



CHO 8 Midlands Louth Meath
Making Every Contact Count (MECC)
Local Services & Resources
Signposting Document

Meath and Louth

Release Date: October 2022

Updated Version: September 2024



Guidance on using Making Every Contact Count (MECC) Signposting resources

These resources can be used to enable Health Care Professionals / Health Care Workers to signpost Service Users / Patients / Clients to access supports relating to the brief intervention areas included in Making Every Contact Count.

They are organised under the topic themes covered in the Making Every Contact Count training. Making Every Contact Count e-learning is available on HSELand. MECC provides a framework to Healthcare professionals / Healthcare Workers to assist them in supporting Patients / Service Users to make lifestyle choices. This helps prevent chronic diseases and promote self-management of existing chronic diseases.

More information on MECC training is on Page 6 of these resources. To find out more about MECC in your area please contact your local Health Promotion and Improvement department or Lead for Making Every Contact Count Programme Midlands Louth Meath CHO:

Duana McArdle

HSE Health Promotion and Improvement

Email: duana.mcardle@hse.ie Phone: 087 3761552

MECC is a HSE priority programme under Health Promotion and Improvement managed by:

Emer Smyth, Health Promotion and Improvement/Health and Wellbeing Manager

CHO 8 Midlands Louth Meath, Health Promotion & Improvement

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Louise Farrelly	Health Promotion & Improvement Officer	Telephone: 087-4515467 Email: louise.farrelly@hse.ie	Meath
David McSweeney	Health Promotion & Improvement Officer	Telephone: 087-1140296 Email: david.mcsweeney@hse.ie	Meath



Health Promotion and Improvement Contacts



Name	Role	Contact	Area
Carmel Halpin	Health Promotion & Improvement Officer	Telephone: 087-1429870 Email: carmel.halpin@hse	Meath
Kate Gerard	Health Promotion & Improvement Officer	Telephone: 087-4512808 Email: katieA.gerard@hse.ie	Meath
Madeleine Kennedy	Health Promotion & Improvement Officer	Telephone: 087-2363040 Email: madeline.kennedy@hse	Louth
Olivia McGeough	Health Promotion & Improvement Officer	Telephone: 087-1436724 Email: olivia.mcgeough@hse.ie	Louth

Health Promotion and Improvement Contacts

Name	Role	Contact	Area
Mark Garvey	Health Promotion & Improvement Officer	Telephone: 087-2667685 Email: mark.garvey1@hse.ie	Louth
Lorraine Savage	Health Promotion & Improvement Officer	Telephone: 087-1527156 Email: lorraine.savage@hse.ie	Louth



Making Every Contact Count Training Overview



What is Making Every Contact Count?

Making Every Contact Count is **a brief intervention framework that staff can use with their Patients / Clients / Service Users.**

It involves staff:

- Using opportunities through the **'touch points'** people have through the service to improve their overall health and wellbeing
- Healthcare professionals having **brief conversations** with their patients about behaviour change

Stage 1: e-learning

- For all health care workers / professionals (CPD points available)
- HSE LanD online training: 6 * 30 minute modules including:
 1. Introduction to Behaviour Change
 2. Tobacco Free
 3. Alcohol & Drug Use
 4. Get Ireland Active
 5. Healthy Food for Life
 6. Skills into Practice
- *and 2 further study modules:*
- Mental Health and Wellbeing
- Talking about Overweight and Obesity

hse.land.ie
Cúram le Eolas

**Enhancing your Brief
Intervention Skills Workshop**

Stage 2: further training

- MECC Enhancing Your Brief Intervention Skills workshops: ½ day workshops with teams / sites / disciplines
- Sites / teams / staff groups identified to take part in Enhancing Your Skills Workshops
- CPD points available
- Contact your local Health Promotion department to organise a workshop for your staff team





Disclaimer



The inclusion in this document of any organisations outside of the HSE is for signposting purposes only and does not imply any endorsement from HSE Louth Meath Health Promotion and Improvement Department.

If you find any information that is incorrect or are aware of any new services which you feel could be added to this signposting document, please send details to:

Geralyn Nolan
Assistant Staff Officer
HSE Health Promotion and Improvement, Health and Wellbeing Division

Email: geralyn.nolan@hse.ie
Telephone: 041 6850675

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Stop Smoking Supports Resources and Services



Resource

Service

Contact

HSE Stop Smoking Clinics - Louth



There are free stop smoking clinics and groups in many areas. You can find contact details on www.quit.ie/clinics or contact the QUIT Team on 1800 201 203.

Included here are details for HSE Stop Smoking Clinics in Meath and Louth which offer free 6 weeks+ individual brief therapy, stop smoking advice and Nicotine Replacement Therapy.

Contact: Madeleine Kennedy

Mondays and Tuesdays, 9.00am to 4.00pm
Virtual clinic / telephone service

Wednesdays, 9.00am to 3.00pm at HSE Ballsbridge Health Centre, Drogheda, Co. Louth.

Please call or email for an appointment
Telephone: **087- 2363040**
Email: [**madeline.kennedy@hse.ie**](mailto:madeline.kennedy@hse.ie)

Contact: Mark Garvey

Wednesdays, 9:00am to 4:30pm
Virtual clinic / telephone service

Fridays, 9:00am to 4:30pm at Redeemer Health Centre, Ard Easmuinn, Dundalk, Co. Louth.

Please call or email for an appointment
Telephone: **087-2667685**
Email: [**mark.garvey1@hse.ie**](mailto:mark.garvey1@hse.ie)



Stop Smoking Supports Resources and Services



Resource

Service

Contact

HSE Stop Smoking Clinics - Louth



There are free stop smoking clinics and groups in many areas. You can find contact details on www.quit.ie/clinics or contact the QUIT Team on 1800 201 203.

Included here are details for HSE Stop Smoking Clinics in Meath and Louth which offer free 6 weeks+ individual brief therapy, stop smoking advice and nicotine replacement therapy.

Contact: Malachy Nixon

Mondays to Thursdays, 8.00am to 4.00pm at Our Lady of Lourdes Hospital, Drogheda, Co. Louth.

Fridays, 8.00am to 4.00pm at Louth County Hospital Dundalk, Co. Louth.

Please call or email for an appointment:
Telephone: **087-7106313**
Email: malachy.nixon@hse.ie



Stop Smoking Supports Resources and Services



Resource	Service	Contact
<p>HSE Stop Smoking Clinics - Meath</p> 	<p>There are free stop smoking clinics and groups in many areas. You can find contact details on www.quit.ie/clinics or contact the QUIT Team on 1800 201 203.</p> <p>Included here are details for HSE Stop Smoking Clinics in Meath and Louth which offer free 6 weeks+ individual brief therapy, stop smoking advice and nicotine replacement therapy.</p>	<p>Contact: Kate Gerard</p> <p>Mondays 10.00am to 4.00pm at Navan Family Resource Centre, Commons Road, Navan, Co. Meath.</p> <p>Fridays, 10.00am to 4.00pm at HSE Kells Primary Care Centre, Kells, Co. Meath.</p> <p>Thursdays, 12.00pm to 2.00pm at Trim Family Resource Centre, 22 Mornington Drive, Trim, Co. Meath.</p> <p>Please call or email for an appointment: Telephone: 087-4512808 Email: katieA.gerard@hse.ie</p>



Stop Smoking Supports Resources and Services



Resource



HSE Quit.ie Team

Service

The HSE QUIT team provide one-to-one personal support over the phone or online (if people prefer to sign up for an online quit plan).

Contact

Freephone: **1800 201 203**
Free Text: **QUIT to 50100**
Visit: **www.quit.ie**



HSE Tobacco Free Campus

Tobacco Free Campus is a service, setting or site that has adapted HSE Tobacco Free Campus policy for local use, communicated a clear message to ALL service users that tobacco sale/distribution/use is strictly prohibited on site.

HSE Tobacco Free Campus Toolkit and videos to support policy implementation are available. Signage templates & reports from HSE workshops & examples of good practice (TFC Bursary Awards), additional tobacco policy information and links are also available.

For further information go to:

<https://www.hse.ie/eng/about/who/tobaccocontrol/campus/>



Alcohol & Drugs Resources and Services



Resource

Service

Contact



HSE Drugs and Alcohol Helpline

Call for confidential information and support. A free confidential place where anyone can talk through their concerns about drugs or alcohol and get information about services available to them.

Freephone: **1800 459 459**
Email: **helpline@hse.ie**
Monday to Friday 9.30am to 5.30pm



AskAboutAlcohol.ie




Website with accurate and up to date information on alcohol. This site aims to enable everyone to manage their own health better (in relation to alcohol) and the content will be updated in line with new public health legislation and planned regulatory changes on alcohol labelling, availability and pricing. The website also provides information for people who are worried about their own drinking, or worried about someone close to them and has a service finder where you can search for supports within your county.

Website: **www.askaboutalcohol.ie**



Alcohol & Drugs Resources and Services



Resource	Service	Contact
 <p>Drugs.ie</p>	<p>www.drugs.ie for Drug and Alcohol Information, Support and Resources. This website also provides a directory of drug and alcohol services per county.</p>	<p>Website: <u>www.drugs.ie</u></p>
 <p>Alcohol Action Ireland</p>	<p>www.alcoholactionireland.ie for information about alcohol related issues and alcohol related harm. Includes a podcast series "The Alcohol File".</p>	<p>Website: <u>www.alcoholireland.ie</u> Telephone: 01-8780610 email: admin@alcoholactionireland.ie</p>
 <p>Alcoholics Anonymous Ireland</p> <p>Alcoholics Anonymous Ireland</p>	<p>Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership.</p>	<p>Meeting locations and times are available on the website: <u>www.alcoholicsanonymous.ie</u> Telephone: 01-8420700 email: gso@alcoholicsanonymous.ie</p>



Alcohol & Drugs Resources and Services




Resource	Service	Contact
 <p>Al-Anon Ireland</p>	<p>Providing strength and hope to family members and friends of problem drinkers. Voluntary Support Service where friends and family members share their experiences and learn how to apply the principles of Al-Anon program to their individual situations.</p> <p>Al-teen - specifically for teenage relatives and friends of alcoholics (aged 12-17) .</p>	<p>Meeting locations and times are available on the website: www.alanon.ie Telephone: 01-8732699 Email: helpline@al-anonuk.org.uk</p> <p>Telephone: 01- 8732699 www.alanon.ie</p>
 <p>Dual Diagnosis</p>	<p>Dual Diagnosis Ireland is a registered charity which raises awareness and provides supports, such as workshops, in relation to dual diagnosis. Dual diagnosis is a term used to describe when a person suffers from addiction and other mental health challenges.</p>	<p>Visit: www.dualdiagnosis.ie Email: info@dualdiagnosis.ie</p>
 <p>Narcotics Anonymous Ireland</p>	<p>Narcotics Anonymous is an international, community-based association of people recovering from drug addiction. Members take part in NA meetings by talking about their experiences and recovery from drug addiction and helping one another.</p>	<p>Meeting locations and times are available on the website: www.na-ireland.org Telephone: 01-6728000 Email: info@na-ireland.org</p>



Alcohol & Drugs Resources and Services




Resource	Service	Contact
 <p>HSE Meath Addiction Services</p>	<p>HSE Support and treatment for substance misuse. Based at Railway Street, Navan.</p> <p>Referrals can be made via G.P. or you can self-refer by contacting the service.</p>	<p>Location: HSE Railway Street, Navan, Co. Meath. Telephone: 046-9076400</p> <p>Cindy Conaty – Drug Addiction Counsellor Telephone: 046-9076415 Mobile: 087-2876409 Email: cindy.conaty@hse.ie</p> <p>Karen Walsh - Drug Addiction Counsellor Telephone: 046-9076403 Mobile: 087-4515466 Email: karen.walsh1@hse.ie</p> <p>Meath Addiction Services Administration: Alannah Moran Telephone: 041-9870159 Email: Alannah.moran@hse.ie</p>



Alcohol & Drugs Resources and Services



Resource	Service	Contact
 <p>HSE Louth Addiction Services</p>	<p>HSE Support and treatment for substance misuse, with locations in Drogheda and Dundalk, Co. Louth</p> <p>Referrals can be made via G.P. or you can self-refer by contacting the service.</p>	<p>Locations:</p> <p>HSE Health Centre, Market Street, Dundalk, Co. Louth.</p> <p>Drogheda Industrial Park, Donore Road, Drogheda, Co. Louth.</p> <p>Paul Plummer – Senior Drug Addiction Counsellor (Dundalk based) Telephone: 042-9394002 Mobile: 087-2583718 Email: paul.plummer@hse.ie</p> <p>Una McAnulty – Drug Addition Counsellor Telephone: 041-9870160 Mobile: 087-9064022 Email: una.mcanulty@hse.ie</p> <p>Deirdre Arnold - Drug Addiction Counsellor Mobile: 087- 1696432 Email: deirdre.arnold1@hse.ie</p>



Alcohol & Drugs Resources and Services





Resource	Service	Contact
 <p>HSE Louth Addiction Services --- continued</p>	<p>HSE Support and treatment for substance misuse, with locations in Drogheda and Dundalk, Co. Louth</p> <p>Referrals can be made via G.P. or you can self-refer by contacting the service.</p>	<p>Sarah Keelan Barry - Outreach Worker (Dundalk) Telephone: 042-9394010 Mobile: 087-1961690 Email: sarah.keelanbarry@hse.ie</p> <p>Aileen Murphy - Outreach Worker (Drogheda) Telephone: 041-9870160 Mobile: 087-3883212 Email: aileen.murphy7@hse.ie</p> <p>Carina O'Reilly - Outreach Worker (Dundalk) Mobile: 087-6029055</p> <p>Louth Addiction Services Administration: Fiona Kelly Telephone: 041-9870160 Email: Fiona.Kelly@hse.ie</p>



Alcohol & Drugs Resources and Services



Resource	Service	Contact
 <p>HSE Substance Use Service for Teens in Louth and Meath (SUST)</p>	<p>HSE service providing client assessment and treatment supports to adolescents who are experiencing problematic substance use at various locations throughout counties Meath and Louth. Referral by self, parent / guardian or other services.</p>	<p>Location: HSE - Social Inclusion, Drogheda Industrial Park, Donore Road, Drogheda, Co. Louth. A92 DE03</p> <p>Call or email for support:</p> <p>Lorraine Wright Telephone: 087-1732088 Email: lorraine.wright@hse.ie</p>
 <p>The Red Door Project</p>	<p>*Formerly Louth Community Drug and Alcohol Team. This project provides a confidential service to individuals, families and those in the community affected by drug and alcohol use. Supports available are one to one and group work, harm reduction service in a partnership arrangement with other services, accurate and relevant information to the community and supports for individuals to become drug free. Referral by self, G.P. or other services.</p>	<p>Location: St Mary's Convent School, Dublin Road, Drogheda, Co. Louth.</p> <p>Telephone: 041-9804957 or 086-7831162 Email: admin@lcdat.ie Visit: www.thereddoorproject.ie</p>

Alcohol & Drugs Resources and Services

Resource

Service

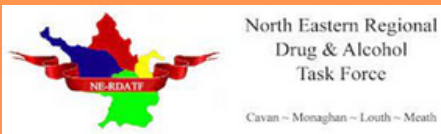
Contact



Family Addiction Support Network

This service assists families in the North East to achieve a greater understanding of addiction. This includes the negative impact it has had on their ability to engage with positive life opportunities and to help them improve their own quality of life and if they choose to, help them fulfil a positive role in the recovery of their loved one. Services provided include one-to-one support, peer support groups, educational programmes, access to respite and counselling and telephone helpline.

For more information:
 Telephone: **042-9355251**
 Out of Hours Telephone: **087-9046405**
 Email: **info.fasn@gmail.com**
 Visit: **www.fasn.ie** or
 facebook@fasnsupport





North Eastern Regional Drug and Alcohol Task Force

North Eastern Regional Drug and Alcohol Task Force is a collaboration of community, voluntary and statutory agencies who implement the National Drugs Strategy by coordinating effective regional responses to substance misuse issues affecting Cavan, Monaghan, Louth and Meath. The task force supports preventative educational, treatment and rehabilitative services to individuals, families, and communities experiencing difficulties with drugs and alcohol.

Telephone: **046-9097668** or **046-9248630**
 Email: **info@nedrugtaskforce.ie**
 Visit: **www.nedrugtaskforce.ie**

Alcohol & Drugs Resources and Services

Resource	Service	Contact
 <p>Meath Community Drug and Alcohol Response (MCDAR)</p>	<p>MCDAR provides a community based response to drug and/or alcohol misuse. The service is based at Haggard Mews, Trim, Co. Meath. Services include outreach & drop in, group work and one to one work, aftercare, family support groups, affordable counselling service, parent-to-parent programme, education programmes. Referral via G.P., self- referral or other services.</p>	<p>Telephone: 087-0933759 Email: mcdartrim@gmail.com Visit: www.crannsupportgroup.ie/mcdarproject/</p>
 <p>Turas Counselling Service Ltd</p>	<p>Provides a range of supports to individuals who are experiencing problematic substance use, including 20 week Structured Day Programme, community-based alcohol detox, counselling service, outreach support, family support and Women for Sobriety groups.</p> <p>Referrals are taken from statutory and voluntary services, G.P.s, community services, social services, probation services, prisons and self-referral.</p>	<p>Location: 59 Clanbrassil Street, Dundalk, Co. Louth. Telephone: 042-9338221 Email: info@turascounselling.ie Visit: www.turascounselling.ie</p>

Healthy Eating and Weight Management Resources and Services

MAKING EVERY

CONTACT COUNT

Resource

Service

Contact



HSE Health Promotion & Improvement Community Nutrition & Dietetic Department

The Health Promotion & Improvement Community Nutrition & Dietetic Department provides a variety of programmes and training including the following:

- Healthy Food Made Easy –Community Nutrition Education Programme
- Baby food made Easy – online weaning session for parents
- 12 week online healthy weight management programme for HSE staff
- Kick Start to Health: Health and Wellbeing Taster Sessions – for HSE staff
- Healthy Eating policy in-service training for primary and post-primary schools
- Other Nutrition training and resource development

The Health Promotion & Improvement Community Nutrition & Dietetic Department can be contacted by emailing **HP.Nutrition@hse.ie**






HSE Community Nutrition and Dietetic Service

Referral to the Community Nutrition & Dietetic Service is via the Primary Care Referral Form. There is a dietitian attached to local primary care services.

Referral form can be requested from your local HSE Primary Care Centre or by telephone: **041-6860766**

Healthy Eating and Weight Management Resources and Services

Resource	Service	Contact
 <p>HSE Diabetes Supports</p>	<p>Structured Patient Education can be accessed on the HSE website under diabetes supports, via the Community Nutrition & Dietetic Department (041) 6860766 or via referral on the primary care referral form.</p>	<p>Visit: https://www2.hse.ie/conditions/ty-pe-2-diabetes/courses-and-support/diabetes-support-courses/ Telephone: 041-6860766</p>
 <p>Healthy Ireland</p>	<p>Go to the Healthy Ireland website for healthy eating guidelines, resources and fact sheets including:</p> <ul style="list-style-type: none"> • Healthy eating guidelines for children • Healthy eating guidelines for older children and adults • Healthy eating for Older Adults (over 65 years) • Cooking healthy meals • What you drink matters too • Losing Weight 	<p>www.healthyireland.ie</p>
 <p>Safefood</p>	<p>Visit the Safefood website for information on food safety, healthy eating, recipes, resources and campaigns.</p>	<p>www.safefood.net</p>

Resource

Service

Contact



Meath Local Sports Partnership

Meath Local Sports Partnership deliver recreational sport to local people. There is a vast range of sports and recreation activities and events taking place in Co. Meath each month. Meath LSP aims to encourage participation in sports and physical activity throughout County Meath by supporting quality sports and physical activity opportunities, connecting people with sports and physical activity and making best use of County Meath's sports and physical activity resources. For details of sports activities including Sports Ability Programs, Older Adult Programmes, Youth / Teen Programmes, Women in Sport and Community Activity – a quarterly ezine is produced with a calendar of events and is available to download from the website www.meathsports.ie

Visit: www.meathsports.ie
 Telephone: **046-9067337**
 Email: mlsp@meathcoco.ie



Louth Local Sports Partnership

Louth LSP support sustainable participation in sport and physical activity in County Louth for everyone. This is achieved by working with individuals, communities and agencies to identify the participation sports needs of the county and then work with others to realise the programmes and events which respond to these needs. For details of sports activities including Men on the Move, Women in Sport and Inclusive Sports Programmes log on to www.louthlsp.com

Visit: www.louthlsp.com
 Telephone: **042-9324318**
 Email: louthlsp@louthcoco.ie

Resource

Service

Contact



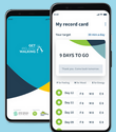
Get Ireland Walking

www.getirelandwalking.ie has supports to get you walking, including information on walking events, trails and groups in each locality. It also has details of walking groups within Meath and Louth and podcasts available to download.

Locations of Meath walking groups include Navan, Kells, Trim, Athboy, Moynalty, Ballivor, Dunshaughlin, Slane, Kiltale and others.

Locations of Louth walking groups include Drogheda, Castlebellingham, Dundalk, Dromiskin, Dunleer, Ardee and others.

For more details visit www.getirelandwalking.ie



Get Ireland Walking App

The free Get Ireland Walking app helps individuals record and track their daily walks.




Search for 'Get Ireland Active' in the App Store or Google Play



Get Ireland Active

Website providing motivation and guidance to get people active, includes directory of places to get active in each locality. Information also available providing advice to people living with various health conditions about overcoming concerns and becoming more active.

www.getirelandactive.ie

Resource	Service	Contact
 <p>Parkrun Ireland</p>	<p>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.</p> <p>Locations of parkruns in or near Louth and Meath are:</p> <ul style="list-style-type: none"> • Trim - Porch Fields • Navan – Blackwater Park • Oldbridge – Battle of the Boyne Visitor Centre • Carlanstown – Deerpark • Dundalk – DKIT Campus • Mullagh – Edwin Carolan Community Park • Kilcock – Royal Canal 16th Lock • Laytown - Beach Run (subject to tides) 	<p>To register and find out more: https://www.parkrun.ie/</p>
 <p>Junior Parkrun</p>	<p>Parkrun Junior is a free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds).</p>	<p>The event takes place at Dundalk Institute of Technology, Dundalk, Co. Louth every Sunday at 9.30am. To register visit: https://www.parkrun.ie/</p>
 <p>Healthy Ireland</p>	<p>A range of physical activity resources are available on the Healthy Ireland website.</p>	<p>www.healthyireland.ie</p>

Resource

Service

Contact



Slí na Sláinte

Slí na Sláinte routes are mapped, signposted walking routes in the heart of the community suitable for all ages and abilities. The attractive signage aims to encourage people to incorporate more walking into their lifestyle. There are 220 Community Slí na Sláinte routes nationally.

Meath routes include East Meath, Kiltale GAA, Tara, Trim, Navan, Ratoath, Ashbourne.

Louth routes include Ardee, Cooley Kickhams GAA, Drogheda, Dundalk, Stephenstown Pond, Tallanstown, Blackrock, Carlingford, Westerns GAA.

Download all available maps at: <https://irishheart.ie/your-health/our-health-programmes/healthy-communities/slainte/walking-routes/>



TFI Smarter Travel Workplaces

TFI Smarter Travel Workplaces is a national voluntary behaviour change programme, supporting employers and third level institutions to implement voluntary Travel Plans. These plans focus on promoting and encouraging staff and students to sustainably and actively commute and beyond, and for organisations to consider flexible working arrangements. Behaviour change interventions such as the annual Step Challenges and Cycle Challenge promote active travel and support organisations in encouraging their staff and students to be more active on the commute and for leisure purposes.

Further information is available at: <https://www.nationaltransport.ie/tfi-smarter-travel/>

Resource

Service

Contact



Active Disability Ireland



Active Disability Ireland is a national pan-disability organisation committed to creating an Ireland where people with disabilities have more opportunity to participate in physical activity of their choice.

Programmes include:

- Active Healthy Me - is a health and wellbeing programme delivered directly to people with disabilities in adult day service locations to build awareness and understanding of the health benefits of physical activity
- Xcessible - is an inclusive programme designed for National Governing Bodies of Sport (NGBs) and Local Sports Partnerships (LSPs) to positively and meaningfully provide opportunities for people with disabilities to take part in sport and physical activity
- Training & Education - All workshops are designed to equip participants with the knowledge, competence and skills necessary to include people with disabilities in sport and physical activity and increase quality provision

Visit: www.activedisability.ie

Telephone:

01-6251160 (Dublin Office)

01-667145646 (Kerry Office)

Email: info@activedisability.ie

Resource

Service

Contact



HSE Health & Wellbeing Physical Activity Exercise Videos

There are a number of Physical Activity Exercise Videos on the HSE Health & Wellbeing youtube channel, including:

- Pilates
- Yoga
- Strength and Conditioning
- Chair Yoga for Beginners

These exercise videos are led by qualified exercise instructors. They are suitable for most people and are designed for beginners.

They are not tailored to any specific condition, but most health conditions are helped by being physically active.

Visit:

www.hse.ie/eng/about/who/hsealthwellbeing/exercise-videos/



Easy Exercises - A Chair Based Programme for Older Adults

The chair based exercises in this booklet, although low-intensity, will still encourage inactive people to develop healthy activity habits. Participating in these exercises will help individuals with limited movement to carry out the everyday activities that are essential to living as independently as possible.

Visit:

<https://assets.hse.ie/media/documents/chair-based-exercises-for-older-adults.pdf>



Mental Health and Wellbeing Resources / Services



Resource

Service

Contact



Yourmentalhealth.ie

The Your Mental Health information line is a phone service you can call any time.

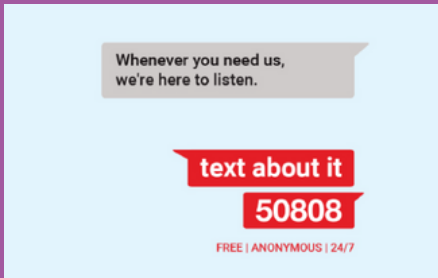
A member of our team can tell you about:

- the mental health supports and services available to you
- how to access different services provided by the HSE and funded partners
- opening hours

Please note the your mental health information line is not a counselling service.

Freephone:
1800 111 888

Visit:
www.yourmentalhealth.ie



Text 50808

A free 24/7 text service, providing everything from a supportive chat to immediate support for people going through a mental health or emotional crisis.

Text HELLO to 50808, anytime day or night.

Visit:
www.text50808.ie




Mental Health and Wellbeing Resources / Services



Resource

Service

Contact



CORE Ireland

CORE Ireland is a community mental health charity based in Navan, County Meath. They develop and deliver free mental wellbeing courses to those with lived experience, family members, and professionals that work within the mental health services.

Monthly coffee morning at 11am on first Tuesday of each month. Trialogue meeting at 6pm on last Thursday of each month. Both held in Enterprise Centre, Navan.

Core Ireland is located at Unit 3, Meath Enterprise Centre, Trim Road, Navan, Co. Meath.
 Visit: www.coreireland.ie
 Email: hello@coreireland.ie
 Telephone: **085-2289579**



JIGSAW

Jigsaw
 Mental health support and advice to young people aged 12 to 25 years old and parents or concerned adults.

Jigsaw Live chat is for young people aged 12 to 25 years-old. Visit www.jigsaw.ie/livechat for one to one text-based support with a clinician Monday, Tuesday, Wednesday, and Friday 1 to 5 pm and on Thursdays from 2 to 8 pm.

Jigsaw Meath is located at 25 Brews Hill, Navan, Co. Meath.
 Telephone: **046-971702**
 Email: meath@jigsaw.ie
 Visit: www.jigsaw.ie



Seniorline

Seniorline is a confidential listening service for older people provided by trained older volunteers.

Call **1800 804 591** from 10am to 10pm everyday
 Visit: www.thirdageireland.ie



Mental Health and Wellbeing Resources / Services



Resource

Service

Contact



Minding Your Wellbeing

Minding Your Wellbeing is brought to you by HSE Health and Wellbeing. It aims to help you develop a positive outlook by looking after your mental health and wellbeing. It is a free series of 5 online video resources to learn and practice key elements of mental wellbeing such as mindfulness, gratitude, self-care, building relationships and resilience.

Access the Minding your Wellbeing Programme at

<https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html>



HSE Stress Control Classes

Free stress control classes to learn new stress management skills and tips for minding your mental health from HSE Health and Wellbeing. The programme is for 3 weeks on Mondays and Thursdays and is currently being delivered online at www.stresscontrol.ie

Visit: www.stresscontrol.ie



SilverCloud Health online CBT

Online CBT works well to help manage mental health and wellbeing. The HSE have partnered with SilverCloud Health to provide internet-based Cognitive Behaviour Therapy (iCBT). It is delivered by clinical staff and can be effective for people with anxiety or depression. The service is for people over the age of 18 and each programme runs for up to 8 weeks. You need to be referred by one of the following to access the service: your G.P., HSE Primary Care Psychology, The National Counselling Service or Jigsaw.

Read more about the HSE And SilverCloud Health Service at

<https://www.silvercloudhealth.com/ie/hse-digital-mental-health>



Mental Health and Wellbeing Resources / Services



Resource

Service


Contact



Translate Ireland

Minding Your Mental Health
 A series of multilingual video messages presented by doctors and other health professionals now living and working in Ireland. The videos are available in Romanian, Polish, Arabic, English, French, Lithuanian, Russian, Irish and Portuguese.

Visit www.translateireland.ie



Children and Young People's Services Committees are responsible for securing better outcomes for children and young people in their area through more effective integration of existing services and interventions.

Children and Young People's Services Committees (CYPSC) are a key structure identified by Government to plan and co-ordinate services for children and young people in every county in Ireland. Their age remit spans all children and young people aged from 0 to 24 years. The purpose of the CYPSC is to ensure effective interagency co-ordination and collaboration to achieve the best outcomes for all children and young people in their area.

Meath:
 Co-ordinator: Leonard Callaghan
 Phone: **046 - 9097844**
 Mobile: **087 - 6441418**
 Email: leonard.callaghan@tusla.ie
 Navan Enterprise Centre, Trim Road, Navan, Co. Meath.

Louth:
 Co-ordinator: **Joanne Murphy**
 Phone: **042 - 9389879**
 Mobile: **087 - 2194641**
 Email: joannea.murphy@tusla.ie
 Tusla- Child and Family Agency, Gilligan House, Dublin Road, Dundalk, Co. Louth.



Mental Health and Wellbeing Resources / Services



Resource

Service

Contact



Samaritans

The Samaritans telephone service is available 24 hours a day, for confidential, non-judgmental support.

Freephone: **116 123**
Email: jo@samaritans.ie
Visit www.samaritans.ie for details of the nearest branch.



Pieta

Telephone and text-based support counselling for people who are suicidal or engaging in self-harm.

Suicide Bereavement Liaison Service Louth Meath

Freephone **1800 247 247** every day 24 hours a day.
Text HELP to 51444 - standard message rates apply
Visit: www.pieta.ie

Kathleen Moore Avila
Telephone: **085 7380444**
kathleen.mooreavila@pieta.ie



ALONE





If you are over 60 years old and in need of advice, support or information, please call **ALONE** National Support, seven days a week from 8:00am to 8:00pm.

Phone **0818 222 024** 8:00am to 8:00pm everyday.
Visit: www.alone.ie



Mental Health and Wellbeing Resources / Services



Resource	Service	Contact
 Spunout	<p>Spunout.ie has articles and information for young people on many different topics including mental health.</p>	<p>Text SPUNOUT to 086- 1800280 to talk to a trained volunteer - standard message rates may apply. FREETEXT HELLO to 50808 086 1800280 (48 customers)</p> <p>Visit: www.spunout.ie</p>
 Aware	<p>Information, support, education and peer groups for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood-related conditions. Support also for friends and family members.</p>	<p>Visit: www.aware.ie Email: supportmail@aware.ie Freephone support line 1800 80 48 48 10:00am to 10:00pm every day</p>
 Grow Mental Health	<p>Weekly online peer support groups. There are also Podcasts, practical resources, information and education programmes available.</p>	<p>Visit: www.grow.ie Email: info@grow.ie Telephone: 0818-474474 (9am-2pm)</p>
 Traveller Counselling Service	<p>Online counselling for members of the Traveller community.</p>	<p>Visit www.travellercounselling.ie</p>



Mental Health and Wellbeing Resources / Services



Resource

Service

Contact



HSE National Counselling Service - Counselling in Primary Care (CIPC)

The HSE NCS Counselling in Primary Care Service (CIPC) provides time-limited counselling to adults across Ireland.

This service is available to adults over 18 years who are medical card holders and experiencing mild to moderate psychological and emotional difficulties such as depression, anxiety, panic reactions, relationship problems, loss issues, and stress.

CIPC provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. CIPC typically from local HSE Primary Care Centres.

CIPC is a client-centred service, Counsellors/Therapists employ a range of psychological therapies depending on the presenting issues and assessed needs of clients who attend.

Referral to CIPC is through your G.P. or a member of your local primary care team. Once your G.P. /Primary Care Team practitioner has arranged a referral you must contact your local CIPC service to opt-in to counselling. You can do this by phoning the service in your area.

Meath & Louth CIPC
Head Office Location:
34 Brews Hill, Navan, Co. Meath.

Email: CIPC.ne@hse.ie

Telephone: **1890-252563** or **046-9027842**

Visit:
<https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/>




Mental Health and Wellbeing Resources / Services



Resource

Service

Contact



Suicide or Survive (SOS)

Free online wellness workshops and programmes Monday to Friday, 9am - 5pm.

Visit: www.suicideorsurvive.ie



Connect

An anonymous professional telephone counselling service for survivors of physical, emotional and sexual abuse including former residents of Mother and Baby Homes.

Freephone **1800 477 477** Monday to Sunday from 5:00pm to 9:00pm.
Visit: www.connectcounselling.ie



LivingWorks Start

Free, online, interactive suicide prevention programme and made available in Ireland by the HSE National Office for Suicide Prevention.

Living Works START is targeted at anyone over the age of 18 years who wants to help prevent suicide and develop the skills to assist someone who may be at risk of suicide. It can be completed in 1½ hours and includes a four-step model and impactful simulations which are undertaken and put into practice during the programme.

Log on to www.nosp.ie/training

A free access licence is required to undertake the programme and this can be obtained by registering on: <https://bookwhen.com/suicidepreventiontraininglouthmeath>

Email queries to: rosaleen.dolan@hse.ie



Mental Health and Wellbeing Resources / Services



Resource



Resource Officer for Suicide Prevention Louth & Meath

Service

HSE Resource Officers for Suicide Prevention work across a range of Community Health Services and areas nationwide.

Training programmes offered include:

- **Suicide Alertness for Everyone (SafeTALK)**

This internationally recognised half-day training programme teaches participants how to provide practical help by using the steps of TALK (Tell, Ask, Listen and Keepsafe) and also gain information on the supports and resources available locally, regionally and nationally.

- **ASIST (Applied Suicide Intervention Skills Training)**

This is a 2 day skills based, intensive and practice dominated workshop designed to help Caregivers recognise the immediate risk of suicide and learn how to respond and be in a position to provide immediate safety, help and information to individuals whose lives may be at risk.

- **Understanding Self Harm**

The Understanding Self Harm programmes are suitable to those aged 18 years and over who seek to develop their knowledge and understanding of self-harm. The programme aims to clarify what self-harm is and the causes, motivations and functions. Information on how to support and care for those engaging in self harm and the resources and services that are available are provided.

Contact

Rosaleen Dolan,
HSE Resource Officer for Suicide Prevention -
Louth & Meath,

Telephone: 087-2165846 or 041-6859259,

Email: rosaleen.dolan@hse.ie

To book training visit:
<https://bookwhen.com/suicidepreventiontraininglouthmeath>



Mental Health and Wellbeing Resources / Services



Resource

Service

Contact



Turn2Me

Turn2Me is an Irish online mental health charity providing free, safe, anonymous and confidential online professional mental health services to those seeking support with their mental health and wellbeing. Services include:

- Free One to One Counselling - Turn2Me offers 6 free one-to-one counselling sessions per year for over 18's
- Free Support Groups - Turn2me offers 6 support groups per week. These are safe, anonymous places to share your thoughts with others and get support. Each one is facilitated by a trained professional
- Free Thought Catcher Mood Diary - share your thoughts and connect with your peers in a safe, moderated community. Turn2me offers one for people over 18 years and a separate one for people aged 12-17years

Visit www.turn2me.ie



Shine

Shine is a national organisation providing information and support for people affected by mental health difficulties. Shine supports individuals and family members through:

- individual and group work
- training and education led by professionals and peers (people with lived experience of mental health difficulties or people who have lived experience of supporting a family member or relative)

Visit: www.shine.ie

Telephone: **01-8601610**

Mobile: **086-0407701**

Monday - Friday 9am-5pm

Email: info@shine.ie



Mental Health and Wellbeing Resources / Services



Resource

Service

Contact



Bodywhys

A range of services (helpline, support groups, online groups, email and family programmes) for adults and young people with eating disorder and their families.

Visit: www.bodywhys.ie
Helpline 01 2107906 Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Tuesday, Friday and Saturday from 10.30am to 12.30pm
Email: alex@bodywhys.ie



Mental Health Ireland

Information and support for people who experience mental health difficulties.

Mental Health Ireland aims to promote positive mental health and wellbeing for all individuals and communities.

Programmes include:

- Five ways to wellbeing
- Mindfulness and meditation resources
- Campaigns, resources and webinars

Email: info@mentalhealthireland.ie

Telephone: **01 284 1166** from 9am to 5pm Monday to Friday

Visit: www.mentalhealthireland.ie

Finola Colgan
Development Officer Midlands, Louth/ Meath

Telephone: **086-8353 387**
Email: finola@mentalhealthireland.ie



Mental Health and Wellbeing Resources / Services



Resource	Service	Contact
'My Mental Health Plan' HSE Online Tool	A new HSE online and interactive support to help people reflect on their own mental health needs and offering them personalised advice and information. My Mental Health Plan will help people address issues like stress, sleep, low mood and anxiety to improve mental health and self-care. My mental health plan is for people age 18 and older.	https://www2.hse.ie/mental-health/my-mental-health-plan/

Community Supports and Social Prescribing



Resource

Service

Contact



Louth Social Prescribing

Louth Social Prescribing Service is FREE and operates full-time and is available in Dundalk and Drogheda. Social prescribing offers a means of referring people to a range of non-clinical community supports which can have significant benefits for their overall health and wellbeing.

Social prescribing generally involves three key components:

- A referral from a healthcare professional and consultation with a Social Prescribing link worker
- An agreed referral by the link worker to a local community activity. Examples include art, cookery, meditation, GAA, men's sheds, music, drama, walking groups and much more
- Social prescribing can also enable and support people to access health services such as Smoking Cessation, Self-management support programmes and others

For more information on how to refer please contact:

Danny Mc Cormack, Social Prescribing Project Officer on **087-4189439**.

Email: danny.mccormack@cllp.ie

Clinic Locations:

Dundalk: Redeemer Family Resource Centre.

Drogheda: Louth Local Development, Haymarket, Drogheda, Co. Louth



Community Supports and Social Prescribing



Resource

Service

Contact



Outcomers

This is a social support group for LGBT+ people. The drop in centre provides a safe, social and relaxed environment for our LGBT+ community and is located in the centre of Dundalk town. Services available include:

- Drop in service
- National LGBT Helpline
- Health Education Workshops
- Outreach work
- Befriending
- Social Events
- Training within the community
- Information on Physical, Mental and Sexual Health
- Free condoms
- Providing a safe environment for LGBT+ people in the North-East
- Training provided to voluntary and statutory sector

Location: Dundalk Outcomers, The Coach House, 8 Roden Place, Dundalk, Co Louth.

Telephone: **042-09329816** or **087-6200621**

Email: **info@outcomers.org**

Visit: **www.outcomers.org**



LGBT IRELAND

For Inclusion
For Equality
For Everyone

LGBT Ireland

LGBT Ireland is a national organisation underpinned by localised knowledge and responses. With their network members they provide support, training and advocacy which helps to improve the lives of LGBT+ people across Ireland.

Website: **www.lgbt.ie**

Email: **info@lgbt.ie**

Telephone: **01-6859280**

National LGBT Helpline:
1890 929 539

Community Supports and Social Prescribing



Resource



Transgender Equality Network Ireland

Service

Transgender Equality Network Ireland (TENI) seek to improve the rights and equality of trans people and their families. TENI works nationally in four main areas, healthcare, employment, education and legislation. There are 3 stages to their work:

Advocacy

We advocate across legal, medical, societal and political structures to ensure that policy development and legislative reform reflects the positive recognition of trans inclusion, rights and equality.

Education

We provide workshops and trainings that increase awareness, understanding and inclusion of trans issues across key sectors of Irish society.

Support

We offer a range of support services that aim to increase the well-being of trans people and their families by providing support that mitigates common experiences of isolation, misunderstanding and exclusion.

Contact

Visit: www.teni.ie

Telephone: **01- 8733575**

Email: office@teni.ie

**Gender identity Family Support
Line: 01-9073707**

Resource

Service

Contact



Drogheda Women's Refuge

Drogheda Women's Refuge provides support to women and children who experience Domestic Violence and homelessness. Services include:

- Emergency Accommodation
- Childcare Support
- Outreach Community Support
- Court Support & Accompaniment
- 1:1 Therapeutic & Drop in Supports
- Support for Children & Young People
- Education & Awareness
- The CourAGEous Project
- Support Programmes for Women & Young People

Website: www.droghedarefuge.org

Email:

Support Services:

supportservices@droghedarfuge.org

Outreach & Community:

outreachsupport@droghedarefuge.org

Phone:

Helpline: **041 -9844550**

Freephone: **1800 929 999**

General Queries: **041- 9844998**

Facebook: Drogheda Women's & Children's Refuge Centre

Instagram: @droghedarefuge



Women's Aid Dundalk

Women's Aid Dundalk seeks to work towards the elimination of violence against women and their children in their own homes. Refuge and support is available to all women and their children on an open door basis. Services include:

- 1-2-1 Support
- Crisis Accommodation
- Advocacy & Accompaniment
- 24 Hour Helpline
- Supported Housing
- Court Support
- The Playroom Project
- Support Groups
- Awareness raising & education
- Outreach clinics & support

Telephone 24 hour helpline:

042-9333244

Admin: **042 -9333245**

Refuge: **042- 9337202**

Email: info@womensaidilk.net

Website:

www.womensaidundalk.net

Text support: 086-1892439

Location: Avenue Road, Dundalk, Co. Louth



Community Supports and Social Prescribing



Resource

Service

Contact



Meath Women's Refuge & Support Services

Meath Women's Refuge provides support to women and children who experience Domestic Violence and homelessness. Services include:

- Emergency Refuge Accommodation
- Outreach & Court Support
- 24 Hour Helpline
- Counselling
- Therapy for Children
- Education & Awareness

Website:

www.dvservicesmeath.ie

Email:

support@dvservicesmeath.ie

Web Chat:

11-1pm Mon-Fri on website

24 Hour Helpline: 1800 46 46 46

Office: 046- 9022393



Men's Aid Ireland

Men's Aid Ireland provide a confidential service underpinned by a victim centric and human rights proofed approach aimed at ensuring all male victims of domestic violence / coercive control receive the required support to be safe.

Men's Aid support those victims who, from a gender perspective, primarily identify as male, including non-binary, intersex and transgender men within its support and services provision.

Confidential Support Line: 01 5543811

Email: hello@mensaid.ie

Website: www.mensaid.ie

St. Anne's Resource Centre, Navan, Co. Meath.

Community Supports and Social Prescribing



Resource

Service

Contact



Money Advice and Budgeting Service (MABS)

MABS is the Irish money advice service who support people with money advice, budgeting and problem debt. MABS offers impartial advice to help you manage your money and take control of debt. Support is offered online, over the phone and face-to-face.

Visit: www.mabs.ie
Telephone: **0818-072000**
Mon - Fri 9:00am to 5:00pm

Louth MABS
Dundalk MABS
58-59 Anne Street, Dundalk.
Telephone: **0818-072540**
Email: louth@mabs.ie
Drogheda MABS
1 Mayoralty Street, Drogheda.
Telephone: **0818-072490**
Email: louth@mabs.ie

Meath MABS
First Floor 1B Brews Hill, Navan.
Telephone: **0818-072680**
Email: meath@mabs.ie



Alzheimer Society of Ireland - Dementia Adviser Service

The Dementia Adviser provides locally based, one to one information, signposting and emotional support. This is a confidential and free service.

The service is for people living with Dementia, their families and carers.

Meath Dementia Adviser
Danielle Timmons
Telephone: **087-9475037**
Email: danielle.timmons@alzheimer.ie

Louth Dementia Adviser
Maeve Montgomery
Telephone: **087-7489258**
Email: mmontgomery@alzheimer.ie
Website: www.alzheimer.ie

Community Supports and Social Prescribing



Resource

Service

Contact



Cultúr Migrants Centre

Cultúr is a regional community organisation based in counties Meath and Louth, working with ethnic minorities including immigrants, migrant workers, asylum seekers and refugees.

Services include:

- Migrant Network Community Development Project Louth and Meath
- Education and Training – which includes conversational English classes, career development and upskilling
- Anti-racism and integration programmes
- Networking groups and projects for women in ethnic minorities
- Supports to transition from direct provision

Main Office

Cultúr Celebrating Diversity Ltd.
Ground Floor, St. Anne's Resource Centre, Railway St, Navan Co. Meath.

Louth Branch

Louth Office, c/o Dee Hub, Market Street, Cappocksgreen, Ardee, Co. Louth.

Visit: www.cultur.ie

Telephone: **046-9093120**

E-mail: info@cultur.ie



Meath Traveller Workshop

Meath Traveller Workshop is a voluntary Community Development Organisation, which is a partnership of Travellers and Settled people working together.

Programmes available include: Traveller Heritage and Culture Awareness, Childcare, Youth and Community Development and addressing Traveller issues such as Education, Accommodation and Employment also providing family supports and citizen information.

Location: CYWS Hall, Fairgreen, Navan, Co. Meath.

Visit: www.travellerheritage.ie

Telephone: **046-9027801**

Email:

Leisa.travellerheritage@gmail.com

marina.travellerheritage@gmail.com

Community Supports and Social Prescribing



Resource

Service

Contact



Meath Primary Health Care Project for Travellers

The HSE Meath Primary Health Care Project for Travellers is a peer-led initiative that works to improve the health and wellbeing of Travellers living in county Meath.

The project emphasises a process that values empowerment and advocacy when implementing health care interventions. The project employs 8 Traveller women who complete a 2 year training programme and continue to upskill. These 8 Primary Healthcare Workers provide health and wellbeing interventions with Traveller families living in the Navan and Trim area.

Location: No. 2 Cannon Row, Navan, Co. Meath C15 NY8E.

Eileen Gilsenan, A/Director of Public Health Nursing and Coordinator - Traveller Health County Meath

Telephone: **087-6449544**
Email: eileen.gilsenan@hse.ie

Louth Primary Health Care Project for Travellers

The Primary Health Care Project for Travellers in County Louth is located in Dundalk and is a peer-led initiative that works to improve the health and wellbeing of Travellers in and around the Dundalk area.

The project is underpinned by community development principles encouraging Travellers to participate in improving their health, removing barriers to health care and to access the health services they need when they need them. The project employs 4 Traveller women who trained as HSE Traveller Community Health Care workers.

Location: HSE Health Centre, 31 Market Street. Dundalk, Co. Louth.
Telephone: 042-9352069

Ger McCormack, Coordinator Traveller Primary Health County Louth

Telephone: **086-8501948**



Community Supports and Social Prescribing



Resource

Service

Contact



Men's Sheds

Men's Sheds are community-based, non-commercial organisations where the primary activity is the provision of a safe, friendly and inclusive environment where men can gather and work on meaningful projects at their own pace, in their own time and in the company of other men. For more information on locations of men's sheds in Meath and Louth visit www.menssheds.ie

Visit: www.menssheds.ie

Telephone:
Men's Sheds Association
0818 900 800



Youthwork Ireland - Meath

Youth Work Ireland Meath have a network of youth clubs affiliated from across the county and a network of community youth programmes. The team support the development of youth clubs and programmes across County Meath and provide training for young people and volunteers.

Services include:

- YouthQuake Meath
- Comhairle na nÓg Meath
- LGBTQI+ Groupwork
- Volunteer Support
- School Programmes
- Youth Programmes

Location:
Youth Café, St. Mary's Church Grounds, Trimgate Street, Navan, Co. Meath, C15 NXC9

Telephone: **046-9093402**

Email:
info@youthworkirelandmeath.ie

Visit:
www.youthworkirelandmeath.ie

Resource

Service

Contact



The Family Resource Centre (FRC) programme is Ireland's largest National Family and Community-based support programme, core funded by Tusla – The Child and Family Agency.

FRCs are located within the community and are managed by local voluntary management committees, which helps to ensure participation within communities and in ensuring local knowledge. FRCs have an open door policy. Services provided by local family resource centres include:

- Children and Youth Services – such as Homework Clubs, Youth Clubs, Summer Camps, Coder Dojo
- Support Services – such as food banks, family support, family connections visitation and child access support
- Delivering Education Courses – such as Healthy Food Made Easy Parenting Programmes.
- Activities and groups for senior citizens, women, men, young people, parents and toddlers
- Practical assistance to individuals and community groups such as access to information technology and office facilities

Contact your nearest Family Resource Centre for support and advice.

Kells Family Resource Centre

Old Carrick School, Lord Edward Street, Kells, Co. Meath, A82 XN75.

Telephone: **046-9247161**

Email: info@kfrc.ie

Visit: www.kellsfrc.ie

East Coast Family Resource Centre

1 Somerton, Triton Road, Bettystown, Co. Meath, A92 D766.

Telephone: **041-9812230 / 086 0250974**

Email:

resourcecentre@crannsupportgroup.ie

Visit:

www.crannsupportgroup.ie/eastcoastfamilyresourcecentre

Trim Family Resource Centre

Office - 22 Mornington Drive, Trim

Bungalow - 15 Wellington Avenue, Trim C15 R853.

Telephone: **046 9438850 / 087 1877553**

Email: info@trimfrc.ie

Visit: www.trimfamilyresourcecentre.ie

Resource

.....Family Resource Centres....
continued

Louth Parent Hub

Service

as per previous page.

Services provided by Louth Parent Hub include:

- Informing parents what services are in their own locality, through a categorised 'Directory of Services'
- Helping parents identify what programmes/supports are available in their area and link with a provider
- Providing parents with up-to-date information on programmes and events happening in their area

Contact

Navan Family Resource Centre
Commons Rd, Clogherboy, Navan, Co. Meath.
Telephone: **046-9073178**
Email: **cara.mooney@tusla.ie**

Connect Family Resource Centre
171 Moneymore, Drogheda, Co. Louth, A92 WE19.
Telephone: **041-9846608**
Email: **connectfrc@gmail.com**
Visit: **www.connectfamilyresourcecentre.com**

Redeemer Family Resource Centre
Árd Easmuinn, Dundalk, Co.Louth.
Telephone: **042-9386495**
Email: **reception@redeemercentre.com**
Visit: **www.redeemercentre.com**

www.louthparenthub.ie



Community Supports and Social Prescribing



Resource

Service

Contact

HSE Child & Adolescent Mental Health Service (CAMHS)

Provides assessment and treatment for young people and their families who are experiencing mental health difficulties. G.P. referral is required.

www.hse.ie

Louth:

041 -989 3300 / 042- 935 8330

Meath:

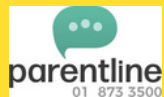
046 -9098860 / 046 -9420800

Childline
Childline

Childline is open every day and is for all children and young people in Ireland up to and including the age of 18.

www.childline.ie

1800 666 666



Parentline

National, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues.

www.parentline.ie

01 -8733500

Mon-Thurs 10am - 9pm

Fri - 10am - 7pm

Resource

Service

Contact



Sexualwellbeing.ie

Sexualwellbeing.ie is the go-to location for all information on sexual health, wellbeing and support services available from the HSE. Sexualwellbeing.ie sits under the Sexual Health and Crisis Pregnancy Programme. The website provides information and support on a wide variety of issues and topics:

- Unplanned pregnancy
- STI's including SH24 the free home STI testing
- Contraception
- Free condoms
- Research
- Information for parents
- Training

Website: www.sexualwellbeing.ie

Telephone: **01 -7959130**

Email: info@crisispregnancy.ie



Age Action

Age Action Care and Repair is a free service that helps to keep people living in their own homes in increased safety and comfort.

Volunteers carry out DIY work for older people free of charge. They also keep a list of local tradespeople whose contact details can be provided for paid work where jobs are too large for volunteers.

The Gardai, public health nurses, occupational therapists, GPs, social workers and hospital staff regularly refer clients and service users.

If you are a professional working with older people who would benefit from this service, you can download a referral form from www.ageaction.ie

Telephone: **01 -4756989**

Email: careandrepair@ageaction.ie

Resource

Service

Contact

Teach Mná

Teach Mná groups aim to support women to participate in social activities in a supportive and caring environment built on trust and understanding and where women support women. Teach Mná offers an opportunity to make new connections, build or expand your social group and to connect with a diverse group of women with different skills, knowledge and life experiences.

Meath Teach na Mná

Meetings of the Teach Mná groups take place weekly at the following locations:

- Athboy: Monday at 10.30am
- Ashbourne: Thursday at 11.00am
- Navan: Friday at 10.30am
- Online Zoom Group: Wednesday at 10.30am

For more information contact:

Angela Farrelly, SICAP Projects Officer

Email:

angela.farrelly@meathpartnership.ie

Tel: 086- 8390448

Women's Shed

The women's shed mission is to:

Provide a safe space for all women to reconnect with themselves and each other.

- To empower women to share skills with each other and to also have the confidence to learn something new.
- To provide a non-judgemental environment to reduce isolation and improve connectivity.

Louth - Dundalk Women's Shed

Contact: Dara MacGabhann (Louth Leader Partnership) Tel: **087-1955345**

E-mail: Linda Stevens at

womenssheddundalk@gmail.com or

Dara MacGabhann at

dara.macgabhann@cllp.ie

Meath - Navan Women's Shed

Contact: Rita Brogan Tel: **087-6306448**

or Barbara Tel: **086-6810105**

E-mail: navanwomensshed@gmail.com

Meeting every second Wednesday at Pitch and Putt Club, Dan Shaw Road, Navan

Community Supports and Social Prescribing



Resource

Service

Contact



HSE Living Well – A Programme for adults with long-term health conditions.

Living Well is a free group programme, which consists of 6 workshops delivered by facilitators also living with long-term health conditions.

The Living Well Programme can help to develop skills to manage your conditions, build confidence to manage your health and support you to make changes you want to make.

Living Well is for Adults living with long-term health conditions including (but is not limited to): COPD, asthma, diabetes, heart conditions, stroke, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.

For more information and book a place on an upcoming course contact:

Aine McNamee, HSE Living Well Programme Coordinator

Telephone: **041-6850676** or **087-1140371**

Email: aine.mcnamee@hse.ie



HSE Talking Health and Wellbeing Podcasts

Listen to the HSE Talking Health and Wellbeing Podcast with interviews and insights on the work underway by HSE Health and Wellbeing and their partners to deliver on the Healthy Ireland ambition of supporting, protecting and empowering individuals, families and their communities to achieve their full health potential.

You can follow on Spotify, Apple Podcasts, Google Podcasts and on the HSE Health and Wellbeing YouTube channel.

Visit:

<https://www.hse.ie/eng/about/who/healthwellbeing/hse-talking-health-and-wellbeing-podcast/>

Email:

healthandwellbeing.communications@hse.ie

Resource

Service

Contact



Meath Springboard Family Support Services

Meath Springboard Family Support Services is a registered Charity (CHY No. 13758), that provide a range of services which aims to support adults in their parenting role for the benefit of their children (up to 12 years of age).

Through the provision of the following services:

- Tailored Programmes of Family Support are individual programmes of support for parents and their children to address issues negatively impacting on the children
- Parent training courses and support groups
- He's My Dad Group. A dedicated support service for men in their parenting role
- Children's Access Support Service – supporting children to develop & maintain contact with their non-resident parent following family breakup. (This service is a pay per use service)
- Counselling – affordable counselling support for children and adults (on issues impacting on their parenting). Funds for this service are limited and each family are asked to pay according to their means.

Location: Mangan House,
Clonmagadden Rd, Windtown, Navan,
Co. Meath.

Telephone: **046- 9078220** or
046- 9078221

Visit:

www.meathspringboardfamilysupportservices.ie

Email: **shay@springboardnavan.ie**

Resource

Service

Contact



TREOIR

Treoir provide a free, confidential, specialist information service for parents not married to each other, living together or apart, their extended families, and those working with them. Information is available on Legal, Social Welfare, and Parenting issues.

Telephone: **01 - 6700120**

Website: www.treoir.ie



DROGHEDA HOMELESS AID
ASSOCIATION CLG

Drogheda Homeless Aid

Provides care, support and shelter for homeless men, encouraging self-development, independent living and resettlement.

35 North Strand, Drogheda, Co. Louth,
A92 F802

Telephone: **041 - 9834492**

Website: www.dha.ie

Email: info@dha.ie



Dundalk Simon Community

Provide safe, supportive shelter and services for people who are homeless or at risk of becoming homeless.

Telephone: **042 - 9339586**

Website: www.dundalksimon.ie

Community Supports and Social Prescribing



Resource

Service

Contact

NEDOC+
North East Doctor on call
NEDOC
Urgent Out of Hours service

Provides urgent out of hours care to all patients of participating practices on the basis of need and irrespective of whether patients are public or private.

1800 777 911
www.nedoc.ie

HSE
HSE Live

HSE Live is the HSE service to contact if you have a general question or you are not sure who to contact in the HSE.

1800 700 700
www.hse.ie



Notes





If you would like more information about the Making Every Contact Count Programme or the signposting resources, please contact:

Duana McArdle

**Lead for Making Every Contact Count Programme Midlands Louth Meath CHO
HSE Health Promotion and Improvement**

Email: duana.mcardle@hse.ie Phone: 087 3761 552