



HSE SLIGO LEITRIM

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. 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

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.

Publication date: 30/12/19. **Reviewed:** 22/7/2021

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

CONTENTS

Resources for:	Page no	Resources for:	Page no
Asthma and COPD	1	Physical activity and exercise	23
Diabetes	5	Emotional and mental wellbeing	24
Heart conditions	11	Epilepsy support	27
Stroke	15	Sight and hearing loss support	27
Generic Supports Additional supports for people with these conditions		Memory support	28
Living Well Programme	19	Drugs and alcohol support	28
Smoking Cessation	19	Social and community supports	29
Carers resources	19	Older adults resources	30
Falls Prevention	20	Employment supports	30
Pain Management	21	Allowances and entitlements	31
Medicines Information	21	Financial management support	32
Vaccinations	21	Literacy support	32
Winter-ready support	22	Library services health and wellbeing support	32
Practical advice when sick	22	Staff health and wellbeing support	32
Healthy eating & weight management	22	Information about HSE services	32
Self-management Support Coordinators in other areas			33

FOREWORD

Welcome to the first edition of the Sligo Leitrim 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 to support adults living with, or caring for someone with, a long-term condition by signposting them 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 will also be used as a key tool in implementing Making Every Contact Count (MECC) across our Community Healthcare area.

Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart conditions, Stroke.			Sligo/Leitrim
Category	Service	What is involved	How to access
Asthma	Asthma Society of Ireland: Website	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.	Visit: https://www.asthma.ie/
Asthma	Asthma Society of Ireland: Advice Line	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. Free-call the number, or email, to arrange an appointment.	Advice Line: Call: 1800 44 54 64 email: nurse@asthma.ie
Asthma	Asthma Society of Ireland: Asthma Action Plan	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. Action plans should be completed by the person with asthma, with support of GP or other asthma care team professional.	For Asthma Action Plans visit: https://www.asthma.ie/
Asthma	Asthma Society of Ireland: Asthma Attack Cards	Asthma Attack Cards: Provides details of how to handle an asthma attack in an adult or a child.	For Asthma attack cards visit: www.asthma.ie/sites/default/files/files/document_bank/2018/Sep/Attack%20Card%202018.pdf
Asthma	Asthma Society of Ireland: Publications	A variety of reliable information leaflets available including self management, activity, gardening, allergies and pregnancy	https://elearning.asthma.ie/mod/page/view.php?id=11
Asthma	Asthma Society of Ireland: 'Asthma in the Pharmacy' days	Asthma Society of Ireland run a number of 'Asthma in the pharmacy' days across Ireland. At these events a free asthma review is carried out by an Asthma Specialist Nurse. The review covers inhaler technique, trigger management, advice for staying well with asthma and knowing when to seek professional help.	https://www.asthma.ie/about-us/what-we-do/health-promotion/patient-programmes/asthma-pharmacy

Asthma	Asthma E-Learning Programme: for health and social care professionals (HSE and Asthma Society of Ireland)	This online education programme is for Health and Social Care Professionals. There are five modules within the resource, which take approximately three hours to complete. The content is informed by the Irish College of General Practitioners (ICGP) 'Asthma Control in General Practice'. It is category 1 Approved by the Nursing and Midwifery Board of Ireland (NMBI).	Go to My Learning on www.HSELand.ie and search for 'Care of Adults and Children with Asthma e-Learning Education Programme.'
Asthma	Asthma E-Learning Programme: (UCC School of Pharmacy, University Hospital Kerry, Asthma Society of Ireland, Health Innovation Hub Ireland, Supported by GSK.)	For pharmacists, physiotherapists and healthcare workers caring for people with asthma. The programme provides up-to-date knowledge on the causes and treatment strategies of asthma, and strategies that physiotherapists and pharmacists can use to optimise patient welfare. The programme also provides these professionals with tools to empower patients to manage their own conditions.	http://asthmamanagement.ucc.ie/
Asthma	Practice Nurse asthma care in GP practices	Many Practice Nurses have specialist training in asthma management and offer a support service to adults and children with asthma.	Access: To find out if this service is available, costs involved and how service users can access it, contact the individual GP Practice.
Asthma	See also section on Generic Supports		
Asthma and COPD	Respiratory Outpatients Service, Sligo University Hospital (SUH)	The Respiratory Clinical Nurse Specialists (CNSs) provide an outpatient service to people with asthma and COPD at Sligo University Hospital via direct referral from GPs, Practice Nurses (PNs) and Public Health Nurses (PHNs). Clinics in SUH are General Respiratory clinics (Consultant-led) and Sleep Apnoea clinics (Consultant-led and CNS-led).	Access: CNS services: Via referral only from GP, Practice Nurses or PHNs To: Respiratory Dept, Sligo University Hospital Phone: 07191-36854 Respiratory Clinics: Via referral only from GP, Practice Nurses or PHNs To: Dr Finan, Respiratory Consultant Sligo University Hospital.

Asthma and COPD	Living Well Self-management skills programme.	A free programme for adults living with long-term health conditions such as 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 or in-person.	Access: Self-referral, or signposting by health/social care professional: Register by phone on: 0873964307 For more information visit: www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/stanford-quality-of-life/
Asthma and COPD	British Lung Foundation Website	UK based website that provides support and information to people living with COPD and asthma.	www.blf.org.uk
Asthma and COPD	Dental care	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. 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. It is therefore important that people with chronic conditions such as asthma and COPD are encouraged to access dental services regularly.	Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. For further information visit: https://www.hse.ie/eng/services/list/2/dental/
Asthma and COPD	See also section on Generic Supports		
COPD & other respiratory conditions	Pulmonary Rehabilitation: Sligo University Hospital (Outpatient service) (Note: this service is primarily for COPD Gold Grade 3 & 4)	Pulmonary rehabilitation is a programme of exercise, education and support to help you learn to cope with breathlessness and to function at the highest level possible for you. It involves 1.5 hours on two days a week for eight weeks. No cost.	Access: Referral (to include LFTs) via GPs/consultants/HSE Physios/CNSs/Respiratory clinicians To: Robert Gawley, Senior Physiotherapist, Sligo University Hospital. Email: robert.gawley@hse.ie Phone: 0719 174567 Note: referrals are screened by Respiratory Consultant in SUH.

COPD	<p>Pulmonary Rehabilitation: Community based. Nazerath House, Sligo and St Patrick's Hospital, Carrick-on-Shannon</p> <p>(Delivered by Respiratory Integrated Care Team)</p>	<p>Pulmonary rehabilitation is a programme of exercise, education and support to help you learn to cope with breathlessness and to function at the highest level possible for you. It involves 2.5 hours on two days a week for eight weeks. The programme is delivered by HSE Physiotherapists. No cost.</p>	<p>Access: Via referral from GPs/consultants/HSE Physiotherapists/CNSs/Respiratory clinicians</p> <p>To: Mairead Ward, Senior Physiotherapist. Ballymote Primary Care Centre, Ballymote, Co Sligo</p> <p>Email: mairead.ward1@hse.ie</p> <p>Enquiries: Phone: 086 1723439</p> <p>Note: referrals are screened by Respiratory Consultant in SUH.</p>
COPD	COPD Support Group Sligo Town	<p>Group meetings offering information and peer support to help those living with, and caring for someone with COPD. Meetings are held on the last Wednesday of every month in the Southern Hotel, Sligo, from 4 to 6pm. The COPD support group also offer weekly exercise classes facilitated by a trained instructor.</p>	<p>Contact: Benbulbin COPD support Group: Phone: 087 2448653</p> <p>For more information visit: http://copd.ie/members/sligo-support-group/</p>
COPD	COPD Advice Line	<p>This free Nurse advice helpline provides support, information and education to people with COPD so that they can better understand and manage their condition.</p>	Phone: 1800 83 21 46
COPD	COPD Support Ireland: Website	<p>Provides information and support to Health Care Professionals and people living with COPD.</p>	www.copd.ie
COPD	Patient information booklet: 'COPD and me'	<p>COPD and Me' is an information booklet for those living with COPD and their carers, developed by COPD Support Ireland.</p>	http://copd.ie/wp-content/uploads/2019/04/COPD-ME.pdf
COPD	See also section on Generic Supports		

Type 1 Diabetes	Choice Programme (Carbohydrate and Insulin Collaborative Education Programme) For children with Type 1 Diabetes and their families.	The Choice Programme is for children with type 1 diabetes and their parents/carers. While this is a programme for children under 16, those aged 16 to 18 years who are already within the paediatric diabetes service in SUH are offered a refresher Choice Programme. Location: Sligo University Hospital What's involved: The programme is delivered over a four week period, with each session lasting three hours (12 hours in total). The aim of the programme is to give children, young people and their families or carers, the skills and knowledge they need to manage their diabetes and to reduce the impact of the condition on daily activities and lifestyle.	Access: Via Paediatric Consultant SUH referral only.
Type 1 Diabetes	jdrf Website	American-based website providing information and resources for people with Type 1 diabetes. It also provides a support network for millions of people around the world impacted by Type 1 diabetes.	www.jdrf.org;
Type 1 and Type 2 Diabetes	Diabetes Clinical Nurse Specialist (CNS) Clinics in Sligo University hospital	For Adult Type 1, Type 2 and gestational diabetes. Assessment and appropriate advice on all aspects of management of diabetes, including medication, lifestyle factors, physical activity and diet. Referral to other relevant primary care or hospital services can also be made if necessary. Location: Diabetes Nursing Department, Level 4, Sligo University Hospital	Access: Via inpatient services (ward) referral. Bleep: 180/181 Or Current and previous service users can self-refer for education and support. Phone: 07191-74585
Type 1 and Type 2 Diabetes	Consultant-led clinics in Sligo University Hospital	For type 1, gestational, obstetric and complicated Type 2 diabetes. Location: Sligo University Hospital Outpatients Dept	Access: GP referral to the named Consultant: Prof Catherine McHugh or Ms Siobhan Bacon or GP referral to Central Appointments, Sligo University Hospital. Note: Referrals are triaged and seen according to urgency. Waiting times for this service may therefore vary.

<p>Type 1 and Type 2 Diabetes</p>	<p>Podiatry Service in Primary Care</p>	<p>Community Podiatry is a needs led Service and is not solely for people with diabetes. Those patients at greatest risk of developing serious foot complications from conditions including diabetes, are prioritised and wait-listed accordingly. Appointments are given in order of assessed priority.</p>	<p>Access: Via GP, Practice Nurse or Health care Professional referral. By post: Podiatry Dept, Markievicz Hs, Barrack St, Sligo. By email: aiveen.duffy@hse.ie For more information please contact the following: Sligo Town: 07191-55152 Sligo and Leitrim County: 0719155101</p>
<p>Type 1 and Type 2 Diabetes</p>	<p>Diabetes Podiatry Service: Sligo University Hospital</p>	<p>A Podiatry service specific to people with diabetes runs in Sligo University Hospital. It is for those with Active foot disease and who have been categorised as High Risk or Active foot disease as per the HSE 'Model of care for the Diabetic foot'.</p> <p>Inpatient service: Appropriate inpatient referrals are seen by the Diabetes Podiatrist according to urgency.</p> <p>Diabetes podiatry clinics in Outpatient Department (OPD): These clinics are held 5 days per week. 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>Access: OPD clinic: Via GP, Practice Nurse or Health care Professional referral. The referral must contain the patients current medical and surgical history and current medication.</p> <p>For more information contact (Thursdays and Fridays only): Phone: 071 917 4681</p>
<p>Type 1 and Type 2 Diabetes</p>	<p>Footcare in Diabetes booklets for patients</p>	<p>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.</p>	<p>These booklets are available to download at: www.hse.ie/eng/health/hl/living/diabetes/foot%20care%20information%20leaflets.html</p>
<p>Type 1 and Type 2 Diabetes</p>	<p>Living Well Self-management skills programme.</p>	<p>A free programme, for adults living with long-term health conditions such as diabetes, and for carers. Develops the self-management skills to live well with such conditions. Two and a half hours per week over six weeks. Online or in-person</p>	<p>Access: Self-referral, or signposting by health/social care professional. Register by phone on: Phone: 0873964307</p> <p>For more information visit: www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/stanford-quality-of-life/</p>

Type 1 and Type 2 Diabetes	Diabetes education for healthcare professionals in Sligo/ Leitrim	Regular diabetes education for nursing, medical and other healthcare professions within the hospital and for GP, nursing and other health care professionals in Primary and Secondary Care. Provided by the diabetes nursing team in Sligo University Hospital and in integrated care.	For dates of education sessions for healthcare professionals in Sligo/Leitrim, contact the CNME at: https://healthservice.hse.ie/about-us/onmsd/cpd-for-nurses-and-midwives/cnme-sligo.html Or Contact the Diabetes Nurse Specialists directly: Phone: 07191-74585 Bleep 181
Type 1 and Type 2 Diabetes	Retinal Screening (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.	Service users can register for this service by calling 1800 454555 or online at: www.diabeticretinascreen.ie
Type 1 and Type 2 Diabetes	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	www.ncbi.ie Email: info@ncbi.ie
Type 1 and Type 2 Diabetes	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.	Access: Phone: 01 674 6496 or email: needtotalk@fightingblindness.ie . More information is available at: https://www.fightingblindness.ie/how-we-can-help/support-services/need-to-talk-programme/
Type 1 and Type 2 Diabetes	Sight-loss support: Online training programme for Healthcare professionals: 'Need to Talk': Emotional Support Vision Champion	Emotional support skills training for healthcare professionals and others, to support those experiencing sight loss. 80 minutes online course.	To register for the programme: https://needtotalk.enetlearn.com/Login.aspx?c=51

Type 1 and Type 2 Diabetes	HSE information on Diabetes	General information on diabetes including HBA1C and foot care	https://www.hse.ie/eng/health/hl/living/diabetes/
Type 1 and Type 2 Diabetes	Diabetes Ireland Website and Helpline	Website providing support, education and motivation to people living with diabetes.	Visit: https://www.diabetes.ie/ Helpline: 01 8428118
Type 1 and Type 2 Diabetes	Diabetes UK: Website	Provides support, education and motivation to people living with diabetes.	https://www.diabetes.org.uk/
Type 1 and Type 2 Diabetes	Dental services	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.	Adults aged 16 and over with a medical card: People with a diagnosis of diabetes are deemed 'high risk' under the Dental Treatment Service Scheme (DTSS) and are entitled to an expanded range of services. Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to insured workers (including self-employed and farmers) and retired people who have the required number of PRSI contributions. Eligible patients are entitled to an annual examination free of charge and a scale and polish for which the dentist may request a contribution of up to 15 euro. For more information visit: https://www.hse.ie/eng/services/list/2/dental/
Type 1 and Type 2 Diabetes	Long-term illness scheme.	Diabetes Type 1 and 2 are covered by the Long-term Illness scheme with no requirement for a means test. Under the Long-term Illness Scheme some drugs, medicine and approved appliances used to treat diabetes are available free in pharmacies.	For further information go to: https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html
Type 1 and Type 2 Diabetes	See also section on Generic Supports		
Type 2 Diabetes	DESMOND Programme (Diabetes education and self-management for ongoing and newly-diagnosed diabetes)	A free group education programme for people with Type 2 diabetes. Delivered by 2 diabetes healthcare professionals. Provides knowledge and practical skills to manage diabetes. 6 hour programme - can be delivered over 2 half days or 1 full day.	Access: Via referral from GP, Practice Nurse or diabetes Clinical Nurse Specialist. Referral cards should include blood results (HBA1C) www.hse.ie/eng/health/hl/living/diabetes/desmond/

Type 2 Diabetes or diagnosed pre-diabetes	CODE Programme (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. CODE is supported and funded by the HSE and delivered by Diabetes Ireland.	Access: Self-referral: Contact Diabetes Ireland: Phone: 071-914 6001 email: wro@diabetes.ie Address: Diabetes Ireland Fill in and post the CODE form, available here: www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/code/code-referral-form.pdf
Type 2 Diabetes	Diabetes Smart 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.	www.diabeteseducation.ie
Type 2 Diabetes	Integrated Care Diabetes Nurse clinics in Primary Care	Clinical Nurse Specialists (CNSs) in diabetes integrated care work in partnership with the GP and Practice Nurse in these clinics. The CNS supports those with complicated Type 2 diabetes as defined in Appendix 3 of the Model of Integrated Care for Type 2 Diabetes. Clinics provide assessment and appropriate advice on all aspects of management of diabetes: this includes lifestyle factors, physical activity, healthy eating and medication. Referral to other relevant primary care or hospital services can also be made if necessary. Locations: Available in many GP practices in Sligo/Leitrim. Enquire with the individual GP Practice to find out if this service is available.	View the Model of Integrated Care for Type 2 Diabetes at: https://www.hse.ie/eng/about/who/cspd/ncps/diabetes/moc/ Access: Gp referral* to CNS in Diabetes Integrated Care: Noreen McHale DNS: email: noreen.mchale1@hse.ie Phone: 07191-35025 / 086-0463372 Or Caitriona Coleman DNS: Email: caitriona.coleman@hse.ie Phone: 071 9135030/ 087 9804869 (*Note:Only GPs with access to the integrated care DNS service can refer)

Type 2 Diabetes	Diabetes Advanced Nurse Practitioner (ANP) clinics: for complex type 2 diabetes	Assessment and appropriate advice on all aspects of management of diabetes: this includes lifestyle factors such as physical activity and healthy eating, and also medication management. Screening for diabetes related complications and referrals and discharges to other relevant healthcare professionals are made as required. Locations: Sligo Hospital OPD Ballinamore Primary Care Centre	Access: Via GP referral letter to: Patricia Murray, Diabetes ANP, Level 4, Sligo University Hospital. patriciam.murray@hse.ie 087 9809180 or Via Diabetes Team referral, through Prowellness clinical management system.. Referrals are triaged and seen according to urgency. Waiting times for this service may therefore vary.
Type 2 Diabetes	Practice Nurse diabetes care in GP Practices	Many Practice Nurses have specialist training in diabetes management. In some General Practices where there is no Integrated Care Diabetes Team, Practice Nurses run diabetes clinics or deliver diabetes care.	Access: To find out if this service is available, costs involved and how service users can access it, contact the individual GP Practice.
Type 2 Diabetes	Dietetics Service in Primary Care	Adults with type 2 diabetes can access the dietetics service in primary care at a number of locations in Sligo and Leitrim and in Blacklion Co Cavan. This service provides: - review for adults with type 2 diabetes including review of bloods, food intake, weight and advice on managing diabetes; - one-to-one diabetes education for those who may not be suitable for, or who don't wish to do, the group education course.	Access: via GP or any healthcare professional referral. Sligo: Post to: Community Dietetics Service, Primary Care Centre, Barrack St, Sligo. Email: aiveen.duffy@hse.ie Enquiries: 07191-55152 Leitrim: Post to: Community Dietetics Services, Carrick-on-Shannon, Co Leitrim Email: caroline.obrien@hse.ie enquires: 07196 50311
Type 2 Diabetes	Booklet: Healthy Eating for People with Type 2 Diabetes (INDI)	Healthy eating advice for adults with type 2 diabetes.	https://www.diabetes.ie/wp-content/uploads/2014/11/Healthy-Eating-for-people-with-Type-2-diabetes-2017-AC.pdf
Type 2 Diabetes	See also section on Generic Supports		

Heart Conditions	Cardiac Rehabilitation Programme (Phase 3 - outpatients)	<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, coronary artery stents inserted, implantable cardioverter defibrillator (ICD) or permanent pacemaker inserted.</p> <p>The Programme aims to encourage and support participants to recover and maintain optimal health following a cardiac event.</p> <p>It involves two hours twice per week for 10 weeks.</p> <p>Sessions involve 45 minutes of supervised exercise followed by information sessions from various healthcare professionals. Support and advice is provided throughout.</p> <p>No cost.</p> <p>Locations: Sligo University Hospital and Allen Gaels Centre, Drumshambo</p>	<p>Access: Referral from GP, Cardiology team SUH, any SUH consultant or any Consultant Cardiologist. To: Consultant Cardiologist, SUH, or to the Cardiac Rehabilitation CNS.</p> <p>For more information: Phone: 071- 9171111-Bleep 202 (Cardiac Rehab CNS)</p>
Heart failure	Modified Cardiac Rehabilitation Programme (for those with heart failure) Phase 3 - outpatients)	<p>The Heart Support Service in Sligo University Hospital (SUH) provides a modified cardiac rehabilitation programme for those living with heart failure who meet certain clinical criteria as set out by the Model of Care for Heart Failure 2012.</p> <p>The Programme aims to improve the exercise tolerance of participants with heart failure and to optimise their wellbeing.</p> <p>The programme is run twice per year by the CNSs in Heart Support in conjunction with the Physiotherapy service in SUH.</p> <p>It involves two hours, twice per week for 10 weeks. Each session combines exercise with information sessions from healthcare professionals. The exercise component is individually modified and participants are closely monitored by clinicians throughout.</p> <p>No cost</p> <p>Location: Sligo University Hospital</p>	<p>Access: This programme is for patients of the Heart Support Service in SUH who are deemed appropriate. No direct access.</p> <p>For more information: Phone: 07191-74656</p>

Heart Failure	Heart Support Service, Sligo University Hospital: For people with heart-failure	Registrar-led heart failure clinics are held 4 days per week in Sligo University Hospital (SUH) Outpatients dept, in collaboration with the Clinical Nurse Specialists in Heart Support. Clinics involve cardiovascular assessment, diagnosis, clinical review, review of bloods, review and optimisation of medications, ECG if necessary and education for patient and family/carers. The Heart Support team also provides a service to inpatients with heart failure in SUH.	Access: Outpatients: Via GP referral to Dr Donal Murray, Heart Support Service, Sligo University Hospital. Referral must state 'For assessment of suspected heart failure', and include (if available) Basic Metabolic Panel (BMP) results. All referrals are triaged by the Cardiologist. Echocardiograms, where necessary, are carried out within 4 weeks of referral. Patients are seen in the Heart Support clinic within one month of referral. Patients are maintained within the service, and reviewed at an appropriate frequency. Inpatients: via inpatient referral system For more information: Phone: 07191-74656
Heart failure	Heart failure Support Group	A support group for people with heart failure in the north-west, and their families/carers. Meets on the last Wednesday of every second month (starting in January) in the Sligo Park Hotel, Sligo Town. 7pm to 8.30pm. Meetings are facilitated by IHF and attended by clinicians in heart failure from Sligo University Hospital. Guest speakers include psychology professionals and cardiology consultants and other health care professionals. Provides information, support and advice on heart failure. Refreshments tea coffee, fruits and biscuits after the information session.	Contact: Phone: 087 6057696 Email: mgreene@Irishheart.ie For more information visit: irishheart.ie/get-support/heart-failure-support-groups/
Heart failure	The Heartbeat Trust: Heart failure Website	The website is a reliable source of support, education and information for people living with heart failure and their family/carers in Ireland	www.heartbeat-trust.ie
Heart failure	The Heartbeat Trust: Education resource	A guide for service users towards prevention heart failure.	To access this online booklet, visit: stophf.ie/patients/patient-education-resources/
Heart failure	European Society for Cardiology: Website	On this website you can read about heart failure or listen to audio clips that cover all aspects of the condition	https://www.heartfailurematters.org/en_GB

Heart Conditions	Living Well Self-management skills Programme.	A free programme, for adults living with long-term health conditions including heart conditions, and for carers. Develops the self-management skills to live well with such conditions. Two and a half hours per week over six weeks. Online or in-person.	Access: Self-referral, or signposting by health/social care professional. Register by phone on: 0873964307 For more information visit: www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/stanford-quality-of-life/
Heart Conditions	Irish Heart Foundation Website	Provides support, education and information for people living with heart conditions.	Call 016685001 https://irishheart.ie/
Heart Conditions	Irish Heart Foundation Information leaflets	A variety of reliable information leaflets available to download on heart conditions including heart attacks, heart surgery, angina, stroke and heart failure	www.irishheart.ie/publications/
Heart Conditions	IACR: Irish Association for Cardiac Rehabilitation: Website	National site providing information on cardiac rehab in Ireland including a detailed directory of providers	www.iacr.ie
Heart Conditions	Croi, the West of Ireland Cardiac and Stroke Foundation: Website	Provides support, information and education for people living with stroke and heart conditions.	www.croi.ie
Heart Conditions	British Heart Foundation: Website	Provides support, education and motivation to people living with heart conditions and stroke.	www.bhf.org.uk

Heart Conditions	Dental services	<p>Studies have shown that gum disease is associated with an increased risk of developing heart disease. Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect the heart valves and this is particularly important in people with artificial heart valves. Tooth loss patterns have also been connected to coronary artery disease.</p> <p>People living with heart conditions should be encouraged to access dental services regularly.</p>	<p>Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). People with complex cardiac conditions and/or taking certain medications e.g. Warfarin or similar may be deemed 'Exceptional/High Risk' under the DTSS and are entitled to an enhanced level of care.</p> <p>Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people.</p> <p>For more information visit: https://www.hse.ie/eng/services/list/2/dental/</p>
Heart Conditions	Practice Nurse cardiovascular care	Many Practice Nurses have specialist training in cardiovascular health and offer a support service to adults with high blood pressure, high cholesterol, atrial fibrillation, following a heart attack and a variety of heart conditions.	<p>Access: To find out if this service is available, costs involved and how service users can access it, contact the individual GP Practice.</p>
Heart Conditions	See also section on Generic Supports		

<p>Stroke</p>	<p>HSE Physical and Sensory services</p>	<p>The HSE Physical and Sensory Disability Service provides services for those aged 18 - 65 years who are living with physical and sensory disabilities, including as a result of stroke. Service provision is based on assessment of need. Services include Case Coordination and Social Work.</p> <p>The Physical and Sensory Service also works in partnership with a number of voluntary organisations in Sligo Leitrim to deliver Respite, Personal Assistant, Care Attendant and Home Help services.</p> <p>See also Community Brain Injury Team directory entry below.</p>	<p>Access is via referral only from: GP, Hospital Consultant, other healthcare professional, Community Mental Health Team or Community Disability Service Providers.</p> <p>Obtain Referral form from, and return to: Physical & Sensory Services, JFK House, JFK Parade, Sligo Phone: (071) 9135001</p>
<p>Stroke</p>	<p>Community Brain Injury Team, Sligo Leitrim: A Partnership between HSE Physical and Sensory and Acquired Brain Injury Ireland (ABII)</p>	<p>The community brain injury team provides community-based neuro-rehabilitation services for those aged 18 – 65 years, living with and recovering from an acquired brain injury including stroke, and their families. Services include residential and community rehabilitation.</p> <p>The service is supported by a local Services manager and a clinical team, including Case Coordinator, neuropsychology, occupational therapy and rehabilitation assistants. The team also has access to speech and language therapy and physiotherapy services if required.</p> <p>Criteria for referral: Male or female aged 18-65 - A primary diagnosis of Acquired Brain Injury, which may be the result of a stroke, aneurysm, brain haemorrhage, road traffic accident, fall, assault, viral infection or anoxia. - Willing to engage in a Cognitive Rehabilitation Programme - May have cognitive, physical, sensory emotional or behavioural difficulties. - Will be medically stable with no progressive medical condition - Will not have any significant active alcohol or drug misuse problems Please note : The service is not suitable for people with degenerative conditions, progressive organic disorders or with Alcohol Related Brain Injury.</p>	<p>Access is via referral from: GP, Hospital Consultant, other healthcare professional, Community Mental Health Team or Community Disability Service Providers.</p> <p>Obtain Referral form from and return to: Community Brain Injury Team, Physical & Sensory Services, JFK House, JFK Parade, Sligo Phone: (071) 9135001 or Service Manager, Community Brain Injury Service, ABII, 2 Race Court Manor, Tonaphubble, Sligo F91YP9A Phone: (071) 9153472</p>
<p>Stroke</p>	<p>Stroke Support Group, Sligo Delivered by the Irish Heart Foundation</p>	<p>A support group for people affected by stroke to come together to share their experiences. The group provides information, raises awareness and offers support and advice on stroke. It also provides activity programmes, such as guest speakers and recreational trips and services such as physiotherapy and counselling.</p>	<p>Contact details: Tel: 087 6057696 Email: mgreene@irishheart.ie</p> <p>For more information visit: https://irishheart.ie/get-support/support-groups/stroke-support-groups/</p>

Stroke	Life after Stroke' online Support Group: for young stroke survivors	Hosted on Facebook – this private 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.	New members can join by clicking this link: www.facebook.com/groups/143802206262536/ and requesting membership. For more information contact: tegan@irishheart.ie
Stroke	Support for carers of stroke survivors (Irish Heart Foundation)	Until June 2020, the Irish Heart Foundation is running a special programme of training and support for carers. It is available to a limited number of carers and for a limited time, so book early. The free resources available include one to one counselling, training in moving and handling the person with stroke and CPR training.	For more information: Email: carers@irishheart.ie or Phone: 01 6685001.
Stroke	Living Well Self-management Skills Programme.	A free programme for adults living with long-term health conditions including stroke, and for carers. Develops the self-management skills to live well with such conditions. Two and a half hours per week over six weeks. Online or in-person.	Access: Self-referral, or signposting by health/social care professional: Register by phone on: 0873964307 For more information visit: www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/stanford-quality-of-life/
Stroke	Dysphasia information and supports: Online	Information and communication tools for people living with aphasia following a stroke. (UK based site).	https://www.stroke.org.uk/what-is-aphasia
Stroke	Headway Helpline	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 stroke.	www.headway.ie Helpline: 1800 400 478
Stroke	Headway Information Booklets	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.	To download information booklets visit: https://headway.ie/about-brain-injury/info-resources/
Stroke	National Rehab Hospital: information leaflets	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.	www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/

Stroke	Croí, The West of Ireland Cardiac and Stroke Foundation: Website	Provides support, information and education for people living with stroke and heart conditions.	www.croi.ie
Stroke	Irish Heart Foundation Website	Provides support, education and information for people living with stroke and heart conditions.	www.irisheart.ie
Stroke	Irish Heart Foundation: Stroke booklet	A guide to those affected by stroke and their carers.	https://irisheart.ie/publications/step-step-stroke/
Stroke	Irish Heart Foundation: Stroke information leaflets	A variety of reliable information leaflets available to download including on stroke.	https://irisheart.ie/?s=stroke+&post_type=publication
Stroke	Memory Technology Resource Room , Carrick-on-Shannon.	This HSE service is suitable for anyone with a memory difficulty or diagnosis of dementia and their family/carers. It gives them an opportunity to view and trial resources which will assist them to remain independent and safe at home and in the community. The service is free of charge to anyone over the age of 18 years.	For more information contact: Occupational Therapy Dept, St Patricks Hospital, Carrick On Shannon. Phone: 071 965 0132 (Tuesday and Friday)

<p>Stroke</p>	<p>Irish Wheelchair Association (IWA)</p>	<p>Support for people between 18 - 65yrs with physical or sensory disabilities, including stroke survivors.</p> <p>The Resource and outreach Centre in Carrick-on Shannon and Sligo Town provides a range of centre-based activities including arts and crafts, cookery, music and drama, gardening, yoga, sports, day trips and holidays, QQI Certificate courses and Supported Employment programmes (Ability Programme).</p> <p>The Irish Wheelchair Association works in partnership with HSE Physical and Sensory Services to deliver the Assisted Living Service. This service can provide trained Personal Assistants to individuals with physical and sensory disabilities, based on assessment of need.</p>	<p>Location and contact details: Sligo Regional Centre Abbeyville Centre, St Anne's, Sligo Phone: 071915 5522 Email: sligo@iwa.ie</p> <p>Castlecarragh Road, Attyfinlay, Carrick on Shannon, Leitrim Phone: 071 9620569 Email: leitrim@iwa.ie</p> <p>For more information visit: https://www.iwa.ie/ For more information about the Assisted Living service: Email: sandra.henry@iwa.ie Phone: 07191-55522</p>
<p>Stroke</p>	<p>Driving and motoring support: Irish Wheelchair Association (IWA)</p>	<p>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.</p> <p>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.</p>	<p>MAATS services are co-ordinated from the IWA National Mobility Centre, Clane, Co Kildare. Tel: 045 893 094. or Contact IWA in Sligo/Leitrim: Tel: 071915 5522 Email: sligo@iwa.ie</p> <p>For more information visit: https://www.iwa.ie/</p>
<p>Stroke</p>	<p>See also section on Generic Supports</p>		

Generic Supports

<p>Self-Mangement Skills Programme (Stanford model)</p>	<p>Living Well Self-management skills programme.</p>	<p>A free programme, for adults living with long-term health conditions and for carers. Develops the self-management skills to live well with such conditions. Two and a half hours per week over six weeks. Onlinen or in-person.</p>	<p>Access: Self-referral, or signposting by health/social care professional. Register by phone on: 0873964307</p> <p>For more information visit: www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/stanford-quality-of-life/</p>
<p>Smoking Cessation</p>	<p>Smoking Cessation: Quit.ie</p>	<p>HSE QUIT service provides free, personalised support to help people quit smoking. Website contains useful information on the health benefits of quitting, how to deal with cravings, and nicotine replacement therapy.</p>	<p>Website: www.quit.ie Phone: 1800201 203 Email: support@quit.ie Text: Free text QUIT to 50100 Tweet: @HSEQuitTeam</p> <p>Facebook Us: facebook.com/HSEQuit</p>
<p>Smoking Cessation</p>	<p>Sligo Leitrim Clinics Free to anyone interested in quitting smoking</p>	<p>Markievicz House, Sligo Town: Mondays from 9am to 1.30pm Sligo University Hospital: Tuesday to Friday from 9.30am to 4.30pm Primary Care Centre, Manorhamilton: Thursday mornings from 9am to 1.30pm. St Patrick's Hospital, Carrick-on-Shannon: Wednesday mornings</p>	<p>Contact: Markevicz House: 087 7386230</p> <p>Sligo Hospital: 071-9174548 Email: pauline.kent@hse.ie</p> <p>Manorhamilton: 087 738 6230 Carrick-on-Shannon: 087-0624215</p>
<p>Carers resources</p>	<p>HSE information on Carer's supports: Webpage</p>	<p>Advice and information about supports available to carers.</p>	<p>https://www.hse.ie/eng/services/list/3/carerssupport/</p>

Carers resources	Family Carers Ireland: Website and local resource centre.	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>Family Carers Ireland 53 St Brigid's Place Sligo, F91 YY59 Tel: 071 9143123 Mobile: 086 1726664 Fax: 071 9143135 Email: mcawley@familycarers.ie</p> <p>For more information visit: www.familycarers.ie Call the Careline: 1800 240724 Email: info@familycarers.ie</p>
Falls Prevention	Active and Healthy Ageing, Falls Prevention Programme	<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.</p> <p>Falls Nurses run falls assessment clinics in Sligo Town, Manorhamilton, Carrick-on-Shannon and Ballyshannon.</p>	<p>Access: Any GP, Consultant, Healthcare or Social-care Professional can refer to the programme. For referral form call the Falls Prevention Co-ordinator: Phone: 071 982 2776 or 086 010 6367.</p> <p>Service users can self-refer by calling the relevant location from the list below to arrange to talk to the Falls Nurse.</p> <p>Falls clinics locations and contact details: St Johns comm hosp sligo Phone: 071 9142606; Our Lady's Hospital, Manorhamilton Phone: 0719820417; St Patrick's Hospital, Ck-on-Shannon Phone: 071 9620011; Sheil Hospital, Ballyshannon Phone: 071 9851300</p>
Falls Prevention	Advice booklet on Falls prevention	Advice about preventing and managing falls for service users and family / carers	https://www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/falls-prevention/falls-prevention-education-booklet.pdf

Pain management	Pain Clinic Providing service to Sligo, Leitrim, Donegal, Cavan, Longford, Roscommon, Mayo & Galway	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 & Nursing team, and the Clinical Specialist (chronic Pain) Physiotherapist. Clinics can be arranged as face to face or virtual (via Attend Anywhere link). The service also offers at no cost: - A Pain Management Education Programme comprising 1 workshop per week for 8 weeks and 2 follow-up sessions - short (2-hour) information sessions about pain management.	Access: 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 & current medications. Send to: Pain Management Secretary, Day Services, Level 6, Sligo University Hospital, Sligo. More information: For appointment queries contact the Pain management secretary: Phone: 071-9174706 For pain queries and advice contact the Pain Team Nurse. Phone: 0719136875
Medicines Information	Webpage of the HSE's National Medication Safety Programme	Information and advice about medications for service users, carers and healthcare professionals	http://www.safermeds.ie/
Medicines Information	My medicines' list	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.	www.hse.ie/eng/about/who/qid/nationalsafetyprogrammes/medicationsafety/my-medicines-leaflet-a4dl-colour.pdf
Medicines Information	Health products regulatory authority (HPRA)	A state agency whose role is to protect and enhance public and animal health by regulating medicines, medical devices and other health products.	https://www.hpra.ie
Vaccinations	Flu Vaccination	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: - 65 years of age and over - pregnant - living with a long-term health condition - working in healthcare -are a carer - living in a nursing home or other long-term care facility - in regular contact with pigs, poultry or water fowl.	www.hse.ie/eng/health/immunisation/pubinfo/flu-vaccination/flu-vaccine-for-people-with-long-term-conditions/

Vaccinations	Pneumococcal Vaccination	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 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.	www.hse.ie/eng/health/immunisation/hcpinfo/othervaccines/pneumo/#What%20is%20pneumococcal%20disease?
Winter-ready support	Stay Well this Winter: 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.	www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/stay-well-this-winter.html
Winter-ready support	HSE Winter Ready Checklist for long-term health conditions	Checklist on being prepared for the winter period when living with a long-term health condition.	www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/winter-advice-for-patients-with-chronic-conditions/winter-ready-checklist-for-patients-with-chronic-disease.pdf
Winter-ready support	Be Winter Ready: 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.	https://www.winterready.ie/en
Practical advice when sick	HSE webpage '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.	Visit: https://www2.hse.ie/under-the-weather/
Healthy eating & weight management	Irish Nutrition and Dietetic Institute (INDI).	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.	Visit: https://www.indi.ie
Healthy eating & weight management	Safefood website	This website is a reliable source of information on nutrition and food safety. You can also download resources, publications and recipes.	Visit: https://www.safefood.eu/Home.aspx
Healthy eating & weight management	Booklet: 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.	Visit: uploads-ssl.webflow.com/56bb313e0cccd239096171fd/5b854258b978e4337b33230a_Regional%20Hospital%20Mullingar%20Weight%20Management%20Guide%202018.pdf

Healthy eating & weight management	Food Pyramid	A 7-page guide to the food pyramid, portion sizes and tips for making healthy food choices.	Download at: assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf
Healthy eating & weight management	Online BMI Calculator	Weight Management tool	Visit: https://www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx
Healthy eating & weight management	Nutrition Supports Toolkit: to manage malnutrition.	Malnutrition can be a serious issue for people with long-term health conditions. Healthcare Professionals: The Nutrition Supports toolkit is designed to assist healthcare professionals screen for, and manage, malnutrition in the community. Public: These resources are intended for people who have been advised by a trained healthcare professional that they require a high calorie high protein diet.	For more information visit: www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/nutrition-supports/
Physical activity and exercise	Get Ireland Active' Website	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 Sligo and Leitrim.	https://www.getirelandactive.ie/
Physical activity and exercise	Get Ireland Walking' Website	Website providing support to get people walking. Houses regularly updated information on walking groups in local areas including Sligo and Leitrim.	https://www.getirelandwalking.ie/
Physical activity and exercise	Sligo Sports and Recreation partnership	Sligo Sports and Recreation Partnership provides a 'one stop shop' for information on sports, recreation and other physical activity initiatives in Co Sligo. Activities are available for all ages and abilities. Tailored programmes for specific groups are available, including men's groups, women's groups, older persons groups and programmes for people with disabilities. Activities include walking groups, cycling programmes, water sports, lawn bowls, badminton and table tennis. The aim of the Sligo Sports Partnership is to increase participation in all sports and encourage people in Sligo to be more physically active.	Visit: https://www.sligosportandrecreation.ie/

Physical activity and exercise	Men on the Move, Sligo	Men on the Move (MOM) is a physical activity programme that is aimed at adult men (aged 30+) to get more active, have fun, and improve fitness levels. It involves: -Regular physical activity sessions over 12 weeks that are led by a qualified instructor, at a level appropriate to the participant. -Workshops on nutrition and well-being for men. There may be a small cost to attend this programme.	The programme runs in various locations across Sligo and at different times of the year. To find out if there is a programme near you visit: http://www.sligosportandrecreation.ie/ Or contact: Sligo: Tel: 071 916 1511 Email: info@sligosportandrecreation.ie Email: info@sligosportandrecreation.ie
Physical activity and exercise	Leitrim Sports partnership:	Leitrim Sports Partnership (LSP) provides a 'one stop shop' for information on sports, recreation and other physical activity initiatives in Leitrim. LSP delivers initiatives for all ages and abilities, and for specific groups. Specific groups catered for include older adults, people with disabilities, men only and women only groups. Activities delivered by the LSP include walking & cycling programmes, swimming, water-sports (Kayaking), dancing, get fit exercise programmes, boccia, 'Go for Life' games, exercise to music and Men on the Move programmes. The aim of the Leitrim Sports Partnership is to increase participation in all sports and encourage people in Leitrim to be more physically active.	For more information visit: www.leitrimsports.ie Phone: 0719650498 Email: sports@leitrimcoco.ie
Physical activity and exercise	Parkrun and walk	Parkrun is a free weekly, noncompetitive timed 5K walk/jog/run. Parkrun takes place on Saturday mornings at 9.30am in Doorly Park, Cleveragh, Sligo. Parkruns are run by local volunteers and pre-registration is required.	To register visit: https://www.parkrun.ie
Emotional and Mental Well Being Supports	Counselling in Primary Care (CIPC)	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. 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. 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.	Access: Available in a number of Primary Care Centres in Sligo Leitrim. GPs, other Primary Care team member (eg Physiotherapist, Practice Nurse, Occupational Therapist) or Public Health Nurse can refer. To access referral form click on: https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/referral-form.pdf Send referrals to: CIPC Counselling Coordinator, 68 John St, Sligo.
Emotional and Mental Well Being Supports	CIPC information and leaflets	Explanatory leaflets and further information about the CIPC service can be accessed on the CIPC webpage.	Visit: https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/

Emotional and Mental Well Being Supports	Recovery College: Education and training opportunities to support people recovering from mental health problems. (A CAWT-funded project)	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. Courses are split into 3 areas: Getting started: 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. Building on learning: Courses/workshops that help gain further knowledge and skills of mental health issues and self-management. Continuing the journey: 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. Examples of courses include: - Getting a good night's sleep (2 hour session) - Introducing and exploring mindfulness (2 week course) - Living with and managing anxiety (3 Hours) - Towards wellness and recovery, 4 weeks (2Hours)	Courses offered are open to everyone and are free of charge. Registration is essential. For information about programmes or to register contact: Donegal Email: recoverycollegewest@westerntrust.hscni.net Phone: 048 712 9683 Sligo, Leitrim, Cavan and Monaghan: Address: Room 001, Block D Cavan Institute Cootehill Road, Drumalee Cavan Phone: 087 610 0449
Emotional and Mental Well Being Supports	Alive to Thrive: Website	Sligo Leitrim Website to promote and support positive mental health. Includes advice, resources and directory of programmes and services for mental wellbeing. Website developed by HSE, Mental Health Ireland and NOSP	http://www.alive2thrive.ie/
Emotional and Mental Well Being Supports	Your Mental Health: HSE webpage	The webpage is a reliable source of advice, information and support services for mental health and wellbeing.	https://www2.hse.ie/mental-health/
Emotional and Mental Well Being Supports	Mental Health Ireland Website and services.	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. 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.	Visit: https://www.mentalhealthireland.ie/ For further information: Phone: 01 284 1166 Area Development officer Sligo Leitrim: Phone: 086 853 9010

Emotional and Mental Well Being Supports	Aware: Depression and bipolar disorder support organisation.	Aware is an organisation which provides support and information to people experiencing depression and bipolar conditions. Aware offers a free support line, support email, online life-skills training and local support groups. Depression & bipolar disorder support & self care groups: Any adult who is experiencing depression, bipolar disorder or mood related condition is welcome. No referral is needed although if attending a doctor or therapist, Aware recommends that you keep them informed. Sligo: Markievicz House, 2 Barrack St, Rathquarter, Sligo. Every Wednesday at 8pm. Donegal: Art Company, McKenderick Place, Pearse Road, Letterkenny, Co Donegal. Every Tuesday at 8pm.	For more information visit: https://www.aware.ie Aware Support line: 1800 80 48 48 Aware Support Email: supportmail@aware.ie
Emotional and Mental Well Being Supports	Grow 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. Free confidential weekly group meetings are held in venues in Donegal Leitrim and Sligo.	For Grow support groups in Sligo/Leitrim and Donegal visit: https://grow.ie/north-western/
Emotional and Mental Well Being Supports	Private Counselling and Psychotherapy Services	For individuals who wish to access private counselling or psychotherapy services, these professional organisations provide a directory of accredited counsellors and psychotherapists nationwide.	Irish Association of Counsellors and Psychotherapists (IACP): https://iacp.ie/ Call: 01-230 3536 The Irish Council for Psychotherapy (ICP) http://www.psychotherapyCouncil.ie Call: 01-905 8698 The Psychological Society of Ireland (PSI) https://www.psychologicalsociety.ie/ Call: 01-472 0105 The Irish Council for Psychotherapy (ICP) http://www.psychotherapyCouncil.ie Call: 01-905 8698

Epilepsy support	Epilepsy Ireland	Advice, information and support for people with epilepsy in Ireland.	Visit: www.epilepsy.ie Sligo Office: Epilepsy Ireland 2C Castle House Castle Street Sligo Tel: 071 91 41858
Epilepsy support	Epilepsy Community Resource Officer, Sligo Leitrim and Donegal: (Epilepsy Ireland)	The Epilepsy Ireland Community Resource Officer provides support and information for people with epilepsy as well as their families and carers. Whether it's 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.	Contact details: Epilepsy Ireland Community Resource Officer for Donegal, Leitrim & Sligo: Tel: 074 9168725 Email: amooney@epilepsy.ie
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.	www.ncbi.ie Email: info@ncbi.ie
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. Also offers an 80 minute online course for healthcare professionals and others, to develop emotional support skills for those experiencing sight loss.	Access: Contact the Need to Talk team: Phone: 01 674 6496 Email: needtotalk@fightingblindness.ie More information is available at: https://www.fightingblindness.ie/how-we-can-help/support-services/need-to-talk-programme/
Hearing loss support	Chime: 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.	Visit: http://www.chime.ie/ or call in to the Chime centre in Sligo: Abbeyville Centre, Abbeyville, Co Sligo. Phone: 07191-94975 Skype: Chime Sligo Text: 086 796 1324 Fax: 071 914 8868

Memory supports	Memory Technology Resource Room , Carrick-on-Shannon.	This HSE service is suitable for anyone with a memory difficulty or diagnosis of dementia and their family/carers. It gives them an opportunity to view and trial resources which will assist them to remain independent and safe at home and in the community. The service is free of charge to anyone over the age of 18 years.	For more information contact: Occupational Therapy Dept, St Patricks Hospital, Carrick On Shannon. Phone: 071 965 0132 (Tuesday and Friday)
Drugs and Alcohol	HSE Alcohol and Substance Misuse Counselling Service - Sligo/Leitrim/W-Cavan/Sth Donegal	Counselling service for those affected by alcohol and substance abuse.	Phone: 07191-43316
Drugs and Alcohol	Alcoholics Anonymous	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. The only requirement for membership is a desire to stop drinking. The primary purpose of Alcoholics Anonymous is to stay sober and help other alcoholics to achieve sobriety.	Visit: https://www.alcoholicsanonymous.ie/
Drugs and Alcohol supports	Drug and alcohol Family Support Worker - North Leitrim/Sth Donegal	Provides drug and alcohol supports to families and children affected by a family member and/or a friend's substance misuse.	Phone: 087 7148004 Email: magsrycp@gmail.com
Drugs and Alcohol supports	Substance Misuse Worker for the Homeless - Co Sligo	Provides assessment, support and an outreach service in relation to substance misuse to those experiencing homelessness or at risk of homelessness in Co Sligo.	Phone: 0858030131 Email: c.hanley@sligosocialservices.ie
Drugs and Alcohol supports	Assertive Outreach Workers - Sligo/Leitrim/Sth-Donegal	Support workers for recovering and at risk/current substance misusers. Helping achieve and maintain behaviour changes in relation to associated risk taking behaviours.	Sligo/Sth Leitrim: Phone: 087 787 8355 Email: darrenobriencranmore@gmail.com Sligo Town: Phone: 087 220 8602 Email: markaskeynorthside@gmail.com N-Leitrim/Sth Donegal: Phone: 087 7010520 Email: damienrycp@gmail.com

Drugs and Alcohol supports	Traveller Men Programme - Sligo Traveller Support Group	To support Sligo Traveller men and their families in the community who are affected by drug and alcohol misuse.	Phone: 0719145780 Email: stg@eircom.net
Social and Community Supports	Rural Transport Options	Local Link provides door to door and scheduled bus services in towns, villages and rural areas.	To view timetables and routes visit: https://www.localink.ie/en/your-local-link/donegal-sligo-leitrim/
Social and Community Supports	Family Resource Centres	There are a number of Family Resource Centres in Sligo and Leitrim. These provide a range of services including information, advice and support to target groups and families within their local communities. Services include practical assistance such as access to information technology and office facilities, education and training opportunities and some centres provide low-cost counselling services.	To search for family resource centres in Sligo and Leitrim visit: http://www.familyresource.ie/family-resource-centres-ireland.php#
Social and Community Supports	Mens Sheds	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. There are a number of mens sheds across Sligo and Leitrim.	www.menssheds.ie/shed_county/all-provinces/
Social and Community Supports	Parenting programme for 0 - 10 years 'Triple P' (Sligo Leitrim)	A free programme for parents of children up to 10 years. Evidence-based tips and strategies to build relationships and manage childrens' behaviours. Aims to make family life more enjoyable.	To book a place on Triple P: call: 0719135076 Email: teresa.cawley@hse.ie For more information visit: www.triplep-parenting.net/global/triple-p/
Social and Community Supports	Parenting programme (10 years plus) 'Parent Plus'	A free programme for parents of children over age 10 years and courses to support parenting when separated. Evidence-based tips and strategies to build relationships and manage childrens' and adolescents' behaviours. Aims to make family life more enjoyable.	To book a place on Parent Plus message: Parent Hub Sligo Leitrim Facebook page.
Social and Community Supports	The Sligo Leitrim Directory of services	Website providing official listings of services for health, mental health, education, disability, youth, childcare and others in Sligo and Leitrim.	http://www.sligoleitrimdirectory.ie/

Social and Community Supports	Citizens Information	Information on rights and entitlements. There are centres in Sligo Town, Tubbercurry, Manorhamilton, Carrick-on-Shannon and Ballyshannon.	For contact details of local centres visit: http://centres.citizensinformation.ie/
Older adults resources	Active Retirement groups Sligo	All older people are welcome to join local Active Age or Active Retirement groups, to have fun and have their voices heard, regardless of age, gender, culture or any other grounds. There are a number of these groups in Co Sligo.	To find a group in Sligo visit: https://activeirl.ie/group-search/?county=Co.%20Sligo
Older adults resources	Active Retirement and Active Age groups, Leitrim	All older people are welcome to join Active Age or Active Retirement groups, to have fun and have their voices heard, regardless of age, gender, culture or any other grounds.	Contact details: Glenfarne Active Retirement: 01-8733836 Aughavas/Cloone Active Age :071 9642018 Ballinamore Active Age: 086 3439183 Carrick-on-Shannon Active Age: 071 9620908 / 089 4344316 Drumreilly Active Age: 049 4333265 Fenagh Active Age: 071 9644448 Gortletteragh Autum Club: 071 9636053 / 086 8039527 Kiltoghert Active Age:071 9621505 Leitrim Village Active Age: 071 9620937 For more information visit: http://www.ldco.ie/active-age.html
Older adults resources	ALONE	Support for older people who are homeless, socially isolated, living in deprivation or in crisis.	Visit: www.alone.ie
Older adults resources	Befriending & Support Service from ALONE	ALONE's Befriending & Support service provides companionship to older people who would like extra social contact through a weekly volunteer visit or telephone call. There are Befriending Services in Rossinver, Sligo Town and Drumshanbo,	For contact details and more information visit: https://alone.ie/befriending-networks-ireland/
Older adults resources	Seniorline	Seniorline is a national confidential listening service for older people provided by trained older volunteers. Lines are open every day from 10am to 10pm (all year round).	Phone: 1800 80 45 91 For more information visit: http://www.thirdageireland.ie/seniorline
Employment Supports	Ability Programme (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.	For more information: Sligo: Phone: 071915 5522 Email: jeanette.beirne@iwa.ie or sandrahenry@iwa.ie Carrick-on-Shannon: Phone: 071 9620569 Email: drckshanon@iwa.ie Or visit: https://www.iwa.ie/

Employment supports	Employment Response North-West (Donegal, Sligo, Leitrim)	Employment Response North West 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, aged 16 to 65, to secure and maintain a job in the open labour market.	Contact details Phone: 071 9153222 Email: info@employmentresponse.ie Postal address: Donegal/Leitrim/Sligo Employment Response North West, 1 Custom House Quay, Sligo For more information visit: https://employmentresponse.ie
Allowances and entitlements	Long Term Illness Card	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.	Visit: https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html
Allowances and entitlements	Medical Card	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.	Visit: https://www2.hse.ie/medical-cards/
Allowances and entitlements	GP Visit Card	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.	Visit: https://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html
Allowances and entitlements	Over 70's GP Visit Card	If you are over 70 you can register for a GP visit card, regardless of income.	Visit: https://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html To apply by post, 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	Drugs Payment Scheme	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"> • approved prescribed drugs and medicines • rental costs for a continuous positive airway pressure (CPAP) machine • rental costs for oxygen Those who don't have a medical card and who pay more than €124 a month for any of these, should apply.	For more information and to apply for a card visit: https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html

Financial management support	Money Advice and Budgeting Service (MABS)	MABS is a free, independent, non-judgmental and confidential service for people who are in debt or at risk of getting into debt. MABS works with individuals to determine the type of support needed including assessing whether it is necessary to meet with a Money Adviser.	For more information visit: http://www.mabs.ie
Literacy Supports	National Adult Literacy Agency (NALA)	Help for adults with reading, writing, maths and technology	For more information visit: https://www.takethefirststep.ie Freephone 1800 20 20 65 Text LEARN to 50050 Email: info@nala.ie
Library services	Healthy Ireland at your Library	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.	For more information view: https://twitter.com/LibrariesIre
Staff Health and Wellbeing	Support for healthcare workers: Website	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.	Visit: http://workwell.ie/
Information about HSE services	HSE Live: 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. 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.	Visit: www.hse.ie/eng/hselive/ Callsave: 1850 24 1850 Tel: (041) 685 0300 Email: hselive@hse.ie

Self-management Support Co-ordinators

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

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

