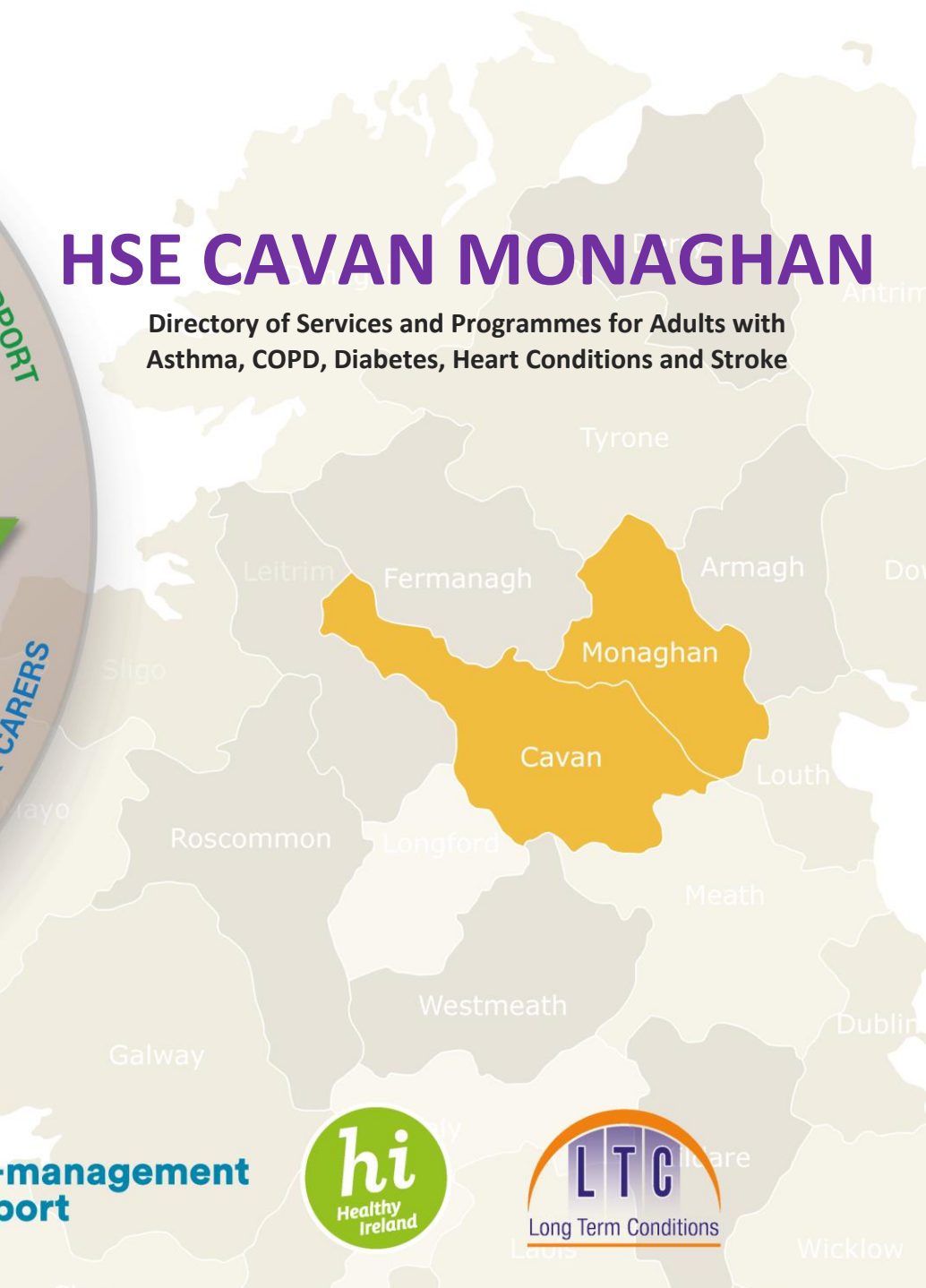


# HSE CAVAN MONAGHAN

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



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service



Self-management  
Support



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



**Asthma & COPD**



**Diabetes**



**Heart Conditions**



**Stroke**



**Generic Supports**

A sincere thank you to all those who contributed to this directory. Thanks in particular to Susan McDonnell Dawes, Project Manager for Chronic Disease Management Cavan Monaghan, for assistance with compilation of information.

While every care has been taken to ensure the information included is relevant, accurate and up to date, due to the nature of the publication, there may be errors or omissions.

Please notify errors, omissions, feedback and additions for consideration, by email to: [maeve.mckeon@hse.ie](mailto:maeve.mckeon@hse.ie)

This directory will be updated periodically.

**Information current as per publication date: 31/3/2021**

**Prepared by: Maeve McKeon, Self-management Support Co-ordinator, CHO Area 1**

# FOREWORD

## **From Cara O'Neill, Head of Service Health and Wellbeing, Community Healthcare Area 1.**

Welcome to the Cavan Monaghan Directory of self-management supports for adults living with Asthma, COPD, Diabetes, Heart conditions and Stroke.

This Directory will assist health and social care professionals in signposting adults living with, or caring for someone with, long-term health conditions, to condition-specific and generic programmes and services which help them self-manage.

Condition-specific programmes such as pulmonary rehabilitation, cardiac rehabilitation and diabetes structured patient education, measurably improve the skills and confidence of people with long term health conditions and help contribute to leading a healthier life.

The 'Generic Supports' section highlights resources from community, voluntary and cross-border projects, as well as other health and statutory resources. The inclusion of these resources recognises their value in supporting people to self-manage long term health conditions. Examples of generic supports include peer support groups, the Living Well Programme, mental wellbeing supports, smoking cessation, healthy eating and physical activity supports. Increasing awareness among health and social care professionals about these cross-sectoral resources will enable more effective support to be delivered to those living with long-term health conditions.

This directory is a priority action of the National Framework and Implementation Plan for Self-management Support for Chronic Conditions: 'Living Well with a Chronic Condition'.

Supporting people with long-term health conditions to self-manage is also a priority of the CHO1 Healthy Ireland Implementation Plan 2018 - 2023. This directory may also be used as a key tool in implementing Making Every Contact Count (MECC) across our Community Healthcare area.

### **COVID-19:**

**Please note: during the COVID-19 pandemic, services may be subject to change which may be at short notice. Many have adapted to deliver supports online or by phone. Some listings are presented as per 'usual business' and can be contacted directly for more up to date information during COVID-19.**

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| <b>Category</b> | <b>Service</b>  | <b>What is involved</b>   | <b>How to access</b>   |
|-----------------|---|---|--|
| <b>Asthma</b>   | Asthma Society of Ireland:<br><b>Website</b>            | Provides information and support to Health Care Professionals and people living with Asthma. These include on-line education and publications available to download or from the Asthma Society.   | <b>Visit:</b><br><a href="https://www.asthma.ie/">https://www.asthma.ie/</a>   |
| <b>Asthma</b>   | Asthma Society of Ireland:<br><b>Advice Line</b>        | This free advice line offers access to an Asthma Nurse Specialist for support, information and education. Helping people with asthma better understand and manage their condition.<br>Free-call the number, or email, to arrange an appointment.  | <b>Advice Line:</b><br><b>Call:</b> 1800 44 54 64<br><b>email:</b> <a href="mailto:nurse@asthmasociety.ie">nurse@asthmasociety.ie</a>  |
| <b>Asthma</b>   | Asthma Society of Ireland:<br><b>Asthma Action Plan</b> | Action Plans serve as a guide to help the person with asthma manage their condition and recognise when it is getting worse. Available to download from the web site or to be sent by post on request.<br>Action plans should be completed by the person with asthma, with support of GP or other asthma care team professional. | <b>For Asthma Action Plans visit:</b><br><a href="https://www.asthma.ie/sites/default/files/files/document_bank/2018/Nov/ASI%20-%20Asthma%20Action%20Plan%202018.pdf">https://www.asthma.ie/sites/default/files/files/document_bank/2018/Nov/ASI%20-%20Asthma%20Action%20Plan%202018.pdf</a> |
| <b>Asthma</b>   | Asthma Society of Ireland:<br><b>Asthma Attack Card</b> | <b>Asthma Attack Card:</b> Provides details of how to handle an asthma attack in an adult or a child.   | <b>For Asthma attack cards visit:</b><br><a href="https://www.asthma.ie/sites/default/files/files/document_bank/2018/Sep/Attack%20Card%202018.pdf">https://www.asthma.ie/sites/default/files/files/document_bank/2018/Sep/Attack%20Card%202018.pdf</a>                                       |



**Cavan Monaghan Directory of Services and Programmes  
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| <b>Category</b> | <b>Service</b>                                    | <b>What is involved</b>   | <b>How to access</b>  |
|-----------------|---|---|---|
| <b>Asthma</b>   | <b>Asthma Education Inclusion Project</b>         | Access culturally appropriate, literacy friendly asthma resources and materials for Roma, refugees, people seeking international protection, and the Traveller community. The aim of this education project is to improve the respiratory health of these communities. This project is a collaboration between the Asthma Society, HSE Social Inclusion South East Community Healthcare, and Pavee Point Traveller and Roma Centre. | <b>For more information visit:</b><br><a href="https://www.asthma.ie/asthma-education-inclusion-project">https://www.asthma.ie/asthma-education-inclusion-project</a> |
| <b>Asthma</b>   | <b>Practice Nurse asthma care in GP Practices</b> | Many Practice Nurses have specialist training in asthma management and offer a support service to adults and children with asthma.  | <b>Access:</b><br>To find out if this service is available, costs involved and how service users can access it, contact the individual GP practice.                   |
| <b>Asthma</b>   | <b>See also section on Generic Supports</b>       |   |   |





## Cavan Monaghan Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart conditions & Stroke

| Category                                    | Service  | What is involved  | How to access  |
|---|--|---|--|
| <b>Asthma, COPD &amp; other respiratory</b> | <b>Consultant led respiratory service in Cavan and Monaghan:</b> | <p>This service is open to adults in Cavan and Monaghan with COPD, asthma and other respiratory conditions including obstructive sleep apnoea. Consultant outpatient clinics are held every Thursday in Cavan General Hospital.</p> <p><b>Criteria:</b> patients with suspected diagnosis of COPD or asthma for diagnostic interventions, or with confirmed diagnosis with clinical criteria matching the 'reasons for specialist referral' as outlined in the NCP Respiratory COPD Model of Care 2019.</p> <p>The Respiratory Clinical Nurse Specialists (CNSs) provide an outpatient service to people with asthma, COPD and other respiratory conditions including sleep apnoea.</p> <p><b>Locations:</b> Cavan and Monaghan General Hospitals. Access to CNS services is via Consultant referral only.</p> <p><b>Note:</b> During COVID-19 face to face CNS clinics are suspended, in most cases. Telephone consultations are delivered instead. Face to face consultations can be arranged where necessary, with full COVID precautions observed. Referral pathway is unchanged.</p> <p><b>Pulmonary Rehabilitation:</b><br/>Pulmonary Rehabilitation is provided for patients of the Cavan Monaghan respiratory service with COPD and IPF.<br/><b>Note:</b> During COVID-19 Pulmonary Rehabilitation is suspended. Contact the dept for updated information regarding resumption.</p> | <p><b>Access to consultant-led respiratory services:</b><br/>Via GP or other consultant referral.<br/>Send via Healthlink or post to:<br/>Professor Hayes, Consultant Respiratory Physician, Cavan General Hospital, Cavan, H12 Y7W1.<br/>Referral should include as much clinical detail as possible.<br/><b>Enquiries to:</b> 049-037 6872</p> <p><b>Access to nurse-led clinics:</b><br/>Via Prof Hayes only.<br/><b>Enquiries:</b><br/>049-437 6393</p> <p><b>Access to Pulmonary Rehabilitation:</b><br/>Via any hospital consultant or physiotherapist in Cavan General Hospital or Monaghan General Hospital, using the Pulmonary Rehabilitation referral card.</p> |



**Cavan Monaghan Directory of Services and Programmes  
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| Category  | Service   | What is involved  | How to access  |
|---|---|---|--|
|   |   |   | <b>Send to:</b> Patricia King,<br>Respiratory Services Secretary,<br>Cavan General Hospital.<br><b>Enquiries:</b> 049-437 6393.  |
| <b>Asthma, COPD<br/>and other<br/>respiratory</b> | <b>Monaghan<br/>Integrated<br/>Respiratory Team</b> | <p>This service is for adults who have a confirmed diagnosis of a chronic respiratory condition such as Asthma or COPD in Co Monaghan.<br/>Delivered by a Specialist Nurse and Physiotherapist.<br/>Each person referred to the Team will be contacted by phone initially and will be offered either a clinic appointment or a home visit as necessary. Full COVID-19 precautions are observed.</p> <p>Services include: Respiratory assessment &amp; management clinics (including spirometry for disease monitoring), oxygen assessment, advice on respiratory medications, inhalers/nebulisers, sleep clinics for those with sleep apnoea, assisted discharge, a telephone support service to assist with admission avoidance at primary care level, and a Pulmonary Rehabilitation service.</p> <p><b>Note:</b> Pulmonary Rehab is provided online during COVID-19.</p> | <p>Access to the Team is by referral from Cavan Monaghan Hospital clinicians and Co. Monaghan GPs. People being referred must have had hospital investigations and have a confirmed respiratory diagnosis.</p> <p><b>Inpatient referrals:</b> via referral card.</p> <p><b>GP referrals:</b><br/>via GP letter to:<br/>Monaghan Integrated<br/>Respiratory Team, Rm 51,<br/>Monaghan Hospital, H18 NV91.</p> <p><b>Phone:</b> 047-38878<br/>or 047-38872<br/>or 087-375 0326</p> <p><b>Email:</b> <a href="mailto:sinead.treanor@hse.ie">sinead.treanor@hse.ie</a></p> |





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| Category               | Service   | What is involved   | How to access  |
|------------------------|---|--|--|
| <b>Asthma and COPD</b> | <b>Living Well:</b><br>A self-management skills programme for adults with long term health conditions | A free programme for adults living with long-term health conditions including asthma and COPD, and for carers. Develops the skills to live well with such conditions. Two and a half hours per week over six weeks. Online during COVID-19, face-to-face in other times. | <b>Access:</b><br>Self-referral, or signposting by health/social care professional. Register by phone on:<br>087-331 4159<br>or<br>087-396 4307<br><br><b>For more information visit:</b><br><a href="http://www.hse.ie/livingwell">www.hse.ie/livingwell</a>  |
| <b>Asthma and COPD</b> | <b>Beating Breathlessness WhatsApp patient support service:</b><br>From Asthma Society of Ireland     | Allows people with asthma or COPD to message a respiratory specialist nurse to get support, advice and information to help manage breathlessness.  | <b>Access:</b><br><b>Self-referral:</b><br>by sending a WhatsApp message to:<br><b>086-059 0132</b> the person can message an Asthma Society nurse with their query or to start a chat.<br><b>For more information visit:</b><br><a href="https://www.asthma.ie/whatsapp-messaging-service-formerly-known-beating-breathlessness">https://www.asthma.ie/whatsapp-messaging-service-formerly-known-beating-breathlessness</a> |
| <b>Asthma and COPD</b> | <b>Chronic Respiratory Disease e-learning programme</b>   | Due to launch May 2021. 3 modules which can be standalone also. Asthma, COPD and Inhalers & medication.  | <b>Go to My Learning on</b><br><a href="http://www.HSELanD.ie">www.HSELanD.ie</a>  |



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|------------------------|---|---|--|
|                        | for healthcare professionals (HSELand)      |   |  |
| <b>Asthma and COPD</b> | <b>British Lung Foundation Website</b>      | UK based website that provides support and information to people living with COPD and asthma.   | <b>Visit:</b><br><a href="http://www.blf.org.uk">www.blf.org.uk</a>  |
| <b>Asthma and COPD</b> | <b>Dental care</b>                          | <p>Patients with asthma and COPD have increased risk of dry mouth which increases the risks of tooth decay, gum disease and bad breath. Inhalers can further dry out the mouth. Those using inhalers should be advised to follow instructions carefully in relation to rinsing the mouth immediately after using inhalers to reduce these risks and also to prevent fungal infection in the mouth e.g. thrush.</p> <p>Oral conditions have an impact on overall health. Bacteria from the mouth can cause infection in other parts of the body when the immune system has been compromised by disease or medical treatments.</p> <p>It is therefore important that people with chronic conditions such as asthma and COPD are encouraged to access dental services regularly.</p> | <p><b>Adults aged 16 and over with a medical card:</b> Treatment is provided under the Dental Treatment Service Scheme (DTSS).</p> <p><b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people.</p> <p><b>For further information visit:</b><br/><a href="https://www.hse.ie/eng/services/list/2/dental/">https://www.hse.ie/eng/services/list/2/dental/</a></p> |
| <b>Asthma and COPD</b> | <b>See also section on Generic Supports</b> |   |  |



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| Category                          | Service   | What is involved   | How to access   |
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| <b>COPD and other respiratory</b> | <b>COPD Outreach, Cavan General Hospital</b>                    | <p>COPD Outreach is available to those presenting with an uncomplicated exacerbation of COPD, and other respiratory conditions and who live in Co. Cavan. The Outreach service provides patients with a customised care package involving home visits and review calls as clinically indicated over a 2 week period or longer if required. Patients are then followed up in OPD/Oxygen clinics as appropriate by the Outreach team.</p> <p>There are 2 pathways for Outreach:</p> <ul style="list-style-type: none"> <li>• Admission avoidance (for patients who are known to the service).</li> <li>• Assisted discharge (from the wards) &amp; Early supported Discharge (from the ED/MAU).</li> </ul> | <p><b>Access:</b></p> <ul style="list-style-type: none"> <li>• <b>Admission avoidance:</b> (For patients who are known to the service) via self-referral by phone or via GP Referral by phone. COPD team can call to the person's home to assess and if appropriate offer treatment there.</li> <li>• <b>Assisted discharge &amp; Early supported Discharge:</b> Via COPD Outreach referral card from Hospital consultant, doctor, nurse or physiotherapist in Cavan General Hospital.</li> </ul> <p>Contact Cavan COPD Outreach Team on:<br/><b>Phone: 049 4376950</b></p> |
| <b>COPD</b>                       | <b>Pulmonary Rehabilitation (via COPD Outreach Team in CGH)</b> | <p>Pulmonary rehabilitation is a programme of exercise, education and support to help the individual manage breathlessness and function at the highest level possible for them.</p> <p>The Pulmonary Rehabilitation Programme is for people with diagnosed COPD, aged 35 years and over, who are current patients of the Cavan COPD Outreach Team Service. During non-COVID times, the COPD Outreach team provides Pulmonary Rehabilitation in Cavan General Hospital. Due to COVID-19 this face to face programme is replaced by</p>  | <p><b>Access:</b></p> <p>The Pulmonary Rehabilitation Programme run by Cavan COPD Outreach is for current patients of the Cavan COPD Outreach service. (See row above.)</p> <p><b>Enquiries to:</b><br/>Cavan COPD Outreach:</p>  |



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| Category                          | Service  | What is involved   | How to access  |
|-----------------------------------|--|--|--|
|                                   |  | <p>an online (virtual) Pulmonary Rehabilitation Programme. The online programme is suitable as a maintenance programme for people with COPD and Pulmonary Fibrosis who have already completed an in-person PR programme. Each class has exercise and education components which last two hours in total.</p> <p>These classes take place on Wednesdays at 12pm. The programme is delivered by HSE clinicians. No cost.</p> | <b>Phone:</b> 049 4376950  |
| <b>COPD and other respiratory</b> | <b>Smoking Cessation supports</b>                                  | See Generic (Yellow) section   |  |
| <b>COPD</b>                       | <b>COPD Support Group, Cavan</b>                                   | <p>Cavan COPD Support Group: Meetings on hold due to COVID-19</p> <p>Normally, group meetings in Castlemanor Community Centre, Cavan, Fridays at 12.30. Open access, just show up. Charge of €5. See row below for support group during COVID-19</p>   | <p><b>For further information contact</b> 086 041 5128<br/><b>or visit:</b></p> <p><a href="http://copd.ie/members/cavan-support-group/">http://copd.ie/members/cavan-support-group/</a></p>                       |
| <b>COPD</b>                       | <b>Online exercise and support group from COPD Support Ireland</b> | <p>Currently available to those who have completed Pulmonary Rehabilitation within the previous six months.</p> <p>Weekly online (via Zoom) exercise classes followed by peer support group meeting.</p> <p>Classes are delivered by Siel Bleu Ireland in association with COPD Support Ireland.</p>   | <p><b>Access:</b></p> <p>Via clinician referral by completing the COPD Support Ireland Membership form on: <b>www.copd.ie</b> (professional registration number required).</p> <p>For referrals outside of the</p> |



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| <b>Category</b> | <b>Service</b>                                       | <b>What is involved</b>  | <b>How to access</b>   |
|-----------------|--|--|--|
|                 |  |  | criteria, please email <a href="mailto:info@copd.ie">info@copd.ie</a><br><br><b>For more information:</b><br>Call 086-0415128                              |
| <b>COPD</b>     | <b>COPD Advice Line</b>                              | This free Nurse advice helpline provides support, information and education to people with COPD so that they can better understand and manage their condition. | <b>Phone:</b> 1800 83 21 46  |
| <b>COPD</b>     | COPD Support Ireland:<br><b>Website</b>              | Provides information and support to Health Care Professionals and people living with COPD.   | <b>Visit:</b><br><a href="http://www.copd.ie">www.copd.ie</a>  |
| <b>COPD</b>     | <b>Patient information booklet:</b><br>'COPD and me' | 'COPD and Me' is an information booklet for those living with COPD and their carers, developed by COPD Support Ireland.  | <b>Visit:</b><br><a href="http://copd.ie/wp-content/uploads/2020/04/COPD-Me-Booklet.pdf">http://copd.ie/wp-content/uploads/2020/04/COPD-Me-Booklet.pdf</a> |
| <b>COPD</b>     | <b>See also section on Generic Supports</b>          |  |  |



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|-------------------------------------|---|---|--|
| <b>Type 1 Diabetes</b>              | <b>Website</b>  | 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.   | <a href="http://www.idrf.org">www.idrf.org</a>   |
| <b>Type 1 &amp; Type 2 Diabetes</b> | <b>Diabetes Clinical Nurse Specialist (CNS) Service in Cavan and Monaghan Hospitals</b> | For Adult Type 1, complicated Type 2 and paediatric diabetes.<br>In-patients and Outpatient clinics.<br>Assessment and appropriate advice on all aspects of management of diabetes, including medication, lifestyle factors, physical activity, self-monitoring and diet.<br><br><b>Location:</b><br>Diabetes Day Centre, Cavan General Hospital.<br>Monaghan General Hospital. | <b>Access:</b><br><br>Via GP referral letter to: Central Appointments Office, Cavan General Hospital.<br><br>Referrals are triaged and seen according to urgency. Waiting times for this service may therefore vary.<br><b>Enquiries:</b><br>049 4376150 |
| <b>Type 1 &amp; Type 2 Diabetes</b> | <b>Consultant-led diabetes clinics</b>  | For type 1 and complicated Type 2 diabetes.<br><b>Location:</b> Diabetes Day Centre, Cavan General Hospital.  | <b>Access:</b><br><br>Via GP referral letter to: Central Appointments Office, Cavan General Hospital.<br><br>Referrals are triaged and seen according to urgency. Waiting times for this service may therefore vary.<br><b>Enquiries:</b><br>049 4376150 |





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|--|---|---|---|
| <p><b>Type 1 &amp; Type 2 Diabetes</b></p> | <p><b>Diabetes Podiatry Service, Cavan General Hospital</b></p> | <p>A Podiatry service specific to people with diabetes runs in Cavan General Hospital. It is for those who have been categorised as High Risk or Active foot disease as per the HSE 'Model of care for the Diabetic foot'.</p> <p><b>Diabetes podiatry clinics in Outpatient Department (OPD):</b><br/>Patients at greatest risk of developing serious foot complications are prioritised and wait listed accordingly. Appointments are given in order of assessed priority.</p> <p><b>Note:</b> During COVID-19 only Priority 1 and Priority 2 patients are being seen.</p> <p><b>Inpatient service:</b><br/>Appropriate inpatient referrals are seen by the Diabetes Podiatrist according to urgency.</p> | <p><b>Access:</b><br/><b>Outpatients Podiatry service:</b><br/>Via GP, Practice Nurse or Health care Professional referral.<br/>The referral must contain the patient's podiatry history and reason for referral, current medical and surgical history and current medication.</p> <p><b>To:</b> Podiatry dept, Diabetic Day Centre, Cavan General Hospital, Lisdaran, Cavan H12 Y7W1.<br/><b>or</b> via healthlink and National Diabetes Programme: 'Referral to Foot Protection Service' form.</p> <p><b>For more information:</b><br/><b>Phone:</b> Diabetes day centre 0494376150</p> |



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| Category                            | Service   | What is involved  | How to access  |
|-------------------------------------|---|---|--|
| <b>Type 1 &amp; Type 2 Diabetes</b> | <b>Living Well:</b><br>A self-management skills programme for adults with long term health conditions | A free programme for adults living with long-term health conditions including diabetes, and for carers. Develops the skills to live well with such conditions. Two and a half hours per week over six weeks. Online during COVID-19, face-to-face in other times.   | <b>Access:</b><br>Self-referral, or signposting by health/social care professional.<br>Register by phone on:<br>087-331 4159<br>or<br>087-396 4307<br><br><b>For more information visit:</b><br><a href="http://www.hse.ie/livingwell">www.hse.ie/livingwell</a> |
| <b>Type 1 &amp; Type 2 Diabetes</b> | <b>Footcare in Diabetes booklets for patients</b>   | Under the National Model of Care for Diabetes, three Booklets on footcare for people living with diabetes have been developed. The aim of these is to increase awareness of the importance of foot care for people with diabetes and what to do if they notice any changes.   | <b>These booklets are available to download at:</b><br><a href="https://www.hse.ie/eng/health/hl/living/diabetes/foot%20care%20information%20leaflets.html">https://www.hse.ie/eng/health/hl/living/diabetes/foot%20care%20information%20leaflets.html</a>       |
| <b>Type 1 &amp; Type 2 Diabetes</b> | <b>Retinal Screening</b><br>(eye screening)   | National Diabetes Retinal Screening Programme offers free annual screening and treatment for diabetic retinopathy to people with diabetes aged 12yrs and older. No cost.  | <b>Service users can register for this service by calling:</b><br>1800 454555<br><b>or online at:</b><br><a href="http://www.diabeticretinascreen.ie">www.diabeticretinascreen.ie</a>  |
| <b>Type 1 &amp; Type 2 Diabetes</b> | <b>Sight-loss support:</b><br>National Council for the Blind Ireland (NCBI)                           | NCBI is the national sight loss agency. It is a not for profit agency that provides supports and services for people who are experiencing difficulties with their eyesight. Services include advice and information, emotional support and counselling as well as practical solutions, technology and training to build confidence and independence | <b>Visit:</b> <a href="http://www.ncbi.ie">www.ncbi.ie</a><br><b>Phone:</b> 01 830 7033<br><b>email:</b> <a href="mailto:info@ncbi.ie">info@ncbi.ie</a>  |



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| Category                 | Service  | What is involved   | How to access  |
|--------------------------|--|--|--|
| Type 1 & Type 2 Diabetes | <b>Sight-loss support:</b><br>'Need to talk': A free counselling service for people impacted by sight loss                                 | Need to Talk offers free support to adults and young people (over the age of eleven) who are blind or partially sighted, and anyone who supports a person with sight loss.<br>The service is delivered by a team of counsellors and confidence building staff with extensive experience in supporting people impacted by sight loss. | <b>Access:</b><br><b>Phone:</b> 01 674 6496<br>or <b>email:</b><br><a href="mailto:needtotalk@fightingblindness.ie">needtotalk@fightingblindness.ie</a><br><b>More information is available at:</b><br><a href="https://www.fightingblindness.ie/how-we-can-help/support-services/need-to-talk-programme/">https://www.fightingblindness.ie/how-we-can-help/support-services/need-to-talk-programme/</a> |
| Type 1 & Type 2 Diabetes | <b>Sight-loss support:</b><br>Online training programme for Healthcare professionals:<br>'Need to Talk': Emotional Support Vision Champion | Emotional support skills training for healthcare professionals and others, to support those experiencing sight loss.<br>80 minutes online course.  | <b>To register for the programme visit:</b><br><a href="https://www.enetlearn.com/Login/?c=84">https://www.enetlearn.com/Login/?c=84</a>   |
| Type 1 & Type 2 Diabetes | <b>HSE information on Diabetes</b>   | General information on diabetes including HbA1c and foot care  | <b>Visit:</b><br><a href="http://www.hse.ie/diabetes">www.hse.ie/diabetes</a>  |
| Type 1 & Type 2 Diabetes | Diabetes Ireland <b>Website and Helpline</b>   | Website providing support, education and motivation to people living with diabetes.  | <b>Visit:</b><br><a href="http://www.diabetes.ie">www.diabetes.ie</a><br><b>Helpline:</b> 01 8428118   |
| Type 1 & Type 2 Diabetes | Diabetes UK: <b>Website</b>  | Provides support, education and motivation to people living with diabetes.   | <b>Visit:</b><br><a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>  |



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| <b>Category</b>                     | <b>Service</b>         | <b>What is involved</b>  | <b>How to access</b>  |
|-------------------------------------|------------------------|--|---|
| <b>Type 1 &amp; Type 2 Diabetes</b> | <b>Dental services</b> | <p>Diabetes reduces the body's resistance to infection and increases the risk of periodontal (gum) disease. 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. People living with diabetes should be encouraged to access dental services regularly.</p> | <p><b>Adults aged 16 and over with a medical card:</b> 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.</p> <p><b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to insured workers (including self-employed and farmers) and retired people 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.</p> <p><b>For more information visit:</b><br/><a href="https://www.hse.ie/eng/services/list/2/dental/">https://www.hse.ie/eng/services/list/2/dental/</a></p> |



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| Category   | Service  | What is involved   | How to access   |
|--|--|--|---|
| <b>Type 1 &amp; Type 2 Diabetes</b>              | <b>Long-term illness scheme.</b>   | Diabetes Type 1 and 2 are covered by the Long-term Illness scheme with no requirement for a means test.<br>Under the Long-term Illness Scheme some drugs, medicine and approved appliances used to treat diabetes are available free in pharmacies.  | <b>For further information go to:</b><br><a href="https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html">https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html</a>  |
| <b>Type 1 &amp; Type 2 Diabetes</b>              | <b>See also section on Generic Supports</b>  |  |   |
| <b>Type 2 Diabetes</b>                           | <b>Diabetes Candidate Advanced Nurse Practitioner (cANP) Primary Care Integrated Service</b> | Assessment and appropriate advice on all aspects of management of complicated Type 2 Diabetes: this includes lifestyle factors such as physical activity, healthy eating, self-monitoring and medication management.<br>Screening for diabetes-related complications and referrals and discharges to other relevant healthcare professionals are made as required.<br><b>Location:</b> This is an integrated service based in primary care Cavan Monaghan. | <b>Access</b> Currently via GP letter<br>To: cANP Type 2 Diabetes, Central Appointment Office, Cavan General Hospital.<br><br>Referrals are triaged based on priority by Deirdre Tully cANP in collaboration with Dr Muthu, Consultant Physician.<br>Waiting times for this service may vary.<br><b>Phone</b> (049) 4376150   |
| <b>Type 2 Diabetes or diagnosed pre-diabetes</b> | <b>CODE Programme</b><br>(Community Oriented Diabetes Education)                             | A free diabetes education programme for people with type 2 diabetes or diagnosed pre-diabetes. Two hours per week over three weeks, with a fourth session six months afterwards.<br>CODE is supported and funded by the HSE and delivered by Diabetes Ireland.<br>During COVID-19 CODE is delivered online.  | <b>Access:</b><br>Complete the online form at:<br><a href="https://www.diabetes.ie/living-with-diabetes/living-with-type-2/diabetes-ireland-education-programme/">https://www.diabetes.ie/living-with-diabetes/living-with-type-2/diabetes-ireland-education-programme/</a><br><br><b>For more information visit:</b><br><a href="http://www.diabetes.ie">www.diabetes.ie</a> |



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| <b>Category</b>        | <b>Service</b>  | <b>What is involved</b>  | <b>How to access</b>   |
|------------------------|---|--|--|
| <b>Type 2 Diabetes</b> | <b>Diabetes Smart</b><br>Online Education course                      | A 55-minute online education course for those with type 2 diabetes. Designed to help manage diabetes in daily life. Developed by Diabetes Ireland and Trinity College Dublin. No cost. | <a href="http://www.diabeteseducation.ie">www.diabeteseducation.ie</a>   |
| <b>Type 2 Diabetes</b> | <b>Booklet:</b> Healthy Eating for People with Type 2 Diabetes (INDI) | Healthy eating advice for adults with type 2 diabetes.   | <b>Visit:</b><br><a href="https://www.diabetes.ie/wp-content/uploads/2014/11/Healthy-Eating-for-people-with-Type-2-diabetes-2017-AC.pdf">https://www.diabetes.ie/wp-content/uploads/2014/11/Healthy-Eating-for-people-with-Type-2-diabetes-2017-AC.pdf</a> |
| <b>Type 2 Diabetes</b> | <b>See also section on Generic Supports</b>                           |  |  |





## Cavan Monaghan Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart conditions & Stroke

| Category                | Service  | What is involved  | How to access   |
|-------------------------|--|---|---|
| <b>Heart Conditions</b> | <b>Cardiac Rehabilitation Programme - Monaghan Hospital</b><br>(Phase 3 - outpatients) | <p><b>Note:</b> Phase 3 Cardiac Rehabilitation is currently suspended due to COVID-19. Please check with the Coordinator for up-to-date information about resumption.</p> <p>Cardiac Rehabilitation (phase 3) is a medically supervised programme for people who have heart disease, who have had a myocardial infarction (heart attack), heart surgery, implantable cardioverter defibrillator (ICD), coronary artery stents or permanent pacemaker inserted. The Programme aims to encourage and support participants to recover and maintain optimal health following a cardiac event. There is a two hour session three days per week over seven weeks. Sessions involve 60 minutes of supervised exercise followed by information sessions from various healthcare professionals. Support and advice is provided throughout. No cost.</p> <p><b>Location:</b> Cardiac Rehab Unit, Monaghan General Hospital, Monaghan.</p> | <p><b>Access:</b></p> <p>Via Referral from GPs, consultants, other healthcare professionals. Referrals are screened for suitability by the CR team.</p> <p><b>To:</b> Pauline Kilpatrick, CNS Cardiac Rehabilitation, Cardiac Unit, Monaghan General Hospital.</p> <p><b>For more information:</b><br/><b>Phone:</b> 04738809</p> |



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| Category                | Service  | What is involved   | How to access   |
|-------------------------|--|--|---|
| <b>Heart Conditions</b> | <b>Cardiac Rehabilitation Programme - Cavan General Hospital</b><br>(Phase 3 - outpatients)                  | <p><b>Note:</b> Phase 3 Cardiac Rehabilitation is currently suspended due to COVID-19. Please check with the Coordinator for up-to-date information about resumption.</p> <p>Cardiac Rehabilitation (phase 3) is a medically supervised programme for people who have heart disease, who have had a myocardial infarction (heart attack), heart surgery, implantable cardioverter defibrillator (ICD), coronary artery stents or permanent pacemaker inserted. The Programme aims to encourage and support participants to recover and maintain optimal health following a cardiac event.</p> <p>It involves two hours sessions - 60 minutes of supervised exercise followed by information sessions from various healthcare professionals. For those 70yrs and up once per week for 7 weeks. For those under 70, 3 times per week plus an extra information session, for 7 weeks.</p> <p>Support and advice is provided throughout. No cost.</p> <p><b>Location:</b> Cardiac Rehab Unit, Cavan General Hospital</p> | <p><b>Access:</b></p> <p>Via Referral from GPs, consultants, other healthcare professionals.</p> <p><b>To:</b> Patricia Dunne, CNS Cardiac Rehab, Cardiac Rehab Unit, Cavan General Hospital, Lisdaran, Co Cavan.</p> <p><b>For more information:</b></p> <p><b>E-mail:</b> <a href="mailto:PatriciaC.dunne@hse.ie">PatriciaC.dunne@hse.ie</a></p> <p><b>Phone:</b> 049 4376190</p> <p>Referrals are screened for suitability by the CR team.</p> |
| <b>Heart conditions</b> | <b>Heart Failure (HF) Clinical Nurse Specialist service:</b><br>Cavan General Hospital and Monaghan Hospital | The Heart Failure Clinical Nurse Specialists (CNS) support the consultant physician/cardiologists in the management of patients diagnosed with heart failure. They provide patient education and an intensive follow up outpatient service. They initiate and titrate evidence based treatment modalities when indicated and manage patients starting new treatment as required. CNSs assess, plan, implement and evaluate an individualised plan of care which meets each patient's needs, in collaboration with the consultant.  | <p><b>Access:</b></p> <p>Via referral from consultants only.</p> <p>To: Yasir Banaga, Clinical Lead for Heart Failure, Cavan Monaghan Hospitals.</p> <p><b>Contact Details:</b></p> <p>CNS Monaghan Hospital.<br/>047 38854;<br/>CNS Cavan General Hospital.</p>  |



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| Category                | Service  | What is involved   | How to access  |
|-------------------------|--|--|--|
|                         |  |  | 049 437600 bleep 208;<br>CNS Cavan General Hospital.<br>049 437600 bleep 208.  |
| <b>Heart conditions</b> | <b>Support Groups - Irish Heart Foundation</b>         | The Irish Heart Foundation run support groups for people living with heart failure and other heart conditions. During COVID-19 these supports have moved to telephone and online.  | <b>Access:</b><br>Anyone who would like to join can contact:<br><b>Email:</b> <a href="mailto:tegan@irishheart.ie">tegan@irishheart.ie</a><br><b>Phone:</b> 01 6685001.<br><b>For more information visit:</b><br><a href="https://irishheart.ie/get-support/support-groups/">https://irishheart.ie/get-support/support-groups/</a> |
| <b>Heart conditions</b> | <b>Support during COVID-19: Irish Heart Foundation</b> | IHF nurses provide support by phone and email: Monday to Friday 9 am to 1pm.   | <b>Call:</b> 01 6685001<br><b>Email:</b> <a href="mailto:support@irishheart.ie">support@irishheart.ie</a>  |
| <b>Heart conditions</b> | <b>Heart Failure Supports: Irish Heart Foundation</b>  | A range of supports for people living with Heart Failure. Visit the dedicated webpage for information on the IHF Heart Support Network, new podcast series on Heart Failure hosting experts and patients discussing the various areas that are relevant to living well with heart failure, as well as a symptom checker and the new fluid tracker app. | <b>Visit:</b><br><a href="https://irishheart.ie/get-support/support-groups/heart-failure-support/">https://irishheart.ie/get-support/support-groups/heart-failure-support/</a>   |
| <b>Heart Conditions</b> | <b>Irish Heart Foundation Website</b>                  | Provides support, education and information for people living with heart conditions.   | <b>Visit:</b> <a href="https://irishheart.ie/">https://irishheart.ie/</a><br><a href="https://irishheart.ie/">https://irishheart.ie/</a>   |



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| <b>Category</b>         | <b>Service</b>  | <b>What is involved</b>   | <b>How to access</b>  |
|-------------------------|---|---|---|
| <b>Heart conditions</b> | <b>Living Well:</b><br>A self-management skills programme for adults with long term health conditions | A free programme for adults living with long-term health conditions including heart conditions, and for carers. Develops the skills to live well with such conditions. Two and a half hours per week over six weeks. Online during COVID-19, face-to-face in other times. | <b>Access:</b><br>Self-referral, or signposting by health/social care professional.<br><b>Register by phone on:</b><br>087-331 4159<br>or<br>087-396 4307<br><br><b>For more information visit:</b><br><a href="http://www.hse.ie/livingwell">www.hse.ie/livingwell</a> |
| <b>Heart failure</b>    | The Heartbeat Trust:<br><b>Heart failure Website</b>  | The website is a reliable source of support, education and information for people living with heart failure and their family/carers in Ireland  | <b>Visit:</b><br><a href="http://www.heartbeat-trust.ie">www.heartbeat-trust.ie</a>   |
| <b>Heart failure</b>    | European Society for Cardiology:<br><b>Website</b>  | This website is for people living with heart failure. It provides information in readable and audio-visual formats covering all aspects of the condition.   | <b>Visit:</b><br><a href="https://www.heartfailurematters.org">https://www.heartfailurematters.org</a>  |
| <b>Heart Conditions</b> | <b>IACR:</b> Irish Association for Cardiac Rehabilitation:<br><b>Website</b>                          | National site for cardiac rehabilitation multidisciplinary professionals, providing information on cardiac rehab in Ireland including a detailed directory of providers.  | <b>Visit:</b><br><a href="https://iacronline.ie/">https://iacronline.ie/</a>  |
| <b>Heart Conditions</b> | <b>Croi,</b> the West of Ireland Cardiac and Stroke Foundation:<br><b>Website</b>                     | Provides support, information and education for people living with stroke and heart conditions.   | <a href="http://www.croi.ie">www.croi.ie</a>  |



**Cavan Monaghan Directory of Services and Programmes  
for Adults with Asthma, COPD, Diabetes, Heart conditions & Stroke**

| Category                | Service                                     | What is involved  | How to access  |
|-------------------------|---|---|--|
| <b>Heart Conditions</b> | British Heart Foundation:<br><b>Website</b> | Provides support, education and motivation to people living with heart conditions and stroke  | <a href="http://www.bhf.org.uk">www.bhf.org.uk</a>   |
| <b>Heart Conditions</b> | <b>Dental services</b>                      | <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>People living with heart conditions should be encouraged to access dental services regularly.</p> | <p><b>Adults aged 16 and over with a medical card:</b><br/>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' <b>under the DTSS</b> and are entitled to an enhanced level of care.</p> <p><b>Adults aged 16 and over without a medical card:</b><br/>The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people.</p> <p><b>For more information visit:</b><br/><a href="https://www.hse.ie/eng/services/list/2/dental/">https://www.hse.ie/eng/services/list/2/dental/</a></p> |
| <b>Heart Conditions</b> | <b>See also section on Generic Supports</b> |   |  |



**Cavan Monaghan Directory of Services and Programmes  
for Adults with Asthma, COPD, Diabetes, Heart conditions & Stroke**

| <b>Category</b> | <b>Service</b>  | <b>What is involved</b>  | <b>How to access</b>   |
|-----------------|---|--|--|
| <b>Stroke</b>   | <b>Stroke Check-in Service</b> - From the Irish Heart Foundation. Available during the COVID-19 pandemic.   | Supporting stroke patients on discharge from hospital during COVID-19. A 12 week programme of support and information to stroke survivors and their carers following discharge from hospital. This service helps ensure the discharged patient has everything they need to keep safe during the COVID-19 pandemic. If a stroke survivor has a medical issue that needs attention this will be escalated as appropriate through protocols agreed through the National Clinical Programme for Stroke.  | To find out more and to make a referral<br><b>Call:</b> 01 668 5001<br><b>Email:</b> <a href="mailto:referrals@irishheart.ie">referrals@irishheart.ie</a>  |
| <b>Stroke</b>   | <b>Stroke Support Groups, Cavan and Monaghan</b><br>Delivered by the Irish Heart Foundation.<br><b>Note:</b> during COVID-19 Support has moved to telephone and online. | A support group for people affected by stroke to come together to share their experiences. Carers and family members are also welcome. The group provides information, raises awareness and offers support and advice on stroke. It also provides activity programmes, exercise, information sessions with guest speakers and recreational trips.<br><b>Locations:</b><br><b>Cavan:</b> Tullaghmongan Family Resource Centre. Every Thurs 11 -1. Free<br><b>Monaghan:</b> Teach na nDaoine Family Resource Centre, Monaghan Town. Every Tues 11 - 1. Free.<br><br><b>Note:</b> During COVID-19 these face to face groups are replaced by a weekly Zoom meeting, telephone support and a WhatsApp support service. Members also receive a monthly newsletter.<br><br><b>New in March 2021:</b> individually tailored exercise | <b>Access:</b><br>Self-referral or clinical referral via any healthcare professional.<br><b>Contact details:</b><br><b>Phone:</b> 087 097 3714<br><b>email:</b> <a href="mailto:jduffy@irishheart.ie">jduffy@irishheart.ie</a> |





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| <b>Category</b> | <b>Service</b>  | <b>What is involved</b>  | <b>How to access</b>  |
|-----------------|---|--|---|
|                 |   | programmes for people with stroke. Facilitated by Siel Bleu exercise professional via phone consultation.  |   |
| <b>Stroke</b>   | <b>'Life after Stroke' online Support Group:</b> for young stroke survivors | Hosted by Irish Heart Foundation. This private Facebook forum facilitates 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. | <b>New members can join by clicking this link:</b><br><a href="https://www.facebook.com/groups/143802206262536/">www.facebook.com/groups/143802206262536/</a> and requesting membership.<br><b>For more information contact:</b><br><a href="mailto:tegan@irishheart.ie">tegan@irishheart.ie</a>  |
| <b>Stroke</b>   | <b>Irish Heart Foundation Stroke support services</b>                       | The Irish Heart Foundation offers a wide range of supports to people with stroke during COVID-19 including:<br>Online exercise classes for people with stroke;<br>Carers support via Facebook;<br>Nurse support line.  | <b>Access:</b><br><b>visit:</b> <a href="http://www.irishheart.ie">www.irishheart.ie</a><br><b>Phone:</b> 087 097 3714<br><br><b>Nurse support line:</b><br><b>Phone:</b> 01 668 5001<br>(Mon - Fri 9am to 1pm)<br><b>email:</b> <a href="mailto:support@irishheart.ie">support@irishheart.ie</a> |



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| <b>Category</b> | <b>Service</b>  | <b>What is involved</b>  | <b>How to access</b>  |
|-----------------|---|--|---|
| <b>Stroke</b>   | <b>Living Well:</b><br>A self-management skills programme for adults with long term health conditions | A free programme for adults living with long-term health conditions including stroke, and for carers. Develops the skills to live well with such conditions. Two and a half hours per week over six weeks. Online during COVID-19, face-to-face in other times.  | <b>Access:</b><br>Self-referral, or signposting by health/social care professional.<br><b>Register by phone on:</b><br>087-331 4159<br>or<br>087-396 4307<br><br><b>For more information visit:</b><br><a href="http://www.hse.ie/livingwell">www.hse.ie/livingwell</a> |
| <b>Stroke</b>   | <b>Dysphasia</b><br>information and supports  | UK based site providing information and communication tools for people living with aphasia following a stroke.   | <b>Visit:</b><br><a href="https://www.stroke.org.uk/what-is-aphasia">https://www.stroke.org.uk/what-is-aphasia</a>  |
| <b>Stroke</b>   | <b>Headway Helpline</b>   | Headway is an Irish registered charity that supports adults (18+) who are affected by brain injury. Headway operates a national helpline which provides information and support to people living with brain injury including as a result of stroke.  | <b>Helpline:</b> 1800 400 478<br><b>For more information visit:</b><br><a href="http://www.headway.ie">www.headway.ie</a>   |
| <b>Stroke</b>   | <b>Headway Information Booklets</b>   | Headway is an Irish registered charity that supports adults (18+) who are affected by brain injury. Headway information booklets cover a range of topics on recovering and coping with changes following acquired brain injury (including stroke): e.g. fatigue, memory, concentration, communication. | <b>To download information booklets visit:</b><br><a href="https://headway.ie/about-brain-injury/info-resources/">https://headway.ie/about-brain-injury/info-resources/</a>   |
| <b>Stroke</b>   | National Rehab Hospital:<br><b>information leaflets</b>   | The NRH have created a range of Patient and Family Information and Education Leaflets for use during and after an acquired brain injury rehabilitation. Topics include nutrition, alcohol and driving.   | <a href="http://www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/">www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/</a>  |



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| <b>Category</b> | <b>Service</b>   | <b>What is involved</b>  | <b>How to access</b>   |
|-----------------|--|--|--|
| <b>Stroke</b>   | Croí, The West of Ireland Cardiac and Stroke Foundation:<br><b>Website</b> | Provides support, information and education for people living with stroke and heart conditions.  | <a href="http://www.croi.ie">www.croi.ie</a>   |
| <b>Stroke</b>   | Irish Heart Foundation:<br><b>Stroke booklet</b>                           | A guide to those affected by stroke and their carers.  | <a href="https://irishheart.ie/publications/step-step-stroke/">https://irishheart.ie/publications/step-step-stroke/</a>  |
| <b>Stroke</b>   | <b>Driving and motoring support:</b><br>Irish Wheelchair Association (IWA) | The Irish Wheelchair Association provides a Motoring Assessment Advice and Tuition Service (MAATS) for people between 18 - 65yrs with physical or sensory disabilities, including stroke survivors.<br><br>The IWA website provides information on disabled motoring, motoring grant schemes and entitlements, Vehicle Approval Certification, as well as the disabled parking permit application portal | MAATS services are co-ordinated from the IWA National Mobility Centre, Clane, Co Kildare.<br><b>Tel:</b> 045 893 094.<br><br><b>For more information visit:</b><br><a href="https://www.iwa.ie/">https://www.iwa.ie/</a> |
| <b>Stroke</b>   | <b>See also section on Generic Supports</b>                                |  |  |

## Generic Supports



### Cavan Monaghan Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart conditions & Stroke

| Category                                | Service   | What is involved  | How to access   |
|---|---|---|---|
| <b>Self-management skills programme</b> | <b>Living Well:</b><br>A self-management skills programme for adults with long term health conditions | A free programme for adults living with long-term health conditions including asthma, COPD, diabetes, heart conditions or stroke, and for carers. Develops the skills to live well with such conditions. Two and a half hours per week over six weeks. Online during COVID-19, face-to-face in other times. | <b>Access:</b><br>Self-referral, or signposting by health/social care professional.<br><b>Register by phone on:</b><br>087-331 4159<br>or<br>087-396 4307<br><br><b>For more information visit:</b><br><a href="http://www.hse.ie/livingwell">www.hse.ie/livingwell</a>   |
| <b>COVID-19</b>                         | <b>Directory of services for adults with long term conditions during COVID-19</b>                     | This directory is to assist in signposting people with long term health conditions and their carers to supports during COVID-19, as many support services have been paused due to this pandemic.  | <a href="https://www.hse.ie/eng/health/hl/selfmanagement/resources-for-people-living-with-a-long-term-health-condition/directory-of-resources-for-people-living-with-chronic-conditions-during-coronavirus.pdf">https://www.hse.ie/eng/health/hl/selfmanagement/resources-for-people-living-with-a-long-term-health-condition/directory-of-resources-for-people-living-with-chronic-conditions-during-coronavirus.pdf</a> |



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| Category                                | Service  | What is involved   | How to access   |
|---|--|--|---|
| <b>Smoking Cessation</b>                | <b>Smoking Cessation: Quit.ie</b>                        | HSE QUIT service provides free, personalised support to help people quit smoking.<br>Website contains useful information on the health benefits of quitting, how to deal with cravings, and nicotine replacement therapy.  | <b>Website:</b> <a href="http://www.quit.ie">www.quit.ie</a><br><b>Phone:</b> 1800201 203<br><b>Email:</b> support@quit.ie<br><b>Text:</b> Free text QUIT to50100<br><b>Tweet:</b> @HSEQuitTeam<br><b>Facebook:</b><br><a href="https://www.facebook.com/HSEquit/">https://www.facebook.com/HSEquit/</a>  |
| <b>Smoking Cessation Service, Cavan</b> | <b>Smoking Cessation Service, Cavan General Hospital</b> | For adults (18 years and over) who wish to stop smoking.<br><br>The service provides one to one help to stop smoking from a Smoking Cessation nurse.<br><b>Location:</b> Cavan General Hospital, Lisdaran, Cavan.<br><br><b>Note:</b> During COVID-19 this service is primarily inpatient focused. | <b>Access:</b><br><b>Inpatients:</b><br>Inpatient referrals via hospital referral card from any healthcare professional in Cavan General Hospital to: Smoking Cessation Clinical Nurse Specialist.<br>Bleep: 200<br><br><b>Outpatients:</b><br><br>For Outpatients queries see contact details below.<br><br><b>Contact details:</b><br><b>Phone:</b> 049 437 6527 (Leave voicemail)<br><b>By post:</b> CNS Smoking |



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| Category                 | Service  | What is involved   | How to access  |
|--------------------------|--|--|--|
|                          |  |  | Cessation, Cavan General Hospital, Lisdaran, Co Cavan.   |
| <b>Smoking Cessation</b> | <b>Smoking Cessation service, Monaghan</b>                       | <p>For adults (18 years and over) in Co Monaghan, who wish to stop smoking.</p> <p>The service is delivered by a Clinical Nurse Specialist – providing information and support to people accessing the service.</p> <p><b>Note:</b> During COVID-19 this service is delivered via telephone consultation.</p>                              | <p><b>In-patient and Out-patient referrals received via hospitals internal referral pathway.</b></p> <p>Referral via GP or Healthcare professional to:<br/>Clinical Nurse Specialist<br/>Smoking Cessation Service<br/>Monaghan Hospital.</p> <p><b>Contact:</b><br/>Monaghan Hospital<br/>047 81811</p> <p><b>During Covid-19 contact</b><br/><b>Mobile:</b> 087- 2347975</p> |
| <b>Carers resources</b>  | <b>Family Carers Ireland: Website and local resource centre.</b> | The 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. It also lists the resource centres or outreach centres in your area. | <p><b>For more information visit:</b><br/><a href="http://www.familycarers.ie">www.familycarers.ie</a></p> <p><b>Call the Careline:</b><br/>1800 240724</p> <p><b>Email:</b> <a href="mailto:info@familycarers.ie">info@familycarers.ie</a></p>  |
| <b>Carers resources</b>  | <b>HSE information on Carer's supports: Webpage</b>              | Advice and information about supports available to carers.   | <p><b>For more information visit:</b><br/><a href="https://www.hse.ie/eng/services/list/3/carerssupport/">https://www.hse.ie/eng/services/list/3/carerssupport/</a></p>  |



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| Category                | Service  | What is involved  | How to access   |
|-------------------------|--|---|---|
| <b>Falls prevention</b> | <b>Active and Healthy Ageing, Falls Prevention Programme</b>   | <p><b>Note:</b> Currently this programme is suspended due to Covid-19.</p> <p>This is a free HSE programme to help reduce the risk of falls in people aged 65 or over. The programme is for any person aged 65 or over who is at risk of falling or who has a history of falls. In Cavan Monaghan, the Primary Care Physiotherapy Team co-ordinates the Multi-disciplinary Falls Prevention Programmes. These Programmes operate on a rolling basis.</p>  | <p><b>Access:</b><br/>Any GP, Consultant, Healthcare or Social-care Professional can refer to the programme. For referral form call:<br/><b>Co Monaghan:</b><br/>Rooskey Physio Department: 047 95511;<br/><b>Co Cavan:</b><br/>Drumalee Physio Department: 049 4373134</p>   |
| <b>Pain management</b>  | <b>Pain Clinic</b><br>Providing service to Sligo, Leitrim, Donegal, West-Cavan, Longford, Roscommon, Mayo & Galway | <p>The Pain Clinic is based in Sligo University Hospital. It offers clinic consultations and interventions with the Consultant in anaesthetics and Pain management, the Chronic Pain Clinical Nurse Specialist &amp; Nursing team, and the Clinical Specialist (chronic Pain) Physiotherapist. Clinics can be arranged as face to face or virtual (via Attend Anywhere link).</p> <p>The service also offers at no cost:<br/>- A Pain Management Education Programme comprising 1 workshop per week for 8 weeks and 2 follow-up sessions<br/>- short (2-hour) information sessions about pain management.</p> <p><b>Note:</b> During COVID-19 normal services may be impacted. Please call for details.</p> | <p><b>Access:</b><br/>GP or Consultant referral only, for those with a WHO diagnosis of chronic pain of minimum 3 months duration. Referral letter to include: past medical/ surgical history, up to date radiology reports, physio report &amp; current medications.</p> <p><b>Send to:</b><br/>Pain Management Secretary,<br/>Day Services,<br/>Level 6, Sligo University</p> |





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| Category                     | Service  | What is involved  | How to access   |
|------------------------------|--|---|---|
|                              |  |   | Hospital, Sligo.<br><br><b>More information:</b><br>For appointment queries contact the Pain management secretary:<br><b>Phone:</b> 071-9174706<br>For pain queries and advice contact the Pain Team Nurse.<br><b>Phone:</b> 0719136875   |
| <b>Medicines Information</b> | <b>Webpage</b> of the HSE's National Medication Safety Programme | Information and advice about medications for service users, carers and healthcare professionals   | <b>For more information visit:</b><br><a href="http://www.safermeds.ie/">http://www.safermeds.ie/</a>   |
| <b>Medicines Information</b> | <b>My medicines list</b>   | This is a form for people who take medications and their carers/families to write down a list of all the medicines and supplements they take. This is a help when discussing medicines with a health care professional. | <b>For more information visit:</b><br><a href="https://www.hse.ie/eng/about/who/gid/nationalsafetyprogramme/s/medicationsafety/my-medicines-leaflet-a4dl-colour.pdf">https://www.hse.ie/eng/about/who/gid/nationalsafetyprogramme/s/medicationsafety/my-medicines-leaflet-a4dl-colour.pdf</a> |
| <b>Medicines Information</b> | <b>Health products regulatory authority (HPRA)</b>               | A state agency whose role is to protect and enhance public and animal health by regulating medicines, medical devices and other health products.  | <b>For more information visit:</b><br><a href="https://www.hpra.ie">https://www.hpra.ie</a>   |



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| Category     | Service                         | What is involved  | How to access   |
|--------------|---------------------------------|---|---|
| Vaccinations | <b>COVID-19 Vaccination</b>     | The COVID-19 vaccine will offer people protection from COVID-19 (coronavirus). If a person catches COVID-19 after vaccination, they should be protected from the serious illness the virus can sometimes cause. The COVID-19 vaccine is not mandatory. However, it is strongly recommended that people get this free vaccine as soon as it is available to them. The COVID-19 vaccine is free. People do not need to contact the HSE to get the COVID-19 vaccine. The HSE will let people know when they can register for their vaccine, through their healthcare team, news or public advertising.   | <b>For more information visit:</b><br><a href="https://www2.hse.ie/covid-19-vaccine/">https://www2.hse.ie/covid-19-vaccine/</a>   |
| Vaccinations | <b>Flu Vaccination</b>          | Flu is a highly infectious acute respiratory illness caused by the influenza virus. It affects people of all ages. Flu vaccine is the best protection against flu for at risk groups and health care workers. Flu vaccination should be administered from October to be covered for flu season. The viruses change each year. This is why a new vaccine is needed each year. The flu vaccine is recommended for those who are: <ul style="list-style-type: none"> <li>- 65 years of age and over</li> <li>- pregnant</li> <li>- living with a long-term health condition</li> <li>- working in healthcare</li> <li>- in a caring role</li> <li>- living in a nursing home or other long-term care facility</li> <li>- in regular contact with pigs, poultry or water fowl.</li> </ul> | <b>For more information visit:</b><br><a href="https://www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/flu-vaccine-for-people-with-long-term-conditions/">https://www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/flu-vaccine-for-people-with-long-term-conditions/</a> |
| Vaccinations | <b>Pneumococcal Vaccination</b> | Pneumococcal infection is responsible for 50% of community acquired pneumonia. It can also cause a wide variety of other infections including sinusitis, osteomyelitis, bronchitis and otitis media. The pneumococcal vaccination provides protection against pneumococcal infections. A pneumococcal   | <b>For further information go to:</b><br><a href="https://www.hse.ie/eng/health/immunisation/hcpinfo/othervaccines/pneumo/#What%20is%20pneumococcal%20disease">https://www.hse.ie/eng/health/immunisation/hcpinfo/othervaccines/pneumo/#What%20is%20pneumococcal%20disease</a>                |



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| Category                                      | Service   | What is involved  | How to access   |
|---|---|---|---|
|   |   | infection can affect anyone however, some groups of people have a higher risk of the infection developing into a serious health condition and therefore vaccination is recommended. These include adults who are 65 years of age or over and people with certain long-term health conditions. |   |
| <b>Winter-ready support</b>                   | <b>Stay Well this Winter:</b><br>HSE webpage                | Information by the HSE to help you stay well during winter. Includes a dedicated advice section for individuals living with long-term health conditions.  | <a href="https://www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/stay-well-this-winter.html">https://www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/stay-well-this-winter.html</a> |
| <b>Winter-ready support</b>                   | <b>Be Winter Ready:</b><br>A Government of Ireland Campaign | 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.  | <a href="https://www.winterready.ie/en">https://www.winterready.ie/en</a>   |
| <b>Practical advice when sick</b>             | <b>HSE webpage</b><br>'Under the Weather'                   | Advice for people on managing everyday illnesses like colds, coughs, flu, earache and sore throats. Information from the HSE, GPs and Pharmacists.  | <b>Visit:</b><br><a href="https://www2.hse.ie/under-the-weather/">https://www2.hse.ie/under-the-weather/</a>  |
| <b>Healthy eating &amp; weight management</b> | <b>Irish Nutrition and Dietetic Institute (INDI).</b>       | The Irish Nutrition & Dietetic Institute (INDI) is the professional organisation for Dietitians in Ireland. This website is a source of nutrition news, resources and fact sheets about nutrition for healthcare professionals.   | <b>Visit:</b><br><a href="https://www.indi.ie/">https://www.indi.ie/</a>  |
| <b>Healthy eating &amp; weight management</b> | <b>Safefood website</b>                                     | This website is a reliable source of information on nutrition and food safety. You can also download resources, publications and recipes.   | <b>Visit:</b><br><a href="https://www.safefood.eu/Home.aspx">https://www.safefood.eu/Home.aspx</a>  |



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| Category                           | Service  | What is involved   | How to access  |
|------------------------------------|--|--|--|
| Healthy eating & weight management | <b>Booklet:</b> A Guide to Managing your Weight            | This booklet for service users 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, in association with Dr Donal O'Shea, HSE Clinical Lead for Obesity. This booklet signposts weight-loss programmes: Slimming World, Unislim and Weight Watchers.   | <b>Visit:</b><br><a href="https://uploads-ssl.webflow.com/56bb313e0ccc239096171fd/5b854258b978e4337b33230a_Regional%20Hospital%20Mullingar%20Weight%20Management%20Guide%202018.pdf">https://uploads-ssl.webflow.com/56bb313e0ccc239096171fd/5b854258b978e4337b33230a_Regional%20Hospital%20Mullingar%20Weight%20Management%20Guide%202018.pdf</a> |
| Healthy eating & weight management | <b>Food Pyramid</b>  | A 7-page guide to the food pyramid, portion sizes and tips for making healthy food choices.  | <b>Download at:</b><br><a href="https://assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf">https://assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf</a>   |
| Healthy eating & weight management | <b>Online BMI Calculator</b>                               | Weight Management tool   | <b>Visit:</b><br><a href="https://www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx">https://www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx</a>   |
| Healthy eating & weight management | <b>Nutrition Supports Toolkit:</b> to manage malnutrition. | Malnutrition can be a serious issue for people with long-term health conditions.<br><b>Healthcare Professionals:</b> The Nutrition Supports toolkit is designed to assist healthcare professionals screen for, and manage, malnutrition in the community.<br><br><b>Public:</b> These resources are intended for people who have been advised by a trained healthcare professional that they require a high calorie high protein diet. | <b>For more information visit:</b><br><a href="https://www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/nutrition-supports/">https://www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/nutrition-supports/</a>  |



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| Category                       | Service   | What is involved   | How to access  |
|--------------------------------|---|--|--|
| Physical activity and exercise | <b>Physical activity and exercise classes, Cavan Monaghan Physiotherapy Service</b> | <p>During non-COVID times, Cavan Monaghan Physiotherapy services deliver exercise classes for people living with stroke and Parkinson's disease.</p> <p>During COVID this service is replaced by an online (virtual) weekly exercise class for adults with any long term health condition and for people who are cocooning.</p> <p>No Cost</p>   | <p><b>Access:</b><br/>Any GP, Consultant, Healthcare or Social-care Professional can refer to the programme.<br/>For referral form call:<br/><b>Co Monaghan:</b><br/>Rooskey Physiotherapy Dept:<br/>047 95511</p> <p><b>Co Cavan:</b><br/>Drumalee Physiotherapy Dept:<br/>049 4373134</p>    |
| Physical activity and exercise | <b>'Get Ireland Active' Website</b>   | Website providing motivation and guidance to get people active. Houses a directory of places to get active such as local parks, swimming pools, gyms and playing pitches, including in Cavan and Monaghan.   | <a href="https://www.getirelandactive.ie/">https://www.getirelandactive.ie/</a>  |
| Physical activity and exercise | <b>'Get Ireland Walking' Website</b>  | Website providing support to get people walking. Houses regularly updated information on walking groups in local areas including Sligo and Leitrim.  | <a href="https://www.getirelandwalking.ie">https://www.getirelandwalking.ie</a>  |
| Physical activity and exercise | <b>Monaghan Sports Partnership</b>  | <p>Monaghan Sports Partnership provides a 'one stop shop' for information on sports, recreation and other physical activity initiatives in Co Monaghan. Activities are available for all ages and abilities. Tailored programmes for specific groups are available, including men's groups, women's groups, children and teens, older adults and programmes for people with disabilities.</p> <p>The Sports Partnership aims to increase participation in all sports and encourage people in Co Monaghan to be more physically active.</p> | <p><b>For more information:</b><br/>visit our Facebook page<br/><a href="https://www.facebook.com/monaghansports">https://www.facebook.com/monaghansports</a></p> <p><b>Email:</b><br/><a href="mailto:info@monaghansports.ie">info@monaghansports.ie</a></p> <p><b>Phone:</b> 042-9755125</p> |



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| Category                              | Service  | What is involved   | How to access   |
|---------------------------------------|--|--|---|
|                                       |  | During COVID-19 the Monaghan Sports Partnership is supporting the Governments national 'Keep Well' campaign with virtual classes and activities and has a number of resources available on request, including exercise booklet for older adults and people with a disability and an exercise DVD.  |   |
| <b>Physical activity and exercise</b> | <b>Cavan Sports Partnership</b>  | <p>The Cavan Sports Partnerships provides a 'one stop shop' for information on sports, recreation and other physical activity initiatives in Co Cavan. Activities are available for all ages and abilities. Tailored programmes for specific groups are available, including men's groups, women's groups, children and teens, older adults and programmes for people with disabilities.</p> <p>The Sports Partnership aims to increase participation in all sports and encourage people in Cavan to be more physically active.</p> <p>During COVID-19 the Cavan Sports Partnership is supporting the Governments national 'Keep Well' campaign with virtual classes and activities.</p> | <p><b>For more information visit:</b></p> <p><a href="http://www.cavansportspartnership.ie">www.cavansportspartnership.ie</a></p> |
| <b>Physical activity and exercise</b> | <b>Parkrun and walk</b><br><b>Note:</b> Suspended during COVID-19. Visit website for up to date information. | <p>Parkrun is a free weekly, non-competitive timed 5K walk/jog/run.</p> <p>Parkrun takes place on Saturday mornings</p> <p>Parkruns are run by local volunteers and pre-registration is required.</p> <p>Parkrun will re-commence when COVID-19 restrictions are lifted.</p>   | <p><b>For more information and to register visit:</b></p> <p><a href="http://www.parkrun.ie">www.parkrun.ie</a></p>               |





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|--|--|---|--|
| Emotional and Mental Well Being Supports | <b>Counselling in Primary Care (CIPC)</b> for medical card holders | <p>This service is for people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/ Therapist.</p> <p>CIPC is available free of charge to medical card holders, who are 18 years of age or over, and who want help with psychological problems. The service is suitable for people who are experiencing certain difficulties such as depression, anxiety, panic reactions, relationship problems, loss issues, stress.</p> <p>Individuals referred to CIPC are required to opt-in by phone to activate the referral from their GP/Primary Care team member. Waiting times apply.</p> | <p><b>Access:</b> Available in a number of Primary Care Centres in Cavan Monaghan. GPs, other Primary Care team member (eg Physiotherapist, Practice Nurse, Occupational Therapist) or Public Health Nurse can refer. Note: if GP is not the referrer, copy referral to GP.</p> <p><b>To access referral form click on:</b><br/> <a href="https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/referral-form.pdf">https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/referral-form.pdf</a></p> <p><b>Send referrals to:</b><br/>           Patrick Griffin, CIPC<br/>           Counselling Coordinator, CIPC<br/>           Counselling Coordinator, 34<br/>           Brews Hill, Navan, Co. Meath<br/>           OR<br/> <b>Email via Healthmail:</b><br/> <a href="mailto:CIPC.ne@hse.ie">CIPC.ne@hse.ie</a></p> |
| Emotional and Mental Well Being Supports | <b>CIPC information and leaflets</b>                               | Explanatory leaflets and further information about the CIPC service can be accessed on the CIPC webpage.  | <p><b>Visit:</b><br/> <a href="https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/">https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/</a></p>  |





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|---|---|--|--|
| <b>Emotional and Mental Well Being Supports</b> | <p><b>Recovery College:</b></p> <p>Education and training opportunities to support people recovering from mental health problems. (A CAWT-funded project)</p> | <p>The Innovation Recovery Project aims to transform the lives of people who are living with mental health problems by working to instil hope, optimism and resilience through provision of education and training.</p> <p>Courses are split into 3 areas:</p> <p><b>Getting started:</b> courses/workshops that might be a good place to start for those who aren't sure what they would like to learn with the Recovery College - but not necessary to do these first.</p> <p><b>Building on learning:</b> Courses/workshops that help gain further knowledge and skills of mental health issues and self-management.</p> <p><b>Continuing the journey:</b> Courses/workshops that will help prepare for next steps whether that is further education, volunteering work or perhaps becoming a peer trainer with the recovery college.</p> <p><b>Examples of courses include:</b></p> <ul style="list-style-type: none"> <li>- Getting a good night's sleep (2 hour session)</li> <li>- Introducing and exploring mindfulness (2 week course)</li> <li>- Living with and managing anxiety (3 Hours)</li> <li>- Towards wellness and recovery, 4 weeks (2 Hours)</li> </ul> | <p>Courses offered are open to everyone and are free of charge.</p> <p><b>Registration is essential. For information about programmes or to register contact Recovery College:</b></p> <p><b>Phone:</b><br/>087 610 0449</p> <p><b>Address:</b><br/>Room 001, Block D<br/>Cavan Institute<br/>Cootehill Road, Drumalee<br/>Cavan</p> |
| <b>Emotional and Mental Well Being Supports</b> | <p>Your Mental Health:<br/><b>HSE webpage</b></p>   | <p>The webpage is a reliable source of advice, information and support services for mental health and wellbeing.</p>   | <p><b>Visit:</b><br/><a href="https://www2.hse.ie/mental-health/">https://www2.hse.ie/mental-health/</a></p>   |



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| Category  | Service   | What is involved  | How to access   |
|---|---|---|---|
| <b>Emotional and Mental Well Being Supports</b> | <b>Mental Health Ireland</b><br>Website and services. | <p>Mental Health Ireland is a national voluntary organisation which aims is to promote positive mental health and wellbeing to all individuals and communities in Ireland.</p> <p>Area Development Officers deliver awareness raising initiatives and targeted education and training programmes on mental health issues in a variety of settings in local communities.</p> | <p><b>Visit:</b><br/><a href="https://www.mentalhealthireland.ie/">https://www.mentalhealthireland.ie/</a></p> <p><b>For further information:</b><br/><b>Phone:</b> 01 284 1166<br/><b>Area Development officer Cavan/Monaghan:</b><br/>Miffy Hoad<br/><b>Phone:</b> 0879109661</p>   |
| <b>Emotional and Mental Well Being Supports</b> | <b>Stress Control</b>                                 | <p>Stress Control is a free, 6 session CBT class for the most common mental health problems: anxiety, depression, panic, poor sleep and poor wellbeing. During COVID-19 these free classes are available online.</p>  | <p><b>Access:</b> Open to all. Follow the link below to access the YouTube channel. This will display session details and the classes will be available to view at the scheduled times .The class will remain online for 48 hours and can be accessed in the persons own time, or the class can be attended live.</p> <p><a href="https://www.youtube.com/channel/UCdCfzKgmXbB30baWLv6L5-g?view_as=subscriber">https://www.youtube.com/channel/UCdCfzKgmXbB30baWLv6L5-g?view_as=subscriber</a></p> <p><b>For more information visit:</b><br/><a href="http://www.stresscontrol.ie">www.stresscontrol.ie</a></p> |



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| Category  | Service  | What is involved   | How to access  |
|---|--|--|--|
| <b>Emotional and Mental Well Being Supports</b> | <b>Aware:</b><br>Depression and bipolar disorder support organisation. | Aware is an organisation which provides support and information to people experiencing depression and bipolar conditions.<br>Aware offers a free support line, support email, online life-skills training and local support groups.  | <b>For more information visit:</b><br><a href="https://www.aware.ie">https://www.aware.ie</a><br><br><b>Aware Support line:</b> 1800 80 48 48<br><b>Aware Support Email:</b><br><a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a>   |
| <b>Emotional and Mental Well Being Supports</b> | <b>Grow</b><br>Emotional and mental wellbeing support organisation.    | GROW is an organisation providing support and education around emotional and mental wellbeing. GROW's weekly support meetings offer members a practical path out of mental and emotional issues. Grow offers a 12-step recovery programme based on CBT techniques for people who are feeling lonely, isolated or stressed, or who have experienced or are experiencing mental health problems. | <b>For more information visit:</b><br><a href="http://www.grow.ie">www.grow.ie</a>   |
| <b>Emotional and Mental Well Being Supports</b> | <b>Private Counselling and Psychotherapy Services</b>                  | For individuals who wish to access private counselling or psychotherapy services, these professional organisations provide a directory of accredited counsellors and psychotherapists nationwide.  | <b>Irish Association of Counsellors and Psychotherapists (IACP):</b><br><a href="https://iacp.ie">https://iacp.ie</a><br>Call: 01-230 3536<br><b>The Psychological Society of Ireland (PSI)</b><br><a href="http://www.psychologicalsociety.ie">www.psychologicalsociety.ie</a><br>Call: 01-472 0105<br><b>The Irish Council for Psychotherapy (ICP)</b><br><a href="http://www.psychotherapycouncil.ie">http://www.psychotherapycouncil.ie</a><br>Call: 01-905 8698 |



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| Category           | Service  | What is involved   | How to access   |
|--------------------|--|--|---|
| Epilepsy support   | Epilepsy Ireland   | Advice, information and support for people with epilepsy in Ireland.   | <b>Visit:</b><br><a href="http://www.epilepsy.ie">www.epilepsy.ie</a>   |
| Epilepsy support   | Epilepsy Community Resource Officer, Cavan & Monaghan                        | The Epilepsy Ireland Community Resource Officer provides support and information for people with epilepsy as well as their families and carers. Whether its information, advocacy or just a listening ear, the Community Resource Officer can meet with the person and/or their family/carers, talk by phone or answer via email.  | <b>Contact details:</b><br>Epilepsy Ireland Community Resource Officer for Cavan & Monaghan:<br><b>Mary Baker</b><br><b>Email:</b> <a href="mailto:mbaker@epilepsy.ie">mbaker@epilepsy.ie</a><br><b>Phone:</b> 085-8766583  |
| Sight loss support | National Council for the Blind Ireland (NCBI)                                | NCBI is the national sight loss agency. It is a not for profit agency that provides supports and services for people who are experiencing difficulties with their eyesight. Services include advice and information, emotional support and counselling as well as practical solutions, technology and training to build confidence and independence.   | <b>For more information visit:</b><br><a href="http://www.ncbi.ie">www.ncbi.ie</a>  |
| Sight loss support | 'Need to talk': A free counselling service for people impacted by sight loss | Need to Talk offers free support to adults and young people (over the age of eleven) who are blind or partially sighted, and anyone who supports a person with sight loss. The service is delivered by a team of counsellors and confidence building staff with extensive experience in supporting people impacted by sight loss.<br><br>Also offers an 80 minute online course for healthcare professionals and others, to develop emotional support skills for those experiencing sight loss." | <b>Access:</b><br>Contact the Need to Talk team:<br><b>Phone:</b> 01 674 6496<br><b>Email:</b><br><a href="mailto:needtotalk@fightingblindness.ie">needtotalk@fightingblindness.ie</a><br><b>More information is available at:</b><br><a href="https://www.fightingblindness.ie/how-we-can-help/support-services/need-to-talk-programme/">https://www.fightingblindness.ie/how-we-can-help/support-services/need-to-talk-programme/</a> |



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| Category                    | Service  | What is involved   | How to access   |
|-----------------------------|--|--|---|
| <b>Hearing Loss Support</b> | <b>Chime:</b> National charity for deafness and hearing loss | Support, services and advocacy to anyone affected by hearing loss. Information and advice, individual, family and group support provided by professionals; technology for the home, school and workplace, including hearing aids.  | <b>Visit:</b><br><a href="http://www.chime.ie">www.chime.ie</a>   |
| <b>Drugs and Alcohol</b>    | <b>Alcoholics Anonymous</b>                                  | Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.<br>The primary purpose of Alcoholics Anonymous is to stay sober and help other alcoholics to achieve sobriety.<br>The only requirement for membership is a desire to stop drinking. | <b>Visit:</b><br><a href="https://www.alcoholicsanonymous.ie/">https://www.alcoholicsanonymous.ie/</a>  |
| <b>Drugs and Alcohol</b>    | <b>Drugs &amp; Alcohol Helpline and Website.</b>             | Free confidential place where you can talk through your concerns about drugs or alcohol, get information about services and consider the options available.  | Freephone 1800 459 459<br><b>Email:</b> <a href="mailto:helpline@hse.ie">helpline@hse.ie</a><br><a href="http://www.services.drugs.ie/">http://www.services.drugs.ie/</a> |
| <b>Drugs and Alcohol</b>    | <b>Website to improve people's knowledge about alcohol</b>   | Reliable information and support about alcohol. Includes contact details for local support groups  | <a href="https://www2.hse.ie/alcohol/">https://www2.hse.ie/alcohol/</a>   |



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| Category                             | Service                   | What is involved  | How to access   |
|--------------------------------------|---------------------------|---|---|
| <b>Social and Community Supports</b> | <b>Social Prescribing</b> | <p>Social Prescribing is about supporting the health and wellbeing of people by using community based activities and supports such as exercise, art, reading, gardening and self-help sessions such as Stress Control classes.</p> <p>The Social Prescribing Coordinator talks to the person about what activities interest them, and assists and supports them to engage with these activities and develop a wellbeing plan.</p> <p>It is suitable for anyone who feels they need some support to mind their health and wellbeing, or are feeling isolated, stressed, anxious or depressed.</p> <p>During COVID-19 the Social Prescribing service is delivered remotely - by phone, WhatsApp messaging or other virtual platforms.</p> | <p><b>Access:</b><br/>Via GP, Mental health practitioner or other clinician using the Social Prescribing referral form. See contact details below to access the form.<br/>People can also self-refer using the contact details below.</p> <p><b>Contact details:</b><br/><b>Cavan Town</b> (Teach Oscail FRC):<br/><b>Email:</b> <a href="mailto:info@teachoscailfrc.ie">info@teachoscailfrc.ie</a><br/><b>Phone:</b> 049-437-2730<br/><b>Killashandra</b> (Focus FRC):<br/><b>Email:</b> <a href="mailto:focusfrc@gmail.com">focusfrc@gmail.com</a><br/><b>Phone:</b> (049) 436 4065<br/><b>Monaghan Town</b> (Teach na nDaoine FRC):<br/><b>Email:</b> <a href="mailto:spo@teachnadaoine.com">spo@teachnadaoine.com</a><br/><b>Phone:</b> 047-71398<br/><b>Clones FRC:</b><br/><b>Email:</b> <a href="mailto:administrator@clonesfrc.ie">administrator@clonesfrc.ie</a><br/><b>Phone:</b> 086-140 7848 or 047-52919</p> |



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| Category                             | Service   | What is involved   | How to access   |
|--------------------------------------|---|--|---|
| <b>Social and Community Supports</b> | <b>CoH-Sync Project:</b><br>Community health sync | <p>Reducing the burden of chronic disease by empowering people in their own communities to manage their own health needs.</p> <p>CoH-Sync is an Interreg VA funded cross border health and social care project. The programme is available to people aged 18 years and over who want to begin their journey to become healthier but don't know where to start.</p> <p>CoH-Sync aims to facilitate people to improve their health and wellbeing in areas such as physical activity, mental health, nutrition, smoking and alcohol consumption.</p> <p>Community Health Facilitators are based in counties Cavan and Monaghan. They support participants to identify any health and wellbeing concerns they may have and can signpost people to the supports available in their local community.</p> | <p><b>Self-referral to:</b><br/>Community Health Project Coordinator,<br/><b>Phone:</b> 042 974 9500,<br/><b>Mobile:</b> 087 7189396,<br/><b>Email:</b> <a href="mailto:crudden@midl.ie">crudden@midl.ie</a></p>  |
| <b>Social and Community Supports</b> | <b>Rural Transport Options</b>                    | Local Link provides door to door and scheduled bus services in towns, villages and rural areas.  | <p><b>Contact Local Link office for Cavan/Monaghan:</b><br/><b>Tel:</b> 1850 211 923<br/><b>Email:</b> <a href="mailto:cm@locallink.ie">cm@locallink.ie</a><br/><b>Visit:</b><br/><a href="https://www.locallinkcm.ie/">https://www.locallinkcm.ie/</a></p> |





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| Category                             | Service  | What is involved   | How to access  |
|--------------------------------------|--|--|--|
| <b>Social and Community Supports</b> | <b>Family Resource Centres</b>                                     | <p>There are a number of Family Resource Centres in Cavan and Monaghan. These provide a range of services including information, advice and support to target groups and families within their local communities.</p> <p>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.</p>  | <p><b>To search for family resource centres in Cavan and Monaghan visit:</b><br/> <a href="http://www.familyresource.ie/family-resource-centres-ireland.php#">http://www.familyresource.ie/family-resource-centres-ireland.php#</a></p>  |
| <b>Social and Community Supports</b> | <b>Mens Sheds</b><br>(Note: temporarily suspended due to COVID-19) | <p>A Men's Shed is a community-based, non-commercial organisation which is open to all men. The primary activity is the provision of a safe, friendly and inclusive environment where men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men. The primary objective of Mens Sheds is to advance the health and well-being of the participating men.</p> <p>There are a number of mens sheds across Cavan and Monaghan.</p> | <p><b>To find the Mens Shed in your area visit:</b><br/> <a href="https://menssheds.ie/shed_county/all-provinces/">https://menssheds.ie/shed_county/all-provinces/</a></p>   |
| <b>Social and Community Supports</b> | <b>Citizens Information</b>  | Information on rights and entitlements.  | <p><b>For contact details of local centres visit:</b><br/> <a href="http://centres.citizensinformation.ie/">http://centres.citizensinformation.ie/</a></p>   |
| <b>Older adults resources</b>        | <b>Age Friendly Ireland</b>  | Age Friendly Ireland co-ordinates the National Age Friendly Cities and Counties Programme  | <p><b>Cavan Age Friendly Programme:</b><br/> <a href="mailto:agefriendly@cavancoco.ie">agefriendly@cavancoco.ie</a><br/> <b>Visit:</b> <a href="http://www.agefriendlycavan.ie">www.agefriendlycavan.ie</a><br/> <b>Monaghan Age Friendly Programme:</b><br/> <a href="mailto:bbradley@monaghancoco.ie">bbradley@monaghancoco.ie</a></p> |



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| Category               | Service   | What is involved   | How to access  |
|------------------------|---|--|--|
| Older adults resources | <b>ALONE</b>  | Support for older people who are homeless, socially isolated, living in deprivation or in crisis.  | <b>Visit:</b><br><a href="http://www.alone.ie">www.alone.ie</a>  |
| Older adults resources | <b>Active Retirement Associations</b>   | Active Retirement Associations are a lifeline for many older people who would otherwise feel isolated and lonely. All the activities are aimed at keeping older people active and well.  | For an active retirement group near you visit:<br><a href="https://activeirl.ie/group-search/?county=Co.%20Galway">https://activeirl.ie/group-search/?county=Co.%20Galway</a>  |
| Older adults resources | <b>mPower Project:</b><br>Social Prescribing and e-health solutions for adults 65 years and over living with one or more long-term health condition | <p>mPower aims to support older people (over 65 years) with long-term conditions to live well, safely and independently in their own homes and communities. The programme aims to support them to self-manage their condition(s) and live healthier, more independent lives.</p> <p>mPower Community Navigators work with people to co-develop wellbeing plans connecting them to activities in their community as well as connecting them to technology to enhance support for health and wellbeing.</p> <p>mPower is a five-year EU Interreg V funded project.</p> <p>The mPower Programme is available in:<br/>-Drogheda/Carrickmacross/Louth/South Monaghan Primary Care Areas</p> | <p><b>Access:</b><br/>People can self-refer to mPower using the contact details below. GPs and other healthcare professionals can refer to this programme.<br/>To request a referral form contact:<br/><b>Drogheda/Carrickmacross/Louth/South Monaghan Primary Care Areas</b><br/>Implementation Lead: Danielle Monaghan<br/><b>Email:</b><br/><a href="mailto:daniellen.monaghan@hse.ie">daniellen.monaghan@hse.ie</a><br/><b>Phone:</b> 0873441830<br/><b>Community Navigator:</b> Elaine Aughey<br/><b>Email:</b> <a href="mailto:mpower.CHO8@hse.ie">mpower.CHO8@hse.ie</a><br/><b>Phone:</b> 0873981200</p> |



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| Category                           | Service  | What is involved   | How to access   |
|------------------------------------|--|--|---|
| <b>Older adults resources</b>      | <b>Seniorline</b>  | 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).  | <b>Phone:</b> 1800 80 45 91<br><br><b>For more information visit:</b><br><a href="http://www.thirdageireland.ie/seniorline">http://www.thirdageireland.ie/seniorline</a>                        |
| <b>Employment supports</b>         | <b>Cavan/Monaghan Supported Employment</b>                               | Cavan Monaghan Supported Employment is a free employment and recruitment service, contracted by the Dept of Employment and Social Protection. It aims to assist people with a health condition, injury, illness or disability to secure and maintain a job in the open labour market. It is suitable for people with a health condition, injury, illness or disability, aged 18 to 65, who are job-ready and need a level of support to succeed in long-term and sustainable employment, through Job Coaches | Cavan/Monaghan Supported Employment Ltd, 5 North Road, Monaghan<br><b>Phone:</b> 047 72424  |
| <b>Employment Supports</b>         | <b>Ability Programme</b> (Irish Wheelchair Association, funded by Pobal) | A three-year long employability and job-seeking skills programme for people with a physical disability aged 18–29.   | <b>For more information visit:</b><br><a href="https://www.iwa.ie/services/young-adults/employment-skills-programme/">https://www.iwa.ie/services/young-adults/employment-skills-programme/</a> |
| <b>Allowances and entitlements</b> | <b>Long Term Illness Card</b>  | Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances for free from your pharmacy. Certain diseases and disabilities including diabetes type 1 and 2 are covered by the scheme. There is no means test for the scheme.  | <b>Visit:</b><br><a href="https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html">https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html</a>        |



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| Category                    | Service                        | What is involved  | How to access  |
|-----------------------------|--------------------------------|---|--|
| Allowances and entitlements | <b>Medical Card</b>            | Medical cards entitle the owner and normally, their dependent spouse or partner and children, to certain health services, for example GP, free of charge, and medications at reduced cost. To qualify for a medical card, weekly income must be below a certain figure for the family size.   | <b>Visit:</b><br><a href="https://www2.hse.ie/medical-cards/">https://www2.hse.ie/medical-cards/</a>   |
| Allowances and entitlements | <b>GP Visit Card</b>           | A GP visit card entitles the owner to visit a participating family doctor (GP) for free. The GP visit card does not cover hospital charges. Prescribed drugs are not free but may be covered by the Drugs Payment Scheme.   | <b>Visit:</b><br><a href="https://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html">https://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html</a>   |
| Allowances and entitlements | <b>Over 70's GP Visit Card</b> | If you are over 70 you can register for a GP visit card, regardless of income.  | <b>Visit:</b><br><a href="https://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html">https://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html</a><br><br><b>To apply by post</b> , download the form using the web link above or LoCall 1890 252 919 to order one in the post. Post the completed form to The National Medical Card Unit, PO Box 11745 Dublin 11 D11 XKF3 |
| Allowances and entitlements | <b>Drugs Payment Scheme</b>    | Under the Drugs Payment Scheme (DPS) an individual or family will pay no more than €124 each calendar month for: <ul style="list-style-type: none"> <li>● approved prescribed drugs and medicines</li> <li>● rental costs for a continuous positive airway pressure (CPAP) machine</li> <li>● rental costs for oxygen</li> </ul> Those who don't have a medical card and who pay more than €124 a month for any of these, should apply. | <b>For more information and to apply for a card visit:</b><br><a href="https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html">https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html</a>  |



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| Category                               | Service   | What is involved  | How to access   |
|--|---|---|---|
| <b>Financial management support</b>    | <b>Money Advice and Budgeting Service (MABS)</b>  | MABS is a free, independent, non-judgmental and confidential service for people who are in debt or at risk of getting into debt. MABS works with individuals to determine the type of support needed including assessing whether it is necessary to meet with a Money Adviser.                      | <b>For more information visit:</b><br><a href="http://www.mabs.ie">http://www.mabs.ie</a>   |
| <b>Literacy Supports</b>               | <b>National Adult Literacy Agency (NALA)</b>      | Help for adults with reading, writing, maths and technology   | <b>For more information visit:</b><br><a href="https://www.takethefirststep.ie">https://www.takethefirststep.ie</a><br><b>Freephone</b> 1800 20 20 65<br><b>Text</b> LEARN to 50050<br><b>Email:</b> <a href="mailto:info@nala.ie">info@nala.ie</a> |
| <b>Healthy Ireland at your Library</b> | <b>Healthy Ireland at your Library</b>            | The Healthy Ireland at Your Library Service is available in all 330 public libraries across the country in Ireland. Libraries can provide health information, books on health and wellbeing and online health information. They also run health promotion programmes and events at local libraries. | <b>For more information visit:</b><br><a href="https://www.librariesireland.ie/services/healthy-ireland-at-your-library">https://www.librariesireland.ie/services/healthy-ireland-at-your-library</a>   |
| <b>Staff Health and Wellbeing</b>      | Support for healthcare workers:<br><b>Website</b> | 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.  | <b>Visit:</b><br><a href="https://workwell.ie/">https://workwell.ie/</a>  |
| <b>Information about HSE services</b>  | <b>HSE Live:</b><br>Phone, Email or live-chat     | HSELive is a general information service that provides information to the public relating to the HSE's services and schemes.<br>The service is contactable by phone, e-mail and live-chat. It is open from 8:00 am to 8:00 pm Monday to Friday and from 10:00 am to 5:00 pm on Saturday.            | <b>Visit:</b><br><a href="http://www.hse.ie/eng/hselive/">www.hse.ie/eng/hselive/</a><br><b>Callsave:</b> 1850 24 1850<br><b>Tel:</b> (041) 685 0300<br><b>Email:</b> <a href="mailto:hselive@hse.ie">hselive@hse.ie</a>                            |



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| Category   | Service   | What is involved   | How to access  |
|--|---|--|--|
| <b>Self-management Support Coordinators</b>                | The role of a Self-management Support Co-ordinator is to support the awareness and development of services which increase the ability and confidence of people with long-term health conditions to manage their health and to live well. A directory of services and programmes such as this is being created in each CHO area and can be found at: <a href="https://www.hse.ie/selfmanagementsupport">https://www.hse.ie/selfmanagementsupport</a> |  |  |
| <b>Self-management Support Coordinators in other areas</b> | Maeve McKeon  | Donegal, Sligo, Leitrim, Cavan & Monaghan                                | <a href="mailto:maeve.mckeon@hse.ie">maeve.mckeon@hse.ie</a>                             |
|  | Ailish Houlihan   | Community Healthcare West - Galway, Mayo, Roscommon                      | <a href="mailto:ailish.houlihan@hse.ie">ailish.houlihan@hse.ie</a>                       |
|  | Ruth Reidy  | Midwest Community Healthcare   | <a href="mailto:ruth.reidy@hse.ie">ruth.reidy@hse.ie</a>                                 |
|  | Maeve Carmody   | Cork Kerry Community Healthcare  | <a href="mailto:maeveh.carmody@hse.ie">maeveh.carmody@hse.ie</a>                         |
|  | Kate O'Connor   | South East Community Healthcare  | <a href="mailto:selfmanagementsupportsdech@hse.ie">selfmanagementsupportsdech@hse.ie</a> |
|  | Mary Gowing   | Community Healthcare East - Dublin South East, Dun Laoghaire and Wicklow | <a href="mailto:mary.gowing@hse.ie">mary.gowing@hse.ie</a>                               |
|  | Geraldine Cully   | Dublin South, Kildare & West Wicklow Community Healthcare                | <a href="mailto:geraldine.cully@hse.ie">geraldine.cully@hse.ie</a>                       |
|  | Caroline Peppard  | Dublin North City & County Community Healthcare Organisation             | <a href="mailto:caroline.peppard@hse.ie">caroline.peppard@hse.ie</a>                     |
|  | Geraldine Walsh   | Laois, Offaly, Longford, Westmeath, Louth and Meath                      | <a href="mailto:gera.walsh@hse.ie">gera.walsh@hse.ie</a>                                 |

DISCLAIMER: The material contained in this directory is intended for reference by health and social care professionals (HSCPs) as a guide to supports available to adults with long-term health conditions. The directory is to be used to guide HSCPs in signposting individual service users to resources appropriate to their needs and abilities.

This directory is not an exhaustive list of resources and it will be updated periodically.



Health and Wellbeing  
Community Healthcare Organisation Area 1  
An Clochar, Barrack Street, Ballyshannon, County Donegal

This directory is available at: [www.hse.ie/selfmanagementsupport](http://www.hse.ie/selfmanagementsupport)

