

Community Healthcare West

# Services and Resources to support Lifestyle & Behaviour Change



**Cúram Sláinte  
Phobail, Iarthar**  
ag freastal ar Ghaillimh,  
Maigheo agus Ros Comáin

**Community  
Healthcare West**  
serving Galway, Mayo  
and Roscommon

**MAKING  
EVERY**

**CONTACT  
COUNT**



MAKING  
EVERY

CONTACT  
COUNT

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Wellbeing



Get  
Ireland  
**Active**  
Promoting Physical Activity in Ireland  
[www.getirelandactive.ie](http://www.getirelandactive.ie)

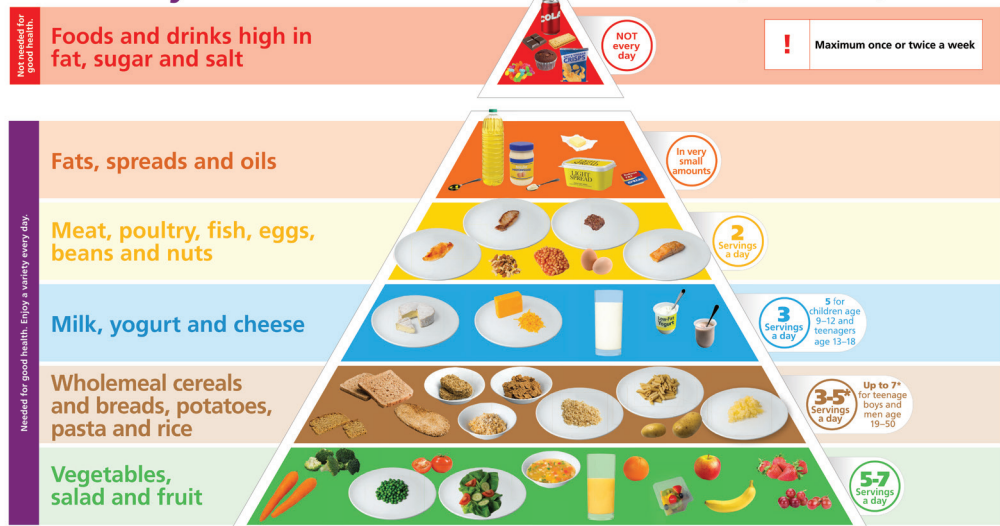
**QUIT**



ask  
about  
[alcohol.ie](http://alcohol.ie)

# Healthy Eating Resources and Services in Community Healthcare West

## The Food Pyramid



For adults, teenagers and children aged five and over

\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Source: Department of Health, December 2016.

Drink at least 8 cups of fluid a day – water is best

**Get Active!**  
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.



Resource	Service	Location/Contact	Comments
<b>Literature:</b> <a href="http://healthpromotion.ie">healthpromotion.ie</a>	Health literature available to order online on a large range of topics including healthy eating, active living, smoking, drugs, alcohol and mental health. Professionals can register to order larger quantities (if available).	For further information go to: <a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a>	
<b>Programme:</b> <b>Specialist Weight Management service</b>	Public Weight Management Service in St. Columille's Hospital Loughlinstown, Co. Dublin for people with a BMI >40. (or >35 with an obesity related co-morbidity e.g. diabetes). Multidisciplinary lifestyle and behaviour change programme delivered by a dietitian, physiotherapist and psychologist. It involves nine appointments.	See their website for information on how to refer to the service <a href="http://weightmanagement.ie/index.html">http://weightmanagement.ie/index.html</a>	In response to COVID-19, this service has introduced telehealth and video calls in addition to face-to-face clinic appointments
<b>Literature:</b> <b>Healthy Eating HSE</b>	HSE Healthy Eating Guidelines and the Food Pyramid.	Find detailed information about the Healthy Eating Guidelines and resources at <a href="http://www.hse.ie/healthyeatingguidelines">www.hse.ie/healthyeatingguidelines</a>	

# Healthy Eating Resources and Services in Community Healthcare West

Resource	Service	Location/Contact	Comments
<b>Programme:</b> <b>Healthy Food Made Easy</b>	Community Cookery programme. Runs for 2½ hours weekly for six weeks. A fun and practical course which focuses on fostering basic knowledge about healthy eating.	Lisa Corbett E-mail: <a href="mailto:Lisa.Corbett@hse.ie">Lisa.Corbett@hse.ie</a> Tel: 087 1138148	Remote delivery during Covid-19 using online/phone support and recipe & ingredient collection.
<b>Literature:</b> <b>101 Square Meals: recipe book</b>	Recipes that are easy to prepare, low budget and nutritious.	Copies of the recipe book can be ordered or downloaded from <a href="http://www.healthpromotion.ie/publications">www.healthpromotion.ie/publications</a>	
<b>Healthy Eating</b>	COPE Galway  Meals4Health	<b>Meals4health produces and homedelivers fresh ready to eat meals designed to meet the nutritional requirements of older people and those living with chronic illness. All meals can be fortified or texture modified in compliance with the International Dysphagia Diet Standardisation Initiative (IDDSI).</b>	Unit 5, Ballybane Industrial estate, Tuam Road, Galway Call: 091-354000 Email: <a href="mailto:info@meals4health.ie">info@meals4health.ie</a>  Click here for more information: <a href="https://www.meals4health.ie/meals4health/#/how-it-works">https://www.meals4health.ie/meals4health/#/how-it-works</a>
<b>Healthy Eating</b>	A Guide to Managing your Weight	This easy-to-use booklet gives practical advice about managing weight. It was produced as a joint initiative between the Physiotherapy and Nutrition and Dietetic Departments in the Regional Hospital Mullingar.	Download here: <a href="https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/hospital-groups/weight-management-guide-2018.pdf">https://www.hse.ie/eng/about/who/healthwellbeing/healthy-ireland/hospital-groups/weight-management-guide-2018.pdf</a>
<b>Literature:</b> <b>Irish Nutrition and Dietetic Institute (INDI) – factsheets</b>	Factsheets covering a large range of nutrition related topics.	Find their range of factsheets here <a href="https://www.indi.ie/all-food-facts-and-factsheets.html">https://www.indi.ie/all-food-facts-and-factsheets.html</a>	
<b>Literature:</b> <b>Safefood Healthy Eating Guidelines</b>	Safefood Healthy Eating Guidelines	<a href="http://www.safefood.eu/Healthy-Eating.aspx">http://www.safefood.eu/Healthy-Eating.aspx</a>	
<b>Literature:</b> <b>Carbohydrate and Calorie counting book and app</b>	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.	
<b>Healthy cooking courses</b>	An Chistin	<a href="https://www.facebook.com/anchistinthehub">https://www.facebook.com/anchistinthehub</a>	



# Healthy Eating Resources and Services in Community Healthcare West



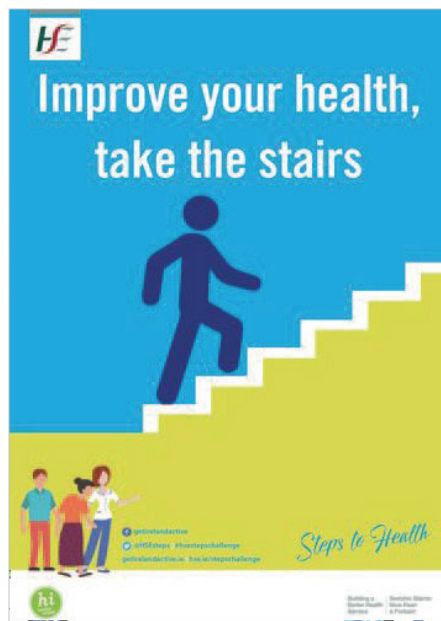
Resource	Service	Location/Contact	Comments
<b>Programme:</b> <b>Weaning Workshops</b>	Weaning workshops for parents are delivered in Galway	Lisa Corbett <b>E-mail:</b> <a href="mailto:Lisa.Corbett@hse.ie">Lisa.Corbett@hse.ie</a> Tel: 087 1138148	
<b>One-to One Clinical Service</b>	HSE Community Dietitians working in Galway, Mayo & Roscommon are qualified to assess, diagnose and treat dietary and nutritional problems.	Tel: 091 861186	



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# Physical Activity Resources and Services in Community Healthcare West



Get  
**Ireland**  
**Active**

Promoting Physical Activity in Ireland

[www.getirelandactive.ie](http://www.getirelandactive.ie)



Resource	Service	Location/Contact	Comments
<b>Literature:</b> <a href="http://healthpromotion.ie">healthpromotion.ie</a>	Health literature available to order online on a large range of topics including healthy eating, active living, smoking, drugs, alcohol and mental health. Professionals can register to order larger quantities (if available).	For further information go to: <a href="http://www.healthpromotion.ie/publications">www.healthpromotion.ie/publications</a>	
<b>Physical Activity information on HSE website</b>	Dedicated section on physical activity on the HSE website. Includes information on how to improve fitness and being active with a health condition.	Click here for more information: <a href="https://www2.hse.ie/healthyeating-active-living/exercise/">https://www2.hse.ie/healthyeating-active-living/exercise/</a>	
<b>Get Ireland Walking</b>	Get Ireland Walking is a national initiative that aims to maximise the number of people participating in walking - for health, wellbeing and fitness - throughout Ireland. Includes an interactive map to find local walking groups.	For further information go to: <a href="https://www.getirelandwalking.ie/findgroup/">https://www.getirelandwalking.ie/findgroup/</a>	

# Physical Activity Resources and Services in Community Healthcare West

Resource	Service	Location/Contact	Comments
<b>Get Ireland Walking Phone App</b>	Get Ireland Walking launched its first App as part of the winter 2021 "Keep Well" campaign to support people in a changing landscape and make walking supports and events more accessible digitally. Features a 21 day walking challenge to motivate you to aim for 30 minutes of walking everyday-track how long or how far you walk, with proof of your improvements and tips and encouragements to motivate you.	For more information about the app features and for download links visit; <a href="https://getirelandwalking.ie/app/">https://getirelandwalking.ie/app/</a>	
<b>Programme:</b> <b>Age &amp; Opportunity</b>	Age & Opportunity is the national organisation that inspires everyone to reach their full potential as they age. They deliver programmes such as the Bealtaine Arts Festival and Go for Life which is the national sports programme for older people.	For more information information: click here <a href="https://ageandopportunity.ie/">https://ageandopportunity.ie/</a>	
<b>Age and Opportunity Active FitLine</b>	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.	Freephone: 1800-303 545 and a mentor will phone you every few weeks until you're happy with your progress.	
<b>Programme:</b> <b>Age and Opportunity Go for Life</b>	<p>Age &amp; Opportunity Active 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. Their main aim is to get older adults involved in playing fun, social physical activities that are open to all abilities.</p> <p><b>Physical Activity Leaders (PALs):</b> workshops designed to teach members of groups to lead activities and sports in their local clubs, groups and communities.</p> <p><b>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>Age &amp; Opportunity Active 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>For more information: click here: <a href="https://ageandopportunity.ie/">https://ageandopportunity.ie/</a></p> <p>Contact the Go for Life Team Tel: 01 8057733 Email: <a href="mailto:gfl@ageandopportunity.ie">gfl@ageandopportunity.ie</a></p> <p>Or contact your nearest Local Sports Partnership:</p> <p>Tel: Galway (091) 509 572 Mayo (094) 906 4360 Rosca (090) 663 0853</p> <p>Email: Galway <a href="mailto:galwayactive@galwaycoco.ie">galwayactive@galwaycoco.ie</a>. Mayo <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> Rosca <a href="mailto:info@rosactive.org">info@rosactive.org</a></p>	

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<b>Programme:</b> <b>Age and Opportunity Active: Movement Minutes</b>	Free seated and standing exercise and relaxation sessions for older adults on Facebook live every Monday, Wednesday and Friday at 11am guided by a trainer. Sessions available to watch at any time on YouTube. Free balance, strength and posture resources also downloadable.	Visit <a href="https://ageandopportunity.ie/covid/keepactive/">https://ageandopportunity.ie/covid/keepactive/</a> for link to Facebook and YouTube pages. For a free exercise DVD, email <a href="mailto:active@ageandopportunity.ie">active@ageandopportunity.ie</a> , or call Ciara Dawson on 01 8057733	
<b>Programme:</b> <b>Local Sports Partnerships</b>	Local Sports Partnerships are a nationwide network under Sport Ireland, working with communities in their geographic area to deliver inclusive, impactful and sustainable physical activity and sporting opportunities.  They aim to increase participation in all sports and encourage people to be more physically active. They provide a 'one stop shop' for information on sports and other physical activity initiatives, including Operation Transformation, Community Walking Groups, Go For Life Games, Couch to 5K, Men On The Move etc.	For information about current Sport and Wellbeing Partnership initiatives in Galway Mayo & Roscommon contact your Local Sports Partnership: Tel: Galway (091) 509 572 Mayo (094) 906 4360 Roscommon (090) 663 0853  Email: Galway <a href="mailto:galwayactive@galwaycoco.ie">galwayactive@galwaycoco.ie</a> . Mayo <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> Roscommon <a href="mailto:info@rosactive.org">info@rosactive.org</a>	
<b>Programme:</b> <b>Sport Ireland Personal Best Home Exercise Videos</b>	Free, short exercise videos, suitable for people of all fitness levels with personal trainers who will talk you through each of the eight sessions. No special equipment is needed and you can join in anytime.	To access the home exercise videos, visit <a href="https://www.sportireland.ie/YPB/Videos">https://www.sportireland.ie/YPB/Videos</a>	
<b>Programme:</b> <b>Sport Ireland Home Exercise Plan</b>	Developed by Sport Ireland and its network of Local Sports Partnerships, the Older Adult Home Exercise Plan aims to support older adults to be more active on a daily basis. Includes a four-week programme with a physical activity planner and home exercise activity cards.	For more information and to download resources, visit <a href="https://sportireland.ie/participation/older-adult-home-exercise-plan">sportireland.ie/participation/older-adult-home-exercise-plan</a>	
<b>Siel Bleu Falls Prevention Class</b>	Falls Prevention programmes - the key really is prevention. Siel Bleu Ireland Physical Trainer will help patients to maintain and improve balance and coordination to ensure they have the tools to feel confident on their feet.	For further information Tel: 01 2096889 or email: <a href="mailto:info@sielbleu.ie">info@sielbleu.ie</a> <a href="http://www.sielbleu.ie">www.sielbleu.ie</a>	
<b>Siel Bleu Move More and Stay Active Class</b>	A multi-component physical activity class designed for the most active older people. 'Stay Active' focuses on maintenance and improvement of physical condition in a dynamic and fun way while adapting to patient's needs. The programme can change depending on the needs of the group; it can be an aerobics class from a combination of seated and standing positions or even a circuit class!	Move More & Stay Active For further information Tel: 01 2096889 or Email: <a href="mailto:info@sielbleu.ie">info@sielbleu.ie</a> <a href="http://www.sielbleu.ie">www.sielbleu.ie</a>	



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<b>Siel Bleu At Home</b>	Free Chair Gym and Strength and Balance exercise classes live on Facebook and YouTube available to access at any time from the safety and comfort of your home, guided by an experienced trainer.	For Links to Facebook Live Classes and YouTube recordings/live streams, visit <a href="https://www.sielbleu.ie/?s=live+classes">https://www.sielbleu.ie/?s=live+classes</a> .	
<b>Literature: Let's Get Moving Again Booklet</b>	HSE Dublin South, Kildare & West Wicklow, and HSE Cork North/South Lee Community Healthcare in conjunction with the Irish Society for Chartered Physiotherapists have produced a "Let's Get Moving Again" information booklet with eight daily exercises to encourage people to become active.	For more information about the resource and to download, visit <a href="https://www.iscp.ie/news/Lets-Get-Moving-Again-Booklet-Launch">https://www.iscp.ie/news/Lets-Get-Moving-Again-Booklet-Launch</a>	
<b>Programme: Disability Inclusion Training</b>	An introductory workshop designed to provide you with skills and ideas on how to adapt your sport, physical activity or physical education sessions to make them more inclusive for people with disabilities. This course is aimed at school staff, special needs assistants, second and third level students, managers, coaches, volunteers, development officers and parents.	Go to <a href="https://caracentre.ie/?s=inclusion+training+online">https://caracentre.ie/?s=inclusion+training+online</a> . to register your details or contact your nearest Local Sports Partnership as listed above.	
<b>Park Run</b>	Parkrun is a series of 5k runs/walk 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. These events are run by local volunteers. Participants need to preregister on the parkrun website.	Park runs take place in; (1) Cappagh Park, Knocknacarra (2) Renville, Oranmore (3) Portumna Forest Park (4) Clonbur Woods, (5) Oughterard (6) Castlebar, (7) Westport, (8) Ballina (9) Claremorris (10) Erris (11) Lough Key Forest Park, Boyle (12) Castlerea (13) Strokestown	For more information visit <a href="http://www.parkrun.ie">www.parkrun.ie</a>
<b>Programme: Men on the Move</b>	This is a FREE physical activity programme aimed at adult men who have been inactive for a sustained period and want to get back to exercising and improve their fitness levels in a sociable environment. It involves twice weekly exercise sessions made up of a combination of aerobic, strength and flexibility components. Training sessions are structured to suit different fitness levels and to progress fitness at a pace that suits each individual.	For information about current Sport and Wellbeing Partnership initiatives in Galway, Mayo and Roscommon contact your Local Sports Partnership.  Tel: Galway (091) 509 572 Mayo (094) 906 4360 Roscommon (090) 663 0853  Email: Galway <a href="mailto:galwayactive@galwaycoco.ie">galwayactive@galwaycoco.ie</a> . Mayo <a href="mailto:mso@mso.ie">mso@mso.ie</a> Roscommon <a href="mailto:info@rosactive.org">info@rosactive.org</a>	

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Resource	Service	Location/Contact	Comments
<b>Programme:</b> <b>Nordic Walking Workshops</b>	Nordic walking is one of the most sociable and effective exercise technique's around. Suitable for everyone. Nordic walking works your upper and lower body at the same time, strengthening your back and abdominal muscles, legs and arms and reducing neck and shoulder tension, all while improving the health of your heart and lungs.	Nordic workshops can be organised in your area and run by a certified Nordic walking trainer. For more information, contact your nearest Local Sports Partnership; Galway (091) 509 572 Mayo (094) 906 4360 Rosca (090) 663 0853  Email: Galway <a href="mailto:galwayactive@galwaycoco.ie">galwayactive@galwaycoco.ie</a> . Mayo <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> Rosca <a href="mailto:info@rosactive.org">info@rosactive.org</a>	
<b>Nationwide Walks</b>	To explore the beautiful countryside and embark of trail marked walks.	Visit: <a href="https://www.alltrails.com/ireland">https://www.alltrails.com/ireland</a> <a href="https://www.tracksandtrails.ie/">https://www.tracksandtrails.ie/</a> <a href="https://www.theirelandwalkingguide.com/trails.html">https://www.theirelandwalkingguide.com/trails.html</a> <a href="https://www.sportireland.ie/outdoors/find-your-trails">https://www.sportireland.ie/outdoors/find-your-trails</a>	
<b>Walking Group</b>	Join a local walking group for regular physical activity and a social outlet with an opportunity to meet new people	For information contact: Galway (091) 509 572 Mayo (094) 906 4360 Rosca (090) 663 0853  Email: Galway <a href="mailto:galwayactive@galwaycoco.ie">galwayactive@galwaycoco.ie</a> . Mayo <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> Rosca <a href="mailto:info@rosactive.org">info@rosactive.org</a>	
<b>Operation Transformation</b>	Initiatives take place seasonally.	<a href="http://www.hse.ie/physicalactivitychallenge">www.hse.ie/physicalactivitychallenge</a>	
<b>Community games</b>	Participation and competition in physical activity and sport for children at local, regional and national level.	<a href="http://www.communitygames.ie">www.communitygames.ie</a>	

# Physical Activity Resources and Services in Community Healthcare West

Resource	Service	Location/Contact	Comments
<b>Smarter travel-Hospital staff</b>	Smarter Travel Workplaces is a voluntary programme working with large employers to implement workplace travel plans or actions to promote walking, cycling, public transport, car-sharing and the use of technology in place of travel. <b>Saolta Hospital Group signed up to the programme in 2015. Under the scheme staff can avail of:</b> <ul style="list-style-type: none"> <li>• Annual walking and cycling challenges.</li> <li>• Partner events.</li> <li>• Promotional materials.</li> <li>• Mapping resources e.g. home locations, walking/ cycling time</li> <li>• bands from your hospital.</li> <li>• Information on cycle to work and tax saver schemes.               <ul style="list-style-type: none"> <li>» Cycle to work week every June.</li> <li>» Pedometer challenge every September.</li> <li>» Hospital campus walking routes are developed</li> </ul> </li> </ul>	<a href="http://www.smartertravelworkplaces.ie">www.smartertravelworkplaces.ie</a>	
<b>Healthy Ireland Activity videos</b>	Pilates videos:	<a href="https://youtube.com/playlist?list=PLltgan nkj2UEY2tPMWjwHlpjSG4Yd0c5x">https://youtube.com/playlist?list=PLltgan nkj2UEY2tPMWjwHlpjSG4Yd0c5x</a>	
<b>Office Based Activity Routines</b>	If one needs to integrate physical activity into their busy day please use the links to the office based exercise routines	Desk-Based Exercises (25 mins) <a href="https://www.youtube.com/watch?v=Qo_v12zqvbs">https://www.youtube.com/watch?v=Qo_v12zqvbs</a> Desk-Based Exercises (Set A- 12-15 mins) <a href="https://www.youtube.com/watch?v=dObvp49Y4Eo">https://www.youtube.com/watch?v=dObvp49Y4Eo</a> Desk-Based Exercises (Set B- 12-15mins) <a href="https://www.youtube.com/watch?v=OXKkHhfISY">https://www.youtube.com/watch?v=OXKkHhfISY</a>	
<b>This is a Youtube clip exploring the notion of 'What is the single best thing we can do for our health?'</b>	23 and 1/2 hours:	<a href="https://youtu.be/aUalnS6HIGo">https://youtu.be/aUalnS6HIGo</a>	
<b>'Easy Exercises' A chair-based programme for older adults</b>	This booklet from the HSE contains a mix of chair-based exercises.	Download here: <a href="https://www.healthpromotion.ie/hpfiles/docs/HPM00487.pdf">https://www.healthpromotion.ie/hpfiles/docs/HPM00487.pdf</a>	

# Tobacco Resources and Services in Community Healthcare West



Resource	Service	Location/Contact	Comments
<b>Literature:</b> <a href="http://healthpromotion.ie">healthpromotion.ie</a>	Health literature available to order online on a large range of topics including healthy eating, active living, smoking, drugs, alcohol and mental health. Professionals can register to order larger quantities (if available).	<a href="http://www.healthpromotion.ie/publications">www.healthpromotion.ie/publications</a>	
<b>QUIT Smoking West</b>	<p>This service is available FREE of charge to anyone who wants to quitting smoking. QUIT Smoking West offers confidential one to one support and advice, helps with developing skills to stop smoking and provides advice on stop smoking medications.</p> <p>Please call today for an appointment via telephone, online by smartphone or computer or face to face, whichever suits you best.</p> <p>Healthcare professionals can refer individuals with their consent to any of the services using contact details provided.</p>	<p><b>Galway City &amp; County</b> Tel: 091 737262 or Email: <a href="mailto:quitsmoking.west@hse.ie">quitsmoking.west@hse.ie</a></p> <p><b>Co. Mayo</b> Tel: 091 737262 or Email: <a href="mailto:quitsmoking.west@hse.ie">quitsmoking.west@hse.ie</a></p> <p><b>Co. Roscommon</b> Tel: 091 737262 or Email: <a href="mailto:quitsmoking.west@hse.ie">quitsmoking.west@hse.ie</a> Various locations available</p>	Face-to-face consultations currently on hold due to Covid-19.

# Tobacco Resources and Services in Community Healthcare West

Resource	Service	Location/Contact	Comments
<b>Stop Smoking Support for people with mental health challenges</b>	QUIT Smoking West offers intensive stop smoking support by telephone, online, face-to-face or groups for people with mental health challenges.	Greg Clarke, Galway, Mayo and Roscommon Tel: 087-0608651 Email: <a href="mailto:Greg.clark@hse.ie">Greg.clark@hse.ie</a>	
<b>National Stop Smoking Support</b>	Phone and Online Support You can contact or refer to the HSE "QUIT" team	<a href="http://www.quit.ie">www.quit.ie</a> Tel: 1800-201203 Email: <a href="mailto:support@quit.ie">support@quit.ie</a> Text: free, text QUIT to 50100 Tweet: @HSEQuitTeam Facebook: <a href="https://facebook.com/HSEQuit">facebook.com/HSEQuit</a>	
<b>Smoke Free Homes</b>	Smoke Free Homes Projects are aimed at encouraging homes to have designated rooms in their home smoke free or for their homes to be completely smoke free.	Leona Halton, Galway, Mayo and Roscommon Tel: 087 3837895 Email: <a href="mailto:Leona.halton@hse.ie">Leona.halton@hse.ie</a>	
<b>Educational Group to support people with mental health challenges/family members/supporters /staff or anyone with an interest in Mental Health</b>	The Recovery College West offers an educational module on Tobacco use and mental health. This is a standalone module that is open to smokers and non-smokers. Recovery colleges are based on adult education and require registration to attend	Mayo Recovery college 086/0294901 <a href="mailto:recovery.educatormrc@hse.ie">recovery.educatormrc@hse.ie</a>  Roscommon Recovery College (REGARI) 086 1304869 <a href="mailto:regarirecoverycollege@gmail.com">regarirecoverycollege@gmail.com</a>  Galway Recovery College 087 3401667 <a href="mailto:galwayrecoverycollege@gmail.com">galwayrecoverycollege@gmail.com</a>	Module offered pending demand
<b>Group Online Stop Smoking Course</b>	Free six-week online group stop smoking course offers help with developing skills to stop smoking and advice on stop smoking medications.	Smoking Advice Service, St. Vincent's University Hospital, Tel: 01 221 4958 or email: <a href="mailto:smokingservice@svuh.ie">smokingservice@svuh.ie</a>	Four courses run annually commencing generally in Jan, Feb, Sept and Nov.



# Alcohol and Drugs Resources and Services in Community Healthcare West

Resource	Service	Location/Contact	Comments
<b>Literature:</b> <b>healthpromotion.ie</b>	Health literature is available to order online on a large range of topics including alcohol and drugs. Professionals can register to order larger quantities (if available).	<a href="http://www.healthpromotion.ie/publication">www.healthpromotion.ie/publication</a>	
<b>Ask About Alcohol website</b>	A HSE website with information on all aspects of alcohol including risks, support for parents, advice for when alcohol is affecting a family and list of support services	<a href="http://www.askaboutalcohol.ie">www.askaboutalcohol.ie</a>	
<b>Drugs.ie</b>	Drug and Alcohol Information and Support for Teenagers, Parents and Carers. Free confidential live chat, advice and support	<a href="http://www.drugs.ie">http://www.drugs.ie</a>	
<b>Drugs and alcohol helpline</b>	A free confidential helpline that provides support, information, guidance and referral to anyone with a question or concern related to alcohol and drug use.	Freephone: 1800-459459 (Mon-Fri 9.30-5.30) or email <a href="mailto:helpline@hse.ie">helpline@hse.ie</a>	
<b>E-learning for Healthcare Professionals (MECC – Alcohol and Drugs)</b>	The MECC e-learning training programme is available to all healthcare professionals in Ireland. It was developed in consultation with healthcare professionals and patients in order to provide effective tools and knowledge to carry out a brief intervention with patients and service users. It consists of six 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. This training programme has been approved by a range of Healthcare Professional bodies for Continuous Professional Development (CPD).	<a href="https://www.hse.ie/eng/about/who/healthwellbeing/makingevery-contact-count/training-programme/">https://www.hse.ie/eng/about/who/healthwellbeing/makingevery-contact-count/training-programme/</a>	
<b>Alcohol Action Ireland</b>	The national independent advocate organisation working to reduce levels of alcohol harm in Ireland and improve public health, safety and wellbeing. Services include Alcohol Facts with information about various alcohol related topics, a podcast series called <i>The Alcohol File</i> , and as well as campaigns and policy work.	<a href="http://www.alcoholireland.ie">www.alcoholireland.ie</a>  Alcohol Facts – Alcohol Facts - Alcohol Action Ireland ( <a href="http://alcoholireland.ie">alcoholireland.ie</a> )  Alcohol File Podcast series Podcast series 'The Alcohol File' - Alcohol Action Ireland ( <a href="http://alcoholireland.ie">alcoholireland.ie</a> )	

# Alcohol and Drugs Resources and Services in Community Healthcare West

Resource	Service	Location/Contact	Comments
<b>Alcohol Forum</b>	A national organisation working to create and inspire change by working with individuals, families and communities to prevent and reduce the harm caused by alcohol. Provides information and resources on issues such as alcohol-related brain injury, community action, families matter and Workplace Health and Wellbeing.	<a href="http://www.alcoholforum.org">www.alcoholforum.org</a>	
<b>Alcoholics Anonymous</b>	Alcoholics Anonymous is a Twelve Step Fellowship dedicated to helping anyone suffering because of their drinking.	<a href="https://www.alcoholicsanonymous.ie/">https://www.alcoholicsanonymous.ie/</a> Tel: 01 8420700 Email: <a href="mailto:gso@alcoholicsanonymous.ie">gso@alcoholicsanonymous.ie</a>	
<b>Al Anon Ireland</b>	Al-Anon offers understanding and support for families, friends and colleagues of alcoholics in an anonymous environment, whether the person is still drinking or not.  Alateen is part of the Al-Anon fellowship and is for young people, aged 12-17 inclusive, who are affected by a problem drinker.	<a href="http://www.al-anon-ireland.org/">http://www.al-anon-ireland.org/</a> Confidential Helpline Tel: 01 8732699 (10am-10pm, seven days a week)	
<b>HSE Galway City Alcohol Service (Resource)</b>	This service is available via GP referral for residents of Galway City	GP Referral	
<b>HSE Drug Service (Galway, Mayo, Roscommon)</b>	Provides free, direct access counselling and support for substance misusers and or families affected by substance misuse.	Individuals can self-refer: Galway: 091-561299 Mayo: 087 3904325 Roscommon: 087 6538201	
<b>Western Region Drug and Alcohol Task Force</b>	Coordinates interagency action at local/regional-level and supports evidence-based approaches to problem substance use, including alcohol and illegal drugs. See <a href="http://www.wrdatf.ie">www.wrdatf.ie</a> for range of supports, services and training available in the Western region.  Also includes a <a href="http://www.SupportMe.ie">www.SupportMe.ie</a> directory for people who wish to find information on all the various support services that are available in the West of Ireland.	Click here for more information: <a href="http://www.wrdatf.ie">www.wrdatf.ie</a> Western Region Drug and Alcohol Task Force, Unit 6, Galway Technology Park, Parkmore, Galway.  Tel: 091 480044 Email: <a href="mailto:info@wrdatf.ie">info@wrdatf.ie</a>	
<b>Western Region Drug and Alcohol Task Force Family Support Service</b>	Drug and Alcohol Family Support can provide an opportunity to receive individualised support focusing on your needs, goals, interests and strengths as well as exploring the impact substance misuse has on your life. A range of Family Support booklets available to download <a href="https://www.wrdatf.ie/family-support-information-for-families.php">https://www.wrdatf.ie/family-support-information-for-families.php</a>	WRDATF Drug & Alcohol Family Support Service Galway Galway City: Tel: 087 6955557 Mayo: Tel: 087 3352831  <a href="https://www.wrdatf.ie/E-Learning/module5/story.html">https://www.wrdatf.ie/E-Learning/module5/story.html</a>	

# Alcohol and Drugs Resources and Services in Community Healthcare West

Resource	Service	Location/Contact	Comments
<b>Prime for Life</b>	An evidence-based motivational prevention, intervention and pre-treatment programme designed for people who might be making high risk alcohol and drug choices. It is designed to change drinking and drug use behaviour by changing beliefs, attitudes, risk perceptions and motivations. Find out more <a href="https://www.wrdatf.ie/rehabilitation-pathways-prime-for-life.php">https://www.wrdatf.ie/rehabilitation-pathways-prime-for-life.php</a>	Contact: <a href="mailto:info@wrdatf.ie">info@wrdatf.ie</a>	
<b>Smart Recovery</b>	Smart Recovery Online Meetings are available via <a href="http://www.smartrecovery.ie">www.smartrecovery.ie</a> . Smart Recovery supports individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviours (substances or activities), by teaching how to change self-defeating thinking, emotions and actions; and to work towards long term satisfactions and quality of life.	<a href="https://smartrecovery.ie/">https://smartrecovery.ie/</a>	
<b>Planet Youth</b>	Planet Youth is an international evidence-based primary prevention model, developed by the Icelandic Centre for Social Research and Analysis (ICSRA) at Reykjavik University. There are three pilot sites: Planet Youth Galway, Planet Youth Mayo and Planet Youth Roscommon.	<a href="http://www.planetyouth.ie">www.planetyouth.ie</a> Email: <a href="mailto:info@planetyouth.ie">info@planetyouth.ie</a>	
<b>Galway Simon Community Detox</b>	Galway Simon Community Detox Services is a pilot project which has been set up to help support people who wish to detoxify from benzodiazepines and who are homeless or at risk of homelessness.	Contact Gerry on 085 871 2236 Contact Tanya on 085 8720731 Email: <a href="mailto:detox@galwaysimon.ie">detox@galwaysimon.ie</a>	
<b>HSE Addiction Services</b>	Addiction Counselling Services, Merlin Park provides outpatient, aftercare, counselling and advisory services including alcoholic and gambling addictions. GP referral required.	Contact Joe on 087 6297350 Contact Olive on 087 6854079 (Connemara)	GPs need to refer patients to this service.

MAKING  
EVERY

CONTACT  
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# Wellbeing Resources and Services in Community Healthcare West



Resource	Service	Details	Location/Contact
<b>Emotional &amp; Mental Wellbeing Supports</b>	HSE National Directory of Mental Health Services	<p>The National Directory of Mental Health Services is a resource that offers a single national view of all the HSE mental health services that are available throughout Ireland, including those services delivered through a section 38 or section 39 service level agreements. Emergency Departments, GP out-of-hour clinics and Approved Centres operated by the independent/private sector are likewise included.</p> <p>For MHD and the CHOs it provides an up-to-date and valuable tool to inform future planning and resource allocation as well as containing data that is useful for report writing and responding to queries. For all staff, the directory offers a single source of information when searching for the location, contact details and opening hours of a particular service.</p>	<p>For further information go to:  <a href="https://healthservice.hse.ie/search/?q=Mental%20Health%20services">https://healthservice.hse.ie/search/?q=Mental%20Health%20services</a>.</p>
<b>Emotional &amp; Mental Wellbeing Supports</b>	HSE National Counselling Services	<p>Free Counselling Service for adults who have experienced trauma and abuse in childhood.</p>	<p>Community Healthcare West, Galway, Mayo and Roscommon            Freephone: 1800 234114            Click here for more information:  <a href="https://www.hse.ie/eng/search/?q=National%20Counselling%20services">https://www.hse.ie/eng/search/?q=National%20Counselling%20services</a></p>

# Wellbeing Resources and Services in Community Healthcare West

Resource	Service	Details	Location/Contact
<b>Emotional &amp; Mental Wellbeing Supports</b>	Counselling in Primary Care (CIPC)	<p>Short-term counselling (up to eight sessions) with a professionally qualified and accredited counsellor.</p> <p>Service is available free of charge, for people aged 18 years and over, with a full medical card.</p> <p>*Individuals referred to CIPC are required to telephone 091-583682 to opt-in to counselling to activate the referral from their GP/Primary Care team member.</p> <p>*Waiting times apply.</p>	<p>Available in a number of Primary Care Centres. Individuals will be offered a location closest to them. Referral required from Primary Care Provider e.g. GP, Practice Nurse, Public Health Nurse, Physiotherapist. Click here to access information leaflets for clients and referrers, and to download the referral form: <a href="https://www.hse.ie/eng/services/list/4/mental-healthservices/counsellingpc/">https://www.hse.ie/eng/services/list/4/mental-healthservices/counsellingpc/</a></p> <p>Referrals can be sent to: CIPC Counselling Co-ordinator, 58 Upper Newcastle Road, Newcastle, Galway or you can email referral to <a href="mailto:cipc.west@hse.ie">cipc.west@hse.ie</a></p> <p>For more information, contact the CIPC Co-ordinator Noel Coughlan on <b>091 583682</b></p>
<b>Emotional &amp; Mental Wellbeing Supports</b>	APSI (Access to Psychological Services Ireland)	<p>Service for over 18's with address in Roscommon. Persons can be referred to service through referral form. APSI provides stepped-care, low intensity interventions in a primary care setting for adults with mild-to-moderate mental health presentations.</p>	<p>APSI Roscommon Tel. <b>090 6665020</b></p>
<b>Emotional &amp; Mental Wellbeing Supports</b>	Mayo Mental Health Association	<p>Provides a free confidential sign-posting service that helps support people who experience mental health difficulties.</p>	<p>2 New Antrim Street, Castlebar, Co Mayo Call: 094 9038148 Email: <a href="mailto:mayomha@eircom.net">mayomha@eircom.net</a> Click here for more information: <a href="http://www.mayomha.ie/">http://www.mayomha.ie/</a></p>
<b>Emotional &amp; Mental Wellbeing Supports</b>	Your Mental Health HSE Resource information and directory of supports	<p>Dedicated section on the HSE website. Includes advice, information and signposting to support services for mental health and wellbeing.</p>	<p>Click here for more information: <a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a></p>
<b>Resource Officer for Suicide Prevention, HSE West-Galway, Mayo, Roscommon</b>		<p>Co-ordinates delivery of education and training programmes on suicide awareness and intervention.</p>	<p><a href="https://www.hse.ie/eng/services/list/4/mental-healthservices/nosp/resourceofficers/">https://www.hse.ie/eng/services/list/4/mental-healthservices/nosp/resourceofficers/</a></p>
<b>Emotional &amp; Mental Wellbeing Supports</b>	Mental Health Ireland	<p>Mental Health Ireland is a national voluntary organisation whose aim 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. 7 local mental health associations provide a range of supports for people with mental health conditions in their community.</p>	<p>Mental Health Ireland, Second Floor Marina House, 11-13 Clarence Street, Dun Laoghaire, Co. Dublin, A96 E289 Tel: <b>01 2841166</b> Email: <a href="mailto:info@mentalhealthireland.ie">info@mentalhealthireland.ie</a> Click here for more information: <a href="https://www.mentalhealthireland.ie/">https://www.mentalhealthireland.ie/</a></p>



# Wellbeing Resources and Services in Community Healthcare West

Resource	Service	Details	Location/Contact
<b>Emotional &amp; Mental Wellbeing Supports</b>	Silvercloud Health	Online Mental Health Service. Provides evidence-based clinical content, programmes and support for users struggling with their mental health and chronic illness. Referral from GP or appropriate mental health practitioner.	Contact: <a href="mailto:info@silvercloudhealth.com">info@silvercloudhealth.com</a>
<b>Emotional &amp; Mental Wellbeing Supports</b>	Stress Control	Stress Control is an evidence-based programme consisting of six sessions that teaches you practical skills to deal with stress. The programme helps you to recognise the signs of stress. Covering topics such as how stress affects our bodies and our thoughts, it teaches skills to overcome panicky feelings and tips to help you get a good night's sleep. This is a free programme.	Visit <a href="http://www.stresscontrol.ie">www.stresscontrol.ie</a> to register.
<b>Emotional &amp; Mental Wellbeing Supports</b>	Minding Your Wellbeing Programme	HSE Health and Wellbeing have launched a new free, online mental health and wellbeing programme called Minding Your Wellbeing. The programme consists of five video sessions (approx. 20 minutes). This evidence-based programme provides a unique opportunity for people to learn more about mindfulness, gratitude, self-care and resilience.	Click here for more information: <a href="https://www2.hse.ie/healthy-you/minding-your-wellbeingprogramme.html">https://www2.hse.ie/healthy-you/minding-your-wellbeingprogramme.html</a>
<b>Emotional &amp; 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.	If you are in crisis Freephone: <b>1800-247-247</b> or Text HELP to <b>51444</b> To make a therapist appointment call: <b>0818 111 126</b> Visit <a href="http://www.pieta.ie">www.pieta.ie</a> for more information Co. Galway Tel: <b>093 25586</b> Galway City Tel: <b>091 502921</b> Regional contact number also available on <b>0818 111126</b>
<b>Emotional &amp; Mental Wellbeing Supports</b>	West Be Well Directory	Developed by Mayo Suicide Prevention Alliance. Includes a range of assistance and advisory services that are provided throughout the County.	Click here for more information: <a href="http://www.westbewell.ie">www.westbewell.ie</a>
<b>Emotional &amp; Mental Wellbeing Supports</b>	Recovery Colleges	Recovery Colleges (in Galway, Mayo and REGARL in Roscommon) which form Recovery College West is to create a culture of recovery, to improve quality of life and promote social inclusion by empowering people with mental health challenges, their families, friends and the community. All courses, seminars and events provided at the colleges are co-designed and co-delivered by adults with personal experience of mental health difficulties (often called lived experience), their family members and mental health professionals.	Click here for more information: <a href="http://www.recoverycollegewest.ie/">http://www.recoverycollegewest.ie/</a>

# Wellbeing Resources and Services in Community Healthcare West

Resource	Service	Details	Location/Contact
Emotional & Mental Wellbeing Supports	REGARI	Mental Health Recovery Service, providing training and support to individuals with mental ill health.	<a href="https://www.recoverycollegewest.ie">https://www.recoverycollegewest.ie</a>
Emotional & Mental Wellbeing Supports	Vita House	Counselling Psychotherapy Cancer Support Grief Counselling	<a href="http://vitahouse.org/">http://vitahouse.org/</a>
Emotional & Mental Wellbeing Supports	Turn to me	Free counselling from your couch. All sessions are online providing eight free sessions.	To book your eight free sessions visit: <a href="https://www.turn2me.ie">https://www.turn2me.ie</a>
Emotional & Mental Wellbeing Supports	Samaritans	Samaritans telephone service is available 24 hours a day for confidential and non-judgmental support.	<a href="http://www.samaritans.ie">www.samaritans.ie</a> Freephone: 116 123 Email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a> Click here for more information: <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>  We're here round the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call us on the phone. This number is FREE to call.
Emotional & Mental Wellbeing Supports	Connect	Free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood.	For further information Tel: Helpline <b>1800 477477</b> <a href="https://www.connectcounselling.ie">https://www.connectcounselling.ie</a> Connect Counselling service operates from Wednesday to Sunday 6-10pm.
Emotional & Mental Wellbeing Supports	GROW	GROW helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. GROW has a national network of over 130 groups in Ireland. Its principal strength is the support members give each other from their own experience.	Click here for more information: <a href="http://www.grow.ie">www.grow.ie</a> Infoline: <b>1890 474474</b>
Emotional & Mental Wellbeing Supports	Aware	Provides support and information to people experiencing depression and bipolar conditions. Provides a free support line, support email and local support groups. Provides information and local online life skills training.	For further information phone Support Line: <b>1800 804848</b> Email: <a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a> <a href="http://www.aware.ie">www.aware.ie</a>
Emotional & Mental Wellbeing Supports	Jigsaw Galway	Jigsaw is a free mental health service for young people aged 12-25 years living in/attending education/ working in a Jigsaw catchment area. It is voluntary to attend. Jigsaw works with young people dealing with mild/moderate mental health concerns. Jigsaw provides up to eight therapeutic sessions, and is not a crisis service.	To obtain a referral form: Tel: <b>091 549252</b> Email: <a href="mailto:galway@jigsaw.ie">galway@jigsaw.ie</a> Click here for more information: <a href="http://www.jigsaw.ie/jigsaw_galway/">http://www.jigsaw.ie/jigsaw_galway/</a> <a href="https://www.jigsaw.ie/jigsaw_roscommon/">https://www.jigsaw.ie/jigsaw_roscommon/</a>

# Wellbeing Resources and Services in Community Healthcare West

Resource	Service	Details	Location/Contact
<b>Emotional &amp; Mental Wellbeing Supports</b>	Youth Counselling Service	Free and confidential counselling service for young people 12-21 years of age. It is operated by Youthwork Ireland Galway - a youth support service operating in Galway City, Tuam, Ballinasloe and Loughrea. Fully qualified and accredited counsellors offer support, guidance and information in a friendly and safe environment and will work with the young person to help them through difficulties.	Youth Work Ireland Galway Regional Office 41/43 Prospect Hill, Galway, H91 E4W5 Young person can self-refer or their parents/guardian can contact us on their behalf (under 18's are required to have parental/guardian consent).  To find out more contact the Counselling Service Administrator Tel: <b>086 0247763</b> Email: <a href="mailto:aisling.dermody@youthworkgalway.ie">aisling.dermody@youthworkgalway.ie</a> Click here for more information: <a href="http://youthworkgalway.ie/">http://youthworkgalway.ie/</a>
<b>Emotional &amp; Mental Wellbeing Supports</b>	Knock Counselling Service	Provides individual and couple counselling, group therapy and drop-in service.	Knock Counselling Centre is located next to the Reconciliation Chapel at Knock Shrine, Claremorris Road, Knock. Tel: <b>094 9375032</b> Email: <a href="mailto:counsellingoffice@knockshrine.ie">counsellingoffice@knockshrine.ie</a> <a href="http://www.knockshrine.ie/counselling/">www.knockshrine.ie/counselling/</a>
<b>Emotional &amp; Mental Wellbeing Supports</b>	SpunOut.ie	A platform for youth engagement, provision of information and signposting to support services.	<a href="http://www.spunout.ie">www.spunout.ie</a> Text message support service 24 hours a day - 7 days a week. Free text SPUNOUT to <b>50808</b>
<b>Emotional &amp; Mental Wellbeing Supports</b>	Amach! LGBT	Represent and advocate on behalf of the LGBT+ community in Galway city and county. Hold support groups, drop-ins and other activities to get to know new people.	Teach Solas Resource Centre, Galway <a href="mailto:coordinatoramachgalway@gmail.com">coordinatoramachgalway@gmail.com</a>
<b>Emotional &amp; Mental Wellbeing Supports</b>	Cancer Care West support centre	Support service for cancer patients, their partners, relative or friend of someone with cancer.	Tel: <b>091 540040</b> Email: <a href="mailto:galwaysupport@cancercarewest.ie">galwaysupport@cancercarewest.ie</a>
<b>Emotional &amp; Mental Wellbeing Supports</b>	Rape Crisis Centre		Tel: <b>091 564800</b> Helpline: <b>1800 355355</b>
<b>Emotional &amp; Mental Wellbeing Supports</b>	Exchange House National Travellers Service	Exchange House Ireland National Travellers Service are a multidisciplinary frontline service provider offering Education and Training Services, Children and Young People Services, Family Support and Crisis Intervention Services, Addiction Services and the National Traveller Mental Health Service with the aim of breaking down barriers and discrimination in order to facilitate Travellers to access the range of services they need in an equitable way.	Exchange House Ireland National Travellers Service, 61 Great Strand Street, Dublin 1D01 WC97 Tel: <b>353 1 8721094</b> Email: <a href="mailto:info@exchangehouse.ie">info@exchangehouse.ie</a> Website: <a href="http://exchangehouse.ie">exchangehouse.ie</a>

# Wellbeing Resources and Services in Community Healthcare West



Resource	Service	Details	Location/Contact
<b>Emotional &amp; Mental Wellbeing Supports</b>	Galway Traveller Movement Counselling Service	A confidential, free, counselling service run by Galway Traveller Movement for Travellers living in Galway City and County. This service is staffed by accredited Counsellors trained in Traveller culture.	Client details are shared with one of the panel of Counsellors who will arrange to meet the person in an area closest to them. Mobile: <b>087 6379074</b>
<b>Emotional &amp; 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.	The Irish Association of Counselling and Psychotherapy (IACP), Carmichael House, 4 Brunswick North, Dublin 7. Tel: <b>01 2303536</b> , email: <a href="mailto:info@iapc.ie">info@iapc.ie</a>   <a href="http://www.iapc.ie">www.iapc.ie</a> The Psychological Society of Ireland (PSI) : Tel: <b>01 4720105</b> <a href="http://www.psychologicalsociety.ie">www.psychologicalsociety.ie</a> The Irish Council for Psychotherapy [ICP] Tel: <b>01 9058658</b> <a href="http://www.psychotherapycouncil.ie">www.psychotherapycouncil.ie</a> Irish Association for Humanistic Psychotherapy [IAHIP] Tel: <b>01 2841665</b>   <a href="http://www.iahip.org">www.iahip.org</a>
<b>Self-Management Programme for those living with Long Term Health Conditions</b>	Living Well - A programme for adults with long-term health conditions (Stanford Model)	Living Well is a free group self-management programme for adults living with long-term health conditions. It supports a person to develop the skills and confidence to help them live well with their health condition. It is delivered over six workshops. Topics include managing pain, fatigue, and difficult emotions. It involves learning key skills to help individuals manage their health condition e.g. problem solving and how to set realistic goals for lifestyle change, including healthy eating and becoming more active.	Click here for more information: <a href="http://www.hse.ie/LivingWell">www.hse.ie/LivingWell</a>
<b>Long Term Health Conditions Management Programme</b>		For adults and carers of patients living with long terms health conditions such as Arthritis, MS, Kidney Issues, Colitis & Crohns Disease	Contact programme providers for information: Arthritis Ireland Tel: <b>01 6470206</b> email: <a href="mailto:training@arthritisireland.ie">training@arthritisireland.ie</a> . Irish Kidney Association Tel: <b>01 6205306</b> , email: <a href="mailto:info@ika.ie">info@ika.ie</a> Multiple Sclerosis Ireland Tel: <b>01 4905933</b> , email: <a href="mailto:na@ms-society.ie">na@ms-society.ie</a> Irish Society for Colitis and Crohn's Disease Tel: <b>01 8721416</b> , email: <a href="mailto:laura@iscc.ie">laura@iscc.ie</a>
<b>Social &amp; Community</b>	Mental Health Booklets	A range of booklets on Mental Health available to download from the HSE website. Available in English and other languages.	For further information go to: <a href="https://www.hse.ie/eng/services/list/4/mental-healthservices/nosp/resources/booklets/">https://www.hse.ie/eng/services/list/4/mental-healthservices/nosp/resources/booklets/</a>
<b>Social &amp; Community</b>	Advocacy Service	The National Advocacy Service (NAS) works with people under 65 with disabilities.	Tel: <b>076 107300</b> , email: <a href="mailto:info@advocacy.ie">info@advocacy.ie</a> National Advocacy Service for People with Disabilities, National Office, C/O Citizens Information Board.

# Wellbeing Resources and Services in Community Healthcare West

Resource	Service	Details	Location/Contact
<b>Social &amp; Community</b>	Spun out	Ireland's youth information website created by young people, for young people. Aim to educate and inform readers about the importance of holistic well-being and how good health can be maintained, both physically and mentally.	<a href="http://www.spunout.ie">www.spunout.ie</a>
<b>Social &amp; Community</b>	SAGE Advocacy	Sage Advocacy is a support and advocacy service for vulnerable adults, older people and healthcare patients.	Further information Tel: 01 5367330 24-26 Upper Ormond Quay, Dublin 7. Email: <a href="mailto:info@sageadvocacy.ie">info@sageadvocacy.ie</a> <a href="http://www.thirdageireland.ie/sage">www.thirdageireland.ie/sage</a>
<b>Social &amp; Community</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.	For further information go to: <a href="http://www.ncbi.ie">www.ncbi.ie</a> Tel: 01 8307033 Email: <a href="mailto:info@ncbi.ie">info@ncbi.ie</a>
<b>Social &amp; Community</b>	Chime	Chime, the National Charity for Deafness and Hearing Loss offers support, services and advocacy to anyone affected by hearing loss. 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.	Call our Information Line on <b>1800 256257</b> or 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. For further information visit: <a href="http://www.chime.ie">www.chime.ie</a>
<b>Social &amp; Community</b>	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.	To find local Sheds go to: <a href="http://www.menssheds.ie">www.menssheds.ie</a> Tel: 01 8916150 Email: <a href="mailto:info@menssheds.ie">info@menssheds.ie</a>
<b>Social &amp; Community</b>	Roscommon Women's Network	Roscommon Women's Network is a local community project dedicated to supporting women and families throughout Roscommon	Email: <a href="mailto:info@rwn.ie">info@rwn.ie</a> Tel: 094 9621690
<b>Social &amp; Community</b>	National Adult Literacy Agency	Help with reading, writing, maths and technology.	Freephone: 1800-202065
<b>Social &amp; Community</b>	National Adult Literacy Agency	Information on health literacy.	For further information go to: <a href="http://www.nala.ie">www.nala.ie</a> Tel: 01 4127900 Email: <a href="mailto:info@nala.ie">info@nala.ie</a>
<b>Social &amp; Community</b>	Accessible transport service	Vantastic is a not-for-profit charity that offers accessible transport services to people with disabilities, mobility impairments and not-for-profit groups.	Freephone: 1800 242703 <a href="https://vantastic.ie/">https://vantastic.ie/</a>



# Wellbeing Resources and Services in Community Healthcare West

Resource	Service	Details	Location/Contact
<b>Social &amp; Community</b>	Irish Wheelchair Association	On-Road Driving Assessment / Parking Permits Services to people with limited mobility including: <ul style="list-style-type: none"> <li>• Motoring/ Parking Permits</li> <li>• On-road driving assessments</li> <li>• Assisted Living</li> <li>• Resource &amp; Outreach</li> <li>• Enhanced Homecare Services</li> <li>• Wheelchair Solutions</li> <li>• Housing</li> <li>• Holidays/ Respite Service</li> <li>• Rehabilitation Training</li> </ul>	For further information contact: <b>01 8186400</b> Helpline <b>01 8186455</b> Email: <a href="mailto:info@iwa.ie">info@iwa.ie</a>   <a href="http://www.iwa.ie">www.iwa.ie</a> Tel: <b>045 893094</b> <a href="mailto:maats.admin@iwa.ie">maats.admin@iwa.ie</a>
<b>Social &amp; Community</b>	Seniorline	National Confidential Listening Service for Older People.	For further information contact: Tel: <b>1800-804591</b> <a href="http://www.thirdageireland.ie/seniorline">http://www.thirdageireland.ie/seniorline</a>
<b>Social &amp; Community</b>	Age and Opportunity Changing Gears programme - Private provider, Costs Associated	A 6-week course about building resilience – taking stock, making changes, bouncing back and moving on. <ul style="list-style-type: none"> <li>• It is relevant for people who are moving from working life into retirement.</li> <li>• It is also useful for taking a mid-career review.</li> <li>• It is about taking time out to think about what you can do with the next phase of life and how to make a start.</li> <li>• Build more resilience so that you can succeed whatever life throws at you.</li> <li>• Changing Gears is a helpful and fun course, with no previous experience necessary except life experience.</li> <li>• Find out more about yourself and your skills</li> <li>• Take stock of what's out there for you</li> <li>• Find out how some people bounce back from tough times</li> <li>• Learn from other people's experiences</li> </ul>	For further information contact: Age & Opportunity, Marino Institute of Education, Griffith Avenue, Dublin 9. Tel: <b>01 8057709</b> Email: <a href="mailto:info@ageandopportunity.ie">info@ageandopportunity.ie</a> <a href="http://www.ageandopportunity.ie">www.ageandopportunity.ie</a>

# Wellbeing Resources and Services in Community Healthcare West

Resource	Service	Details	Location/Contact
<b>Social &amp; Community</b>	Family Resource Centres	Affordable counselling is available at the following Resource Centres.	<p>Gort – Tel: <b>091 630902</b> Email: <a href="mailto:administrator@gortfrc.com">administrator@gortfrc.com</a> <a href="http://www.gortfrc.com">www.gortfrc.com</a></p> <p>Oughterard – Tel: <b>091 557633</b> Email: <a href="mailto:clanninfo@gmail.com">clanninfo@gmail.com</a> <a href="http://clannrescentre.com/">http://clannrescentre.com/</a></p> <p>Loughrea – Tel: <b>091 871149</b> Email: <a href="mailto:info@loughreafamilyresourcecentre.ie">info@loughreafamilyresourcecentre.ie</a> <a href="http://www.loughreafamilyresourcecentre.ie/">http://www.loughreafamilyresourcecentre.ie/</a></p> <p>Headford – Tel: <b>093 36446</b> Email Co-ordinator John Middleton <a href="mailto:john@solasfrc.ie">john@solasfrc.ie</a> Email: <a href="mailto:maura@solasfrc.ie">maura@solasfrc.ie</a> <a href="http://www.solasfrc.ie/">http://www.solasfrc.ie/</a></p> <p>Ballinrobe – Tel: <b>087 2859973</b> Email: <a href="mailto:infotacufrc@gmail.com">infotacufrc@gmail.com</a></p> <p>Westport – Tel: <b>098 24419</b> Email: <a href="mailto:westportfrc@gmail.com">westportfrc@gmail.com</a></p> <p>Boyle – Tel: <b>071 966300</b> Email: <a href="mailto:info@boylefrc.ie">info@boylefrc.ie</a></p> <p>Castlerea- Tel: <b>086 4615537</b> Email: <a href="mailto:castlereafr@gmail.com">castlereafr@gmail.com</a></p> <p>Ballaghadereen - Tel: <b>094 9860767</b></p> <p>South Roscommon FRC Tel: <b>090 6628621</b> Web: <a href="http://vitahouse.org/our-services/the-south-roscommon-family-resource-centre-frc/">vitahouse.org/our-services/the-south-roscommon-family-resource-centre-frc/</a></p>

# Wellbeing Resources and Services in Community Healthcare West

Resource	Service	Details	Location/Contact
<b>Social &amp; Community</b>	The Social Inclusion and Community Activation Programme (SICAP)	SICAP aims to tackle poverty and social exclusion through local engagement and partnerships between disadvantaged individuals, community organisations and public sector agencies. It supports disadvantaged communities and individuals living in deprived areas, people with disabilities, single parent families, people on low incomes, members of the Traveller and Roma community and other disadvantaged groups.	Galway City Partnership: Tel: <b>091 773466</b> Galway Rural Development Company: Tel: <b>091 844335</b> Roscommon: Tel: <b>090 6630252</b> Mayo North East: Tel: <b>096 77615</b> South West Mayo: Tel: <b>098 41950</b>
<b>Health &amp; Wellbeing</b>	Healthy Ireland	A Government-led initiative which aims to create an Irish society where everyone can enjoy physical and mental health, and where wellbeing is valued and supported at every level of society.	<a href="http://www.healthyireland.ie">www.healthyireland.ie</a>
<b>Health Promotion</b>	Workwell.ie	This website provides information for healthcare workers to support them to be physically and emotionally well throughout their working lives. It provides links to suitable resources and supports.	For further information go to: <a href="http://www.workwellireland.ie">www.workwellireland.ie</a>
<b>Health Promotion</b>	Practical advice for keeping well in winter	Information booklet with practical advice how to stay safe and well during the winter. Including COVID-19 safety guidelines and ways to look after your health and wellbeing during the difficult winter months of the pandemic.	To download the booklet visit: <a href="https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/keeping-well-this-winter-large-format-.pdf">https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/keeping-well-this-winter-large-format-.pdf</a>
<b>Primary Care</b>	General Practitioners [GPs]	The Irish College General Practitioners (ICGP) is the professional body for general practice in Ireland. The College's primary aim is to serve the patient and the general practitioner by encouraging and maintaining the highest standards of general medical practice. It is the representative organisation on education, training and standards in general practice.	To get a list of GPs practising in a particular area contact: ICGP as follows: ICGP, 4/5 Lincoln Place, Dublin 2, Ireland Tel: <b>01 6763705</b> Email: <a href="mailto:info@icgp.ie">info@icgp.ie</a> <a href="https://www.icgp.ie/go/out">https://www.icgp.ie/go/out</a>
<b>Helium Arts</b>		Helium Arts empowers children living with illness through their creativity and the arts, inspiring those who care for them and supporting creative healthy environments.  In Ireland, there are 160,000 children and teenagers living every day with the long-term effects of illness. Helium Arts brings positivity to these children's lives through award-winning, participatory arts programmes.	Tel: <b>044 9396960</b> Email: <a href="mailto:infor@helium.ie">infor@helium.ie</a>

MAKING  
EVERY

CONTACT  
COUNT

# NOTES





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**Paul Gillen**



**091 737261**



**Cúram Sláinte  
Phobail, Iarthar**  
ag freastal ar Ghaillimh,  
Maigheo agus Ros Comáin

**Community  
Healthcare West**  
serving Galway, Mayo  
and Roscommon

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