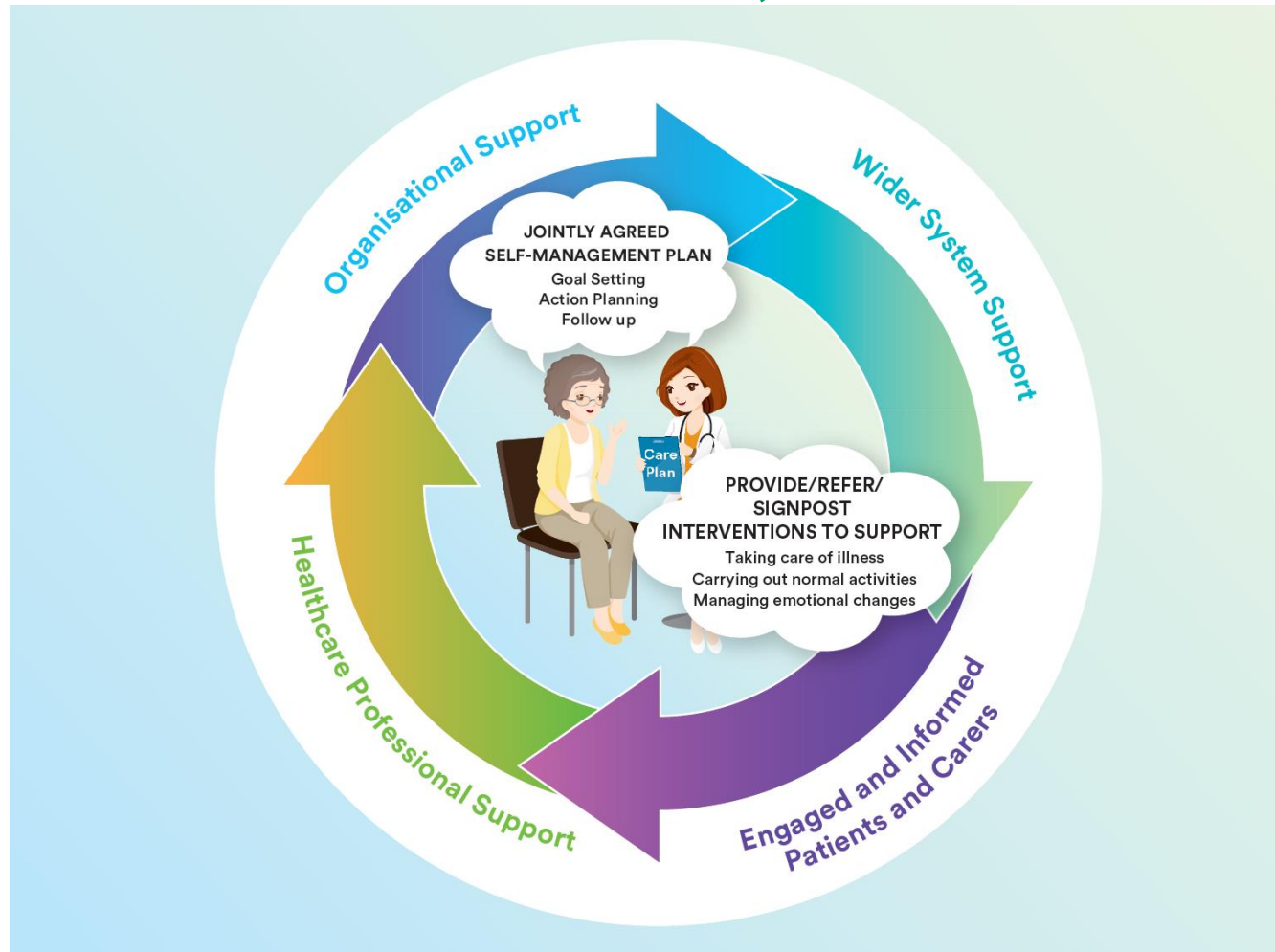


Laois & Offaly Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions, Stroke.



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



Asthma & COPD



Diabetes



Heart Conditions



Stroke



Generic Supports

This Directory is a work in progress, and will be updated and recirculated periodically. The most up to date version can be found at: www.hse.ie/eng/health/hl/selfmanagement/

Please contact the Self Management Support Coordinator if you would like to make any suggestion on how it can better meet your needs.

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Foreword

We are delighted to issue the first edition of the Louth Meath Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke. This directory aims to assist healthcare and community professionals to support adults who are living with a long-term health condition or caring for someone with one. It aims to connect people with long-term health conditions to services and services to each other

This directory is a priority action of the 'Living Well with a Chronic Condition: Framework for Self-management Support.' It is also a key action of the Midlands Louth Meath CHO 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 a partner in their own healthcare.

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 long-term health condition. The inclusion of social and community supports, peer support groups and emotional and mental wellbeing supports recognises the value of these resources in assisting people to self-manage, and help contribute to leading a healthier life.







This directory can also be used as a key tool in supporting the implementation of the Making Every Contact Count (MECC) programme across our Community Healthcare area.

Sincere thanks to all individuals and organisations that provided information on their services and for their assistance with the development of this resource. This directory will be updated and re-circulated periodically. We value your opinion and invite you to send any feedback or suggestions for future editions to CHO8.SMS@hse.ie

Fiona Murphy
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Midlands Louth Meath CHO

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Midlands Louth Meath CHO

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Note: We have endeavoured to hyperlink all web site addresses mentioned in the 'Where & how to access?' column so when you so when you click on them you will be connected to the referenced website.



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Category	Service	What is involved?	Where & how to access?
Asthma	Asthma Society of Ireland	The Asthma Society of Ireland (ASI) is the national charity dedicated to empowering Ireland's 470,000 people with asthma to take control of their asthma by providing them and their families with information, education, services and support. They are focused on representing people with asthma and working to improve their health outcomes	To get information or to access their resources contact: Phone: 01 8178886 Email: reception@asthmasociety.ie Website: www.asthma.ie All resources listed below can be obtained by contacting the above links
Asthma	Asthma Society of Ireland Asthma Action Plan	This is a written, step-by-step guide to help someone manage their asthma and recognise when it may be getting worse. It is filled out by the person with asthma alongside their GP or asthma or practice nurse.	Download here: Asthma Action Plan
Asthma	Asthma Society of Ireland Advice Line	The Asthma Society's Advice line is a call back service available free of charge . It provides easily accessible support, information and education to people with asthma so that they can better understand and manage their illness	Call: 1800 44 54 64 Email: nurse@asthmasociety.ie
Asthma	Asthma Society of Ireland Asthma attack advice	A guide on the symptoms of an asthma attack and what action to take.	Download here: Asthma Attack Card



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Category	Service	What is involved?	Where & how to access?
Asthma	Asthma Society of Ireland Information leaflets	A variety of information leaflets relating to asthma including self-management, activity, gardening, allergies and pregnancy.	Click here for more information: https://elearning.asthma.ie/mod/page/view.php?id=11 Asthma Society of Ireland Call: 01-817 8886 Email: reception@asthma.ie
Asthma	Asthma Society of Ireland Pharmacy days	Asthma Society of Ireland run a number of Asthma in the Pharmacy days across Ireland. At these events a free asthma review is carried out by an Asthma Specialist Nurse. The review covers inhaler technique, trigger management, advice for staying well with asthma and knowing when to visit your healthcare professional.	Click here for more information: https://www.asthma.ie/about-us/what-we-do/health-promotion/patient-programmes/asthma-pharmacy Call: 01-817 8886 Email: reception@asthma.ie
Asthma	Asthma Society of Ireland Website	Provides support and information to people living with asthma. There are a variety of resources available to help achieve and maintain control of the person's asthma. These include: Inhaler Techniques Videos, Asthma management videos, Asthma Information Publications and Asthma Action Plans. The print materials are all available for download	Click here for more information: https://www.asthma.ie/



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Category	Service	What is involved?	Where & how to access?
COPD	COPD Support Ireland	COPD Support Ireland is a charity set up to support all those living with chronic obstructive pulmonary disease (COPD). They bring together local support groups from around the country, to help those living with, and caring for someone with, COPD.	Call: 086 0415128 Email: info@copd.ie
COPD	COPD Support Ireland	COPD support groups meet either weekly or monthly. The groups provide information and offer support and advice on living with breathlessness. They aim to provide regular exercise classes especially for people with breathlessness secondary to COPD, Asthma and other respiratory conditions. They also offer a place for people affected by respiratory problems to come together to share their experiences	For details on your local group please contact: Wendy, COPD Ireland Call: 086 0415128 Website: http://copd.ie/ Groups established in Athlone, Mullingar and Longford
COPD	COPD Support Ireland Nurse Advice Line	Call the FREE Advice Line and an appointment will be made with the nurse to call you back at a time that suits you.	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.	Down load from here: COPD & Me



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Category	Service	What is involved?	Where & how to access?
Asthma and COPD	Pulmonary Rehabilitation Programme Midland Regional Hospital Tullamore	Pulmonary Rehabilitation is a free programme of exercise and education for adults with long term lung conditions. These are conditions which may cause you to reduce, limit or stop performing your normal activities. This in turn can impact on your fitness and strength. The exercises are tailored to meet your own ability and needs and the classes are supervised by a respiratory nurse or physiotherapist. Classes run for 8 weeks with 2 classes each week lasting on average 1 and a half hours each.	For details contact: Triona Cusack, Senior Physiotherapist Rehabilitation Dept., Midland Regional Hospital, Tullamore, Co. Offaly Call: 057-9358721 Email: Triona.Geoghegan@hse.ie
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: http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx
Asthma and COPD	See also section on Lifestyle Behaviour Change Supports		



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 1	AccuChek BERGER	<p>The Berger Programme is a comprehensive Diabetes self-care skills course which teaches people with Type 1 Diabetes how to adjust insulin to match their daily food intake. It is run by a Dietitian and a Diabetes Nurse Specialist.</p> <p>This programme is designed for people with Type 1 Diabetes, and covers all aspects of Diabetes self-management.</p> <p>The course is run over 3 days.</p> <p>This is a free service for anyone with Type 2 Diabetes.</p>	<p>For further details of the course or to apply contact:</p> <p>Demelza Dooner, Diabetes Nurse Specialist, Midland Regional Hospital Tullamore</p> <p>Call: 057 932 1501 Email: demelza.dooner@hse.ie</p>
Diabetes Type 1	Juvenile Diabetes Research Foundation JDRF website	<p>An 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.</p>	<p>Click here for more information: www.jdrf.org</p>



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 2	<p>DESMOND Programme</p> <p>(Diabetes Education and Self Management for On-going and Newly Diagnosed).</p>	<p>DESMOND is run by Diabetes Nurse Specialists and Community Dietitians.</p> <p>It is a 6 hour course delivered as two half day sessions or as a 1 day course.</p> <p>The sessions are led by health professionals, trained to ensure they receive accurate, up to date, evidence based information</p> <p>This is a free service for anyone with Type 2 Diabetes.</p>	<p>For further information please contact:</p> <p>George Percy, Desmond Co-ordinator, No. 42 Fieldbrook, Dublin Rd, Portlaoise, Co. Laois. Call: 057 8630834</p>
Diabetes Type 2	<p>Discover Diabetes Type 2</p>	<p>Discover Diabetes is a free 4 week course run by the HSE Community Dietitian where the person will learn how care for their health and Type 2 diabetes. Each session is approximately two and a half hours each week.</p> <p>A family member, carer or friend can also attend for support.</p> <p>2 follow-up sessions are offered after completion of the 4-week course.</p> <p>This is a free service for anyone with Type 2 Diabetes.</p>	<p>For further information or to apply to the course contact:</p> <p>Maeve Flanagan, Discover Diabetes Co-ordinator, Primary Care Centre, Mountmellick, Co. Laois R32 E704 Call: 057 8697533</p> <p>Alternatively you can contact the HSE on: Call: 1850 24 1850 Register at: www.hse.ie/eng/health/hl/living/diabetes/xpert/</p>



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 2	'Diabetes Smart' Online Education course for Type 2 Diabetes and Pre-diabetes.	A 55-minute online education course delivered by Diabetes Ireland. Helps you learn more about diabetes self-management. No cost.	Click here to register online for this programme: www.diabeteseducation.ie
Diabetes Type 2	The HSE Midland Diabetes Structured Care Programme	<p>The HSE Midland Diabetes Structured Care Programme is a primary care based programme dedicated to improving the quality of care for patients with diabetes.</p> <p>The HSE Midland area encompasses the counties of Longford, Westmeath, Laois and Offaly. Patients with diabetes enrolled on the programme are managed in primary care with structured specialist support provided to participating practices including diabetes nurse specialists, enhanced access to dietetic, ophthalmology and chiropody/podiatry services and 'fast track' referral to the vascular services at Midland Regional Hospital Tullamore.</p>	<p>The Midland programme is only available through GP practices signed up to the scheme in the Midlands.</p> <p>However people with a diagnosis of Type 2 diabetes who have a medical card or GP visit card, are entitled to 2 GP visits per year under the GP Cycle-of-Care programme.</p>



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Diabetes Type 1 and 2	Podiatry Service (foot care)	In the Midlands, Podiatry/Chiropody Services are provided on sessional basis, on site, in GP practices, who are participating in HSE Midland Diabetes Structured Care Programme (MDSCP). There are approximately 40 GP practices participating in the programme. This service is for individuals who are at moderate or high-risk of foot ailments relating to their diabetes, such as ulceration or infection.	Referral to this service is via your GP if they are participating in the MDSCP Referrals can also be made to the Podiatry Service at the Midland Regional Hospital In Portlaoise.
Diabetes Type 1 and 2	Chiropody Card	The HSE can provide certain chiropody services to Medical Card holders. The doctor or public health nurse refers patients to the service. For further information on the chiropody service in your area, contact the local health centre or community services office. There are also private chiropodists throughout the country who can be contacted directly to arrange an appointment	For information on eligibility and for application forms for a chiropody card, please check the Citizens Information website. Podiatry Card
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.	You need to register for this service. Click here for more information and to register online: www.diabeticretinascreen.ie or Call: 1800 45 45 55



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 1 and 2	Diabetes Ireland Care Centre	The Diabetes Ireland Care Centres are purpose built units in Santry, Dublin 9 and Mary Street, Cork City. Services available include podiatry, counselling, dietetics, audiology and retina screen. These are provided at reduced rates for members of Diabetes Ireland.	For further information, contact: Diabetes Ireland. Call: (01) 842 8118 Email: info@diabetes.ie Website: www.diabetes.ie
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. A free Helpline is also available 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 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	General information on diabetes	Click here for more information: https://www.hse.ie/eng/health/hl/living/diabetes



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Category	Service	What is involved?	Where & how to access?
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: Dental Treatment Service Scheme</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: Benefits checker</p>
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 Lifestyle Behaviour Change Supports		



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Category	Service	What is involved?	Where & how to access?
Heart Conditions	Cardiac Rehabilitation Programme	Phase III cardiac rehabilitation incorporates supervised and monitored exercise training in combination with on-going education and psychosocial and vocational interventions. It includes 1½-2 hours of exercise and education 2-3 times weekly for 7 - 10 weeks (depending on location and need). No cost.	For further details and to apply contact: Portlaoise Aisling Mernin, CNM 2, Cardiac Rehabilitation Coordinator, Midlands Regional Hospital Portlaoise, Block Rd, Ballymooney, Portlaoise, Co. Laois Call: 057 8696139 Blp# 095 Email: aislingm.mernin@hse.ie Tullamore Anne Raleigh, Cardiac Rehabilitation Coordinator, Cardiac Rehabilitation Dept., Midlands Regional Hospital Tullamore, Arden Road, Tullamore, Co Offaly, Call: 057 9358200 email: anne.raleigh@hse.ie
Heart Conditions	Croí, The West of Ireland Cardiac and Stroke Foundation Information Booklets	Source of reliable information and resources for people with heart disease and stroke A variety of information booklets available to download on blood pressure, cholesterol, heart failure.	Click here to access these booklets: Resources
Heart Conditions	Irish Heart Foundation	The Irish Heart Foundation provides supports and resources for people living with heart conditions	For further details contact: Call: 01 6685001 Email: Helpline@irishheart.ie Website: www.irishheart.ie



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Category	Service	What is involved?	Where & how to access?
Heart Conditions	Irish Heart Foundation Website	Provides support, information and motivation to people living with heart conditions	Click here for more information: www.irisheart.ie Email: info@irisheart.ie Call: 01-668 5001
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 for more information: Publications Email: info@irisheart.ie Call: 01-668 5001
Heart Conditions	British Heart Foundation	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/en_GB/
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: Heart Beat Trust
Heart Conditions	Cardiomyopathy UK	Provides support and information to people living with cardiomyopathy.	Click here for more information: https://www.cardiomyopathy.org/



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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 and patient stories. It also has some useful monitoring tools which can be downloaded. Website information is provided in different languages.	Click here for more information: https://www.heartfailurematters.org/en_GB
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.	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: Dental Treatment Service Scheme 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: Treatment Benefit Scheme
Heart Conditions	See also section on Lifestyle Behaviour Change Supports		



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Category	Service	What is involved?	Where & how to access?
Stroke	Acquired Brain Injury (ABI) Ireland	<p>ABI Ireland is a dedicated provider of community-based neuro-rehabilitation services for people with an acquired brain injury (ABI) and their families. An assessment is carried out with the individual to determine what supports they may require in their rehabilitation.</p> <p>Services are region dependent but may include residential, home and community based services, case-management, Occupational Therapy, Psychology, groups and individual supports.</p>	<p>www.abiireland.ie</p> <p>ABI Ireland can be contacted directly through their application form available on their website</p> <p style="text-align: center;">or</p> <p>by contacting Laois Offaly Physical or Sensory Disability Services (Details below)</p>
Stroke	'Life after Stroke' online Support Group for young stroke survivors	<p>Established by the Irish Heart Foundation – this private Facebook forum lets you chat to other young stroke survivors about the many common challenges post stroke, such as relationships, returning to work, positive mental health, anxiety and depression, fatigue and communication difficulties.</p>	<p>New members can join by clicking this link: www.facebook.com/groups/143802206262536/ and requesting membership.</p> <p>You can also contact Helena on hodonnell@irishheart.ie with any queries.</p>



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Category	Service	What is involved?	Where & how to access?
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.	Email: drive@ddai.ie Call: 094 936 4054 Call: 094 936 4266 Call: 01 8103794
Stroke	Irish Wheelchair Association	Driving Tuition and Assessment Service IWA has been providing a driving tuition service for drivers with disabilities since the 1960s. Experienced professional driving instructors provide tuition to drivers with a diverse range of conditions and/or disabilities. The service is aimed at people who wish to learn to drive and people who are returning to drive.	For further details or to download an application form contact; National Mobility Centre Call: 045 893 0945 Email: maats@iwa.ie Website: https://www.iwa.ie



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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: www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/
Stroke	Irish Heart Foundation Information Booklets	A variety of information booklets available to download on stroke.	Click here for more information: https://irishheart.ie/publications/ Call: 01-668 5001 Email: info@irishheart.ie



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Category	Service	What is involved?	Where & how to access?
Stroke	Laois Offaly HSE Physical & Sensory Disability Services	Laois Offaly Adult Disability Services: The Longford Westmeath Adult Disability Team provides a specialist service for adults aged 18-65 years with complex disabilities living in the Laois Offaly area	Self-referrals are accepted as well as referrals from family, carers and other sources including healthcare professionals, hospitals, community services and voluntary organisations. Referral forms are available by contacting: Disability Services: Call: 05793 59919
Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation Website and Heart & Stroke Centre	Provides support, information and education for people living with stroke.	Click here for more information: www.croi.ie Croí Heart & Stroke Centre, Croí House, Moyola Lane, Newcastle, Galway City. Call: 091-544310 Email: info@croi.ie
Stroke	'Life after a Stroke' Croí 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	See also section on Lifestyle Behaviour Change Supports		



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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 & Stroke Centre	Provides support, information and education for people living with stroke.	Click here for more information: www.croi.ie Croí Heart & Stroke Centre, Croí House, Moyola Lane, Newcastle, Galway City. Call: 091-544310 Email: info@croi.ie
Stroke	'Life after a Stroke' Croí 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	See also section on Lifestyle Behaviour Change Supports		



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Active Living

Category	Service	What is involved?	Where & how to access?
Active Living	Age and Opportunity	A website providing motivation and guidance to get people active. Directory of places to get active including local parks, swimming pools, gyms and playing pitches.	Find out more at: https://ageandopportunity.ie/
Active Living	Age and Opportunity	<p>Go for Life is the national programme for sport and physical activity for older people in Ireland Includes:</p> <p>Go for life games and leagues run by local sports partnerships for groups and clubs</p> <p>Go for Life FitLine a free telephone service that encourages older adults who are doing limited or no physical activity to become more active. It is manned by volunteer older adults who are trained to motivate and encourage people to be active.</p> <p>Go for Life Care Pals workshop for staff and volunteers in day and residential care settings to lead suitable physical activities with older people.</p>	<p>For further information contact Go for Life Team on; Call: 01 805 7733 Email: gfl@ageandopportunity.ie</p> <p>Find out more at: https://ageandopportunity.ie/active/goforlife-games/</p> <p>FitLine Freephone: 1800 303 545 a mentor will phone you every few weeks to motivate you until you're happy with your progress</p>



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Active Living

Category	Service	What is involved?	Where & how to access?
Active Living	Get Ireland Active website	A website providing motivation and guidance to get people active. It includes a directory of places to get active including local parks, swimming pools, gyms and playing pitches.	Find out more at: www.getirelandactive.ie/
Active Living	Get Ireland Active Factsheets	Fact sheets which provide practical advice for people living with heart disease, diabetes, arthritis, cancer, asthma and osteoporosis about overcoming concerns about becoming more active. Also general factsheets on improving balance, posture and strength.	Find out more at: www.getirelandactive.ie
Active Living	HSE Website Physical activity information	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/
Active Living	"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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Active Living

Category	Service	What is involved?	Where & how to access?
Active Living	Park Run	Parkrun organise free, weekly, 5km park walk or run. They are open to everyone, and are safe and easy to take part in. They take place at 9.30am on a Saturday morning. For details check the website or just turn up	For further information check: Website: www.parkrun.com/ Mountlucas Parkrun, Mount Lucas Wind Farm, R400, Ballycon, Co. Offaly. Vicarstown Parkrun, Grand Canal Bank, Vicarstown, Portlaoise, Co Laois.
Active Living	Sports Partnership Programmes	Local Sports Partnerships promote participation in sport at a local level. Various programmes available. Contact your local Sports Partnership for details. They run events like Men on the Move, Sportsability and couch to 5k programmes.	For further information contact: Laois Caroline Myers, Call: 057 8671248 Email: info@laoissports.ie Website: www.laoissports.ie Offaly Eamon Henry, Call: 057 9346843 Email: ehenry@offalycoco.ie Website: www.offalysports.ie



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Carer's Support

Category	Service	What is involved?	Where & how to access?
Carers Supports	HSE information on Carer Supports	<p>A carer is described as someone who is providing an on-going significant level of care to a person who is in need of care in the home due to illness or disability or frailty.</p> <p>The HSE provides health services directly and also funds voluntary organisations to provide supports and services to individuals and their Carers.</p> <p>This webpage gives an overview of some of the Carer's Supports available. Information, support and signposting for carers including advice on financial and other supports available and details of support groups</p>	<p>For further information go to: HSE Carers Support Information</p>
Carers Supports	GP Visit Card	<p>If you get Carer's Benefit or Carer's Allowance, at full or half rate, you can visit your GP for free.</p>	<p>For further information go to: http://www2.hse.ie/services/gp-visit-cards/gp-visitcards.html</p>
Carers Supports	Family Carers Ireland	<p>Provides help and advice to carers such as information on rights and entitlements.</p> <p>This website details the supports and services available to carers such as training, support services, carers groups, home care support, respite weekend breaks, nurse-led clinics, dedicated helpline for family carers and assistance with legal/mediation services.</p> <p>It also lists the resource centres or outreach centres in your area.</p>	<p>For further information contact: Careline: 1800 240 724 or Email: info@familycarers.ie</p>



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Category	Service	What is involved?	Where & how to access?
Chronic Disease Self Management Support Programme			
Chronic Disease Self Management Programme (Stanford Model)	Living Well; A programme for adults with long-term health conditions	<p>Living Well is a free group self-management programme for adults with long-term health conditions. The programme supports you to develop skills which will help you to live well with a long-term health condition(s). These skills include how to;</p> <ul style="list-style-type: none"> • set goals to make changes in your life • make plans to achieve these goals • solve problems • manage your medications • cope with difficult emotions, low mood and feelings of depression • communicate well with your family, friend and healthcare team. 	<p>For details about this course and how to apply contact:</p> <p>Áine McNamee Living Well Coordinator Department of Health Promotion and Improvement, CHO 8, St Brigid's Hospital Complex Ardee, Co Louth Call: 087 114 0371</p>



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Category	Service	What is involved?	Where & how to access?
Communication Support			
Communication Supports	Chime Deafness and Hearing Loss supports	Chime, the National Charity for Deafness and Hearing Loss offers support, services and advocacy to anyone affected by hearing loss. They provide information and advice; individual, family and group support; technology for the home, school and workplace, including hearing aids. Chime's resource centres are located across Ireland, with additional Outreach Clinics provided in areas outside our centres' reach	For further information contact: Call: 1800 256 257 Email: rejoin@chime.ie Further details on centres are found at: https://www.chime.ie/
Communication Supports	National Adult Literacy agency (NALA)	NALA is an independent charity committed to making sure people with literacy and numeracy difficulties can fully take part in society and have access to learning opportunities that meet their needs. There are lots of courses to suit all needs: <ul style="list-style-type: none"> • one-to-one tuition • group tuition • telephone tutor support • online support Resources are also available to download	For further details or to find a course locally go to: Freephone: 1800 20 20 65 Text learn to: 50050



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Category	Service	What is involved?	Where & how to access?
Communication Support			
Communication Supports	National Council for the Blind Ireland (NCBI)	<p>NCBI is the national sight loss agency. It is a not for profit agency that provides supports and services for people who are experiencing difficulties with their eyesight. NCBI provides a variety of services to support people who are living with sight loss.</p> <ul style="list-style-type: none"> • Advice and information on a range of issues relating to sight loss. • Emotional support and counselling to help you to deal with your diagnosis and to talk to you about its impact on your life. • Low vision solutions: If you are having difficulties reading, writing or carrying out everyday tasks • Rehabilitation training: NCBI's training course in Dublin offers people with sight loss the chance to build confidence and independence before moving onto further training or education. • Library: NCBI's library holds a large collection of audio, large print and Braille books. • Employment support: provides advice and information on employment issues. 	<p>NCBI Head Office and regional centres around the country are open from 9am to 5pm Monday to Friday. For further information: Call: 01 830 7033 Fax: 01 830 7787 Website: www.ncbi.ie</p> <p>Midlands (Westmeath, Laois, Offaly, Longford) NCBI Westmeath Clonbrusk Resource Centre Coosan Road Clonbrusk Athlone Co Westmeath Call: 090 6473575</p>



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Category	Service	What is involved?	Where & how to access?
Drugs & Alcohol			
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 if you are concerned that you or someone you 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: 1800 459 459 Email: helpline@hse.ie Website: www.drugs.ie/phone/



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Health Well Being Supports			
Emotional and Mental Health Well Being	Your Mental Health	The HSE provides a comprehensive website containing information, supports and services available in the Republic of Ireland.	For further information go to: www.yourmentalhealth.ie
Emotional and Mental Health Well Being	Counselling in Primary Care (CIPC) Laois Offaly	Short term one to one counselling service for medical card holders over the age of 18 years on referral by GP.	For details on how to access this service contact your local coordinator: Sharon Cunningham, CIPC Counselling Coordinator Unit 8A Burlington Business Park, Srah Avenue, Tullamore, Co. Offaly Call: 057 937 0605 Website: https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/
Emotional and Mental Health Well Being	Free online counselling	HSE funded Free online counselling provided by fully trained and accredited professionals Counsellors/Psychotherapists/Psychologists/CBT Therapists	For further information go to; https://spunout.ie/health/article/online-counselling



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Health Well Being	Private Counsellors	<p>For people who wish to access counselling or psychotherapy privately the following four professional organisations are recognised / recommended by the HSE Directors of Counselling group:</p> <p>The Irish Association of Counselling and Psychotherapy (IACP)</p> <p>The Psychological Society of Ireland (PSI)</p> <p>The Irish Council for Psychotherapy (ICP)</p> <p>Irish Association for Humanistic Psychotherapy (IAHIP)</p>	<p>Call: 01-2303536 www.iacp.ie</p> <p>Call: 01-4720105 http://www.psychologicalsociety.ie</p> <p>Call: 01 9058658 http://www.psychotherapycouncil.ie</p> <p>http://www.iahip.</p>
Emotional and Mental Health Well Being	Mental Health Booklets	Link to a range of booklets on Mental Health in English and other languages to download or order	https://www.hse.ie/eng/services/list/4/mental-healthservices/nosp/resources/booklets/



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Category	Service	What is involved?	Where & how to access?
General Health Information			
General Health Information	Antimicrobial Resistance and Infection Control	Factsheets and Patient Information Leaflets including; 'Be infection Aware' 'How to take your Antibiotics'	For further information go to: https://www2.hse.ie/conditions/medication/antibiotics/how-to-take.html
General Health Information	Healthy Ireland Campaign	Website encouraging people to make positive choices to improve their health and wellbeing across three main themes - Healthy Eating, Physical Activity and Mental Wellbeing. .	For further details go to: https://www.gov.ie/en/campaigns/healthy-ireland/
General Health Information	Health Promotion.ie	Health literature available to order online on a large range of topics including health eating, active living, smoking, drugs, alcohol and mental health. Professionals can register to order larger quantities	For further details go to: www.healthpromotion.ie
General Health Information	HSE Live	HSE Live team are available to answer questions on where to turn to for guidance or support when navigating the Public Health System. It is available; 8am -8pm Monday to Friday & 10am - 5pm on Saturdays	To contact HSE Live for advice: Callsave: 1850 241 850 Call: 041 685 0300 Email: hselive@hse.ie Live Chat: www.hse.ie Tweet: @hselive



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Category	Service	What is involved?	Where & how to access?
General Health Information	Hints and tips for people with a long term health condition on staying well in winter	Useful information and advice on being prepared for the winter period when living with a long-term health condition such as Asthma, COPD, Diabetes, and Heart Disease.	For further details go to: https://www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/stay-well-this-winter.html
General Health Information	Practical advice for staying well in winter	A government website with practical advice how to stay safe and well during the winter.	For further details go to: www.winterready.ie
General Health Information	Health Products Regulatory Authority (HPRA)	The Health Products Regulatory Authority protect and enhance public health by regulating medicines, medical devices and other health products.	For further details go to: www.hpra.ie
General Health Information	Medicines Information	Online information and advice on your medications.	For further details go to: www.medicines.ie
General Health Information	HSE Website provides My Medicines List	My Medicines List is a list of all the medicines and supplements you take. Keeping an up-to-date list can help you know your medicines. It can also help you when discussing your 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?
General Health Information	Flu Vaccination	<p>Seasonal flu is a highly infectious viral illness of the respiratory tract that can be life threatening. Vaccination is strongly recommended for those with long-term health conditions such as diabetes, heart and lung disease including COPD. People over 18 may attend their GP or Pharmacist for vaccination.</p> <p>Those without a 'Medical Card' or 'GP Visit Card' will be charged for the consultation but the vaccine is free. Healthcare workers are also strongly advised to get the vaccine.</p>	<p>For further details go to: www.hse.ie/eng/health/immunisation/pubinfo/flu/vaccination/about-the-vaccine/</p>
General Health Information	Pneumococcal Vaccine	<p>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 5 years.</p>	<p>The PPV23 vaccine is provided by GPs. If you have a 'Medical Card' or 'GP Visit Card' the PPV23 pneumococcal vaccine and consultation are free. If you do not have a 'Medical Card' or 'GP Visit Card' the PPV23 pneumococcal vaccine is free but you will be charged a consultation fee.</p> <p>Click here for more information: https://www.hse.ie/eng/health/immunisation/hcpi/nfo/othervaccines/pneumo/</p>



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Category	Service	What is involved?	Where & how to access?
Financial Supports			
Financial Supports	Medical Card	A medical card entitles you 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	If you are not eligible for a medical card you may be eligible for a GP visit card. A GP visit card allows you free visits to a participating GP.	Click here for more information: https://www2.hse.ie/services/gp-visit-cards/
Financial Supports	Drugs Payment Scheme	Under the Drugs Payment Scheme (DPS) an individual or family will pay no more than a set fee in each calendar month (currently €124) for approved prescribed drugs and medicines, rental costs for a continuous positive airway pressure (CPAP) machine, rental costs for oxygen etc.	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 you can get some drugs, medicines and approved appliances for free from your 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	Money Advice and Budgeting Service (MABS)	MABS is a free, independent, non-judgemental and confidential service for people who are in debt or at risk of getting into debt. MABS will work with you to determine the type of support you need, including assessing whether it is necessary to meet with a Money Adviser.	Click here for more information: www.mabs.ie Helpline: 076-107 2000



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Category	Service	What is involved?	Where & how to access?
Healthy Eating	Healthy Food Made Easy	<p>The Food & Health Project:</p> <p>The project provides nutrition education courses targeted at groups in the community that are cooking on a budget.</p> <p>The programmes provide information on:</p> <ul style="list-style-type: none"> • Healthy Eating • Cooking on a budget 	<p>Community groups interested in running a programme contact:</p> <p>For further information contact: Anne Devitt, Food Health Coordinator, Laois Partnership Company, Birchgrove Community Centre, Birchgrove, Portlaoise, Co. Laois Call: 087 7387611 Email: foodandhealth@laoispartnership.ie</p>
Healthy Eating	Healthy Food for Life Food Pyramid	A 7-page guide to the food pyramid, portion sizes and tips for making healthy food choices.	<p>Download here: https://assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf</p>
Healthy Eating	Irish Nutrition and Dietetic Institute (INDI) Factsheets	Factsheets covering a large range of topics relating to healthy eating.	<p>Click here for more information: www.indi.ie</p>
Healthy Eating	Safe Food Website	Website providing reliable information on food safety and healthy eating. You can also download publications and recipes.	<p>Click here for more information: www.safefood.eu</p>



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Category	Service	What is involved?	Where & how to access?
Healthy Eating	101 Square Meals: recipe book	Recipes that are easy to prepare, low budget and highly nutritious.	Download here: www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101-Square-Meals-Cookbook-Feb-2015.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
Healthy Eating	Weight Management	Online BMI Calculator.	Click here to access: https://www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx



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Category	Service	What is involved?	Where & how to access?
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.</p> <p>For Healthcare Professionals: The Nutrition Supports toolkit is designed to assist healthcare professionals screen for, and manage, malnutrition in the community.</p> <p>For the 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>	<p>Click here for more information:</p> <p>https://www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/nutrition-supports/</p>



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Category	Service	What is involved?	Where & how to access?
Health Services (Primary Care, Older Persons and Disability Services)			
Health Services	Laois Offaly HSE Physical & Sensory Disability Services	The Longford Westmeath Adult Disability Team provides a specialist service for adults aged 18-65 years with complex disabilities living in the Laois Offaly area	Self-referrals are accepted as well as referrals from family, carers and other sources including healthcare professionals, hospitals, community services and voluntary organisations. Referral forms are available by contacting: Disability Services: Call: 057 935 9919
Health Services	Older Peoples Services Laois Offaly	<p>The HSE provides a wide range of services for people growing older in Ireland including Home Support Services</p> <p>The Home Support Service helps the older person to continue living in their own home in accordance with Section 61 of the 1970 Health Act. It is a discretionary service for persons over 65 years and works with families to support older relatives at home from within our budget for as long as possible.</p> <p>The service provides assistance with personal care only for example:</p> <ul style="list-style-type: none"> • Assistance with getting up out of bed • Assistance with washing & showering • Assistance with continence care, toileting • Assistance with dressing, undressing • Assistance with going back to bed • Prompting or reminding to take medication • Preparation of light snack and drink 	<p>For further information contact: Colette Tuohy Home Support Services Manager Laois/Offaly Call: 087 4072178 Email: colette.tuohy@hse.ie</p>



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Category	Service	What is involved?	Where & how to access?
Health Services (Primary Care, Older Persons and Disability Services)			
Health Services	Primary Care Services Laois Offaly	Primary Care Services are all of the HSE health and social care services available in your community, outside of the hospital setting. They include: GP & GP out of hours service Public Health Nursing Service Health Centres & Primary Care Centres Older People Services Children & Family Services Dental & Orthodontic Service Mental Health Services Disability Services Social Inclusion Therapy Services	For further information go to: www.hse.ie/eng/services/list/1/lho/laois-offaly/ Laois: Call: (057) 862 1135 Offaly: Call: (057) 934 1301



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Category	Service	What is involved?	Where & how to access?
Smoking Cessation			
Smoking Cessation	Quit Smoking	One to one behavioural support with advice on smoking cessation medications, healthy eating, stress management and physical activity provided on a weekly basis. Support commences 2 weeks prior to Quit Date and continues up to 4 weeks after with follow-up at 3 and 12 months.	For further information or to apply contact: Call: 1800 201 203 Free text: QUIT to 51000 www.quit.ie
Smoking Cessation	We can Quit	This is a free, friendly and supportive 12 week programme to help women quit smoking and stay quit for good. The programme offers free nicotine replacement therapy (NRT), a weekly smoking cessation group and one to one support.	For further information or to apply contact: Call: 01 2316669
Smoking Cessation	Individual Smoking Cessation support	All stop smoking support services are free and available to anyone who would like to stop smoking. Individuals can self refer to any of the services using contact details below.	For further information or to apply contact: Kathleen Pardy, Clerical Officer Health Promotion and Improvement Service, HSE, Floor 2, Scott Building, MRH Tullamore, Arden Rd., Tullamore, Co. Offaly Call: 1800 242 505 Email: kathleen.pardy@hse.ie



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports			
Social and Community Supports Employment	EmployAbility Midlands Laois/Offaly	EmployAbility Midlands provides an employment and recruitment service for people who are out of work due to accident, illness, disability or in recovery from poor mental health. They support Job Seekers to: <ul style="list-style-type: none"> - Identify their skills and abilities - Identify the right job (type) for you - Help you find a suitable job (using work experience and job sampling) - On-going support during and after work - Keep and develop that job 	For further information or to apply contact: Tullamore Trish Unit 53, 1st Floor, Bridge Centre, Tullamore, Co. Offaly Call: 086 1451074 Email: patricia@employabilitymidlands.com Website: www.employabilitymidlands.com/ Mountmellick Peter / Catherine Mountmellick Development Association, Irishtown, Mountmellick, Co. Laois Call: 086 3873056 / 086 0140133 Email: peter@employabilitymidlands.com or catherine@employabilitymidlands.com Tony Reilly, Coordinator, Call: 086 8335271 Email: tonyreilly@employabilitymidlands.com Or Regina Delaney, Administrator Call: 057 93 23901 Email: tullamore@employabilitymidlands.com



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Family Resource Centres Laois	The aim of the Family Resource Centre programme is to combat disadvantage and improve the functioning of the family unit. Each Family Resource Centre operates autonomously working inclusively with individuals, families, communities, and both statutory and non-statutory agencies.	For further information go to: https://www.tusla.ie/services/familycommunitysupport/family-resource-centres/ Portlaoise Family Resource Centre Harpur's Lane Portlaoise Co Laois Call: 057 8686151 Mountmellick Youth and Family Resource Centre Irishtown Mountmellick Co Laois Call: 057 8624601



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Family Resource Centres Offaly	The aim of the Family Resource Centre programme is to combat disadvantage and improve the functioning of the family unit. Each Family Resource Centre operates autonomously working inclusively with individuals, families, communities, and both statutory and non-statutory agencies.	For further information go to: https://www.tusla.ie/services/familycommunitysupport/family-resource-centres/ Clara Family Resource Centre The Parochial Hall River Street Clara Co Offaly Call: 057 9331928 Tullamore Family Resource Centre Arden View Tullamore Co Offaly Call: 057 9320598



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Offaly Well Connected (Social Prescribing)	<p>The Social Prescribing Coordinator can support people who feel isolated, stressed, anxious or depressed. Using resources within the community, they help people to benefit from meeting other people or taking part in a new activity. They will talk to the person about what activities interest them and support them in attending those activities.</p> <p>Benefits include;</p> <ul style="list-style-type: none"> • Learning a new skill or participating in a new activity • meeting new people • receiving social support from others • increasing self-confidence and self-esteem • Involvement in the community • feeling better about your health and wellbeing. • Joining groups for social activities 	<p>For further information contact:</p> <p>Amanda Caulfield Social Prescribing Coordinator Offaly Local Development Company, Millennium House, Main Street, Tullamore, Co. Offaly</p> <p>Call: 057 935 2476/ 087 747 0562 Email: acaulfield@offalyldc.ie</p>
Social and Community Supports	Ballycommon Friendly Call Service Offaly	A free and confidential service for Senior Members of the community. Phone calls are provided, at an agreed time, just for a friendly chat, or maybe to give information about what is happening in the area.	<p>Ballycommon Friendly Call Service, Ballycommon Telework and Training Centre Ltd., Ballycommon, Tullamore, Co. Offaly, Ireland</p> <p>Call: 057-9353177 or 9353441 Website: www.ballycommonttc.com</p>



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Phone calls provided by Tullamore Social Services	Tullamore Social Services Ltd offer regular confidential, free telephone calls with a friendly voice to those who require it. They also provide Security Equipment and Personal Alarms for the elderly	For further information contact: Tullamore Social Services, Offaly Street, Tullamore, Co. Offaly Call: 057 9322466 Email: info@tullamoresocialservices.com Facebook: @Tullamore Social Services CLG
Social and Community Supports	Citizen's Information	Provides information on your rights and entitlements	For further information on the local Citizen's Information Centre contact: Lo Call: 1890 777121 Website: www.citizensinformation.ie



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Rural Transport Options Local Link Longford Westmeath Roscommon	<p>Local link provides door to door and scheduled bus services in towns, villages and rural areas</p> <p>Scheduled runs are used by people wishing to access essential services, such as shopping, pension collection, medical, banking and post office as well as youth services, disability, Pre-School, after school, and day care centres.</p> <p>Also in operation is a limited community car scheme (due to the availability of voluntary drivers and there locations) to those who need to attend local health / hospital appointments and have no access to private or public transport.</p>	<p>For further information contact: Call: 044 9340801 Email: lwr@locallink.ie Website: www.locallink.ie</p>
Social and Community Supports	Third Age Ireland Seniorline	<p>Third Age is a national voluntary organisation celebrating the third age in life when people may no longer be in paid employment, but can remain healthy,</p> <p>Third Age Ireland provides a national confidential listening service for older people called Seniorline</p>	<p>For further information contact: Third Age, Summerhill, Co. Meath. Call: 046 9557766 Email: nationaloffice@thirdageireland.ie Website: http://www.thirdageireland.ie/</p> <p>Freephone: 1800 80 45 91</p>



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Accessible transport service	Vantastic is a not for profit charity that offers accessible transport services to people with disabilities, mobility impairments and not for profit groups.	For further information contact: Free phone: 1800 242 703 or go to: website: www.vantastic.ie
Social and Community Supports	Irish Wheelchair Association	Services to people with limited mobility including: <ul style="list-style-type: none"> • Motoring/ Parking Permits • On road driving assessments • Assisted Living • Resource & Outreach • Enhanced Homecare Services • Wheelchair Solutions • Housing • Holidays/ Respite Service • Rehabilitation Training 	For further information contact Call: 01 8186400 Helpline: 01 8186455 Email: info@iwa.ie Website: www.iwa.ie
Social and Community Supports	SAGE Advocacy	Sage Advocacy is a support and advocacy service for vulnerable adults, older people and healthcare patients.	For further information contact: 24-26 Upper Ormond Quay, D7. Call: 01 536 7330 Email: info@sageadvocacy.ie Website: www.sageadvocacy.ie



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Category	Service	What is involved?	Where & how to access?
Supports for Health and Social Care Professionals			
Supports for Health and Social Care Professionals	ASIST - Applied Suicide Intervention Skills Training	A two-day skills-building workshop in suicide first- aid.	For further information go to: http://www.yourmentalhealth.ie/get-involved/newsevents/events/
Supports for Health and Social Care Professionals	Care of Adults and Children with Asthma- E-Learning Education Programme	This online education programme is for Health and Social Care Practitioners. It covers all aspects of asthma care and will build the confidence and skills necessary to provide best-practice care. There are five modules within the resource, which take approximately three hours to complete. The content is informed by the Irish College of General Practitioners (ICGP) 'Asthma Control in General Practice'. It is category 1 Approved by the Nursing and Midwifery Board of Ireland (NMBI).	To access this eLearning resource, go to My Learning on HSELand and search for 'Care of Adults and Children with Asthma- E-Learning Education Programme' and complete the programme. Website: www.hseland.ie Or register via the Asthma Society Website: https://elearning.asthma.ie/login/



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

Category	Service	What is involved?	Where & how to access?
Supports for Health and Social Care Professionals	E-learning programme for Asthma	<p>This programme is aimed at pharmacists and physiotherapists but is suitable for all healthcare workers caring for people with asthma. The programme incorporates novel flexible learning software to provide physiotherapists, pharmacists and all healthcare professionals with up-to-date knowledge on the causes and treatment strategies of asthma, and strategies that physiotherapists and pharmacists can use to optimise patient welfare. The programme also provides these professionals with tools to empower patients to manage their own conditions. It consists of 7 asthma related modules;</p> <p>Overview,</p> <ul style="list-style-type: none"> • Diagnosis and Management, • Pharmacological Therapy, • Stepwise approach: acute asthma in pregnant women and children, • Stepwise approach: acute asthma in adults, • Breathing retraining in asthma and Aerobic exercise in asthma 	<p>This course was developed by the School of Pharmacy, UCC in collaboration with University Hospital Kerry, Asthma Society of Ireland, Health Innovation Hub Ireland and supported by GSK.</p> <p>For further information go to: www.asthmamanagement.ucc.ie/</p>

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Supports for Health and Social Care Professionals	Making Every Contact Count (MECC)	The E-learning training programme consists of 6 x 30 minute e-learning modules including: Introduction to behaviour change, four topic modules on smoking, alcohol and drugs, healthy eating and active living and a skills into practice module. Following completion of the on-line module there is an opportunity to complete a classroom-based 'Enhancing your brief intervention skills' workshop	For further information go to: www.makingeverycontactcount.ie
Supports for Health and Social Care Professionals	Workwell	This website provides information for healthcare workers to support them to be physically and emotionally well throughout their working lives It provides links to suitable resources and supports.	For further information go to: www.workwell.ie
Supports for Health and Social Care Professionals	Health Promotion and Improvement	Visit healthinfo.ie, the HSE Health Promotion Information site. You can use this site to order Health Promotion materials free of charge or search for other sources of consumer health information Other useful sites on lifestyle health issues which may be of interest include: www.askaboutalcohol.ie www.drugs.ie/ www.getirelandactive.ie https://www2.hse.ie/quit-smoking/	For further information go to: https://www.healthpromotion.ie/publication/fullListing?category=all&searchHSE=&x=28&y=8



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Category	Service	What is involved?	Where & how to access?
Self-management Support Co-ordinator	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 https://www.hse.ie/eng/health/hl/selfmanagement/		
Midlands Louth Meath CHO	Sinead Power	Midlands Louth Meath Community Healthcare Organisation	CHO8.SMS@hse.ie
Self-management Support Co-ordinators in other CHO areas	Maeve McKeon	Donegal, Leitrim, Sligo, Cavan, Monaghan Community Healthcare	Maeve.McKeon@hse.ie
	Ailish Houlihan	Community Healthcare West - Galway, Mayo and Roscommon	Ailish.Houlihan@hse.ie
	Michelle Lynch	Mid West Community Healthcare	michelleann.lynch@hse.ie
	Maeve Carmody	Cork Kerry Community Healthcare	Maeveh.Carmody@hse.ie
	Kate O'Connor	South East Community Healthcare	selfmanagementsupportsSECH@hse.ie
	Mary Gowing	Community Healthcare East - Dublin South East, Dun Laoghaire and Wicklow	Mary.Gowing@hse.ie
	Geraldine Cully	Dublin South, Kildare & West Wicklow Community Healthcare	Geraldine.Cully@hse.ie
	Caroline Peppard	Dublin North City & County Community Healthcare Organisation	caroline.peppard@hse.ie



Health & Wellbeing Midlands Louth Meath CHO

This Directory is available at: [Self-management Support Directories](#)

DISCLAIMER:

Health and Wellbeing, Midlands Louth Meath CHO does not endorse or guarantee the quality of the programmes, services, or information described, offered or provided by any of the service providers, agencies or organisations listed. The material contained in this directory is provided to healthcare professionals for general information purposes only and does not replace or constitute care, treatment or other professional advice. Individuals are welcome to use the material contained in the directory, 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



Notes:

