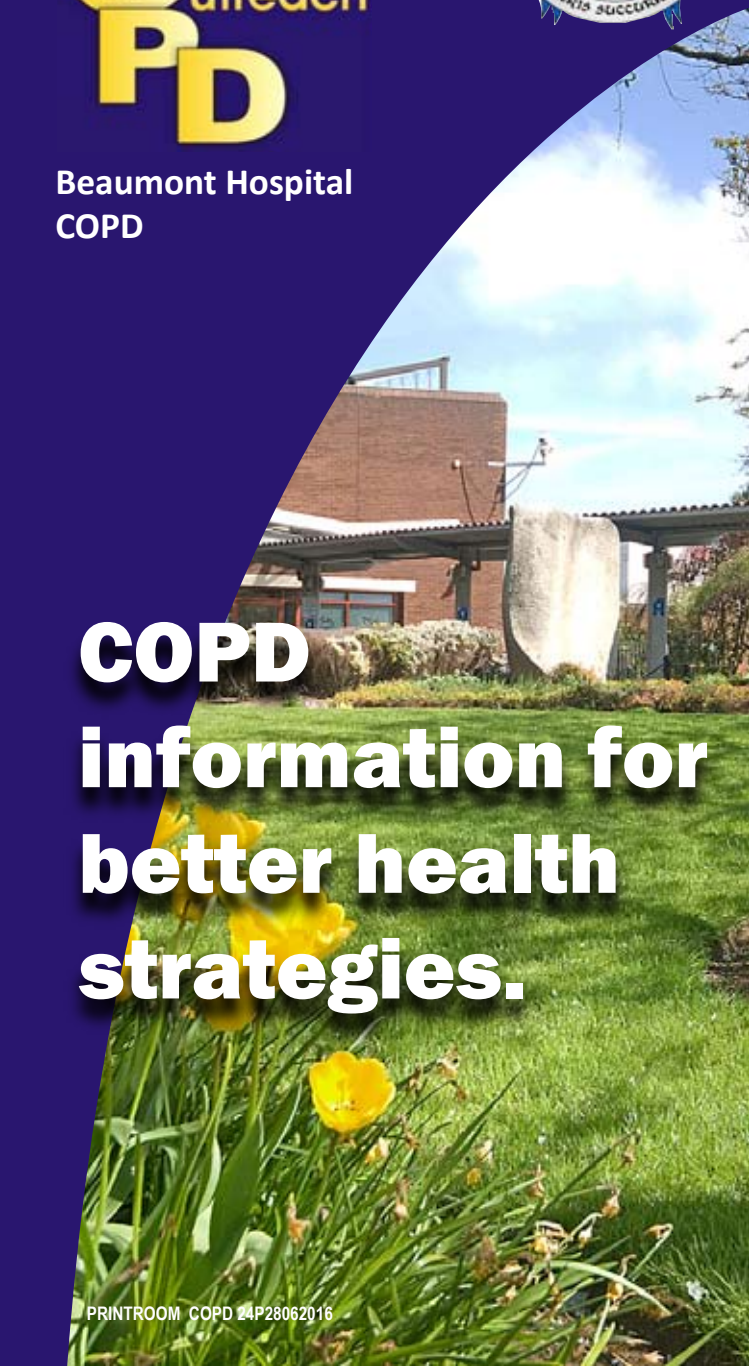
COPD Outreach

Beaumont Hospital COPD



COPD information for better health strategies.

PRINTROOM COPD 24P28062016

Welcome

Dear friends and neighbours, we at Beaumont Hospital understand that you are living with a chronic condition and know how difficult this can be at times for both you and your family. By developing this booklet we believe that we would highlight services to you that you may not be aware of, and which have been **designed with you in mind.**

The benefits of these services are that:

- ❑ They are designed for better health.
- ❑ Most of these services are freely available in the hospital or in the community
- ❑ They can be accessed directly by you. That means you can self refer.

We wish you the best in managing your future health.

Sections

- **Section 1:** Hospital Services
- **Section 2:** Community Services
- **Section 3:** Private/Charity Services
- **Section 4:** Other Resources

Section 1

Hospital Services

Better Health, Better Living

A six week self-management course for people with on-going health conditions

For more information on this programme please contact:

01–809 3359

Or email:

bhbl@beaumont.ie

Six sessions over 6 weeks

Mindfulness Based Stress Reduction

An 8 week structured training course in mindfulness exercises at Beaumont Hospital

For more information please contact:

01-809 3359

Cancer Thriving and Surviving Programme St. Luke's at Beaumont Hospital

A six-week self-management course for people who have completed their cancer treatment.

For further information please contact :

(01) 704-5580

QUIT SMOKING SUPPORT SERVICE

No If's
No Butts
No excuses
QUIT NOW

- Free and confidential Quit Smoking Support Service
- Information, Advice, and Follow Up Service

For more information and to make an appointment please contact:

Health Promotion
Beaumont Hospital

Health Promotion Department

(01) 809 2941

WELLBEING & STRESS MANAGEMENT PROGRAMME FOR OUTPATIENTS

Introducing how to manage the Stress in your life and Relax

6 Hours
over 2 mornings
at Beaumont Hospital
Free of Charge

For more information please contact:
Health Promotion Department
01 8092941/8093905

Section 2

Community Services

Medical Social Workers provide support and information on BEREAVEMENT SERVICES in the Hospital and Community. For more information on this, contact the Department at:

(01) 809 3290

For information on SUPPORT SERVICES in the community, contact your public health nurse in your local health centre.

For information on WELFARE ENTITLEMENTS, contact your local Intreo office at:

(01) 889 9500

Nutrition / Diet Resources

HSE **P**rogramme for **H**ealthy **E**ating and **W**eight Management

(PHEW)

http://www.hse.ie/eng/services/list/2/PrimaryCare/pcteams/dublinsouthpcts/dunlaoghaireglasthulepct/PHEW/

Irish Nutrition and Dietetics Institute (INDI) Factsheets:
https://www.indi.ie/fact-sheets.html

Safe Food:
http://www.safefood.eu/Healthy-Eating.aspx

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Community Physiotherapy

These services are provided from the Local Health Office, helping people who have suffered an injury or illness to regain their health or mobility through exercise and movement.

Occupational Therapy

These services are provided to people who through illness or disability are in need of support or changes to their lifestyle. Occupational Therapists can advise on any changes that may be needed in the home to support a person with special needs, and on activities that will help a person to regain their independence.

Website:

http://hse.ie/eng/services/list/1/LHO/DubNCentral/Therapy/

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

DDOC (Dublin North City and County)

1850 22 44 77

Mon-Fri 6pm-8am,
Sat-Sun and Bank Holidays 24hr cover

Chiropody Services

Medical Card holders over the age of 65 years or people with Diabetes who hold a medical card are entitled to apply for a chiropody treatment card. Application forms are available in your local health centre. If you would like to apply or need help in making an application, or if you just want to know what is available to you.

Website:

http://hse.ie/eng/services/list/1/LHO/DubNCentral/Therapy/

Your Local Pharmacist

pharmacy

Unsure of how to use your inhaler?

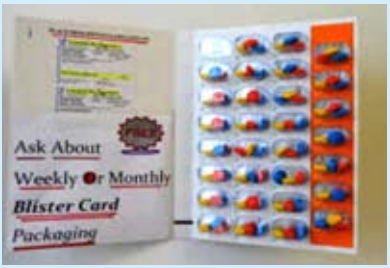
Your local pharmacist can now demonstrate the correct inhaler technique for the inhaler device you are using.

Yearly Flu Vaccinations:

Check availability with your local pharmacist.

Confusion over when to take your medication?

Ask your pharmacist if they do ‘Blister Packs’.



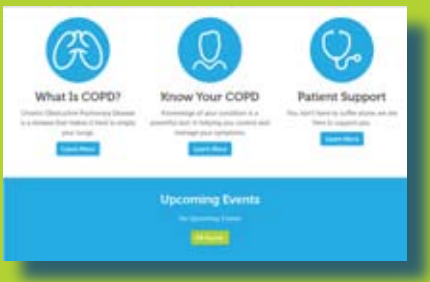
Section 3

Private/Chartiy Services

COPD Support Ireland
www.copd.ie

COPD Support Ireland

A National Charity for People living with Chronic Obstructive Pulmonary Disease (COPD)



www.copd.ie

COPD Support Ireland
www.copd.ie

Supports available in North Dublin

Monthly **COPD Support** Meeting in Parish Centre Whitehall from **2:00pm to 4:00pm** on the **last Thursday of every month.**

Contact COPD Support Ireland 01 2833500

Weekly Exercise Class from **12 noon to 1:00pm** in Parish Centre Whitehall

Improving and Maintaining Physical Activity Levels

Breathe Smart at DCU Sport:

Phone:

(01) 700 5797

Passport for Leisure:
Dublin City Council

E-mail:
info@passportforleisure.ie

Phone:

(01) 618 5000

Section 4

Other Resources

COPD Outreach

Freely Available Information

Providing information on self management for patients with COPD

YouTube videos available at:

www.beaumont.ie/copd

Just click on Pulmonary Rehab

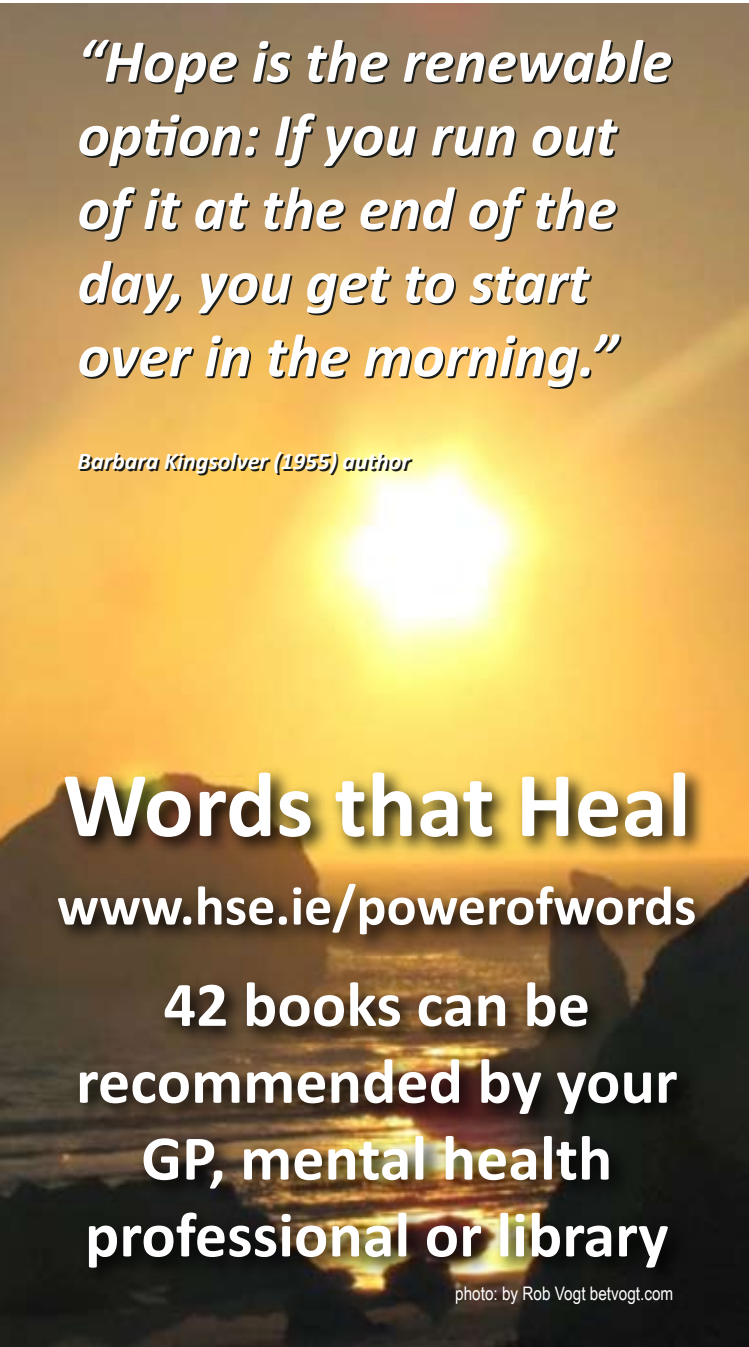
Feeling Stressed?

Practicing relaxation techniques regularly can help your body and mind relax.

A wide range of relaxation exercises are available on the Mindfulness and Relaxation Centre website

www.beaumont.ie/marc

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



"Hope is the renewable option: If you run out of it at the end of the day, you get to start over in the morning."

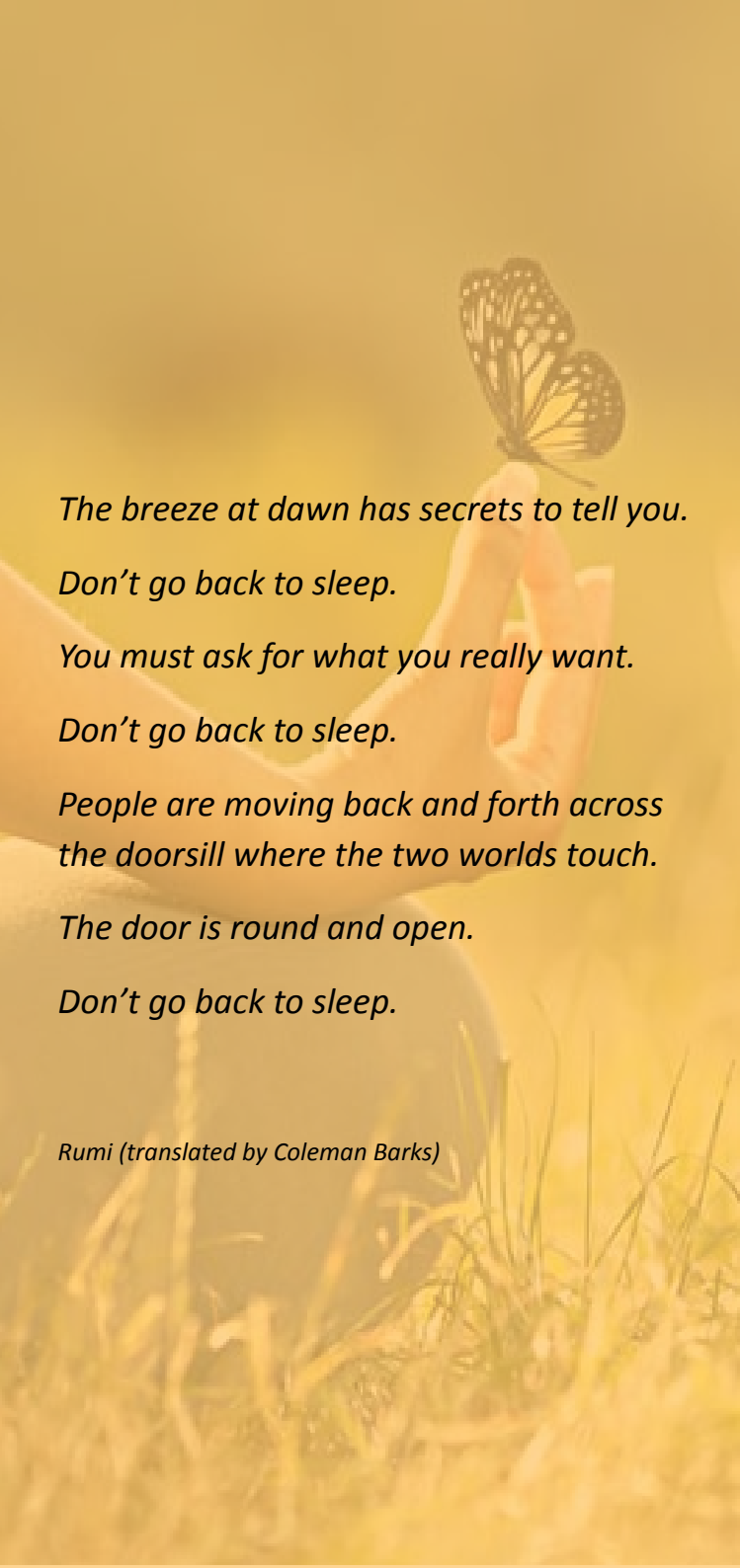
Barbara Kingsolver (1955) author

Words that Heal

www.hse.ie/powerofwords

42 books can be recommended by your GP, mental health professional or library

photo: by Rob Vogt betvogt.com



The breeze at dawn has secrets to tell you.

Don't go back to sleep.

You must ask for what you really want.

Don't go back to sleep.

People are moving back and forth across the doorsill where the two worlds touch.

The door is round and open.

Don't go back to sleep.

Rumi (translated by Coleman Barks)

This booklet was developed by Brenda Deering in partnership with the integrated Pulmonary Rehabilitation Team

A special thanks goes to Jennifer Wilson O'Raghallagh and Michele McGettigan who so kindly shared their work for this project, and to Colm Kavanagh for his artistic direction.

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