Thursday 9-5pm (excluding Bank Holidays) and Fridays 9-4pm
Diabetes Type 1 and 2	Podiatry Service (foot care)	This one-to-one service is available for individuals who are at moderate or high risk of foot ailments relating to their diabetes, such as ulceration or infection. Individuals with active diabetic foot disease can also be referred. *Individuals at low risk can be referred if they have a clinical podiatric need. All patients must be screened prior to referral. No cost.	Clinics are held in Unit 3, Merlin Park University Hospital, Galway. Referral required from GP, Practice Nurse, Public Health Nurse or Consultant. Referrals can be sent to the Podiatry Service, Unit 3, Merlin Park University Hospital, Galway.



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 1 and 2	Retinal Screening (eye screening)	The National Diabetes Retinal Screening Programme offers annual eye screening and treatment for diabetic retinopathy to people with diabetes aged 12 years and older. No cost.	<p>Individuals need to register for this service. Click here for more information and to register online: www.diabeticretinascreen.ie or Call: 1800 45 45 55</p> <p>A person can also ask their GP, practice nurse, dietitian or eye doctor to register them.</p>
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>Adults aged 16 and over with a medical card: People with a diagnosis of diabetes are deemed 'high risk' under the Dental Treatment Service Scheme (DTSS) and are entitled to an expanded range of services. For further information go to: http://www.hse.ie/eng/services/list/2/dental/</p> <p>Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to insured workers (including self-employed and farmers) and retired people who have the required number of PRSI contributions. Eligible patients are entitled to an annual examination free of charge and a scale and polish for which the dentist may request a contribution of up to 15 euro. For further information go to: https://www.gov.ie/en/service/1fb655-treatment-benefit-scheme/</p>



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 1 and 2	Diabetes Ireland Website and Helpline	Provides support, education and motivation to people living with diabetes. Website contains useful information on driving, insurance, entitlements and travel e.g. insulin storage. For information on local events, ask about joining the membership list.	Click here for more info: www.diabetes.ie Helpline: 01-8428118 (Monday-Friday, 9am – 5pm) Email: info@diabetes.ie Diabetes Ireland Western Regional Office Call Regina : 071-914 6001 Email: wro@diabetes.ie
Diabetes Type 2	Diabetes Ireland 'Diabetes Smart' Online Education course for Type 2 Diabetes and Pre-diabetes.	A 55-minute online education course delivered by Diabetes Ireland. Helps a person learn more about diabetes self-management. No cost.	Click here to register online for this programme: www.diabeteseducation.ie
Diabetes Type 1 and 2	Diabetes Ireland Patient Education Webinars	Hour-long education webinars for people with diabetes. A variety of webinars available for Type 1 diabetes, Type 2 diabetes and parents of children with diabetes. The webinars are free to attend but one has to register to receive an email with the details.	Webinars will be advertised on Diabetes Ireland social media platforms and website www.diabetes.ie Diabetes Ireland members will be invited to any webinars that are relevant to the type of diabetes they have. One can contact Diabetes Ireland and give their details if they wish to be informed of upcoming webinars.



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 1 and 2	Diabetes Ireland Free Publications	A variety of information leaflets available online to download on all aspects of Type 1 and Type 2 diabetes and prediabetes.	Click here for more information: www.diabetes.ie/downloads/patient-booklets
Diabetes Type 1 and 2	HSE information on Diabetes	Find out how you can manage your diabetes and what you need to do to lead a healthy life.	Click here for more information: https://www2.hse.ie/diabetes/
Diabetes Type 1 and 2	Diabetes UK	UK-based website providing support, education and motivation to people living with diabetes.	Click here for more information: www.diabetes.co.uk
Diabetes Type 1 and 2	See also section on Generic Supports		



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Category	Service	What is involved?	Where & how to access?
Heart Conditions	Cardiac Rehabilitation Programme Merlin Park University Hospital	Two-hour individual assessment and education session for individuals recovering from heart conditions. After this session individuals are offered an eight-week group exercise and education programme delivered by the hospital Cardiac Rehab multidisciplinary team. No cost.	For more information, contact the Cardiac Rehab Dept., Merlin Park University Hospital, Galway. Call: 091-731518 Email: Cardiac.rehab5@hse.ie
Heart Conditions	Cardiac Rehabilitation Programme Portiuncula University Hospital	One-hour individual education session for individuals recovering from heart conditions. After this session individuals are offered a twelve-week group exercise and education programme delivered by the hospital Cardiac Rehab multidisciplinary team. No cost.	Referral required from Hospital Doctor or GP to the Cardiac Rehab programme or Heart Failure programme. Referrals can be posted to the Cardiac Rehab Dept., Portiuncula University Hospital, Ballinasloe, Co Galway. For more information, contact the Cardiac Rehab Dept. Call: 090-9624545 (direct line) Email: anita.murray@hse.ie and carmel.boyle@hse.ie



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Category	Service	What is involved?	Where & how to access?
Heart Conditions	Community Heart Failure Management Programme	This service is for individuals who have a confirmed diagnosis of Heart Failure. Delivered by a Heart Failure Clinical Nurse Specialist. Nurse review involves one to one clinical assessment, referral for cardiac investigations as appropriate, review and titration of medications, and education on signs and symptoms and self-monitoring of the condition. No cost.	This service is delivered in Primary Care Centres in Tuam, Athenry, Loughrea, Oughterard, Tullyballinahown and City East Primary Care Centre. For more information contact Lorna Ryan on 093-37867 or Liz Killeen on 086-7715531 Referrals accepted from GPs and Hospital Heart Failure Services. Referrals can be posted to Community Healthcare West, Tuam Primary Care Centre, Sean Purcell Road, Tuam, Co. Galway H54DT61 or email community.hfservice@hse.ie
Heart Conditions	Heart Failure Outpatient Clinic University Hospital Galway	Heart Failure outpatient clinics are held weekly (Tuesday) in UHG Outpatient department. Includes medical review and management and self-management education.	GP Referrals should be sent to: Dr. John Barton, Cardiology Dept., University Hospital Galway.



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Category	Service	What is involved?	Where & how to access?
Heart Conditions	East Galway Integrated Community Heart Failure Management Programme	<p>This service is for individuals who have a confirmed or suspected diagnosis of Heart Failure. Delivered by a Community Integrated Heart Failure c-Advanced Nurse Practitioner and a Community Integrated Clinical Nurse Specialist. The Nurse Specialists provide one-to-one clinical assessment within two-four weeks of referral from the General Practitioner.</p> <p>A referral for cardiac investigations can also be organised within two-four weeks if appropriate. Medications are reviewed and optimised as per protocol and the patient/carer is provided with education on the signs and symptoms of their condition and how to self-monitor. They are provided with a self-monitoring book, a contact number for the Nurse and relevant information books. No cost.</p>	<p>This service is delivered in Health Centres in Ballinasloe and Primary Care Centres in Monksland Athlone, Portumna and Mountbellew.</p> <p>Referrals should be sent to: Dr Aidan Flynn, Consultant Cardiologist, Portiuncula Hospital, Ballinasloe, Co Galway Or email: heartfailure.puh@hse.ie.</p> <p>For more information contact Catherine Nolan c-ANP Call: 087-3622545 or Email: catherineg.nolan@hse.ie</p>



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Category	Service	What is involved?	Where & how to access?
Heart Conditions	<p>Hospital-based Heart Failure Service</p> <p>Portiuncula University Hospital, Ballinasloe Co. Galway</p>	<p>Cardiology Outpatient clinics are held weekly on Monday mornings and alternate Wednesday mornings in Portiuncula University Hospital outpatient department.</p> <p>Inpatients who are newly diagnosed with heart failure and referred to the Heart Failure Service are provided with heart failure education by the CNM/CNS on the wards, and then subsequently referred on to the Community Nurse specialists for follow up appointment post discharge.</p>	<p>Portiuncula University Hospital, Ballinasloe</p> <p>Referrals should be sent to: Dr Aidan Flynn Consultant Cardiologist, Portiuncula Hospital, Ballinasloe, Co Galway Or email: heartfailure.puh@hse.ie.</p> <p>For more information contact Catherine Nolan c-ANP Call: 087-3622545 or Email: catherineg.nolan@hse.ie</p>
Heart Conditions	<p>My Heart Monitoring and Communication Booklet</p> <p>Heart Failure Monitoring Booklet</p>	<p>This is a useful booklet to help individuals manage their Heart Failure. It also helps an individual to monitor and report symptoms which may warn them that their condition is getting worse, so that they can seek help sooner.</p> <p>* Individuals are encouraged to ask their GP or Nurse to fill it out with them and to bring it to their appointments.</p>	<p>Download here: https://saolta.ie/sites/default/files/publications/HF%20Patient%20Booklet%20-%20Aug%2016%20for%20SMS%20Directory.pdf</p>



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Category	Service	What is involved?	Where & how to access?
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.	<p>Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). People with complex cardiac conditions and/or taking certain medications e.g. Warfarin or similar may be deemed 'Exceptional/High Risk' under the DTSS and are entitled to an enhanced level of care. For further information go to: http://www.hse.ie/eng/services/list/2/dental/</p> <p>Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. For further information go to: https://www.gov.ie/en/service/1fb655-treatment-benefit-scheme/</p>



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Category	Service	What is involved?	Where & how to access?
Heart Conditions	Croí, The West of Ireland Cardiac and Stroke Foundation	Heartlink West offers Free support from Croí's Community Specialist Health Team.	Croí Heartlink West Helpline: 091-544310 The helpline is open Mon to Fri 9.00am - 5.30pm Email: healthteam@croi.ie Click here for more information: https://croi.ie/heartlinkwest/
	Heartlink West Helpline	Call the Croí Health Team if you are: <ul style="list-style-type: none"> • Concerned about COVID-19 • Afraid to visit your doctor, nurse or hospital, • Recently had a cardiac procedure or just discharged from hospital • Generally concerned about your heart health 	
	Heartlink West Virtual Chats	There is also an option to join the Heartlink West Virtual Chats. These group virtual chats run regularly via Zoom where you can meet face to face with members of the Croí Health Team to discuss topics such as coping strategies for living with heart disease and stroke. They also address hypertension, cholesterol and general health and lifestyle advice around exercise and diet.	



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

Category	Service	What is involved?	Where & how to access?
Heart Conditions	Croí, The West of Ireland Cardiac and Stroke Foundation Home-Based Exercise Programme	Croí have some home-based exercise videos to help and guide you to keep fit and exercise from home.	Click here to access these videos: https://croi.ie/home-based-workouts/
Heart Conditions	Croí, The West of Ireland Cardiac and Stroke Foundation Information Booklets	A variety of information booklets available to download on blood pressure, cholesterol, exercise, heart failure, sleep and stress management.	Click here to access these booklets: https://croi.ie/resources/
Heart Conditions	Irish Heart Foundation Online and Telephone Support Services	Support and information for people living with a heart condition and also for stroke survivors.	Call: 01-6685001 Email: support@irishheart.ie Click here for more information: www.irishheart.ie



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

Category	Service	What is involved?	Where & how to access?
Heart Conditions	Irish Heart Foundation Cardiac Rehab for All	Cardiac Rehab for All is a new programme designed to improve the cardiovascular health of people who have experienced a cardiac event and to help prevent further events. Cardiac Rehab for All consists of a DVD and explanatory booklet covering seventeen different cardiovascular health topics.	Click here for more information: https://irishheart.ie/get-support/cardiac-rehab-for-all/
Heart Conditions	Irish Heart Foundation Private Facebook Support Group for People Living With Heart Disease	This online Heart Support Group, which is supported by dedicated Heart Failure nurses across the country, is for people who are living with a heart condition and their family members who care for them. The aim is to keep you informed with expert health information and advice to help you manage your condition.	Click here for more information: https://www.facebook.com/groups/heartsupportnetwork/
Heart Conditions	Irish Heart Foundation Information Booklets	A variety of information booklets available to download on heart conditions including angina, heart attack, heart surgery, heart failure and atrial fibrillation.	Click here to access these booklets: https://irishheart.ie/publications/



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

Category	Service	What is involved?	Where & how to access?
Heart Conditions	Irish Heart Foundation Heart Failure Supports	A range of supports for people living with Heart Failure. Visit the dedicated webpage for information on what is Heart Failure, the supports available via the IHF Heart Support Network, new podcast series on Heart Failure hosting experts and patients discussing the various areas that are relevant to living well with heart failure, as well as a symptom checker and the new fluid tracker app.	Click here for more information: https://irishheart.ie/get-support/support-groups/heart-failure-support/
Heart Conditions	Heartbeat Trust	Ireland's national heart failure charity. Source of reliable information and resources for people with heart failure.	Click here for more information: http://stophf.ie/
Heart Conditions	British Heart Foundation Website	Provides support, information and motivation to people living with heart conditions.	Click here for more information: www.bhf.org.uk/
Heart Conditions	British Heart Foundation Information booklets	A variety of information booklets available to download or order on heart conditions and risk factors. Includes recipe books.	Click here for more information: www.bhf.org.uk/information-support/publications
Heart Conditions	Atrial Fibrillation Matters Website	A website for patients with atrial fibrillation by the European Heart Rhythm Association (EHRA) of the European Society of Cardiology (ESC). Website information is provided in different languages.	Click here for more information: https://www.afibmatters.org/



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

Category	Service	What is involved?	Where & how to access?
Heart Conditions	Heart Failure Matters Website	Developed by cardiologists, nurses, primary care doctors and patients from the Heart Failure Association of the European Society of Cardiology. It highlights lifestyle changes that help people with Heart Failure to maintain their quality of life. It includes a mix of videos, patient stories, and some useful monitoring tools to help a person manage their condition. Website information is provided in different languages.	Click here for more information: https://www.heartfailurematters.org/en_GB
Heart Conditions	Cardiomyopathy UK	Provides support and information to people living with cardiomyopathy.	Click here for more information: https://www.cardiomyopathy.org/
Heart Conditions	See also section on Generic Supports		



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

Category	Service	What is involved?	Where & how to access?
Stroke	Rehabilitation Service Merlin Park University Hospital	<p>The Rehabilitation service is an extension from the acute service in University Hospital Galway (UHG) and includes Stroke. This service is led by a multi-disciplinary team (MDT) including Occupational Therapy, Physiotherapy, Speech and Language Therapy and Social Work.</p> <p>Stroke Rehabilitation involves assessment and treatment for physical, functional, swallow, speech, cognition, visual/perceptual, and social care needs in a rehabilitative nursing environment.</p>	<p>Stroke Rehabilitation is delivered as an in-patient service in Unit 4 and Hospital Ground, Merlin Park University Hospital.</p> <p>Referrals are primarily via UHG for relevant in-patients. This involves an assessment from the MDT, Rehab Registrar and HSCP Representative in UHG to determine rehab goals and potential.</p> <p>Two out-patient beds* are reserved for out-patient referrals, which can be accessed via GP referral and Geriatrician assessment. <i>*Service capacity has been impacted by COVID-19. Availability of out-patient beds is evaluated on an ongoing basis.</i></p>



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

Category	Service	What is involved?	Where & how to access?
Stroke	Galway Acquired Brain Injury Services	<p>This is a community-based service delivered by Rehabcare and Quest for people between the ages of 18-65 years with an acquired brain injury, for example stroke. This service provides individuals with flexible, specialist support and rehabilitation, tailored to each person's own needs and goals e.g. Brain Injury management and awareness, personal and behavioural development, Life Skills management.</p> <p>*A screening process is utilised to determine an individual's suitability for the service.</p>	<p>The referral process can be initiated by the hospital or GP. Self-referrals are also accepted.</p> <p><u>To acquire a referral form</u>, contact The Disability Services Department c/o Galway Services ABI Clearing House Merlin Park Hospital, Galway. Call: 091-775298 Email: Pauline.odwyer2@hse.ie</p> <p>Further information can be provided by Rehabcare and Quest:</p> <p>Rehabcare Neuro Outreach Service Contact Cathy Connaughton Call: 087-3876769. Click here for more information: https://www.rehab.ie/rehabcare/services-by-county/services-by-county.html</p> <p>Quest Brain Injury Services Call: 091-778850 Click here for more information: https://www.rehab.ie/national-learning-network/brain-injury-services-quest/</p>



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

Category	Service	What is involved?	Where & how to access?
Stroke	Quest Brain Injury Services	<p>Quest is part of the National Learning Network and caters for people who reside in Galway, Mayo and Roscommon.</p> <p>Quest's main centre is in Galway where it operates a community-based rehabilitation programme which focuses on providing practical, social and psychological supports to people between the ages of 18-65 with an acquired brain injury, for example stroke. The service works on both a group and one-to-one basis.</p> <p>The programme covers areas such as Brain Injury Education, Memory and Attention, Cognitive Rehabilitation, Speech and Language supports, Psychological supports, Life Skills, IT, Return to Work supports and Family Information. Individuals are also supported in exploring further community, training, educational, care and employment opportunities in accordance with their individual goals.</p>	<p>Individuals can self-refer or be referred by a medical practitioner after discharge from hospital.</p> <p>Quest Brain Injury Services 9a Liosban Business Park Tuam Road Galway Call: 091-778850</p> <p>Click here for more information: https://www.rehab.ie/national-learning-network/brain-injury-services-quest/</p>



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

Category	Service	What is involved?	Where & how to access?
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation 'Croí MyStroke' Education Programme	This four-week group educational programme is designed to help you understand stroke and explore your current lifestyle habits. The programme offers practical tips and advice on how to reduce your future risk of stroke. No cost.	This programme is currently being delivered virtually via Zoom. Referral is via Hospital Stroke Team.
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Stroke Support Group Galway City	The group consists of stroke survivors and family members/carers. While everyone's experience of having a stroke is different, meeting other stroke survivors and caregivers who understand what you are going through can help you throughout your recovery. No cost.	This group is currently meeting virtually via Zoom. The group meets on the second Thursday of every month (no meeting in August), from 2.00pm - 3.30pm. Contact Annie Costelloe, Stroke Support Group Co-ordinator Call: 087-1495192 For more information contact Croí House Call: 091-544310 Email: healthteam@croi.ie



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

Category	Service	What is involved?	Where & how to access?
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Relatives/friends Support Group	Support group for relatives/friends of those living with a stroke. An opportunity to meet with others in a similar situation. The aim of the group is to get extra guidance and support from professionals and peers. Meetings once a month. Agenda planned by group members. No cost.	This group is currently meeting virtually via Zoom. Contact Annie Costelloe, Stroke Support Group Co-ordinator Call: 087-1495192 For more information contact Croí House Call: 091-544310 Email: healthteam@croi.ie
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Working Stroke Survivors Group	Support group for people of working age who have survived a stroke and are interested in connecting with others in a similar situation.	This group is currently meeting virtually via Zoom. Contact Annie Costelloe, Stroke Support Group Co-ordinator Call: 087-1495192 For more information contact Croí House Call: 091-544310 Email: healthteam@croi.ie



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

Category	Service	What is involved?	Where & how to access?
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Galway Stroke Communications Group	This group is for people with any communication/speech difficulties after stroke. It gives people an opportunity to get some practical tips and also to practice conversation in a small informal group. The group meets every two weeks and is facilitated by a Speech Therapist. No cost.	This group is currently meeting virtually via Zoom. Contact Annie Costelloe Stroke Support Group Co-ordinator Mobile: 087-1495192 For more information contact Croí House Call: 091-544310 Email: healthteam@croi.ie
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Active Hour	FREE eight-week structured exercise programme for individuals who have had a stroke, or for people whose mobility is affected by other conditions (arthritis, COPD, heart failure). Delivered by a Physical Activity Specialist, Active Hour aims to improve movement, coordination and balance through a range of chair-based exercises.	This programme is currently being delivered virtually via Zoom. For more information contact Croí House Call: 091-544310 Email: healthteam@croi.ie



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

Category	Service	What is involved?	Where & how to access?
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Yoga for Stroke Recovery	This is chair-based yoga and relaxation programme, designed for those who have had a stroke. The goal is to improve balance, flexibility, mobility, and to create an environment of relaxation through breathing techniques. No cost.	This programme is currently being delivered virtually via Zoom. For more information contact Croí House Call: 091-544310 Email: healthteam@croi.ie
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Heartlink West Helpline Heartlink West Virtual Chats	Heartlink West offers Free support from Croí's Community Specialist Health Team. Call the Croí Health Team if you are: <ul style="list-style-type: none"> • Concerned about COVID-19 • Afraid to visit your doctor, nurse or hospital, • Recently had a stroke, heart event or a cardiac procedure or just discharged from hospital • Generally concerned about your heart health There is also an option to join the Heartlink West Virtual Chats. These group virtual chats run regularly via Zoom where you can meet face-to-face with members of the Croí Health Team to discuss topics such as coping strategies for living with stroke and heart disease. They also address hypertension, cholesterol and general health and lifestyle advice around exercise and diet.	Croí Heartlink West Helpline: 091-544310 The helpline is open Mon to Fri 9.00am - 5.30pm Email: healthteam@croi.ie Click here for more information: https://croi.ie/heartlinkwest/



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

Category	Service	What is involved?	Where & how to access?
Stroke	Irish Heart Foundation Stroke Support Group Ballinasloe	Weekly Group meeting via Zoom due to COVID-19 (previously face-to-face). Support Group includes 45 minutes of exercise therapy, followed by information, peer support and social chat for stroke survivors, carers and family members. The exercises are delivered by experienced Siel Bleu Exercise Therapists and include mainly seat-based exercises and some sit-to-stand and other standing exercises.	Group meetings take place every Tuesday, Wednesday and Thursday from 12pm - 1.30pm. Members can join on one day or all three days with private Zoom codes. To join, call: Martina Greene on 087-6057696 Email: mgreene@irishheart.ie Click here for more information: https://irishheart.ie/get-support/support-groups/stroke-support-groups/
Stroke	Irish Heart Foundation Monday Club for Stroke Survivors	This Club is delivered via Zoom. Typically for over 65s but open to all ages. Activities include: <ul style="list-style-type: none"> • Music and Sing along • Bingo and Quizzes • Information Talks • Baking, Art, Poetry and Show N Tell 	Monday Club is delivered every Monday from 3pm - 4.30pm. Call: Martina Greene on 087-6057696 Email: mgreene@irishheart.ie



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

Category	Service	What is involved?	Where & how to access?
Stroke	Irish Heart Foundation Supports for stroke survivors not connected to online platforms	<p><u>Phone support:</u> We at the Irish Heart Foundation are available to all our members when they need any extra support and we use a traffic light system to keep in touch. Weekly phone calls can be arranged for the most vulnerable members. Text support can also be offered if preferred.</p> <p><u>WhatsApp:</u> Daily updates are posted to the group along with quizzes, jokes, chair yoga, mindfulness sessions, positive messages. Members share their stories, garden projects, paints and crafts and offer peer support. Members may wish to just receive and read the messages. No pressure on any individual to respond or interact.</p>	<p>For more information on these and a wide range of other supports:</p> <p>Call: Martina Greene on 087-6057696 Email: mgreene@irishheart.ie</p>
Stroke	Irish Heart Foundation Nurse Support Line	Delivered by a dedicated team of specialist staff at the Irish Heart Foundation who are available on the phone and online to answer any queries stroke survivors may have and provide advice and information based on each individual's need.	<p>Nurse Support Line available Monday to Friday 9am - 1pm</p> <p>Call: 01-6685001 Email: support@irishheart.ie</p> <p>Click here for more information: https://irishheart.ie/get-support/support-groups/stroke-support-groups/</p>



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

Category	Service	What is involved?	Where & how to access?
Stroke	Irish Heart Foundation Stroke Check In Service	<p>This service was set up from a request from the HSE and the National Stroke Programme to support stroke patients on discharge during COVID-19. The twelve-week programme aims to provide support and information to stroke survivors and their carers following discharge from hospital.</p> <p>The objective is to put a virtual “arm around people’s shoulders”, provide practical information and advice, as well as helping to ensure that discharged patients have everything they need to keep safe during the COVID-19 emergency. Where a stroke survivor has a medical or health issue that needs attention, this will be escalated as appropriate through protocols agreed with the National Stroke Programme.</p>	<p>To find out more and to make a referral, contact the Stroke Check In Co-ordinator (SCIS) Call: 01-6685001 Email: referrals@irishheart.ie</p> <p>The referral will be sent to the local SCIS Team for Community Healthcare West.</p>
Stroke	Irish Heart Foundation Young Stroke Survivors Network (YSSN)	<p>This group is for stroke survivors of working age (typically under 65 years). Delivered by Stroke Support Co-ordinators. Includes day-time exercise sessions delivered in association with Siel Bleu.</p> <p>Also includes online information sessions delivered during evening hours. These are delivered monthly via Zoom and Facebook Live.</p>	<p>For more information Call: Martina Greene on 087-6057696 Email: mgreene@irishheart.ie</p>



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

Category	Service	What is involved?	Where & how to access?
Stroke	Irish Heart Foundation 'Life after Stroke' online Support Group for young stroke survivors	Established by the Irish Heart Foundation – this private Facebook forum gives young stroke survivors an opportunity to link with each other and discuss 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. Contact Support on support@irishheart.ie with any queries.
Stroke	Irish Heart Foundation Carers Facebook Page For the Family Members and Carers of Stroke Survivors	This group offers peer-to-peer support for Carers to have a forum to talk in a safe and helpful environment with others who understand what they are going through. We also have information talks on this page and post information that may be useful to carers.	New members can join by clicking this link: https://www.facebook.com/groups/446637476084272 Contact Support on support@irishheart.ie with any queries.
Stroke	Memory Technology Resource Room	This HSE service is suitable for anyone with a memory difficulty or diagnosis of dementia and their family/carers. It gives them an opportunity to view and trial resources which will assist them to remain independent and safe at home and in the community. The service is free of charge to anyone over the age of 18 years.	Located in three venues: <ul style="list-style-type: none"> • Merlin Park University Hospital, Galway City. • St Brendan's Community Nursing Unit, Loughrea. • Tuam Primary Care Centre. By appointment only, contact Sheila Mitchell Call: 087-7514428 Email: MemoryResourceRoom.Galway@hse.ie



**Galway Directory of Services and Programmes
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Category	Service	What is involved?	Where & how to access?
Stroke	Speech and Language Therapy HSE Service	This service involves assessment, diagnosis and treatment of speech, language and feeding, eating and swallowing difficulties. Both individual and group sessions are offered by the Speech and Language Therapist.	For more information contact the Speech and Language Therapy Dept. in Shantalla Health Centre, 25 Newcastle Road, Galway. Call: 091-546010.
Stroke	The Conversation Partner Scheme for people with Aphasia	This service is delivered in conjunction with the Speech and Language Therapy (SLT) Department in NUIG. The scheme involves student SLTs attending the homes of individuals with aphasia, as a result of a stroke, and providing supported conversations.	For more information contact the Speech and Language Therapy Dept. in Shantalla Health Centre, 25 Newcastle Road, Galway. Call: 091-546010.
Stroke	Stroke Association Communication Tools for Aphasia	UK-based website with useful information and communication tools for people living with aphasia following a stroke.	Click here to access the Communication Tools: https://www.stroke.org.uk/what-is-aphasia



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

Category	Service	What is involved?	Where & how to access?
Stroke	National Learning Network (NLN) Galway Centre	At NLN Galway, we provide training and employment services for unemployed people who have extra support needs. Includes people with disabilities (physical, learning, sensory, communication, mental health, neurological, other), people in recovery from illness or injury. Our courses are tailored to each student's needs to help them to build their confidence while getting practical job-seeking skills, to help them get a job or go on to further training.	National Learning Network, Horizon Business Park, Ballybrit, Galway. H91 XHY2. Call: 091-756650 Email: galway@nlm.ie Click here for more info: https://www.rehab.ie/national-learning-network/our-centres/national-learning-network-galway.html
Stroke	Disabled Drivers Association of Ireland	Services include: - Advice on returning to driving. - Fitness to drive assessments (off and on road). *Medical Practitioner's referral required for assessments. - Advice in relation to car adaptations for drivers and passengers. - Application, evaluation and issuing of EU Disabled Drivers Parking Permits.	Disabled Drivers Association of Ireland Ballindine, Claremorris, Co. Mayo. Email: drive@ddai.ie Call: 094-9364054 Click here for more information: https://www.ddai.ie/ For information on parking permits Email: parkingcard@ddai.ie Call: 094-9364054



**Galway Directory of Services and Programmes
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Category	Service	What is involved?	Where & how to access?
Stroke	Irish Wheelchair Association (IWA)	<p>IWA Resource and Outreach Services support people (18-65 years) with physical or sensory disabilities in their day-to-day lives, by offering locally-based recreational and educational programmes.</p> <p>All activities/programmes are designed to facilitate personal development and interaction with the local community. Includes Music, Drama, Arts and Crafts, Bingo, Boccia and other sports activities, Relaxation, Yoga, Computers, and day trips.</p> <p>Other services include holiday/respite services, young adult services, driving school and advice and assistance on all aspects of the Disabled Drivers and Parking Permit Scheme, The Ability Programme (Job coaching) and Early School Leavers programme.</p>	<p>Tuam Service: Resource and Outreach Service Irish Wheelchair Association The Glebe, Tuam, Co. Galway</p> <p>Contact Ann Marie Jordan, Service Support Officer at Email: annmarie.jordan@iwa.ie Office: 093-26659 Mobile: 087-7812742</p> <p>Galway City Service: Irish Wheelchair Association, Unit 10a, Merlin Park University Hospital, Galway, H91 DP62.</p> <p>Contact Allen Martyn, Service Support Officer at Email: allen.martyn@iwa.ie Office: 091-771552 Mobile: 087-1403612</p> <p>Click here for more information: https://www.iwa.ie/</p>



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Category	Service	What is involved?	Where & how to access?
Stroke	Headway Helpline	Headway operates a national helpline which provides information and support to people living with stroke. This includes signposting to local services.	Freephone the Helpline: 1800 400 478 Email: helpline@headway.ie Click here for more information: www.headway.ie
Stroke	Headway Information Booklets	Information booklets covering a range of relevant topics on recovering and coping with changes following acquired brain injury e.g. fatigue, memory, concentration, communication.	Click here to access the booklets: https://headway.ie/about-brain-injury/info-resources/
Stroke	National Rehabilitation Hospital (NRH) Information Leaflets	The NRH have created a range of patient and family information and education leaflets for use during and after acquired brain injury rehabilitation. Topics include nutrition, alcohol and driving.	Click here to access the leaflets: http://www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/



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Category	Service	What is involved?	Where & how to access?
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Website and Heart and Stroke Centre	Provides support, information and education for people living with stroke.	Click here for more information: www.croi.ie Croí Heart and Stroke Centre, Croí House, Moyola Lane, Newcastle, Galway City. Call: 091-544310 Email: info@croi.ie
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation 'Life after a Stroke' Booklet	This booklet is about recovering from a stroke. The aim is to help stroke survivors and their families understand more about what it means to have a stroke and to get the best from the recovery and rehabilitation process.	Click here to access the booklet: https://croi.ie/resources/
Stroke	Irish Heart Foundation Website	Provides support, education and information for people living with stroke.	Click here for more information: www.irisheart.ie Call: 01-6685001 Email: info@irisheart.ie



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Category	Service	What is involved?	Where & how to access?
Stroke	Irish Heart Foundation Information Booklets	A variety of information booklets available to download on stroke.	Click here to access these booklets: https://irishheart.ie/publications/ Call: 01-6685001 Email: info@irishheart.ie
Stroke	See also section on Generic Supports		



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

Generic Supports

Category	Service	What is involved?	Where & how to access?
Carer Supports	Family Carers Ireland Galway	<p>Monthly support group meetings, information and education sessions delivered throughout county Galway.</p> <p>Individuals can contact us or drop in to the Tuam Resource Centre for advice, emotional support, information on relevant training and supports for family carers. Tuam Resource Centre open 9.30am to 5pm Monday to Friday.</p>	<p>Family Carers Ireland, St. Jarlath's Court, The Glebe, Tuam, Co. Galway. H54 HP08.</p> <p>Contact the Carer Supports Manager: Francis Kane Office: 093-30060</p> <p>Click here for more information: https://familycarers.ie/</p> <p>Call the Careline: 1800 240724 Email: info@familycarers.ie</p>



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Category	Service	What is involved?	Where & how to access?
Drugs	HSE Drugs Service Galway	Free, direct access counselling and support for substance misusers and or families affected by substance misuse.	Individuals can self-refer: Office: 091-561299 Mobile: 087-9059222 Email: shane.mcquire@hse.ie
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 anyone who might be concerned that they or someone they care about has a problem with alcohol.	Click here for more information: www.askaboutalcohol.ie
Drugs and Alcohol	Drug and Alcohol Website	Drugs and alcohol information and support including a directory of services.	Click here for more information: www.drugs.ie
Drugs and Alcohol	Drug and Alcohol Helpline	A free confidential place where anyone can talk through their concerns about drugs or alcohol, get information about services and consider the options available to them to improve their situation.	Freephone number: 1800 459 459 (Monday - Friday, 9.30am - 5.30pm) Email support: helpline@hse.ie



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

Category	Service	What is involved?	Where & how to access?
Drugs and Alcohol	Western Region Drug and Alcohol Task Force	A range of Family Support booklets available to download. Also includes a SupportMe directory for people who wish to find information on all the various support services that are available in the West of Ireland.	<p>Click here for more information: https://www.wrdatf.ie/family-support-information-for-families.php</p> <p>Western Region Drug and Alcohol Task Force, Unit 6, Galway Technology Park, Parkmore, Galway. Call: 091-480044 Email: info@wrdatf.ie</p>
E-learning for Healthcare Professionals	Making Every Contact Count (MECC)	<p>This e-learning training programme is available to all healthcare professionals in Ireland. It was developed in consultation with healthcare professionals and patients in order to provide effective tools and knowledge to carry out a brief intervention with patients and service users. It consists of six 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.</p> <p>This training programme has been approved by a range of Healthcare Professional bodies for Continuous Professional Development (CPD).</p>	<p>Click here for more information and to register for the programme: https://www.hse.ie/eng/about/who/healthwellbeing/making-every-contact-count/training-programme/</p>



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

Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Samaritans	Samaritans' telephone service is available 24 hours a day for confidential, non-judgmental support.	<p>Freephone: 116 123 Email: jo@samaritans.ie</p> <p>Head office: 4-5 Usher's Court, Usher's Quay, Dublin 8.</p> <p>Click here for more information: https://www.samaritans.org/</p>
Emotional and Mental Wellbeing	Pieta House Counselling Services and 24-hour Helpline	<p>Pieta House provides a free one-to-one counselling service for people who are experiencing suicidal thoughts, engaging in self-harm or who have been bereaved by suicide. Appointment required.</p> <p>Pieta House also provides a 24-hour helpline number where individuals can speak to a fully-accredited counsellor.</p>	<p>Freecall 24/7 Suicide Helpline: 1800 247 247</p> <p>Pieta House West, Bishop Street, Townparks (4th Division), Tuam, Co. Galway, H54 PR24. Call: 093-25586</p> <p>Regional contact number also available on 0818 111 126</p> <p>Pieta House Galway City, 2nd Floor, Lismoyle House, Merchants Road, Galway, H91 FX4T. Call: 091-502921</p> <p>Click here for more information: https://www.pieta.ie/</p>



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Counselling in Primary Care (CIPC)	<p>Short-term counselling (up to eight sessions) with a professionally qualified and accredited counsellor. Service is available free of charge, for people aged 18 years and over, with a full medical card.</p> <p>*Individuals referred to CIPC are required to telephone 091-583682 to opt-in to counselling to activate the referral from their GP/Primary Care team member.</p> <p>*Waiting times apply.</p>	<p>Available in a number of Primary Care Centres in Galway. Where possible, individuals will be offered a location closest to them. Referral required from Primary Care Provider e.g. GP, Practice Nurse, Public Health Nurse, Physiotherapist.</p> <p>Click here to access information leaflets for clients and referrers, and to download the referral form: https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/</p> <p>Referrals can be sent to: CIPC Counselling Co-ordinator, 58 Upper Newcastle Road, Newcastle, Galway or you can email referral to cipc.west@hse.ie</p> <p>For more information, contact the CIPC Co-ordinator Noel Coughlan on 091-583682.</p>



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Gort Resource Centre	Low-cost counselling service available.	Gort Resource Centre, Church Street, Gort, Co Galway Call: 091-630902 Email: administrator@gortfrc.com Click here for more information: www.gortfrc.com
Emotional and Mental Wellbeing	Clann Resource Centre	Affordable counselling service available.	Clann Resource Centre, Cregg Lodge Station Road, Oughterard Co. Galway. Call: 091-557633 Email: clanninfo@gmail.com Click here for more information: http://clannrescentre.com/



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Loughrea Family and Community Resource Centre	Affordable counselling service available.	<p>Loughrea Family and Community Resource Centre, Pigott's Street, Loughrea, Co. Galway</p> <p>Call: 091-871149 Email: info@loughreafamilyresourcecentre.ie</p> <p>Click here for more information: http://www.loughreafamilyresourcecentre.ie/</p>
Emotional and Mental Wellbeing	Solas Family Resource Centre	Affordable counselling service available.	<p>Solas Family Resource Centre Main Street, Headford, Co. Galway.</p> <p>Call: 093-36446 Email Co-ordinator John Middleton john@solasfrc.ie Email Administrator Maura Egan maura@solasfrc.ie</p> <p>Click here for more information: http://solasfrc.ie/</p>



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Galway Traveller Movement Counselling Service.	A confidential, free counselling service run by Galway Traveller Movement for Travellers living in Galway City and County. This service is staffed by accredited Counsellors trained in Traveller culture.	For more information or to make an appointment contact Rebecca, Administrator with Galway Traveller Movement. Client details are shared with one of the panel of Counsellors who will arrange to meet the person in an area closest to them. Mobile: 087-6379074
Emotional and Mental Wellbeing	HSE National Counselling Service (NSC)	The HSE National Counselling Service (NCS) is a professional, confidential counselling and psychotherapy service for any adult who has experienced abuse, trauma or neglect in childhood. It is available free of charge in all regions of the country. People can refer themselves directly by calling a free-phone number. Healthcare professionals can also refer clients.	Community Healthcare West, Galway, Mayo and Roscommon Freephone: 1800 234 114 Click here for more information: https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/
Emotional and Mental Wellbeing	Connect Counselling	Connect is a free telephone counselling and support service funded by the HSE for any adult who has experienced abuse, trauma or neglect in childhood. It is staffed by accredited counsellors. Connect provides counselling services by telephone which may suit some people better. Connect is an additional service to the HSE's National Counselling Service (face-to-face counselling service).	Connect Counselling service operates from Wednesday to Sunday 6-10pm. To speak to a counsellor: Freephone: 1800 477 477 Click here for more information: https://connectcounselling.ie/



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Jigsaw Galway	Jigsaw is a free mental health service for young people aged 12-25 years living in/attending education/working in a Jigsaw catchment area. It is voluntary to attend. Jigsaw works with young people dealing with mild-moderate mental health concerns. Jigsaw provides up to eight therapeutic sessions, and is not a crisis service.	<p>Service moving address at time of publication - check website link below for update.</p> <p>To obtain a referral form: Call: 091-549252 Email: galway@jigsaw.ie</p> <p>Click here for more information: http://www.jigsaw.ie/jigsaw_galway/</p>
Emotional and Mental Wellbeing	Youth Counselling Service	Free and confidential counselling service for young people 12-21 years of age. It is operated by Youthwork Ireland Galway - a youth support service operating in Galway City, Tuam, Ballinasloe and Loughrea. Fully qualified and accredited counsellors offer support, guidance and information in a friendly and safe environment and will work with the young person to help them through difficulties.	<p>Youth Work Ireland Galway Regional Office 41/43 Prospect Hill, Galway, H91 E4W5</p> <p>Young person can self-refer or their parents/guardian can contact us on their behalf (under 18's are required to have parental/guardian consent).</p> <p>To find out more contact Aisling, Counselling Service Administrator Call: 086-0247763 Email: aisling.dermody@youthworkgalway.ie</p> <p>Click here for more information: http://youthworkgalway.ie/</p>



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Well Being	Your Mental Health HSE Resource	Dedicated section on the HSE website. Includes advice, information and signposting to support services for mental health and wellbeing.	Click here for more information: www.yourmentalhealth.ie
Emotional and Mental Well Being	Minding Your Wellbeing Programme	HSE Health and Wellbeing have launched a new free, online mental health and wellbeing programme called Minding Your Wellbeing. The programme consists of 5 video sessions (approx. 20 minutes). This evidence-based programme provides a unique opportunity for people to learn more about mindfulness, gratitude, self-care and resilience.	Click here for more information: https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html
Emotional and Mental Well Being	Mental Health Information Booklets	A range of booklets on Mental Health available to download from the HSE website. Available in English and other languages.	Click here for more information: https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resources/booklets/
Emotional and Mental Wellbeing	Private Counselling and Psychotherapy Services	For individuals who wish to access private counselling or psychotherapy services, these professional organisations provide a directory of accredited counsellors and psychotherapists nationwide.	<p>Irish Association of Counsellors and Psychotherapists (IACP) Visit: www.iacp.ie Call: 01-2303536</p> <p>The Psychological Society of Ireland (PSI) Visit: www.psychologicalsociety.ie Call: 01-4720105</p> <p>The Irish Council for Psychotherapy (ICP) Visit: www.psychotherapycouncil.ie Call: 01-9058698</p>



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Mental Health Ireland (MHI)	<p>Mental Health Ireland is a national voluntary organisation which aims to promote positive mental health and wellbeing to all individuals and communities in Ireland. Area Development Officers deliver awareness-raising initiatives and targeted education and training programmes on mental health issues in a variety of settings in local communities across the country.</p> <p>A network of Mental Health Associations across Ireland promote positive mental health and support people with mental health difficulties within their own communities. To find the details of your local Association go to the MHI website.</p>	<p>Mental Health Ireland, Second Floor Marina House, 11-13 Clarence Street, Dun Laoghaire, Co. Dublin, A96 E289 Call: 01-2841166 Email: info@mentalhealthireland.ie</p> <p>Click here for more information: https://www.mentalhealthireland.ie/</p>
Emotional and Mental Wellbeing	Recovery College West	<p>The purpose of the three Recovery Colleges (in Galway, Mayo and REGARI in Roscommon) which form Recovery College West is to create a culture of recovery, to improve quality of life and promote social inclusion by empowering people with mental health challenges, their families, friends and the community. All courses, seminars and events provided at the colleges are co-designed and co-delivered by adults with personal experience of mental health difficulties (often called lived experience), their family members and mental health professionals.</p>	<p>Click here for more information: http://www.recoverycollegewest.ie/</p>



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	GROW	GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems. Free weekly group meetings are usually held in community venues across Co. Galway, however due to COVID-19 online meetings are available.	Click here for more information: www.grow.ie Call the Infoline: 1890 474 474
Emotional and Mental Wellbeing	Aware	Provides support and information to people experiencing depression and bipolar disorder. Provides a free support line, support email and local support and self-care groups. Online life skills training available.	Click here for more information: www.aware.ie Freephone the Support Line: 1800 80 48 48 Support Email: supportmail@aware.ie
Financial Supports	Medical Card	A medical card entitles a person to receive certain health services and medicines free of charge.	Click here for more information: https://www2.hse.ie/medical-cards/
Financial Supports	GP Visit Card	Individuals who are not eligible for a medical card may be eligible for a GP visit card. A GP visit card allows for free visits to a participating GP.	Click here for more information: https://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html
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 for approved prescribed drugs and medicines, rental costs for a continuous positive airway pressure (CPAP) machine, rental costs for oxygen.	Click here for more information: https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html



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Category	Service	What is involved?	Where & how to access?
Financial Supports	Long-Term Illness Scheme	Under the Long-Term Illness (LTI) Scheme a person can get some drugs, medicines and approved appliances for free from their pharmacy. Applies to specified long-term conditions only - this includes Diabetes Type 1 and Type 2. There is no means test for the scheme.	Click here for more information: https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html
Financial Supports	Citizen's Information	Information on rights and entitlements. Helpful resource for information on various financial supports including Disability Allowance, Carer's Allowance, Carer's Benefit, Supplementary Welfare Allowance etc.	Offices based in Clifden, Rosmuc, Galway City and Tuam. Click here to find your local centre: http://centres.citizensinformation.ie/county.php?county=galway Click here for more information: https://www.citizensinformation.ie/en/
Financial Supports	Money Advice and Budgeting Service (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 a person to determine the type of support they need, including assessing whether it is necessary to meet with a Money Adviser.	Click here for more information: www.mabs.ie Helpline: 076-1072000



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Category	Service	What is involved?	Where & how to access?
Health Promotion	Health Promotion.ie Website	Health literature available to order online on a large range of topics including healthy eating, active living, smoking, drugs, alcohol and mental health. Health Professionals can register to order large quantities.	Click here for more information: www.healthpromotion.ie
Health Promotion	Healthy Ireland	Healthy Ireland is a government-led initiative aimed at improving the health and wellbeing of everyone living in Ireland. Dedicated website containing information and supports to help people get started on making healthy changes. Helpful information available to view/download on healthy eating, physical activity, mental wellbeing.	Click here for more information: https://www.gov.ie/en/campaigns/healthy-ireland/
Health Promotion	Healthy Ireland at your Library	The Healthy Ireland at your Library service is available in all 330 public libraries across the country in Ireland. People can get health information, books on health and wellbeing, online health information and take part in hundreds of programmes and events.	Click here for more information: https://www.librariesireland.ie/services/healthy-ireland-at-your-library
Health Promotion	Practical advice when sick	Practical advice for people to know how to mind themselves or their family members when sick. Information from the HSE, GPs and Pharmacists.	Click here for more information: www.undertheweather.ie



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Category	Service	What is involved?	Where & how to access?
Health Promotion	Stay Well this Winter HSE Resource	Information by the HSE to help individuals stay well during winter. Includes a dedicated advice section for individuals living with long-term health conditions.	Click here for more information: https://www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/
Health Promotion	Be Winter Ready	Website with practical advice on how to stay safe and well during the winter. The annual Be Winter Ready campaign is led by the Government Task Force on Emergency Planning.	Click here for more information: www.winterready.ie
Health Promotion	Flu Vaccine	Seasonal flu (influenza) is a highly infectious illness caused by the flu virus. Vaccination is strongly recommended for those with long-term health conditions such as diabetes, heart disease and lung conditions including COPD. Individuals should get their flu vaccination from September to be covered for the flu season. The viruses change each year. This is why individuals need to get a new vaccine each year. Healthcare workers are also strongly advised to get the vaccine.	The flu vaccine is provided by GPs, pharmacies and occupational health departments. For individuals who have a Medical Card or GP Visit Card, the flu vaccine and consultation are free. For individuals who do not have a Medical Card or GP Visit Card, the flu vaccine is free, but there may be a consultation fee. Click here for more information: https://www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/about-the-vaccine/



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Category	Service	What is involved?	Where & how to access?
Health Promotion	Pneumococcal Vaccine	All adults aged 65 or older are at risk of pneumococcal disease (pneumonia). One dose of PPV23 pneumococcal vaccine is recommended for all adults aged 65 and over. One dose of PPV23 pneumococcal vaccine is also recommended for all those from 2 years and under 65 years who have a long-term medical condition that increases the risk of pneumococcal disease, for example diabetes, chronic heart, lung or liver disease. Some people, for example, those who have had their spleen removed need a booster PPV23 vaccine after five years.	<p>PPV23 is provided by GPs. For individuals who have a Medical Card or GP Visit Card the PPV23 pneumococcal vaccine and consultation are free. For individuals who do not have a Medical Card or GP Visit Card the PPV23 pneumococcal vaccine is free, but there may be a consultation fee.</p> <p>Click here for more information: https://www.hse.ie/eng/health/immunisation/hcpi/nfo/othervaccines/pneumo/</p>
Health Promotion	COVID-19 vaccine	<p>The COVID-19 vaccine will offer people protection from COVID-19 (coronavirus). If a person catches COVID-19 after vaccination, they should be protected from the serious illness the virus can sometimes cause.</p> <p>The COVID-19 vaccine is not compulsory. However, it is strongly recommended that people get this free vaccine as soon as it is available. People who are most at risk from COVID-19 will get the vaccine first. The COVID-19 vaccine is free. People do not need to contact the HSE to get the COVID-19 vaccine. The HSE will let people know when they can register for their vaccine, through their healthcare team, news or public advertising.</p>	<p>Click here for more information: https://www2.hse.ie/covid-19-vaccine/</p>



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Category	Service	What is involved?	Where & how to access?
Healthy Eating	Community Nutrition HSE Service	Individuals who have a nutrition-related concern may be referred to see a dietitian in a one to one clinic setting, for individualised dietary assessment and advice.	Referral required from Primary Care Provider e.g. GP, Practice Nurse, Public Health Nurse, Physiotherapist. Referrals can be sent to the Community Nutrition and Dietetic Department, St. Francis Primary Care Centre, Newcastle, Galway. Call: 091-861186
Healthy Eating	COPE Galway Meals4Health	Meals4health produces and home-delivers fresh ready to eat meals designed to meet the nutritional requirements of older people and those living with chronic illness. All meals can be fortified or texture modified in compliance with the International Dysphagia Diet Standardisation Initiative (IDDSI).	Unit 5, Ballybane Industrial estate, Tuam Road, Galway Call: 091-354000 Email: info@meals4health.ie Click here for more information: https://www.meals4health.ie/meals4health/#/how-it-works
Healthy Eating	Healthy Food for Life Food Pyramid	A seven-page guide to the food pyramid, portion sizes and tips for making healthy food choices.	Download here: https://assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf



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Category	Service	What is involved?	Where & how to access?
Healthy Eating	Irish Nutrition and Dietetic Institute (INDI) Factsheets	Factsheets covering a large range of topics relating to healthy eating.	Click here for more information: www.indi.ie
Healthy Eating	Safe Food Website	Website providing reliable information on food safety and healthy eating. Publications and recipes available to download.	Click here for more information: www.safefood.eu
Healthy Eating	Healthy eating info on HSE website	Dedicated section on healthy eating on the HSE website. Includes information on how diet and nutrition helps your health and tips for planning and preparing meals and making healthy choices.	Click here for more information: https://www2.hse.ie/healthy-eating-active-living/nutrition/
Healthy Eating	101 Square Meals: recipe book	Recipes that are easy to prepare, low budget and highly nutritious.	Download here: https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101_Square_Meals.pdf
Healthy Eating	A Guide to Managing your Weight	This easy-to-use booklet gives practical advice about managing weight. It was produced as a joint initiative between the Physiotherapy and Nutrition and Dietetic Departments in the Regional Hospital Mullingar.	Download here: https://uploads-ssl.webflow.com/56bb313e0cccd239096171fd/5b854258b978e4337b33230a_Regional%20Hospital%20Mullingar%20Weight%20Management%20Guide%202018.pdf



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Category	Service	What is involved?	Where & how to access?
Healthy Eating	Weight Management	Online BMI Calculator.	Click here to access: https://www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx
Healthy Eating	Nutrition Supports Toolkit to manage malnutrition	<p>Malnutrition can be a serious issue for people with long-term health conditions. Studies have shown that malnutrition results in increased length of hospital stay and malnourished patients experience a significantly higher total readmission rate than well-nourished patients. Malnutrition is also generally associated with increased morbidity and mortality both in acute and chronic conditions.</p> <p>Healthcare Professionals: The Nutrition Supports toolkit is designed to assist healthcare professionals screen for, and manage, malnutrition in the community.</p> <p>Public: These resources are intended for people who have been advised by a trained healthcare professional that they require a high-calorie high-protein diet.</p>	Click here for more information: https://www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/nutrition-supports/



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Category	Service	What is involved?	Where & how to access?
Medication Management	Health Products Regulatory Authority (HPRA)	HPRA is the independent regulator of health products in Ireland. They assess the safety, quality and effectiveness of healthcare products on behalf of the public to ensure the benefits they provide outweigh any potential risks.	<p>For further information: Call: 01-6764971 Email: info@hpra.ie</p> <p>Click here for more information: www.hpra.ie</p> <p>Patients and Public: www.hpra.ie/homepage/about-us/stakeholders/patients-and-public</p> <p>Healthcare Professionals: www.hpra.ie/homepage/about-us/stakeholders/healthcare-professionals</p>
Medication Management	Medicines Information	Online information and advice on medications.	Click here for more information: www.medicines.ie
Medication Management	My Medicines List	My Medicines List is a useful resource for individuals to record all the medicines and supplements they take. Keeping an up-to-date list can help individuals get to know their medicines. It can also help a person when they are discussing their medicines with a healthcare professional.	Download here: https://www.hse.ie/eng/about/who/qid/national_safetyprogrammes/medicationsafety/my-medicines-leaflet-a4dl-colour.pdf



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Category	Service	What is involved?	Where & how to access?
Physical Activity	Galway Sports Partnership	Galway Sports Partnership is an organisation which aims to increase participation in all sports and encourage people to be more physically active. They provide a 'one stop shop' for information on sports and other physical activity initiatives, including Operation Transformation, Community Walking Groups, Go For Life Games, Couch to 5K, Men On The Move etc.	Call: 091-509572 / 536459 Email: galwayactive@galwaycoco.ie Click here for more information: www.galwayactive.ie
Physical Activity	Men on the Move	Men on the Move is a group activity programme aimed at men aged 35+. The aim is to get active, have fun and improve fitness. It involves weekly/twice weekly sessions which are led by a leader. Training sessions are structured to suit different fitness levels and to progress fitness at a pace that suits each individual.	Contact Katie for more information Call: 091-509219 Email: galwayactive@galwaycoco.ie
Physical Activity	parkrun	parkrun is a free weekly, recreational, non-competitive timed 5K jog/run. parkrun takes place on Saturday mornings at 9.30am in Cappagh Park (Galway City), Coole Park (Gort), Clonbur, Oughterard, Oranmore, Portumna. These events are run by local volunteers. Participants need to pre-register on the parkrun website.	Click here for more information and to register: http://www.parkrun.ie



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Category	Service	What is involved?	Where & how to access?
Physical Activity	Go For Life Games	Go For Life Games are fun games designed by Age and Opportunity to get older adults involved in playing fun, social physical activities that are open to all abilities.	Contact Jason for more information Call: 091-536459 Email: galwayactive@galwaycoco.ie
Physical Activity	Croí, The West of Ireland Cardiac and Stroke Foundation Yoga Class Yogalates	<u>Yoga Class:</u> This is an invigorating and revitalising class that works the whole body and introduces you to gentle yoga and relaxation practices. <u>Yogalates:</u> The best of Yoga and Pilates! It is an invigorating and revitalising class that works the whole body. Yogalates takes the strength and flexibility exercises of a yoga class and unites them with the core strengthening and posture perfecting exercises of Pilates. This combination helps participants achieve a strong, flexible body and healthier, relaxed sense of well-being.	These classes are currently being delivered via Zoom. Croí Heart and Stroke Centre, Croí House, Moyola Lane, Newcastle, Galway City. Call: 091-544310 Email: healthteam@croi.ie Click here for more information: https://croi.ie/purchase-class-passes/



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Category	Service	What is involved?	Where & how to access?
Physical Activity	Get Ireland Active Website	Website providing motivation and guidance to get people active. Includes a directory of places to get active including local parks, swimming pools, gyms and playing pitches.	Click here for more information: www.getirelandactive.ie
Physical Activity	Get Ireland Walking Website	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. Includes an interactive map to find local walking groups.	Click here for more information: https://www.getirelandwalking.ie/findgroup/
Physical Activity	Age & Opportunity	Age & Opportunity is the national organisation that inspires everyone to reach their full potential as they age. They deliver programmes such as the Bealtaine Arts Festival and Go for Life which is the national sports programme for older people.	Click here for more information: https://ageandopportunity.ie/



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Category	Service	What is involved?	Where & how to access?
Physical Activity	Age & 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: sportfests 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 CarePALs: 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>Click here for more information: https://ageandopportunity.ie/active/</p> <p>Contact the Go for Life Team Call: 01-8057733 Email: gfl@ageandopportunity.ie</p>



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Category	Service	What is involved?	Where & how to access?
Physical Activity	Age & Opportunity: Fit Line	Go for Life FitLine is a free telephone-based service that encourages adults over 50 to get more active. It is run by volunteer older adults who are trained to motivate and encourage people to be active.	Freephone 1800 303 545 and a mentor will phone you every few weeks until you are happy with your progress.
Physical Activity	Physical Activity info on HSE website	Dedicated section on physical activity on the HSE website. Includes information on how to improve fitness and being active with a health condition.	Click here for more information: https://www2.hse.ie/healthy-eating-active-living/exercise/
Physical Activity	'Easy Exercises' A chair-based programme for older adults	This booklet from the HSE contains a mix of chair-based exercises.	Download here: https://www.healthpromotion.ie/hp-files/docs/HPM00487.pdf



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Category	Service	What is involved?	Where & how to access?
Primary Care Services	Ready, Steady, Strong Programme, led by Galway Primary Care Physiotherapy Dept.	Group-based Physiotherapy-led exercise programme to improve strength and balance based on the Otago programme, and a multidisciplinary education programme in fall prevention strategies and wellbeing. Involves a one-hour session once a week for ten weeks.	Delivered in St. Francis Primary Care Centre, Upper Newcastle Rd, Galway. Primary Care referral form to Primary Care Physiotherapist in local Health Centre. Each person is individually assessed by Physiotherapist to determine suitability for the class.
Self-management Programme	Living Well A programme for adults with long-term health conditions (Stanford Model) <i>*Formerly known as the Self Care to Wellness programme</i>	Living Well is a free group self-management programme for adults living with long-term health conditions. It supports a person to develop the skills and confidence to help them live well with their health condition. It is delivered over six workshops. Topics include managing pain, fatigue, and difficult emotions. It involves learning key skills to help individuals manage their health condition e.g. problem solving and how to set realistic goals for lifestyle change, including healthy eating and becoming more active.	Being delivered online due to COVID-19. Contact Jackie Lynott, Programme Co-ordinator Call: 087-7185615 / 094-9034980 Email: jackie.lynott@mayocil.ie Click here for more information: www.hse.ie/LivingWell



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

Category	Service	What is involved?	Where & how to access?
Smoking Cessation	HSE QUIT Smoking West	Free, confidential support and advice. A personal plan and follow up tailored to you. Advice on stop smoking medication to help you deal with cravings. You will be matched with a Stop Smoking Advisor in your area who can provide support in person, by telephone or online, whichever suits you best.	For support or to find out more: Call: 091-737262 Email: quitsmoking.west@hse.ie
Smoking Cessation	HSE QUIT national service	HSE QUIT service provides free, personalised support to help people quit smoking. Website contains useful information on the health benefits of quitting, how to deal with cravings, and nicotine replacement therapy.	Click here for more information: www.quit.ie Freephone: 1800 201 203 Email: support@quit.ie Text: Free text 'QUIT' to 50100 Facebook: https://www.facebook.com/HSEquit/
Social and Community Supports	Family Resource Centres	There are a number of Family Resource Centres in Galway, providing a range of services including information, advice and support to target groups and families within their local communities. Services include practical assistance such as access to information technology and office facilities, education and training opportunities and some centres provide low-cost counselling services and meals on wheels.	Click here for more information: http://www.familyresource.ie



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Active Retirement Associations	Active Retirement Associations are a lifeline for many older people who would otherwise feel isolated and lonely. All the activities are aimed at keeping older people active and well.	Click here to search for an Active Retirement Association near you in Galway: https://activeirl.ie/group-search/?county=Co.%20Galway
Social and Community Supports	ALONE	ALONE is a national organisation that strives to enable older people to age at home, safely and securely, for as long as they wish. We work with all older people, including those who are lonely, isolated, frail or ill, homeless, living in poverty, or are facing other difficulties. We provide an integrated system of Support Coordination, Practical Supports, Befriending, a variety of Phone Services, Social Prescribing, Housing with Support, and assistive technology. We use support plans, provide a point of contact for access to health, social care, housing, transport and other arising needs using technology and other services and activities to improve physical, emotional and mental wellbeing. We have nearly 3000 volunteers throughout the country who conduct and provide practical supports to older people, visits and phone calls, linking older people into social activity and being a companion.	Our National Support Line is open from 8am - 8pm, seven days a week on 0818 222 024 Click here for more information: https://alone.ie/



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Men's Sheds	There are over 20 Men's Sheds in Galway. Community-based, non-commercial organisation which is open to all men to gather for a chat and have a cuppa, and/or work on meaningful projects at their own pace.	Click here to find the Men's Sheds in your area: www.menssheds.ie/shed-directory/
Social and Community Supports	Seniorline	Seniorline is a national confidential listening service for older people provided by trained older volunteers.	Lines are open every day from 10am to 10pm (all year round). Call: 1800 80 45 91 Click here for more information: http://www.thirdageireland.ie/seniorline
Social and Community Supports	Local Link Local Bus Service	Provides door to door and scheduled bus routes in towns, villages and rural areas, covering the entire County Galway region.	Local Link - Galway Office 61 Main Street, Loughrea, Co. Galway. Call: 091-842384 Email: galway@locallink.ie Click here for more information: https://www.transportforireland.ie/support/your-tfi-local-link-office/



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	EmployAbility Galway	EmployAbility Galway is an employment service for people with disabilities, mental health difficulties, and people who are in recovery from illness or injury. Their objective is to help individuals obtain and sustain suitable employment. They provide individual mentoring and practical support which assists individuals with their job search and supports them in their employment.	<p>EmployAbility Galway Unit 9A, Galway Technology Centre, Mervue Business Park, Galway.</p> <p>For more information contact the Co-ordinator, Peter McWilliams Mobile: 086-3800444 Office: 091-755235 Email: info@employabilitygalway.ie</p> <p>Click here for more information: http://www.employabilitygalway.ie/</p>
Social and Community Supports	National Adult Literacy Agency (NALA)	Help with reading, writing, maths and technology.	<p>Click here for more information: www.takethefirststep.ie</p> <p>Freephone 1800 20 20 65 Text LEARN to 50050 Email: info@nala.ie</p>



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Galway Traveller Movement (GTM)	GTM was set up in 1994 with the ultimate aim to achieve equality and self-determination for the Traveller community in Galway city and county. Applying community work and human rights based approaches, GTM address the needs of Travellers as a minority ethnic group including supporting access, participation and outcomes in mainstream services, including health services. GTM also delivers a peer-led Primary Health Care Project which employs Traveller Community Health Workers who work with Traveller families to provide support and advocacy on a range of health areas.	Galway Traveller Movement, Unit 1, The Plaza, Headford Road, Galway. H91KC6V Call: 091-765390 Email: info@gtmtrav.ie Click here for more information: www.gtmtrav.ie
Social and Community Supports	Western Traveller & Intercultural Development (WTID)	Western Traveller & Intercultural Development addresses the educational, training, employment, accommodation and social needs of Travellers in Tuam and surrounding areas. The WTID Team is employed in different roles and funding comes from various agencies. The current staff members are deployed at the Tuam Community Child Care Centre, Youth Projects and Outreach work. Also involved in delivering a peer-led Primary Health Care Project which employs Traveller Community Health Workers who work with Traveller families to provide support and advocacy on a range of health areas.	Western Traveller & Intercultural Development (WTID), Brú Bhríde, Churchview, Tuam, Co. Galway Call: 093-58505 Email: admin@westtrav.ie Click here for more information: http://www.westtrav.ie/



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Galway City Partnership <ul style="list-style-type: none"> • BRIDGE Project • Galway Migrant Service 	Galway City Partnership (GCP) co-ordinates the BRIDGE Project and Galway Migrant Service. These initiatives provide information, advocacy and integration supports for asylum seekers, refugees, migrants and their families, living in Galway city and county. Includes the following: <ul style="list-style-type: none"> • One-to-one information and advocacy • Accredited and non-accredited training • English language supports • Group Work and Social Supports 	Galway City Partnership, 3, The Plaza Offices, Headford Road, Galway. The office is situated just above ARGOS on the third floor. Call: 091-773466 Email: All staff emails are listed on the GCP website Click here for more information: https://gcp.ie/

DISCLAIMER:

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, bearing in mind it may not be an exhaustive list of services. Decisions with respect to signposting or referring your service-users to specific programmes or services are a matter for individual choice.

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

Self-management Support Co-ordinators

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 CHO area and can be found at: www.hse.ie/selfmanagementsupport

Community Healthcare West	Ailish Houlihan	Community Healthcare West - Galway, Mayo and Roscommon	Ailish.Houlihan@hse.ie
Other CHO areas	Maeve McKeon	Donegal, Leitrim, Sligo, Cavan, Monaghan Community Healthcare	Maeve.McKeon@hse.ie
	Ruth Reidy	Mid West Community Healthcare	Ruth.Reidy@hse.ie
	Maeve Carmody	Cork Kerry Community Healthcare	Maeveh.Carmody@hse.ie
	Kate O'Connor	South East Community Healthcare	selfmanagementsupportsSECH@hse.ie
	Mary Gowing	Community Healthcare East - Dublin South East, Dun Laoghaire and Wicklow	Mary.Gowing@hse.ie
	Geraldine Cully	Dublin South, Kildare and West Wicklow Community Healthcare	Geraldine.Cully@hse.ie
	Ger Walsh	Midlands Louth Meath Community Healthcare Organisation	GerA.Walsh@hse.ie
	Caroline Peppard	Dublin North City and County Community Healthcare Organisation	caroline.peppard@hse.ie



Self-management Support

Resources for People living with a Long-term Health Condition

For practical resources that support your service-users to self-manage a long-term health condition, go to:

<https://www.hse.ie/eng/health/hl/selfmanagement/resources-for-people-living-with-a-long-term-health-condition/>

These resources include:

- Tips for Self-Managing your Health leaflet
- Practical, informative videos which support people to self-manage and to stay well
- Information on the Living Well programme
- Condition-specific self-management tools

Health and Wellbeing Community Healthcare West

Health Service Executive, St. Mary's Headquarters
Castlebar, Co. Mayo. F23 HP58

094-9049172

This directory is available at: www.hse.ie/selfmanagementsupport



**Self-management
Support**



**Cúram Sláinte
Phobail, Iarthar**
ag freastal ar Ghailimh,
Maigheo agus Ros Comáin

**Community
Healthcare West**
serving Galway, Mayo
and Roscommon