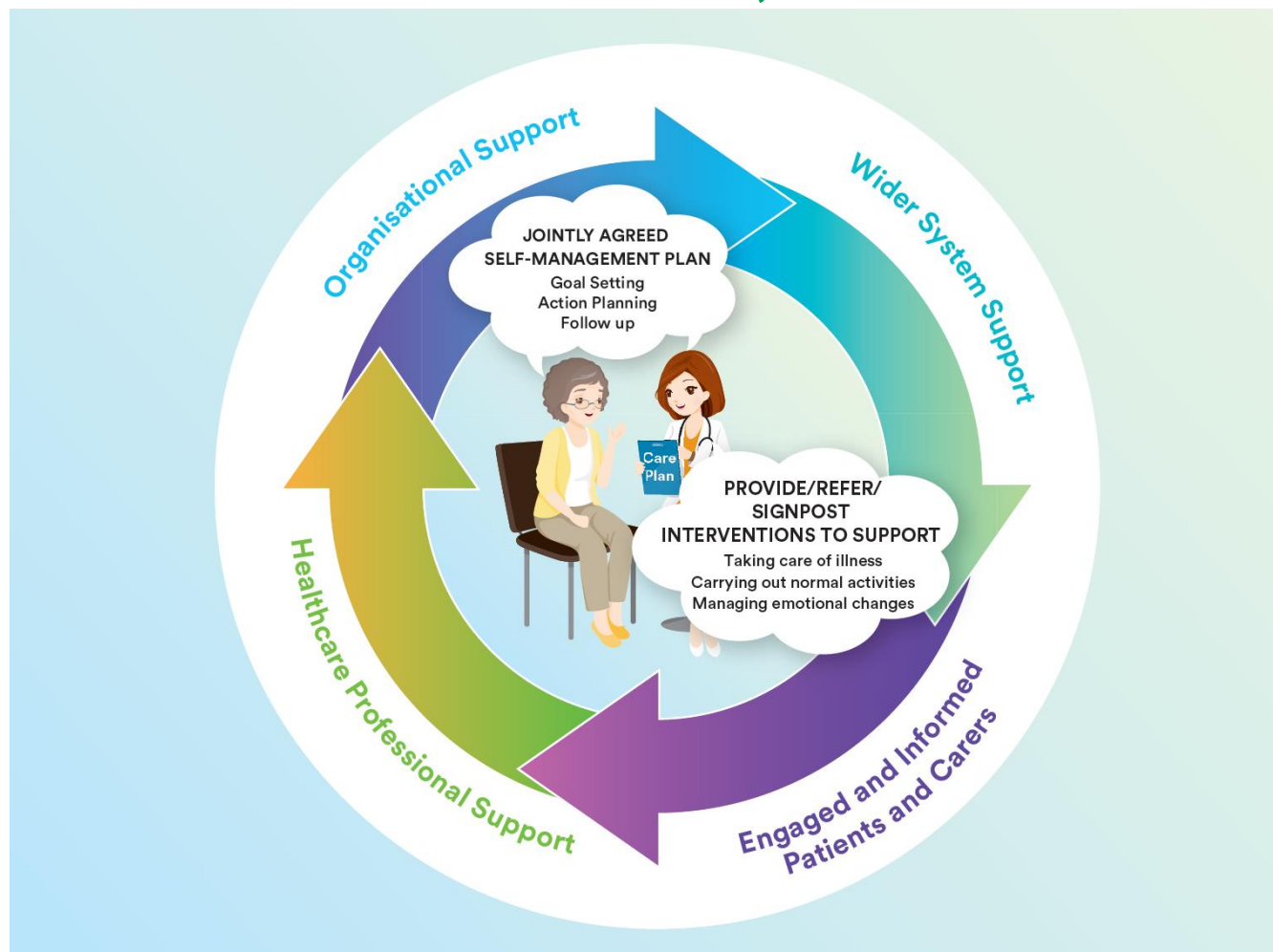


Louth & Meath Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions, Stroke.



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



Asthma & COPD



Diabetes



Heart Conditions



Stroke



Generic Supports

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

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

Information current as of publication date: 29th March 2020

Prepared by: Sinéad Power

HSE Self-management Support Co-ordinator
Midlands, Louth, Meath Community
Healthcare

Email: CHO8.SMS@hse.ie

Foreword

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

This directory is a priority action of the 'Living Well with a Chronic Condition: Framework for Self-management Support.' It is also a key action of the Midlands Louth Meath CHO Healthy Ireland Implementation Plan 2018-2022, where we have committed to supporting people living with long-term health conditions.

Self-management support means working with people to help them become better managers of their own health. It is important that people have a full understanding of their condition, what it is, how to help manage it and how it will impact their life. Successful self management relies on people having access to the right information, education, support and services to help manage their condition. The person with the condition is not managing alone but is a partner in their own healthcare.

This directory will assist healthcare professionals to support adults living with or caring for someone with a long-term health condition, by signposting them to condition-specific self-management supports such as pulmonary rehabilitation, cardiac rehabilitation and diabetes structured education programmes. These programmes aim to equip individuals with the knowledge, skills and confidence to live well with a long-term health condition. The inclusion of social and community supports, peer support groups and emotional and mental wellbeing supports recognises the value of these resources in assisting people to self-manage, and help contribute to leading a healthier life.

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






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

Fiona Murphy
Head of Health and Wellbeing
Midlands Louth Meath CHO

Sinéad Power
Self-management Support Co-ordinator
Midlands Louth Meath CHO



Index

	Asthma	5
	Chronic Obstructive Pulmonary Disease (COPD)	7
	Diabetes	10
	Heart Conditions	16
	Stroke	19
	Lifestyle Behaviour Change Supports	24
	Active Living	24
	Carers Supports	27
	Communication Supports	28
	Chronic Disease Self Management Support	30
	Drugs and Alcohol	31
	Emotional and Mental Health Wellbeing	32
	General Health Information	34
	Financial Supports	37
	Healthy Eating	39
	Health Services	42
	Smoking Cessation	44
	Social and Community Supports	45
	Supports for Health and Social Care Professionals	50
	Self-management Support Co-ordinators	53

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



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

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



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

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



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

Category	Service	What is involved?	Where & how to access?
COPD	COPD Support Ireland	COPD Support Ireland is a charity set up to support all those living with chronic obstructive pulmonary disease (COPD). They bring together local support groups from around the country, to help those living with, and caring for someone with, COPD.	Call: 086 0415128 Email: info@copd.ie
COPD	COPD Support Ireland	COPD support groups meet either weekly or monthly. The groups provide information and offer support and advice on living with breathlessness. They aim to provide regular exercise classes especially for people with breathlessness secondary to COPD, Asthma and other respiratory conditions. They also offer a place for people affected by respiratory problems to come together to share their experiences	For details on your local group please contact: Wendy, COPD Ireland Call: 086 0415128 Website: http://copd.ie/ Groups established in Drogheda & Dundalk Drogheda Group Direct Contact Pauline O'Neill, Call: 086 0733469 Marie Cunningham Call: 086 2588370
COPD	COPD Support Ireland Nurse Advice Line	Call the FREE Advice Line and an appointment will be made with the nurse to call you back at a time that suits you.	Call the Nurse Advice Line: 1800 83 21 46
COPD	'COPD and Me' Patient Information Booklet	'COPD and Me' is an information booklet for patients and their carers developed by COPD Support Ireland.	Down load from here: COPD & Me



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

Category	Service	What is involved?	Where & how to access?
Asthma and COPD	Pulmonary Rehabilitation Programme	<p>Pulmonary Rehabilitation is a free programme of exercise and education for adults with long term respiratory conditions.</p> <p>These are conditions which may cause you to reduce, limit or stop performing your normal activities. This in turn can impact on your fitness and strength. The exercises are tailored to meet your own ability and needs and the classes are supervised by a respiratory nurse/physiotherapist. Classes run for 8 weeks with 2 classes each week lasting on average 1 and a half hours each.</p>	<p>Majella O'Reilly, Senior Physiotherapist. COPD Outreach Dept. Our Lady of Lourdes Hospital, Drogheda, Co. Louth. Email: Majella.OReilly@hse.ie</p> <p>Nancy Blake, Senior Physiotherapist. Louth County Hospital, Dublin Road, Dundalk, Co. Louth Call: 042 9385461 Email: nancy.blake@hse.ie.</p>
COPD	COPD Outreach Service	<p>COPD Outreach is a hospital at home service which has been shown to be safe and well tolerated in people who present to an acute hospital with an uncomplicated exacerbation of COPD.</p> <p>The service facilitates links between primary care and the acute hospital setting.</p> <p>When a person is suitable they are discharged home from hospital under the care of the outreach team. The outreach team visit them 1-3 times at home over approximately two weeks.</p> <p>A home visit may include monitoring, inhaler techniques, support with new equipment (such as oxygen, nebulisers & home BiPAP), spirometry, exercise prescription, education to people with COPD and their families, early intervention strategies and Self-management techniques</p>	<p>To access the COPD Outreach programme, the person with COPD needs to be assessed by the COPD Outreach team during an admission to determine eligibility</p> <p>Majella O'Reilly, Senior Physiotherapist, COPD Outreach Dept. Our Lady of Lourdes Hospital, Drogheda, Co. Louth. Call: 086 8227831 Email: Majella.OReilly@hse.ie</p>



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

Category	Service	What is involved?	Where & how to access?
Asthma and COPD	Dental Services	Patients with asthma and COPD have increased risk of dry mouth which increases the risks of tooth decay, gum disease and bad breath and inhalers can further dry out the mouth. It is essential to follow instructions carefully in relation to rinsing the mouth immediately after using inhalers to reduce these risks and also to prevent fungal infection in the mouth e.g. thrush.	<p>Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). For further information go to: http://www.hse.ie/eng/services/list/2/dental/</p> <p>Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. For further information go to: http://www.welfare.ie/en/Pages/Treatment-Benefit1.aspx</p>
Asthma and COPD	See also section on Lifestyle Behaviour Change Supports		



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

Category	Service	What is involved?	Where & how to access?
Diabetes Type 1	Berger	<p>The Berger Programme is a comprehensive Diabetes self-care skills course which teaches people with Type 1 Diabetes how to adjust insulin to match their daily food intake. It is run by a Dietitian and a Diabetes Nurse Specialist.</p> <p>This programme is designed for people with Type 1 Diabetes, and covers all aspects of Diabetes self-management. The course is run over 3 days.</p> <p>This is a free service for anyone with Type 1 Diabetes.</p>	<p>For further information please contact:</p> <p>Pauline O'Hanlon or Linda Matthews Diabetes Nurse Specialists Diabetes Day Centre, Louth County Hospital Dundalk, Co. Louth Call: 042 9381175 Mobile: 087 9752288</p> <p>Joan Donnelly, Clerical Officer Louth Meath PCCC, St Bridgid's Complex, Ardee, Co. Louth Call: 041 6860766 Email: lm.dietitian@hse.ie</p>
Diabetes Type 1	Juvenile Diabetes Research Foundation JDRF website	<p>An American-based website providing information and resources for people with Type 1 diabetes. It also provides a support network for millions of people around the world impacted by Type 1 diabetes.</p>	<p>Click here for more information: www.jdrf.org</p>



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

Category	Service	What is involved?	Where & how to access?
Diabetes Type 2	<p>DESMOND Programme</p> <p>(Diabetes Education and Self Management for On-going and Newly Diagnosed).</p>	<p>DESMOND is run by Diabetes Nurse Specialists and Community Dietitians.</p> <p>It is a 6 hour course delivered as two half day sessions or as a 1 day course. The sessions are led by health professionals, trained to ensure they receive accurate, up to date, evidence based information</p> <p>This is a free service for anyone with Type 2 Diabetes.</p>	<p>For further information please contact:</p> <p>Pauline O'Hanlon or Linda Matthews Diabetes Nurse Specialists Diabetes Day Centre, Louth County Hospital Dundalk, Co. Louth Call: 042 9381175 Mobile: 087 9752288 OR Joanne Farrelly Department of Primary Care, Louth Meath PCCC, St. Brigid's Complex, Ardee, Co. Louth. Call: 041 686 0766 Email: lm.dietitian@hse.ie</p>
Diabetes Type 2	<p>Discover Diabetes Type 2</p>	<p>Discover Diabetes is a free 4 week course run by the HSE Community Dietitian where the person will learn how care for their health and Type 2 diabetes. Each session is approximately two and a half hours each week.</p> <p>A family member, carer or friend can also attend for support.</p> <p>2 follow-up sessions are offered after completion of the 4-week course.</p> <p>This is a free service for anyone with Type 2 Diabetes.</p>	<p>For further information or to apply to the course contact:</p> <p>Geralyn Nolan Community Nutrition and Dietetic Service H.S.E., St Bridgid's Complex, Ardee, Co. Louth Call: 041 685 0675 Email: geralyn.nolan@hse.ie</p> <p>Alternatively you can contact the HSE on: Call: 1850 24 1850 Register at: www.hse.ie/eng/health/hl/living/diabetes/xpert/</p>



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

Category	Service	What is involved?	Where & how to access?
Diabetes Type 2	Integrated Care Diabetes Nurse Specialists.	<p>The Clinical Nurse Specialist (CNS) in Diabetes Integrated Care is the healthcare professional who will facilitate the successful integration of patient care between Primary and Secondary (hospital) Care.</p> <p>They provide a primary care based specialist diabetes nursing service to people with complicated Type 2 diabetes referred to them by General Practitioners (GPs) and Practice Nurses (PNs).</p> <p>People with complicated Type 2 diabetes receive a full assessment and appropriate advice from a diabetes nurse specialist on all aspects of the management of their Type 2 diabetes.</p> <p>This includes assessment and advice on medication and lifestyle factors such as physical activity and diet.</p> <p>They may also refer on to other relevant primary care or hospital services.</p>	<p>This service is for patients with complicated Type 2 diabetes as defined in Appendix 3 of the Model of Integrated Care for Type 2 Diabetes.</p> <p>Only GPs with access to the Integrated Care Diabetes Nurse Specialist service can refer people with complicated Type 2 diabetes to the service.</p> <p>For further information on this service please phone:</p> <p>North Louth: Pauline O'Hanlon Call: 087 9752288</p> <p>South Louth: Linda Matthews Call: 087 7010382</p> <p>Meath: Moira Haran, Summerhill Primary Care Centre Summerhill, Co. Meath Call: 086-0438032</p>
Diabetes Type 2	'Diabetes Smart' Online Education course for Type 2 Diabetes and Pre-diabetes.	A 55-minute online education course delivered by Diabetes Ireland. Helps you learn more about diabetes self-management. No cost.	Click here to register online for this programme: www.diabeteseducation.ie



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

Category	Service	What is involved?	Where & how to access?
Diabetes Type 1 and 2	Podiatry Service (foot care)	This one-to-one service is available for individuals who are at moderate or high-risk of foot ailments relating to their diabetes, such as ulceration or infection. No cost.	<p>Louth service available in;</p> <ul style="list-style-type: none"> • Drogheda • Dundalk <p>Referrals to the podiatry service must be made by a Healthcare Professional using the service referral form. You can access this form by contacting:</p> <p>Bridie Sweeney Email: bridie.sweeney@hse.ie.</p> <p>Completed forms can then to be posted to: Louth Community Services, Dublin Road, Dundalk, Co Louth, A91H274</p>
Diabetes Type 1 and 2	Chiropody Card	<p>The HSE can provide certain chiropody services to Medical Card holders. The doctor or public health nurse refers patients to the service. For further information on the chiropody service in your area, contact the local health centre or community services office.</p> <p>There are also private chiropodists throughout the country who can be contacted directly to arrange an appointment</p>	<p>For information on eligibility and for application forms for a chiropody card, please check the Citizens Information website. Podiatry Card</p>



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

Category	Service	What is involved?	Where & how to access?
Diabetes Type 1 and 2	Retinal Screening (eye screening)	The National Diabetes Retinal Screening Programme offers annual eye screening and treatment for diabetic retinopathy to people with diabetes aged 12 years and older. No cost.	You need to register for this service. Click here for more information and to register online: www.diabeticretinascreen.ie or Call: 1800 45 45 55
Diabetes Type 1 and 2	Diabetes Ireland Care Centre	The Diabetes Ireland Care Centres are purpose built units in Santry, Dublin 9 and Mary Street, Cork City. Services available include podiatry, counselling, dietetics, audiology and retina screen. These are provided at reduced rates for members of Diabetes Ireland.	For further information, contact: Diabetes Ireland. Call: (01) 842 8118 Email: info@diabetes.ie Website: www.diabetes.ie
Diabetes Type 1 and 2	Diabetes Ireland Website and Helpline	Provides support, education and motivation to people living with diabetes. Website contains useful information on driving, insurance, entitlements and travel e.g. insulin storage. A free Helpline is also available For information on local events, ask about joining the membership list.	Click here for more info: www.diabetes.ie Helpline: 01 8428118 (Monday-Friday, 9am – 5pm) Email: info@diabetes.ie
Diabetes Type 1 and 2	Diabetes Ireland Free Publications	A variety of information leaflets available online to download on all aspects of Type 1 and Type 2 diabetes and prediabetes.	Click here for more information: www.diabetes.ie/downloads/patient-booklets



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

Category	Service	What is involved?	Where & how to access?
Diabetes Type 1 and 2	HSE information on Diabetes	General information on diabetes	Click here for more information: https://www.hse.ie/eng/health/hl/living/diabetes
Diabetes Type 1 and 2	Dental Services	Diabetes reduces the body's resistance to infection and increases the risk of periodontal (gum) disease. This appears to be more frequent and severe in people with diabetes. Gum disease impacts on general health as well as oral health. Research shows that untreated gum disease may make it difficult to control diabetes. Loss of teeth due to periodontal disease will impact a person's ability to maintain a varied and balanced diet. A good oral hygiene regime together with regular periodontal care can improve diabetes control.	<p>Adults aged 16 and over with a medical card: People with a diagnosis of diabetes are deemed 'high risk' under the Dental Treatment Service Scheme (DTSS) and are entitled to an expanded range of services. For further information go to: Dental Treatment Service Scheme</p> <p>Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to insured workers (including self-employed and farmers) and retired people who have the required number of PRSI contributions. Eligible patients are entitled to an annual examination free of charge and a scale and polish for which the dentist may request a contribution of up to 15 euro. For further information go to: Benefits checker</p>
Diabetes Type 1 and 2	Diabetes UK	UK-based website providing support, education and motivation to people living with diabetes.	Click here for more information: www.diabetes.co.uk
Diabetes Type 1 and 2	See also section on Lifestyle Behaviour Change Supports		



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

Category	Service	What is involved?	Where & how to access?
Heart Conditions	Cardiac Rehabilitation Programme	The phase III cardiac rehabilitation programme incorporates supervised and monitored exercise training in combination with on-going education and psychosocial and vocational interventions. It includes 1½ - 2 hours of exercise and education 2 - 3 times weekly for 7 - 10 weeks (depending on location and need). No cost.	For details on how to refer to this programme please contact: Navan Maria Daisy Gamis, Clinical Nurse Specialist, Our Lady's Hospital, Moathill, Navan, Co. Meath Call: 046 907 8598 Email: maria.gamis@hse.ie
Heart Conditions	Croí, The West of Ireland Cardiac and Stroke Foundation Information Booklets	Source of reliable information and resources for people with heart disease and stroke A variety of information booklets available to download on blood pressure, cholesterol, heart failure.	Click here to access these booklets: Resources
Heart Conditions	Irish Heart Foundation	The Irish Heart Foundation provides supports and resources for people living with heart conditions	For further details contact: Call: 01 6685001 Email: Helpline@irishheart.ie Website: www.irishheart.ie
Heart Conditions	Irish Heart Foundation Website	Provides support, information and motivation to people living with heart conditions	Click here for more information: www.irishheart.ie Email: info@irishheart.ie Call: 01-668 5001
Heart Conditions	Irish Heart Foundation Information Booklets	A variety of information booklets available to download on heart conditions including angina, heart attack, heart surgery, heart failure and atrial fibrillation.	Click here for more information: Publications Email: info@irishheart.ie Call: 01-668 5001



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

Category	Service	What is involved?	Where & how to access?
Heart Conditions	British Heart Foundation	Provides support, information and motivation to people living with heart conditions.	Click here for more information: www.bhf.org.uk/
Heart Conditions	British Heart Foundation Information booklets	A variety of information booklets available to download or order on heart conditions and risk factors. Includes recipe books.	Click here for more information: www.bhf.org.uk/information-support/publications
Heart Conditions	Atrial Fibrillation Matters Website	A website for patients with atrial fibrillation by the European Heart Rhythm Association (EHRA) of the European Society of Cardiology (ESC). Website information is provided in different languages.	Click here for more information: https://www.afibmatters.org/en_GB/
Heart Conditions	Heartbeat Trust	Ireland's national heart failure charity. Source of reliable information and resources for people with heart failure.	Click here for more information: Heart Beat Trust
Heart Conditions	Cardiomyopathy UK	Provides support and information to people living with cardiomyopathy.	Click here for more information: https://www.cardiomyopathy.org/



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

Category	Service	What is involved?	Where & how to access?
Heart Conditions	Heart Failure Matters Website	Developed by cardiologists, nurses, primary care doctors and patients from the Heart Failure Association of the European Society of Cardiology. It highlights lifestyle changes that help people with Heart Failure to maintain their quality of life. It includes a mix of videos and patient stories. It also has some useful monitoring tools which can be downloaded. Website information is provided in different languages.	Click here for more information: https://www.heartfailurematters.org/en_GB
Heart Conditions	Dental Services	Studies have shown that gum disease is associated with an increased risk of developing heart disease. Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect the heart valves and this is particularly important in people with artificial heart valves. Tooth loss patterns have also been connected to coronary artery disease.	Adults aged 16 and over with a medical card: Treatment is provided under the Dental Treatment Service Scheme (DTSS). People with complex cardiac conditions and/or taking certain medications e.g. Warfarin or similar may be deemed 'Exceptional/High Risk' under the DTSS and are entitled to an enhanced level of care. For further information go to: Dental Treatment Service Scheme Adults aged 16 and over without a medical card: The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self- employed and farmers) and retired people. For further information go to: Treatment Benefit Scheme
Heart Conditions	See also section on Lifestyle Behaviour Change Supports		



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

Category	Service	What is involved?	Where & how to access?
Stroke	Acquired Brain Injury (ABI) Ireland	<p>ABI Ireland is a dedicated provider of community-based neuro-rehabilitation services for people with an acquired brain injury (ABI) and their families. An assessment is carried out with the individual to determine what supports they may require in their rehabilitation.</p> <p>Services are region dependent but may include residential, home and community based services, case-management, Occupational Therapy, Psychology, groups and individual supports.</p>	<p>www.abiireland.ie</p> <p>ABI Ireland can be contacted directly through their application form available on their website</p> <p style="text-align: center;">or</p> <p>by contacting Louth or Meath Physical or Sensory Disability Services (Details below)</p>
Stroke	Support Groups	<p>The Irish Heart Foundation Stroke Support Groups are local groups that provide a place for people affected by stroke to come together on a regular basis and to share their experiences. Stroke support groups are a fantastic way to meet others and to gather information.</p> <p>The groups provide information, raise awareness and offer support and advice on stroke. Some groups also offer activity programmes, guest speakers and recreational trips. Services such as physiotherapy and counselling may also be available.</p>	<p>For more details about the group contact: Seamus Casey, Coordinator Call: 086 1300238. Email: scasey@irishheart.ie</p> <p>Drogheda Tuesdays 11 am to 1pm in The Holy Family Centre, Ballsgrove, Drogheda.</p> <p>Dundalk Wednesdays 11 am – 1pm in Dundalk Sports Centre, Tom Bellew Avenue, Dundalk.</p> <p>Navan Thursdays 2pm – 4pm in Clermont Hall, Navan.</p>



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

Category	Service	What is involved?	Where & how to access?
Stroke	'Life after Stroke' online Support Group for young stroke survivors	Established by the Irish Heart Foundation – this private Facebook forum lets you chat to other young stroke survivors about the many common challenges post stroke, such as relationships, returning to work, positive mental health, anxiety and depression, fatigue and communication difficulties.	New members can join by clicking this link: www.facebook.com/groups/143802206262536/ and requesting membership. You can also contact Helena on hodonnell@irishheart.ie with any queries.
Stroke	Disabled Drivers Association of Ireland	Services include: - Advice on returning to driving. - Fitness to drive assessments (off and on road). Medical Practitioner's referral required for assessments. - Advice in relation to car adaptations for drivers and passengers. - Application, evaluation and issuing of EU Disabled Drivers Parking Permits.	Email: drive@ddai.ie Call: 094 936 4054 Call: 094 936 4266 Call: 01 8103794
	Irish Wheelchair Association	Driving Tuition and Assessment Service IWA has been providing a driving tuition service for drivers with disabilities since the 1960s. Experienced professional driving instructors provide tuition to drivers with a diverse range of conditions and/or disabilities. The service is aimed at people who wish to learn to drive and people who are returning to drive.	For further details or to download an application form contact; National Mobility Centre Call: 045 893 0945 Email: maats@iwa.ie Website: https://www.iwa.ie



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

Category	Service	What is involved?	Where & how to access?
Stroke	Headway Helpline	Headway operates a national helpline which provides information and support to people living with stroke. This includes signposting to local services.	Freephone the Helpline: 1800 400 478 Email: helpline@headway.ie Click here for more information: www.headway.ie
Stroke	Headway Information Booklets	Information booklets covering a range of relevant topics on recovering and coping with changes following acquired brain injury e.g. fatigue, memory, concentration, communication.	Click here to access the booklets: https://headway.ie/about-brain-injury/info-resources/
Stroke	National Rehabilitation Hospital (NRH) Information Leaflets	The NRH have created a range of patient and family information and education leaflets for use during and after acquired brain injury rehabilitation. Topics include nutrition, alcohol and driving.	Click here to access the leaflets: www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/
Stroke	Irish Heart Foundation Information Booklets	A variety of information booklets available to download on stroke.	Click here for more information: https://irishheart.ie/publications/ Call: 01-668 5001 Email: info@irishheart.ie



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

Category	Service	What is involved?	Where & how to access?
Stroke	Louth HSE Physical & Sensory Disability Services	Louth Adult Disability Services: The Louth Adult Disability Team provides a specialist service for adults aged 18-65 years with complex disabilities living in the Louth area	Self-referrals are accepted as well as referrals from family, carers and other sources including healthcare professionals, hospitals, community services and voluntary organisations. Referral forms are available by contacting: Disability Services: Mount Hamilton House Carrick Road, Call: (042) 938 1400
Stroke	Meath HSE Physical & Sensory Disability Services	Meath Adult Disability Services: The Meath Adult Disability Team provides a specialist service for adults aged 18-65 years with complex disabilities living in the Meath area.	Self-referrals are accepted as well as referrals from family, carers and other sources including healthcare professionals, hospitals, community services and voluntary organisations. Referral forms are available by contacting: Disability Services Community Team Offices, Beechmount Home Park, Navan Call: 046-9067002.



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

Category	Service	What is involved?	Where & how to access?
Stroke	<p>Croí, The West of Ireland Cardiac and Stroke Foundation</p> <p>Website and Heart & Stroke Centre</p>	Provides support, information and education for people living with stroke.	<p>Click here for more information: www.croi.ie</p> <p>Croí Heart & Stroke Centre, Croí House, Moyola Lane, Newcastle, Galway City. Call: 091-544310 Email: info@croi.ie</p>
Stroke	<p>'Life after a Stroke'</p> <p>Croí Booklet</p>	This booklet is about recovering from a stroke. The aim is to help stroke survivors and their families understand more about what it means to have a stroke and to get the best from the recovery and rehabilitation process.	<p>Click here to access the booklet: https://croi.ie/resources/</p>
Stroke	See also section on Lifestyle Behaviour Change Supports		



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

Lifestyle Behaviour Change Supports

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



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

Lifestyle Behaviour Change Supports

Category	Service	What is involved?	Where & how to access?
Active Living	Get Ireland Active website	A website providing motivation and guidance to get people active. It includes a directory of places to get active including local parks, swimming pools, gyms and playing pitches.	Find out more at: www.getirelandactive.ie/
Active Living	Get Ireland Active Factsheets	Fact sheets which provide practical advice for people living with heart disease, diabetes, arthritis, cancer, asthma and osteoporosis about overcoming concerns about becoming more active. Also general factsheets on improving balance, posture and strength.	Find out more at: www.getirelandactive.ie
Active Living	HSE Website Physical activity information	Dedicated section on physical activity on the HSE website. Includes information on how to improve fitness and being active with a health condition.	Click here for more information: https://www2.hse.ie/healthy-eating-active-living/exercise/
Active Living	"Easy Exercises" A chair-based programme for older adults	This booklet from the HSE contains a mix of chair-based exercises.	Download here: https://www.healthpromotion.ie/hp-files/docs/HPM00487.pdf



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

Lifestyle Behaviour Change & Other Supports

Category	Service	What is involved?	Where & how to access?
Active Living			
Active Living	Park Run	Parkrun organise free, weekly, 5km park walk or run. They are open to everyone, and are safe and easy to take part in. They take place at 9.30am on a Saturday morning. For details check the website or just turn up	<p>For further information check: Website: www.parkrun.com/</p> <p>Deerpark Parkrun, Deerpark Heights, Carlanstown, Co. Meath.</p> <p>Navan Parkrun, Blackwater Park, Windtown Rd., Navan, Co. Meath</p> <p>Dundalk Parkrun, DKIT, Dublin Rd., Dundalk, Co. Louth.</p> <p>Oldbridge Parkrun, Battle of the Boyne Visitors Centre, Oldbridge, Drogheda, Co. Louth.</p>
Active Living	Sports Partnership Programmes	Local Sports Partnerships promote participation in sport at a local level. Various programmes available. Contact your local Sports Partnership for details. They run events like Men on the Move, Sportsability and couch to 5k programmes.	<p>Louth: Graham Russell, Call: 042 9324318 Email: louthlsp@louthcoco.ie Website: www.louthlsp.com.</p> <p>Meath: Mary Murphy, Call: 046 9021463 email: mlsp@meathcoco.ie Website: www.meathsports.ie/</p>



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

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



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

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



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

Category	Service	What is involved?	Where & how to access?
Communication Support			
Communication Supports	National Council for the Blind Ireland (NCBI)	<p>NCBI is the national sight loss agency. It is a not for profit agency that provides supports and services for people who are experiencing difficulties with their eyesight. NCBI provides a variety of services to support people who are living with sight loss.</p> <ul style="list-style-type: none"> • Advice and information on a range of issues relating to sight loss. • Emotional support and counselling to help you to deal with your diagnosis and to talk to you about its impact on your life. • Low vision solutions: If you are having difficulties reading, writing or carrying out everyday tasks • Rehabilitation training: NCBI's training course in Dublin offers people with sight loss the chance to build confidence and independence before moving onto further training or education. • Library: NCBI's library holds a large collection of audio, large print and Braille books. • Employment support: provides advice and information on employment issues. 	<p>NCBI Head Office and regional centres around the country are open from 9am to 5pm Monday to Friday. For further information: Call: 01 830 7033 Fax: 01 830 7787 Website: www.ncbi.ie</p> <p>Area offices for Dublin & North East (including Louth and Meath) NCBI Louth, 14 Jocelyn Street Dundalk, Co. Louth Call: 02 941 9720</p>



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

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



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

Category	Service	What is involved?	Where & how to access?
Communication Support			
Drugs and Alcohol	Ask about Alcohol Website	Reliable information and support about alcohol. Includes a service finder which provides contact details about local support groups if you are concerned that you or someone you care about has a problem with alcohol.	Click here for more information: www.askaboutalcohol.ie
Drugs and Alcohol	Drug and Alcohol Website	Drugs and alcohol information and support including a directory of services.	Click here for more information: www.drugs.ie
Drugs and Alcohol	Drug and Alcohol Helpline	A free confidential place where anyone can talk through their concerns about drugs or alcohol, get information about services and consider the options available to them to improve their situation.	Freephone: 1800 459 459 Email: helpline@hse.ie Website: www.drugs.ie/phone/



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

Category	Service	What is involved?	Where & how to access?
Emotional and Mental Health Well Being Supports			
Emotional and Mental Health Well Being	Your Mental Health	The HSE provides a comprehensive website containing information, supports and services available in the Republic of Ireland.	For further information go to: www.yourmentalhealth.ie
Emotional and Mental Health Well Being	Counselling in Primary Care (CIPC) Louth, Meath	Short term one to one counselling service for medical card holders over the age of 18 years on referral by GP.	For details on how to access this service contact your local coordinator: Patrick Griffin CIPC Counselling Coordinator, 34 Brews Hill, Navan, Co. Meath Call: 1890 252563 Call: 046 9027842 Website: https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/
Emotional and Mental Health Well Being	Free online counselling	HSE funded Free online counselling provided by fully trained and accredited professionals Counsellors/Psychotherapists/Psychologists/CBT Therapists	For further information go to; https://spunout.ie/health/article/online-counselling



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

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



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

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



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

Category	Service	What is involved?	Where & how to access?
General Health Information	Hints and tips for people with a long term health condition on staying well in winter	Useful information and advice on being prepared for the winter period when living with a long-term health condition such as Asthma, COPD, Diabetes, and Heart Disease.	For further details go to: https://www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/stay-well-this-winter.html
General Health Information	Practical advice for staying well in winter	A government website with practical advice how to stay safe and well during the winter.	For further details go to: www.winterready.ie
General Health Information	Health Products Regulatory Authority (HPRA)	The Health Products Regulatory Authority protect and enhance public health by regulating medicines, medical devices and other health products.	For further details go to: www.hpra.ie
General Health Information	Medicines Information	Online information and advice on your medications.	For further details go to: www.medicines.ie
General Health Information	HSE Website provides My Medicines List	My Medicines List is a list of all the medicines and supplements you take. Keeping an up-to-date list can help you know your medicines. It can also help you when discussing your medicines with a healthcare professional.	Download here: https://www.hse.ie/eng/about/who/qid/national_safetyprogrammes/medicationsafety/my-medicines-leaflet-a4dl-colour.pdf



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

Category	Service	What is involved?	Where & how to access?
General Health Information	Flu Vaccination	<p>Seasonal flu is a highly infectious viral illness of the respiratory tract that can be life threatening. Vaccination is strongly recommended for those with long-term health conditions such as diabetes, heart and lung disease including COPD. People over 18 may attend their GP or Pharmacist for vaccination.</p> <p>Those without a 'Medical Card' or 'GP Visit Card' will be charged for the consultation but the vaccine is free. Healthcare workers are also strongly advised to get the vaccine.</p>	<p>For further details go to: www.hse.ie/eng/health/immunisation/pubinfo/flu/vaccination/about-the-vaccine/</p>
General Health Information	Pneumococcal Vaccine	<p>All adults aged 65 or older are at risk of pneumococcal disease (pneumonia). One dose of PPV23 pneumococcal vaccine is recommended for all adults aged 65 and over. One dose of PPV23 pneumococcal vaccine is also recommended for all those from 2 years and under 65 years who have a long-term medical condition that increases the risk of pneumococcal disease, for example diabetes, chronic heart, lung or liver disease. Some people, for example, those who have had their spleen removed need a booster PPV23 vaccine after 5 years.</p>	<p>The PPV23 vaccine is provided by GPs. If you have a 'Medical Card' or 'GP Visit Card' the PPV23 pneumococcal vaccine and consultation are free. If you do not have a 'Medical Card' or 'GP Visit Card' the PPV23 pneumococcal vaccine is free but you will be charged a consultation fee.</p> <p>Click here for more information: https://www.hse.ie/eng/health/immunisation/hcpi/nfo/othervaccines/pneumo/</p>



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

Category	Service	What is involved?	Where & how to access?
Financial Supports			
Financial Supports	Medical Card	A medical card entitles you to receive certain health services and medicines free of charge.	Click here for more information: https://www2.hse.ie/medical-cards/
Financial Supports	GP Visit Card	If you are not eligible for a medical card you may be eligible for a GP visit card. A GP visit card allows you free visits to a participating GP.	Click here for more information: https://www2.hse.ie/services/gp-visit-cards/
Financial Supports	Drugs Payment Scheme	Under the Drugs Payment Scheme (DPS) an individual or family will pay no more than a set fee in each calendar month (currently €124) for approved prescribed drugs and medicines, rental costs for a continuous positive airway pressure (CPAP) machine, rental costs for oxygen etc.	Click here for more information: https://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html



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

Category	Service	What is involved?	Where & how to access?
Financial Supports	Long-Term Illness Scheme	Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances for free from your pharmacy. Applies to specified long-term conditions only - this includes Diabetes Type 1 and Type 2. There is no means test for the scheme.	Click here for more information: https://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html
Financial Supports	Money Advice and Budgeting Service (MABS)	MABS is a free, independent, non-judgemental and confidential service for people who are in debt or at risk of getting into debt. MABS will work with you to determine the type of support you need, including assessing whether it is necessary to meet with a Money Adviser.	Click here for more information: www.mabs.ie Helpline: 076-107 2000



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

Category	Service	What is involved?	Where & how to access?
Healthy Eating	Weight and Lifestyle Management Programme	A weight and lifestyle Management Program which provides an education and exercise program for people who want to manage their health and lifestyle. The programme is supported by a dedicated multi-disciplinary team.	To register please contact: Breda McEneaney, Lifestyle and Weight Management Team, PCCC, Barrack St. Health Centre, Dundalk, Co. Louth Call: 042 6820001
Healthy Eating	Healthy Food for Life Food Pyramid	A 7-page guide to the food pyramid, portion sizes and tips for making healthy food choices.	Download here: https://assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf
Healthy Eating	Irish Nutrition and Dietetic Institute (INDI) Factsheets	Factsheets covering a large range of topics relating to healthy eating.	Click here for more information: www.indi.ie
Healthy Eating	Safe Food Website	Website providing reliable information on food safety and healthy eating. You can also download publications and recipes.	Click here for more information: www.safefood.eu



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

Category	Service	What is involved?	Where & how to access?
Healthy Eating	101 Square Meals: recipe book	Recipes that are easy to prepare, low budget and highly nutritious.	Download here: www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101-Square-Meals-Cookbook-Feb-2015.pdf
Healthy Eating	A Guide to Managing your Weight	This easy-to-use booklet gives practical advice about managing weight. It was produced as a joint initiative between the Physiotherapy and Nutrition and Dietetic Departments in the Regional Hospital Mullingar.	Download here: https://uploads-ssl.webflow.com/56bb313e0cccd239096171fd/5b854258b978e4337b33230a_Regional%20Hospital%20Mullingar%20Weight%20Management%20Guide%202018.pdf
Healthy Eating	Weight Management	Online BMI Calculator.	Click here to access: https://www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx



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

Category	Service	What is involved?	Where & how to access?
Healthy Eating	Nutrition Supports Toolkit to manage malnutrition.	<p>Malnutrition can be a serious issue for people with Long-term health conditions. Studies have shown that malnutrition results in increased length of hospital stay and malnourished patients experience a significantly higher total readmission rate than well-nourished patients.</p> <p>For Healthcare Professionals: The Nutrition Supports toolkit is designed to assist healthcare professionals screen for, and manage, malnutrition in the community.</p> <p>For the Public: These resources are intended for people who have been advised by a trained healthcare professional that they require a high calorie high protein diet.</p>	<p>Click here for more information:</p> <p>https://www.hse.ie/eng/services/list/2/primarycare/community-funded-schemes/nutrition-supports/</p>



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

Category	Service	What is involved?	Where & how to access?
Health Services (Primary Care, Older Persons and Disability Services)			
Health Services	Louth HSE Physical & Sensory Disability Services	Louth Adult Disability Services: The Louth Adult Disability Team provides a specialist service for adults aged 18-65 years with complex disabilities living in the Louth area	Self-referrals are accepted as well as referrals from family, carers and other sources including healthcare professionals, hospitals, community services and voluntary organisations. Referral forms are available by contacting: Disability Services: Mount Hamilton House Carrick Road, Call: (042) 938 1400
Health Services	Older Peoples Services Louth	The HSE provides a wide range of services for people growing older in Ireland. .	For further information contact: Louth, Co-ordinator, Services for Older People, Dublin Rd., Dundalk Call: (042) 938 1268.
Health Services	Primary Care Services Louth	Primary Care Services are all of the HSE health and social care services available in your community, outside of the hospital setting. They include: GP & GP out of hours service Public Health Nursing Service Health Centres & Primary Care Centres Older People Services Children & Family Services Dental & Orthodontic Service Mental Health Services Disability Services Social Inclusion Therapy Services	For further information go to: https://www.hse.ie/eng/services/list/1/lho/louth/



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

Category	Service	What is involved?	Where & how to access?
Health Services	Meath HSE Physical & Sensory Disability Services	Meath Adult Disability Services: The Meath Adult Disability Team provides a specialist service for adults aged 18-65 years with complex disabilities living in the Meath area.	Self-referrals are accepted as well as referrals from family, carers and other sources including healthcare professionals, hospitals, community services and voluntary organisations. Referral forms are available by contacting: Disability Services Community Team Offices, Beechmount Home Park, Navan Call: 046-9067002.
Health Services	Older Peoples Services Meath	The HSE provides a wide range of services for people growing older in Ireland.	For information about available services contact: Meath, Co-ordinator, Services for Older People, Commons Road, Navan Call: (046) 9066272
Health Services	Primary Care Services Meath	Primary Care Services are all of the HSE health and social care services available in your community, outside of the hospital setting. They include: GP & GP out of hours service Public Health Nursing Service Health Centres & Primary Care Centres Older People Services Children & Family Services Dental & Orthodontic Service Mental Health Services Disability Services Social Inclusion Therapy Services (Occupational Therapy, Speech and Language Therapy, Physiotherapy, Dietetics, Psychology)	For further information go to: https://www.hse.ie/eng/services/list/1/lho/meath/ For application forms go to: https://www.hse.ie/eng/services/list/1/lho/meath/therapy-services/meath-referral-forms.html



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

Category	Service	What is involved?	Where & how to access?
Smoking Cessation			
Smoking Cessation	Quit Smoking	One to one behavioural support with advice on smoking cessation medications, healthy eating, stress management and physical activity provided on a weekly basis. Support commences 2 weeks prior to Quit Date and continues up to 4 weeks after with follow-up at 3 and 12 months.	For further information or to apply contact: Call: 1800 201 203 Free text: QUIT to 51000 www.quit.ie
Smoking Cessation	We can Quit	This is a free, friendly and supportive 12 week programme to help women quit smoking and stay quit for good. The programme offers free nicotine replacement therapy (NRT), a weekly smoking cessation group and one to one support.	For further information or to apply contact: Call: 01 2316669
Smoking Cessation	Individual Smoking Cessation support	All stop smoking support services are free and available to anyone who would like to stop smoking. Individuals can self refer to any of the services using contact details below.	For further information or to apply contact: Meath Jackie Meredith Lynch, CNS Smoking Cessation, Our Lady's Hospital, Navan, Co. Meath. Call: 046 9078769 Email: jackie.lynch@hse.ie



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

Category	Service	What is involved?	Where & how to access?
Social and Community Supports			
Social and Community Supports Employment	JOBMATTERS EmployAbility Service Meath	Jobmatters is a free employment and recruitment service covering County Meath that assists people with a disability and or long term health condition in securing and maintaining work.	For further information or to apply contact: Head Office, 60 Academy Street, Navan, Co. Meath Call: 046 9060 717 Email: sheila.comiskey@jobmatters.ie Website: www.jobmatters.ie
Social and Community Supports Employment	EmployAbility Service Louth	EmployAbility Service Louth provides an employment and recruitment service for people who are out of work due to accident, illness, disability or in recovery from poor mental health.	For further details on this service please contact; EmployAbility Service Louth Office 9B/9C Partnership Court, Park St, Dundalk, Co. Louth Call: 042 9386718 Mobile: 087 6386885 Email: helen@employabilitylouth.ie Website: www.employabilitylouth.ie
Social and Community Supports	MPower project	This project aims to support older people with long-term conditions or chronic illnesses to live well, safely and independently in their own homes using eHealth technologies and accessing local support and community networks It is a cross border EU INTERREG VA funded project.	For details on how to access this service please contact: Elaine Aughey, mPower Community Navigator, Drogheda/South Monaghan Call: 041.9870100 Mobile: 087.3398 1200 Email: Elaine.aughey@hse.ie



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

Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Family Resource Centres	The aim of the Family Resource Centre programme is to combat disadvantage and improve the functioning of the family unit. Each Family Resource Centre operates autonomously working inclusively with individuals, families, communities, and both statutory and non-statutory agencies.	<p>For further information go to: https://www.tusla.ie/services/familycommunitysupport/family-resource-centres/</p> <p>Trim Family Resource Centre 22 Mornington Drive, Trim, Co Meath (North East Region) Call: 046 943 8850 Mobile: 087 6602088 Email: admintrimfrc@gmail.com Website: www.familysupportmeath.ie</p> <p>The Peoples FRC (Kells) Old Carrick School, Lord Edward St, Kells, Co Meath (North East Region) Call: 046 924 7161</p> <p>Connect FRC (Drogheda) 171 Moneymore, Drogheda, Co Louth (North East Region) Call: 041 984 6608</p>



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

Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Good Morning Drogheda & Befriending Drogheda	Good Morning Drogheda is a confidential service offering a telephone call to check in with older people aged 60+. The service operates 9 am to 12 noon Monday to Friday. Befriending Drogheda offers a visitation service to older people aged 60+ to help alleviate loneliness. The service operates in Drogheda in Co. Louth and the East Meath/ South Louth area.	Address: Drogheda and District Support 4 Older People, Unit 7, The Haymarket, Drogheda, Co. Louth Call: 1800 200 100 Email: dds4op@eircom.net/befrienddrogheda@gmail.com Website: dds4op.com
Social and Community Supports	A visitation service and telephone befriending service provided by ALONE Louth	A visitation service and telephone befriending service is provided to older people in Co. Louth aged 60+. ALONE befriending services aim to alleviate the impact that loneliness can have on health. Support coordinators also work to coordinate additional supports for older people to allow them to remain living at home.	ALONE North East Hub, Aspen House, 76 Seatown, Dundalk. Call: (042) 9330103 Email: hello@alone.ie / annep.murphy@alone.ie Website: alone.ie/
Social and Community Supports	Meath Befriending Service	Meath Befriending Service aims to reduce loneliness and isolation among the elderly and vulnerable adults over the age of 18 in Co. Meath through a weekly visit from a trained, garda vetted and monitored volunteer. Referrals can be made by family members, friend, P.H.N., or any other health profession. Self referrals can also be made.	Meath Befriending Service, Unit 7 Kells Business Park Cavan Rd., Kells, Co Meath Call: No. 0469280790 Email: info@volunteermeath.ie



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

Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Rural Transport Options Local Link Louth Meath Fingal	Local link provides door to door and scheduled bus services in towns, villages and rural areas. It serves <ul style="list-style-type: none"> - people who live off the main transport routes - young people who have no access to public transport - people with disabilities who need accessible transport - Community groups with limited funding and transport needs - People in rural areas with limited access to health care services 	For further information contact: Meath Accessible Transport Project CLG Unit 23, Mullaghboy Industrial Estate, Navan, Co. Meath, C15WK09 Call: 046-9074830 or 1800 303 707 Email: lmf@locallink.ie
Social and Community Supports	Third Age Seniorline AgeWell (Meath only)	Third Age is a national voluntary organisation supporting older people to live well and age better. Seniorline is a national confidential listening service for older people, provided by trained older volunteers, open 10am to 10pm every day of the year. It is a free phone number AgeWell offers a unique care model for older people, combining peer-based social engagement and mobile technology to improve health outcomes and well-being among older people	For further information contact: Third Age, Summerhill, Co. Meath. Call: 046 9557766 Email: nationaloffice@thirdageireland.ie Website: http://www.thirdageireland.ie/ Freephone: 1800 80 45 91 For full details of the service and for information on how to apply go to; http://www.thirdageireland.ie/agewell/about or Email: agewell@thirdageireland.ie



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

Category	Service	What is involved?	Where & how to access?
Social and Community Supports	Accessible transport service	Vantastic is a not for profit charity that offers accessible transport services to people with disabilities, mobility impairments and not for profit groups.	For further information contact: Free phone: 1800 242 703 or go to: website: www.vantastic.ie
Social and Community Supports	Irish Wheelchair Association	Services to people with limited mobility including: <ul style="list-style-type: none"> • Motoring/ Parking Permits • On road driving assessments • Assisted Living • Resource & Outreach • Enhanced Homecare Services • Wheelchair Solutions • Housing • Holidays/ Respite Service • Rehabilitation Training 	For further information contact Call: 01 8186400 Helpline: 01 8186455 Email: info@iwa.ie Website: www.iwa.ie
Social and Community Supports	SAGE Advocacy	Sage Advocacy is a support and advocacy service for vulnerable adults, older people and healthcare patients.	For further information contact: 24-26 Upper Ormond Quay, D7. Call: 01 536 7330 Email: info@sageadvocacy.ie Website: www.sageadvocacy.ie
Social and Community Supports	Citizen's Information	Provides information on your rights and entitlements	For further information on the local Citizen's Information Centre contact: Lo Call: 1890 777121 Website: www.citizensinformation.ie



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

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



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

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



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

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



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

Category	Service	What is involved?	Where & how to access?
Self-management Support Co-ordinator	The role of a Self-management Support Co-ordinator is to support the awareness and development of services which increase the ability and confidence of people with long-term health conditions to manage their health and to live well. A directory of https://www.hse.ie/eng/health/hl/selfmanagement/		
Midlands Louth Meath CHO	Sinead Power	Midlands Louth Meath Community Healthcare Organisation	CHO8.SMS@hse.ie
Self-management Support Co-ordinators in other CHO areas	Maeve McKeon	Donegal, Leitrim, Sligo, Cavan, Monaghan Community Healthcare	Maeve.McKeon@hse.ie
	Ailish Houlihan	Community Healthcare West - Galway, Mayo and Roscommon	Ailish.Houlihan@hse.ie
	Michelle Lynch	Mid West Community Healthcare	michelleann.lynch@hse.ie
	Maeve Carmody	Cork Kerry Community Healthcare	Maeveh.Carmody@hse.ie
	Kate O'Connor	South East Community Healthcare	selfmanagementsupportsSECH@hse.ie
	Mary Gowing	Community Healthcare East - Dublin South East, Dun Laoghaire and Wicklow	Mary.Gowing@hse.ie
	Geraldine Cully	Dublin South, Kildare & West Wicklow Community Healthcare	Geraldine.Cully@hse.ie
	Therese Clarke	Dublin North City & County Community Healthcare Organisation	sms.dncc@hse.ie



Health & Wellbeing Midlands Louth Meath CHO

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

DISCLAIMER:

Health and Wellbeing, Midlands Louth Meath CHO does not endorse or guarantee the quality of the programmes, services, or information described, offered or provided by any of the service providers, agencies or organisations listed. The material contained in this directory is provided to healthcare professionals for general information purposes only and does not replace or constitute care, treatment or other professional advice. Individuals are welcome to use the material contained in the directory, bearing in mind it may not be an exhaustive list of services. Decisions with respect to signposting or referring your service-users to specific programmes or services are a matter for individual choice



Notes:

