

Sláintecare Healthy Communities – Cork

This is a NEW programme for Cork (North City) to support health and wellbeing, providing services locally. Cork (North City) is one of nineteen areas nationally starting to offer this programme. Sláintecare Healthy Communities is led by Healthy Ireland in the Department of Health, HSE, Cork City Council and local community groups. These groups are working together to support the services below which are all **FREE** to anyone living in the Cork Healthy Communities Area: **Knocknaheeny, Fair Hill, Churchfield, Gurranabraher, Farranferris, The Glen, Mayfield and Blackpool**

For further details on Sláintecare Healthy Communities in Cork (North City) please contact:
Edel O'Donnell, Healthy Communities Co-ordinator Email: edel.odonnell1@hse.ie Tel: 087 2156691

Social Prescribing Link Worker

Your Social Prescribing Link Worker Can Provide:

Free one to one support to help you if you are feeling isolated:

- To connect with people,
- To connect with services,
- To connect with activities in your area.

You can be referred to the local Social Prescribing Link Worker through your G.P. or other health/social care professionals or you can make direct contact.

Contact: James Leonard
 Tel: 086-0147504 Email: socialprescribing@nicheonline.ie



Parenting Support

Parents Plus - Supporting you while you support your child

Free parent's support programme to help you:

- Feel empowered as a parent
- Strengthen parent/child relationships
- Build your child's confidence and self esteem
- Work with your child to promote positive behaviour
- Encourage positive health choices

Contact: Trish Hurley: Infant Mental Health and Wellbeing Coordinator
 Tel: 021 601 0656 Mobile: 086 185 4977 Email: trish@letsgrowtogether.ie



Stop Smoking Supports

Your Stop Smoking Advisor will:

- Provide one-to-one and group support to help people quit
- Provide free stop smoking medication

Contact: Miriam O'Shea
 Tel: 086 7871831 Email: miriam.oshea@hse.ie

For more on HSE Quit services go to **www.quit.ie**

'We Can quit'

Free 12 week stop smoking group programme

For details contact: lotamorefrfc@yahoo.ie



Healthy Food Made Easy

6 X 2hr weekly community nutrition & cooking course

- To develop the skills, knowledge and confidence to eat well
- To prepare simple meals for you and your family on a budget
- To improve your health

Individuals & community groups can register on
<https://www.corksports.ie/healthy-food-made-easy/>

Contact: Eoin Kaar
 Tel: 086 1409225 Email: wellcommactive@corksports.ie



Making Every Contact Count

Brief Intervention Skills Training Programme to:

- Support Health Professionals have conversations with patients about lifestyle behaviour change

Training Programme

- eLearning training programme consisting of 8 x 30-minute eLearning modules on HSeLand
- Skills to Practice Workshop (3.5hrs) booked through HSeLand

For information contact: mairem.oleary@hse.ie

