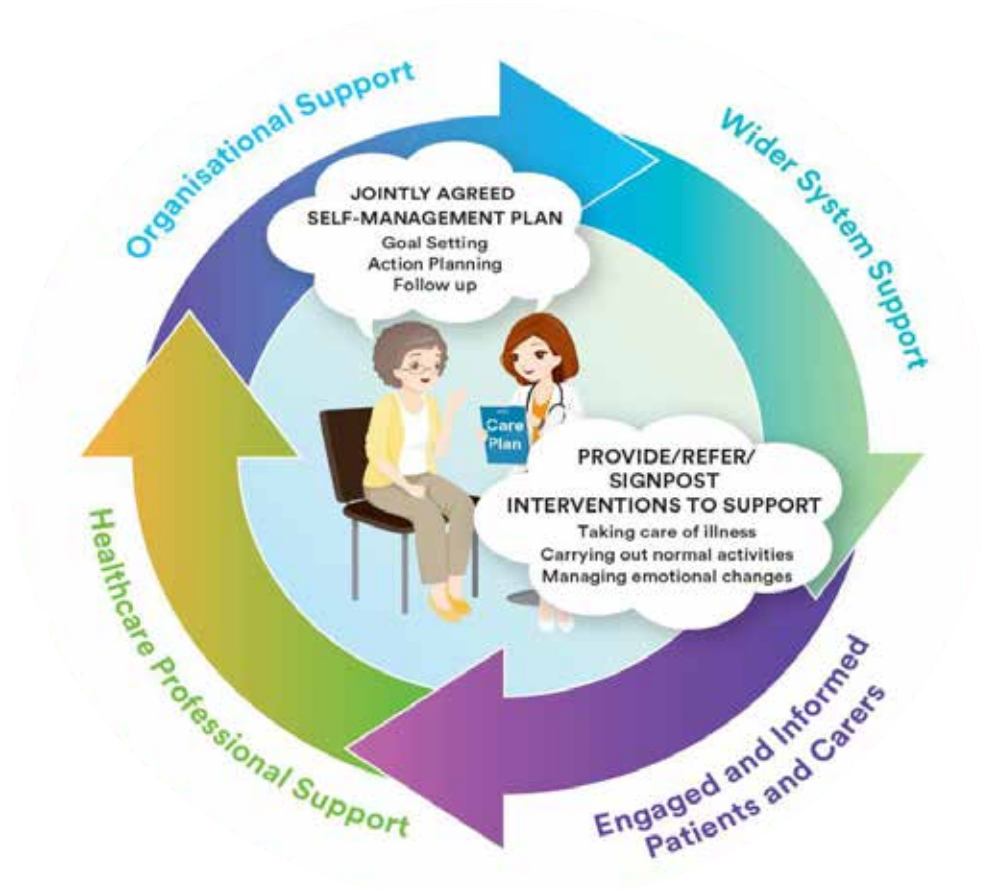


Mayo Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions, Stroke.



Cúram Sláinte
Phobail, Iarthar
ag tionsal ar Ghailimh,
Maighéo agus Ros Comáin

Community
Healthcare West
serving Galway, Mayo
and Roscommon



Self-management
Support



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



Asthma & COPD



Diabetes



Heart Conditions



Stroke



Generic Supports

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Foreword

We are delighted to issue the first edition of the Mayo 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.

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 resources in assisting people to self-manage, and help contribute to leading a healthier life.

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

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








Martin Greaney
Head of Health and Wellbeing
Community Healthcare West



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Self-management Support Co-ordinator
Community Healthcare West

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Note: All website addresses mentioned in the 'Where & how to access?' column are hyperlinked, so when you click on them you will be connected to the referenced website.



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

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 videos to guide you on inhaler technique.	Click here for more information: www.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 you manage your asthma and recognise when it may be getting worse. * Ask your GP or Asthma Nurse to fill it out with you.	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 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 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 your 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: 01-817 8886 Email: reception@asthma.ie



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Category	Service	What is involved?	Where & how to access?
COPD	Mayo COPD Support Group	Group meetings offering information and peer support to help those living with, and caring for someone with COPD. Attendees can join in a short exercise session at each meeting, if they wish. €5 contribution towards meetings.	Castlebar Tennis Club, Lannagh Road, Castlebar. Meetings at 3pm on the last Thursday of every month (except December). No need to book. Click here for more information: http://copd.ie/members/mayo-support-group/
COPD	COPD Support Ireland Website	Provides support and information to people living with COPD.	Click here for more information: www.copd.ie
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.	Download here: http://copd.ie/wp-content/uploads/2019/04/COPD-ME.pdf



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Category	Service	What is involved?	Where & how to access?
Asthma and COPD	Pulmonary Rehabilitation Programme	<p>Group exercise and education for individuals living with long-term lung conditions. Involves a 1.5 hour session twice a week for 8 weeks. No cost.</p> <p>* Patients must be diagnosed with a respiratory condition and will be assessed prior to participation.</p>	<p>Castlebar Primary Care Centre, Moneen, Castlebar.</p> <p>Your GP or Hospital Consultant can refer you to this programme by contacting the Physiotherapy Department in Mayo University Hospital on 094-9042483.</p> <p>*This programme is also available in a number of community locations across the county - access to these programmes is via the Hospital Respiratory Services.</p>



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Category	Service	What is involved?	Where & how to access?
Asthma and COPD	Respiratory Integrated Care (RIC) for Asthma and COPD	This service is for individuals who have a confirmed diagnosis or suspected diagnosis of Asthma or COPD. Delivered by a Specialist Nurse and Physiotherapist. Involves one-to-one assessment and education, including spirometry, review of inhaler technique and breathing exercises. No cost.	<p>The RIC programme is delivered in certain GP practices in Mayo. To find out if this programme is available in your GP Practice, call your Practice Nurse/Practice Manager.</p> <p>The RIC programme is also available in the Primary Care Centres and some Health Centres. Ask your GP or Respiratory Consultant for a referral to the Respiratory Physiotherapist, Castlebar Primary Care Centre, Moneen Road, Castlebar. You can also speak with your Hospital Respiratory Team for more information.</p>
Asthma and COPD	Oxygen Therapy Clinic	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>Castlebar Primary Care Centre, Moneen Road, Castlebar.</p> <p>Ask your Hospital Respiratory Team to refer you for review.</p>



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Category	Service	What is involved?	Where & how to access?
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.	<p>Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). For further information go to: 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: http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</p>
Asthma and COPD	See also section on Generic Supports		



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

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 you with the knowledge and skills to manage your insulin treatment independently to suit your food intake. Involves practising skills such as carbohydrate counting and insulin adjustment. Delivered over 5 full days. No cost.	Delivered in Castlebar Primary Care Centre, Moneen Road, Castlebar. Ask your 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	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 1 year). Provides you with the knowledge and practical skills to help you manage your diabetes. 6-hour programme, usually held over 2 half days. No cost.	Available in Castlebar, Ballina and Claremorris. Ask your GP, Practice Nurse or Public Health Nurse to refer you to this programme. Referrals can be sent to the Community Nutrition and Dietetic Department, Aras Attracta, Swinford Health Centre. Call: 094-9050145 Click here for more information: 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	CODE Programme (Community Orientated Diabetes Education).	Group education programme for anyone with Type 2 diabetes or pre-diabetes. Involves a 2-hour session per week for 3 weeks, with a fourth session six months afterwards. No cost.	Locations vary across Co. Mayo. Evening programmes may be available on request. You can self-refer by contacting Regina in the Diabetes Ireland Western Regional Office. Call: 071-914 6001 Email: wro@diabetes.ie Click here for more information: https://www.diabetes.ie/living-with-diabetes/living-with-type-2/diabetes-ireland-education-programme/



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Category	Service	What is involved?	Where & how to access?
Diabetes Type 2	Diabetes Nurse Specialist Clinics in General Practice.	One-to-one review of your diabetes treatment and support with self-management.	This service is currently delivered in over 20 GP Practices in Mayo. To find out if this service is available in your GP Practice, call your Practice Nurse/Practice Manager.
Diabetes Type 2	Integrated Care Diabetes Dietitian	One-to-one review of your food intake and specialist dietary advice to help you manage your diabetes. No cost.	Primary Care Centres in Castlebar, Claremorris and Ballina. Ask your Primary Care Provider e.g. GP, Practice Nurse, Public Health Nurse, Physiotherapist for referral to this service. Referrals can be sent to the Community Nutrition and Dietetic Department, Aras Attracta, Swinford Health Centre.
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



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Category	Service	What is involved?	Where & how to access?
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. No cost. *It is important to ask your doctor/nurse to check your feet when you attend for your regular diabetes appointments.	Clinics held in Castlebar and Claremorris Primary Care Centres. Locations may be subject to change. Ask your GP, Public Health Nurse or Consultant for referral to this service. Referrals can be sent to the Podiatry Service, Primary Care Centre, Moneen Road, Castlebar.
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



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

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: 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: http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</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 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 including HbA1c and foot care.	Click here for more information: https://www.hse.ie/eng/health/hl/living/diabetes



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

Category	Service	What is involved?	Where & how to access?
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		



**Mayo Directory of Services and Programmes
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Category	Service	What is involved?	Where & how to access?
Heart Conditions	Cardiac Rehabilitation Programme	2-hour group education session for individuals who are recovering from heart conditions. After this session, you will be offered an 8-week exercise and education programme delivered by the hospital Cardiac Rehab Multidisciplinary Team. No cost.	Ask your Hospital Doctor or GP to refer you to this programme. For more information, contact the Cardiac Rehab Dept. in Mayo University Hospital. Call: 094-9021733 and ask for Bleep 395.
Heart Conditions	Stress Management Programme	Supports individuals to understand and manage stress in their lives. Delivered by a trained Stress Management Facilitator. 2-hour session per week for 6 weeks. You may bring a family member or close friend to this course. No cost.	Castlebar Primary Care Centre, Moneen, Castlebar. For more information and bookings, contact the Cardiac Rehab Dept. in Mayo University Hospital. Call: 094-9021733 and ask for Bleep 395.



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Category	Service	What is involved?	Where & how to access?
Heart Conditions	Community-based Cardiac Rehabilitation Programme	This programme is for individuals who have completed the hospital-based cardiac rehabilitation programme, who wish to continue exercising in a group setting. Also suitable for individuals who have risk factors such as high blood pressure, high cholesterol or diabetes. 1-hour class per week for 6 weeks delivered by an exercise instructor who is qualified in cardiac rehab to British Association for Cardiovascular Prevention and Rehabilitation (BACPR) standard.	For information on class times and costs, contact the Exercise Instructor for your area: Westport, Balla and Ballina = Alan 087- 6670586 Breaffy = Emer 087-6568693 Castlebar = Geraldine 086-8105964 and Emer 087-6568693 Charlestown = Geraldine 086-8105964
Heart Conditions	Mayo Cardiac Support Group	Information and peer support for individuals living with heart conditions. You may bring a family member or friend to the meetings. No cost.	Meetings rotate around the county. For more information, contact Croí, The West of Ireland Cardiac and Stroke Foundation. Call: 091-544310 Email: info@croi.ie



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Category	Service	What is involved?	Where & how to access?
Heart Conditions	Dental Services	<p>Studies have shown that gum disease is associated with an increased risk of developing heart disease. Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect the heart valves and this is particularly important in people with artificial heart valves. Tooth loss patterns have also been connected to coronary artery disease.</p>	<p>Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). People with complex cardiac conditions and/or taking certain medications e.g. Warfarin or similar may be deemed 'Exceptional/High Risk' under the DTSS and are entitled to an enhanced level of care. For further information go to: 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: http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</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 Website and Heart & Stroke Centre	Provides support, information and education to people living with heart conditions.	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
Heart Conditions	Croí, The West of Ireland Cardiac and Stroke Foundation Information Booklets	A variety of information booklets available to download on blood pressure, cholesterol, heart failure.	Click here to access these booklets: https://croi.ie/resources/
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



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Category	Service	What is involved?	Where & how to access?
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: https://irishheart.ie/publications/ Email: info@irishheart.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/



Mayo 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 Monitoring and Communication Booklet	<p>This is a useful booklet to help you manage your Heart Failure. It also helps you to monitor and report symptoms which may warn you that your condition is getting worse, so that you can seek help sooner.</p> <p>* Ask your GP or Nurse to fill it out with you and bring it to your appointments.</p>	<p>Download here: https://saolta.ie/sites/default/files/publications/My%20Heart%20Monitoring%20and%20Communication%20Booklet.pdf</p>
Heart Conditions	Heartbeat Trust	<p>Ireland's national heart failure charity. Source of reliable information and resources for people with heart failure.</p>	<p>Click here for more information: http://heartbeat-trust.ie/</p>



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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, patient stories, and you can download some useful monitoring tools to help you manage your 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		



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Category	Service	What is involved?	Where & how to access?
Stroke	Neuro Developmental Continuation Therapy (NCT)	Stroke Rehabilitation Programme focusing on recovery of physical, cognitive and perceptual impairments through functional goal orientated programmes.	<p>This programme is delivered as an in-patient service in St. Joseph's Rehabilitation Unit, Sacred Heart Hospital, Castlebar.</p> <p>GP Referral Letter accompanied by a recent Community Physio/OT assessment must be sent to Prof. O' Malley or Dr. Lee (Stroke Consultants), St. Joseph's Rehabilitation Unit, SHH.</p> <p>* Admission is based on suitability for the programme.</p>



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Category	Service	What is involved?	Where & how to access?
Stroke	Mayo Stroke Support Group	Information and peer support for people who have experienced stroke. You may bring a family member or friend to the meetings. Meetings on the last Thursday of the month (January to June & September to December). No cost.	Meetings alternate between Ballina and Castlebar. Contact Libby Kinneen, Stroke Support Group Development Facilitator Mobile: 087-4196473 For more information, contact Croí, The West of Ireland Cardiac and Stroke Foundation: Call: 091-544310 Email: info@croi.ie



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Category	Service	What is involved?	Where & how to access?
Stroke	'Life after Stroke' online Support Group for young stroke survivors	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.	New members can join by clicking this link: www.facebook.com/groups/143802206262536/ and requesting membership. You can also contact Helena on hodonnell@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 Castlebar. By appointment only, contact Sheila Mitchell Call: 087-7514428 Email: MemoryResourceRoom.Mayo@hse.ie



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Category	Service	What is involved?	Where & how to access?
Stroke	Speech and Language Therapy HSE Service	Individual or group therapy sessions are available as guided by your Speech and Language Therapist.	To find out more, contact the Speech and Language Therapy Dept. in St. Mary's HQ, Castlebar. Call: 094-9042239/ 094-9049007 or Barbara Ginley, Senior Speech and Language Therapist, SLT Dept., Primary Care Centre, Kevin Barry Street, Ballina. Call: 096-80441
Stroke	Conversation Partner Scheme for Aphasia	This scheme is delivered by the Speech and Language Dept. in association with NUIG. A Conversation Partner Scheme provides opportunities for conversation and reduces isolation for people with speech difficulties such as aphasia. Conversation Partners visit people with aphasia to conduct 'supported conversations'.	To find out more, contact the Speech and Language Therapy Dept. in St. Mary's HQ, Castlebar. Call: 094-9042239/ 094-9049007 or Barbara Ginley, Senior Speech and Language Therapist, SLT Dept., Primary Care Centre, Kevin Barry Street, Ballina. Call: 096-80441



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Category	Service	What is involved?	Where & how to access?
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
Stroke	National Learning Network (NLN) Castlebar Centre	Provides a range of free courses to people who have had an accident, illness, injury or have a disability and have extra support needs. 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.	Breaffy Road, Castlebar. Call: 094-9022770 Email: castlebar@nlm.ie Click here for more information: http://www.nlm.ie/About-National-Learning-Network/Centres/Centre-List.aspx?id=Mayo



Mayo 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. Quest operates a community-based rehabilitation programme, based in Galway, 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. Individuals are also supported in exploring further community, training, educational, care and employment opportunities in accordance with their individual goals.</p> <p>Mayo Service: Quest provides a weekly outreach service, based in NLN Castlebar, offering a scaled down version of the full programme. Contact the Galway office for details.</p>	<p>You can self-refer or you can be referred by a medical practitioner once you have been discharged 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: http://www.nln.ie/Community-Based-Rehab/Quest-brain-injury-services.aspx</p>



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Category	Service	What is involved?	Where & how to access?
Stroke	Disabled Drivers Association of Ireland	<p>Services include:</p> <ul style="list-style-type: none"> - 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. 	<p>Ballindine, Claremorris. Email: drive@ddai.ie Call: 094-9364054</p> <p>Click here for more information: https://www.ddai.ie/</p> <p>For information on Parking Permits Email: parkingcard@ddai.ie Call: 094-9364054</p>
Stroke	Irish Wheelchair Association (IWA)	<p>Support for people between 18 - 65yrs with physical or sensory disabilities. Two day service each week in Castlebar (Mondays and Wednesdays). Provides a range of outings and centre-based activities such as computer classes, yoga, sports, arts and crafts etc. Also provide funding supports towards respite breaks in Cuisle.</p>	<p>Contact Martina Reid Email: martina.reid@iwa.ie Call: 094-9060937/087-6789843</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: 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 & 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	Irish Heart Foundation Website	Provides support, education and information for people living with stroke.	Click here for more information: www.irisheart.ie Call: 01-668 5001 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 for more information: https://irishheart.ie/publications/ Call: 01-668 5001 Email: info@irishheart.ie
Stroke	See also section on Generic Supports		



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Generic Supports

Category	Service	What is involved?	Where & how to access?
Carer Supports	Family Carers Ireland	Monthly Support Group meetings for Family Carers available in Ballinrobe, Claremorris, Erris, Westport and Achill. Family Carers are also welcome to drop in for advice.	Family Carers Ireland, MOSAIC Centre, The Harlequin Plaza, Garvey Way, Castlebar. Contact the Carer Support Manager Linda Fahy Office: 094-9060305 Mobile: 086-3775702 Click here for more information: www.familycarers.ie Call the Careline: 1800 240724 Email: info@familycarers.ie



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Category	Service	What is involved?	Where & how to access?
Drugs	HSE Drugs Service Mayo	Free, direct access counselling and support for substance misusers and or families affected by substance misuse.	You 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 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 number: 1800 459 459 (Mondays-Fridays, 9.30am- 5.30pm) Email support: helpline@hse.ie



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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.	Click here for more information: https://www.wrdatf.ie/family-support-information-for-families.php Western Region Drug and Alcohol Task Force, Unit 6, Galway Technology Park, Parkmore, Galway. Call: 091-480044 Email: info@wrdatf.ie



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Category	Service	What is involved?	Where & how to access?
E-learning for Healthcare Professionals	Asthma Education Programme	The aim of this multidisciplinary education programme is to provide healthcare professionals with information on the care of adults and children with asthma. The programme aims to enhance and provide participants with contemporary knowledge of care involved in the diagnosis, assessment, treatment and monitoring of adults and children with asthma. There are five modules within the resource, which take approximately three hours each 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).	Log onto https://www.hseland.ie/dash/Account/Login and go to Course Catalogues, click on Clinical Skills and search for 'Care of adults and children with asthma - an elearning education programme for healthcare professionals.' Health professionals outside the HSE can access the course via the Asthma Society of Ireland website: https://www.asthma.ie/about-us/what-we-do/our-programmes/healthcare-professional-programmes/hcp-training



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Category	Service	What is involved?	Where & how to access?
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 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.</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>



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing			
	If you, a member of your family, or someone you know is in distress and need someone to talk to urgently, remember help, support and advice is available. In the first instance, contact your GP. If it is outside of regular working hours or at the weekend, call Westdoc on 1850-365000. You can also go to the Emergency Department in your nearest hospital or you can contact Emergency Services on 112 or 999. Other useful services are listed below:		
Emotional and Mental Wellbeing	Samaritans	Samaritans' telephone service is available 24 hours a day for confidential, non-judgmental support.	Freephone: 116 123 Text: 087-2609090 Email: jo@samaritans.ie Head office: 4-5 Usher's Court, Usher's Quay, Dublin 8. Click here for more information: https://www.samaritans.org/



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Pieta House Counselling Services and 24-hour Helpline	Pieta House provides a free 1:1 counselling service for people who are experiencing suicidal thoughts, engaging in self-harm or who have been bereaved by suicide. Appointment required. Pieta also provide a 24 hour helpline number where you can speak to a fully accredited counsellor.	Freecall 24/7 Suicide Helpline: 1800 247 247 Pieta House West, Bishop St, Townparks (4th Division), Tuam, Co. Galway, H54 PR24. Call: 093-25586 Click here for more information: https://www.pieta.ie/
Emotional and Mental Wellbeing	Pieta House Outreach Service Ballina	Pieta House provides an outreach 1:1 counselling service in Ballina every Wednesday from 9 am - 1 pm for people who are experiencing suicidal thoughts, engaging in self-harm or who have lost a loved one by suicide. * Appointment required. Please contact the Tuam Centre directly on 093-25586.	Family Resource Centre, Abbey Street, Ballina, F26 C6P6 To make an appointment, contact Sinead Raftery, Tuam Centre Manager Call: 093-25586



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Stress Management Programme	Supports individuals to understand and manage stress in their lives. Delivered by a trained Stress Management Facilitator. 2-hour session per week for 6 weeks. You may bring a family member or close friend to this course. This service is open to adults living with Heart conditions, Stroke, Diabetes and Respiratory conditions. No cost.	Delivered in Castlebar Primary Care Centre, Moneen, Castlebar. For more information and bookings, contact the Cardiac Rehab Dept. in Mayo University Hospital: Call: 094-9021733 and ask for Bleep 395.



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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 8 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 Mayo. Where possible, you will be offered a location closest to you. Ask your Primary Care Provider e.g. GP, Practice Nurse, Public Health Nurse, Physio for referral to this service.</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.</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	Family Life Services	Provides a professional, low-cost, adult counselling service for individuals, couples and families.	The Family Centre, Chapel Street, Castlebar. Call: 094-9025900 Facebook: @TFCCastlebar Email: info@thefamilycentre.com Click here for more information: www.thefamilycentre.com
Emotional and Mental Wellbeing	Curam Family Centre	Provides a professional low-cost counselling service for individuals.	Curam Family Centre, Dalton Street, Claremorris. Call: 094-9362096 Email: curamclaremorris@eircom.net



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Knock Counselling Service	Provides individual and couple counselling, group therapy and drop-in service.	Knock Counselling Centre is located next to the Reconciliation Chapel at Knock Shrine, Claremorris Road, Knock. Call: 094-9375032 Email: counsellingoffice@knockshrine.ie Click here for more information: https://www.knockshrine.ie/counselling/
Emotional and Mental Wellbeing	Tacu Family Resource Centre	Provides low-cost counselling and psychotherapy.	For more information, contact Mary Jackson Call: 087-2859973 Email: infotacufrc@gmail.com Tacu Family Resource Centre, Credit Union House, Main Street, Ballinrobe. Office: 094-9542908



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Westport Family Resource Centre	Provides low-cost counselling service to adults living in the greater Westport area, including Louisburgh and Newport.	Westport Family Resource Centre, The Fairgreen, Westport. Call: 098-244 19 Email: westportfrc@gmail.com
Emotional and Mental Wellbeing	Mayo Be Well Directory	Developed by Mayo Suicide Prevention Alliance. Includes a range of assistance and advisory services that are provided throughout the County.	Click here for more information: www.mayobewell.ie
Emotional and Mental Wellbeing	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



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Well Being	Mental Health Information Booklets HSE Resource	A range of booklets on Mental Health available to download 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: 01-230 3536</p> <p>The Psychological Society of Ireland (PSI) Visit: www.psychologicalsociety.ie Call: 01-472 0105</p> <p>The Irish Council for Psychotherapy (ICP) Visit: www.psychotherapycouncil.ie Call: 01-905 8698</p>



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Category	Service	What is involved?	Where & how to access?
Emotional and Mental Wellbeing	Mayo Mental Health Association	Provides a free confidential sign-posting service that helps support people who experience mental health difficulties.	2 New Antrim Street, Castlebar. Call: 094-9038148 Email: mayomha@eircom.net Click here for more information: http://www.mayomha.ie/
Emotional and Mental Wellbeing	Mayo Recovery College	The purpose of the Mayo Recovery College 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 college are co-designed and co-delivered by adults with personal experience of mental health difficulties (often called lived experience) and professionals.	Click here for more information: http://www.recoverycollegewest.ie/
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 to find your local support and self-care group: www.aware.ie Freephone the Support Line: 1800 80 48 48 Support Email: supportmail@aware.ie



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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 held in community venues across Co. Mayo.	Click here to find your local support group: www.grow.ie Call the Infoline: 1890 474 474
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.	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-judgmental and confidential service for people who are in debt or at risk of getting into debt. MABS will work with you to determine the type of support you need, including assessing whether it is necessary to meet with a Money Adviser.	Click here for more information: www.mabs.ie Helpline: 076-107 2000
Health Promotion	Health Promotion.ie Website	Health literature available to order online on a large range of topics including health 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



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Category	Service	What is involved?	Where & how to access?
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: gov.ie/HealthyIreland
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. You 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://twitter.com/LibrariesIre
Health Promotion	Practical advice when sick	Practical advice on how to mind yourself or your family when you are sick. Information from the HSE, GPs and Pharmacists.	Click here for more information: www.undertheweather.ie
Health Promotion	Stay Well this Winter HSE Resource	Information by the HSE to help you 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/





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Category	Service	What is involved?	Where & how to access?
Health Promotion	Winter Ready Checklist for long-term health conditions	Useful checklist by the HSE on being prepared for the winter period when living with a long-term health condition such as Asthma, COPD, Diabetes, Heart Disease.	Download here: https://www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/winter-advice-for-patients-with-chronic-conditions/winter-health-check.pdf
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



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Category	Service	What is involved?	Where & how to access?
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. You should get your flu vaccination from September to be covered for flu season. The viruses change each year. This is why you need to get a new vaccine each year. Healthcare workers are also strongly advised to get the vaccine.	<p>The flu vaccine is provided by GPs, pharmacies and occupational health departments. If you have a 'Medical Card' or 'GP Visit Card', the flu vaccine and consultation are free. If you do not have a 'Medical Card' or 'GP Visit Card', the flu 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/pubinfo/flu-vaccination/about-the-vaccine/</p>



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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 5 years.	PPV23 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. Click here for more information: https://www.hse.ie/eng/health/immunisation/hcpinfo/othervaccines/pneumo/
Healthy Eating	Community Nutrition HSE Service	If you have a nutrition related concern you may be referred to see a dietitian in a one to one clinic setting, for individualised dietary assessment and advice.	Ask your Primary Care Provider e.g. GP, Practice Nurse, Public Health Nurse, Physiotherapist for referral to this service. Referrals can be sent to the Community Nutrition and Dietetic Department, Aras Attracta, Swinford Health Centre.



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Category	Service	What is involved?	Where & how to access?
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.	Download here: https://assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf
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. You can also download publications and recipes.	Click here for more information: www.safefood.eu
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



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Category	Service	What is involved?	Where & how to access?
Healthy Eating	A Guide to Managing your Weight	This easy-to-use booklet gives practical advice a out 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. 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>	<p>Click here for more information:</p> <p>https://www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/nutrition-supports/</p>
Medication Management	Medicines Information	Online information and advice on your medications.	<p>Click here for more information:</p> <p>www.medicines.ie</p>



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Category	Service	What is involved?	Where & how to access?
Medication Management	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/gid/national_safetyprogrammes/medicationsafety/my-medicines-leaflet-a4dl-colour.pdf
Physical Activity	Mayo Sports Partnership	Mayo 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, Active 55, Couch to 5K.	Click here for more information: http://www.mayosports.ie/ Call: 094-9064360 Email: msp@mayococo.ie
Physical Activity	Get Active Mayo Directory	Directory of Mayo Sports Partnership programmes such as Men on the Move, Couch to 5K, Meet and Train, Swim for a Mile, Parkrun, Active 55.	Click here for more information: http://www.mayosports.ie/Directories/2019GetActiveMayoDirectory/



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Category	Service	What is involved?	Where & how to access?
Physical Activity	Walking Groups	Joining a local walking group can be a really fun and social way to get active.	<p>Contact the Walking Leader for your area, or contact Mayo Sports Partnership: Call: 094-9064360 Email: mshp@mayococo.ie</p> <p> Attymass: Geraldine Walsh 087-2780086 Achill: Chris 087-2786286 Ballyhaunis: Geraldine Cregg 086-1229398 Ballyglass: Sheila Gilligan 087-6704916 Breaffy: Helen Heneghan 087-9438894 Bangor Erris: Bernie Dunne 086-3904370 Belmullet: Bernie Dunne 086-3904370 Carrowholly: Mary Moore 086-3053776 Cong: Miriam Lenehan 087-2795126 Claremorris: John Farragher 085-7506104 Kiltimagh: Bernie Byrne 086-8294487 Kilmaine: Breda Davin 087-2876701 Newport: Fiona Hopkins 087-7918172 </p>



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Category	Service	What is involved?	Where & how to access?
Physical Activity	Active 55	Want to feel fitter, have fun, have more energy and meet new people? Why not get involved in Active 55 near you.	<p>Contact your local Active 55 Group, or contact Mayo Sports Partnership: Call: 094-9064360 Email: msp@mayococo.ie</p> <p>Ballina Active 55s Club: Jackie 096-70905 Ballina Sports Centre: Reception 096-78984 Broadhaven Bay Hotel: Michelle 087-7646710 Breaffy Club Castlebar: Emer 094-9044150 Claremorris Leisure Centre: Reception 094-9371313 Crossmolina GAA Club: Bernie 086-3904370 Park Inn Hotel Mulranny: Reception 098-36709 Swinford Amenities Park: Margaret 087-4150663</p>
Physical Activity	Men on the Move	Men on the Move is a group activity programme aimed at men aged 30+. 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 to suits you.	<p>To find out if Men on the Move is in your area, contact Mayo Sports Partnership: Call: 094-9064360 Email: msp@mayococo.ie</p> <p>Click here for more information: http://www.mayosports.ie/Directories/2019GetActiveMayoDirectory/</p>



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

Category	Service	What is involved?	Where & how to access?
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 Westport, Castlebar, Ballina, Erris and Claremorris. These events are run by local volunteers and you need to pre-register at www.parkrun.ie .	Click here for more information and to register: http://www.parkrun.ie/
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 a walking group in your area.	Click here for more information: https://www.getirelandwalking.ie/findgroup/



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Category	Service	What is involved?	Where & how to access?
Physical Activity	Age & Opportunity	Age and 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: www.ageandopportunity.ie



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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: http://www.ageandopportunity.ie/what-we-do/physical-activity-sport</p> <p>Contact the Go for Life Team Call: 01-805 7733 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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Primary Care Services	Falls Prevention 'Staying Steady'	Group exercise programme which includes progressive strength and balance exercises (Otago Programme), and guidance on home-based exercises. Involves a 1-hour session once a week for 8 weeks. Also includes information sessions from Pharmacy, Continence advisors etc. Includes a follow-up phone call at 12 weeks and re-assessment at 16 weeks. No cost. * This programme is for individuals who have fallen, have a fear of falling or report any gait or balance issues. Each person is individually assessed by Physiotherapist to determine suitability for the class.	Available in Swinford District Hospital. Ask your Primary Care Provider e.g. GP, Practice Nurse, Public Health Nurse, Physiotherapist or Occupational Therapist to refer you to this programme. Referrals can be sent to the Physiotherapy Department, Swinford Health Centre. Call: 094-9050127.
Primary Care Services	Continence Advisory Service	Provides support and advice for adults living with bladder and bowel dysfunction. Following initial assessment the specialist nurse will discuss options for possible treatment and a suitable individual plan of care will be developed with the person.	You can self-refer or you can be referred by a family member/carer or by your health care provider. For more information or to talk to the Continence Advisor Call: 094-9042116/094-9049259



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Category	Service	What is involved?	Where & how to access?
Self-management Programme	Self Care to Wellness Programme (Stanford Model)	This is a 6-week group self-care management programme for people living with ongoing health conditions. Topics include managing pain, fatigue, and difficult emotions. It involves learning key skills to help you manage your condition e.g. problem solving and how to set realistic goals for lifestyle change, including healthy eating and becoming more active.	Delivered in various locations in Mayo. Contact Jackie Lynott, Programme Co-ordinator Call: 087-7185615 / 094-9034980 Email: selfcaretowellness@mayocil.ie Click here for more information: www.selfcaretowellness.org
Smoking Cessation	HSE Quit 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: facebook.com/HSEQuit
Smoking Cessation	Smoking Cessation HSE Clinics in Mayo	Smoking Cessation Clinics are held in Castlebar, Ballina, Claremorris and Kiltimagh. These clinics provide an opportunity for smokers to meet with a Smoking Cessation Practitioner to get face-to-face individual support and advice on quitting.	For more information: Contact Caroline Bradshaw, Smoking Cessation Practitioner, St. Mary's HQ, Castlebar. Call: 087-3837895 Email: caroline.bradshaw@hse.ie



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Family Resource Centres	There are a number of Family Resource Centres in Mayo, 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.	Click here for more information: http://www.familyresource.ie
Social and Community Supports	Flourish Project	Flourish is a free service which helps to link you with sources of support and social activities within your community. This service is delivered by a Project Worker who will meet you individually to explore how the project can be of help. You may also choose to join in one of the ongoing Flourish programmes which include a Music Circle or drop-in Mindfulness sessions, 8-week 'Arts and Wellbeing' programme or 'Discover your Interests' programme.	Meetings with the Project Worker, Mindfulness and Music Circle are free of charge. The 8-week programmes involve a cost. Click here for more information: http://www.thefamilycentre.com/flourish.html The Family Centre, Chapel Street, Castlebar. Call: 094-9025900 Email: flourish@thefamilycentre.com



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Men's Sheds	There are over 16 Men's Sheds in Mayo. 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 your 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 Rural Transport	Provides door to door and scheduled bus routes in towns and villages in rural areas.	Mayo - LocalLink Mayo Community Transport Call: 094-9047571 Email: info@mayocommunitytransport.ie Click here for more information: https://www.locallink.ie/en/your-local-link/mayo/



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Employability Mayo	Works with people who, by virtue of condition, illness, impairment or disability, require support towards integration into employment in the open labour market leading to independence and career progression.	Head Office: Mosaic Centre, Harlequin Plaza, Garvey Way, Castlebar. For more information, contact your local Employment Facilitator Castlebar Office: 094-9043008 Ballina Office: 096-71014 Belmullet Office: 097-82840
Social and Community Supports	Citizen's Information	Information on your rights and entitlements.	Offices based in Ballina, Belmullet, Castlebar, Claremorris and Westport. Click here for more information: http://centres.citizensinformation.ie/county.php?county=mayo



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Mayo Traveller Support Group	Traveller organisation working to address the needs of Travellers as a minority ethnic group including supporting access, participation and outcomes in mainstream services, including health services. 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.	Mayo Travellers Support Group, 19 Thomas Street, Castlebar. For more information, contact the Co-ordinator Edith Geraghty Call: 094-9028400 Email: coordinator@mtsg.ie
Social and Community Supports	Mayo Intercultural Action (MIA) South West Mayo Development Company	Provides information, advocacy and integration supports for asylum seekers, refugees, migrants and their families living in County Mayo.	Mosaic Centre, Harlequin Plaza, Castlebar. For more information, contact MIA Co-ordinator Natalya Pestova Office: 094-9028468 Mobile: 086-040 6134 Email: npestova@southmayo.com



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Category	Service	What is involved?	Where & how to access?
Social and Community Supports	National Adult Literacy Agency (NALA)	Help with reading, writing, maths and technology.	Click here for more information: www.takethefirststep.ie Freephone 1800 20 20 65 Text LEARN to 50050 Email: info@nala.ie



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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 services and programmes such as this is being created in each CHO area and can be found at: www.hse.ie/selfmanagementsupport		
	Ailish Houlihan	Community Healthcare West - Galway, Mayo and Roscommon	Ailish.Houlihan@hse.ie
Self-management Support Co-ordinators in other CHO areas	Maeve McKeon	Donegal, Leitrim, Sligo, Cavan, Monaghan Community Healthcare	Maeve.McKeon@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
	Sinead Power	Midlands Louth Meath Community Healthcare Organisation	Sinead.Power4@hse.ie
	Therese Clarke	Dublin North City & County Community Healthcare Organisation	sms.dncc@hse.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.

Health & 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



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

Community
Healthcare West
serving Galway, Mayo
and Roscommon



Self-management
Support

