





Self-management Support

Directory of Resources and Supports for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke during Coronavirus

HSE helpline 1850 24 1850 or go to www.hse.ie/coronavirus Emergency Numbers 112 or 999 Community Call Helpline 0818 22 20 24 Alone Helpline 0818 22 20 24

If you are worried about a **long-term health condition**, please call one of the helplines below who have trained staff available to support you



Asthma & COPD

Asthma Adviceline: 1800 44 54 64

COPD Adviceline: 1800 83 21 46



Diabetes

Diabetes Ireland Helpline: 01 842 8118



Heart Conditions

Irish Heart Foundation and Stroke Helpline: 01 668 5001

Croí Heartlink West Helpline: 091 544 310



Stroke

Irish Heart Foundation and Stroke Helpline: 01 668 5001

Croí Heartlink West Helpline: 091 544 310



Wash your hands well and often to avoid

contamination



your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



touching eyes, nose, or mouth with unwashed hands



Clean and disinfect frequently touched objects and surfaces



Stop shaking hands or hugging when saying hello or greeting other people



point at least 2 metres (6 feet) away from other people, especially those who might be unwell



Coronavirus COVID-19 Public Health Advice

Introduction

This Directory of Resources and Supports has been developed by the Community Healthcare East (CH East) Self-management Support team, as an addition to our CH East Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke published in June, 2019. It is to assist in signposting people with these conditions or caring for someone with one, to available resources and supports to remain well during Coronavirus (Covid-19), as many support services have been paused due to this pandemic.

Long-term health conditions can be treated and managed therefore, it is crucial for people to continue doing things that assist them to stay well. Self-management can include:

- recognising and dealing with symptoms
- taking medication
- managing other treatments and attending necessary appointments
- making lifestyle changes such as cessation of smoking, taking regular exercise and healthy eating
- coping skills to deal with emotional consequences of the condition.

Finally, it is more important than ever that people seek help early should their condition worsen. Despite the current pandemic general practitioners (GPs) and hospital teams are still delivering services for those who require access to them.

The information contained in this Directory is correct as of June 25th, 2020 but is subject to change due to public health updates.

*Living Well is a chronic disease self –management programme to assist people with long-term health conditions learn skills to better manage their health condition. For more information go www.hse.ie/livingwell



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Resour	Resources and Supports for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke during Coronavirus		
Category	Service	What's involved?	How to access?
Covid-19 Advice & Support	HSE: Coronavirus	Coronavirus (Covid-19) is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.	Go to: https://www2.hse.ie/coronavirus/
Covid-19 Advice & Support	Gov.ie: Coronavirus	On this page you can view the latest information on how Ireland is responding to cases of Covid-19.	Go to: http://www.gov.ie/covid19/
Covid-19 Advice & Support	HSELive: Covid-19 Helpline	General enquiries relating to Covid-19 including symptoms or testing.	Call: 1850 24 1850
Covid-19 Advice & Support	HSE: Coronavirus Public Information Booklet	This guide explains information about Ireland and Coronavirus (Covid-19).	Go to: https://www.hse.ie/eng/services/news/news/news/features/covid19-updates/partner-resources/covid-19-information-booklet.pdf
Covid-19 Advice & Support	HSE: How To Clean Your Hands	Having clean hands is the best way to stop the spread of harmful germs.	Go to: https://www2.hse.ie/wellbeing/how-to-wash-your-hands.html
Covid-19 Advice & Support	HSE: Face Masks & Disposable Gloves	Wearing a cloth face covering is recommended in situations where it is difficult to practice social distancing. For example, in shops and on public transport. They may help prevent people who do not know they have the virus from spreading it to others.	Go to: https://www2.hse.ie/conditions/coronavirus/face-masks-disposable-gloves.html
Covid-19 Advice & Support	HSE: Covid-19 Information for At Risk Groups	There are some groups of people who may be at risk of serious illness if they catch coronavirus. These people need to take extra care to protect themselves from coronavirus. This is on top of the advice that everyone needs to follow.	Go to: https://www2.hse.ie/conditions/coronavirus /at-risk-groups.html
Covid-19 Advice & Support	HSE: Covid-19 Protect Yourself & Others	HSE guidelines on how to protect yourself and others from Covid- 19.	Go to: https://www2.hse.ie/conditions/coronavirus/protect-yourself.html



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Covid-19 Advice & Support	HSE: Covid-19 Cocooning	Information on cocooning from the HSE.	Go to: https://www2.hse.ie/conditions/coronavirus/cocooning.html	
Covid-19 Advice & Support	HSE: Your Mental Health During Covid-19	Minding your mental health during Covid-19.	Go to: https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html	
Covid-19 Advice & Support	HSE: Covid-19 Irish Sign Language (ISL) resources	Covid-19 Irish Sign Language (ISL) resources.	Go to: https://www.hse.ie/eng/services/news/news/ <a "="" a-z="" coronavirus="" guidance="" href="mailto:features/news/news/news/news/news/news/news/ne</td></tr><tr><td>Covid-19 Advice
& Support</td><td>HPSC: Information
and Advice on
Covid-19</td><td>The Health Protection Surveillance Centre (HPSC) is Ireland's specialist agency for the surveillance of communicable diseases. HPSC is part of the Health Service Executive and provides information and independent advice on dealing with COVID 19.</td><td>Call: 01 876 5300 Go to: https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/</td></tr><tr><td>Covid-19 Advice
& Support</td><td>HPSC: Covid-19
Guidance For
Vulnerable Groups</td><td>Documents containing guidance on cocooning to protect people over 70 years and those extremely medically vulnerable from Covid-19, as well as general advice about preventing the spread of Covid-19 in settings for vulnerable groups, such as homeless, travellers, refugees/asylum seekers and others.</td><td>Go to: https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/guidance/vulnerablegroupsguidance/	



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Covid-19 Advice & Support	Covid-19 In This Together Campaign	Getting through Covid-19 together. Here you will find lots of advice and tips on how you can look after your mental wellbeing, stay active and stay connected. In This Together draws together a huge range of activities that you can pursue in your home or your locality, by yourself or with family members or with friends online. There are ideas and activities for people of all ages.	Go to: https://www.gov.ie/en/campaigns/together/
Covid-19 Advice & Support	Department of Health: Covid-19 Cocooning	Guidance on cocooning to protect people over 70 years and those extremely medically vulnerable from Covid-19.	Go to: https://www.gov.ie/en/publication/923825- guidance-on-cocooning-to-protect-people- over-70-years-and-those-extr/
Covid-19 Advice & Support	Local Authority: Covid-19 Community Call	Each local Authority has set up a Covid-19 Community Response Forum. Each forum has a phone line for high risk people or those asked to cocoon. They can ring the phone line to get help with deliveries of groceries, medicine and fuel or help with any other necessities of daily life. An Information booklet has been made available and includes all local contacts details.	Go to: https://www.citizensinformation.ie/en/healt h/covid19/community support during covid 19.html Call: 0818 222 024 Information booklet: https://www.housing.gov.ie/sites/default/file s/publications/files/the community call leaf let large print version 0.pdf



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Covid-19 Advice & Support	Citizens Information: During Covid-19 Pandemic	An overview of Covid-19. Also contains information on welfare benefits, unemployment benefits and employment rights during Covid-19 pandemic.	Go to: https://www.citizensinformation.ie/en/healt-h/covid19 overview.html	
Covid-19 Advice & Support	NASC – The Migrant and Refugee Rights Centre and Together Ireland: Covid-19 Information Videos	Covid-19 World Service is a joint initiative of NASC and Together Ireland. Over 20 doctors and other healthcare professionals from around the world but living and working in Ireland, have voiced video messages aimed at providing up-to-date and accurate information to migrants living in Ireland. Videos are provided in in Arabic, Bengali, Bulgarian, Catalan, Croatian, Czech, English, Hindi, Kurdish, Macedonian, Polish, Portuguese, Romanian, Serbian, Spanish, Ukrainian, Urdu and Yoruba.	Go to: https://nascireland.org/covid-19-world-service	
Asthma & COPD	Asthma Society of Ireland: Asthma Adviceline	The Asthma Society's Adviceline is a call back service available free of charge. It provides easily accessible support, information and education to people with asthma so that they can better understand and manage their illness.	Call: 1800 445 464 Email: nurse@asthma.ie Go to: www.asthma.ie	
Asthma & COPD	Asthma Society of Ireland: Asthma Coronavirus Information & Advice	The HSE'S National Clinical Respiratory Programme has approved the specific Covid-19 advice provided here for people with long-term respiratory illnesses.	Go to: https://www.asthma.ie/news/coronavirus- covid-19-advice	



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Asthma & COPD	Asthma Society of Ireland: Beating Breathlessness	The Asthma Society launched its Beating Breathlessness WhatsApp Patient Support Service on World Asthma Day 2020 (5 May) – this service allows patients with asthma or COPD to message a respiratory specialist nurse to get support, advice and information about their condition.	Go to: https://www.asthma.ie/beating-breathlessness
Asthma & COPD	HSE: Information on Living with Asthma	Information on Living with Asthma.	Go to: https://www.hse.ie/eng/health/hl/living/asthma/
Asthma & COPD	COPD Support Ireland: COPD Adviceline	The Adviceline is a call back service available free of charge. It provides easily accessible support, information and education to people with COPD so that they can better understand and manage their illness.	Call: 1800 832 146 Email through the webpage: http://copd.ie/helpline/ Go to: www.copd.ie
Asthma & COPD	COPD Support Ireland: Cocooning	Cocooning from Coronavirus. Please follow the link for a home support leaflet for people with COPD. You can also text the word "COPD" plus your name and address to 51444 to receive a free "Cocooning with COPD" information pack in the post (standard network charges apply).	Go to: http://copd.ie/wp- content/uploads/2020/04/Staying-Well- Cocooning-from-Coronavirus-FL.pdf Information Pack Please Text: 51444
Asthma & COPD	COPD Support Ireland: COPD Coronavirus Information & Advice	Covid-19 advice for People Living with COPD. COPD Support Ireland is in contact with the HSE, the National Clinical Programme Respiratory and the Department of Health in relation to Covid-19 and the specific concerns of people with COPD.	Go to: http://copd.ie/covid-19-advice-for-people-living-with-copd/



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Asthma & COPD	COPD Support Ireland: Information on seeking medical attention during the pandemic	COPD Support Ireland Warns: 'People With COPD May Not Be Seeking Medical Attention Amid Fears Of Contracting COVID-19 In Hospital'. This page offers advice and tips.	Go to: http://copd.ie/copd-support-ireland-warns-people-with-copd-%e2%80%a8may-not-be-seeking-medical-attention-%e2%80%a8amid-fears-of-contracting-covid-19-in-hospital/
Asthma & COPD	HSE: Information for people with COPD	Information for people with COPD.	Go to: https://www.hse.ie/eng/health/hl/living/cop d/
Asthma & COPD	HSE: Living with COPD	Resources for people living with COPD.	Go to: https://www.hse.ie/eng/health/hl/living/copd/resources.html
Diabetes	Diabetes Ireland: Diabetes Support	Diabetes Ireland is the only national charity in Ireland dedicated to helping people with diabetes. They achieve this by providing support, education and motivation to everyone affected by diabetes. They also raise public awareness of diabetes and its symptoms and fund research into finding a cure for diabetes.	Call: 01 842 8118 Email: info@diabetes.ie Go to: www.diabetes.ie Facebook: https://www.facebook.com/DiabetesIreland/ Twitter: https://twitter.com/Diabetes_ie Instagram: https://www.instagram.com/diabetesireland



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Diabetes	Diabetes Ireland: Coronavirus and Diabetes Questions & Answers	Covid-19 and Diabetes questions and answers.	Go to: https://www.diabetes.ie/covid-19-diabetes-questions-answers/
Diabetes	Diabetes Ireland: Maintaining Physical Activity Levels	Taking regular physical activity is a very important part of managing diabetes. At this difficult time, you may need to rethink your physical activity plans to ensure you are getting the recommended exercise.	Go to: https://www.diabetes.ie/maintaining-physical-activity-levels/
Diabetes	HSE: General Information on Diabetes	General information on diabetes from the HSE.	Go to: www.hse.ie/eng/health/hl/living/diabetes/
Diabetes	National Council for the Blind Ireland (NCBI):	NCBI is the national sight loss agency. It is a non-profit agency that provides support and services for people who are experiencing difficulties with their eyesight. The have a national helpline and information for people living with sight loss during Covid-19.	Go to: https://www.ncbi.ie/living-with-sightloss/ Call: 1850 33 43 53
Diabetes	Type 2 Diabetes: Diabetes Smart: A Free Online Education Course	A 55-minute online education course developed by Diabetes Ireland and Trinity College to help you learn more about diabetes self-management.	Go to: http://www.diabeteseducation.ie/
Heart Conditions	Croí: Covid-19 Support	Free support for people living with heart disease and stroke from Croí's community health team, which includes nurses, dietitians, physios and exercise specialists.	Go to: https://croi.ie/coronavirus-advice/



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Heart Conditions	Croí Heartlink West	Helpline and 'Virtual Health Chats'.	Helpline: 091 544 310 Monday – Friday, 9am – 5:30pm Email: healthteam@croi.ie Go to: https://croi.ie/latest-on-covid-19/
Heart Conditions	Croí: Home Based Exercise Programme	Croí have some home-based exercise videos to help and guide you to keep fit and exercise from home.	Go to: https://croi.ie/home-based-workouts/
Heart Conditions	Heart Failure Matters: Covid-19 Information & Practical Tips	Covid-19 Virus and heart failure: information and practical tips.	Go to: https://www.heartfailurematters.org/en GB /General/Covid-19-Virus-and-Heart-Failure- Information-and-Practical-Tips
Heart Conditions	HSE: Information on Heart Failure	Information on Heart Failure from the HSE.	Go to: https://www.hse.ie/eng/health/hl/living/hea rtfailure/
Heart Conditions	Irish Heart Foundation: Online & Telephone Support Services	Fighting Heart Disease and Stroke. Support and information for people living with a heart condition as well as stroke survivors.	Call: 01 668 5001 Email: support@irishheart.ie Go to: www.irishheart.ie
Heart Conditions	Irish Heart Foundation: Cardiac Rehabilitation	Cardiac rehabilitation is a programme of exercise and education which will enable you to return to a full, active and healthy life.	Go to: https://irishheart.ie/get-support/cardiac-rehab-for-all/



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Heart Conditions	Irish Heart Foundation: Coronavirus Information Support & Advice	The Irish Heart Foundation have a range of resources available during the Covid-19 outbreak including online and telephone support services, all the latest information and advice on the coronavirus for people living with cardiovascular disease and their carers as well as some innovative ways to stay active, eat well and keep heart healthy.	Go to: https://irishheart.ie/get-support/coronavirus-we-are-here-for-you/
Heart Conditions	Irish Heart Foundation: Private Facebook Support Group for People Living With Heart Disease	This online Heart Support Group, which is supported by dedicated Heart Failure nurses across the country, is for people who are living with a heart condition and their family members who care for them. The aim is to keep you informed with expert health information and advice and to help you manage your condition.	Go to: https://www.facebook.com/groups/heartsup portnetwork/
Stroke	Acquired Brain Injury Ireland: On With Life	The 'On With Life' programme is a new Brain Injury Family and Friends Support Network. Their aim is to establish a network of support groups all over the country. During this period of social distancing, isolation and restricted movement, they are here to give support when you need it most.	Go to: https://www.abiireland.ie/on-with-life/
Stroke	Headway: Brain Injury Services & Support	Headway's Information and Support team are keeping their Helpline service open during Covid-19.	Free Phone: 1800 400 478 Monday to Friday, 9am to 1pm and 2pm to 5pm Go to: www.headway.ie for livechat during the same hours Email: helpline@headway.ie



Resources and Supports for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke during Coronavirus Category Service What's involved? How to access? Croí: Covid-19 Free support for people living with heart disease and stroke from Go to: https://croi.ie/coronavirus-advice/ Stroke Croi's community health team, which includes nurses, dietitians, Support physios and exercise specialists. Croí Heartlink Stroke Helpline and 'Virtual Health Chats'. Helpline: 091 544 310 West Monday - Friday, 9am - 5pm Email: healthteam@croi.ie Fighting Heart Disease and Stroke. Support and information for Stroke Irish Heart Call: 01 668 5001 people living with a heart condition as well as stroke survivors. Foundation: Email: support@irishheart.ie Go to: www.irishheart.ie Online and **Telephone Support** Services The Irish Heart Foundation have a range of resources available Go to: https://irishheart.ie/get-Irish Heart Stroke Foundation: during the Covid-19 outbreak including online and telephone support/coronavirus-we-are-here-for-you/ Coronavirus support services, all the latest information and advice on the coronavirus for people living with cardiovascular disease and their Information Support and carers as well as some innovative ways to stay active, eat well and Advice keep heart healthy. Stroke Irish Heart This forum is a confidential private and caring space to boost the Go to: https://www.facebook.com/groups/IHFLifeAf Foundation: confidence of stroke survivors, and help others get their lives back Private Facebook on track. terStroke/ Support Group for Stroke Survivors



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Chronic Disease Self- Management Support	Minding your Long Term Health During Covid-19 Leaflet	Minding your long-term health during Covid-19. People with long-term health conditions may be more at risk of serious illness if they get coronavirus. You need to take extra care to protect yourself during this time of uncertainty. For more information, access the leaflet through the link listed.	Go to: www.hse.ie/livingwell	
Drugs & Alcohol	Drugs.ie: Drug and Alcohol Information and Support	Drug and Alcohol Information and Support Covid-19 Resources.	Go to: http://www.drugs.ie/resources/covid/	
Drugs & Alcohol	HSE: Ask About Alcohol	Information on how alcohol affects your health and wellbeing.	Go to: http://www2.hse.ie/alcohol	
Emergency Health Services	Emergency Health Services	Call 112 or 999 when someone is seriously ill or injured or their life is at risk.	Call: 112 or 999	
Emotional & Mental Wellbeing Supports	If you, a member of your family or someone you know is in distress, help is available. In the first instance, contact your GP. If it is late in the evening or at the weekend, call your local GP Out of Hours Service. You can also go to the Emergency Department in your nearest hospital, or you can contact Emergency Services on 112 or 999. Other useful services are listed below.			
Emotional & Mental Wellbeing Supports	Alone: Helpline	Listening service and supports for older people. The line is open Monday to Friday, 8am to 8pm, during Covid-19 lockdown.	Call: 0818 222 024 Email: hello@alone.ie	



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Emotional & Mental Wellbeing Supports	Aware: Support During Covid-19 Pandemic	Aware will introduce a Support & Self Care group on Zoom beginning Friday 22 nd May. These meetings will support people who are struggling with anxiety, depression, bi-polar disorder and mood related conditions, and are in addition to the Phone In conference Support & Self Care groups which are now running 6 days a week. Bookings and further information is available via the Aware website.	Call: 1800 80 48 48 Email: supportmail@aware.ie Go to: https://www.aware.ie/support/support-groups/
Emotional & Mental Wellbeing Supports	Counselling in Primary Care (CIPC)	Short-term general counselling for people with a medical card. Suitable for persons experiencing depression, anxiety, relationship problems, loss issues etc.	Referral by GP or members of the Primary Care Team with the GP's awareness. Enquiries to counselling co-ordinator: Go to: www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/
Emotional & Mental Wellbeing Supports	Grow: Mental Health Recovery	6 week guide to cope with Covid-19 outbreak.	Go to: https://grow.ie/category/covid-19-support/
Emotional & Mental Wellbeing Supports	In This Together Campaign	Getting through Covid-19 together. Here you will find lots of advice and tips on how you can look after your mental wellbeing and cope with your new daily routine. Some people might find this time more worrying than others and may need some extra support on the phone or online. Whatever you are going through in isolation, let's stay connected and make it through, together.	Go to: https://www.gov.ie/en/campaigns/together/



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Emotional & Mental Wellbeing Supports	Irish Hospice Foundation Care & Inform hub	The Irish Hospice Foundation recently launched a new Care & Inform online hub to provide clear and up-to-date information for people who are grieving. It aims to both support and inform those who have to plan funerals during Covid-19 outbreak and to continue the rich Irish tradition of communities supporting each other in grief.	Go to: https://hospicefoundation.ie/covid19carean_dinform/
Emotional & Mental Wellbeing Supports	Mental Health Ireland: Minding Our Mental Health During Covid-19	Mental Health Ireland have created a suite of online resources aiming to support and protect our mental health and maintain positive wellbeing during these uncertain and challenging times. Follow the link for articles, videos, worksheets and tips.	Go to: https://www.mentalhealthireland.ie/get- support/covid19/ Stay Connected & Informed: https://www.mentalhealthireland.ie/wellbei ng-covid19/
Emotional & Mental Wellbeing Supports	Samaritans: Support & Helpline	Whatever you're going through, a Samaritan will face it with you. They are there 24 hours a day, 365 days a year. Just call or email day or night.	Call: 116 123 Go to: https://www.samaritans.org/ireland/samaritans-ireland/ Email: jo@samaritans.ie
Emotional & Mental Wellbeing Supports	Samaritans: Covid- 19 Support	Support and information specific to Covid-19 pandemic	Go to: https://www.samaritans.org/ireland/how- we-can-help/support-and-information/if- youre-having-difficult-time/if-youre-worried- about-your-mental-health-during- coronavirus-outbreak/



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Emotional & Mental Wellbeing Supports	Stress Control: Online Sessions	Due to the current circumstances regards Covid-19, Stress Control is live streaming sessions. The sessions will be led by Dr Jim White, consultant clinical psychologist, who created the class and who has taught most of the NHS (UK) and HSE (Ireland) trainers who would normally be running classes across the country.	Go to: https://stresscontrol.org/stress- control/
Financial Supports	MABS – Money Management & Debt Issues: Advice Service	Advice service during Covid-19 pandemic.	Call: 0761 07 2000 Monday - Friday 9am - 8pm
Health Information	National Medication Safety Programme: www.safermeds.ie	The "Know, Check, Ask" campaign website helps you to keep track of your medicines and communicate about them with healthcare professionals and family members. 'My Medicines List' is available to download.	Go to: www.safermeds.ie
Healthy Eating & Weight Management	Food Safety Authority of Ireland (FSAI)	Information and FAQ's around grocery shopping and Covid-19.	Go to: https://www.fsai.ie/faq/coronavirus.html
Healthy Eating & Weight Management	Safe Food: Groceries And Covid-19	Some common questions and answers about food and groceries during the Covid-19 pandemic.	Go to: https://www.safefood.eu/Food- Safety/Groceries-and-Covid-19.aspx
Healthy Eating & Weight Management	Irish Nutrition and Dietetic Institute: Online Resources	Online nutrition resources for Covid-19.	Go to: https://www.indi.ie/news/1350-online-nutrition-resources-for-covid19.html



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Physical Activity	Age & Opportunity: Movement Minutes Exercise Video	Age & Opportunity are delighted to share their Movement Minutes videos online. The link listed takes you to the full playlist of Movement Minutes videos on YouTube which is continuously updated - there are currently 27 videos available, and 3 new classes are added each week.	Go to: https://www.youtube.com/playlist?list=PLfC Q6OkV7hAiHQ2RIm1iM1TBxNYeUXfqA
Physical Activity	Cardiac Rehab for All Programme: Home based exercise programme	This home based exercise programme from the Irish Heart Foundation is part of Cardiac Rehab for All programme. It covers information on doing physical activity during cardiac rehabilitation, and a ten minute exercise circuit for you to do at home.	Go to: https://www.youtube.com/watch?v=OP6dfv b96mg&feature=youtu.be
Physical Activity	HSE: Easy chair based exercises for older adults	Research shows that you need to do 30 minutes of moderate intensity physical activity a day to gain many health benefits. However, some of these benefits will be experienced even by doing low intensity gentle exercise, such as the exercises in this booklet.	Go to: https://www2.hse.ie/file-library/health-eating-active-living/chair-based-exercises-for-older-adults.pdf
Physical Activity	ExWell@Home	ExWell @ Home is a sophisticated home exercise programme developed by our expert team, for people with all types of chronic illnesses.	Go to: https://www.exwell.ie/homeprogramme Go to: https://www.youtube.com/channel/UC0QJZ3 1LekPGE95V3XRN1zQ
Physical Activity	ExWell Medical on RTÉ Lifestyle	ExWell Medical exercise videos are now showing weekly on RTÉ LifeStyle each Wednesday as well as on their social media channels and website.	Go to: https://www.rte.ie/lifestyle/living/2020/040 3/1128253-watch-how-to-warm-up-properly-before-exercising/



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Physical Activity	ExWell Medical Live Classes	ExWell are now doing their own live classes. They will be at least 3 times a week. Participants can view the classes from the website address listed. The online classes will be charged from 8 th June and will average around €5-10 a week for the 3 classes.	Go to: https://www.exwell.ie/onlineclasses
Physical Activity	Institute of Public Health	How to stay physically active during Covid-19.	Go to: https://publichealth.ie/covid-19-how-to-stay-physically-active/
Physical Activity	Irish Society of Chartered Physiotherapists: Strength & Balance Exercises For Older People During Covid-19	Follow the link listed for strength & balance exercises to help older adults during Covid-19 cocooning phase.	Go to: https://www.iscp.ie/events-and- news/iscp-blog/strength-balance-exercises- help-older-adults-during-covid-19-cocooning
Smoking Cessation	Quit.ie: Quit Smoking During the Covid-19 Outbreak	Even though coronavirus is a new virus, it's becoming clear that smoking is a risk factor for coronavirus infection too. And just like flu, a coronavirus infection may be more severe in people who smoke.	Go to: https://www2.hse.ie/wellbeing/quit-smoking/get-help-when-you-quit-smoking/quit-smoking-during-the-coronavirus-outbreak.html Call: 1800 201 203 Free Text: QUIT to 50100
Social & Community Supports	Alone: Helpline	Listening service and supports for older people. The line is open Monday to Friday, 8am to 8pm, during Covid-19 lockdown.	Call: 0818 222 024 Email: hello@alone.ie



Resources and Supports for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke during Coronavirus			
Category	Service	What's involved?	How to access?
Social & Community Supports	Age Action: Getting Started Keep In Touch (KIT)	Age Action has launched Getting Started Keep In Touch (KIT) to help older people get online during Covid-19. This is a national learning initiative to help older people improve their digital literacy skills. It includes guides and a video tutorial to help older people to use a smartphone or other device, to get online so that they are more connected, informed and supported.	Go to: https://www.ageaction.ie/how-we-can-help/getting-started-kit
Social & Community Supports	An Garda Síochána: Covid-19 Resources	Garda Covid-19 resources including their recently published crime prevention leaflet.	Go to: https://www.garda.ie/en/about- us/our-departments/office-of-corporate- communications/news-media/coronavirus- covid-19html
Social & Community Supports	An Post: Covid-19 Community Support	Family members of an older or vulnerable person currently cocooning will now be able to request a specific 'An Post Check-In' by the local Postal Operative. Family members can register for the free 'Request a Check-In' service by completing the postal address and eircode of the customer through the webpage.	Go to: https://www.anpost.com/Covid-19



Resou	Resources and Supports for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke during Coronavirus			
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Social & Community Supports	Local Authority: Covid-19 Community Call	Each local Authority has set up a Covid-19 Community Response Forum. Each forum has a phone line for high risk people or those asked to cocoon. They can ring the phone line to get help with deliveries of groceries, medicine and fuel or help with any other necessities of daily life. An Information booklet has been made available and includes all local contacts details.	General Enquiries Go to: https://www.citizensinformation.ie/en/healt h/covid19/community support during covid 19.html Call: 0818 222 024 Information booklet: https://www.housing.gov.ie/sites/default/file s/publications/files/the community call leaf let_large_print_version_0.pdf	
Social &	Family Carers:	This new online group is coordinated and moderated by staff and	Go to:	
Community	Online Support	volunteers from Care Alliance Ireland and a number of other	https://www.facebook.com/groups/FamilyCa	
Supports	Group For Family Carers	organisations, and is a place for family carers to get peer support, share experiences and connect with each other during this time.	rerOnlineSupportGroupIreland/	
Social &	Family Carers:	Provides help and advice to carers such as	Call: 1800 240 724	
Community Supports	Supports for Carers	information on rights and entitlements. They have produced an Emergency Care Plan Booklet developed in response to COVID 19 which can be used for other emergencies also.	Go to: https://familycarers.ie/	
Social &	Libraries Ireland:	eLibrary resources:	Go to:	
Community	eLibrary Resources	e-books and e-audio books: Borrowbox	https://www.librariesireland.ie/news/online-	
Supports	During Covid-19 Lockdown	e-magazines: RB Digital and PressReader e-newspapers: PressReader e-learning courses: Universal Class	services-during-coronavirus Go to: https://www.librariesireland.ie/elibrary-user-	
		e-learning courses. Offiversal class	guides	



Reso	Resources and Supports for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke during Coronavirus			
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Social & Community Supports	Local Link from TFI: Transport Services During Covid-19	Local Link is offering a collect and deliver service from pharmacies and local shops for passengers delivering critical medical supplies to the elderly, the vulnerable and sick within rural areas. Those in need of such support should contact their Local Link provider. They are also providing additional trips where possible for essential travel to purchase provisions.	Go to: https://www.locallink.ie/en/coronavirus-covid-19-update/ For Local Contact Details: https://www.locallink.ie/en/your-tfi-local-link/	
Social & Community Supports	Men's Sheds Ireland: Support, Information & Resources For Members During Covid-19 Pandemic	While all men's sheds across Ireland are temporarily closed, they continue to connect with one another through alternative means such as checking in through phone, text and WhatsApp. The sheds are also operating a 'buddy system', whereby one member is responsible for checking in with another, ensuring that shedders are not isolated during this difficult time.	Contact Andrew Rooney Communications Officer Email: andrew@menssheds.ie Call: 086 022 4535 www.menssheds.ie Facebook: Go to: https://www.facebook.com/irishmensshedsassociation/	
Social & Community Supports	National Adult Literacy Agency: Support During Covid-19 Pandemic	NALA can help you with: Reading, writing and spelling Understanding healthcare information.	Call: 1800 20 20 65 Free Text: LEARN to 50050 Free Online Learning Courses: Go to: https://www.nala.ie/free-courses/	
Social & Community Supports	The Farming Community: Farming Resilience	Mental Health Ireland and Teagasc have partnered with the Irish Farmers Association to co-host and co-deliver information and resources to you through this page. Their aim is to support you and your family 'farm' your way through the challenges being posed by Covid-19. They will look at some practical evidence-based ways to support personal and business resilience.	Go to: https://www.mentalhealthireland.ie/your-mental-health/farming-resilience/	



Resources and Supports for Adults with Asthma, COPD, Diabetes, Heart Conditions and Stroke during Coronavirus			
Category	Service	What's involved?	How to access?
Social Inclusion	Roma Helpline During Covid-19 Outbreak	Roma Helpline During Covid-19 Outbreak.	Call: 087 126 4606
Social Inclusion	National Traveller Helpline for Covid- 19	There is a new helpline to deal with Coronavirus (Covid-19) queries for Travellers. This has been organised by the Traveller organisations in the Midlands with the support of the HSE Midlands Traveller Health Unit.	Call or Text: 083 100 6300
Social Inclusion	NASC – The Migrant and Refugee Rights Centre and Together Ireland: Covid-19 Information Videos	Covid-19 World Service is a joint initiative of NASC and Together Ireland. Over 20 doctors and other healthcare professionals from around the world but living and working in Ireland, have voiced video messages aimed at providing up-to-date and accurate information to migrants living in Ireland. Videos are provided in in Arabic, Bengali, Bulgarian, Catalan, Croatian, Czech, English, Hindi, Kurdish, Macedonian, Polish, Portuguese, Romanian, Serbian, Spanish, Ukrainian, Urdu and Yoruba.	Go to: https://nascireland.org/covid-19-world- service

