

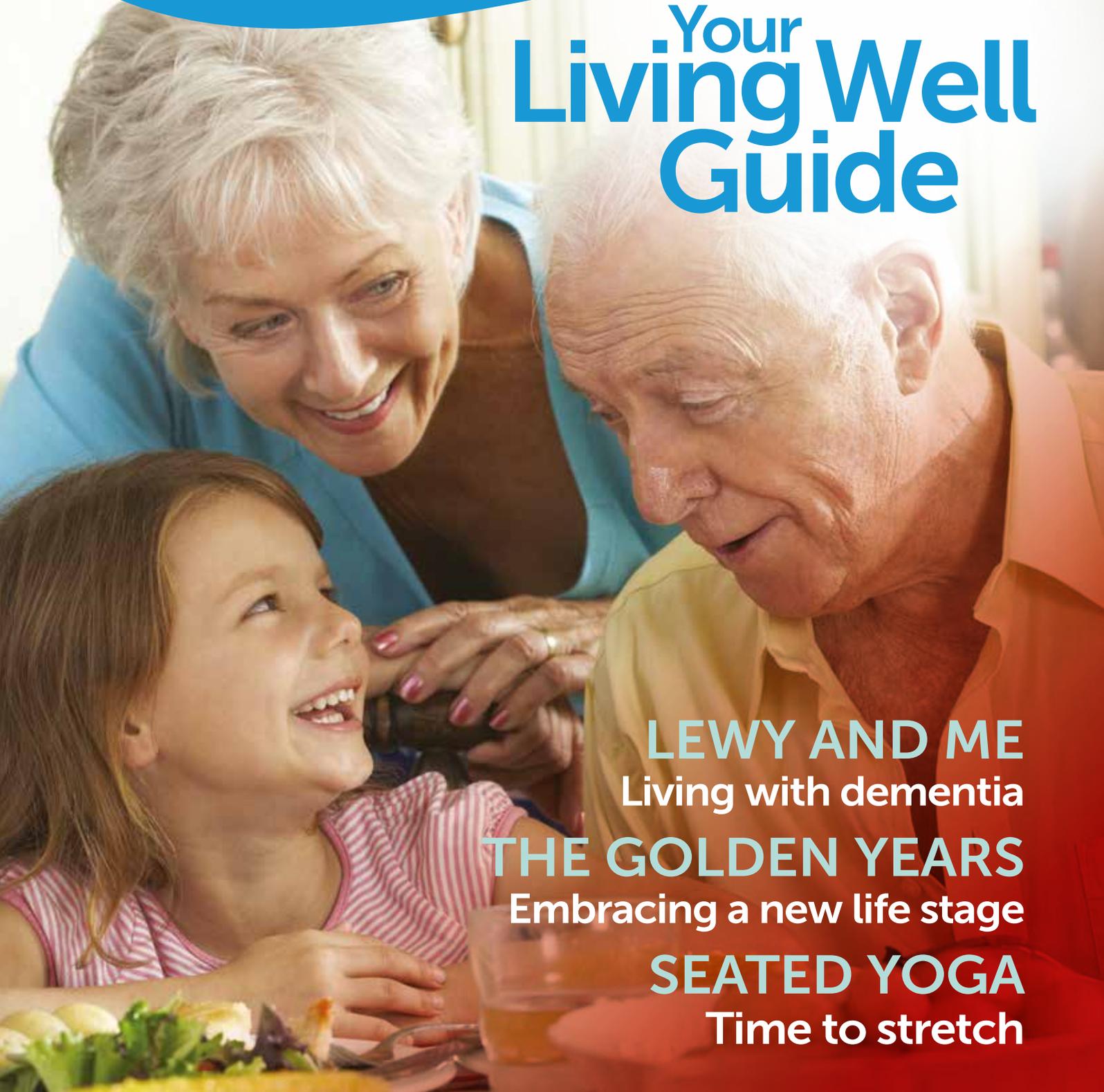


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FREE

Your Living Well Guide



LEWY AND ME
Living with dementia

THE GOLDEN YEARS
Embracing a new life stage

SEATED YOGA
Time to stretch

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Welcome to your free edition of the Bluebird Care Living Well Guide

We are delighted to bring you this publication, which is focused on living well within your community.

This year's edition continues on the theme of wellness and we have included articles on health, lifestyle and finance. The focus for this edition of *Your Living Well Guide* is social well-being and there are some really interesting articles on loneliness, mental health, relationships and the importance of staying connected.

I hope you enjoy this year's edition.

Kevin McMorrow

Operations Manager
Bluebird Care Ireland

Your Living Well Guide

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About us



Bluebird Care – one of Ireland’s leading health and social care providers – was set up in Ireland in 2007. We pride ourselves in providing high-quality, safe and effective care in the home and community for people of all ages with varying degrees of ability. Bluebird Care places the customer at the heart and centre of every interaction, providing care and support with kindness, compassion, consideration and respect. Bluebird Care provides direct care to customers on behalf of the Health Service Executive (HSE) and other agencies

in addition to providing services to customers in a private capacity. Our services enable our customers to live as independent a life as possible in the comfort of their own homes. With 26 offices nationwide, we are committed to the ongoing training and development of staff. Quality and safety is at the core of all of our work and every office, independently owned and managed, possess the Q Mark for Quality.





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Our services

The care you deserve from the people you can trust

Building on our extensive experience within the caring professions, Bluebird Care has revolutionised the way care is delivered in Ireland by concentrating on high-quality customer service, while at the same time, upholding the very best in nurse-led care. Each Bluebird Care office employs a clinical nurse manager who is responsible for clinical governance and is accountable for service delivery, ensuring quality of service, risk management, standard compliance and people management. Our 26 nationwide offices are locally owned by committed people living in your community, who have a passionate desire to be your trusted source in home and community-based

care. We are Q mark-certified, Health Service Executive (HSE)-approved and are members of the Irish Home Care Association HCCI (Home & Community Care Ireland).

Bluebird Care are long-term advocates for regulation within the home-care sector and, in its absence, have chosen to internally audit using the HIQA Model "Safer, Better, Care" in addition to implementing our own internal quality-assurance framework. Bluebird Care provides quality-approved, nurse-led health and social-care services, enabling our customers to live as independent a life as possible in the comfort of their own home.



The type of services we provide include:

- **Care of older persons**
- **Persons who require care due to:**
 - A medical diagnosis of dementia;
 - A chronic illness;
 - Brain/spinal cord injury;
 - A physical/sensory or intellectual disability;
 - Neurodegenerative conditions.
- **Care of children and adults with complex care needs**
- **Care of children and adults who require convalescence/rehabilitation post-hospitalisation**
- **Respite care**
- **Personal-assistance support**

Creating your care plan

There are six key steps to the creation of your care plan:

- 1. Initial phone conversation to discuss care needs.**
- 2. A registered nurse will carry out an initial assessment with you in your home (significant other or existing carers are encouraged to be involved at this step).**
- 3. Based on a comprehensive assessment, the Bluebird Care team will develop a recommended care plan specifically to meet your needs.**
- 4. Your care plan is agreed and signed by you and/or a significant other.**
- 5. You are introduced to your care team and your care plan is put into place.**
- 6. Your care plan is regularly reviewed.**

Person-Centred Care

At Bluebird Care, we follow a person-centred care model, which is the practice of caring holistically for our clients and their families in ways that are meaningful and valuable to the individual person. It includes listening to, informing and involving each individual in their own plan of care in ways that are respectful of, and responsive to, individual preferences.

Your Care Team

Our staff operate to the highest of professional standards, providing your care and support with kindness, compassion, consideration and respect. All Bluebird Care team members hold the relevant qualifications for the care they

are providing. Every Bluebird Care team is managed by a clinical nurse manager, who is responsible for the overall management of your care plan. Bluebird Care teams are provided with a comprehensive set of policies, protocols and care pathways that are aligned with HSE service provision, thus, ensuring continuity of care from hospital to home.

Bluebird Care teams are fully supported through the provision of training, supervision and resources to provide you with the best in quality care. All staff are employed directly by Bluebird Care, thus we deal with the administering of payroll, taxes, pay-related social insurance (PRSI), providing comprehensive public liability and employers' liability insurance, thus, removing the stress of any 'employer liability' from you, the client.



A day in the life

Q&A with **Emma Claffey**, who outlines a typical day in her role as a care assistant with Bluebird Care Galway

Q. What's your current role?

A. I currently work as a healthcare assistant. This means that I carry out care visits with clients and provide care in their own home. I have worked as a professional healthcare assistant for nine years and for the last seven years, I have worked for Bluebird Care.

Q. What do you like about your role?

A. What I enjoy most about my role is the level of contact with all of my clients. I have the opportunity to support people to remain in their own homes and this is very rewarding. I have also built up great relationships with many of my clients and their families.

I enjoy getting to know the little things about my clients, learning how they like their tea or which cardigan they like to wear to mass on Sunday. We build up a rapport through routine that you can't get in any other role; it's extremely satisfying.

Q. How many days do you work on a weekly basis?

A. I currently work five days a week but, at times, I have the opportunity for overtime and flexible working hours. I have had to change my work schedule over the years based on my families' school roster or taking time caring for my grandmother. Bluebird Care has always been very accommodating and it made staying in this role that much easier.

Q. How many hours do you work in an average week?

A. I work in a full-time role, so about 40+ hours per week. I work alongside other staff of all ages and backgrounds but with a common goal of being the best carers for our clients.

Q. What does an average week look like for you?

A. My day always starts by checking in with the client as to what their needs are. This means providing personal care to clients. This could be a shower or a bed bath, assisting them to dress, comb their hair and/or get ready for the day. I will make their meals and ensure they are warm and comfortable; help to keep the house clean; and pop to the shops for essentials. I try to make sure I speak to as many of my clients and colleagues

as I can throughout the week and let them know I'm always happy to help and I am a support to them all.

Q. How do you support older people at home?

A. Every person is different, some people like you to be an ear, to have a listen to their woes and make them feel secure while others like you to be their hands. My clients are usually people who would have kept very busy and enjoy seeing you pick up on the way they like things done. A client may ask you to keep the house neat and will often engage you in the most fascinating of conversations while you work together. I remember attending a lady, who had the most beautiful wedding picture in


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the front room. She would delight in telling me over and over how she had handsewn her lace wedding dress herself because she didn't have the money to buy one in those days. I encouraged her to tell me that story time and time again.

Q. What makes your role enjoyable?

A. I thoroughly enjoy my role and enjoy being part of a care team. I started my job as a personal assistant (PA) for a person with a disability and built up a bond over years that we still share today although I no longer act as their PA. I've worked all over Galway city and county for elderly patients, who are determined to live independently in their homes and have enjoyed helping them maintain that independence and home comfort.

Q. Do you have regular clients?

A. I have regular clients and I will often tell them they are my favourites to make them feel special!

Q. What skillset do you think is important for a carer to have when working with older people?

A. It's important to be kind. Remember that you may be the only person that your client gets to see all day. Try to leave your worries at the door and bring that person a little bit of joy for an hour. Confidentiality is very important when working with clients and I always treat my clients with dignity and respect. Be kind to people and you'll reap untold rewards.



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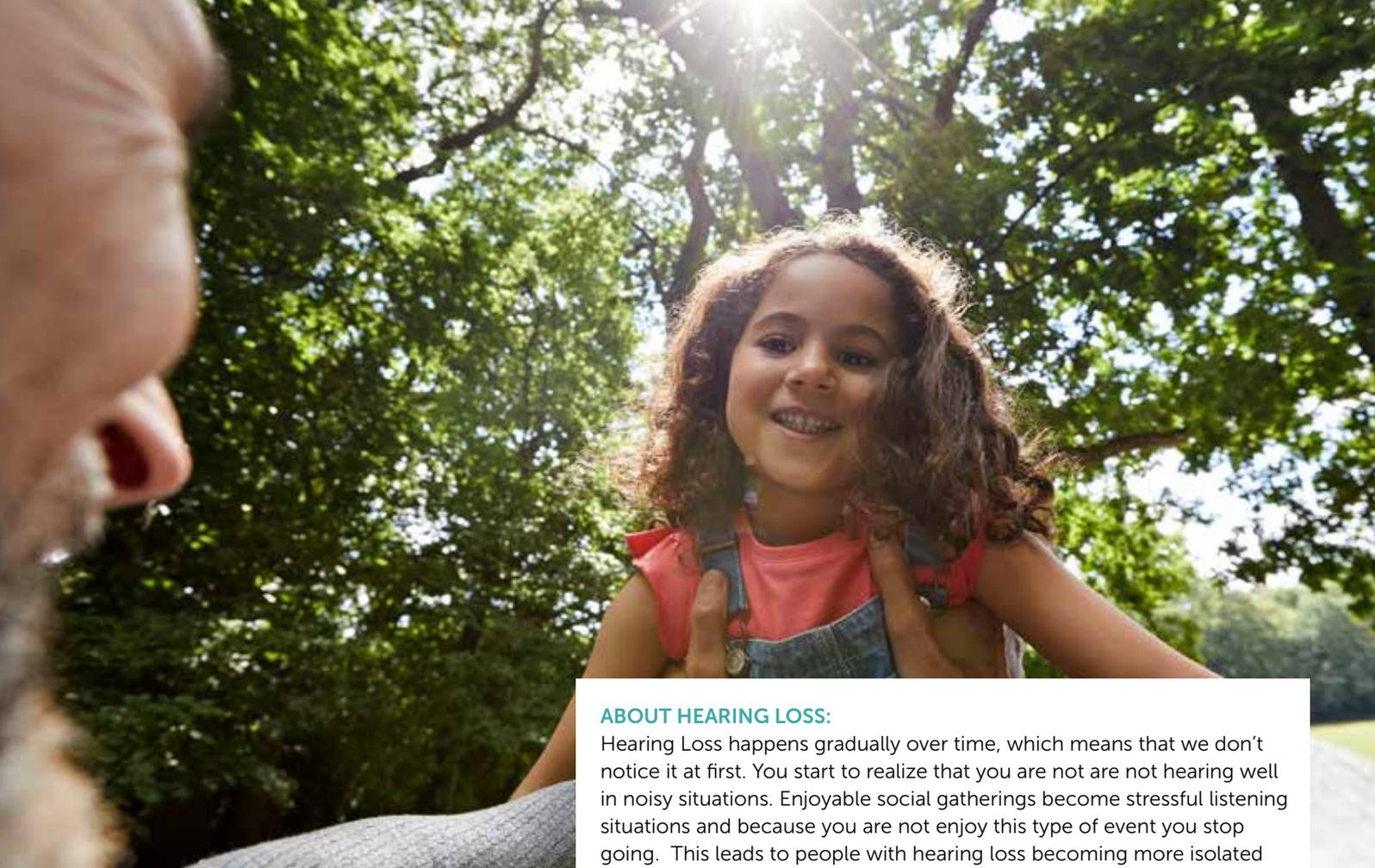
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ABOUT ACOUSTIC TECHNOLOGIES:

At Acoustic Technologies we pride ourselves on serving the Irish market, in 2020 Acoustic Technologies is celebrating 25 years of manufacturing and servicing hearing aids in Ireland. Acoustic Technologies is the only hearing aid distributor based in Ireland. We manufacture custom products here and repair our own products and products made by other manufacturers. We are an Irish owned and operated small business.



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Since being diagnosed with Parkinson's disease and Lewy body dementia in 2014, Kevin Quaid and his wife, Helena, have made it their life's work to educate, advise, and create foundations of support for, those who are living with a dementia diagnosis, as well as their families and friends



Kevin with his wife, Helena.

Lewy and Me

"The first time that dementia of any sort was brought to my attention was when I lived in Australia. Helena and I moved there in 2010 during the life-changing recession, to start afresh. While there, I contracted and developed Padgett's disease, Bornholm's disease, viral meningitis and bird flu. When we decided to move back home to Ireland four years' later, my doctor in Australia advised that I got tested for Parkinson's disease and Alzheimer's disease as a result of having experienced so many other ailments while I was there. This was the first time that my family – Helena and I, our three children and three stepchildren – had ever considered that I could be diagnosed with these two serious diseases.

"In 2014, we moved to Kanturk, Co Cork after Australia and I attended a consultant neurologist at the Mercy

University Hospital (MUH), Cork after I was diagnosed with Parkinson's disease. She wanted to rule out LBD with a DaTscan, where an agent is injected into the patient's veins and single-photon emission computed tomography (SPECT)-imaging technique is used to provide 3D information of the brain. Unfortunately, the diagnosis was positive. So, at the age of 53, I had officially been diagnosed with a progressive, terminal, neurological disease for which there was no cure. I didn't have any great memory problems so, how could I have dementia? Little did I know that, not all types of dementia are memory-related. I do not know if it's hereditary but one uncle on my father's side died from Alzheimer's disease and one uncle on my mother's side died from LBD also.

One year on

One year after diagnosis, Kevin was taking 19 different types of medication and walking with a frame. As is common with this type of diagnosis it can have an impact on ones mental health.

"I attended a consultant psychiatrist in MUH, who explained to me that medication can actually feed the progression of LBD. He advised me to attend my neurologist and reassess my prescribed medication. My neurologist took me off 12 of the tablets and I started to feel better and become more positive about my life. I knew I had to be proactive. "The disease was going to progress anyway, so I thought might as well start learning about it, create awareness and try to educate others. Helena was coming to terms with her new role in life as my carer, so we both provided motivation for each other to try and address the stigma around dementia head on."

Soul searching and sole purpose

Kevin and Helena's family general practitioner (GP) put them in touch with their local dementia adviser, who connected them with the Alzheimer Society of Ireland. "Engaging with the Alzheimer Society of Ireland was so important to us. It started the ball rolling for us to get involved with advocacy work, public speaking, conducting interviews on radio and television, and featuring in newspaper and online articles. Our sole purpose was that we wanted to create as much awareness as possible around dementia. There are about 400 different types of dementia and there is still a stigma attached to it. "We are trying to lift the lid on this stigma and fight for rights of people living with dementia and their families."

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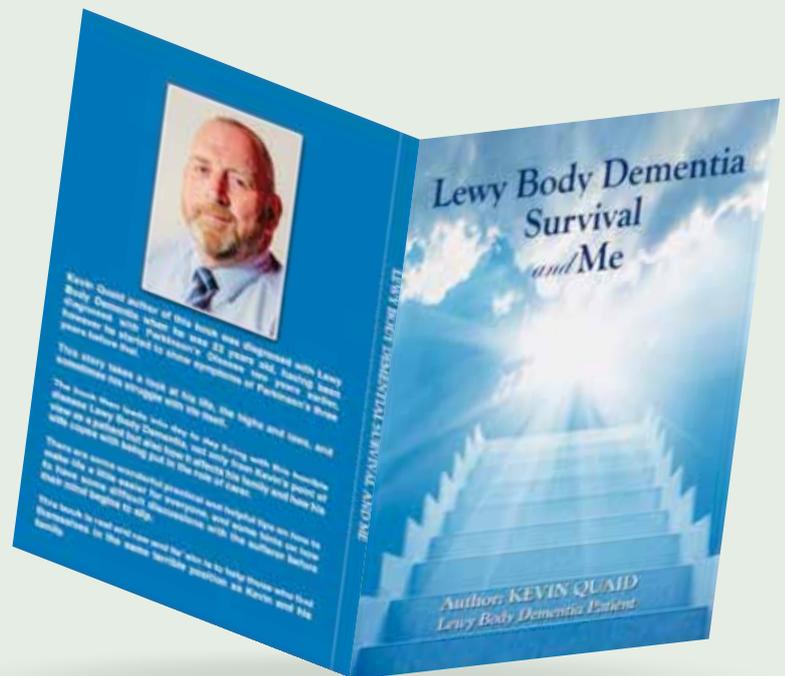
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As vice-chair of the Irish Dementia Working Group, Kevin is working on a project to create an information pack to help those diagnosed with dementia nationwide. He wants GPs to encourage their patients to get involved with dementia-specific and to send their patients for the relevant scans sooner. "Out of the 52 weeks of the year, I would say Helena and I take about one to two weeks off for ourselves. We host the Dementia Cafés in Kanturk on the first Wednesday of every month; we travel around Ireland giving talks at local dementia steering groups and present at health and medical conferences; we speak one-on-one to families and patients; and we also go abroad to speak at international fora and symposia. At the moment, I am also involved with research and lobbying; I am working with teams on the development of a neurological app in Tuscany; I am involved with healthcare professionals at the Royal College of Surgeons; and recently returned from presenting at The Hague. The brain is a muscle and this new life that we lead means I can exercise those muscles every day when I am sharing my experience with people. It is healthy for both of us to talk about the reality of dementia and LBD and to show people in similar circumstances that they are not alone."

Importance of support

To go from a co-dependent married couple to a carer-patient relationship is extremely difficult and challenging but a rewarding journey, says Kevin. "Helena is amazing. We were always a strong team but this has made us much stronger. We have had the financial and medical conversation with our children and we have set everything up so that if, and when, I do become more vulnerable or



The first book written from an LBD patient's perspective was published by Kevin last year (available on amazon.com).

I need to start the process of moving into a home, we have already covered all the bases. Her sisters' support has been invaluable also, and this is so important. "Living with LBD is hard but living with and caring for, someone with LBD, is exceptionally hard. I can't drive anymore due to my hallucinations and I get awful night terrors, which means sleepless nights for both of us. But, it is essential we have a balance between our 'dementia-focused' life and a normal sociable life to enjoy our own interests."

Kevin likes to go down to his local pub and meet his friends every week and talk about all things that are unrelated to his condition. "The disease can take over your life so having outlets outside of it helps you to live a healthier lifestyle." Kevin became an ambassador for Bluebird Care's free Dementia roadshow of talks in 2019 because, he says, 'they really do care'. "I am honoured to be a Bluebird

Care ambassador, as an independent home-care provider, they offer huge support to the people in their care.

"Helena and I are involved in the Bluebird Care Dementia talks, and have been given the opportunity to speak at regular meetings and free evenings with patients, carers and families. Bluebird Care never loses sight of how important this interaction is for people like Helena and I and those who attend. The impact of these free Dementia talks has been felt right across Ireland but especially in local communities and were part of the HSE Understand Together Campaign (see www.understandtogether.ie).

Unique first for dementia community

Since his diagnosis, Kevin has documented his and his family's experiences on paper. It was a way of keeping a diary of the dementia-related events and also to express his feelings in writing. After having a conversation with one of his doctors about his writing hobby, Kevin was encouraged to compile his story into a book. "I am now the first person in the world to have written a book on LBD from a patient's point of view and it has sold all over the world. Because of how well-received my *Lewy Body Dementia Survival and Me* book was, I am bringing out a second book in January called: *Playing Lewy Body Dementia at its Own Game* and I am hopeful it will receive the same positive press. If tomorrow is the day that I can no longer function at the best of my ability, then at least I will know that I did my best to showcase the impact of living with LBD and gave a real voice to the condition."

For more information on dementia log on to www.alzheimer.ie

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Dementia: Understand Together

While a diagnosis of dementia does change people's lives, we know that people can still live well with dementia and continue to play a positive role in their community; **Sonya Sheils**, the Health Service Executive's (HSE's) Understanding Together campaign, outlines how we can support those with dementia and their families



Today, there are approximately 55,000 people living with dementia in Ireland. This number is set to more than double by 2031.

Indeed, each year over 4,000 people in Ireland develop dementia – that’s over 11 people every day.

Behind the numbers, there are mothers, fathers, brothers, sisters, husbands, wives, neighbours, colleagues and friends.

We can all make a difference and play our own part in making life in our villages and towns that little bit better for those with dementia and for their families.

What is dementia?

Dementia is caused by a number of diseases that damage the nerve cells in the brain. Common symptoms may include difficulties with thinking and language, problem-solving and the carrying out of every-day tasks, as well as issues with memory loss and changes in mood and behaviour.

For sure, our bodies and brains slow down as we age. We are less physically and mentally flexible and we take more time to process information.

Memory changes occur as well, and many people find it harder to remember people’s names, places and other things, as they age. These are usually just signs of mild forgetfulness, however, rather than any underlying disease. Many people presume that dementia is a normal part of getting older, but this is not the case, and it is important to remember that not all older people get dementia – nine out of 10 older people do not have dementia.

EARLY SIGNS AND SYMPTOMS TO LOOK OUT FOR:

- Memory loss, particularly of recent events or people’s names.
- Problems with language, or difficulty finding the right word.
- Changes in mood and behaviour.
- Becoming confused in familiar surroundings or situations.
- Finding it hard to start or follow conversations, TV programmes or reading.
- Problems managing money and keeping track of monthly bills
- Difficulty solving problems or doing puzzles.
- Loss of interest in hobbies and pastime.
- Repeating a question or story several times without realising.

What is the difference between forgetfulness and dementia?

With dementia, memory loss is more significant than forgetting things from time to time. It isn’t just occasional and it tends to gradually get worse.

Some people who are developing dementia may not complain of memory problems and may instead find that they are having difficulty with every-day tasks or with language and finding the right words.

Others find that their personality or mood changes, while others lose interest in getting involved in new things. Most people will experience a number of these signs, which generally emerge gradually, and they will most likely have increasing difficulty over time. We know that many people who are worried that they are, or a loved

one is, displaying signs of dementia tend to delay seeking help for as long as possible. This is unfortunate because an early diagnosis gives people the best chance to prepare and plan for the future, and to receive treatment. With support from healthcare professionals, family and friends, many people are able to lead active, fulfilling lives with dementia.

When to go to the doctor?

If you are worried about your memory or think you may have dementia, it's a good idea to see your general practitioner (GP). The signs and symptoms listed above can also be caused by depression, stress, drug side-effects, or other health issues like infections and thyroid problems. It can be just as important to rule out these other problems or find ways to treat them.

What to expect?

Your GP will ask about your symptoms and other aspects of your health, and will give you a physical examination. The doctor will organise some blood tests and ask about any medication you are taking, as these can sometimes cause symptoms similar to dementia. You will also be asked some questions or given some mental exercises to measure any problems with your memory or your ability to think clearly. After your assessment, your GP will be in a position to reassure you or to give you a diagnosis, or may decide to refer you for further tests to a specialist who is an expert in treating conditions that affect the brain and nervous system, including dementia.

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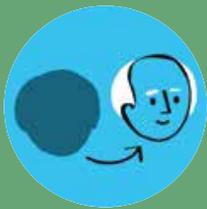
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* Housing adaptation grants are available from your local housing authority. This grant application process can take a few months so it is best to contact your local authority as soon as possible so they can assess your requirements.

HOW TO SUPPORT PEOPLE LIVING WITH DEMENTIA IN YOUR COMMUNITY

Here are six simple actions that you, your family, friends, community groups and organisations can take to support people with dementia and their families:



SEE THE PERSON, NOT THE DEMENTIA

A diagnosis certainly brings challenges and change, but dementia is only one part of a person's life.



STAY IN TOUCH

A diagnosis of dementia often leads to isolation so continue to call or drop in for a chat as you always did.



SUPPORT THE PERSON TO KEEP UP HOBBIES AND INTERESTS

Ask clubs and community groups to ensure they are welcoming and accessible so that everyone can continue to do the things that they enjoy.



TALK ABOUT DEMENTIA

Help raise awareness and understanding by organising information sessions and sharing experiences.



ASK HOW YOU CAN HELP

Sometimes we can be unsure what we can do to support a friend or neighbour, so just ask them. Small things can make all the difference.



MAKE SURE YOUR SERVICE OR SPACE IS EASY TO USE

Encourage businesses and service-providers to review their premises to ensure that they are accessible and inclusive.

Find your support

Anne Dempsey, Third Age – the national voluntary organisation celebrating and supporting the third age in life – discusses the prevalence of loneliness in Ireland and the importance of acknowledging it



There is a new epidemic sweeping the western world and it is called loneliness. While common definitions characterise loneliness as being solitary or alone, loneliness is actually a state of mind. The associated feelings are sadness, emptiness and isolation.

A state of mind

Loneliness can occur at any age. People often feel lonely at times of transition in their lives – moving from primary school to second level, home alone as a new mother, changing jobs, going through a separation or divorce, or transitioning into retirement. However, loneliness, according to experts, is not necessarily about being alone, but feeling alone, proving the truth of the statement that you can feel lonely in a crowd. Many people on their own for long periods of the day can feel happy and content. This may be because they have meaning, purpose and positive challenge in their lives.

So, loneliness may be much more than the absence of people. Lonely people may be more prone to depression, have a glass half-empty approach to life, suffer from a number of fears and generally, find it more difficult to be peaceful and optimistic. Loneliness can also be attributed to low self-esteem. People who lack confidence often believe that they are unworthy of the attention or regard of other people. This can lead to isolation and chronic loneliness. Growing older is a contributory factor – and Ireland is ageing. In 2016, we had 624,000 over-65s, representing 13.2 per cent of the population, according to the Central Statistics Office. By 2046, this figure is estimated to grow to 1.4m, representing 22 per cent of the population. In other words, over the next 30 years, the over-65 population will grow from one in 10 to one in five.



What factors contribute?

Living alone can contribute to loneliness. According to the 2016 Census, almost 400,000 people in Ireland lived alone. Almost 40 per cent of these were aged 65 and over, of whom half were single, while just under one in four were widowed. SeniorLine, Ireland's only dedicated telephone service for older people, received over 10,000 calls last year, many from lonely people. SeniorLine's research has found that callers may be lonely through geographic isolation, being physically distant from friends or family, with many calls are people who have no visible neighbours. Add illness or poor mobility that could keep people homebound, and it is obvious that opportunities to engage with others are lessened.

Bereaved people may often feel extremely lonely, missing the person who had died, and generally feeling that life has lost much of its happiness and meaning.

SeniorLine is a programme of Third Age, a not-for-profit organisation committed to social inclusion for people of all ages. If the causes of loneliness are still somewhat unknown, its effects are all too obvious. Dr Keith Swanick, chairperson of Ireland's Loneliness Taskforce, has described it as 'the most unrecognised health crisis of this generation'. The physical damage caused by loneliness has been likened to smoking 15 cigarettes every day. Prolonged bouts of loneliness can reduce life expectancy, worsen physical and mental health, leading to clinical depression, dementia and sleep problems.

What can we do?

A Health Service Executive (HSE) slogan in the past declared 'Contact Kills Loneliness' encouraging people to reach out to each

other. Modern methods to connect may include Facebook, FaceTime, Instagram, chatrooms and online clubs. Thousands every day derive company and comfort from this virtual contact, and if you are both housebound and technically competent, it can be a wonderful way to stay in touch with other people, including family and friends abroad.

For others, the more old-fashioned methods may work best. The many informal daily actions such as smiling and greeting neighbours, interacting with people in shops and restaurants helps to oil the wheels of modern life. Some years ago, Third Age introduced 'Operation Conversation', a national campaign to promote face to face contact.

So, just as Operation Transformation is helping to get Ireland moving, Third Age's Operation Conversation is helping to get Ireland talking – with hopefully equally positive results across all ages Talking to each other is really good for us. Good for body, mind and spirit. Good for our well-being, our sense of connection, our physical health. Even the most minimal conversation such as exchanging a good morning on our way to work can give a warmer start to the day. Deeper conversations can be emotionally nourishing, maintain friendships, sort problems.

Be active in your community

Then there are the thousands of ways of being with others that are open to all. These include attending sporting and religious events, joining a group, such as a book club, an active retirement association, a choir, or meet with likeminded others in shared activities, such as art classes

or swimming lessons. Joining the local gym can be a good way to make friends and lead to more shared activity, such as walking, hiking or dancing. Your local library will often offer a range of activities for members, such as talks, readings, computer classes and other special events. Reaching out to help others can cure our own loneliness, and volunteering can be particularly worthwhile for an older person. A critical aspect of quality of life for older people is how they view and see themselves, and there is good evidence on the positive effects of volunteering in terms of increased psychological well-being. Give yourself the best chance of having a happy volunteering experience by doing a bit of homework first. You may have a hobby or expertise you wish to develop or share. Do you prefer working on your own,

or as part of a team? How much time do you want to give? What kind of support will you have? Who will you work with? Is there a job description of what is required? Do you need training, and is it available? These are the kind of questions to ask in advance. Finally, we may all benefit by providing some safeguards against loneliness from as early an age as possible by paying attention to the mental health of children. This could include building in resilience, helping children to realise they cannot have everything they want, that some challenge in life is good, and that deferred gratification has a value. Encouraging our children to speak about their feelings, rewarding them for effort as well as results and giving praise in a meaningful way could help them to face the ups and downs of life in a way that helps long-term.



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Understand, respect and respond with care

Bluebird Care Ireland is raising awareness of dementia in local communities nationwide

There are 500,000 people in Ireland whose families have been affected by dementia – an estimated 55,000 people are living with the condition with an additional 4,000 new cases developed each year. Bluebird Care's Understand, Respect and Respond with Care national awareness roadshows aimed to provide people with the understanding necessary to become a community that supports people with dementia both in and outside of the home.

Minister of State at the Department of Health with special responsibility for Mental Health and Older People, Jim Daly said: "Dementia is a part of life for people all over Ireland. As a society, we have a duty to support those who develop dementia and their families as much as possible. We know that people with dementia can, with the right supports, continue to live well and participate in their communities for a long time.

"Creating informed, empathetic and supportive communities help people with dementia to retain their personhood and place in society, and I commend Bluebird Care, Kevin Quaid, assistant chair of the Irish Dementia Working Group and the Dementia: Understand Together campaign for bringing this message through the national roadshows."

Awareness campaign initiative

According to operations manager of Bluebird Care, Kevin McMorrow, in Ireland, one in two people know someone who has dementia. "People, who have had a diagnosis of dementia, can live active and meaningful lives in the community and it's important to learn how best to support these individuals and their families. The Bluebird Care campaign, Understand, Respect and Respond with Bluebird Care, was designed to raise public awareness and give people the skills and additional knowledge to appropriately support individuals and their families with a diagnosis of dementia. "As a national home-care provider, we are pleased to be in a position to lead on these types of initiatives and to support the great work that the Dementia: Understand Together campaign is doing in this area."

Kevin Quaid, member of the Irish Dementia Working Group and campaign partner agreed: "The word dementia has a huge stigma attached to it. Many families are either ashamed or embarrassed by a loved one who has dementia.

I have chosen to be open about my diagnosis and I hope that openness will help other families. I am delighted to



Don O’Riordan (Bluebird Care, Cork), Kevin Quaid and Sarah O’Riordan (Bluebird Care, Cork).

be an ambassador for the Bluebird Care initiative because talking about dementia is so important.

“If we, as people who have dementia, know that our town or village is able to support us, then we will feel safe and not afraid to ask for help. For me, one of my biggest fears is fear itself, but when I am in a place or with people who know me and know about me, then I don’t feel fearful, I feel safe. I hope that this initiative from Bluebird Care will help people all over the country learn more about the condition.”

These talks were aimed at individuals living with dementia, caregivers, health professionals and the wider public and were rolled out in support of the Dementia: Understand Together campaign, which is led by the HSE in partnership with the Alzheimer Society of Ireland and Genio. The campaign, aimed to create an Ireland

that embraces and includes people with dementia, and which displays solidarity with them and their families.

For more information on the Dementia: Understand Together campaign, visit **www.understandtogether.ie** or **Freephone 1800 341 341**. If interested in getting involved in the campaign, or becoming a Community Champion in your area, please contact Fiona Foley, national coordinator, Dementia: Understand Together in Communities, by email at **fiona.foley1@hse.ie**

For more information on dementia log on to www.alzheimer.ie

For information on any upcoming Bluebird Care Dementia talks contact your local Bluebird Care office (see pg 74-76 to find your local Bluebird Care Office).



About our food

Wiltshire Farm Foods will take the stress away and deliver nutritious freshly frozen meals and desserts straight to your door. We are a family owned business based in Rathcoole, delivering quality frozen meals for over 20 years in the greater Dublin area. As well as the quality of food, we pride ourselves on the outstanding service provided by the dedicated team.

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- 2 Call us on (01) 473 5595 or place your order online at www.wiltshirefarmfoods.ie**
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Tour the isle

Say goodbye to airport stress and re-acquaint yourself with the history, culture and beauty of Ireland with a 'staycation' this year. Here, we highlight some of our favourite attractions across the country, which lure tourists from around the world

Ireland's Ancient East



Waterford Castle

Enjoy Afternoon Tea at Waterford Castle and dine like a king or queen. Ireland's only Island Castle, visitors can take a ferry across to this stunning location and enjoy the breathtaking surroundings and the impeccable service.

www.waterfordcastleresort.com

Lafcadio Hearn Japanese Gardens, Tramore

These beautiful Japanese gardens tell the story of the life of a famous Japanese author who grew up in Tramore. The gardens are very accessible and, for those who would rather skip the 40-minute tour, there is a new audio visual room which tells the story of the gardens.

www.lafcadiohearngardens.com

Jerpoint Abbey

This outstanding Cistercian abbey, which was founded in the second half of the 12th century, boasts 13th-16th century tomb sculptures and a tower and cloister that dates from the 15th century. One of the main attractions is the sculptured cloister arcade with unique carvings. The Visitor Centre offers access to all visitors and guided tours are available.

www.heritageireland.ie/en/south-east/jerpointabbey

Lismore Heritage Centre

The Lismore Castle Experience at Lismore Heritage Centre is a very popular attraction with active retirement groups – it offers a new virtual reality tour to give visitors a sneak peak inside the stunning Lismore Castle, which is otherwise unavailable to access.

www.discoverlismore.com

Wild Atlantic Way

Pearse's Cottage, Connemara

A visit to Pearse's Cottage in the heart of the Connemara Gaeltacht tells the story of Patrick Pearse and brings visitors on a journey of discovery through the language, culture and landscape of this stunning part of south Connemara.

While you are here, enjoy a visit to Teach

an Phiarsaigh, the cottage where Patrick Pearse – writer, educator and leader of the 1916 Rising – spent his summers. Enjoy the interactive exhibition in the visitor centre as it brings to life the unique landscape, language and culture of southern Connemara that inspired Pearse’s work. Open all-year round for visitors to enjoy.
www.icpconamara.ie/#english

The Hunt Museum

Exhibiting one of Ireland’s greatest private collections of art and antiquities, dating from the Neolithic to the 20th Century, including works by Renoir, Picasso and Yeats, the Hunt Museum is an all-round cultural experience. View artefacts from Greece, Rome, Egypt and the Olmec civilisation as well as important Irish archaeological material ranging from Neolithic flints and Bronze Age material, including a Bronze Age shield and cauldron, to later Christian objects such as the unique 9th century Antrim Cross.
www.huntmuseum.com



Bunratty 19th Century Folk Park & Castle

Take a step back in time and experience day-to-day life in a typical Irish village. The site on which Bunratty Castle stands was originally a Viking trading camp in 970. The present structure is the last of four castles to be built on the site.

Bunratty Castle also offers the Bunratty Banquet where guests enjoy music, song and dance while you dine in the Great Hall.

www.bunrattycastle.ie

Did you know?
OPW-operated attractions that are usually fee paying, are free entry on the first Wednesday of every month.

Ireland’s Hidden Heartlands

Cruise the waterways

Taking to the water on a cruise is the perfect antidote to daily stress. Allow three-to-five nights for a return trip to Lough Ree, from either Carrick-on-Shannon or Portumna.

At Banagher, you can rent a boat and travel along the wildlife haven of the Shannon Callows to the monastic city of Clonmacnoise – at the crossroads of two major historic routeways. Nearby, is the small village with Shannonbridge with its small but delectable choice of pubs and cafes, and Shannon Harbour where the Grand Canal meets the mighty Shannon.

www.irelandshiddenheartlands.discover.com

Ireland’s Hidden Heartlands Golf Association

Ireland’s Hidden Heartlands offer some of the finest quality golf in the country. For those of you with a specific shade of ‘green’ in mind, check out Ireland’s Hidden Heartlands Golf Association for a range of stunning parkland golfing options, including Portumna Golf Club, Slieve Russel Golf Club and Glasson Golf Club.

www.golfinirelandshiddenheartlands.ie



Noel Cunningham enjoying the beautiful scenery at the Harvey's Point Hotel, Donegal.

Entertainment correspondent and general manager of the award-winning Harvey's Point Hotel, Donegal, Noel Cunningham, discusses how retirement and older age is the dawn of a new day

Embracing the golden years

I was privileged to appear with Maura and Daithi on the RTÉ Afternoon Show a few months ago, in the company of the fabulous Celia Holman Lee.

The theme was about 'life'. Life in general and, I suppose, life as a senior citizen. It was something I never much thought about but, alas, I had to admit, on that occasions, that my pensionable age was fast approaching and, in some ways, it made me take stock.

Age is but a number

Imagine then, a few weeks ago, when notification of my free travel arrived on my doormat – a not too welcome jolt to my ego that I was about to join the old-age pensioners (OAPs) brigade!

Why was this such a jolt to my system? Well only because I never had thought about age in any way. I never allowed age to define me. I believe this approach is extremely important as one's mindset, in many ways, influences our mental and physical health. I know people who are 30 years younger than me and yet, they are older than me in the way they behave and conduct their lives. One can grow older very easily. The word grow is key here. One can give up work and think that the world as they knew it no longer has much to offer. One can retreat into a

darker place where a complacency takes over and growing older happens very rapidly. Exercise and interests go by the wayside, appearance and approach to life adopt a negative air, and, in general, this influences our state of mind and loss of mojo!

Live life and think young

Retirement is merely the dawn of a new day. Older age is merely a new chapter in our lives. We can choose to embrace it or allow it to permeate our thinking and our actions. In truth, retirement can be the busiest, most exciting, most rewarding and most fulfilling years of our lives and that is as it should be. But, we have to make that decision to challenge ourselves to that new life, that new you!

Be too busy being busy

I had a great lightbulb moment coming back from Morocco many years ago. A group of people, with an average age of 80, were returning from a walking holiday. They were full of vim and vigour. Some had originally thought they would not be able for the trip but they enjoyed it so much, they were enquiring about booking the next available trip! Their limbs and joints became more supple and their enthusiasm for life was infectious. We all have this within ourselves to embrace a new life with gusto. The mind and a positive mental attitude can add years to our lives. I, myself, will never formally retire because I will be too busy being busy. If we get out of bed in the morning with a clear focus that it will be a great day, I am a firm believer that it will be. If we decide to alter our thinking and take on new challenges, it will enhance our lives. Don't listen too closely to words of caution from family, spend that few bob on those trips, embrace change and broaden your

horizons. Go spend your children's inheritance! Accept the odd ache and pain and live with it and work through them. Live life and think young because a healthy mind leads to a healthy body...physician heal thyself, just go for it!

Noel Cunningham's *Guide To Modern Irish Manners* has just been published and is available in bookstores nationwide.

- **DON'T GET OLD** – get a hobby! Do things you always wanted to do. Make a wish list and tick off those boxes.
- Don't allow your family, if you have one, to treat you as if you are always available for childminding and running errands.
- **TRAVEL** – take short and long breaks. See which warm countries offer fantastic winter rates for a long-term winter stay when the weather at home is awful. Your pension can be accessed in certain countries too.
- **EXERCISE** – join a gym. Form a walking group, even if it is only a gentle stroll along the beach in the morning. The fresh air and the chatter will pay untold dividends.
- **JOIN A CHARITY** and use your many talents to help others. This makes us feel useful too which can be something we miss when we give up work – being of use!
- **EAT WELL** – choose healthy food options and lose that few extra pounds. Experiment in the kitchen with new menu items that you didn't have time to do before.
- **UPSKILL FOR ENJOYMENT** – do a course at the local facility that offers night classes.
- **TAKE UP GARDENING!**

In other words, do not grow old.



Volunteering and where to start in your community

Volunteers have a big impact in communities across Ireland and although what they do often goes unseen, volunteering makes up the social fabric of local communities; **Amy Woods**, Volunteer Ireland, says that, when people volunteer, they take pride in their community and feel closer to the people in it



Volunteering doesn't just have a big impact on communities, it can have lots of positive benefits for the people who volunteer. Our research shows that volunteering has a significant impact on the health and well-being of those that volunteer. Making new friends, experiencing improved mental health and feeling an increased sense of belonging to their community, were just some of the benefits experienced by volunteers. Many volunteers we spoke to in focus groups talked about feeling good when they saw the positive effects that their contribution had on another person's life or improving a service or some aspect of society. Many also felt satisfied playing a role improving their own community for their family members and neighbours.



VOLUNTEERS IN THE LIBERTIES

Giving back doesn't always have to mean a huge time commitment – small actions can make a big difference to a community. It can be as simple as checking in on a neighbour or maybe helping out at a local event. People often ask us what is it exactly volunteers do and the truth is there are so many ways for people to get involved in their communities. In fact, sometimes there are so many options people can get overwhelmed – but that's where we come in!

Volunteering is a win-win opportunity

We often describe volunteering as win-win – volunteers make a difference to their organisation and their community but they usually find that they get back more than they put in. They learn something new, meet people from different backgrounds and most importantly, become connected to the community that they live in. Ireland has a strong culture of volunteering and its impact on communities was exemplified during the recession. Volunteers in communities that were hit hard came together to do what they could to keep their local area alive. This culture has only gotten stronger since then as Irish communities



VOLUNTEER IRELAND AT THE I-VOL APP LAUNCH

We have a brand new app, I-VOL, so people can search for volunteer roles on the go. It has some really unique features like an interactive map which means you can see volunteer roles near you in real time.



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continue to feel the impact of locals who make a difference. We often find that if you ask someone if they want to volunteer or get involved in their community, chances are they'll say yes – they usually just don't know how or don't feel like they have the time. In many cases people prefer to talk to someone in person, so they can discuss their interests, skills and availability. There is a volunteer centre or volunteering information service in each county and they can help you think about what you would like do, what skills you have and how much time you can spare.

All contact details are on www.volunteer.ie so get in touch!



JACK'S STORY

Jack Stephenson, 72

Jack is a retired banker who loves to play squash and sing in his local choir. Having moved to Waterford in 1969, Jack lives with his wife and has four grown-up children and three grandchildren. Jack has had many a volunteer role in his time but he currently volunteers with the Waterford Volunteering Information Service, where he supports tourism in his area as a Meet and Greet vVolunteer every summer. This involves chatting to people, telling them about attractions in Waterford and the South East and directing them. Jack loves his role because he gets to meet all different types of people and enjoys chatting with them and hearing their stories. Jack has also been involved in a number of committees as chair/secretary/treasurer including Dungarvan Lions, Tramore Tourism, Waterford

Male Voice Choir and Waterford Choirs Association. He was part of a team that set up a choir of 240 people for the opening ceremony of the Tall Ships in Waterford in 2011. When we asked Jack why he volunteers he said: "Waterford is my home and I want to give something back to my local community. Some of the roles I've had, like the squash club, have been great because I've really benefitted from the club and I was able to help it benefit others. The club gave me great enjoyment so I wanted to give some of that back." What advice would Jack have for someone who has never volunteered before? "Just try it, you won't lose anything by taking that first step. The most important is to enjoy whatever kind of volunteering you do – so make sure it's something you enjoy and you'll get the most out of it!"



DUBLIN BAY PRAWN FESTIVAL VOLUNTEERS

Finding a volunteer role that's right for you couldn't be easier. You can simply visit www.volunteer.ie and search all of the opportunities available in your area. There are also some helpful tips on the website to help you think through the kind of volunteer role that might be right for you.

Getting retirement ready

Retirement might seem like a natural progression in life, however, for some, it can represent dramatic change. There are some steps you can take to better prepare for this new period in your life, which will make the transition easier, writes Derek Bell, COO, The Retirement Planning Council of Ireland

- 1. Transition period** – if possible, consider progressively reducing your working schedule to acclimatise to your new routine.
- 2. Consider what time of year to retire** – it is proven that those who retire in spring and summer transition more easily to retirement than those who do so in autumn and winter.
- 3. Establish your identity** – make a list of your various self-identities. This could read like 'mother, tennis player, accountant, grandmother' – where does work come on the list? Those who see themselves firstly by occupation find it most difficult to transition. Focus on what other dimensions exist to your personality and what new ones you'd like to evolve.





4. **Tap into old hobbies** – you will now have 50 more hours a week to occupy, and it is important to stay motivated and active, mentally and physically. Consider what hobbies and activities you enjoy and potential new ones you might now have the time to engage in.
5. **Be wary of developing bad habits** – with no work to get up for in the morning, it is easy to have that extra glass of wine or two in the evenings, or graze on food during the day. Ask yourself: would I be doing this if I was in work? Is it healthy?
6. **Consider using your skills and expertise elsewhere** – perhaps you could volunteer, mentor, or become the secretary or event planner for a local community group. You will have a lifetime of skills, expertise and competencies that could be of benefit elsewhere – a new role could be mutually beneficial.
7. **Set a routine** – before you retire, question what your new week or month will look like. What time will you get up at? What daily/weekly activities are you going to commit to that will help you stay occupied and in a good routine?
8. **Financial planning** – 65 per cent of people state that finances are the biggest concern when approaching retirement. Take the time to evaluate your new income, and project what kind of outgoings you see coming down the tracks. Knowing in advance what your monthly budget looks like can take a lot of the stress out of retirement.
9. **Legal matters** – have you made a will? One of every couple will be single some day! Have you considered setting up a power of attorney?
10. **Travel** – potentially, for the first time in decades, you may now have the time to take extended holidays at home or abroad. Planning a trip can be beneficial on many levels including using your skillset to plan and research. If you are single, it could be a great opportunity to meet new people or perhaps visit family who live abroad.
11. **Communicate and plan with your partner** – retirement affects not just the individual but the whole family. Will you now be spending the day at home with your husband or wife who has 'owned' the home space for decades while you were at work? How will having you at home all day impact on their daily routine? Their identity has the potential to change too once you retire and this can cause friction and unrest in the home. It may be as strange for them to have you at home as it would be for you to share your office with them! Discuss how your routines will blend.
12. **Resist bringing your work-self home** – at the best of times, it can be hard to leave our work persona at the door. When retired, be mindful not to be the CEO, or the accountant or the leader at home. Resist the urge to control, plan and demand reporting from those around you.



How to save a life

The Irish Heart Foundation is on a mission to save lives by offering free CPR training to 100,000 members of the public through its innovative Hands for Life CPR training programme



If someone collapsed from a cardiac arrest in front of you would you know what to do? Every day, 13 people die in Ireland from cardiac arrest and the majority – more than 70 per cent – of cardiac arrests happen at home. Thousands more people lose their lives in Ireland every year due to cardiovascular disease; a major cause of heart attack and stroke.

A heart attack and a cardiac arrest are two different, but equally serious heart events, both of which require immediate medical attention. A cardiac arrest requires an emergency response and immediate CPR. In both a cardiac arrest and a heart attack, the ambulance service needs to be called immediately on either 112 or 999. In the event of a cardiac arrest, the person will be unresponsive and not breathing properly, whereas when the person is suffering a heart attack they will still be responding and will be breathing.

CPR

CPR stands for cardiac pulmonary resuscitation. It is a lifesaving skill that involves pressing hard and fast on the centre of a person's chest. If you witness a cardiac arrest and perform CPR, you can double, if not triple, the person's chance of survival. CPR is easy to learn and by completing a CPR course at any stage in your life, you are 10 times more likely to respond and assist in an emergency.

In 2019, the Irish Heart Foundation launched a free community CPR training programme called 'Hands for Life' which is supported by Abbott and ESB Networks. The programme was launched by nurse Aoife McGivney, who, in March 2019, used her CPR training to save the life of a bus driver who was suffering a cardiac emergency. Speaking at the launch of 'Hands for Life', Aoife said: "The day started out like any other for me, getting on

the bus to work in the morning. But, before long, I found myself on the footpath on O'Connell Street performing CPR on the bus driver. Thankfully, he survived, and nobody was hurt. I was lucky enough to know what to do in the situation and my training kicked in instinctively. I know firsthand how important it is to know CPR and that it can be the difference between life and death. I hope that others will be inspired by my story to learn CPR through the Irish Heart Foundation's Hands for Life free community CPR training courses."

Tim Collins, CEO of the Irish Heart Foundation, said: "Every day in Ireland, 13 people die from a cardiac arrest. Around 70 per cent of these happen at home in front of a loved one. If there is someone nearby who knows CPR and can start performing compressions quickly, you can double or even triple a person's chances of survival." "At the Irish Heart Foundation, we are on a mission to save lives. We want to create a nation of lifesavers by training as many people as possible in the lifesaving skill of CPR. That's why we've developed the Hands for Life programme and now, thanks to the support of Abbott and ESB Networks, we will train 100,000 people in the next two years, which will, in turn, improve people's chances of surviving a cardiac arrest in Ireland." Hands for Life will offer free CPR training to 100,000 people in local communities throughout Ireland. Hands for Life training courses take place in local community centres, clubs and libraries across Ireland over the next two years.

More people are willing to attempt CPR

According to the latest report from the National Ambulance Service (NAS), Bystander CPR, where, someone who has witnessed or comes across a cardiac

Free training

The Irish Heart Foundation provides free CPR training through its 'Hands for Life' CPR Training Programme, supported by Abbott and ESB Networks.

If you would like to organise a free Hands for Life training course for your local club or workplace, we would be delighted to hear from you – please contact Orla O'Connor directly in the Irish Heart Foundation on 01 668 5001 or handsforlife@irishheart.ie. The Irish Heart Foundation can run three sessions across one day with three groups of 30 people in each session. The instructors will provide all the equipment. For more information please visit www.irishheart.ie

arrest, steps in to provide CPR, has increased in Ireland by 21 per cent since 2012 and the number of people who survive a cardiac arrest has also increased. This is good news as it shows that more and more people are willing to attempt CPR.

The 2018 annual report from the Out of Hospital Cardiac Arrest Register (OHCAR), which collects information on the number of and outcomes for people who suffer a cardiac arrest outside of a hospital setting, between 2012 and 2018 there was a 21 per cent increase in bystander CPR and a 9 per cent increase in bystander defibrillation. In 2018, the rate of bystander CPR in Ireland was 81 per cent up from 60 per cent in 2012

and the rate of bystander defibrillation was 22 per cent, up from just 9 per cent in 2012. The report, which was recently published by the NAS, also found that, while the overall percentage of people who survive an out of hospital cardiac arrest has remained stable, the total number of survivors increased from 152 in 2017 to 176 in 2018.

Awareness is increasing

Commenting on the 2018 OHCAR report, Brigid Sinnott, resuscitation manager with the Irish Heart Foundation, said: "We are delighted to see, in this OHCAR report, that the rates of bystander CPR and defibrillation are increasing, and that more people survived a cardiac arrest in 2018 than in 2017. This demonstrates that awareness of how to respond to a cardiac arrest is increasing

in Ireland, thereby improving a person's chances of survival.

"These are key objectives for us here at the Irish Heart Foundation. We work with the public and healthcare professionals to improve, awareness of how to respond to a cardiac arrest and survival rates from cardiac arrest. We are committed to continuing this work through our various training programmes and awareness work, including Hands for Life. We hope to see these positive trends continue into the future."

Overall, a total of 2,442 out-of-hospital cardiac arrest incidents were recorded by the OHCAR in 2018 and of these, 71 per cent occurred in an urban area. Two-thirds, or 67 per cent, were male and while the average age was 67, patients ranged in age from less than one to 100 years old.



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Seated Yoga

Orla Punch, experienced yoga teacher, Little Bird Yoga Studio, Dublin, outlines the different yoga exercises she recommends for her older classes



Simple sequence for improving the mobility of the spine

Sit upright in a solid chair with your feet placed firmly on the floor. Alternatively, raise your feet using stacked books if necessary.

In preparation for each exercise, follow these steps – press your feet into the floor and your hips into the chair, and draw your navel back, with your chest up and shoulders back. Breathe naturally and relaxed, preferably through your nose throughout.

Take five to 15 breaths during each pose and aim to practice this sequence three times a day, ie. before each meal.

Forward bend

Widen your feet a little and bend over your thighs. Let your head, shoulders and arms relax. If you are more comfortable, you can place a pillow on your thighs. Finally, sit up and take five slow breaths and see how you feel!





Spinal twist

Place right hand on back of chair or anywhere you can reach comfortably. Place left hand on outside of right thigh and gently turn your body from the waist to the right. Repeat on other side. Alternatively, sit sideways on chair and hold back of chair with two hands.



Lateral spine stretch

Place left hand on or under chair seat. Stretch right hand up towards the ceiling with your palm facing you and arch over to the left. Repeat on other side.

Students pictured are Barbara and Liz from Little Bird Yoga Studio.

Food to nourish



Jane Clarke's approach to food is centred around a principle that food is far more than simply fuel for the body, but rather that it should nourish and heal at each life stage, protecting your health and empowering the vulnerable. Here we offer some of her featured recipes, which are nutritious and easy to make

Tomato & basil soup

Fresh-tasting and fragranced with basil, this soup is delicious warm or chilled. It is suitable for a low-residue diet. This dish can be frozen, so you can keep some for another day.

Prep Time: **15 Mins**
Cooking Time: **35 Mins**
Serves: **4**

INGREDIENTS

- 300g tomatoes, peeled and deseeded
- Sprig of thyme
- 50ml olive oil
- 200g tomato purée
- 100g carrots, peeled and diced
- 100g potato, peeled and diced
- 100g basil
- 650ml chicken or vegetable stock
- Sea salt and freshly ground black pepper, to season

1. Sauté the tomato flesh and thyme in the olive oil.
2. Add the tomato purée and continue cooking for 5 minutes.
3. Add the carrots, potato and basil to the pan and cover with stock.
4. Bring to boil and simmer for 30 minutes.
5. Remove the thyme.
6. Season the soup, blend until smooth and serve.



Cheese fluff

This is a quick-to-throw-together meal, turning three ingredients into a delicious supper – for when you're not in the mood or haven't got the energy to make anything more complicated. Cheese and eggs are both great sources of protein, but the reason I particularly love this is that the whisked eggs feel light on the stomach.



Prep Time: **10 Mins**
 Cooking Time: **8-10 Mins**
 Serves: **2**

INGREDIENTS

- 1 large egg, separated
- 4 slices of wholegrain bread
- a scraping of butter
- 50g mature cheddar or other hard cheese, grated
- ½ teaspoon Dijon mustard
- Freshly ground black pepper

1. In a clean mixing bowl, whisk the egg white until fluffy and firm, in other words, until you have stiff peaks that will hold. Turn the bowl over on to a clean surface while you prepare the rest of the meal – this means that the egg white will remain fluffy!
2. Heat your grill and toast the bread on one side, then turn over and lightly butter the untoasted side.
3. Lightly beat the egg yolk.
4. Turn over the egg white bowl and lightly (this is important, because you want to keep as much air in the mixture as possible, as this makes the cheese mixture light and fluffy – hence the name) stir in the grated cheese, mustard, a couple of twists of black pepper and the egg yolk – I use a metal spoon and make simple cuts through the middle, and don't beat.
5. Simply spoon the cheese mixture on to the untoasted side of the bread and pop back under the grill for about 2 minutes, until the top is golden brown.

Roast mackerel with potatoes & thyme



Prep Time: **15 Mins**
 Cooking Time: **40 Mins**
 Serves: **2**

INGREDIENTS

- 300g small new potatoes, cut into 2cm slices
- 3 tablespoons olive oil
- 4 tablespoons fresh thyme leaves
- Salt and ground black pepper
- 1 tablespoon sherry vinegar
- 2 large or 3-4 small mackerel fillets, cleaned and deboned
- Watercress and tomato salad, to serve

Sometimes it's hard to know how to cook an omega-rich, oily fish. Roasting is one of our favourite methods as it's so simple. This recipe works equally well for any oily fish such as herrings and sardines, although the cooking time will change depending on the size of the fish.

1. Preheat the oven to 180°C (160°C fan oven) mark 4.
2. Put the potatoes into a shallow dish, drizzle with 1 tbsp oil and sprinkle with 3 tbsp thyme leaves, salt and lots of pepper.
3. Coat the potatoes well, then bake in the oven for 40 minutes or until golden and tender when pricked with a fork.
4. Mix the remaining oil, the sherry vinegar and the remaining thyme with salt and pepper in a small bowl.
5. Put the mackerel skin-side up on top of the potatoes and spoon over the herby dressing.
6. Put it back into the oven and cook for 15–20 minutes until it mackerel is cooked and slightly crispy.

Pearled spelt, goat's cheese and chard risotto



Prep Time: **10 Mins**
 Cooking Time: **20 Mins**
 Serves: **4**

INGREDIENTS

- 250g pearled spelt
- 1 tablespoon olive or rapeseed oil
- 2 medium shallots or 1 small onion, finely chopped
- 1 litre hot vegetable stock
- 2 handfuls chard or spinach leaves
- 50g soft goat's cheese
- Freshly grated Parmesan or Pecorino cheese
- Salt and ground black pepper

Even though spelt contains gluten, it is often easier to digest than other grains. The goat's cheese boosts the protein content, with the chard adding a dark green calcium source. This recipe makes more than you need so save some for lunch the following day.

1. Soak the spelt in cold water for 10 minutes.
2. Heat the oil in a large pan and cook the shallots until soft but not brown.
3. Drain the spelt, add it to the shallots and pour in one-third of the stock.
4. Bring to the boil then turn the heat down to a simmer and gradually add the remaining stock a ladleful at a time, stirring constantly.
5. When the spelt is cooked but not mushy (as you still want it to have a slight bite to it), tear the chard leaves, stir them in and leave them to soften for 1–2 minutes.
6. Add the cheese and season to taste.

Chicken pie

A hearty, old-fashioned pie always warms the heart. Chicken is rich in zinc and protein, and when minced, not only feels light, it also titillates jaded palettes.



Prep Time: **30 Mins**
 Cooking Time: **1 hour**
 Serves: **3-4**

INGREDIENTS

- Butter, for greasing
- 2 medium onions, roughly chopped
- 1 garlic clove, peeled
- 500g cooked chicken meat, breast and legs
- Juice of 1 lemon
- A few leaves of fresh sage or a few sprigs of parsley
- Ground black pepper
- 375g shortcrust pastry, thawed if frozen
- 1 egg, beaten

1. Preheat the oven to 200°C (180°C fan oven) gas 6.
2. Grease a 25.5cm (10in) pie dish.
3. Put the onions, garlic, chicken, lemon juice, fresh herbs and pepper into a food processor or mincer and mince until you have a mixture that resembles chunky sausage meat.
4. Roll out half the pastry and line the pie dish.
5. Put in the chicken mixture and spread it level.
6. Roll out the remaining pastry and put it on top.
7. Squeeze the edges together.
8. Cut a couple of slits in the middle of the pie to allow steam to escape while it's cooking.
9. Brush the pie with the egg, and bake for 50 minutes-1 hour until the pastry is golden brown.



Steamed lemon & buckwheat puddings

This is a quick-to-throw-together meal, turning three ingredients into a delicious supper – for when you’re not in the mood or haven’t got the energy to make anything more complicated. Cheese and eggs are both great sources of protein, but the reason I particularly love this is that the whisked eggs feel light on the stomach.

Prep Time: **10 Mins**
 Cooking Time: **5-10 Mins**
 Serves: **4**

INGREDIENTS

FOR THE SYRUP

- 200g golden caster sugar
- 200ml water
- Juice of 1 lemon

FOR THE SPONGE

- 75g buckwheat flour, sifted
- 75g self-raising flour, sifted
- ¼ teaspoon baking powder
- 150g butter, softened
- 150g golden caster sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- Zest and juice of 2 unwaxed lemons

1. Preheat oven to 150°C. Butter and flour 4 Dariole (small pudding) moulds.
2. Make the syrup by combining the water and sugar in a saucepan. Place over a medium heat and bring to the boil, stirring to make sure the sugar is dissolved. Remove from the heat, stir in the lemon juice and set aside.
3. Sift together the buckwheat flour, self-raising flour and baking powder, and set aside.
4. In a freestanding mixer or using an electric whisk, cream together the softened butter and sugar until soft and fluffy. Beat in the eggs, vanilla extract, lemon zest and juice.
5. Fold in the sifted flours, being careful not to overmix but making sure the flour is fully incorporated.
6. Pour 2 tablespoons of syrup into each then pour the pudding mixture on top. Reserve the remaining syrup.
7. Cover each mould tightly with foil and place in a roasting tin. Pour in enough boiling water to come up to 2/3 of the side of the moulds.
8. Cook for 30-40 minutes until a skewer inserted into the puddings comes out clean. Drizzle any remaining syrup over the puddings before serving.

Jane is both, a dietitian and Cordon Bleu chef, with more than 30 years’ experience in the nutrition industry. Jane is the author of nine best-selling books, was a columnist for over a decade for *The Daily Mail*, *Observer*, *The Times* and *The Mail on Sunday*, and regularly contributes on TV. Nourish by Jane Clarke provides a solution to the problem of undernourishment and provides empowerment and inspiration to those who are vulnerable or facing a health challenge. See www.nourishbyjaneclarke.com



Anticipating your future care needs

It is important to think about your current state of health, planning for future healthcare needs. This article helps to start the conversation around some of those issues

Why do I need to think about planning for the future now when I am feeling healthy and am still quite young?

We should anticipate what we might need and plan for times when you may need additional support when we are well enough to do so. The more planning you do around this when you are in good health, the better your care needs will be addressed. It is important to think about any pre-existing conditions and how they might progress. Part of keeping well is looking after your current health and social needs while planning any future care needs.

I want to remain in my home, what services are available to me locally?

The local health services include your local general practitioner (GP), public health nurse, community health office, local mental health services, local community mental health nurse, addiction services, community physiotherapist, community dietitian, community occupational therapist, community podiatrist, community optician and auditory services.

There are also health-screening services, for example, if you are diabetic, you can avail of the national screening services. For more information contact your local GP.

I am not sure who to talk to about my home-care needs?

A great source of information is your local public health nurse or contact your local Bluebird Care office where a clinical nurse manager will be happy to take your call.

I don't need care right now but I may in the future, can I make enquiries at this stage?

Absolutely. You can contact a clinical nurse manager, who will advise you on the available care options.

Are care costs expensive?

The cost of care depends on your exact requirements and will be discussed with you when all your care needs are assessed.

Is there any support available to help cover costs?

Income tax relief is available to Bluebird Care customers or their relatives at their top rate of tax, subject to conditions. This means that you could receive tax relief of up to 40 per cent of the cost of our service.

It is also possible to claim this relief as part of your tax credits, thereby, receiving the benefit as part of your weekly or monthly salary. When more than one person is paying the costs of home care, the tax relief may be divided between the contributors pro-rata to their contributions, once the total does not exceed €75,000 in any tax year.

You, your spouse or a relative can claim. A relative includes relation by marriage and also a person for whom the claimant is, or was, the legal guardian. You need

to complete the HK1 form: "Claim for an allowance for employing a carer/personal assistant". This form is attached to the IT 47 "Employed person taking care of an incapacitated individual". This form would then be submitted to the inspector of taxes in your local area.

Please note, individuals need to satisfy themselves on their ability to claim tax relief. The services offered by Bluebird Care are VAT-exempted.

Are there any local independent healthcare companies near me?

There are 26 local Bluebird Care offices in Ireland – please see the Directories section on page 74 to find your local Bluebird Care office.

WHAT KIND OF QUESTIONS DO I NEED TO ASK?

1. What range of services are available locally for me?
2. Are these services 24 hours, seven days a week?
3. How do I know these services provide safe, quality care?
4. Are these services registered with the Health Service Executive (HSE)?
5. What kind of healthcare professionals work locally?
6. Are staff trained?
7. Where can I access further information?

Older person's benefits

Income supports for older people

A range of payments are made to older people by the Department of Employment Affairs and Social Protection (DEASP) and the Health Service Executive. If you are unsure whether or not you would qualify for a payment, you should apply anyway. Generally payments are made up of a personal payment for yourself and extra amounts for your dependent spouse, civil partner or cohabitant and any dependent children. A cohabitant is a person living in an intimate and committed relationship with a person of the same or opposite sex who is not that person's spouse, civil partner, or a close relative.

You should apply to the Department of Employment Affairs and Social Protection for your pension at least four months in advance.

Changes to the qualifying age for State pensions

The Social Welfare and Pensions Act 2011 made a number of changes to the qualifying age for State pensions. Since 2014, the qualifying age has been 66 and will rise to 67 in 2021 and 68 in 2028.

So:

- If you were born on or after January 1, 1948, the minimum qualifying State pension age will be 66 (because the State Pension (Transition) is no longer paid).
- If you were born on or after January 1, 1955, the minimum qualifying State pension age will be 67.
- If you were born on or after January 1, 1961, the minimum qualifying State pension age will be 68.

Social insurance payments

You need enough PRSI contributions to qualify for these payments. Apply to the Department of Employment Affairs and Social Protection.

State Pension (Contributory)

The State Pension (Contributory) is payable from the age of 66. You are allowed to have income from any other source while you receive this pension, but both the income and the pension are taxable.

There are a number of pro-rata State Pensions (Contributory) which are paid at a lower rate. These were introduced to deal with issues that arose as a result of people paying different types of social insurance contributions or not paying contributions for various reasons.

Under the National Pensions Framework, a number of other changes are planned to the qualifying conditions for the State Pension (Contributory) from 2020. These changes do not affect the State Pension (Non-Contributory).

Widow's, Widower's or Surviving Civil Partner's Contributory Pension

You may be eligible for Widow's, Widower's or Surviving Civil Partner's Contributory Pension if you are widowed or a surviving civil partner, have not remarried or entered into a new civil partnership, and are not cohabiting. You can transfer to the State Pension (Contributory) at the age of 66.

Means-tested payments

Any means you may have, such as weekly income or savings, are taken into account for these payments, but not your own home. You must also satisfy the habitual residence condition. Apply to the Department of Employment Affairs and Social Protection.

State Pension (Non-Contributory)

The State Pension (Non-Contributory) is a payment for people aged 66 or over who do not qualify for a State Pension (Contributory).

Widow's, Widower's or Surviving Civil Partner's Non-Contributory Pension

If you are a widowed person or a surviving civil partner who is not entitled to a Widow's, Widower's or Surviving Civil Partner's Contributory Pension, has not remarried or entered into a new civil partnership, has no dependent children and is not cohabiting, you may be eligible for a Widow's, Widower's or Surviving Civil Partner's Non-Contributory Pension. This is a means-tested payment. At age 66 you transfer to the State Pension (Non-Contributory).

Private pensions

Occupational and personal pensions

Occupational pensions are organised by employers to provide pensions to employees on retirement or to surviving dependants on the death of an employee. Personal pensions or Personal Retirement Savings Accounts (PRSAs) are organised individually by self-employed people or employed people who do not have an occupational pension scheme.

You need to deal directly with the pension provider to find out exactly what benefits your pension gives you. The Pensions Authority is the regulatory body for occupational pensions and PRSAs. If you have a complaint, the Authority will advise you about your rights. The Pensions Ombudsman investigates and decides on complaints relating to occupational pensions and PRSAs. Generally, you may have income from other sources, for example, from work,

if you are receiving a pension. There are some restrictions on people getting both a pension and employment income from the public sector – you should check with the pension provider.

Other social welfare payments

Apply to the Department of Employment Affairs and Social Protection for these payments.

Increase for Living Alone

The Increase for Living Alone is a supplementary payment for people on social welfare pensions who are living alone. It is also available to people under the age of 66 who get certain other payments from the Department of Employment Affairs and Social Protection.

Aged 80 increase

If you are getting a social welfare pension, you automatically get an increase in your pension when you reach 80 years of age.

Increase for Living on a Specified Island

This is an increase in the weekly payment of certain payments from the DEASP, or the EU equivalent, to people who are aged 66 or over and living on a specified island off the coast of Ireland. The Increase for Living on a Specified Island is to compensate for the additional costs of living on these islands compared to living on the mainland.

Household Benefits Package

The Household Benefits Package includes the Electricity or Natural Gas Allowance

and a Free TV Licence. If you are aged 70 or over, you qualify regardless of your income or who lives with you. The scheme may also be available to people aged 66 and over who get certain social welfare payments or whose income is below certain limits. Apply to the Department of Employment Affairs and Social Protection.

Free travel

If you are over the age of 66 or getting a carers' or certain other social welfare payments, you can get a Free Travel Pass, entitling you to free travel at any time on bus, road, rail and DART services operated by Bus Átha Cliath, Bus Éireann, Iarnród Éireann, LUAS services, the Aran Islands ferry service and on certain private services which have opted into the scheme. You can also use your Free Travel Pass on any of the 34 schemes under the Rural Transport Initiative. People who are entitled to free travel are also entitled to have their spouse/partner travel free with them or may be entitled to a Companion Pass on medical grounds. The Free Travel Scheme also covers public transport services in Northern Ireland for people over 66 years of age who have a Senior SmartPass Card.

National Fuel Scheme

The National Fuel Scheme is a means-tested payment to help people who cannot afford their own heating costs. You may qualify if you get certain payments from the Department of Employment Affairs and Social Protection or the EU equivalent.

Carers

If you are providing full-time care to someone who is ill or incapacitated, you may qualify for a carer's payment. More information is available in our document on payments to carers.

Housing

Housing Aid for Older People Scheme

The Housing Aid for Older People Scheme is a local authority grant used to improve homes that are below basic standards. It is targeted mainly at older people living in rural areas. By paying the grant, the local authority aims to help the person stay in his/her own home. Contact your local authority.

Housing Adaptation Grant for People with a Disability

If your home needs to be adapted to enable you to continue to live there, you may qualify for a Housing Adaptation Grant for People with a Disability. Contact your local authority.

Mobility Aids Grants Scheme

The Mobility Aids Grant Scheme provides grants to address mobility problems in the home, for example, the grant can be used for access ramps or a stair-lift.

Better Energy Warmer Homes Scheme

Under this scheme, services like attic insulation and draught-proofing are provided to low-income households nationwide. There is no charge. Read more about the Better Energy Warmer Homes Scheme.

Refuse and water charges

In some local authority areas, low-income households can avail of a waiver (that is, a reduction or total exemption) on waste and water charges made by private operators and by local authorities. These waivers vary greatly from region to region and, in some areas, they are not available at all. To find out if your local authority operates a waiver scheme, you should contact them directly.

Working in retirement

If you are getting a means-tested payment, working or being self-employed affects the amount of that payment. You should check with the Department of Employment Affairs and Social Protection before taking up work to see what the effect will be. You can have up to €200 earnings from insurable employment without affecting your State Pension (Non-Contributory).

Further information and application forms are available from your local Citizen Information Centre and the Citizens Information Phone Service at Lo-Call 0761 07 4000.

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Carrigart	(074) 9155104	Killimor	(090) 9676142
Castlefin	(074) 9146113	Kilrickle	(091) 843002
Clogher	(074) 9545102	Kilronan	(099) 61102
Clonmany	(074) 9376102	Kiltormer	(090) 9627122
Convoy	(074) 9147114	Kinvara	(091) 637102
Creelough	(074) 9138002	Letterfrack	(095) 41052
Donegal	(074) 974 0190	Lettermore	(091) 551122
Dunfanaghy	(074) 9136114	Loughgeorge	(091) 798122
Dungloe	(074) 9521000	Loughrea, District HQ	(091) 842870
Falcarragh	(074) 9135113	Maam	(091) 571100
Glenties	(074) 9551080	Milltown	(093) 51312
Kerrykeel	(074) 9150002	Mountbellew	(090) 9679292
Killybegs	(074) 9731002	Monivea	(091) 849002
Kilmacrennan	(074) 9139002	Moycullen	(091) 555122
Letterkenny, Divisional HQ	(074) 9167100	Moylough	(090) 9679272
Lifford	(074) 9141000	Oranmore	(091) 388030
Milford, District HQ	(074) 9153060	Oughterard	(091) 557320
Mountcharles	(074) 9735002	Portumna	(090) 9742060
Moville	(074) 9382002	Recess	(095) 34603
Muff	(074) 9384002	Rosmuck	(091) 574102
Newtowncunningham	(074) 9156113	Roundstone	(095) 35835
Pettigo	(071) 9861512	Salthill, District HQ	(091) 514720
Ramelton	(074) 9151002	Spiddal	(091) 553122
Raphoe	(074) 9145114	Tuam, District HQ	(093) 70840
Rathmullan	(074) 9158113	Williamstown	(094) 9643002
		Woodford	(090) 9749002

GALWAY

Ahascragh	(090) 9688652
Ardrahan	(091) 635102
Athenry	(091) 844016
Ballinasloe, District HQ	(090) 9631890
Ballygar	(090) 6624512
Barnaderg	(093) 49212
Carna	(095) 32242
Carraroe	(091) 595102
Clifden, District HQ	(095) 22500
Corofin	(093) 41422
Craughwell	(091) 876320
Creggs	(090) 6621112
Dunmore	(093) 39490
Eyrecourt	(090) 9675122
Galway (Mill St) Regional HQ	(091) 538000
Glenamaddy	(094) 9659002
Gort	(091) 636400
Headford	(093) 35412
Immigration Office, Galway	(091) 768002
Inverin	(091) 593102
Kilconnell	(090) 9686622

KERRY

Annascaul	(066) 9157102
Ardfert	(066) 7134133
Ballybunion	(068) 27104
Ballyduff	(066) 7131122
Ballyferriter	(066) 9156111
Ballyheigue	(066) 7133122
Barraduff	(064) 7754002
Caherciveen	(066) 9473600
Castlegregory	(066) 7139690
Castleisland	(066) 7163090
Castlemaine	(066) 9767317
Dingle	(066) 9153850
Farranfore	(066) 9793150
Glenbeigh	(066) 9768202
Kenmare	(064) 6641177
Killarney, District HQ	(064) 6671160
Killorglin	(066) 9790500
Knocknagoshel	(068) 46102
Listowel, District HQ	(068) 50820
Lixnaw	(066) 7132122

Portmagee	(066) 9477102	Durrow	(057) 8736113
Rathmore	(064) 7758002	Mountmellick	(057) 8624140
Sneem	(064) 6645111	Mountrath	(057) 8732236
Tarbert	(068) 36101	Portarlinton	(057) 8623112
Tralee, Divisional HQ	(066) 7102300	Portlaoise, Divisional HQ	(057) 8674100
Waterville	(066) 9474111	Rathdowney	(0505) 46122
		Stradbally	(057) 8625222

KILDARE

Athy	(059) 8634210
Carbury	(046) 9553002
Castledermot	(059) 9144112
Celbridge	(01) 6012370
Clane	(045) 868262
Kilcullen	(045) 481212
Kildare, District HQ	(045) 527730
Kilcock	(01) 6757390
Leixlip, District HQ	(01) 6667800
Maynooth	(01) 6292380
Monasterevin	(045) 525322
Naas, Divisional HQ	(045) 884300
Newbridge	(045) 440180
Rathangan	(045) 524353
Robertstown	(045) 860202

KILKENNY

Ballyhale	(056) 7768602
Bennettsbridge	(056) 7727112
Callan	(056) 7706630
Castlecomer	(056) 4440650
Freshford	(056) 8832122
Glenmore	(051) 880122
Goresbridge	(059) 9775202
Graiguenamanagh	(059) 9725750
Kilkenny, Regional HQ	(056) 7775000
Kilmacow	(051) 885112
Kilmoganny	(051) 648002
Mooncoin	(051) 896550
Mullinavat	(051) 898122
Piltown	(051) 643102
Stoneyford	(056) 7728232
Thomastown, District HQ	(056) 7754150
Urlingford	(056) 8831133

LAOIS

Abbeyleix	(057) 8730580
Arles	(059) 9147628
Ballylinan	(059) 8625112
Borris-in-Ossory	(0505) 41122
Clonaslee	(057) 8648022

LEITRIM

Balliamore	(071) 9644002
Carrick-on-Shannon, District HQ	(071) 9650510
Carrigallen	(049) 4339602
Dowra	(071) 9643002
Drumshanbo	(071) 9641002
Kinlough	(071) 9841412
Manorhamilton	(071) 9820620
Mohill	(071) 9631002

LIMERICK

Limerick City

Henry Street, Divisional HQ	(061) 212400
Mayorstone	(061) 456980
Roxboro rd., District HQ	(061) 214340

Limerick County

Abbeyfeale	(068) 30010
Adare	(061) 396216
Askeaton	(061) 601630
Athea	(068) 42102
Ballingarry	(069) 68103
Ballylanders	(062) 46622
Ballyneety	(061) 351102
Bruff, District HQ	(061) 382940
Bruree	(063) 90502
Caherconlish	(061) 351202
Cappamore	(061) 381202
Castleconnell	(061) 377105
Croom	(061) 397240
Drumcollogher	(063) 83002
Foynes	(069) 65122
Glin	(068) 34100
Hospital	(061) 383102
Kilmallock	(063) 98018
Murroe	(061) 386102
Newcastle West, District HQ	(069) 20650
Oola	(062) 47641
Patrickswell	(061) 355103
Pallasgreen	(061) 384102

Pallaskenry	(061) 393102	Kilmaine	(093) 33372
Rathkeale	(069) 63222	Kiltimagh	(094) 9381222
<hr/>		Knock	(094) 9388102
LONGFORD		Louisburgh	(098) 66055
Ballymahon	(090) 6432303	Newport	(098) 41102
Drumlish	(043) 3324102	Partree	(094) 9543002
Edgeworthstown	(043) 6671002	Shrulle	(093) 31292
Granard, District HQ	(043) 6687660	Swinford	(094) 9252990
Kenagh	(043) 3322102	Westport, District HQ	(098) 50230
Lanesborough	(043) 3321102	<hr/>	
Longford, District HQ	(043) 3350570	MEATH	
Smear	(043) 6684102	Ashbourne, District HQ	(01) 8010600
<hr/>		Athboy	(046) 9432201
LOUTH		Ballivor	(046) 9546002
Ardee, District HQ	(041) 6871130	Duleek	(041) 9823222
Blackrock	(042) 9322194	Dunboyne	(01) 8252211
Carlingford	(042) 9373102	Dunshaughlin	(01) 8258600
Castlebellingham	(042) 9372205	Enfield	(046) 9541002
Clogherhead	(041) 9822222	Julianstown see Laytown	
Collon	(041) 9819560	Kells, District HQ	(046) 9280820
Drogheda, Divisional HQ	(041) 9874200	Laytown	(041) 9813320
Drumad	(042) 9358680	Longwood	(046) 9554570
Dundalk, District HQ	(042) 9388400	Navan, Divisional HQ	(046) 9036100
Dunleer	(041) 6862380	Nobber	(046) 9052182
Hackballscross	(042) 9377142	Oldcastle	(049) 8541102
Louth	(042) 9374102	Slane	(041) 9824202
Omeath	(042) 9375175	Summerhill	(046) 9557002
<hr/>		Trim, District HQ	(046) 9481540
MAYO		<hr/>	
Achill	(098) 20830	MONAGHAN	
Balla	(094) 9365002	Ballybay	(042) 9741002
Ballina, District HQ	(096) 20560	Carrickmacross, District HQ	(042) 9690190
Ballindine	(094) 9364219	Castleblayney	(042) 9747900
Ballinrobe	(094) 9542830	Clones	(047) 51028
Ballycroy	(098) 49132	Emyvale	(047) 87222
Ballyhaunis	(094) 9630008	Monaghan, Divisional HQ	(047) 77200
Bangor Erris	(097) 83462	Rockcorry	(042) 9742288
Belmullet, District HQ	(097) 81910	Scotstown	(047) 79140
Bonniconlon	(096) 45002	<hr/>	
Castlebar Divisional HQ	(094) 9038200	OFFALY	
Charlestown	(094) 9254104	Banagher	(057) 9151310
Claremorris, District HQ	(094) 9372080	Birr, District HQ	(057) 9169710
Cong	(094) 9546002	Clara	(057) 9331100
Crossmolina	(096) 31371	Cloghan	(090) 6457102
Foxford	(094) 9256102	Clonbullogue	(046) 9730002
Glenamoy	(097) 87844	Daingean	(057) 9353042
Keel Achill	(098) 43102	Edenderry	(046) 9731290
Kilkelly	(094) 9367002	Ferbane	(090) 6454302
Killala	(096) 32111	Kilcormac	(057) 9135002

Kinnitty	(057) 9137002	Cloughjordan	(0505) 42122
Moneygall	(0505) 45202	Dolla	(067) 25250
Rhode	(046) 9737002	Emly	(062) 57157
Shinrone	(0505) 47122	Fethard	(052) 6131202
Tullamore, District HQ	(057) 9327600	Golden	(062) 72100
<hr/>		Holycross	(0504) 43222
ROSCOMMON		Killenaule	(052) 9156202
Athleague	(090) 6663312	Kilsheelan	(052) 6133160
Ballaghaderreen	(094) 9860002	Littleton	(0504) 44395
Ballinlough	(094) 9640002	Lorrha	(090) 9747002
Boyle	(071) 9664620	Moyne	(0504) 45125
Castlerea, District HQ	(094) 9621630	Mullinahone	(052) 9153100
Clonark	(090) 6437102	Nenagh, District HQ	(067) 50450
Elphin	(071) 9635002	Newport	(061) 378102
Frenchpark	(094) 9870002	Portroe	(067) 23255
Keadue	(071) 9647202	Roscrea	(0505) 24230
Roscommon, Divisional HQ	(090) 6638300	Shevry	(0504) 54102
Roosky	(071) 9638002	Templederry	(0504) 52202
Strokestown	(071) 9633002	Templemore	(0504) 32630
Taughmaconnell	(090) 9683612	Templetuohy	(0504) 53202
Tulsk	(071) 9639002	Thurles, Divisional HQ	(0504) 25100
<hr/>		Tipperary, District HQ	(062) 80670
SLIGO		Toomevara	(067) 26002
Ballymote, District HQ	(071) 9189500	<hr/>	
Collooney	(071) 9167122	WATERFORD	
Coolaney	(071) 9167222	Aglish	(024) 96122
Grange	(071) 9163144	Ardmore	(024) 94222
Gurteen	(071) 9182002	Ballymacarberry	(052) 6136100
Enniscrone	(096) 36103	Cappoquin	(058) 54244
Riverstown	(071) 9165122	Dungarvan, District HQ	(058) 48600
Rosses Point	(071) 9177143	Dunmore East	(051) 383112
Skreen	(071) 9166662	Ferrybank	(051) 830240
Sligo, Regional HQ	(071) 9157000	Kill	(051) 292211
Tubbercurry	(071) 9185002	Kilmacthomas	(051) 295630
<hr/>		Kilmeaden	(051) 384105
TIPPERARY		Lemybrien	(051) 291182
Ardfinnan	(052) 7466203	Lismore	(058) 72030
Ballingarry (N Riding)	(067) 21122	Passage East	(051) 382211
Ballingarry (S Riding)	(052) 9154100	Portlaw	(051) 387105
Ballyporeen	(052) 7467102	Rathgormack	(051) 646002
Bansha	(062) 54141	Ring	(058) 46111
Borrisokane	(067) 27101	Tallow	(058) 56222
Borrisoleigh	(0504) 51295	Tramore, District HQ	(051) 391620
Cahir, District HQ	(052) 7445630	Waterford, Divisional HQ	(051) 305300
Cappawhite	(062) 75202	<hr/>	
Carrick-On-Suir	(051) 642040	WESTMEATH	
Cashel	(062) 75840	Athlone, District HQ	(090) 6498550
Clogheen	(052) 7465204	Ballymore	(044) 9356222
Clonmel, District HQ	(052) 6177640	Ballynacargy	(044) 9373122

Castlepollard	(044) 9661112	Newtownmountkennedy	(01) 2819222
Delvin	(044) 9668100	Rathdrum	(0404) 46206
Glasson	(090) 6485102	Roundwood	(01) 2818142
Kilbeggan	(057) 9332102	Shillelagh	(053) 9429102
Killucan	(044) 9358170	Tinahely	(0402) 38102
Kinnegad	(044) 9375112	Wicklow, District HQ	(0404) 60140
Moate	(090) 6466510		
Mullingar, Regional HQ	(044) 9384000		
Multyfarnham	(044) 9371112		
Rochfortbridge	(044) 9222102		

WEXFORD

Ballycullane	(051) 562740
Bannow	(051) 561122
Blackwater	(053) 9127142
Bunclody	(053) 9377102
Campile	(051) 388103
Carrickbyrne	(053) 9240542
Castlebridge	(053) 9159221
Clonroche	(053) 9244102
Courtown Harbour	(053) 9425102
Duncannon	(051) 389102
Enniscorthy, District HQ	(053) 9242580
Ferns	(053) 9366104
Gorey	(053) 9430690
Glynn	(053) 9128142
Immigration Office, Rosslare Europort	(053) 9133066
Kilmore Quay	(053) 9129642
New Ross, District HQ	(051) 426030
Oulart	(053) 9136102
Oylegate	(053) 9138132
Rosslare Harbour	(053) 9133204
Rosslare	(053) 9132103
Taghmon	(053) 9134102
Wexford, Divisional HQ	(053) 9165200

WICKLOW

Arklow	(0402) 26320
Ashford	(0404) 49220
Aughrim	(0402) 36142
Avoca	(0402) 35102
Baltinglass, District HQ	(059) 6482610
Blessington	(045) 857620
Bray, Divisional HQ	(01) 6665300
Carnew	(053) 9426102
Dunlavin	(045) 401211
Enniskerry	(01) 6665750
Greystones	(01) 6665800

HSE Health Centres

CARLOW

Carlow Community Care, Carlow Primary Care Centre, HSE Primary Care	(076) 108 2000
Bagenalstown Health Centre	(059) 972 1721
Borris Health Centre	(059) 977 3187
HSE Primary Care – Early Int.	(076) 1082200
Carlow Health Centre	(059) 913 6300
Clonegal Health Centre	(053) 937 7369
Hacketstown Health Centre	(059) 647 1319
Leighlinbridge Health Centre	(059) 972 1452
Myshall Health Centre	(059) 915 7633
Rathvilly Health Centre	(059) 916 1299
Tullow Health Centre	(059) 915 1426

CAVAN

Bailieborough Health Centre	(042) 967 5540
Ballinagh Health Centre	(049) 433 7217
Ballyconnell Health Centre	(049) 952 5510
Ballyhaise Health Centre	(049) 433 8132
Ballyjamesduff Health Centre	(049) 854 4281
Belturbet Health Centre	(049) 952 2288
Darely Health Centre	(049) 555 2555
Drumalee Primary Care Centre	(049) 435 3100
Gowna Health Centre	(043) 83254
Killashandra Health Centre	(049) 433 4767
Kilnaleck Health Centre	(049) 433 6494
Kingscourt Primary Care Centre	(042) 967 9800
Lisdaran Community Service	(049) 436 1822
Shercock Health Centre	(042) 966 9208
Stradone Health Centre	(049) 433 0722
Swanlinbar Health Centre	(049) 952 1574

CAVAN WEST

Blacklion	(071) 985 3218
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CLARE

Carrigaholt	(065) 905 8205
Clarecastle	(065) 682 9488
Ennis	(065) 6828525
Ennistymon	(065) 707 1143
Kildysart	(065) 683 2012
Kilkee	(065) 905 6381
Kilmihil	(065) 905 0155
Kilrush	(065) 905 4200
Lisdoonvarna	(065) 707 4194
Scariff	(061) 921286

Shannon	(061) 718400
Sixmilebridge	(061) 369 427
Tulla	(065) 6835264
Kilmaley	(065) 6839747
Westbury	(061) 656555

CORK NORTH

Ballydesmond, Community Welfare Officer	(064) 51144
Buttevant Public Health Nurse	(022) 23388
Charleville Public Health Nurse	(076) 1084108/(076) 1084107
Doneraile	(022) 44915
Doneraile Public Health Nurse	(022) 71040
Fermoy	(025) 32405
Fermoy Public Health Nurse	(025) 49779
Glanworth Public Health Nurse	(025) 38111
Kanturk	(029) 20700
Kanturk Community Welfare Officer	(029) 50709
Kanturk Public Health Nurse	
Kilworth	(025) 27111
Kiskeam	(029) 50709
Mallow Community Welfare Officer	(022) 44914/5
Mallow, Public Health Nursing Services	(022) 58700
Millstreet Community Welfare Officer	(029) 70409
Millstreet Public Health Nurse	(029) 70142
Mitchelstown Courthouse Community Welfare Officer	(025) 84238
Mitchelstown Public Health Nurse	(025) 52470
Mitchelstown Living Health Centre	(025)52470
Newmarket Community Welfare Officer	(029) 60131
Newmarket Public Health Nurse	(029) 60532/60750
Rockchapel Community Welfare Officer	(029) 69044

CORK NORTH LEE

Ballymacoda	(024) 98301
Baile Bhúirne	(026) 45341
Ballingeary Community Welfare Officer	(026) 20651
Blackpool Community	

Welfare Officer	(021) 450 6577	Castletownbere Public Health Nurse	(027) 70353
Blarney	(021) 4385220	Castletownbere Community	
Blarney Community		Welfare Officer	(027) 70628
Welfare Officer	(021) 438 5512	Clonakilty	(023) 8832763
Carrigtwohill	(021) 488 3367	Dunmanway	(023) 8856158
Castlemartyr	(021) 466 7354	Eyerias	(027) 74374
Churchfield Community		Goleen	(028) 35148
Welfare Officer	(021) 430 1105/(021) 430 1121	Leap	(028) 33255
Cloyne	(021) 481 2478	Schull	(028) 28311
Cobh Community Welfare Officer	(021) 4652436	Skibbereen	(028) 40400
Cobh Public Health Nurse	(021) 4814314		
Dillons Cross Community		DONEGAL	
Welfare Officer	(021) 4552264	Árainn Mhór	(074) 9520535
Farranree Community		Ballyshannon	(071) 9581334
Welfare Officer	(021) 430 2184	An Bun Beag	(074) 9532445
The Glen	(021) 450 6913	Bundoran	(071) 9841445
Grattan Street	(021) 427 3087	Carndonagh	(074) 9374644/(074) 9374262
Grattan Street Community		An Charraic	(074) 9739380
Welfare Officer	(021) 4278948/(021) 4274508	Castlefinn	(074) 9146694
Inchigeela Community		Clonmany	(074) 9376173
Welfare Officer	(026) 20651	Convoy	(074) 9147277
Macroom	(0761) 084000	Na Doirí Beaga	(074) 9532334
Mayfield	(021) 4504866	Doochary	(074) 9546175
Midleton	(021) 4631436	Dunfanaghy	(074) 9136527
Midleton Community		Dungloe	(074) 9521933/(074) 9521099
Welfare Officer	(021) 4631163	Dunkineely	(074) 9737106
Riverstown Community		Fahan	(074) 9360277
Welfare Officer	(021) 4821055	An Fálcarrach	(074) 9135491
Riverstown Public Health Nurse	(021) 4822307	Glenties	(074) 9551329
Rylane Community		Kilcar	(074) 9739346
Welfare Officer	(026) 20651	Killybegs	(074) 9731148
St Mary's Public Health Nurse	(021) 4301076	Lifford	(074) 9141024
	(021) 4301076	Manorcunningham	(074) 9157230
St Mary's SLT	(021) 430 0939	Milford	(074) 9153144
St Mary's Campus		Mountcharles	(074) 9735100
Community Welfare	(021) 430 2887	Moville	(074) 9382049
		Muff	(074) 9384360
CORK SOUTH LEE		Newtowncunningham	(074) 9156386
Ballincollig	(021) 487 2626	Pettigo	(071) 9831521
Ballyphehane	(021) 492 1880	Quigley's Point	(074) 9383036
Bandon	(023) 886 6925	Ramelton	(074) 9151468
Blackrock Primary Care	(021) 423 3101	Raphoe	(074) 9145835
Carrigaline Primary Care	(021) 4540201	Rathmullan	(074) 9158416
Douglas	(021) 489 3581	St Johnston	(074) 9148479
Kinsale	(021) 4779801	Stranorlar	(074) 9131344/(074) 9131023
Viaduct	(021) 434 1208		
		DUBLIN NORTH COUNTY (LHO)	
CORK WEST		Balbriggan	(01) 9213200
Bantry	(027) 55150	Baldoyle	(01) 8322483
Bere Island	(027) 75003	Coolock	(01) 8164200
Oileán Cléire	(028) 39109	Darndale	(01) 8771550

Donabate	(01) 8109000
Edenmore	(01) 8480666
Howth	(01) 8322984
Kilbarrack	(01) 8391221
Lusk	(01) 8709017/9
Malahide	(01) 8283110
Oldtown	(01) 807 8810
Portmarnock/Kingsford Cross (also known as Comersford Cross)	(01) 9216301
Raheny	(01) 8310386
Rush	(01) 8952500
Skerries	(01) 8494910
Swords	(01) 8902200

DUBLIN NORTH CENTRAL

Ballymun	(01) 846 7000
Clontarf	(01) 853 9500
East Wall	(01) 836 3422
Killester	(01) 831 3143
Millmount	(01) 8840920
Larkhill	(01) 837 3796
Marino	(01) 66 957200
North Strand	(01) 707 2300
Summerhill	(01) 876 5200

DUBLIN NORTH WEST

Blanchardstown	(01)8297233
Corduff	(076) 6956700
Grange Gorman	(01) 8676200
Hartstown	(01) 8662800
Quarry Road	(01) 8693700
Roselawn	(01) 6464500
Seamus Ennis Rd, Finglas	(01) 884 5000
Wellmount, Finglas	(01) 856 7700

DUBLIN SOUTH CITY

Meath Primary Care Centre	(01) 7085700
Liberties Primary Care Team	(076) 6958000
Cathedrals Primary Care Team	(076) 695 8000
Irishtown	(01) 2320600
Pearse	(01) 6427700
Rathfarnham	(01) 4973322
Rathmines	(01) 7085700
South Earl Street	(01) 7083200
Terenure	(01) 4904648
Rialto Primary Care Team	(01) 7083200
James Street Primary Care Team	(01) 7083200
Coombe Primary Care Team	(01) 7083200

DUBLIN SOUTH EAST

Baggot Street Health Centre (Incorporating Baggot St Primary Care Team and Sandymount Primary Care Team)	(01) 6699300
Balally Primary Care Centre (incorporating Balally, Dundrum & Milltown Primary Care teams)	(01) 292 4500
Ballinteer Health Centre (incorporating Ballinteer & Sandyford Primary Care Teams)	(01) 2164500
Churchtown Primary Care Centre	(01) 4916400
Donnybrook Health Centre	(01) 2680380/2680381
Leopardstown Primary Care Centre	(01) 2996600
Ranelagh Primary Care Centre	(01) 4986950

DUBLIN SOUTH WEST

HSE Armagh Road Primary Care Centre, Crumlin	(01) 9213801
HSE Armagh Road Health Centre, Crumlin	(01) 4559547
HSE Curlew Road Health Centre, Drimnagh	(01) 455 6422/(01) 4556421
HSE Kilnamanagh-Tymon Primary Care Centre	(01) 9214801
HSE Killinarden Health Centre, Tallaght	(01) 4626260
HSE Mary Mercer Health Centre Jobstown	(01) 4585700
HSE Millbrook Lawns	(01) 4275000
HSE Old County Road, Crumlin	(01) 4154700
HSE Parnell Road Health Centre	(01) 4542300
HSE Tallaght Intergrated Academic Primary Care	(076) 6957601

DUBLIN WEST

Ballyfermott /Palmerstown Primary Care	(076) 6956000
Boot Road Health Centre	(01) 4591558
HSE Cherry Orchard Hospital	(01) 6206000
Deansrath Health Centre	(01) 4573957/(01) 4675221
Inchicore Primary Care Centre	(01) 4716300
Lucan Health Centre	(01) 6100020
Rosse Court Resource Centre	(01) 4647760
Rowlagh Health Centre	(01) 6754900
Rathcoole Health Centre	(01) 4589979

DUBLIN DUN LAOGHAIRE

Blackrock Health Centre	(01) 288 2980/ (01) 2888423/(01) 288 5406
Cabinteely Health Centre	(01) 289 6195/6197
Dalkey Health Centre	(01) 285 9291/9233
Dún Laoghaire Health Centre	(01) 280 8471
Loughlinstown Health Centre	(01) 282 2122/ (01) 282 2463
Sallynoggin Health Centre	(01) 280 0786/ (01) 280 6754
Shankill Health Centre	(01) 282 0344
Stillorgan Health Centre	(01) 217 2918

GALWAY

Abbeyknockmoy Health Centre	(093) 43512
Ahascragh Health Centre	(090) 968 8634
Ionad Sláinte na Cheathrú Rua	(091) 595 202
Ardrahan Health Centre	(091) 635 207
Athenry Primary Care Health Centre	(091) 844 679/(091) 737 300
Ionad Sláinte Bhaile na hAbhann	(091) 593 131
Ballinasloe Health Centre	(090) 964 2447
Ballygar Health Centre	(090) 662 4601
Ballymacward Health Centre	(090) 968 7722
Ionad Sláinte Charna	(095) 32304
City East Primary Care Centre	(091) 336300
Clifden Health Centre	(095) 21102
Cornamona Health Centre	(094) 9548184
Corrandulla Health Centre	(091) 791140
Ionad Sláinte an Fháirche	(094) 954 6174
Dunmore Health Centre	(093) 38123
Eyrecourt Health Centre	(090) 967 5255
Galway City Mervue Health Centre	(091) 753 887
Glennamaddy Health Centre	(094) 965 9072
Gort Health Centre	(091) 631 325
Headford Health Centre	(093) 35548
Inishbofin Health Centre	(095) 45813
Inis Meain Health Centre	(099) 73005
Ionad Sláinte, Inis Mór	(099) 61171
Inis Oirr Health Centre	(099) 75006
Kilconnell Health Centre	(090) 9686638
Kilkerrin Health Centre	(095) 33429
Killimor Health Centre	(090) 967 6131
Kiltormer Health Centre	(090) 962 7318
Kinvarra Health Centre	(091) 637 123
Leenane Health Centre	(095) 42257
Ionad Sláinte Leitir Mór	(091) 551 143
Loughrea Primary Care Health Centre	(091) 847 82/ (091) 872 700
Milltown Health Centre	(093) 51301
Mountbellew Health Centre	(090) 967 9260

Moycullen Health Centre	(091) 555398
Oughterard Health Centre	(091) 552200
Portumna Health Primary Care Centre	(090) 974 1193/9759031
Ionad Sláinte an Shraith Salach	(095) 34618
Rinvyle Health Centre	(095) 43465
Ionad Sláinte Ros Muc	(091) 574 107
Roundstone Health Centre	(095) 35851
Shantalla Health Centre	(091) 546009
Ionad Sláinte an Spidéil	(091) 553 208
St Francis' Primary Care Centre	(091) 861100
Tuam Health Centre	(093) 37800
Turloughmore Health Centre	(091) 797106
Tynagh Health Centre	(090) 974 5167
Williamstown Health Centre	(094) 964 3027
Woodford Health Centre	(090) 974 9051

KERRY

Ardfert Health Centre	(066) 7134411
Ionad Sláinte Bhaile an Sceilg	(066) 9479127
Cahersiveen Health Centre	(066) 9472266
Causeway Health Centre	(066) 7131221
Glenbeigh Health Centre	(066) 9768239
Kenmare Medical Centre	(076) 1083070
Killarney Health Centre	(064) 6670745
Killorglin Health Centre	(066) 9761284
Listowel Health Centre	(068) 21222
Rathmore Health Centre	(064) 6658169
Sneem Health Centre	(086) 7872096
Tralee Health Centre	(066) 7184500
Waterville Health Centre	(066) 9474204

KILDARE

Athy Health Centre	(059) 8633500
Ballymore Eustace Health Centre	(045) 864145
Ballytore Health Centre	(059) 8623184
HSE Beech House	(045) 920000
Carbury Health Centre	(046) 9553084
Castledermot Health Centre	(059) 9144429
Celbridge Health Centre	(01) 6303100
HSE Celbridge Primary Care Centre	(01) 9214000
Clane Health Centre	(045) 986300
Johnstown Health Centre	(046) 9541181
HSE Kilcock Primary Care Centre	(01) 9213500
Kildare Health Centre	(045) 522214
HSE Kildare Primary Care Centre	(076) 6958500
Kilmeage Health Centre	(045) 860077
Leixlip Health Centre	(076) 6957700
Maynooth Health Centre	(01) 6106130
Monasterevin Health Centre	(045) 529372
HSE Naas Primary Care Centre	(045) 920800

HSE St Marys (Naas)	(045) 920000
Newbridge Health Centre	(045) 446141
HSE Newbridge Primary Care Centre	(045) 920900
HSE Rathangan Primary Care Centre	(045) 528 025
HSE Rathangan Primary Care Centre	(045) 528025

KILKENNY

Community Care Headquarters	(056) 7784600
Ayrfield Primary Care Centre	(076) 1082111
Ballyhale Health Centre	(056) 776 8608
Ballyragget Medical Centre	(056) 883 3105
Bennettsbridge Health Centre	(056) 772 7256
Callan Primary Care Centre	(076) 1082154
Castlecomer Health Centre	(056) 444 1542
Clogh Health Centre	(056) 444 2189
Castlecomer Health Centre	(056) 444 1300
Freshford Health Centre	(056) 883 2261
Glenmore	(051) 880 288
Gowran Health Centre	(056) 772 6265
Graiguenamanagh Health Centre	(059) 972 4495
Marley Health Centre, Marley	(059) 972 4245
Tinnahinch Health Centre,	(059) 972 4267
Inistioge Health Centre	(056) 775 8465
Johnstown Health Centre	(056) 883 1618
Kilmacow	(051) 885 283
Loughboy, Springhill Health Centre	(056) 7760613
Stoneyford Health Centre	(056) 772 8377
Mooncoin	(051) 895 163
Mullinavat Health Centre,	(051) 898 217
Paulstown Health Centre,	(059) 972 6314
Piltown	(051) 643 116
Rosbercon Health Centre,	(051) 421 653
Thomastown Health Centre,	(056) 772 4302
Urlingford Health Centre,	(056) 883 1352
Windgap Health Centre,	(051) 648 155

LAOIS

Abbeyleix Health Centre	(057) 873 1649
Ballylynan Health Centre	(059) 862 5108
Borris-in-Ossory Health Centre	(0505) 41172
Clonaslee Health Centre	(057) 864 8033
Durrow Health Centre	(057) 873 6133
Emo Health Centre	(057) 864 6575
Mountmellick Primary Care Centre	(057) 8697500
Mountrath Health Centre	(057) 873 2203/ 873 2422
Portarlinton Primary Care Centre	(057) 868 4200/(057)868 4200

Portlaoise Health Centre	(057) 862 1135
Rathdowney Health Centre	(0505) 46276
Stradbally Health Centre	(057) 862 5415

LEITRIM

Ballinaglera	(071) 964 3411
Ballinamore	(071) 964 4353
Carrick-on-Shannon	(071) 965 0300
Carrigallen	(049) 433 9797
Dromahair	(071) 916 4215
Dromod	(071) 965 8702
Drumkeeran	(071) 964 8043
Drumshanbo	(071) 964 1105
Glenfarne	(071) 985 3229
Kiltyclogher	(071) 985 4071
Kinlough	(071) 984 3013
Manorhamilton Primary Mental Health Centre	(071) 985 5788
Mohill	(071) 963 1900
Newtowngore	(049) 433 9009

LIMERICK

Abbeyfeale Health Centre	(068) 31309
Adare Health Centre	(061) 396 442
Annacotty Health Centre	(061) 331 710
Askeaton Health Centre	(061) 398 233
Ballylanders Health Centre	(062) 46849
Ballynanty Health Centre	(061) 457 100
Ballycummin Health Centre	(061) 464 432
Bruff Health Centre	(061) 382 218
Bishop Street Health Centre	(061) 417 054
Caherconlish Health Centre	(061) 351 899
Cappamore Health Centre	(061) 381 371
Castleconnell Health Centre	(061) 377 656
Croom Health Centre	(061) 397 206
Doon Health Centre	(061) 380 031
Dooradoyle Health Centre	(061) 482 600
Dromcollogher Health Centre	(063) 83 404
Foynes Health Centre	(069) 65500/(069) 65542
Galbally Health Centre	(062) 370 72
Glin Health Centre	(068) 34305
Hospital Health Centre	(061) 383 031
Kilmallock Health Centre	(063) 98192
Kings Island Primary Care	(061) 483 020
Limerick City Health Centre	(061) 410 988
Milford Castletroy Health Centre	(061) 338071
Moyross Health Centre	(061) 326 010
Murroe Health Centre	(061) 386 299
Newcastle West Health Centre	(069) 62155
Oola Health Centre	(062) 47845

Rathkeale Health Centre	(069) 64308	Cong	(094) 954 6842/(094) 954 6347
Roxtown Health Centre	(061) 417 622	Charlestown	(094) 925 4205/(094) 925 4635
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LIMERICK EAST			
Cappamore	(061) 381 371	Clare Island	(098) 26250/(098) 25407
Galbally	(062) 37072	Claremorris	(094) 937 1638/(094) 937 1196
Roxtown	(061) 417 622	Crossmolina	(096) 31400/(096) 31450
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LONGFORD			
Ballinalee	(043) 3323212	Finney	(094) 954 1380
Ballymahon	(090) 643 2384	Foxford	(094) 925 6189
Ballyminion Primary Care Centre	(043) 3339701	Gaoth Sáile	(097) 86813
Colehill	(044) 935 7522	Gleann na Muaidhe	(097) 87958/(097) 87926
Drumlish	(043) 3324440	Hollymount	(094) 954 0060/(094)954 0144
Edgeworthstown	(043) 6671157	Inishturk	(098) 45541
Granard	(043) 6686068	Inis Bigil	(098) 49176
Killashee	(043) 3341341	Hollymount	(094) 954 0060, 954 0144
Lanesboro	(043) 3321832	Inishturk	(098) 45541
Longford	(043) 3350169	Kilkelly	(094) 936 7529/(094)936 7182
Legga Health Centre Aughnacliffe	(049) 433 5195	Killala	(096) 32088/(096) 32177
Newtowncashel	(043) 3325445	Kilmovee	(094) 934 9141
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LOUTH			
Ardee Primary Care Team	(041) 6860752	Kiltimagh	(094) 938 1230
Carlingford Health Centre	(042) 9373110	Louisburgh	(098) 66166
Castlebellingham Health Centre	(042) 9382343	Newport	(098) 41651, 41256
Drogheda - Ballsgrrove		Shrile	(093) 31248
Health Centre	(041) 9870100	Swinford	(094) 925 1900
Drogheda - Boyne Primary		Tuar Mhic Éadaigh	(094) 954 4230/ (094) 954 4006
Care Centre	(041) 98 09500	Westport	(098) 25885
Dundalk - Dublin Road		<hr/>	
Health Centre	(042) 9332287	MEATH	
Dundalk - Primary Care Centre	(042) 6820000	Ashbourne Primary Care Centre	(01) 6914600
Muirhevnamor Health Centre	(042) 9331311	Athboy Health Centre	(046) 9430166
Ravensdale Health Centre	(042) 9371325	Ballivor Health Centre	
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MAYO			
Acailll	(098) 45215/(098) 45395	Community Hall	(046) 9546077
Eachléim	(097) 85701	Drumconrath Health Centre -	
Balla	(094) 936 5564/(094) 936 5146	Please contact Kingscourt	
Ballina	(096) 24564/(096)24532	Primary Care Centre	(042) 9679800
Ballindine	(094) 936 4158/(094)936 4142	Dunboyne Health Centre	(01) 8251622
Ballinrobe	(094) 954 1380/(094)954 1642	Duleek Health Centre	(041) 9823338
Ballintubber	(094) 903 0758	Dunshaughlin Health Centre	(01) 8024100
Ballycastle	(096) 43058/(096)43339	Enfield Health Centre	(046) 9541185
Ballycroy	(098) 49176	Johnstown Health Centre	(046) 9076230
Ballyhaunis	(094) 963 0491/(094)963 0358	Kells Primary Care Centre	(046) 9251400
Ballyvary	(094) 903 1424	Laytown Health Centre	(041) 9827012
Bangor Erris	(097) 83486/(097)83146	Meath Local Health Office -	
Béal an Mhuirthead	(097) 82048/(097)81673	County Clinic (contact if unable	
Castlebar	(094) 902 2333	to get through to other centres)	(046) 9021595
		Nobber Health Centre	(046) 9052238
		Oldcastle Health Centre	(049) 8541334
		Slane Health Centre	(041) 9824380
		Summerhill Primary Care Centre	(046) 9544201
		Trim Primary Care Centre	(046) 9420800
		Wilkestown Health Centre	
			(046) 9054788/(046) 9054788

MONAGHAN

Ballybay Health Centre	(042) 974 1157
Carrickmacross Health Centre	(042) 966 1597
Tullyvara Health Centre	(042) 974 3116
Castleblayney Health Centre	(042) 974 0462
Clones Health Centre	(047) 51207
Clontibret Health Centre	(047) 80884
Scotstown Health Centre	(047) 89657
Smithboro Health Centre	(047) 57438

OFFALY

Banagher	(057) 915 1247
Birr	(057) 912 0486
Blueball	(057) 935 4044
Borris-in-Ossory	(0505) 41172
Clara	(057) 933 1242
Cloghan	(090) 645 7119
Clonbullogue	(0469) 730 9109
Cloneygowan	(057) 934 3552
Cloughjordan	(0505) 42307
Daingean	(057) 935 3142
Edenderry	(046) 973 3517
Ferbane	(090) 645 4916
Kilcormac	(057) 913 5030
Kinnity	(057) 913 7061
Moneygall	(0505) 45272
Rhode	(046) 9737955
Shinrone	(0505) 47312

ROSCOMMON

Aughrim	(071) 9637043
Athleague	(090) 6663329
Ballaghaderreen (outreach clinic at Frenchpark Community Hall & Ballinameen also)	(094) 9861386/9860256
Ballinlough	(094) 9640051/9640053
Ballydangan	(090) 9673480
Ballyforan	(090) 6622250/6622801
Boyle	(071) 9673500
Castlerea	(094) 9624200.
Elphin	(071) 9635225
Monksland	(090) 6492479
Strokestown Community Welfare Officer	(071) 9634160
Roscommon, Golf Links Road	(090) 6665000

SLIGO

Aclare	(071) 918 1282
Ballinacorney, Public Health Nurse	(087) 248 8180
Ballymote	(071) 918 3104
Castlebaldwin	(087) 248 8180
Cliffoney	(071) 916 6160

Collooney	(071) 916 7014
Coolaney	(071) 916 7547
Curry	(094) 925 4748
Dromore West	(096) 47 095
Drumcliffe/Grange	(071) 917 3011
Cloghan	(074) 913 3031
Easkey	(096) 49 022
Enniscrone	(096) 36 292
Geevagh	(071) 964 7103
Gurteen	(071) 918 2817
Riverstown	(071) 916 5182
Skreen	(071) 916 6634
Tubbercurry	(071) 918 5967

TIPPERARY NORTH

Ballina	(061) 376 321
Borrisokane	(067) 27106
Borrisoleigh	(0504) 51423/51974
Cloughjordan	(0505) 42307
Littleton	(0504) 44727
Moyne Village	(0504) 34852
Newport	(061) 378 299
Portroe	(067) 23466
Rathcabbin	(0509) 39043
Rearcross	(062) 79152
Roscrea	(0505) 21498
Templemore	(0504) 31561
Thurles	(0504) 27600
Toomevara	(067) 26212
Tyone, Nenagh	(067) 46400

TIPPERARY SOUTH

Ardfinnan	(052) 746 6134
Ballingarry	(052) 915 4243
Ballymacarbry	(052) 613 6456
Ballyporeen	(052) 746 7487
Ballysloe, Thurles	(056) 883 4341
Bansha	(062) 54 263
Cahir	(052) 744 1044
Cappawhite	(062) 75 126
Carrick-on-Suir, Dental	(051) 603 915/(051) 603913
Carrick-on-Suir, PHN	(051) 645 191
Carrick-on-Suir, Physiotherapists	(051) 645 202
Carrick-on-Suir, Social Workers	(051) 640 344
Carrick-on-Suir, Speech & Language	(051) 645 192
Carrick-on-Suir, Civil Registration	(051) 645 263
Cashel	(062) 61 022
Clogheen	(052) 7465 315
Clonea, Carrick-on-Suir	(051) 646 212
Clonmel	(052) 617 7000
Dundrum	(062) 71 524

Emly	(062) 57200
Fethard, Tipperary	(052) 613 1251
Killenaule	(052) 915 6481
Kilsheelan	(052) 613 3541
Mullinahone	(052) 915 3287
New Inn, Cahir	(052) 746 2416
Newcastle, Clonmel	(052) 613 6182
Primary Health Care Centre, Cashel	(062) 61 022
Primary Care, Rosanna Road, Tipperary Town	(062) 87200

WATERFORD

Ardmore	(024) 94280
Ballyduff Upper	(058) 60289
Bonmahon	(051) 292124
Cappoquinn	(058) 54406
Clashmore	(024) 96103
Dungarvan	(058) 20900
Dunmore East	(051) 383 347
Kereen	(024) 96446
Kilmacthomas	(051) 294 300
Kilmeaden	(051) 384 220
Knockanore	(024) 97291
Lismore	(058) 54716
Lismore Park Primary Care Centre	(076) 108 2301
Lemybrien	(051) 291 172
An Seanphobal	(058) 46213
Portlaw	(051) 387 247
Seskinane	(058) 47370
Tallow	(058) 56173
Tramore Primary Care Centre	(076)1082250
Waterford Health Park Primary Care Centre	(051) 370 057
Some services also operate from Community Buildings:	
Ballybeg	(051) 352 217
Butler Centre	(051) 876 907
Ferrybank	NO LANDLINE AVAILABLE
Kill	NO LANDLINE AVAILABLE
Passage East	NO LANDLINE AVAILABLE
An Rinn	(058) 46116
Stradbally	NO LANDLINE AVAILABLE

WESTMEATH

Athlone	(090) 647 5301
Ballymore	(044) 935 6274
Ballynacargy	(044) 937 3104
Castlepollard	(044) 966 1170
Castletown Geoghegan	(044) 922 6432
Delvin	(044) 966 4256
Killucan	(044) 9376087
Kinnegad	(044) 937 5289
Moate	(090) 648 1165
Primary Care Centre, Mullingar	(044) 9353700

WEXFORD

Adamstown	(053) 924 06 23
The Ballagh	(053) 913 64 11
Ballindaggin	(053) 938 88 08
Blackwater	(053) 912 72 55
Bree	(053) 924 78 81
Bridgetown	(053) 913 51 42
Bunclody	(053) 937 72 85
Bunclody	(053) 937 63 60
Camolin	(053) 938 31 13
Clonegal	(053) 937 73 69
Clonroche	(053) 924 42 13
Enniscorthy	(053) 923 34 65
Ferns	(053) 936 64 00
Gorey	(053) 942 13 74
George's Street	(053) 912 35 22
Grogan's Road, Wexford	(053) 9123522
Killenagh	(053) 942 71 54
Oylgate	(053) 913 86 02
Rosslare	(053) 913 33 14
Taghmon, Main Street	(053) 913 44 92

WICKLOW

Arklow Health Centre	(0402) 39 624
Aughrim Health Centre, Aughrim	(0402) 36 316
Avoca Health Centre	(0402) 35 170
Barndarrig Health Centre	(0404) 48 107
Bray Health Centre	(01) 274 4100
Carnew Primary Care Centre	(076) 6959090
Delgany Health Centre	(01) 287 5832
Greystones Health Centre	(01) 287 7311
Kilcoole Health Centre (nurses are based at Newtown Mount Kennedy Primary Care Centre)	(01) 201 8500
Knockananna Health Centre	(059) 647 1111
Newtown Mount Kennedy Primary Care Centre	(01) 201 8500
Roundwood Health Centre	(01) 281 8481
Shillelagh Health Centre	(053) 942 9306
Tinahely Health Centre	(0402) 38 238
Wicklow Health Centre	(0404) 68 400

WICKLOW WEST

HSE Kildare & West Wicklow Hardship Scheme Office	(01) 795 7310
HSE Long Term Illness Scheme & HSE Drugs Payment Scheme	(01) 864 7100
HSE Kildare & West Wicklow Adult Optical Scheme	(045) 920 637

Citizen Information Centres (CIC)

CARLOW

Carlow CIC (076) 1 07 5130

CAVAN

Cavan CIC (076)1 07 5200

CLARE

East Clare CIC (061) 374741

Ennis CIC (076) 1 07 5260

Kilrush CIC (076) 1 07 5310

Shannon CIC (076) 1 07 5370

CORK

Bantry CIC (076) 1 07 8390

Blackpool CIC (076) 1 07 6890

Blackrock (Cork) CIC (076) 1 07 6930

Carrigaline CIC (076) 1 07 6940

Cobh CIC (076) 1 07 7960

Cork City Centre CIC (076) 1 07 6950

Fermoy CIC (076) 1 07 7970

Hollyhill / Knocknaheeny CIC (076) 1 07 6850

Macroom CIC (076) 1 07 8430

Mallow CIC (076) 1 07 8000

Mayfield CIC (076) 1 07 6880

Mitchelstown CIC (076) 1 07 8030

Youghal CIC (076)1 07 8040

DONEGAL

Ballyshannon CIC (076) 1 07 5480

Buncrana CIC (076) 1 07 5490

Carndonagh CIC (076) 1 07 5500

Donegal Town CIC (076) 1 07 5510

Dungloe CIC (076) 1 07 5430

Health Information Line 1850 636313

Letterkenny CIC (076) 1 07 5530

Milford CIC (076) 1 07 5450

DUBLIN

Balbriggan CIC (076) 1 07 7450

Ballyfermot CIC (076)1 07 5000

Ballymun CIC (076) 1 077330

Ballymun CIC (076) 1 07 7320

Beaumont CIC (076) 1078150

Blanchardstown CIC (076)1 07 5040

Cabra CIC (076) 1078470

Cabra Resource Centre (076) 1 07 7350

Carmelite CIC (076) 1 07 7070

Clondalkin CIC (076) 1 07 5100

Dublin 12 & 6w CIC (076) 1 077 020

Dublin 4 CIC (076) 1 078480

Dublin City Centre CIC (076) 1 07 7230

Dublin City North East CIC (076) 1 07 7260

Dublin City North West CIC (076) 1 07 7270

Dun Laoghaire CIC (076) 1 07 7400

Dundrum CIC (076) 1 07 7430

Finglas CIC (076)1 07 7360

Finglas West (01) 8845228

Inchicore CIC (076) 1 07 7170

KARE CIC (076) 1 07 7280

Liberties CIC (076) 1 07 7180

Lucan CIC (076) 1 07 5090

Malahide CIC (076) 1 07 7480

Northside CIC (076) 1 07 8190

Rathmines CIC (076) 1 07 7110

Skerries CIC 0761 07 7500

SPOTC Project (076) 1 077510

SPOTC Telephone (076) 1 07 8190

Stillorgan CIC (076) 1 07 7440

Swords CIC (076) 1 07 7510

Tallaght CIC (076) 1 07 8340

GALWAY

Clifden CIC (076) 1 07 7580

Galway CIC (076) 1 07 7600

Rosmuc CIC (076) 1 07 7730

Tuam CIC (076) 1 07 7740

KERRY

Caherciveen CIC	(076) 1 07 7780
Castleisland CIC	(076) 1 07 7790
Kenmare CIC	(076) 1 07 7810
Killarney CIC	(076) 1 07 7820
Killorglin CIC	(076) 1 07 7860
Listowel CIC	(076) 1 07 7840
Tralee CIC	(076) 1 07 7860

KILDARE

Athy CIC	(076) 1 07 8260
Maynooth CIC	(076) 1 07 8100
Naas CIC	(076) 1 07 8280
Newbridge CIC	(076) 1 07 8300

KILKENNY

Kilkenny CIC	(076) 1 07 7910
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LAOIS

Abbeyleix CIC	(076) 1 07 5540
Portlaoise CIC	(076) 1 07 5590

LEITRIM

Carrick-on-Shannon CIC	(076) 1 07 5670
Drumshanbo CIC	(076) 1 07 5670
Manorhamilton CIC	(076) 1 07 5710

LIMERICK

Kilmallock CIC	(076) 1 07 5770
Limerick CIC	(076) 1 07 5780
Newcastlewest CIC	(069) 77621

LONGFORD

Longford CIC	(076) 1 07 5890
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LOUTH

Drogheda CIC	(076) 1 07 5940
Dundalk CIC	(076) 1 07 5950

MAYO

Ballina CIC	(076) 1 07 5990
Belmullet CIC	(076) 1 07 6030
Castlebar CIC	(076) 1 07 6080
Westport CIC	(076) 1 07 6100

MEATH

Ashbourne CIC	(076) 1 07 6110
Dunboyne	(076) 1 07 6150
Navan CIC	(076) 1 07 6150
Slane Outreach	(076) 1076150
Trim CIC	(076) 1 07 6180

MONAGHAN

Carrickmacross	(042) 9663454
Monaghan CIC	(076) 1 07 6230

OFFALY

Birr CIC	(076) 1 07 6260
Edenderry CIC	(076) 1 07 6280
Tullamore CIC	(076) 1 07 6290

ROSCOMMON

Boyle CIC	(076) 1 07 6330
Roscommon CIC	(076) 1 07 6380

SLIGO

Sligo CIC	(076) 1 07 6390
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TIPPERARY

Clonmel CIC	(076) 1 07 6460
Nenagh CIC	(076) 1 07 6470
Roscrea CIC	(076) 1 07 6480
Thurles CIC	(076) 1 07 6510
Tipperary CIC	(076) 1 07 6540

WATERFORD

Dungarvan CIC	0761 07 6550
Merchants Quay CIC	0761 07 6560
Waterford CIC	0761 07 6580

WESTMEATH

Athlone CIC	(076) 1 07 6610
Mullingar CIC	(076) 1 07 6660

WEXFORD

Enniscorthy CIC	(076) 1 07 6690
Gorey CIC	(076) 1 07 6700
Wexford CIC	(076) 1 07 6720

WICKLOW

Arklow CIC	(076) 1 07 6750
Bray CIC	(076) 1 07 6780
Wicklow Town CIC	(076) 1 07 6840



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(021) 422 4343 (East Cork)

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E: wexford@bluebirdcare.ie

Wicklow

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Co Wicklow

T: (0404) 311 77

E: wicklow@bluebirdcare.ie



Important Phone Numbers

General Practitioner **Tel:**

Doctor on Call **Tel:**

In Case of Emergency

Name **Tel:**

Local Garda Station **Tel:**

Local Health Centre **Tel:**

Meals on Wheels **Tel:**

Day Centre **Tel:**

Emergency/Ambulance **Tel:** **999/112**

Local Bluebird Care Office **Tel:**

Home Care Provider **Tel:**

Consultant (s) **Tel:**

..... **Tel:**

..... **Tel:**

Public/Community Nurse **Tel:**

Chiropodist/Podiatrist **Tel:**



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