

South East Community Healthcare

# Directory of Services and Programmes

for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service



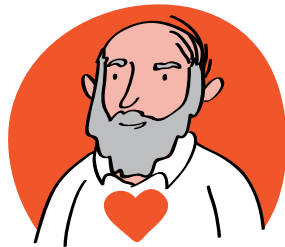
Self-management  
Support



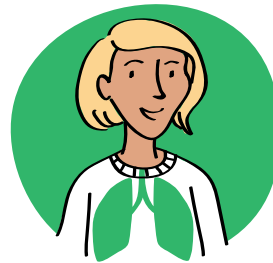
*Connecting people living with long term health conditions to services and services to each other.*



**Diabetes**



**Heart Conditions**



**COPD & Asthma**



**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/](http://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.

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# Foreword

We are very pleased to issue this second edition of the South East Community Healthcare directory of services and programmes for adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma.

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 “Living Well with a Chronic Condition: Framework for Self-Management Support” and as such is an important step towards Healthy Ireland.

We would like to thank all the individuals and organisations who provided their information and assistance for this directory.

This directory provides the information on how to access disease specific self-management support such as pulmonary rehab, cardiac rehab and diabetes

education. These essential programs improve the skills and confidence of people with long term health conditions and keep them healthier.

It also supports health care professionals to implement Making Every Contact Count our new health behaviour change project. This will support people to eat well, get active, rethink their drinking and quit smoking.

The inclusion of mental wellbeing supports, social and community supports and peer support groups recognises that people can struggle to look after their physical health if they are lacking support to care for their mental wellbeing or are feeling lonely or isolated.

This directory is a small first step towards building the road map required to live well with a long term health condition in the South East. It is a start and to make sure we are heading in the right direction we would value your feedback to help us improve on this in the next edition. Please let us know what you think by contacting us at: [selfmanagementsupportSECH@hse.ie](mailto:selfmanagementsupportSECH@hse.ie).



Derval Howley  
Head of Health and Wellbeing  
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Kate O'Connor  
Self Management Support Co-ordinator  
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South East Community Healthcare

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<b>Diabetes Type 1</b>	DAFNE: Dose Adjustment for Normal Eating. Free Group Diabetes Education Programme	DAFNE involves attending five full days for one week or one full day a week for five weeks plus a follow-up session around eight weeks after the course. The DAFNE course is about practising skills such as carbohydrate counting and insulin adjustment and the group learning from each others experience.	Ask your Hospital Diabetes Team about access to this programme. <b>Carlow:</b> Shamrock Plaza primary Care Centre, Phone: 056 7785464 <b>Kilkenny:</b> St Luke's General Hospital, Kilkenny. Phone: 056 7785464 <b>Wexford:</b> Wexford General Hospital. Email: therese.hogan@hse.ie, Phone: 053 9153000 Bleep 158  www.dafne.uk.com
<b>Diabetes Type 1</b>	Website providing information on type 1 Diabetes	Source of reliable 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
<b>Diabetes Type 1</b>	Carbohydrate counting information	Introduction to carbohydrate counting which can assist a person with type 1 diabetes to match the amount of insulin they take to the carbohydrate they eat and drink.	www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes/nuts-and-bolts-of-carb-counting/learn-about-carb-counting
<b>Diabetes Type 1</b>	Carbohydrate counting book and app	1700 photos of food and meals that assist people with type 1 diabetes to count carbohydrates.	Order the book from www.carbsandcals.com or online book stores. Also available as an app to download on smart phones.



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Diabetes Type 1 and Type 2</b>	Long Term Illness (LTI) Scheme Card	Under the Long-Term Illness (LTI) Scheme you can get some drugs, medicines and approved appliances used to treat diabetes for free from your pharmacy. Diabetes type 1 and 2 are covered by the scheme. There is no means test for the scheme.	For further information go to: <a href="http://www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html">www2.hse.ie/services/long-term-illness-scheme/long-term-illness.html</a>
<b>Diabetes Type 1 and Type 2</b>	Foot Protection Team: Diabetes Podiatry Service	The Diabetes Podiatry service is a specialist Foot Protection Team that GP's, PHN's and other health professionals can access for patients according to the patients risk of diabetic foot disease. Referrals are accepted based on the risk categorisation / prioritisation as per the National Clinical Programme for Diabetes, Model of Care for the Diabetic Foot. Local pathways can be accessed from individual podiatry services.	<p>Health Care Professionals can refer by sending a written referral to the appropriate Podiatry Department (Use the referral pathway outlined in the Model of Care for the Diabetic Foot accessed <a href="#">here</a>)</p> <p><b>Carlow</b> Stephanie Beasant, Carlow Community, Shamrock Plaza, Carlow Town. Phone: 0761082003, Email: <a href="mailto:stephanie.beasant@hse.ie">stephanie.beasant@hse.ie</a></p> <p><b>Kilkenny</b> Sophie Mok, St Lukes General Hospital, Kilkenny. Phone: 056 7785484, Email: <a href="mailto:sophie.mok@hse.ie">sophie.mok@hse.ie</a> Frances O Donohoe, Kilkenny Community, St James Green, Kilkenny Phone: 086 8185728, Email: <a href="mailto:frances.odonohoe@hse.ie">frances.odonohoe@hse.ie</a></p>



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Category	Service	What is involved?	How to access?
<b>Diabetes Type 1 and Type 2</b>	Foot Protection Team: Diabetes Podiatry Service (continued)	The Diabetes Podiatry service is a specialist Foot Protection Team that GP's, PHN's and other health professionals can access for patients according to the patients risk of diabetic foot disease. Referrals are accepted based on the risk categorisation / prioritisation as per the National Clinical Programme for Diabetes, Model of Care for the Diabetic Foot. Local pathways can be accessed from individual podiatry services.	<p><b>South Tipperary</b> Lisa Johnson, South Tipperary General Hospital. Phone: 0526176215, Email: Lisa.Johnson@hse.ie</p> <p><b>Waterford</b> Cheryl O'Neill, University Hospital Waterford, Ardkeen, Waterford. Phone: 051 842190, Email: cheryl.oneill@hse.ie Sian Stokes &amp; Stephanie Beasant, Waterford Community, Cork Road, Waterford City. Phone: 051 842834, Email: sian.stokes2@hse.ie</p> <p><b>Wexford</b> Lisa Comiskey, Wexford Community, St Johns, Enniscorthy. Phone: 087 0659903, Email: lisa.comiskey@hse.ie</p>
<b>Diabetes Type 1 and Type 2</b>	Retinal Screening: Free eye Screening for people with diabetes	National Diabetes Retinal Screening Programme offers free annual screening and treatment for diabetic retinopathy to people with diabetes aged 12yrs and older.	Register for this free service by Phone: 1800 454555 or Online at <a href="http://www.diabeticretinascreen.ie">www.diabeticretinascreen.ie</a>



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
Diabetes Type 1 and 2	Dental services	<p>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>	<p><b>Adults aged 16 and over with a medical card:</b> Treatment is provided under the Dental Treatment Service Scheme (DTSS). A list of contracted dentists is available from local HSE dental offices or clinics or <a href="http://www.hse.ie/eng/services/list/2/dental/">www.hse.ie/eng/services/list/2/dental/</a>. People with diabetes are deemed 'Exceptional/High Risk' under the DTSS and are entitled to an enhanced level of care including regular scale and polish and treatment of periodontal disease.</p> <p><b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. Eligibility can be confirmed by local dentists or at the Dept. of Employment and Social Protection. 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. Anyone who pays for dental services from a private practitioner may claim tax relief for certain specialised dental treatments. The form is called Med 2 and can be obtained from the Tax Office or local dentists.</p>





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Category	Service	What is involved?	How to access?
<b>Diabetes Type 1 and Type 2</b>	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  NCBI South East Region 7 Ormonde Road Kilkenny Open 9am to 5pm Monday to Friday Phone: 056 7763530
<b>Diabetes Type 1 and Type 2</b>	Diabetes Ireland Website	Provides support, information and motivation to people living with diabetes. Diabetes Ireland also raises public awareness of diabetes and its symptoms and funds research into finding a cure for diabetes.	Website: www.diabetes.ie Email: info@diabetes.ie Phone: 01 8428118
<b>Diabetes Type 1 and Type 2</b>	Diabetes Ireland Free Helpline	Provides information and support to people living with diabetes.	Helpline: 01 8428118
<b>Diabetes Type 1 and Type 2</b>	Diabetes Ireland Free Publications	A variety of reliable information leaflets available online to download on all aspects of type 1 and type 2 diabetes and prediabetes.	www.diabetes.ie/downloads/patient-booklets
<b>Diabetes Type 1 and Type 2</b>	HSE information on Diabetes	General information on diabetes including HBAIC and foot care.	www.hse.ie/eng/health/hl/living/diabetes
<b>Diabetes Type 1 and Type 2</b>	Diabetes UK	UK site providing support, education and motivation to people living with diabetes.	www.diabetes.org.uk



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Diabetes Type 2</b>		There are two different free group diabetes education programmes available: X-Pert and CODE. Find one which is running near to you and register for this. Contact details for each are set out below. Whichever programme you do will give you up-to-date information about living with diabetes. You will have an opportunity to meet others with type 2 diabetes. You can share experiences and learn from each other in a relaxed and enjoyable environment. You are welcome to ask any questions you have or you can just sit and listen if you prefer. Friendly and welcoming dietitians or diabetes nurses will create a safe space for you to learn. Every person who attends receives a free booklet to keep. This is a helpful guide for you to refer to at home.	
<b>Diabetes Type 2</b>	X-PERT: Free Group Diabetes Education	X-PERT involves 6 group sessions over 6 weeks - each session lasts two and a half hours. X-Pert is facilitated by a HSE dietitian X-pert will be run in the following venues in the first half of 2019: Bagnelstown, Kilkenny City, Tullow, Clonmel, Tipperary Town, Dungarvan, Waterford, Wexford, Enniscorthy and Gorey.	You can self refer by calling 1850 241850 or register at: <a href="http://www.hse.ie/eng/health/hl/living/diabetes/diabetes-courses/">www.hse.ie/eng/health/hl/living/diabetes/diabetes-courses/</a>
<b>Diabetes Type 2 &amp; Diagnosed Pre Diabetes</b>	CODE- Diabetes Ireland Free Group Diabetes Education	CODE (Community Orientated Diabetes Education) is facilitated by a Diabetes Ireland diabetes nurse or dietitian and involves 3 group sessions. Each session is 2 hours, once per week for 3 weeks. There is a fourth session 6 months afterwards. The facilitator will phone you between session 3 and 4, to see how you are doing.	You can self refer by contacting Diabetes Ireland Phone: 01 8428118 Email: <a href="mailto:info@diabetes.ie">info@diabetes.ie</a> Online: <a href="http://www.diabetes.ie">www.diabetes.ie</a>



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Category	Service	What is involved?	How to access?
<b>Diabetes Type 2 &amp; Diagnosed Pre Diabetes</b>	Diabetes Smart Free Online Education course	A 55-minute online education course developed by Diabetes Ireland and Trinity College, to help you learn more about diabetes Self-Management.	<a href="http://www.diabeteseducation.ie">www.diabeteseducation.ie</a>
<b>Diabetes Type 2</b>	Diabetes Integrated Care Nursing Clinic	The diabetes integrated care nursing clinic is a specialist nursing support for people with type 2 diabetes in local primary care settings. People with type 2 diabetes receive a full assessment from a diabetes nurse including assessment of medication and lifestyle.	<p>GP's can refer to the Diabetes Integrated Care clinic if they deem the person with diabetes suitable and if the Diabetes Integrated Care Clinic is available in their surgery.</p> <p><b>Carlow/ Kilkenny:</b> Dorothy Moore, Phone: 087 1121307 Email: DorothyB.Moore@hse.ie</p> <p><b>South Tipperary:</b> Maura McKenna, Phone: 086 8318365 Email: Maura.McKenna@hse.ie</p> <p><b>Wexford:</b> Helen Foley, Phone: 086 0445443 Email: HelenM.Foley@hse.ie</p>



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Category	Service	What is involved?	How to access?
Heart Conditions & Heart Failure	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><b>Adults aged 16 and over with a medical card:</b> Treatment is provided under the Dental Treatment Service Scheme (DTSS). A list of contracted dentists is available from local HSE dental offices or clinics or <a href="http://www.hse.ie/eng/services/list/2/dental/">www.hse.ie/eng/services/list/2/dental/</a>. 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 including regular scale and polish and treatment of periodontal disease. Local dentists and/or local HSE Dental Service will be able to advise regarding entitlements.</p> <p><b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. Eligibility can be confirmed by local dentists or at the Dept. of Employment and Social Protection. 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. Anyone who pays for dental services from a private practitioner may claim tax relief for certain specialised dental treatments. The form is called Med 2 and can be obtained from the Tax Office or local dentists.</p>



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Heart Conditions &amp; Heart Failure</b>	Phase 3 Cardiac Rehabilitation Programme - Free Group Heart Education and Exercise	Cardiac rehab is a medically supervised programme in your local hospital for people who have heart disease or have had a heart attack or heart surgery, including bypass, valve replacement, stenting and angioplasty. Some programmes also accept people who have heart failure. The programme includes exercise training, education on heart-healthy living and guidance on reducing stress and help you to return to a healthy life. It involves 1-2 hours of exercise and education 2-3 times a week for 7-8 weeks.	<p>Ask your GP to refer you or phone the cardiac rehab department in your local hospital for more information:</p> <p><b>Ely Hospital, Wexford:</b> Mary Sinnott, Janice Stephenson or Evelyn Furlong, Phone: 053 9198221 Email: WexfordCardiacRehab@hse.ie</p> <p><b>South Tipp General Hospital:</b> Declan Spelman, Phone: 053 6177160/052 6177485 Email: declan.spelman@hse.ie</p> <p><b>University Hospital Waterford:</b> Stephen Giffney, Phone: 051 848279 Stephen. giffney@hse.ie</p> <p><b>St Luke's General Hospital, Carlow/ Kilkenny:</b> Helen O'Brien, Phone: 056 7785029, Email: Helen.obrien2@hse.ie</p>



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Heart Conditions &amp; Heart Failure</b>	Phase 4 Cardiac Rehabilitation programmes	This programme is for individuals who have completed the hospital-based cardiac rehabilitation programme, who wish to continue exercising in a group setting supervised by an exercise instructor who is qualified in cardiac rehab to British Association for Cardiovascular Prevention (BACPR) standard. It is also suitable for individuals who have risk factors such as high blood pressure, high cholesterol or diabetes. There is a cost per class. Groups are held during the evening as well as during the day.	Referrals are accepted from cardiac rehabilitation teams and GPs: <b>South Tipperary:</b> Heart wise, 12 E Ard Gaoithe Business Park, Clonmel, Co Tipperary. DJ O' Dwyer Phone: 0862422388 Email: heartwiseforlife@gmail.com www.heartwiseclonmel.com <b>Waterford:</b> The Cardiac Coach, Crystal Sport and Leisure Centre, Cork Road, Co. Waterford Jamie Rockett, Phone: 0861966419, Email: jay.rockett@hotmail.com Amy Fleming, Phone: 0851527593, Email: amyfleming@outlook.ie
<b>Heart Conditions &amp; Heart Failure</b>	Irish Heart Foundation Website	Provides support, education and information for people living with Heart Conditions and stroke.	www.irishheart.ie Phone: 016685001 Email: helpline@irishheart.ie
<b>Heart Conditions &amp; Heart Failure</b>	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.	Email: helpline@irishheart.ie
<b>Heart Conditions &amp; Heart Failure</b>	British Heart Foundation	Provides support, education and motivation to people living with Heart Conditions and stroke.	www.bhf.org.uk/



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Category	Service	What is involved?	How to access?
Heart Conditions & Heart Failure	British Heart Foundation Information Leaflets	A variety of reliable information leaflets available to download or order on Heart Conditions and risk factors. Includes recipe books.	<a href="http://www.bhf.org.uk/information-support/publications">www.bhf.org.uk/information-support/publications</a>
Heart Conditions & Heart Failure	Croí website: West of Ireland Cardiology Foundation	Source of reliable information and resources for people with heart disease and stroke.	<a href="http://www.croi.ie">www.croi.ie</a>
Heart Failure	Heart Failure Website	Source of reliable information and resources for people with heart failure.	<a href="http://www.heartfailurematters.org">www.heartfailurematters.org</a>
Heart Failure	Heart Failure Website	Ireland's national heart failure charity. Source of reliable information and resources for people with heart failure.	<a href="http://www.heartbeat-trust.ie">www.heartbeat-trust.ie</a>
Heart Failure	The Heart Beat Trust Heart Failure Self Care Plan	Heart Failure Self Care Plan to support a person with Heart Failure to self-manage.	<a href="http://www.heartbeat-trust.ie/wp-content/uploads/2016/04/traffic_light_guide_a4_print.pdf">www.heartbeat-trust.ie/wp-content/uploads/2016/04/traffic_light_guide_a4_print.pdf</a>



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
Heart Failure	West Waterford Outreach Heart Failure Clinic	<p>Out Reach Clinic in Dungarvan Community Hospital for people living in West Waterford who have a diagnosis of Heart Failure.</p> <p>The Out Reach clinic currently runs 5 days a month. Clinics occur on a Tuesday and every 3rd Thursday. Clinics are run by a Heart Failure Nurse Specialist. A Heart Failure Nurse Specialist provides education and review to the person with Heart Failure and their family on:</p> <ul style="list-style-type: none"> <li>• Signs and Symptoms of Heart Failure</li> <li>• Medication</li> <li>• Blood pressure and heart rate.</li> </ul> <p>People with Heart Failure can contact the service Monday to Friday 08:00 to 17:00 if they need any support in relation to their Heart Failure.</p> <p><b>GP's can refer new people to our monthly Diagnostic Clinic to rule in or rule out Heart Failure by a Consultant Cardiologist.</b></p>	<p>GP's can refer you or you can contact the service as below:</p> <p>Heart Failure Nurse Specialists: Anne Hennessy Norma Caples Alison Regan</p> <p>Contact: Elaine Ronan secretary elaine.ronan@hse.ie Phone: 051 848439 Fax: 051 848839</p>
Heart Failure	Heart Failure Support Group	<p>Group for people affected by heart failure who meet every two months to gather information and share experiences.</p> <p>The groups provide information, raise awareness and offer support and advice on heart failure. Groups also offer activity programmes, which can include guest speakers, recreational trips and services such as physiotherapy exercise.</p>	<p>Phone Lucinda McNerney 087 7781561 or email her at lmcnerney@irishheart.ie. More information at: <a href="http://www.irishheart.ie">www.irishheart.ie</a></p> <p><b>Dungarvan:</b> Group meets on the second last Thursday of every second month, 7.30pm to 9.00pm.</p> <p><b>Waterford City:</b> Group meets on the second last Thursday of every second month, 7.30pm to 9.00pm.</p>





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

### South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Respiratory: Asthma</b>	Asthma Society of Ireland Website	Provides support and information to people living with asthma.	<a href="http://www.asthma.ie">www.asthma.ie</a>
<b>Respiratory: Asthma</b>	Asthma Society of Ireland Advice line	The Asthma Society's Adviceline is a call back service available free of charge. It provides easily accessible support, information and education to people with asthma so that they can better understand and manage their illness.	Phone: 1800 445464 Email: <a href="mailto:nurse@asthma.ie">nurse@asthma.ie</a>
<b>Respiratory: Asthma</b>	Asthma Society of Ireland Asthma action plan	An Asthma Action Plan is a document that contains all the information a person with asthma requires to keep their asthma under control. It is a written, step by step guide to help you manage your asthma and recognise when it's getting worse. It is filled out by the person with asthma alongside their GP or asthma nurse.	<a href="http://www.asthma.ie/about-asthma/learn-about-asthma/managing-your-asthma/asthma-action-plan">www.asthma.ie/about-asthma/learn-about-asthma/managing-your-asthma/asthma-action-plan</a>
<b>Respiratory: Asthma</b>	Asthma Society of Ireland advice on dealing with an asthma attack	Action to take during an asthma attack.	<a href="http://www.asthma.ie/about-asthma/living-well-with-asthma/asthma-for-teachers-carers/what-do-asthma-attack">www.asthma.ie/about-asthma/living-well-with-asthma/asthma-for-teachers-carers/what-do-asthma-attack</a>
<b>Respiratory: Asthma</b>	Asthma Society of Ireland publications	A variety of reliable information leaflets available including self management, activity, gardening, allergies and pregnancy.	Contact Asthma Ireland on 01 8178886 or Email: <a href="mailto:reception@asthma.ie">reception@asthma.ie</a>



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Category	Service	What is involved?	How to access?
<b>Respiratory: Asthma</b>	Asthma 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).	Go to My Learning on <a href="http://www.HSELand.ie">www.HSELand.ie</a> and search for 'Care of Adults and Children with Asthma e-Learning Education Programme.'  Non HSE professionals can access the course via the Asthma Society Website: <a href="http://www.hsland.ie/dash/Account/Login">www.hsland.ie/dash/Account/Login</a>
<b>Respiratory: Asthma</b>	Asthma Society of Ireland: Asthma in the pharmacy days	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.	<a href="http://www.asthma.ie/about-asthma/learn-about-asthma/managing-your-asthma/asthma-action-plan">www.asthma.ie/about-asthma/learn-about-asthma/managing-your-asthma/asthma-action-plan</a> Phone: 01 8178886
<b>Respiratory: COPD</b>	COPD Support Ireland Website	Provides support, education and motivation to people living with COPD.	<a href="http://www.copd.ie">www.copd.ie</a>



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Category	Service	What is involved?	How to access?
<b>Respiratory: COPD</b>	Wexford General Hospital COPD Outreach service	<p>Wexford COPD (Chronic Obstructive Pulmonary Disease) Outreach is a hospital at home service which has been shown to be a safe and well tolerated in people who present to an acute hospital with an uncomplicated exacerbation of COPD. The service facilitates links between primary care and the acute hospital setting. 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 &amp; home BiPAP), spirometry, exercise prescription, education to people with COPD and their families, Early intervention strategies, Self-management techniques.</p>	<p>In order to be able to access the Wexford COPD Outreach programme the person with COPD needs to be assessed by the COPD Outreach team during an admission in Wexford General Hospital.</p> <p><b>Wexford General Hospital COPD Outreach Team:</b> Phone: 053 9153076</p> <p>Sara Leacy (Senior Physiotherapist) Phone: 086 7851767 Email: Sara.Leacy@hse.ie</p> <p>Emer Sarsfield (Respiratory Clinical Nurse Specialist) Phone: 087 3330187 Email: Emer.Sarsfield@hse.ie</p>
<b>Respiratory: COPD</b>	COPD Support Ireland Nurse Advice Line	Call the Advice Line and an appointment will be made with the nurse to call you back at a time convenient to you. The service operates between 9am and 5pm Monday to Friday.	Phone: 1800 832146 or send an email via <a href="http://www.copd.ie/helpline/">www.copd.ie/helpline/</a>



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Respiratory: COPD, Asthma and other respiratory conditions</b>	Kilkenny/ Carlow Respiratory Integrated Care (RIC) Clinic	<p>The Respiratory Integrated Care clinic is specialist nursing support for lung conditions in local primary care settings.</p> <p>You will receive 1-3 appointments, each lasting 45 minutes to an hour, where you will be:</p> <ul style="list-style-type: none"> <li>• Asked questions about your past history of your lung condition</li> <li>• A breathing test (Spirometry) will be performed</li> <li>• The nurse will discuss your inhalers, provide helpful information and agree a plan of care</li> </ul> <p>Further tests can than be discussed directly with a Respiratory Consultant and your G.P.</p>	<p>Kilkenny/ Carlow GP's can refer you to the Respiratory Integrated Care clinic if they deem you suitable and if the Respiratory Integrated Care Clinic is available in their surgery.</p> <p>Integrated Care Respiratory Nurse Specialist: Rosaleen Mac Uistin Phone: 056 7756918 Email: <a href="mailto:rosaleen@macuisitin.com">rosaleen@macuisitin.com</a></p>
<b>Respiratory: COPD, Asthma and other respiratory conditions</b>	British Lung Foundation	UK based website that provides support and information to people living with COPD and asthma.	<a href="http://www.blf.org.uk">www.blf.org.uk</a>



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### South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Respiratory: COPD, Asthma and other respiratory conditions</b>	Dental Services	Oral health is essential to general health and well-being. Oral health shares common risk factors with other chronic conditions and studies have linked poor oral health to other systemic diseases. Oral conditions have an impact on overall health and disease. Bacteria from the mouth can cause infection in other parts of the body when the immune system has been compromised by disease or medical treatments.	<p><b>Adults aged 16 and over with a medical card:</b> Treatment is provided under the Dental Treatment Service Scheme (DTSS). A list of contracted dentists is available from local HSE dental offices or clinics or <a href="http://www.hse.ie/eng/services/list/2/dental/">www.hse.ie/eng/services/list/2/dental/</a>. Dentists and/or local HSE Dental Service will be able to advise regarding your entitlements.</p> <p><b>Adults aged 16 and over without a medical card:</b> The Dental Treatment Benefit Scheme is available to PRSI insured workers (including self-employed and farmers) and retired people. Eligibility can be confirmed by local dentists or at the Dept. Of Employment and Social Protection. 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. Anyone who pays for dental services from a private practitioner may claim tax relief for certain specialised dental treatments. The form is called Med 2 and can be obtained from the Tax Office or local dentists.</p>



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

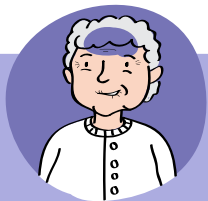
Category	Service	What is involved?	How to access?
<b>Respiratory: COPD, Asthma and other respiratory conditions</b>	Pulmonary Rehabilitation- Free Group Lung Exercise and Education Programme	<p>The Pulmonary Rehabilitation Programme is a free programme of exercise and education for people with long-term lung conditions. It is for adults who have breathing problems due to lung disease. These breathing problems may cause you to reduce, limit or stop performing your normal activities. This in turn can reduce your fitness and strength</p> <p>Pulmonary rehabilitation involves exercise and education. The exercise is tailored to meet your own ability and needs. The exercise classes are supervised by a respiratory nurse or physiotherapist.</p> <p>It lasts for 8 weeks with 2 classes per week; each class lasting on average one and a half hours.</p>	<p>Your GP or Consultant can refer you to the programme if they deem you suitable. Local pulmonary rehab departments:</p> <p><b>District Hospital Carlow:</b> Brian Fitzgibbon, Phone: 086 0484883 Brian.Fitzgibbon@hse.ie</p> <p><b>South Tipp General Hospital:</b> Angela Radley O Donovan, Phone: 052 6177058 Email: angela.radley@hse.ie</p> <p><b>St Luke's General Hospital, Kilkenny:</b> Brian Fitzgibbon, Phone: 086 0484883 Brian.Fitzgibbon@hse.ie</p> <p><b>University Hospital Waterford:</b> Catherine Burke, Phone: 051 848000 bleep 842330 CatherineO.Burke@hse.ie</p> <p><b>Wexford General Hospital:</b> Olga Riley, Sara Leacy or Emer Sarsfield, Phone: 053 9153076 or 087 6032347 Email: Olga.Riley@hse.ie, Sara.Leacy@hse.ie, Emer.Sarsfield@hse.ie</p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Respiratory: COPD, Asthma and other respiratory conditions</b>	COPD Support Groups	COPD support groups meet once a week. They provide weekly exercise classes especially for people with breathlessness secondary to COPD, Asthma and related respiratory conditions. They also offer a place for people affected by breathlessness to come together to share their experiences. The groups provide information and offer support and advice on living with breathlessness.	Phone Wendy at COPD Ireland at 086 0415128 or check out <a href="http://www.copd.ie">www.copd.ie</a> <b>Carlow:</b> Meet 12-1pm on a Wednesday for Siel Bleu exercise classes at Cathedral Parish Centre, Carlow. Contact Anna Corcoran: Phone: 086 3794613 <b>Clonmel:</b> Group being set up in 2019. Contact Wendy: 0860415128 <b>Kilkenny:</b> Meet 2-3pm on a Tuesday for Siel Bleu exercise classes at St. Patrick's Parish Centre, Loughboy, Kilkenny. Contact Luke Cleere, Phone: 087 6132778 Email: <a href="mailto:lukepacleere@gmail.com">lukepacleere@gmail.com</a> or on face book at COPD Support Group Kilkenny <b>Waterford:</b> Meet 2-3pm on a Tuesday for Siel Bleu exercise classes and 2-3pm on a Thursday for pulmonary rehab exercises at St Pauls Parish, Waterford. Contact Michael Drohan, Phone: 089 4204804, Email: <a href="mailto:michael.drohan.wufc@gmail.com">michael.drohan.wufc@gmail.com</a> <b>Wexford:</b> Meet 2-3pm every Friday at Clonard Community Centre Wexford Town for exercise and 3-3.30pm on the last Friday of the month for education. Contact Lanie Bruce, Phone: 086 0628298, Email: <a href="mailto:LanieCOPD@gmail.com">LanieCOPD@gmail.com</a>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Stroke	Irish Heart Foundation Stroke Support Group	Irish Heart Foundation Stroke Support Groups provide a place for people affected by stroke to come together to share their experiences. The groups provide information, raise awareness and offer support and advice on stroke. Groups also provide activity programmes, such as guest speakers and recreational trips and services such as physiotherapy and counselling.	Waterford Irish Heart Foundation Groups: Phone Sinead Norris on 087 2221164 or email her at <a href="mailto:snorris@irishheart.ie">snorris@irishheart.ie</a> . More Information at: <a href="http://www.irishheart.ie/get-support/support-groups/stroke-support-groups">www.irishheart.ie/get-support/support-groups/stroke-support-groups</a> <b>Dungarvan:</b> Tuesdays 11 am – 1 pm in the Park Hotel, Dungarvan <b>Waterford City:</b> Thursdays 2pm – 4pm Waterford Teachers' Centre, Newtown Road, Waterford City.
Stroke	Carlow/ Kilkenny Stroke support group	Carlow Kilkenny Stroke Support Groups meet once a month. They provide a place for people affected by stroke to come together to share their experiences. The groups provide information and offer support and advice on stroke.	Contact Lynda Colgan 087 7814697 <b>Carlow:</b> The group meet 2.30pm-4pm the second Friday of the month in Sacred Heart Hospital, Carlow <b>Kilkenny:</b> The group meet 2.30-4pm last Friday of the month in St Luke's Hospital, Kilkenny
Stroke	"Life after Stroke" online Support Group for young stroke survivors	Hosted on Facebook – this private 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: <a href="http://www.facebook.com/groups/143802206262536/">www.facebook.com/groups/143802206262536/</a> and requesting membership. You can also contact Tracy Egan: <a href="mailto:tegan@irishheart.ie">tegan@irishheart.ie</a> with any queries.

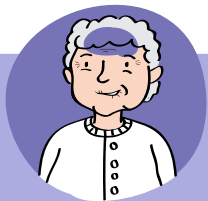




## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma.

### South East Community Healthcare

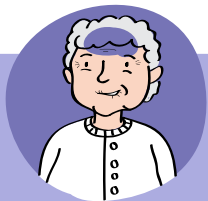
Category	Service	What is involved?	How to access?
Stroke	Headway	<p>Headway provides person centred services based on an assessment of a person's needs and their own goals for recovery to assist people and their families living with Acquired Brain Injury to rebuild their lives.</p> <p><b>Family member only groups</b> meet once a month in Carlow, Wexford, Waterford and Clonmel and provide education, support and relaxation to people who care for someone with a brain injury.</p> <p><b>One to one</b> Individual and/or family support is offered as needed. This includes providing information about living with stroke and signposting to suitable services in the South East.</p>	<p><a href="http://www.headway.ie">www.headway.ie</a> Helpline: 1800 400 478</p> <p>South East Information and Support Worker Catherine O' Hare: Phone: 059 9134029 Email: OHareC@headway.ie</p>
Stroke	Acquired Brain Injury Ireland	<p>Acquired Brain Injury Ireland is the country's leading provider of support and services for those of working age (18-65 years) living with and recovering from an acquired brain injury. They provide both short and long-term rehabilitation services to people with brain injury and their families through residential, clinical, community rehabilitation and clubhouse services.</p> <p>All services are supported by local managers and a regional clinical team, including access to neuropsychology and occupational therapy, which works together with community rehabilitation assistants as part of an interdisciplinary team.</p>	<p>Fill out a referral form at <a href="http://www.abiireland.ie">www.abiireland.ie</a> Phone: 01 2804164</p> <p><b>Carlow/Kilkenny</b> Community Services, Phone: 087 7730721 Carlow/ Kilkenny/South Tipperary Local Service Manager: Evelyn Norton, Phone: 052 6191255, Mobile: 087 7730721, Email: <a href="mailto:enorton@abiireland.ie">enorton@abiireland.ie</a></p> <p><b>South Tipperary</b> CBIT-Community Brain Injury Team and Clubhouse. St Luke's Hospital, St Theresa Wing, Western Rd, Clonmel, E91 PR83, Phone: 052 6191259</p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Stroke	Acquired Brain Injury Ireland (continued)	<p>Acquired Brain Injury Ireland is the country's leading provider of support and services for those of working age (18-65 years) living with and recovering from an acquired brain injury. They provide both short and long-term rehabilitation services to people with brain injury and their families through residential, clinical, community rehabilitation and clubhouse services.</p> <p>All services are supported by local managers and a regional clinical team, including access to neuropsychology and occupational therapy, which works together with community rehabilitation assistants as part of an interdisciplinary team.</p>	<p><b>Carlow/Kilkenny/South Tipperary</b> Local Service Manager: Evelyn Norton, Phone: 052 6191255, Mobile: 087 7730721, Email: enorton@abiireland.ie</p> <p><b>Waterford</b> ABI Assisted Living Waterford, Oakwood, Ballinlough, Carrigeen, Mooncoin, Kilkenny, X91 D1H7. Phone: 051 895 839 Community Services: Belong Clubhouse, Edmund Rice Centre, Co Waterford, Phone: 051 591844 Waterford Local Services Manager Robert Martin, Phone: 086 8582899 Email: RMartin@abiireland.ie</p> <p><b>Wexford</b> ABI Assisted Living: Wexford, Grancore, Ballinkeel, Ballymurn, Co Wexford, Y21 YF66 . Phone: 053 9177673 Community Services: Clubhouse: Applegreen Service Station, Rosslare Road, Drinagh, Wexford, Y35 HD9X Temp Phone: 086 0204986 Wexford Local Services Manager: Sarah Kavanagh Phone: 087 4163763, Email: SKavanagh@abiireland.ie</p>



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

### South East Community Healthcare

Category	Service	What is involved?	How to access?
Stroke	National Rehabilitation Hospital (NRH)	The NRH accepts referrals for adults to both the inpatient and outpatient services for people post stroke who require complex specialist rehabilitation services.	Referrals for people under 65 from acute hospitals, GPs, Community agencies. Referrals for people over 65 must be from a geriatric medicine specialist. For more information and to download the referral form visit: <a href="http://www.nrh.ie">www.nrh.ie</a> or Phone: 01 235 5000 ask for the Administration Office for the Brain Injury Programme
Stroke	National Rehabilitation Hospital (NRH) patient and family 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.	<a href="http://www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/">www.nrh.ie/patients-families-and-visitors/patient-family-information-leaflets/</a>
Stroke	Irish Heart Foundation Website	Provides support, education and information for people living with Heart Conditions and stroke.	<a href="http://www.irisheart.ie">www.irisheart.ie</a> Phone: 01 6685001 Email: <a href="mailto:Helpline@irisheart.ie">Helpline@irisheart.ie</a>
Stroke	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.	Email: <a href="mailto:helpline@irisheart.ie">helpline@irisheart.ie</a>
Stroke	British Heart Foundation	Provides support, education and motivation to people living with Heart Conditions and stroke.	<a href="http://www.bhf.org.uk/">www.bhf.org.uk/</a>



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
Stroke	British Heart Foundation	A variety of reliable information leaflets available to download or order on Heart Conditions and risk factors. Includes recipe books.	<a href="http://www.bhf.org.uk/information-support/publications">www.bhf.org.uk/information-support/publications</a>
Stroke	Croí website_ West of Ireland Cardiology Foundation	Source of reliable information and resources for people with heart disease and stroke.	<a href="http://www.croi.ie">www.croi.ie</a>



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Category	Service	What is involved?	How to access?
Active Living	Phase 3 Cardiac Rehabilitation Programme - Free Group Heart Education and Exercise	Cardiac rehab is a medically supervised programme in your local hospital for people who have heart disease or have had a heart attack or heart surgery, including bypass, valve replacement, stenting and angioplasty. Some programmes also accept people who have heart failure. The programme includes exercise training, education on heart-healthy living and guidance on reducing stress and help you to return to a healthy life. It involves 1-2 hours of exercise and education 2-3 times a week for 7-8 weeks.	Discuss a referral with your cardiac team or GP or phone the cardiac rehab department in your local hospital for more information <b>Ely Hospital, Wexford:</b> Mary Sinnott, Janice Stephenson or Evelyn Furlong, Phone: 053 9198221 Email: WexfordCardiacRehab@hse.ie <b>South Tipp General Hospital:</b> Declan Spelman, Phone: 053 6177160/052 6177485 Email: declan.spelman@hse.ie <b>University Hospital Waterford:</b> Stephen Giffney, Phone 051 848279 Email: Stephen.giffney@hse.ie <b>St Luke's General Hospital:</b> Carlow/ Kilkenny: Helen O'Brien, Phone: 056 7785029 Email: Helen.obrien2@hse.ie
Active Living	Phase 4 Cardiac Rehabilitation programmes	This programme is for individuals who have completed the hospital-based cardiac rehabilitation programme, who wish to continue exercising in a group setting supervised by an exercise instructor who is qualified in cardiac rehab. Also suitable for individuals who have risk factors such as high blood pressure, high cholesterol or diabetes.	<b>Waterford:</b> The Cardiac Coach, Crystal Sport and Leisure Centre, Cork Road, Co. Waterford Jamie Rockett, Phone: 086 1966419 Email: jay.rockett@hotmail.com Amy Fleming, Phone: 085 1527593 Email: amyfleming@outlook.ie <b>South Tipperary:</b> Heart wise, 12 E Ard Gaoithe Business Park, Clonmel, Co Tipperary. DJ O' Dwyer, Phone: 086 2422388 Email: heartwiseforlife@gmail.com www.heartwiseclonmel.com



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Active Living	Pulmonary Rehabilitation- Free Group lung Exercise and Education	<p>The Pulmonary Rehabilitation Programme is a free programme of exercise and education for people with long-term lung conditions. It is for adults who have breathing problems due to lung disease. These breathing problems may cause you to reduce, limit or stop performing your normal activities. This in turn can reduce your fitness and strength. Pulmonary rehabilitation involves exercise and education. The exercise is tailored to meet your own ability and needs. The exercise classes are supervised by a respiratory nurse or physiotherapist.</p> <p>It lasts for 8 weeks with 2 classes per week. Classes are a mixture of exercise and education and last on average one and a half hours.</p>	<p>Your GP or Consultant can refer you to the programme if they deem you suitable. Pulmonary rehab teams in the South East:</p> <p><b>District Hospital Carlow:</b> Brian Fitzgibbon, Phone: 086 0484883 Brian.Fitzgibbon@hse.ie</p> <p><b>South Tipp General Hospital:</b> Angela Radley O Donovan, Phone: 052 6177058 Email: angela.radley@hse.ie</p> <p><b>University Hospital Waterford:</b> Catherine Burke, Phone: 051 848000 bleep 842330 CatherineO.Burke@hse.ie</p> <p><b>St Luke's General Hospital, Kilkenny:</b> Brian Fitzgibbon, Phone: 086 0484883 Brian.Fitzgibbon@hse.ie</p> <p><b>Wexford General Hospital:</b> Olga Riley, Sara Leacy or Emer Sarsfield, Phone: 053 9153076 or 087 6032347 Email: Olga.Riley@hse.ie, Sara.Leacy@hse.ie, Emer.Sarsfield@hse.ie</p>
Active Living	COPD Weekly exercise classes	<p>COPD support groups meet once a week. They provide weekly exercise classes especially for people with breathlessness secondary to COPD, Asthma and related respiratory conditions.</p>	<p>Phone Wendy at COPD Ireland at 086 0415128 or check out <a href="http://www.copd.ie">www.copd.ie</a> (see also listing under Respiratory: COPD, asthma and related conditions).</p>



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

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Category	Service	What is involved?	How to access?
Active Living	Exwell (formerly known as MedEx)	Exwell is a community-based exercise programme specifically tailored for individuals with chronic health conditions. It is open to a range of health conditions and those with multiple conditions. Exwell is a collaboration between the Waterford Institute of Technology (WIT) ARENA, the WIT Department of Sport and Exercise Science, and the WIT Department of Nursing and Health Care. It offers supervised group exercise classes in the WIT ARENA, which provides an opportunity for people with chronic health conditions to exercise together and it can be a great source of social support. Exwell also offers support and resources for home-based exercise and monitoring and tracking of progress.	For further information, please contact: medex@wit.ie or Phone: 051 834444
Active Living	Get Ireland Walking	Support to get you walking. Regularly updated information on walking groups in your locality.	<a href="http://www.getirelandwalking.ie/findgroup">www.getirelandwalking.ie/findgroup</a>
Active Living	Get Ireland Active	Website providing motivation and guidance to get people active. Directory of places to get active including local parks, swimming pools, gyms and playing pitches.	<a href="http://www.getirelandactive.ie">www.getirelandactive.ie</a>
Active Living	Get Ireland Active	Website providing tips on how to fit physical activity into your day. Links to other useful websites.	<a href="http://www2.hse.ie/wellbeing/fitness-for-your-lifestyle.html#onThisPage">www2.hse.ie/wellbeing/fitness-for-your-lifestyle.html#onThisPage</a>



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Category	Service	What is involved?	How to access?
Active Living	Park Run	<p>Parkrun is a series of 5k runs/walks held on Saturday mornings at 9.30am in areas of open space around Ireland. They are open to both runners and walkers, free, and are safe and easy to take part in.</p> <p><b>Community event always looking for volunteers: email to help out</b></p>	<p>More information and to register <a href="http://www.parkrun.ie">www.parkrun.ie</a> or just turn up any Saturday morning at 9.15am at:</p> <p><b>Carlow Town:</b> The Barrow Track (Opposite Carlow Town Park), Barrow Street, Carlow. Email: <a href="mailto:carlowtownhelpers@parkrun.com">carlowtownhelpers@parkrun.com</a></p> <p><b>Clonmel:</b> Clonmel Racecourse, Powerstown Park. The entrance is off the N24 beside Star Fuels. Email: <a href="mailto:clonmelhelpers@parkrun.com">clonmelhelpers@parkrun.com</a></p> <p><b>Gorey:</b> Gorey Park and Showgrounds, Fort Road. Email: <a href="mailto:goreyhelpers@parkrun.com">goreyhelpers@parkrun.com</a></p> <p><b>Kilkenny:</b> Castle Park, Kilkenny. Email: <a href="mailto:kilkennyhelpers@parkrun.com">kilkennyhelpers@parkrun.com</a></p> <p><b>Tullow:</b> Rathwood Rath, Rath, Tullow. Email: <a href="mailto:tullowhelpers@parkrun.com">tullowhelpers@parkrun.com</a></p> <p><b>Wexford Town:</b> Wexford racecourse, Bettyville Park, Newtown Road. Email: <a href="mailto:johnstownhelpers@parkrun.com">johnstownhelpers@parkrun.com</a></p> <p><b>New Ross:</b> J F Kennedy Arboretum, New Ross. Email: <a href="mailto:newrosshelpers@parkrun.com">newrosshelpers@parkrun.com</a></p> <p><b>Tramore:</b> The promenade, Tramore. Email: <a href="mailto:tramorehelpers@parkrun.com">tramorehelpers@parkrun.com</a></p>





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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Active Living	Age and Opportunity: Go For Life	<p>Go for Life, an Age &amp; Opportunity SPORT initiative, is the national programme for sport and physical activity for older people in Ireland, and entails:</p> <p><b>Go for Life Games:</b> sports fests and regional games and activities being played all over the country by various groups and organisations supported by Local Sports Partnerships.</p> <p><b>Go for Life Physical Activity Leaders (PALs):</b> workshops designed to teach members of groups how to lead activities and sports in their local clubs, groups and communities.</p> <p><b>Go for Life CarePALs:</b> workshops for staff and volunteers in day and residential care settings empowering them to lead suitable physical activities with people in their care.</p> <p><b>National Grant Scheme:</b> a small grant scheme open to local groups and clubs to promote increased participation in recreational sport and physical activity.</p>	<p>Contact the Go for Life Team on 01 805 7733 Email: <a href="mailto:gfl@ageandopportunity.ie">gfl@ageandopportunity.ie</a> Find out more at <a href="http://www.ageandopportunity.ie">www.ageandopportunity.ie</a></p>
Active Living	Age and Opportunity: Go for Life Fit Line	<p>Go for Life FitLine is a free telephone service that encourages older adults who are doing 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>Freephone: 1800 303 545 and a mentor will phone you every few weeks until you're happy with your progress</p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Active Living	Sports Partnerships	Deliver recreational sport to local people. Various programmes available. Contact your local Sports Partnership for details.	<p><b>Carlow:</b> Carlow Sports Partnership, Carlow local Council, Athy Road, Carlow. Phone: 059 9136205, Mobile: 087 214 5262, <a href="http://www.carlowsports.ie">www.carlowsports.ie</a>.</p> <p><b>Dungarvan:</b> Civic Offices, Dungarvan, Co. Waterford. Phone: 0761 10 2194 Email: <a href="mailto:info@waterfordsportspartnership.ie">info@waterfordsportspartnership.ie</a>, <a href="http://www.waterfordsportspartnership.ie">www.waterfordsportspartnership.ie</a></p> <p><b>Kilkenny:</b> Kilkenny Recreation &amp; Sports Partnership, John's Green House, John's Green, Kilkenny, R95 CX92. Phone: 056 7794991 Email: <a href="mailto:info@krsp.ie">info@krsp.ie</a>, <a href="http://www.krsp.ie">www.krsp.ie</a></p> <p><b>Waterford City:</b> Regional Sports Centre, Cork Road, Waterford. Phone: 0761 10 2682, <a href="http://www.waterfordsportspartnership.ie">www.waterfordsportspartnership.ie</a></p> <p><b>South Tipperary:</b> Tipperary Sports Partnership, Ballingarrane House, Ballingarrane, Clonmel, Co. Tipperary, Phone: 0761 06 6201, Email: <a href="mailto:info@tipperarysports.ie">info@tipperarysports.ie</a>, <a href="http://www.tipperarysports.ie">www.tipperarysports.ie</a></p> <p><b>Wexford:</b> Sports Active Wexford, Community Development, Wexford Local Council, Carricklawn, Wexford. Phone: 053 919 6557, <a href="http://www.sportsactivewexford.ie/">www.sportsactivewexford.ie/</a></p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Active Living	Kilkenny Recreation and Sports Partnership: Men on the Move Kilkenny	Once weekly physical activity programme focusing on walking and running with strengthening work for men led by an experienced instructor. You can join at any time 2 euro per session. Sessions are fun, social and all fitness levels welcome.	You can just turn up on any Friday evening in term time at the Watershed reception at 8pm. Similar programs held in Conahy, Callan and Castlecomer contact Kilkenny Recreation and Sports Partnership. Phone: 056 7794991, Email: info@krsp.ie
Active Living	Kilkenny Recreation and Sports Partnership: Active for Life	KRSP Active for life is for people who are currently inactive or anyone considering becoming more active. KRSP Active for Life offers Community walking programmes, Introduction to Gym programmes, Chair Based and Older Adult classes, and Reintroduction to Cycling. All are open to complete beginners. When you sign up, you will receive updates on KRSP programmes suitable for those who wish to become more active.	Sign up for Active for Life on: <a href="http://www.eventbrite.ie/e/active-for-life-registration-55969375910">www.eventbrite.ie/e/active-for-life-registration-55969375910</a> or Phone: 056 7794991 or Email: info@krsp.ie with any inquiries.
Active Living	Waterford Sports Partnership: Be Active Over 50	A variety of different fun programmes and events especially for people over 50 including circuit training, boxing, swimming, orienteering, ride, glide and ski, walks on the greenway, activity classes and gym sessions, bowling and pitch and putt. Average Cost €3.00-€5.00 per session.	<a href="http://www.waterfordsportspartnership.ie">www.waterfordsportspartnership.ie</a> Phone Peter Jones on 0761 102191 or Email: <a href="mailto:pjones@waterfordsportspartnership.ie">pjones@waterfordsportspartnership.ie</a>



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

### South East Community Healthcare

Category	Service	What is involved?	How to access?
Active Living	Men on the Move Waterford	Twice weekly physical activity sessions over 8 weeks that are led by a qualified instructor to meet your needs. Sessions are fun, social and all fitness levels welcome. Cost €30 for 16 sessions over 8 weeks.	Local Waterford: Contact Waterford Sports Partnership <a href="http://www.waterfordsportspartnership.ie">www.waterfordsportspartnership.ie</a> Phone: Peter Jones on 0761 102191 Email: <a href="mailto:pjones@waterfordsportspartnership.ie">pjones@waterfordsportspartnership.ie</a>  <b>Dungarvan:</b> Monday and Wednesday Dungarvan GAA Club <b>Waterford City:</b> Tuesday and Thursday Waterford Regional Sports Centre
Active Living	Waterford Sports Partnership: Walk for Life series	Waterford Sports Partnership host our Walk for Life series regularly throughout the year, typically in Autumn, Spring & Summer. Each series consists of four accessible walks for over 50's and people with a disability.	<a href="http://www.waterfordsportspartnership.ie/walk-for-life-2/">www.waterfordsportspartnership.ie/walk-for-life-2/</a>
Active Living	Tipperary Sports Partnership	A variety of fun programmes and events including: <ul style="list-style-type: none"> <li>• Walking football (various locations)</li> <li>• 8 week community walking programmes which take place several times a year (various locations)</li> <li>• Chair volleyball</li> </ul>	Contact Tipperary Sports Partnership to register Phone: 0761 06 6201, Email: <a href="mailto:info@tipperarysports.ie">info@tipperarysports.ie</a> Web: <a href="http://www.tipperarysports.ie">www.tipperarysports.ie</a>
Active Living	Wexford Sports Active: Scooch Blitzes	Scooch is an adaption of shuffleboard, and can be played in small indoor spaces and is very inclusive of people with different physical activities.	Contact one of Wexford's 14 local Men's Shed for details. <a href="http://www.menssheds.ie">www.menssheds.ie</a>



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
Drugs and Alcohol	Drugs 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.	<b>Freephone number:</b> 1800 459 459 (Mondays- Fridays, 9.30am- 5.30pm) <b>Email support:</b> helpline@hse.ie
Drugs and Alcohol	Drugs.ie	Drugs and alcohol information and support including a directory of services.	www.drugs.ie
Drugs and Alcohol	South East Substance misuse services	A recovery team which provide free drug and alcohol services. The team includes GP's, nurses, counsellors, drug education officers, outreach workers and community pharmacies. They provide healthcare advice, talking therapies, support, medically assisted recovery and needle exchange. They also support friends, families and carers.	You or your family can self refer by Phoning your local Substance Misuse Service <b>Carlow/Kilkenny:</b> ARDU, Kickham street, Kilkenny. Phone: 056 778 4638, LoCall: 1890 464 600 <b>South Tipperary:</b> Grounds of South Tipperary General Hospital, Western Road, Clonmel. Phone: 052 617 7900 <b>Waterford:</b> St Otteran's Hospital, John's Hill, Waterford. Phone: 051 848 658 <b>Wexford:</b> St John's Hospital, Enniscorthy. Phone: 053 925 9825
Drugs and Alcohol	Ask About Alcohol website	Reliable information and support about alcohol. Includes a service finder which provides contact details about local support group.	www.askaboutalcohol.ie
Emergency Health Services	Emergency Services	Emergency Services Number	Phone: 112 or 999



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Emergency Health Services</b>	Caredoc South East	Caredoc is an out of hours family doctors service for patients with urgent medical problems who need to contact a doctor after surgeries close.	www.caredoc.ie Phone: 1850 334 999
<b>Emergency Health Services</b>	Caredoc South East: Community Intervention Team	The Community Intervention Team (CIT) is a nurse led professional team that provides short term nursing care to patients in a community setting. The service is currently available to patients in the Carlow, Kilkenny, Waterford and South Tipperary areas.	Referral by GP or hospital care team



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
Employment	Employability	<p>Employability Service is an employment and recruitment service to assist people with a health condition, injury, illness or disability to secure and maintain a job in the open labour market. It is suitable for people with a health condition, injury, illness or disability who are job ready and need a level of support to succeed in long-term and sustainable employment.</p> <p>EmployAbility Service provides a range of supports, through Job Coaches.</p> <p>The range of supports include:</p> <ul style="list-style-type: none"> <li>• Individual Needs Assessment</li> <li>• Vocational Profiling and Career Planning</li> <li>• Individual Employment Plan</li> <li>• Job Sourcing and Job Matching</li> <li>• On-the-Job Support and Coaching</li> <li>• Advice and Support to Employers</li> <li>• Follow-up Support and Mentoring to both Employers and Employees</li> </ul>	<p><b>Carlow</b> K/CASES Kilkenny/Carlow Area EmployAbility Service, Lower Pollerton Rd, Carlow. Phone: 059 9135564 <a href="http://www.kcases.ie">www.kcases.ie</a></p> <p><b>Kilkenny</b> K/CASES Kilkenny/Carlow Area EmployAbility Service, Unit 1, 3rd Floor, Desert House, New Street, Kilkenny. Phone: 056 7763903 <a href="http://www.kcases.ie">www.kcases.ie</a></p> <p><b>South Tipperary</b> EmployAbility Service, 25 Gladstone St, Clonmel, Co Tipperary. Phone: 052 6129465</p> <p><b>Waterford</b> Employment Support Agency, 21 O'Connell St, Waterford. Phone: 051 855035 <a href="http://www.employabilitywaterford.ie">www.employabilitywaterford.ie</a></p> <p><b>Wexford</b> EmployAbility Wexford, Room 15, IFA Centre, Mill Park Rd, Enniscorthy, Co Wexford. Phone: 053 9243932 <a href="http://www.employabilitywexford.ie">www.employabilitywexford.ie</a></p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Financial Supports	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.	For further information go to: <a href="http://www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html">www2.hse.ie/services/gp-visit-cards/gp-visit-cards.html</a>
Financial Supports	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"> <li>• Approved prescribed drugs and medicines</li> <li>• Rental costs for a continuous positive airway pressure (CPAP) machine</li> <li>• Rental costs for oxygen</li> </ul> If you don't have a medical card and you pay more than €124 a month for any of these, you should apply.	For further information go to: <a href="http://www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html">www2.hse.ie/services/drugs-payment-scheme/drugs-payment-scheme-card.html</a>
Financial Supports	MABS	MABS is a free, independent, non-judgmental and confidential service for people who are in debt or at risk of getting into debt. MABS will work with you to determine the type of support you need, including assessing whether it is necessary to meet with a Money Adviser.	<a href="http://www.mabs.ie">www.mabs.ie</a> Helpline: 076 107 2000





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

South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Financial Supports</b>	Medical Card	<p>Medical cards entitle the owner and normally, your dependent spouse or partner and your children to certain health services for example GP free of charge and medications at reduced cost.</p> <p>To qualify for a medical card, your weekly income must be below a certain figure for your family size.</p>	<p>For further information go to: <a href="http://www2.hse.ie/medical-cards/">www2.hse.ie/medical-cards/</a></p>
<b>Health Information</b>	Making Every Contact Count	<p>This E-learning training programme is for health and social care professionals to help them make every contact count. It consists of 6 x 30-minute e-learning modules including: Introduction to behaviour change, four topic modules on smoking, alcohol and drugs, healthy eating and active living and a skills into practice module.</p> <p>Following completion of the on-line module there is an opportunity to complete a classroom-based 'Enhancing your brief intervention skills' workshop.</p>	<p><a href="http://www.makingeverycontactcount.ie">www.makingeverycontactcount.ie</a></p>



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Category	Service	What is involved?	How to access?
Health Information	Citizen's Information	Provide information on your rights and Entitlements	<p>Citizen's Information Centres, Lo Call: 1890 777 121 <a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a></p> <p><b>Carlow:</b> St. Catherines Community Services Centre, St. Josephs Road, Carlow. Phone: 0761 07 5130, Email: <a href="mailto:carlow@citinfo.ie">carlow@citinfo.ie</a></p> <p><b>Kilkenny:</b> 4, The Parade, Kilkenny. Phone: 0761 07 7910, Email: <a href="mailto:kilkenny@citinfo.ie">kilkenny@citinfo.ie</a></p> <p><b>South Tipperary:</b> <b>Tipperary Town:</b> Community Centre, St. Michael Street, Tipperary Town. Phone: 0761 07 6540, Email: <a href="mailto:tipperary@citinfo.ie">tipperary@citinfo.ie</a></p> <p><b>Clonmel:</b> Market Place, Clonmel. Phone: 0761 07 6460, Email: <a href="mailto:clonmel@citinfo.ie">clonmel@citinfo.ie</a></p> <p><b>Waterford:</b> <b>City:</b> 37 Lower Yellow Road, Waterford. Phone: 0761 07 6580, Email: <a href="mailto:waterford@citinfo.ie">waterford@citinfo.ie</a></p> <p><b>City:</b> Merchants Quay CIC, 41 Merchant's Quay, Waterford. Phone: 0761 07 6560</p> <p><b>Dungarvan:</b> Scanlon's Yard Car Park, Dungarvan. X35 NT68, Phone: 0761 07 6550, Email: <a href="mailto:dungarvan@citinfo.ie">dungarvan@citinfo.ie</a></p> <p><b>Wexford:</b> <b>Enniscorthy:</b> 26 Court Street, Enniscorthy. Phone: 0761 07 6690, Email: <a href="mailto:enniscorthy@citinfo.ie">enniscorthy@citinfo.ie</a></p> <p><b>Gorey:</b> Unit 3 The Plaza, Pearse Street, Gorey. Phone: 0761 07 6700, Email: <a href="mailto:gorey@citinfo.ie">gorey@citinfo.ie</a></p> <p><b>Wexford:</b> 28 Henrietta Street, Wexford. Phone: 0761 07 6720, Email: <a href="mailto:wexford@citinfo.ie">wexford@citinfo.ie</a></p>



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

### South East Community Healthcare

Category	Service	What is involved?	How to access?
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 large quantities.	<a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a>
Health Information	Practical advice for staying well in winter	Website with practical advice how to stay safe and well during the winter.	<a href="http://www.winterready.ie">www.winterready.ie</a>
Health Information	Practical advice when sick	Practical advice on how to mind yourself or your family when you're sick. From the HSE, GPs and Pharmacists.	<a href="http://www.undertheweather.ie">www.undertheweather.ie</a>
Health Information	Winter Ready Checklist for long-term health conditions	Useful checklist by the HSE on being prepared for the winter period when living with a long-term health condition such as Asthma, COPD, Diabetes, Heart Disease.	<a href="http://www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/winter-advice-for-patients-with-chronic-conditions/winter-health-check.pdf">www.hse.ie/eng/services/news/newsfeatures/winter-initiative/stay-well/winter-advice-for-patients-with-chronic-conditions/winter-health-check.pdf</a>
Health Information	Healthy Ireland	Website providing trusted sources of information and supports together in one place to help people get started on making healthy changes.	<a href="http://www.gov.ie/en/campaigns/healthy-ireland/">www.gov.ie/en/campaigns/healthy-ireland/</a>
Health Information	Medicines Information	Online information and advice on your medications.	<a href="http://www.hpra.ie/homepage/medicines/medicines-information">www.hpra.ie/homepage/medicines/medicines-information</a> <a href="http://www.medicines.ie">www.medicines.ie</a>



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
Healthy Eating	Healthy Food for Life Guidelines	The Healthy Food for Life guidelines and resources provide practical support for individuals and families to make healthier food choices and to ultimately improve their health and wellbeing. They include a leaflet, infographic of food pyramid, sample daily meal plans, guidelines on portion sizes and fact sheets.	Download resources from: <a href="http://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/">www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/</a> or order copies from <a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a>
Healthy Eating	Healthy Food Made Easy	Six week nutrition and basic cooking course delivered by community groups with support from primary care dietitians.	<a href="http://www.hse.ie/communitycooking">www.hse.ie/communitycooking</a>
Healthy Eating	Safe Food	Website providing reliable information on food safety and healthy eating. You can also download publications and recipes.	<a href="http://www.safefood.eu">www.safefood.eu</a>
Healthy Eating	101 Square Meals: recipe book	Recipes that are easy to prepare, low budget and highly nutritious.	Download here: <a href="http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101-Square-Meals-Cookbook-Feb-2015.pdf">www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101-Square-Meals-Cookbook-Feb-2015.pdf</a>
Healthy Eating	Irish Nutrition and Dietetic Institute (INDI)- factsheets	Factsheets cover a large range of topics.	<a href="http://www.indi.ie">www.indi.ie</a>



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

### South East Community Healthcare

Category	Service	What is involved?	How to access?
Local Health Services	Ceart	CEART provides integrated rehabilitation therapy to people who live with Chronic Illness, supporting and enabling them to realise their full potential and achieve in their lives the maximum possible independence.	GP or Hospital Doctors can send a referral to: CEART Health Partnership, The Courthouse, Callan, Co. Kilkenny. Phone: 056 7755757 Email: ceart@ceart.ie
Local Health Services	Hospitals	Acute Hospital services	<b>Carlow/ Kilkenny:</b> St Lukes General Hospital, Freshford Road, Kilkenny. Phone: 056 7785000 <b>South Tipperary:</b> South Tipperary General Hospital, Clonmel, Tipperary. Phone: 052 6177075 <b>Waterford:</b> University hospital Waterford, Dunmore road, Waterford. Phone: 051 848000 <b>Wexford:</b> Wexford General Hospital, Carricklawn, Wexford. Phone: 053 9153000
Local Health Services	PrimaryCare Services	PrimaryCare services are all of the health and social care services that you can find in your community, outside of the hospital setting.	<a href="http://www.hse.ie/eng/services/list/2/primarycare/pccser.html">www.hse.ie/eng/services/list/2/primarycare/pccser.html</a>



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

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Category	Service	What is involved?	How to access?
<b>Mental Wellbeing Supports</b>		<p>If you, a member of your family or someone you know is in distress or need someone to talk to, help, support and advice is available. In the first instance contact your GP, if it is late in the evening or at the weekend call CAREDOC on 1850 334 999. You can also go to the Emergency Department in your nearest hospital or you can contact Emergency Services on 112 or 999. Other useful services are listed below.</p>	
<b>Mental Wellbeing Supports</b>	Samaritans	Samaritans telephone service is available 24 hours a day for confidential, non-judgmental support.	<p>www.samaritans.ie            Freephone: 116 123            Text: 087 2609090            Email: jo@samaritans.ie  <b>Kilkenny:</b> 2 Abbeybridge, Dean Street, Kilkenny.  <b>Waterford:</b> 16 Beau Street, Waterford.</p>
<b>Mental Wellbeing Supports</b>	24 hour Pieta House Suicide Helpline	Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm. Calls are answered by trained Counsellors.	<p>www.pieta.ie            Freephone: 1800 247 247            Text HELP to 51444</p> <p><b>Pieta House South East:</b> 20 Waterside, Waterford City, Phone: 051 858510. Contact Person: Centre Manager - Michael O'Brien  <b>Pieta House Wexford:</b> 14 Francis Street, Wexford, Phone: 053 9122787, Contact Person: Sally Griffiths</p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Mental Wellbeing Supports</b>	HSE National Counselling Services	Free Counselling Service for adults who have experienced trauma and abuse in childhood.	<p>You can refer yourself by Phoning: Freephone: 1800 234 118 Email: Comhar@hse.ie <a href="http://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/">www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/</a></p> <p>Health Care Professionals can refer by sending a written referral to: Director of Counselling, HSE NCS South-East, Lismore Park Primary Care Centre, 223 Lismore Park, Waterford.</p>
<b>Mental Wellbeing Supports</b>	Connect	Free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood.	<p>Helpline: 1800 477 477 <a href="http://www.connectcounselling.ie">www.connectcounselling.ie</a></p>
<b>Mental Wellbeing Supports</b>	SHIP - Self-Harm Intervention Programme	Professional counselling for people aged 16+ who are experiencing suicidal ideation/self-harm.	<p>Access to the service is by written referral from a relevant health professional only SHIP Counselling Co-ordinator, Lismore Park Primary Care Centre, 223 Lismore Park, Waterford. Phone: 087 2586028, 051 359088</p>



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

### South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Mental Wellbeing Supports</b>	Counselling in Primary Care (CIPC)	Short term general counselling service for people with a medical card. Suitable for persons experiencing depression, anxiety, relationship problems, loss issues etc.	Referral by GP or Primary Care Team <a href="http://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/">www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/</a> Enquiries to counselling coordinator: Phone: 051 359088
<b>Mental Wellbeing Supports</b>	Private Counsellors	Clients who wish to access counselling or psychotherapy privately the following four professional organisations are recognised / recommended by the HSE Directors of Counselling group.	<p>The Irish Association of Counselling and Psychotherapy (IACP),  <a href="http://www.iacp.ie">www.iacp.ie</a>            Phone: 01 2303536</p> <p>The Psychological Society of Ireland (PSI)  <a href="http://www.psychologicalsociety.ie">www.psychologicalsociety.ie</a>            Phone: 01 4720105</p> <p>The Irish Council for Psychotherapy (ICP)  <a href="http://www.psychotherapycouncil.ie">www.psychotherapycouncil.ie</a>            Phone: 01 9058658</p> <p>Irish Association for Humanistic Psychotherapy (IAHIP)  <a href="http://www.iahip.org">www.iahip.org</a>            Phone: 01 2841665</p>
<b>Mental Wellbeing Supports</b>	Low Cost Counselling	Counselling via your local family resource centre.	<a href="http://www.familyresource.ie">www.familyresource.ie</a> See Social and Community Supports (pg 56-58) for South East contact details





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Category	Service	What is involved?	How to access?
<b>Mental Wellbeing Supports</b>	National Directory of Mental Health Services	National Directory of Mental Health Services	<a href="http://www.hsenet.hse.ie/HSE_Central/MentalHealthDivision/National_Directory_of_Mental_Health_Services/">www.hsenet.hse.ie/HSE_Central/MentalHealthDivision/National_Directory_of_Mental_Health_Services/</a>
<b>Mental Wellbeing Supports</b>	Information and directory of supports	Reliable advice, information and signposting to support services for mental health and wellbeing.	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>
<b>Mental Wellbeing Supports</b>	Mental Health Ireland	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. Seven local mental health associations provide a range of supports for people with mental health conditions in their community.	<a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a> South East Area Development officer: Linda Thorpe. Phone: 087 8353925, Email: <a href="mailto:lindathorpe@mentalhealthireland.ie">lindathorpe@mentalhealthireland.ie</a>
<b>Mental Wellbeing Supports</b>	Grow	GROW is a Mental Health Organisation which helps people who have suffered, or are suffer, from mental health problems. Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. Free confidential weekly group meetings are held in local South East Venues.	Find your local support group at: <a href="http://www.grow.ie">www.grow.ie</a> , Phone: 1890 474 474  GROW South Eastern Region, Ormonde House, Barrack Street, Kilkenny. Email: <a href="mailto:southeastregion@grow.ie">southeastregion@grow.ie</a> Phone: 056 7761625



## Directory of Services and Programmes for Adults with Diabetes, Heart Conditions, Stroke, COPD and Asthma. South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Mental Wellbeing Supports</b>	Grow / Ceart mutual help group	A mutual help group providing ongoing support, information and encouragement to people managing a long term health condition.	Meet every Friday morning at 10.30am: GROW South Eastern Region, Ormonde House, Barrack Street, Kilkenny. Email: southeastregion@grow.ie Phone: 056 7761624 www.grow.ie
<b>Mental Wellbeing Supports</b>	Aware	Provides support and information to people experiencing depression and bipolar condition. Provides a free support line, support email and local support groups. Provides information and local and online life skills training.	www.aware.ie Support Line: 1800 80 48 48 Email: supportmail@aware.ie  Local Depression and bipolar support and self care groups. (Phone: 01 6617211) <b>Dungarvan:</b> The Deise Day Centre. Presentation/Dungarvan Community Development Centre, Mitchell Street, Dungarvan, Co Waterford. Every Tuesday at 7.30pm. <b>Waterford City:</b> St Patricks Gateway Centre, Patrick Street, Waterford City (next door to Waterford Garda Station). Every Tuesday at 7.30 pm. <b>Wexford Town:</b> Shamrock Room, Clonard Community Centre, Clonard, Co Wexford. Every Wednesday at 8pm.



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Mental Wellbeing Supports</b>	Recovery Colleges	<p>Recovery College South East delivers recovery education that focuses on strengths, talents and personal resources. All of our workshops are co-developed and co-delivered, with those who have lived experience of mental health and addiction challenges, in partnership with professional expertise (expert by experience working alongside expert by profession).</p> <p>Recovery Colleges work to create spaces where people can come together to share and learn about recovery from mental health and addiction challenges. Workshops at the Recovery College South East are open to everyone, are educational and interactive and topics such as anxiety, depression, self-esteem, loneliness, hearing voices, self harm and alcohol and drug use are discussed in a safe and relaxed environment.</p>	<p><a href="http://www.recoverycollegesoutheast.com">www.recoverycollegesoutheast.com</a></p> <p>Address: Greenshill, Kilkenny, R95YYCO. Tel: 056 7703666, 086 1746330 Email: <a href="mailto:recoverycollegesoutheast@gmail.com">recoverycollegesoutheast@gmail.com</a></p> <p>Clare Fitzpatrick, Advancing Recovery Coordinator: 086 8185760</p> <p><b>Workshops are held in all South East Counties</b></p>



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

### South East Community Healthcare

Category	Service	What is involved?	How to access?
Smoking Cessation	Smoking Cessation-QUIT.ie	The HSE provides a range of tobacco cessation services, ranging from online and social media supports on Quit.ie and Facebook to quitline support services, HSE Quit clinics and courses.	<p><b>Health care professionals can refer to the quit team by emailing <a href="mailto:support@quit.ie">support@quit.ie</a></b></p> <p>Phone: 1800 201 203 (Mon to Fri 10am - 7pm, Sat 10 - 1pm) Scheduled support call on the quit date &amp; scheduled support call each week for 4 weeks after the quit date</p> <p>Freetext: Quit to 50100 Email: <a href="mailto:support@quit.ie">support@quit.ie</a> Tweet: @HSEQuitTeam Register at <a href="http://www.quit.ie">www.quit.ie</a> - daily emails for 6 weeks Facebook: <a href="http://www.facebook.com/HSEQuit">www.facebook.com/HSEQuit</a></p>
Social and Community 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.</p> <p>Services include advice and information, emotional support and counselling as well as practical solutions, technology and training to build confidence and independence.</p>	<p><a href="http://www.ncbi.ie">www.ncbi.ie</a> Email: <a href="mailto:info@ncbi.ie">info@ncbi.ie</a></p> <p>NCBI South East Region 7 Ormonde Road Kilkenny Open 9am to 5pm Monday to Friday Phone: 056 7763530</p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Social and Community Supports</b>	Chime National charity for deafness and hearing	<p>Chime, the National Charity for Deafness and Hearing Loss offers support, services and advocacy to anyone affected by hearing loss.</p> <p>Our vision is a society with no limits or barriers for anyone living with deafness or hearing loss. Our team of professionals provide information and advice; individual, family and group support; technology for the home, school and workplace, including hearing aids.</p>	<p>Call our Information Line: 1800 256 257            Email: <a href="mailto:rejoin@chime.ie">rejoin@chime.ie</a> for any queries related to hearing loss, or call in to any Chime centre around the country. Further details at <a href="http://www.chime.ie">www.chime.ie</a></p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Social and Community Supports	Family Resource Centres	<p>There are 17 Family Resource Centres throughout the South East, providing services and supports to local individuals, families and communities based on a life-cycle approach.</p> <p>All family resource centres offer an initial meeting to assess the needs of the person accessing their service.</p> <p>The range of supports and services can vary from area to area but the following are an example of what a family resource centre can offer:            Childcare Service, Elder Day Care, One to One Family Support, Parenting Supports, Counselling Service, Play therapy, Health &amp; Wellbeing groups, Women's Groups and Men's Sheds, Personal Development Groups, Support Groups, Youth Groups, Employment Supports, Training and education Opportunities.</p>	<p><a href="http://www.familyresource.ie/">http://www.familyresource.ie/</a>  <b>Bagnelstown:</b> Bagnelstown Family Resource Centre, Moneybeg, Royal Oak Road, Bagnelstown, Co Carlow Phone: 059 9722028, Email: bagenalstownfrc@hotmail.com  <a href="http://www.bagenalstownfamilyresourcecentre.yolasite.com">www.bagenalstownfamilyresourcecentre.yolasite.com</a>  <b>Ballybeg:</b> BRILL FRC, Ballybeg, Waterford. Phone: 051 350100, Email: community@brillfrc.ie. <a href="http://www.brillfrc.ie">www.brillfrc.ie</a>  <b>Callan:</b> Droichead Family Resource Centre, Mill Street, Callan Phone: 056 7755660, Email: droicheadfrc1@gmail.com.  <b>Cashel:</b> Spafield Family Resource Centre, Old Road, Cashel, Co Tipperary. Phone: 062 63622, Email: reception@spafieldfrc.ie. <a href="http://www.spafieldfrc.ie">www.spafieldfrc.ie</a>  <b>Clonroche:</b> Raheen, Clonroche, Enniscorthy, Co Wexford. Phone: 051 428805, Email: info@raheenfrc.ie <a href="http://www.raheenfamilysourcecentre.ie">www.raheenfamilysourcecentre.ie</a>  <b>Glengoole:</b> Millennium FRC, Glengoole, Thurles, Co Tipperary. Phone: 052 9157992, Email: clarecashman@mfrfc.ie <a href="http://www.mfrfc.ie">www.mfrfc.ie</a></p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Social and Community Supports	Family Resource Centres (continued)	<p>There are 17 Family Resource Centres throughout the South East, providing services and supports to local individuals, families and communities based on a life-cycle approach.</p> <p>All family resource centres offer an initial meeting to assess the needs of the person accessing their service.</p> <p>The range of supports and services can vary from area to area but the following are an example of what a family resource centre can offer:            Childcare Service, Elder Day Care, One to One Family Support, Parenting Supports, Counselling Service, Play therapy, Health &amp; Wellbeing groups, Women's Groups and Men's Sheds, Personal Development Groups, Support Groups, Youth Groups, Employment Supports, Training and education Opportunities.</p>	<p><b>Gorey:</b> Gorey Family Resource Centre, 4 Charlotte Row, Upper Main St, Gorey.            Phone: 053 9489017, Mobile: 087 9905403,            Email: <a href="mailto:goreyfrc@gmail.com">goreyfrc@gmail.com</a>  <a href="http://www.goreyfrc.org">www.goreyfrc.org</a></p> <p><b>Kilkenny City:</b> Newpark Close Family Resource Centre, Newpark Close, Kilkenny            Phone: 056 7723309, Mobile: 0833606408,            Email: <a href="mailto:newparkclosefrc@eircom.net">newparkclosefrc@eircom.net</a>  <a href="http://www.newparkclosefrc.com">www.newparkclosefrc.com</a></p> <p><b>Kilkenny City:</b> St Canices Community Action, Fr. McGrath Community Centre, St Josephs Road, Kilkenny.            Phone: 056 7751988, Email: <a href="mailto:info@frmcgrathcentre.ie">info@frmcgrathcentre.ie</a>  <a href="http://www.frmcgrathcentre.ie">www.frmcgrathcentre.ie</a></p> <p><b>Urlingford:</b> The Mill Family Resource Centre, Main St, Urlingford, Co Kilkenny.            Phone: 056 8838466, Mobile: 0860273956,            Email: <a href="mailto:millfrcmc@gmail.com">millfrcmc@gmail.com</a>  <a href="http://www.millfrcurlingford.com">www.millfrcurlingford.com</a></p> <p><b>Taghmon:</b> Taghmon Family Resource Centre, St Joseph Street, Taghmon.            Phone: 053 9134465 Email: <a href="mailto:admin@taghmonfrc.ie">admin@taghmonfrc.ie</a>  <a href="http://www.taghmonfrc.ie">www.taghmonfrc.ie</a></p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Social and Community Supports	Family Resource Centres (continued)	<p>There are 17 Family Resource Centres throughout the South East, providing services and supports to local individuals, families and communities based on a life-cycle approach.</p> <p>All family resource centres offer an initial meeting to assess the needs of the person accessing their service.</p> <p>The range of supports and services can vary from area to area but the following are an example of what a family resource centre can offer: Childcare Service, Elder Day Care, One to One Family Support, Parenting Supports, Counselling Service, Play therapy, Health &amp; Wellbeing groups, Women's Groups and Men's Sheds, Personal Development Groups, Support Groups, Youth Groups, Employment Supports, Training and education Opportunities.</p>	<p><b>Tipperary Town:</b> Three Drives Family Resource Centre Ltd, 22/23 Greenane Drive, Tipperary Town. Phone: 062 80831</p> <p><b>Tullow:</b> Forward Steps Family Resource Centre, Chapel Lane, Tullow. Phone: 059 9152776 , Email: forwardsteps@eircom.net</p> <p><b>Waterford City:</b> Sacred Heart Family Resource Centre, Community Buildings, Richardson's Meadow, Old Tramore Road. Phone: 051 306728. Email: info@sacredheartfrc.ie</p> <p><b>Waterford City:</b> St Brigid's Family &amp; Community Centre, 37 Lower Yellow Road. Phone: 051 375261, Email: stbrigidsfcc@eircom.net, www.stbrigidsfcc.ie.</p> <p><b>Wexford Town:</b> South End Family Resource Centre, Hantoon Rd, Maudlintown, Wexford. Phone: 053 9126027, www.southendfrc.ie</p> <p><b>New Ross:</b> South West Wexford Family Resource Centre, Ramsgrange Centre, New Ross, Co Wexford. Phone: 051 389418, Email: reception@swwfrc.ie, www.swwfrc.ie</p>





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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Social and Community Supports	Waterford Social Prescribing	Social Prescribing is a free service which helps to link people over 18 with sources of support and social activities within your community. It involves attending a face to face session for an hour with up to 6 sessions available. Service located in Sacred Heart Family Resource Centre, St Brigid's Family Resource Centre, Waterford Health Park and Tramore Primary Care Centre.	<p>The Waterford Social Prescribing service is for people over 18 living in Waterford City, Tramore, Dunmore East and Passage East.</p> <p>People need to have the capacity to consent to the service, be willing to engage, and be registered with a GP.</p> <p>You can contact Cecily Maher yourself at Phone: 089 2501413 Email: <a href="mailto:socialprescribing@sacredheartfrc.ie">socialprescribing@sacredheartfrc.ie</a></p>
Social and Community Supports	National Adult Literacy Agency	Help with reading, writing, maths and technology.	<p>Freephone: 1800 20 20 65. Freetext: 50050. <a href="http://www.takethefirststep.ie">www.takethefirststep.ie</a></p>
Social and Community Supports	National Adult Literacy Agency	Information on health literacy.	<p><a href="http://www.nala.ie">www.nala.ie</a> Phone: 01 412 7900.</p>
Social and Community Supports	Carer Supports	Information, support and signposting for carers.	<p><a href="http://www.hse.ie/eng/services/list/3/carerssupport/">www.hse.ie/eng/services/list/3/carerssupport/</a></p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Social and Community Supports	Carer Supports: Family Carers Ireland	Provides help and advice to carers such as information on rights and entitlements. Also run carers groups that meet once a month to offer each other help and support.	<p>Careline: 1800 400 478  <a href="http://www.familycarers.ie">www.familycarers.ie</a>            Email: <a href="mailto:info@familycarers.ie">info@familycarers.ie</a></p> <p><b>South East Carers Resource Centres</b> (Open 9.00-5.30 Monday to Thursday and 9.00 to 5.00 on Friday)</p> <p><b>Kilkenny:</b> Spring Hill Clinic. Phone: 056 7721424, Email: <a href="mailto:mwalsh@familycarers.ie">mwalsh@familycarers.ie</a></p> <p><b>South Tipp:</b> 8 Sarsfield Street, Clonmel. Phone: 052 6170454</p> <p><b>Waterford:</b> 69 O'Connell Street, Waterford City. Phone: 051 872626</p> <p><b>Wexford:</b> 24 Henrietta Street, Wexford. Phone: 053 9140511, Mobile: 086 0450991, Email: <a href="mailto:secleston@familycarers.ie">secleston@familycarers.ie</a></p> <p><b>Outreach Centre</b> (not open daily)  <b>Carlow:</b> Cathedral Parish centre, Carlow. Phone: 056 7721424, Email: <a href="mailto:mwalsh@familycarers.ie">mwalsh@familycarers.ie</a></p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Social and Community Supports	Education and Training Boards	Local education services, and help with reading, writing, maths or technology.	<p><b>Carlow:</b> Carlow Adult Learning Centre Phone: 059 913 5544, Email: calcadmin@eircom.net</p> <p><b>Kilkenny:</b> Word Aid Phone: 056 776 3149 Email: wordaid@kkadulded.ie</p> <p><b>South Tipperary:</b> Tipperary ETB Adult Learning Scheme (Clonmel) Phone: 052 612 7543, Mobile: 087 233 3752, Email: mroche@tipperaryetb.ie</p> <p><b>Waterford Adult Education Centre:</b></p> <p><b>Dungarvan:</b> Phone: 058 427 74, Email: nicolamccarthyhanlon@wwetb.ie</p> <p>Cappoquin: 058 525 70 Email: nicolamccarthyhanlon@wwetb.ie</p> <p><b>Waterford:</b> Phone: 051-854 444, Email: joannpower@wwetb.ie</p> <p><b>Tramore:</b> Tramore Education and Training Centre, Phone: 051 393 794, Email: emmatobin@wwetb.ie</p> <p><b>Wexford Adult Education Centres:</b></p> <p><b>Gorey:</b> Phone: 053 948 1820, Mobile: 086 853 3145, Email: maryjordan@wwetb.ie</p> <p>Enniscorthy Adult Literacy Service, Phone: 051 425 118, Email: annaodwyer@wwetb.ie</p> <p><b>New Ross:</b> Phone: 051 425 118, Email: kristingray@wwetb.ie, donmurphy@wwetb.ie</p> <p><b>Wexford Town:</b> Mobile: 086 853 3649, Email: jackiebrowne@wwetb.ie</p>



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
Social and Community Supports	Men's Sheds	Community based, non commercial organisation which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the 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.	Contact details for men's sheds can be found here <a href="http://www.menssheds.ie">www.menssheds.ie</a>
Social and Community Supports	Rural Transport Options	Local link provides door to door and scheduled bus services in towns, villages and rural areas.	<a href="http://www.locallink.ie">www.locallink.ie</a>
Social and Community Supports	Better Energy Warmer Homes Scheme	The Better Energy Warmer Homes Scheme aims to improve the energy efficiency and warmth of homes owned by people on low incomes. It is operated by the Sustainable Energy Authority of Ireland (SEAI).	Sustainable Energy Authority of Ireland (SEAI), Phone: 01 808 2100. <a href="http://www.seai.ie">www.seai.ie</a>
Social and Community Supports	Seniorline	National Confidential Listening Service for Older People.	Phone: 1800 80 45 91



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

### South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Social Inclusion</b>	Social Inclusion Website	Poverty and social exclusion have a direct impact on the health and wellbeing of the population. Social inclusion aims to improve access to mainstream and targeted health services for people from disadvantaged groups and reduce health inequalities. They also aim to enhance the equal participation of socially excluded groups and communities in health services. This website provides useful information including a translation hub.	<a href="http://www.hse.ie/eng/about/who/primarycare/socialinclusion/">www.hse.ie/eng/about/who/primarycare/socialinclusion/</a>
<b>Stanford Self Management Program</b>	Stanford self management programme	Arthritis Ireland deliver this program in South East. Teaches the action planning and problem solving skills. Two and a half hours per week over six weeks in community venues across the South East.	Book yourself into a course at: <a href="http://www.arthritisireland.ie">www.arthritisireland.ie</a> Phone the Arthritis Ireland helpline: 1890 252846
<b>Weight Management</b>	Group Weight Management Session	2.5 hour group once off weight management session facilitated by a primary care dietitian. Option of one to one follow up with a primary care dietitian as required. Held in local venues.	Ask any primary care health and social care team member to refer you. Enquires and referrals to Ann Mahony, Health promotion admin: Phone: 051 842911, Email: <a href="mailto:ann.omahony@hse.ie">ann.omahony@hse.ie</a>
<b>Weight Management</b>	Carbohydrate and Calorie counting book and app	1700 photos of food and drink and meals that assist people to count calories and choose correct portions.	Order the book from <a href="http://www.carbsandcals.com">www.carbsandcals.com</a> or online book stores. Also available as an app to download to your smartphone.



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

South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Weight Management</b>	Specialist Weight Mangement service	Public Weight Management Service in St. Columcille's Hospital Loughlinstown, Co. Dublin for people with a BMI >40. (or >35 with a obesity related co-morbidity e.g. diabetes) Multidisciplinary lifestyle and behaviour change programme delivered by a dietitian, physiotherapist and psychologist. It involves 9 appointments. Suitable people can go on to be referred to the surgical bariatric service.	More information and health care professional referral information can be found at: <a href="http://www.weightmanagement.ie">www.weightmanagement.ie</a>  Please send referrals or queries to: Prof Donal O'Shea or Dr Jean O'Connell, Consultant Endocrinologists, Weight Management Service, St Columcille's Hospital, Loughlinstown, Co Dublin. Phone: 01 2115042.
<b>Weight Management</b>	BMI calculator	To discover your body mass index, just select your Height, Weight, Waist and Gender and click "Calculate"	<a href="http://www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx">www.safefood.eu/Healthy-Eating/Weight-Loss/BMI-calculator.aspx</a>



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

### South East Community Healthcare

Category	Service	What is involved?	How to access?
<b>Self-Management Support Coordinators</b>	The role of a Self-Management Support Coordinator 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 HSE area and can be found at: <a href="http://www.hse.ie/eng/health/hl/selfmanagement/">www.hse.ie/eng/health/hl/selfmanagement/</a>		
	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	Kate.OConnor1@hse.ie
	Mary Gowing	Community Healthcare East - Dublin South East, Dun Laoghaire and Wicklow	mary.gowing@hse.ie
	Geraldine Cully	Community Healthcare - Dublin South and Kildare & West Wicklow	geraldine.cully@hse.ie
	Sinead Power	Midlands Louth Meath Community Healthcare Organisation	Sinead.Power4@hse.ie
Therese Clarke	Community Healthcare - Dublin North City and County	therese.clarke1@hse.ie	

## **DISCLAIMER:**

Health and Wellbeing, South East Community Healthcare does not 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 health care professionals for general information purposes only and does not replace or constitute care, treatment or other professional advice. Individuals are welcome to use the material contained in the directory but decisions with respect to specific programmes or services are a matter for individual choice.



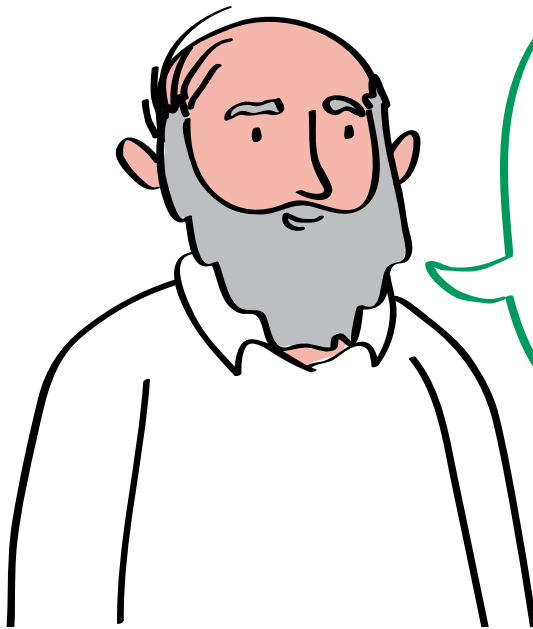
# South East Community Healthcare

HSE Lacken Offices, Dublin Rd, Kilkenny, Ireland

[www.hse.ie/eng/health/hl/selfmanagement/](http://www.hse.ie/eng/health/hl/selfmanagement/)

✉ [healthandwellbeingcho5@hse.ie](mailto:healthandwellbeingcho5@hse.ie)

☎ 056 7784288



For the most up to date directory, directories from other HSE areas and to view this directory in large print go to: [www.hse.ie/eng/health/hl/selfmanagement/](http://www.hse.ie/eng/health/hl/selfmanagement/)



Self-management  
Support



Diabetes  
Ireland



Irish Heart  
Foundation



COPD  
Support Ireland  
[www.copd.ie](http://www.copd.ie)

