



## Saolta Health and Wellbeing Training Plan: Volume 2





### **Compiled by the Saolta Healthy Ireland Implementation Group**

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Saolta has led the way in Irish Hospital's for promoting the Healthy Ireland agenda with the implementation of its Healthy Ireland plan and delivery of initiatives to improve service user and organisational wellbeing.

This publication marks the second volume of the Saolta Health and Wellbeing Training Plan.

The plan is part of an ongoing commitment to improve service user health and wellbeing across Saolta.

The plan focuses a range of supports to promote staff health and wellbeing and is divided into three sections;

1. Mental and physical health resources
2. Staff health and wellbeing training opportunities
3. Patient health and wellbeing resources

We hope this plan has something of value to offer everyone in supporting health and wellbeing across the organisation.

**The members of the Saolta Healthy Ireland Implementation Group**



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## Saolta Health and Wellbeing Training Plan: Staff Mental Health Resources



Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Alcohol support	<ul style="list-style-type: none"> <li>- HSE Drugs and Alcohol Helpline and email support service.</li> </ul>	Monday-Friday 9.30am - 5.30pm.	Nationwide.	HSE.	Phone: (1800) 459459 Email: <a href="mailto:helpline@hse.ie">helpline@hse.ie</a> Website: <a href="http://www.drugs.ie">www.drugs.ie</a>
Arts Trust	<ul style="list-style-type: none"> <li>- Galway University Hospitals' Arts Trust run the west of Ireland's leading Arts and Health programme as a means of improving the hospital experience for patients, staff and visitors.</li> <li>- We provide a multi-disciplinary programme of events and activities including exhibitions, participative workshops, music, theatre and poetry for patients, visitors and staff in UHG and MPUH.</li> </ul>	n/a	Nurses Home, UHG.	Margaret Flannery, Arts Director, Galway University Hospital's Arts Trust.	Phone: (091) 544979 Email: <a href="mailto:margaret.flannery@hse.ie">margaret.flannery@hse.ie</a>
Choir	<ul style="list-style-type: none"> <li>- The Galway University Hospitals Choral Society is in existence since 2010. Made up of current and retired members of the HSE, it came together to sing carols for patients at Christmas-time and has continued since, taking part in numerous services, competitions and fund-raising event.</li> </ul>	Varies.	Varies.	Michael Durham, Choir master, UHG. Peter Mannion, Musical director, MPUH.	Email: <a href="mailto:Jackie.lillis@hse.ie">Jackie.lillis@hse.ie</a>  Phone: (091) 544979 Email: <a href="mailto:margaret.flannery@hse.ie">margaret.flannery@hse.ie</a>
	<ul style="list-style-type: none"> <li>- The Roscommon Hospital Choral Society is made up of members of the HSE, who have recently come together to sing carols for patients and staff.</li> </ul>	Every Monday at 1pm.	Oratory, Roscommon University Hospital.	Patricia Rogers and Aideen Banet.	Email: <a href="mailto:patricia.rogers@hse.ie">patricia.rogers@hse.ie</a> <a href="mailto:aideen.banet@hse.ie">aideen.banet@hse.ie</a>

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Choir	- Sligo University Hospital Choir.	Every Tuesday 1.15pm - 2pm.	Sligo University Hospital.	Sinead Conway.	
	- Letterkenny University Hospital choir.	TBC.	Large conference room, LUH.	Paul Friel.	Email: <a href="mailto:paul.friel@hse.ie">paul.friel@hse.ie</a>
Counselling	<ul style="list-style-type: none"> <li>- The HSE Employee Support Service (ESS) is a free confidential counselling service for employees which offers:</li> <li>- One-to-one counselling provided by trained and accredited counsellors/ psychotherapists.</li> <li>- Staff are supported through all emotional difficulties whether personal or work-related.</li> <li>- Referrals can be made by staff, managers and Occupational Health Services.</li> <li>- Advice and support for managers on workplace issues.</li> </ul>	Monday-Friday 9am – 5pm.	Galway, Mayo, Roscommon.	HSE Employee Support Service Administrator: Caroline Crowe. Counsellors/ Therapists: Ann Callanan Sonya Murray Ann Igoe	Phone: (091) 775965 Email: <a href="mailto:employee.support@hse.ie">employee.support@hse.ie</a> Anne Callanan, Counsellor/ Therapist, Galway. Phone: (091) 775965 Mobile: (087) 2375783 Email: <a href="mailto:ann.callanan@hse.ie">ann.callanan@hse.ie</a> Sonya Murray, Counsellor/ Therapist, Mayo (Mon-Thursday) Phone: (087) 9682195 Email: <a href="mailto:sonya.murray2@hse.ie">sonya.murray2@hse.ie</a> Ann Igoe, Galway and Roscommon Phone: (087) 2355885 Email: <a href="mailto:ann.igoe@hse.ie">ann.igoe@hse.ie</a>
	The HSE Employee Assistance Programme (EAP) is a free confidential support service that aims to provide the right wellbeing supports and interventions for staff and service managers, at the right time.	Monday-Friday 9.30am - 5.00pm.	Nationwide.	Various counsellors.	Phone: (0818) 327 327 <a href="http://www.inspiresupporthub.org">www.inspiresupporthub.org</a>



Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Counselling</b>	These services include: EAP counselling for personal and work-related issues. Psychosocial support. Critical incident response. Manager consultation on staff wellbeing issues.	Monday-Friday 9.30am - 5.00pm.	Nationwide.	Various counsellors.	Phone: (0818) 327 327 <a href="http://www.inspiresupporthub.org">www.inspiresupporthub.org</a>
<b>Critical Incident Stress Debriefing</b>	<ul style="list-style-type: none"> <li>- Critical incident stress debriefing for teams following a traumatic event.</li> <li>- This provides staff with important support after the event, an opportunity to come together to discuss what happened, how it has impacted on them and to make sense of it.</li> </ul>	On demand	Galway, Mayo, Roscommon, Sligo, Donegal.	Maura Harte, Ann Callanan, Sonya Murray.	Phone: (091) 775965 Email: <a href="mailto:employee.support@hse.ie">employee.support@hse.ie</a>
<b>Employee Support Services</b>	<ul style="list-style-type: none"> <li>- Develop skills and tools to help with:</li> <li>- Work and life stress.</li> <li>- Building the skills to have more satisfying relationships.</li> <li>- Developing resilient thinking to become more effective and content in life.</li> <li>- Supporting managers in implementing the 'Prevention and Management of Stress in the Workplace Policy'.</li> <li>- Training in stress, interpersonal skills and resilience skills for managers.</li> </ul>	If applicable.	Galway, Mayo, Roscommon.	HSE Employee Support Service Administrator: Caroline Crowe.	Phone: (091) 775965 Email: <a href="mailto:employee.support@hse.ie">employee.support@hse.ie</a>

Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Human resources programmes</b>	<ul style="list-style-type: none"> <li>- Coaching.</li> <li>- Conflict resolution and personal safety.</li> <li>- Dignity at work.</li> <li>- Fire training.</li> <li>- Manual handling.</li> <li>- Retirement planning.</li> <li>- Trust in care.</li> </ul>	Varies.	All hospitals.	Human Resources staff.	Contact your local Human Resources department.
<b>Dignity at Work</b>	<ul style="list-style-type: none"> <li>- To gain a working knowledge of the HSE Dignity at Work Policy.</li> <li>- To examine different ways of communicating and the effects this has within the workplace.</li> <li>- To look at ways of addressing conflict and introducing psychological safety in the workplace.</li> </ul>	Varies in each hospital.	All hospitals.	Elaine Fallon.	Phone: (086) 0490528 Email: <a href="mailto:elaine.fallon@hse.ie">elaine.fallon@hse.ie</a>
<b>Managing Difficult Conversations</b>	<ul style="list-style-type: none"> <li>- Discuss principles on how to manage 'Difficult Conversations' with staff and patients.</li> <li>- Understand how these techniques and skills may be used to engage in positive communications, constructive feedback and effective teamwork with our work colleagues.</li> </ul>	Varies in each hospital.	All hospitals.	Elaine Fallon.	Phone: (086) 0490528 Email: <a href="mailto:elaine.fallon@hse.ie">elaine.fallon@hse.ie</a>

Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Refreshing &amp; Energising Staff Teams Interview Skills (Interviewer)</b>	<ul style="list-style-type: none"> <li>- This Workshop aims to provide the following for staff:</li> <li>- The opportunity to reflect on their personal journey, the stress they have had and that of their team members throughout the Covid-19 Pandemic.</li> <li>- The opportunity to reconnect with colleagues and explore new ways of working together.</li> <li>- To work together to develop solutions to identified issues and decide how best to implement in their teams.</li> </ul>	Varies in each hospital.	All hospitals.	Elaine Fallon.	Phone: (086) 0490528 Email: <a href="mailto:elaine.fallon@hse.ie">elaine.fallon@hse.ie</a>
<b>Interview Skills (Interviewer)</b>	<ul style="list-style-type: none"> <li>- Understand and develop skills of effective planning prior to interview.</li> <li>- Understand the different roles and responsibilities for each Interview Board member.</li> <li>- Develop questioning and listening skills for interviewing.</li> <li>- Develop knowledge and skills in note taking and documentation during interviewing.</li> <li>- Develop knowledge and skills in assessment and evaluation of candidates.</li> </ul>	Varies in each hospital.	All hospitals.	Elaine Fallon.	Phone: (086) 0490528 Email: <a href="mailto:elaine.fallon@hse.ie">elaine.fallon@hse.ie</a>

Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Interview Skills (Interviewee)</b>	<ul style="list-style-type: none"> <li>- Understand the Competency based Interview process.</li> <li>- Understand how the Job Specification and Terms and Conditions provided to candidates for each post, relate to the Interview itself.</li> <li>- Develop the knowledge and skills to demonstrate how you meet and fit the different criteria required for the post.</li> <li>- Develop the skills required to effectively communicate throughout the Interview process with each member of the Interview Board.</li> </ul>	Varies in each hospital.	All hospitals.	Elaine Fallon.	Phone: (086) 0490528 Email: <a href="mailto:elaine.fallon@hse.ie">elaine.fallon@hse.ie</a>
<b>Team Building/ Coaching</b>	<ul style="list-style-type: none"> <li>- Understand how teams operate, individual roles in team, clarity of roles.</li> <li>- Dealing with conflict in teams.</li> <li>- What is working well in the team?</li> <li>- What issues are team members aware of?</li> <li>- Suggested solutions to address issues within team.</li> </ul>	Varies in each hospital.	All hospitals.	Elaine Fallon.	Phone: (086) 0490528 Email: <a href="mailto:elaine.fallon@hse.ie">elaine.fallon@hse.ie</a>
<b>Manager Coaching/ Mentoring</b>	<ul style="list-style-type: none"> <li>- Understand the role of line manager and its implications within the team.</li> <li>- Running effective staff meetings.</li> <li>- How to give effective staff feedback.</li> <li>- Performance achievement process for team members.</li> </ul>	Varies in each hospital.	All hospitals.	Elaine Fallon.	Phone: (086) 0490528 Email: <a href="mailto:elaine.fallon@hse.ie">elaine.fallon@hse.ie</a>

## Saolta Health and Wellbeing Training Plan: Staff Mental Health Resources



Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Reverse Mentoring</b>	<ul style="list-style-type: none"> <li>- Understand concepts of mentoring and reverse mentoring.</li> <li>- How to reverse mentor with more senior and junior colleagues.</li> </ul>	Varies in each hospital.	All hospitals.	Elaine Fallon.	Phone: (086) 0490528 Email: <a href="mailto:elaine.fallon@hse.ie">elaine.fallon@hse.ie</a>
<b>Mindfulness</b>	<ul style="list-style-type: none"> <li>- Information on mindfulness and useful tools with recommended reading.</li> <li>- Mindfulness classes for staff.</li> </ul>	If applicable.	Galway, Sligo, Letterkenny.	Varies.	Email: <a href="mailto:pamela.normoyle@hse.ie">pamela.normoyle@hse.ie</a> Email: <a href="mailto:georgina.kilcoyne@hse.ie">georgina.kilcoyne@hse.ie</a> Email: <a href="mailto:paul.friel@hse.ie">paul.friel@hse.ie</a>
<b>Minding your Wellbeing</b>	<ul style="list-style-type: none"> <li>- Minding your Wellbeing is a one-day positive mental health programme to support effective self-care and wellbeing for staff, provided by Health Promotion and Improvement.</li> <li>- The programme is also available online, and you can access the programme at a time that suits you.</li> </ul>	Ongoing.	Online.	Health Promotion and Improvement.	Email: <a href="mailto:health.improvement@hse.ie">health.improvement@hse.ie</a> Website: <a href="https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html">https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html</a>
<b>Schwartz rounds</b>	<ul style="list-style-type: none"> <li>- Schwartz Rounds are a multi-disciplinary forum designed for staff to come together once a month to share, discuss and reflect on the emotional and social challenges associated with working in healthcare.</li> <li>- The Quality Improvement Division of the HSE has selected Galway University Hospitals/Univeristy of Galway to pilot the introduction of Schwartz Rounds in an Irish hospital.</li> </ul>	Ongoing.	Galway.	Dr. Sean Dinneen. Mary Hynes. Pauline May.	Email: <a href="mailto:sean.dinneen@hse.ie">sean.dinneen@hse.ie</a> Email: <a href="mailto:mary.hynes@hse.ie">mary.hynes@hse.ie</a> Email: <a href="mailto:pauline.may@hse.ie">pauline.may@hse.ie</a>



Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Small Daily Steps	<ul style="list-style-type: none"> <li>- Small, Daily Steps is an online programme to help you to improve your well-being and reduce stress/conflict at work.</li> <li>- The course will introduce you to evidence-based techniques to assist you with: managing stress &amp; conflict, mindfulness, compassionate mind therapy.</li> </ul>	5 x 30 minute workshops tailored to healthcare workers to improve their wellbeing at work.	Online.	CHW Psychology Department.	<a href="http://smalldailysteps.ie/">http://smalldailysteps.ie/</a>
Stress management	<ul style="list-style-type: none"> <li>- Working with staff in developing the skills and tools to help in deal with:</li> <li>- Work and life stress.</li> <li>- Building the skills to have more satisfying relationships.</li> <li>- Developing resilient thinking to become more effective and content in life.</li> </ul>	If applicable.	Galway, Mayo, Roscommon.	HSE Employee Support Service Administrator: Caroline Crowe.	Phone: (091) 775965 Email: <a href="mailto:employee.support@hse.ie">employee.support@hse.ie</a>
	<ul style="list-style-type: none"> <li>- Stress management through mindfulness <b>NMBI 6 CEU's</b>.</li> </ul> <p>Aim:</p> <ul style="list-style-type: none"> <li>- To facilitate the participant's experience of simple, yet powerful mindfulness and relaxation practices to support the integration of mindfulness into daily life.</li> <li>- To create a user-friendly, self-help programme to counteract the adverse effects of stress.</li> </ul>	Varies.	SHH, Roscommon.	Derval Dunford.	Phone: (094) 9042055 Philip Beirne

Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Stress management	<p>Learning outcomes: On completion of this programme, participants will:</p> <ul style="list-style-type: none"> <li>- Be familiar with definitions of stress.</li> <li>- Understand the inappropriate arousal of the Fight or Flight response in modern life.</li> <li>- Be familiar with guided mindfulness, relaxation and visualisation exercises to induce relaxation and promote restful sleep.</li> <li>- Be familiar with abdominal breathing to aid relaxation and boost energy.</li> <li>- Be cognisant of simple lifestyle changes to reduce stress and improve quality of life.</li> </ul>	If applicable.	SHH, Roscommon.	Derval Dunford.	Phone: (094) 9042055 Philip Beirne
	<p><b>Stress control programme</b></p> <ul style="list-style-type: none"> <li>- Stress control is an evidence based programme that teaches participants to 'become their own therapist'.</li> </ul>	Each course will run for six weeks, one day per week x 90 minutes.	Online.	Dr. Jim Whyte.	Website: <a href="http://www.stresscontrol.ie">www.stresscontrol.ie</a>
Work positive programme	<ul style="list-style-type: none"> <li>- Supporting Managers in the Implementation of the 'Prevention and Management of Stress in the Workplace Policy' through training and individual support.</li> </ul>	If applicable.	Galway, Mayo, Roscommon.	Elaine Fallon.	Phone: (086) 0490528 Email: <a href="mailto:elaine.fallon@hse.ie">elaine.fallon@hse.ie</a>

Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>WRAP (Wellness Recovery Action Planning)</b>	<ul style="list-style-type: none"> <li>- WRAP is a 2.5 day seminar which helps you to monitor and manage your mental health. WRAP helps you to:</li> <li>- Stay as mentally well as possible.</li> <li>- Monitor your feelings and behaviours so you recognise when you're taking a dip.</li> <li>- Develop action plans to manage your mental health when you're facing challenges.</li> <li>- Identify the supports around you.</li> </ul>		Galway.	Ann Callanan, HSE Employee Support Service.	Phone: (091) 775965 Email: <a href="mailto:employee.support@hse.ie">employee.support@hse.ie</a> <a href="mailto:ann.callanan@hse.ie">ann.callanan@hse.ie</a>

Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Breastfeeding	<b>Local supports for staff</b> <ul style="list-style-type: none"> <li>- Staff breastfeeding room.</li> <li>- Breastfeeding consultancy/support service to staff – face to face and phone.</li> </ul>	As required.	Staff Breastfeeding room, second floor, Portiuncula Hospital.	Olivia Somers, Lactation Consultant.	Phone: (090) 9624619 Email: <a href="mailto:olivia.somers@hse.ie">olivia.somers@hse.ie</a>
	<ul style="list-style-type: none"> <li>- Staff breastfeeding rooms</li> </ul>		<p>Old nurses building near canteen, University Hospital Galway.</p> <p>Staff residence (daytime) and Cardiac investigations department (night time), Roscommon University Hospital.</p>		
	<b>Local training for staff:</b> <ul style="list-style-type: none"> <li>- Breastfeeding refresher training to incorporate perinatal mental health, bereavement and communication.</li> </ul>	Varies.	Glengesh room, CNME, Letterkenny University Hospital.	Trina Dinan.	Phone: (074) 9123673 Email: <a href="mailto:Catherine.Dinan@hse.ie">Catherine.Dinan@hse.ie</a>

Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Breastfeeding	<b>National supports for staff</b> <ul style="list-style-type: none"> <li>- Access to evidence based answers to common questions on breastfeeding.</li> <li>- Videos on breastfeeding techniques and supports.</li> <li>- Evidence based information on managing some problems mums may experience.</li> <li>- Contact details and information on local breastfeeding support groups and volunteers in every county.</li> </ul>	Varies for support groups.	Nationwide.	National Ms Laura McHugh, HSE National Breastfeeding Co-Ordinator.	Email: <a href="mailto:laura.mchugh@hse.ie">laura.mchugh@hse.ie</a> Website: <a href="http://www.breastfeeding.ie">www.breastfeeding.ie</a>
	<b>Breastfeeding Refresher</b> Content: <ul style="list-style-type: none"> <li>- Benefits of breastfeeding.</li> <li>- How breastfeeding works.</li> <li>- Assessing a breastfeed.</li> <li>- Breast problems.</li> <li>- Composition of breast milk.</li> <li>- Expressing/storing breast milk.</li> </ul>	TBC, 2-2.5 Hours.	Galway.	Theresa Hughes, Maternity, UHG.	Email: <a href="mailto:theresa.hughes@hse.ie">theresa.hughes@hse.ie</a>
Calorie posting	<ul style="list-style-type: none"> <li>- Saolta promotes Calorie Posting across its hospitals to raise awareness of the calorie content of food.</li> <li>- Calorie posting aims to make the healthier choice the easier choice for staff, patients and visitors to hospitals.</li> </ul>		All Saolta hospitals.	Catering teams.	Website: <a href="https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/calorie-posting/">https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/calorie-posting/</a>



## Saolta Health and Wellbeing Training Plan: Staff Physical Health Resources



Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Healthier vending	<ul style="list-style-type: none"> <li>- Saolta has introduced the HSE Healthier Vending Policy across all its hospitals.</li> <li>- Sugar sweetened beverages are not stocked in vending machines.</li> </ul>		All Saolta hospitals.	Hospital management.	Website: <a href="https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthier-vending/">https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthier-vending/</a>
Healthy Eating and Active Living	<ul style="list-style-type: none"> <li>- HSE website that aims to encourage people to become more physically active and eat healthier.</li> </ul>	Year round.	Nationwide.	HSE.	Website: <a href="https://www2.hse.ie/healthy-eating-active-living/">https://www2.hse.ie/healthy-eating-active-living/</a>
	<ul style="list-style-type: none"> <li>- Hospital Walks</li> </ul>	<ul style="list-style-type: none"> <li>- Q2 annually (with trained walking leader)</li> <li>- Year round using walking routes on <a href="https://www.saolta.ie/publications">https://www.saolta.ie/publications</a></li> </ul>	Letterkenny and  All Saolta hospitals Nationwide.	Paul Friel.	Phone: (087) 1198766 Email: <a href="mailto:paul.friel@hse.ie">paul.friel@hse.ie</a>
	<ul style="list-style-type: none"> <li>- Parkruns are FREE, non-competitive weekly events and are designed to be accessible to all.</li> <li>- To provide a weekly parkrun running event to every community that is willing to work to sustain one – thereby increasing participation in running/walking and improving social cohesion.</li> </ul>	Year round.	Nationwide.	Parkrun.	Website: <a href="http://www.parkrun.ie">www.parkrun.ie</a>

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<b>Healthy Eating and Active Living</b>	<ul style="list-style-type: none"> <li>- <b>HSE community games</b></li> <li>- Participation and competition in physical activity and sport for children at local, regional and national level.</li> </ul>	Seasonal.	Nationwide.	Community Games.	Website: <a href="http://www.communitygames.ie">www.communitygames.ie</a>
<b>Saolta Occupational Health Services</b>	<ul style="list-style-type: none"> <li>- Flu vaccination available at all hospitals from the occupational health department.</li> <li>- Protect yourself and service users by getting the flu vaccine.</li> </ul>	As required.	All hospitals.	Occupational Health Department's.	Contact your local occupational health department.
<b>National Occupational Safety and Health</b>	Information available on: <ul style="list-style-type: none"> <li>- Biological Agents.</li> <li>- Aggression and Violence.</li> <li>- Chemical Safety.</li> <li>- Occupational Noise Exposure.</li> <li>- Office Accommodation.</li> <li>- Display Screen Equipment.</li> </ul>	n/a	n/a	HSE National Safety, Health and Wellbeing Function.	Website: <a href="http://www.hse.ie/safetyandwellbeing">www.hse.ie/safetyandwellbeing</a>
	<b>Health and Safety Training</b> <ul style="list-style-type: none"> <li>- Relevant legislation.</li> <li>- Occupational Health &amp; Safety.</li> <li>- Safety, Health &amp; Welfare at Work (General Applications) 2007.</li> <li>- Subsequent regulations.</li> <li>- Safety, Health &amp; Welfare at Work Act 2005.</li> <li>- Accidents and incidents.</li> <li>- Prevent accidents &amp; incidents.</li> </ul>	Contact service provider.	Classroom 4, Nurses Home, UHG.	Facilitator: Catherine Jordan.	Email: <a href="mailto:maureen.nolan@hse.ie">maureen.nolan@hse.ie</a>

Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Smarter travel	<ul style="list-style-type: none"> <li>- Smarter Travel Workplaces is a voluntary programme working with large employers to implement workplace travel plans or actions to promote walking, cycling, public transport, car-sharing and the use of technology in place of travel.</li> <li>- Saolta is a partner in the scheme where staff can avail of: <ul style="list-style-type: none"> <li>- Annual walking &amp; cycling challenges.</li> <li>- Partner events.</li> <li>- Promotional materials.</li> <li>- Mapping resources e.g. home locations, walking/cycling time bands from your hospital.</li> <li>- Information on cycle to work and tax saver schemes.</li> </ul> </li> </ul>	<p>Cycle to work week every June.</p> <p>Pedometer challenge every September.</p>	Saolta.	Contact your local finance department for details of tax saving travel options.	Website: <a href="http://www.smartertravelworkplaces.ie">www.smartertravelworkplaces.ie</a>
	<ul style="list-style-type: none"> <li>- E-bike and cycle to work open days</li> </ul>	Bi-annually.	Letterkenny.	Green sustainability team.	Phone: (086) 0253022 Michael O'Brien
Sexual health	<ul style="list-style-type: none"> <li>- GUM clinic GUH.</li> </ul>	<p>Clinics Wednesday and Friday 8.30am-1pm.</p> <p>Clinic by appointment Wednesday and Monday afternoons.</p>	<p>Infectious Diseases Clinic, UHG.</p> <p>Building to left of main entrance gate.</p>	Infectious diseases team.	Phone: (091) 525200

## Saolta Health and Wellbeing Training Plan: Staff Physical Health Resources



Service	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Sexual health	- HIV Clinic.	Weekly.	GUH.	GP Referral/ Consultant referral.	Phone: (091) 525200
	- Hepatitis B Clinic.	Fortnightly.	GUH.		
	- HSE HIV, Hepatitis & Sexual Health Helpline provides free confidential support.				Phone: (1800) 459459 Email: <a href="mailto:helpline@hse.ie">helpline@hse.ie</a>
	- GUM clinic – Mayo University Hospital. - Free of charge and confidential sexual health screening and treatment clinic.	Tuesday mornings by appointment only.	Room 11, Outpatients Department.	Provided by Mayo Community Services under the guidance of GUH Infectious diseases service.	Phone: (094) 9021733 Ext 3501/3525 – Monday, Wed, Thu & Friday afternoons. Extension 3076 Tues am only.
Transgender equality policy	- This policy has been developed to clarify specifics of Transgender Equality issues for staff within the Saolta Group. - The policy will assist employees, managers and Human Resources personnel when a transgender individual commences employment within the organisation or a current staff member is transitioning to a different gender.			Mary Hynes.	Email: <a href="mailto:mary.hynes@hse.ie">mary.hynes@hse.ie</a> Website: policy available on QPULSE system.

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Academic courses	n/a	<ul style="list-style-type: none"> <li>- Our academic partner University of Galway offers a wide range of courses related to health and wellbeing.</li> <li>- These include medicine, nursing and midwifery, MA/H.Dip in health promotion, Post Graduate Cert in Cardiovascular Health and Diabetes Prevention, clinical education, psychology and social work.</li> <li>- Saolta will fund academic courses in certain instances.</li> <li>- Contact your local HR dept for further details.</li> </ul>	Varies.	Galway.	Academic staff.	Phone: (091) 524411 Website: <a href="https://www.universityofgalway.ie/">https://www.universityofgalway.ie/</a>
Alcohol and Cancer		<ul style="list-style-type: none"> <li>- Alcohol is classified as a group 1 carcinogen by the International Agency for Research on Cancer (IARC) as there is a proven, causal link between alcohol and several types of cancer.</li> <li>- This short course on alcohol and cancer will include national and international statistics, the risks caused by alcohol and how these can be reduced.</li> </ul>	Varies.	Varies.	Western Region Drug and Alcohol Task Force.	Phone: (091) 480044 Email: <a href="mailto:training@wrdatf.ie">training@wrdatf.ie</a> Website: <a href="http://www.wrdatf.ie">www.wrdatf.ie</a>



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Assessment of Palliative Care Needs	NMBI 11 CEU's	<ul style="list-style-type: none"> <li>- Two day programme.</li> <li>- Aim: To enhance registered nurses knowledge and skills in caring for adults and children with life-limiting conditions, so that each person experiences the best possible quality of life.</li> <li>- The palliative care approach is informed by knowledge and practice of the principles of palliative care and so is an integral part of all clinical practice, whatever the illness or its stage.</li> </ul> <p>Learning outcomes: On completion of this programme participants will:</p> <ul style="list-style-type: none"> <li>- Understand the principles and philosophy of palliative care.</li> <li>- Understand and explore the domains and principles of palliative care in the context of needs assessment.</li> <li>- Reflect on personal values and beliefs about palliative care to enhance assessment and delivery of patient care.</li> <li>- Experience the process of developing a common vision for palliative care within the workplace.</li> </ul>	Contact service provider.	CNME, Castlebar.	Brenda Quigg, CNSp Palliative Care, Mayo PCCC. Gráinne Glacken, CNME.	Phone: (094) 9042122 Grainne Glacken

Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Brief interventions for alcohol</b>		<ul style="list-style-type: none"> <li>- Evidence for the effectiveness of Screening and Brief Intervention (SBI).</li> <li>- Alcohol and drug-related presentations to health and social care settings.</li> <li>- Contemporary models of SBI for problem alcohol and drug use.</li> <li>- Overview of the SAOR model of intervention for problem alcohol and drug use.</li> <li>- Establishing a supportive working relationship with service users.</li> <li>- Asking about alcohol and drug use and screening for alcohol and drug-related problems.</li> <li>- Delivering a structured brief intervention based upon the SAOR model.</li> <li>- Developing appropriate care pathways for service users and arranging appropriate follow up.</li> <li>- Accessing useful links and reference materials for further reading and research.</li> </ul>	Contact WRDATEF.	Galway City.	Western Region Drugs and alcohol Task Force.	Phone: (091) 480044 Email: <a href="mailto:training@wrdf.ie">training@wrdf.ie</a> Website: <a href="http://www.wrdtf.ie">www.wrdtf.ie</a>

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Brief interventions for smoking cessation</b>	ICGP 5.5 CPD credits, 2GMS study leave  NMBI 6 CEU's	<ul style="list-style-type: none"> <li>- HSE Tobacco Free Campus Policy.</li> <li>- Understanding tobacco use.</li> <li>- The health effects of smoking &amp; the benefits of quitting.</li> <li>- Raising the issue of smoking with patients.</li> <li>- Information on supports to quitting e.g. NRT.</li> <li>- Enhancing individual practice.</li> <li>- Improving one to one communication.</li> </ul>	Belinda Taylor.	Centre for Nursing and Midwifery education, Cregg, Rosses point road, Sligo.	Liz Martin, Health Promotion and Improvement, CHO1.	Phone: (071) 9135061 Email: <a href="mailto:belinda.taylor@hse.ie">belinda.taylor@hse.ie</a>
<b>Breastfeeding six hour update</b>	NMBI 6 CEU's	<ul style="list-style-type: none"> <li>- To provide a six hour breastfeeding update on breastfeeding management to health professionals who have contact with pregnant women and their new born infants.</li> </ul>	TBA	TBA	TBA	Email: <a href="mailto:liz.martin@hse.ie">liz.martin@hse.ie</a>
<b>Breastfeeding management</b>	NMBI 14 CEU's	<ul style="list-style-type: none"> <li>- Two day breastfeeding course adapted from the 20 hour UNICEF breastfeeding course to meet the needs of public health nurses and hospital based nurses &amp; midwives.</li> </ul>	TBA	TBA	TBA	Email: <a href="mailto:liz.martin@hse.ie">liz.martin@hse.ie</a>
<b>Breastfeeding Support group facilitation training</b>		<ul style="list-style-type: none"> <li>- Six hour course including facilitation skills, group development, and the basics of positioning and attachment.</li> </ul>	TBA	TBA	TBA	Email: <a href="mailto:liz.martin@hse.ie">liz.martin@hse.ie</a>

Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Caring Behaviours Assurance System Ireland (CBAS-I)</b>	NMBI 30.5 CEU's	<p><b>Aim</b></p> <ul style="list-style-type: none"> <li>- CBAS-I is a system for enabling and assuring the delivery of person-centred care from point of care to Executive Board.</li> <li>- Puts patient-centred culture back in the hands of the healthcare team.</li> <li>- Addresses 'caring for patients and caring for staff' in equal measure.</li> <li>- Multidisciplinary team approach.</li> <li>- Each ward/dept. selects three to five staff members to undertake the role of quality champion.</li> <li>- Selected staff are invited to attend the programme. Quality champions commit to undertake the role for one year.</li> </ul> <p><b>Programme outline (5 days)</b></p> <ul style="list-style-type: none"> <li>- A briefing day.</li> <li>- A three day implementation programme.</li> <li>- Review day.</li> <li>- Quality champions work in a team as accountability partners as they engage in activities together.</li> <li>- Together they identify quality indicators relevant to their work and assess care delivery in their own wards/depts. against these indicators.</li> <li>- A two hour Resilience Advantage Workshop is integrated into the programme.</li> <li>- This workshop teaches staff about the tools and techniques which facilitates the development of greater resilience and enables practitioners to manage stress in the moment.</li> </ul>	Contact service provider.	Varies.	Varies.	<p>Mary Frances O'Reilly Director, NMPDU, Clinical &amp; Administration Block A, Merlin Park University Hospital, Galway.</p> <p>Phone: (091) 775840 Email: <a href="mailto:mary.oreilly4@hse.ie">mary.oreilly4@hse.ie</a></p>

Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Child and family care training programmes		<p><b>Level 1: Foundation courses</b></p> <ul style="list-style-type: none"> <li>- Drugs and Alcohol Awareness Training.</li> <li>- 'Children First and You': Preparation for Supervision for Supervisees.</li> <li>- Therapeutic Crisis Intervention (TCI).</li> <li>- TCI refreshers.</li> <li>- Cultural diversity and child protection.</li> <li>- Assessing families in need.</li> <li>- The developing child (0-18).</li> <li>- Parental alcohol misuse and its impact.</li> <li>- Multidisciplinary working, incorporating the law in relation to child welfare.</li> </ul> <p><b>Level 2: Intermediate courses</b></p> <ul style="list-style-type: none"> <li>- Courtroom skills &amp; report writing.</li> <li>- What lies hidden: the reality of children's lives.</li> </ul> <p><b>Level 3: Advanced courses</b></p> <ul style="list-style-type: none"> <li>- Investigative Interviewing for child sexual abuse.</li> <li>- Solution focused brief therapy.</li> <li>- Adult attachment based therapeutic interviewing.</li> </ul>	Contact service provider.	Galway.	Regional Training Manager, Regional Office, Child and Family Care, Merlin Park.	Phone: (091) 775314 Fax: (091) 755632 Email: <a href="mailto:childcaredept@hse.ie">childcaredept@hse.ie</a>

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Community Nutrition &amp; Dietetic Services</b>		<ul style="list-style-type: none"> <li>- The Community Nutrition &amp; Dietetic Services of the Health Service Executive Western Area aims to improve the nutritional health of the population within the area.</li> <li>- The approaches are multi-channelled and involve education, training, acting as a resource service, developing personal skills and partnerships.</li> <li>- The service provides learning opportunities for staff to assist them in their working with their client groups.</li> <li>- It also provides a service to the staff as a population group themselves.</li> </ul>				<p>Phone: (091) 548335</p> <p>Email: <a href="mailto:community.nutrition@hsewesternarea.ie">community.nutrition@hsewesternarea.ie</a></p>
<b>CPR and associated training</b>		<b>CPR training</b> <b>BLS training</b>	Contact service provider.	Sligo University Hospital.	Deirdre Staunton.	Email: <a href="mailto:deirdre.staunton@hse.ie">deirdre.staunton@hse.ie</a>
		<b>BLS Revalidation</b>	Contact service provider.	Drumcliffe Room, CNME, Cregg, Rosses Point, Sligo.	Martina Harkin-Kelly.	<p>Phone: (071) 9177090</p> <p>Central Booking Office, CNME</p> <p>Email: <a href="mailto:maura.hanly@hse.ie">maura.hanly@hse.ie</a></p>

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
CPR and associated training		<b>Resuscitation Training</b> <ul style="list-style-type: none"><li>- Certified by the Irish Heart Foundation.</li><li>- Personnel number essential when booking.</li><li>- Basic Life Support Course (BLS): five hours: adult, child, infant CPR and AED. Including Cardiac Arrest Trolley.</li><li>- For Nurses, all NCHDs (Necessary pre-ADVANCED CARDIAC LIFE SUPPORT (ACLS)) and Physiotherapists working with adults, children or infant patients.</li><li>- Heartsaver AED: 3.5 hours, adult, child &amp; infant CPR and use of AED for Allied Health Professionals and non-medical staff in contact with patients.</li></ul>	Contact service provider.	UHG & Merlin Park Hospital.	Lorraine Courtney.	Phone: (091) 542963 Bleep: 260 Fax: (091) 544910 Email: <a href="mailto:lorraine.courtney@hse.ie">lorraine.courtney@hse.ie</a>
				MUH.	Siobhan Keane.	Phone: (091) 542962 Email: <a href="mailto:siobhan.keane@hse.ie">siobhan.keane@hse.ie</a>
					Liz Casey.	Phone: (094) 9021733 ext: 3087 Bleep: 379 Email: <a href="mailto:liz.casey@hse.ie">liz.casey@hse.ie</a>
		<b>Revalidation of AED skills</b> <ul style="list-style-type: none"><li>- Nurses using an AED, nurse skills on CPR and use of AED must be refreshed every three to six months (5-10 minutes). Contact Lorraine or Siobhan.</li><li>- Staff with direct patient contact should attend a certified CPR class every 2 years.</li></ul>	Contact service provider.	Galway.	Lorraine Courtney.	Phone: (091) 542963 Bleep: 260 Fax: (091) 544910 Email: <a href="mailto:lorraine.courtney@hse.ie">lorraine.courtney@hse.ie</a>
					Siobhan Keane.	Phone: (091) 542962 Email: <a href="mailto:siobhan.keane@hse.ie">siobhan.keane@hse.ie</a>

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
CPR and associated training		<b>Ward workshops</b> <ul style="list-style-type: none"> <li>- For simulations at ward/department level.</li> </ul> <b>Ongoing CPR training dates for the year are available on the Infohub or the Resuscitation Training Department Service Providers.</b> <p>Line manager approval must be in place for all training applications.</p>	Contact service provider.	Galway.	Lorraine Courtney.  Siobhan Keane.	Phone: (091) 542963 Bleep: 260 Email: <a href="mailto:lorraine.courtney@hse.ie">lorraine.courtney@hse.ie</a>  Phone: (091) 542962 Email: <a href="mailto:siobhan.keane@hse.ie">siobhan.keane@hse.ie</a>
		<b>Online BLS Course</b> <ul style="list-style-type: none"> <li>- For Nurses, NCHDs and Physiotherapists who have previously completed a classroom-based BLS course.</li> <li>- Skills assessed by a BLS Instructor on completion of online portion.</li> <li>- Staff with direct patient contact should attend a certified CPR class every 2 years.</li> </ul>	Contact service provider.	Galway.	Lorraine Courtney.  Siobhan Keane.	Phone: (091) 542963 Bleep: 260 Email: <a href="mailto:lorraine.courtney@hse.ie">lorraine.courtney@hse.ie</a>  Phone: (091) 542962 Email: <a href="mailto:siobhan.keane@hse.ie">siobhan.keane@hse.ie</a>
		<b>ACLS</b> 8am–6pm. 24 places. <ul style="list-style-type: none"> <li>- For details regarding time, venues and content please contact Siobhan Keane and Lorraine Courtney.</li> </ul>	Contact service providers.	Varies.	Lorraine Courtney.  Siobhan Keane.	Phone: (091) 542963 Bleep: 260 Fax: (091) 544910 Email: <a href="mailto:lorraine.courtney@hse.ie">lorraine.courtney@hse.ie</a>  Phone: (091) 542962 Email: <a href="mailto:siobhan.keane@hse.ie">siobhan.keane@hse.ie</a>



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Cystic Fibrosis: Management and Treatment Update</b>	NMBI category one pending	<ul style="list-style-type: none"> <li>- The aim of this programme is to provide participants with a deeper knowledge of the development, diagnosis, management and treatment of cystic fibrosis.</li> </ul>	Contact service provider.	CNME, Castlebar.	Ms Lorna O' Connor, CNS, Cystic Fibrosis.	Phone: (094) 9042067 Ruth Hoban
		<p>Learning outcomes: On completion of this programme, participants will:</p> <ul style="list-style-type: none"> <li>- Have a greater understanding of cystic fibrosis, causative factors and incidence from an Irish perspective.</li> <li>- Have an increased awareness of the national screening programme for cystic fibrosis and referral pathways.</li> <li>- Have an understanding of the physical and psychosocial impact of cystic fibrosis on the individual and their carers/family.</li> <li>- Have explored infection prevention and control issues pertaining to individual's with cystic fibrosis.</li> <li>- Have an understanding of the various medications currently used to treat cystic fibrosis.</li> <li>- Be aware of the role of the multidisciplinary team in the management and treatment of cystic fibrosis.</li> <li>- Have received a brief overview on lung transplantation.</li> </ul>	Contact service provider.	Drumcliffe Room, CNME, Cregg, Rosses Point, Sligo.	Ms Mary Lynn, CNS, Cystic Fibrosis, Mayo University Hospital. Maura McGettrick.	Phone: (071) 9177090 Email: <a href="mailto:maura.hanly@hse.ie">maura.hanly@hse.ie</a>

Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Drugs: new and emerging</b>		<p>The course looks at new and emerging drugs and drug use on a local, national and international basis.</p> <ul style="list-style-type: none"> <li>- Emerging trends of use with 'traditional drugs' (e.g. cannabis and ecstasy).</li> <li>- Newly established drugs (e.g. mephedrone, MXE, and GBL).</li> <li>- Current information on 'Headshop' products sourced from the internet or abroad.</li> <li>- Future possible trends in drug use.</li> </ul>	<p>Galway, venue TBC.</p> <p>Claremorris, Co. Mayo.</p>	Western Region Drugs and Alcohol Task Force.	WRDATF	<p>Phone: (091) 480044</p> <p>Email: <a href="mailto:training@wrdatf.ie">training@wrdatf.ie</a></p> <p>Website: <a href="http://www.wrdatf.ie">www.wrdatf.ie</a></p>
<b>Eating Disorders Programme</b>	NMBI 7 CEU's	<p>Aim:</p> <ul style="list-style-type: none"> <li>- This programme will provide the latest best practice guidelines for the management of people living with eating disorders. It has been identified that a deficit in practice knowledge and/or experiential learning exists in some areas regarding best practice for the management of eating disorders.</li> <li>- To meet the need for ongoing professional development and improve outcomes for patients/ clients and their families through a training programme that encompasses service provision, physical, psychological and social complication associated with eating disorders.</li> </ul>	Contact service provider.	CNME, Castlebar.	<p>Mary Harron, CNS, Eating Disorders Practitioner, HSE NW.</p> <p>Dr. Edmond O'Mahoney, Consultant Psychiatrist, HSE NW.</p> <p>Dr. Catherine McHugh, Consultant Endocrinologist HSE NW.</p>	<p>Phone: (094) 9042055</p> <p>Philip Beirne</p>

Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Eating Disorders Programme		<ul style="list-style-type: none"> <li>- This programme of training will be delivered by the Eating Disorders Practitioner and Consultants from the MARSIPAN (Management of Really Sick Patients with Anorexia Nervosa) team and is aimed at nurses and other health professionals working in primary, community and acute care setting to increase awareness, knowledge and skills in the management of eating disorders.</li> </ul> <p>Learning outcomes: On completion of this programme participants will:</p> <ul style="list-style-type: none"> <li>- Be able to identify the criteria for the diagnosis of an eating disorder.</li> <li>- Identify the predisposing and precipitating factors associated with eating disorders.</li> <li>- Have knowledge of the physical &amp; psychological signs and symptoms, associated with eating disorders.</li> <li>- Have knowledge of the best practice guidelines for the assessment and treatment of individuals with eating disorders.</li> </ul>	Varies.	Varies.	Patricia O'Connor, Senior Dietician, Sligo University Hospital.	

Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Enhancing &amp; Enabling Well Being for the Person with Dementia</b>	NMBI 15 CEU's	<p><b>Aim:</b></p> <ul style="list-style-type: none"> <li>- To enhance healthcare staff's knowledge regarding caring for older people with dementia and to facilitate them to create a caring and dignified environment, where a person-centred approach to dementia care can be fostered.</li> </ul> <p><b>Learning outcomes:</b> On completion of this two day programme participants will:</p> <ul style="list-style-type: none"> <li>- Demonstrate increased knowledge and understanding of dementia and the effects of the condition for the person.</li> <li>- Demonstrate a greater understanding of the essential knowledge and skills required to care for people with dementia in various care settings.</li> <li>- Demonstrate a clear understanding of person centred care and how to implement it for people with dementia in clinical practice.</li> <li>- Have increased awareness and knowledge of the quality of life issues affecting people living with dementia and their families.</li> <li>- Demonstrate practical changes that will enhance the clinical/care environment where people with dementia are supported and cared for.</li> </ul>	9am-5 pm. Two day programme, dates vary.	<p>SHH, Roscommon.</p> <p>Drumcliffe Room, CNME, Cregg, Rosses Point, Sligo.</p> <p>Knocknarea Room, CNME, Sligo.</p>	<p>Gráinne Glacken, CNME Mayo/Roscommon.</p> <p>Maura McGettrick.</p> <p>Michelle Quinn, A/Director of Nursing.</p> <p>Mary Murray, CNM II, Aras Attracta.</p> <p>Fiona Hoban, Community Dementia Project.</p> <p>Helen Walsh, CNM II.</p> <p>Ruth Hoban.</p> <p>Kate Bree.</p>	<p>Phone: (094) 9042122 Grainne Glacken</p> <p>Phone: (071) 9177090 Email: maura.hanly@hse.ie</p>

Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Final Journeys programme</b>	NMBI 7 CEU's	<p><b>Aim:</b></p> <ul style="list-style-type: none"> <li>- The aim of this programme is to enhance the quality of the interactions between patients at end of life, their families and hospital staff.</li> <li>- This programmes aims to develop a culture of awareness among all health care workers regarding end of life care issues.</li> <li>- The programme aims to support the development of communication skills for staff in direct contact with patients and their families at end of life.</li> </ul> <p><b>Learning outcomes:</b> On completion of this two day programme participants will:</p> <ul style="list-style-type: none"> <li>- Identify ways to improve end-of-life care in clinical practice/ work areas.</li> <li>- Apply the principles of a hospice approach throughout work locations.</li> <li>- Understand the importance of ongoing care of patients and families after death.</li> <li>- Enhance personal skills to provide support to families.</li> <li>- Identify ways to improve communication during end-of-life care with patients, families and the multidisciplinary team.</li> </ul>	9am-5pm. Dates vary.	SHH, Roscommon.	<p>Gráinne Glacken, CNME.</p> <p>Geraldine Keane, CNS, Palliative Care, RUH.</p> <p>Caroline Smyth, CNS, Community Palliative Care, Roscommon.</p>	Phone: (094) 9042122 Grainne Glacken

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Final Journeys programme	NMBI 7 CEU's	<ul style="list-style-type: none"> <li>- Understand the impact of communication during the end-of-life experience for the patient, family and multidisciplinary team.</li> <li>- Enhance personal communication skills for open and sensitive communication to end of life care.</li> </ul>				
		<ul style="list-style-type: none"> <li>- Course is for MDT healthcare staff.</li> <li>- One day training.</li> </ul>	9.30am-4.30 pm. Dates vary.	Drumcliffe Room, CNME, Cregg, Rosses Point, Sligo.	Maura McGettrick.	Phone: (071) 9177090 Email: <a href="mailto:maura.hanly@hse.ie">maura.hanly@hse.ie</a>
Hand Hygiene	n/a	<ul style="list-style-type: none"> <li>- Thirty minute hand hygiene sessions available regularly throughout the hospital group.</li> </ul>	<p>Contact Infection Control team.</p> <p>Every Tuesday 11am-12pm.</p> <p>Departmental arrangements on request.</p>	<p>All hospitals.</p> <p>ETC building, SUH.</p>	Infection control teams.	<p>Contact your local infection control team for details.</p> <p>Sligo, phone: (071) 9171111 Bleep: 117 Email: <a href="mailto:ciaran.adams@hse.ie">ciaran.adams@hse.ie</a></p>

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Health literacy training – Plain English</b>	n/a	<ul style="list-style-type: none"> <li>- Three hour plain English workshop.</li> <li>- Plain English is a style of writing and layout that the intended reader can understand after a single reading.</li> <li>- It will help you clarify what you're trying to say and, as a result, help your reader get your message exactly as you intended.</li> <li>- Presenting information in plain English includes using suitable words, adopting a direct style, avoiding unnecessary jargon and designing your written information to make it easier to follow.</li> </ul>	Dates vary.	University Hospital Galway.	Facilitator: National Adult Literacy Agency.	Email: <a href="mailto:Maryc.Connaughton@hse.ie">Maryc.Connaughton@hse.ie</a>
<b>Making Every Contact Count (MECC)</b>	<p>CEUs: E-learning programme (4 CEUs).</p> <p>MECC Workshop: (3.5 CEUs).</p>	<ul style="list-style-type: none"> <li>- The Making Every Contact Count training programme is available to all healthcare professionals in Ireland. It was developed in consultation with healthcare professionals and patients in order to provide effective tools and knowledge to carry out a brief intervention with patients or service users.</li> <li>- The eLearning training programme consists of 8 x 30-minute eLearning modules.</li> </ul>	Online	Online	Online and face to face (workshop)	<p>Online and face to face (workshop)</p> <p>Training registration: <a href="https://www.hseland.ie/">https://www.hseland.ie/</a></p> <p>Email: <a href="mailto:makingevery.contactcount@hse.ie">makingevery.contactcount@hse.ie</a></p> <p>Workshop contacts:</p> <p>GUH: <a href="mailto:pamela.normoyle@hse.ie">pamela.normoyle@hse.ie</a></p> <p>LUH: <a href="mailto:paul.friel@hse.ie">paul.friel@hse.ie</a></p>

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Making Every Contact Count (MECC)</b>		<ul style="list-style-type: none"> <li>- Users can return to any of the modules in the eLearning training programme to recap on the topics covered. Additional information can be accessed in the Extend My Learning section. This provides an opportunity to complete practical exercises to support the transfer from learning to practice.</li> <li>- Following completion of the MECC eLearning there will be an opportunity to complete an 'Enhancing your Brief Intervention skills' workshop.</li> <li>- The training programme has also been approved by some Healthcare Professional bodies for Continuous Professional Development (CPD) points.</li> </ul>				<p>MECC directory for staff to support patient lifestyle:  <a href="https://www.westbewell.ie/wp-content/uploads/2022/06/M-ECC-Directory-April-2022.pdf">https://www.westbewell.ie/wp-content/uploads/2022/06/M-ECC-Directory-April-2022.pdf</a></p>
<b>Mental health training</b>		<p><b>Suicide Awareness Education Programme</b></p> <ul style="list-style-type: none"> <li>- Aims to enhance an individual's awareness of the issues around suicide and suicide prevention. The topics covered include:</li> <li>- Providing information on the nature of suicide and deliberate self-harm in Ireland.</li> <li>- Examining the participants' attitudes towards suicide.</li> <li>- Enhancing knowledge of the risk factors and warning signs of suicide.</li> </ul>	Varies.	Varies.	Mary O'Sullivan, Resource Officer for Suicide Prevention.	<p>Phone: (091) 548360            Mobile: (087) 6858023            Email: <a href="mailto:mary.osullivan@hse.ie">mary.osullivan@hse.ie</a></p>



## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Mental health training		<ul style="list-style-type: none"> <li>- Discussing the issues around responding to someone experiencing a crisis, or to supporting someone bereaved by suicide.</li> </ul>				
		<b>ASIST Programme (Applied Suicide Intervention Skills Training)</b> <ul style="list-style-type: none"> <li>- This is a two day programme designed to help caregivers become more ready, willing and able to help persons at risk of suicide. It is suitable for nurses, teachers, counsellors, youth workers, Gardai, school support staff, clergy, community volunteers, etc.</li> <li>- The programme was developed in Canada by Living Works Incorporated and has been widely introduced in many countries worldwide.</li> <li>- The ASIST workshop is an intensive, interactive workshop where participants develop their skills through simulations and role play</li> </ul>	Varies.	Varies.	Mary O'Sullivan, Resource Officer for Suicide Prevention.	Phone: (091) 548360 Mobile: (087) 6858023 Email: <a href="mailto:mary.osullivan@hse.ie">mary.osullivan@hse.ie</a>
	Pending	<b>STORM (Skills Training on Risk Management)</b> <ul style="list-style-type: none"> <li>- STORM is an evidence-based, practical course designed to improve the confidence, skills and knowledge in both the assessment and management of clients at risk of self-harm and suicide.</li> </ul>	Varies.	Varies.	Mary O'Sullivan, Resource Officer for Suicide Prevention.	Phone: (091) 548360 Mobile: (087) 6858023 Email: <a href="mailto:mary.osullivan@hse.ie">mary.osullivan@hse.ie</a>

Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Mental health training		<ul style="list-style-type: none"> <li>- It is a standardised training programme, developed by Professor Louis Appleby, in Manchester University. The training programme aims to:</li> <li>- Improve interview skills in eliciting suicide risk.</li> <li>- Improve skills in managing people in crisis situations.</li> <li>- Increase confidence in dealing with people who are suicidal.</li> <li>- Improve attitudes in dealing with people who are suicidal.</li> <li>- Two days are necessary to cover all the modules. The target audience is front line mental health staff and GP's.</li> <li>- Accreditation has been sought from relevant professional organisations for attendance</li> </ul>				
	NMBI 3 CEU's	<p><b>Mental Health Problems in Pregnancy &amp; Postpartum</b></p> <p>Aim:</p> <ul style="list-style-type: none"> <li>- The aim of this programme is to enable staff working with women throughout pregnancy and postpartum to identify mental health problems and support women in accessing appropriate management.</li> </ul> <p>Learning outcomes: On completion of this programme, participants will:</p>	Contact service provider.	CNME, Castlebar.	Dr. Camilla Langan, Consultant Psychiatrist, Mayo.	Phone: (094) 9042067 Ruth Hoban

Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
Mental health training		<ul style="list-style-type: none"> <li>- Have a greater understanding of the different types of mental health problems that may arise during pregnancy and postpartum and their aetiologies.</li> <li>- Be able to identify symptoms and signs of mental illness during pregnancy and postpartum.</li> <li>- Be aware of supports and treatment approaches for women who develop mental illness in pregnancy or postpartum.</li> <li>- Be aware of how to access treatment for women who develop mental illness in pregnancy or postpartum.</li> <li>- Understand the risks associated with mental health problems in pregnancy or postpartum.</li> <li>- Be aware of the stigma associated with mental health problems during pregnancy or postpartum.</li> </ul>			Marie O'Connor Advanced Nurse Practitioner (ANP), Liaison Mental Health, Mayo Mental Health Services.	
		<b>Solution Focused Brief Therapy Training Course</b> <ul style="list-style-type: none"> <li>- Solution Focussed Brief Therapy (SFBT) is an effective, respectful and powerful tool for workers in the caring and therapeutic fields. SFBT focuses on clients' resources and skills rather than on their deficits and weaknesses and helps them to find solutions and create preferred futures rather than dwelling on past failures.</li> </ul>	Varies.	Varies.	Regional Drugs Training Officer. Health Service Executive, Western Area Drugs Service.	Phone: (094) 9020649 Fax: (094) 9020429 E-mail: <a href="mailto:fiona.walsh@hse.ie">fiona.walsh@hse.ie</a>

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Mental health training</b>		<ul style="list-style-type: none"> <li>- The purpose of the workshop is to up skill staff that use counselling skills with clients in their current role. This is accomplished by training them to use the skills of SFBT with clients in a manner that builds on their existing clinical experience. The emphasis is on equipping staff with the knowledge and skills to transfer their learning into useful clinical interventions with clients.</li> <li>- There will be a mixture of group discussion, video demonstration and skills practice and the course runs over 2 x two-day sessions (9am-5.30pm) with a month-long break between each session to allow the participants to practice the skills they have learned in the first workshop and refine and develop them in the second.</li> </ul>				
<b>Pain management</b>		<p>Acute Pain Management lectures Aims:</p> <ul style="list-style-type: none"> <li>- To provide nursing staff with the necessary skills and knowledge in pain assessment and management.</li> <li>- Assessment and management of patients with PCAs and Epidural Infusions.</li> <li>- Assessment and management of patients with Para vertebral Blocks, rectus sheet blocks, nerve blocks and multi-modal analgesia.</li> </ul>	TBA	UHG/ Merlin.	<p>Michelle Healy, CNS, Pain Management.</p> <p>Caroline Mitchell, CNS, Pain Management.</p>	<p>Email: <a href="mailto:michelle.healy2@hse.ie">michelle.healy2@hse.ie</a></p> <p>Email: <a href="mailto:caroline.mitchell3@hse.ie">caroline.mitchell3@hse.ie</a></p>

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Promoting Physical Activity in Primary Care</b>	4 CEU's	<ul style="list-style-type: none"> <li>- This is an online training programme developed by HSE PAC's in partnership with the ICGP, the Faculty of Sports and Exercise Medicine, and the IPNA.</li> <li>- The aim of the module is to support health professionals in routinely promoting physical activity in their professional practice.</li> <li>- The course will be of interest to GP's, Practice nurses, Physiotherapists, Occupational Therapists, Community nurses, Dietitians, Health Promotion Officers.</li> </ul>	n/a	n/a	Online	Website: <a href="http://www.hseland.ie">www.hseland.ie</a>
<b>Safeguarding Vulnerable Persons at Risk of Abuse</b>	NMBI CEU's pending	<p>Aim:</p> <ul style="list-style-type: none"> <li>- The aim of this four hour workshop is to increase participant's awareness and knowledge of abuse of Vulnerable Adults and ensure they are in a better position to recognise it and report concerns.</li> </ul> <p>Learning outcomes: By the end of this workshop participants will have:</p> <ul style="list-style-type: none"> <li>- Discussed and defined "abuse" in the context of vulnerable persons.</li> <li>- Examined the different types of abuse and indicators of each.</li> <li>- A better understanding of how to recognise when abuse may be taking place.</li> </ul>	½ day, contact service provider.	<p>SHH, Roscommon.</p> <p>CNME, Castlebar.</p> <p>Drumcliffe Room, CNME, Sligo.</p>	<p>Philip Beirne, CNME Mayo/Roscommon.</p> <p>Maura McGettrick.</p> <p>Frances Clifford (SCW).</p>	<p>Phone: (094) 9042055 Philip Beirne</p> <p>Phone: (071) 9177090 Email: <a href="mailto:maura.hanly@hse.ie">maura.hanly@hse.ie</a></p>

## Saolta Health and Wellbeing Training Plan: Staff Training Opportunities



Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Safeguarding Vulnerable Persons at Risk of Abuse</b>		<ul style="list-style-type: none"> <li>- Explored the HSE procedure for “Safeguarding Vulnerable Persons at Risk of Abuse: National Policy &amp; Procedures” and discussed their responsibilities.</li> <li>- Considered the underlying principles within which all abuse responses should be framed.</li> <li>- A clear understanding of how and where to report concerns of abuse.</li> </ul>		ETC building, SUH.		
<b>Safe Transfer of Patients and Manual handling Training</b>		<ul style="list-style-type: none"> <li>- Patient handling techniques, and comprises a full day of instruction, incorporating both theoretical and practical tuition.</li> </ul>	Varies.	Varies.	Maureen Nolan, Manual Handling Training Co-ordinator, GUH.	Phone: (091) 542623
<b>Standard Precautions Training</b>			Every Tuesday 11am-12pm.	Varies.	Infection control team.	Phone: (071) 9171111 Bleep: 117 Email: <a href="mailto:ciaran.adams@hse.ie">ciaran.adams@hse.ie</a>

Training opportunity	CPD/CEU points	Brief course content	Date(s) and time(s)	Location(s)	Facilitator(s)	Contact details
<b>Women and Substance Use</b>		<ul style="list-style-type: none"> <li>- History and social context of women and substance use.</li> <li>- Gender differences in substance use.</li> <li>- Gender specific challenges to accessing treatment.</li> <li>- Gender differences in treatment and recovery.</li> <li>- Supporting women within your own role/organisation.</li> </ul>	Galway, venue TBC.	Western Region Drugs and Alcohol Task Force.	Debbie McDonagh.	Phone: (091) 480 044 Email: <a href="mailto:training@wrdatf.ie">training@wrdatf.ie</a> Website: <a href="http://www.wrdatf.ie">www.wrdatf.ie</a>

Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
<b>Alcohol</b>	<ul style="list-style-type: none"> <li>- HSE Drugs &amp; Alcohol Helpline.</li> <li>- Ask about alcohol, HSE information resource.</li> </ul>	Monday-Friday, 9.30 am - 5.30 pm.	Nationwide.  Online.	HSE Drugs and Alcohol Helpline.	Self referral.	Phone: (1800) 459459 Email: <a href="mailto:helpline@hse.ie">helpline@hse.ie</a> Website: <a href="http://www.askaboutalcohol.ie">www.askaboutalcohol.ie</a>
<b>Alcohol/ Addiction counselling</b>	<ul style="list-style-type: none"> <li>- One to one counselling service for individuals experiencing difficulties with alcohol/ addiction.</li> </ul>	By appointment	Merlin Park Hospital, Galway.	Mr. Joe Treacy, Addiction Specialist.	Post referral.	Phone: (091) 737268
	<p>G1 Family Focus</p> <ul style="list-style-type: none"> <li>- Supported by the Western Region Drug and Alcohol Task Force, G1 Family Focus is a new peer-led support group in Galway for families affected by someone's drug and/or alcohol use.</li> <li>- This support group is a safe and non-judgmental place for the family members of substance users to come together to discuss common issues in relation to dealing with alcohol/drug use within their family. It is facilitated by family members who have been affected by such issues in their own family and are former members of family support groups.</li> </ul>	Contact service provider.	Galway City.  Castlebar, Co Mayo.  Castlerea, Roscommon.	Cecily/ Margaret.  Claire Gavin.  Karen Gavin.	Self referral.	Phone: (085) 1115400  Phone: (094) 9020430  Phone: (087) 6538201



Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
Breastfeeding support	Mayo	Tuesday 11.30 am – 1 pm.	Hollymount HC.	Olive Carey, PHN.	Self refer any time during antenatal period and postnatal period.	Phone: (094) 9040144
		Wednesday 12 pm – 1 pm.	Westport Primary care centre			Phone: (098) 44000
		Thursday 11 am – 1 pm.	Le Cheile Castlebar.	Liberty Lovett.		Phone: (094) 9025125
		Wednesday 11 am – 1 pm.	Ballina PCC.			Phone: (096) 80441
	Roscommon	2nd & 4th Thursday 11.30 am - 1 pm.	The Quad Youth Centre, Roscommon.	Fiona Quinn, PHN.  Lactation Consultant.	Self referral.	Phone: (086) 8100667
		Every Monday afternoon by appointment.	Primary Care Centre, Golf Links Road, Roscommon.	Fiona Quinn, PHN.  Lactation Consultant.	Self referral.	Phone: (086) 8100667

Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
Breastfeeding support	Galway City and County	1st and 3rd Wednesday, 10.30 am - 12.30 pm.	Athenry, Primary Care Centre.	Claire Ailbhe Carmen Mary Kate.	Self referral.	Phone: (086) 9346858 Phone: (087) 2259398 Phone: (087) 2690800 Phone: (087) 4189841
		1st and 3rd Wednesday, 10.30 am - 12.30 pm.	Ballinasloe, Brackernagh Health Centre.	PHN or Lactation Consultant, Mary McMahon.	Self referral.	Phone: (090) 9642447 or (090) 9648200 Bleep: 825
		2nd and 4th Wednesday, 10 am - 12 pm.	Ballinasloe Library.	Cuidiu Irene.	Self referral.	Phone: (087) 6981548
		2nd & 4th Tuesday, 11 am - 12.30 pm.	Clifden Station House Hotel.	Cuidiu Roberta Carter.	Self referral.	Phone: (095) 33955 or (087) 9326491
		1st and 3rd Wednesday, 10.30 am – 12 pm.	Connemara Breastfeeding Support Group, Clann Resource Centre, Oughterard.	Bronwen.	Self referral.	Phone: (087) 9026588 Email: <a href="mailto:connemarabreastfeeding@gmail.com">connemarabreastfeeding@gmail.com</a>
		Every Wednesday, 2.15 pm - 3.15 pm.	Doughiska, Galway.	Public Health Nurse Sarah Carew.	Self referral.	Phone: (091) 336300
		4th Thursday, 10.30 am - 12.30 pm.	Galway City – breastfeeding ‘out and about’.	Cuidiu Tara.	Self referral.	Phone: (086) 2328229 for coffee shop venue

Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
Breastfeeding support		1st Thursday, 10.30 am - 1 pm. Home visits by arrangement.	Gort Resource Centre, Galway.	Midwife Sally Janice.		Phone: (091) 630909 Phone: (087) 7533719 Phone: (086) 3476891
		2nd Monday, 8 pm - 10 pm.	GUH, Ante-Natal Classroom, 1st Floor, Mat. Dept. GUH.	La Lèche League Olwen Cindy Eileen.		Phone: (087) 6982493 Phone: (091) 555866 Phone: (091) 793964
		Every Tuesday between 12 pm – 2 pm, drop in clinic.	Antenatal Education/Classes Room, near St. Angela's Ward, ground Floor, Maternity Unit, GUH.	Midwife IBCLA.		Phone: (091) 893470
		1st & 3rd Tuesday, 11 am - 12 pm.	Kinvara Health Centre (facilitated by Ardrahan and Kinvara).	Christina (Ardrahan). Joanne Pearson Kitt (Kinvara).		Phone: (091) 635207 Phone: (091) 637560
		1st & 3rd Wednesday, 11.30 am - 1 pm.	Loughrea Primary Care, St. Brendan's Campus.	Public Health Nurse Niamh.		Phone: (091) 872792
		1st Tuesday, 2.30 pm - 4.30 pm.	Newcastle, St. Francis Primary Care Centre, Galway.	Public Health Nurse.		Phone: (091) 861122

Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
Breastfeeding support		2nd Friday, 10.30 am - 12.30 pm.	Oranmore Community Centre, Galway.	Cuidiu Noreen.		Phone: (086) 7936501 Email: <a href="mailto:breastfeeding.oranmore@gmail.com">breastfeeding.oranmore@gmail.com</a>
		2nd Thursday, 10 am - 12 pm.	Westside Library, Seamus Quirke Road, Galway.	Cuidiu Tara Anne.		Phone: (086) 2328229 Phone: (087) 7800621
		4th Monday, 10 am - 12 pm.	Westside Resource Centre, Seamus Quirke Road, Galway.	La Lèche League Olwen Cindy Eileen.		Phone: (087) 6982493 Phone: (091) 555866 Phone: (091) 793964
Cardiac rehabilitation	<ul style="list-style-type: none"> <li>- Cardiac rehabilitation is available for patients diagnosed with ischaemic heart disease, angina, post myocardial infarction, coronary stenting, valve surgery, CABG, or heart failure.</li> </ul>	Varies.	Cardiac Rehabilitation Unit, Merlin Park Hospital, Block A, Old Nurse's Home, Ground Floor.	Rehab team.	Sourced by cardiac rehab team, cardiology team, or General Practitioners	Phone: (091) 731517
Cardiac rehabilitation: Phase two	<ul style="list-style-type: none"> <li>- Phase two cardiac rehabilitation is the patient's first contact with the service after discharge from hospital.</li> <li>- They are invited to attend the Cardiac rehab unit for an individual one-on-one assessment with the CNS, OT, Dietitian and MSW.</li> <li>- Individualised care-plans are devised around their specific needs.</li> </ul>	Thursday clinic (9 slots available each week).	Cardiac rehab unit, ground floor, H.R. building, Merlin Park.	Individual consults with the Cardiac rehab team which includes Clinical Nurse Specialist, Occupational Therapist, Dietitian,	When a patient has a cardiac event or procedure, a cardiac rehab referral is completed and forwarded on to the	Phone: (091) 731517

Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
	<ul style="list-style-type: none"> <li>The majority of attendees are then eligible to participate in Phase three of cardiac rehab.</li> </ul>			Medical Social Worker.	cardiac rehab unit now based in Merlin Park. Anne Staunton (CNS) co-ordinates the patient appointment	
<b>Cardiac rehabilitation: Phase three</b>	<ul style="list-style-type: none"> <li>Phase three cardiac rehabilitation is a structured 8 week exercise and education programme based in Merlin Park.</li> </ul>	<p>Monday and Wednesday or Tuesday and Friday.</p> <p>Attending x 2 hours each day for 8 weeks.</p>	Cardiac rehab unit, ground floor, H.R. building, Merlin Park.	<p>Exercise class x 1 hour twice per week run by the Physiotherapist &amp; CNS</p> <p>and</p> <p>Education x 1 hour twice per week, run by one of the multidisciplinary team members.</p>	Eligible patients are automatically referred after assessment in Phase 2 cardiac rehab.	Phone: (091) 731517
<b>Cardiac rehabilitation: Phase four (Community based Programme)</b>	<ul style="list-style-type: none"> <li>This Community based cardiac rehab programme is suitable for all individuals exiting the hospital based cardiac rehab programme who wish to continue exercising in a group setting, supervised by a fitness instructor who is qualified in cardiac rehab.</li> </ul>	Varies.	Varies.		Eligible patients are referred from hospital-based Cardiac Rehab	

Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
<b>Cardiac rehabilitation: Phase four (Community based Programme)</b>	<ul style="list-style-type: none"> <li>- This programme is also suitable for any individual who is at high risk of developing cardiovascular disease such as those with hypertension, high cholesterol and diabetes.</li> </ul>				Programmes or through GP referral.	
<b>Counselling</b>	<ul style="list-style-type: none"> <li>- Counselling in Primary Care (CIPC) provides short term counselling (6 to 8 counselling sessions) for adults with a full medical card (GMS) in a primary care setting.</li> </ul>	Office hours and various days depending on Primary Care location.	17 HSE primary care locations in Galway, Mayo and Roscommon.	21 Qualified Counsellors.  CIPC Coordinator Noel Coughlan.	All clients must be referred by their GP or member of Primary Care Team. Secondary care services must liaise with client's primary carer.	Phone: (091) 583682  All referrals must be posted to: CIPC Coordinator, CIPC, 58 Upper Newcastle Road, Galway.

Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
<b>Dietetic support: Antenatal</b>	<ul style="list-style-type: none"> <li>- Post Natal Reunion Classes.</li> <li>- Patient Education Services.</li> <li>- Group session on weaning by Alex Kilkelly, Dietitian.</li> </ul>	Once a month, contact service provider.	Parent Craft Room, Maternity Unit, UHG.	Carmel Connolly.	Contact Carmel Connolly.	Email: <a href="mailto:carmel.connolly@hse.ie">carmel.connolly@hse.ie</a>
	<ul style="list-style-type: none"> <li>- Education classes.</li> </ul>	Tuesday and Wednesday.	Primary Care Building, Barrack Street, Sligo.	Physiotherapy Dept, CNS Midwives, SUH.	Ante natal clinic, SUH.	
<b>Dietetic support: Diabetes</b>	<ul style="list-style-type: none"> <li>- <b>DESMOND</b> Diabetic Education and Self Management for ongoing and newly Diagnosed Diabetics. (Type 2 Group).</li> </ul>	Approx 1/ month.	St Francis, Community Nutrition, Newcastle, Galway.	Mairead Smith (Snr Dietitian).	Referral from GP, AHP, Nurse or clinic.	Phone: (091) 861186 Email: <a href="mailto:mairead.smith@hse.ie">mairead.smith@hse.ie</a>
	<ul style="list-style-type: none"> <li>- <b>DAFNE</b> = Dose adjustment for Normal Eating (Type 1 Group).</li> </ul>	3 weeks annually.	Diabetic Day Centre.	Mairead Smith (Snr Dietitian).	Referral from clinic with assessment by nurse/ dietitian	Phone: (091) 542394 Email: <a href="mailto:mairead.smith@hse.ie">mairead.smith@hse.ie</a>
	<ul style="list-style-type: none"> <li>- DAFNE – A weeks structured education programme especially tailored for people with Type 1 Diabetes.</li> </ul>		Group Room, Mayo Education Centre.	Bernie McDonnell Niamh McGlinchey Maria Hobson.	Client must have Type 1 Diabetes and be referred to the Diabetes Service in Mayo University Hospital.	Phone: (094) 9042389 Email: <a href="mailto:bernadette.mcdonnell@hse.ie">bernadette.mcdonnell@hse.ie</a>

Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
<b>Dietetic support:</b> <i>Cardiac rehab</i>	<ul style="list-style-type: none"> <li>- Exercise and education.</li> </ul>	Monday – Friday.	Cardiac rehab dept, Outreach programmes.	CNS cardiac rehab, Physio Dept.	Consultant	Cardiac rehab, SUH.
<b>Dietetic support:</b> <i>Heart failure rehab</i>	<ul style="list-style-type: none"> <li>- Exercise programme for heart failure patients.</li> <li>- Heart support group.</li> </ul>	Twice per year.	Cardiac rehab room, SUH.	CNS Heart Failure, Audrey Colreavy and Conor McGowan Physiotherapists.	Consultant or reg.	Heart failure dept level 3, SUH.
<b>Nutrition:</b> <i>Talk on gluten free diet for coeliac disease</i>	<ul style="list-style-type: none"> <li>- All aspects of gluten free diet are discussed in a small group setting.</li> </ul>	First and third Wednesday of each month at 9.15 am.	Board room, Infectious diseases building, UHG.	Mary Belov.	Newly referred patients to clinic are given appts via Dr V. Byrne's secretary.	Coeliac Clinic, UHG.
<b>Nutrition:</b> <i>Support in Oncology</i>	<ul style="list-style-type: none"> <li>- First line nutrition intervention for recently diagnosed cancer patients.</li> <li>- Why nutrition is important in cancer.</li> <li>- What a healthy diet is.</li> <li>- How to overcome the nutrition impact symptoms of chemotherapy.</li> <li>- When to ask for support in maintaining health.</li> <li>- How to contact oncology nutrition services.</li> </ul>	Second Wednesday of every month at 12 pm.	Daffodil centre, UHG.	Ruth Kilcawley Medical Oncology and Haematology Dietitian.	<p>Newly Diagnosed patients referred via Oncology CNS.</p> <p>Drop In: Posters in HDW advertising service.</p>	Email: <a href="mailto:ruth.kilcawley@hse.ie">ruth.kilcawley@hse.ie</a>



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<b>Nutrition:</b> <i>Healthy eating talk in pregnancy</i>	<ul style="list-style-type: none"> <li>- Outline of healthy eating guidelines to pregnant women.</li> </ul>	First Tuesday of each month.	Maternity classroom, UHG.	Mary Belov.	Referred by ante natal services.	Ante natal services, UHG.
<b>Nutrition:</b> <i>Safefood Healthy Weight for You Programme</i>	<ul style="list-style-type: none"> <li>- This is a 12-week weight loss programme that helps you reach a healthy weight through personalised meal plans. There are vegetarian and non-vegetarian meal plans, and a meal tracker to support your safe and healthy weight loss journey. Each meal plan includes nutritionally analysed recipes for breakfast, lunch, dinner, and snacks.</li> </ul>	On demand.	Online.		Self refer.	Website: <a href="http://www.safefood.net">www.safefood.net</a>
<b>Interpreting services</b>	<ul style="list-style-type: none"> <li>- Guidance to staff on good practices in using interpreters.</li> <li>- It is the staff member's responsibility to inform the patient and their families of the availability of interpreters.</li> <li>- Family members, children or staff members should not be used to interpret as it may lead to misinterpretation, information gaps, embarrassment and breach of confidentiality.</li> </ul>	On demand.	On demand.	GUH Services dept/ Interpreting contractor.	On demand.	Phone: (091) 544467 Email: <a href="mailto:jacqueline.stanley@hse.ie">jacqueline.stanley@hse.ie</a>

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<b>Mental Health Services</b>	<b>Jigsaw Galway</b> - Jigsaw Galway is a free, non-judgemental and confidential support service for young people (15-25) living in Galway city and county. We provide guidance and support for young people who are going through a difficult or distressing time.	Monday – Thursday (By appt) 12 – 6 pm.  Friday 9:30 am – 1pm and 2 – 5 pm.  Saturday First-time visits (by appt) 10:30 am – 3 pm.	Fairgreen Road, Galway.	Jigsaw.	Self refer.	Phone: (091) 549252 Text: (087) 7725232 Email: <a href="mailto:galway@jigsaw.ie">galway@jigsaw.ie</a> Website: <a href="http://www.headstrong.ie">www.headstrong.ie</a>
	<b>Men's Sheds</b> - A Men's Shed is any community-based, non-commercial organisation which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men and where the primary objective is to advance the health and well-being of the participating men. - Men's sheds may look like a shed in your back yard yet they innovatively share some characteristics of both community education and health promotion projects.	Contact service provider.	Nationwide.	Contact service provider.	Drop in.	Phone: (01) 8916150 Website: <a href="http://www.menssheds.ie">www.menssheds.ie</a> Twitter: <a href="https://twitter.com/Irishsheds">@Irishsheds</a>

Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
<b>Mental Health Services</b>	<b>Mayo Recovery College</b> <ul style="list-style-type: none"> <li>- Adult Education College focused on mental health protection and promotion based in GMIT Castlebar and 'co-produced' by health professionals and people with 'lived experience'.</li> </ul>	A prospectus is available on request.	Sign posted seminar rooms in GMIT, Castlebar.	HSE Mental Health Services: Donal Hoban, Coordinator.  Jutta Kirrkamm, Principal Peer Educator.	This is a Community college so no referral is required.  Student registration by contacting the peer educator.	Email: <a href="mailto:mayorecoverycollege@gmail.com">mayorecoverycollege@gmail.com</a>  Peer educator: Jutta Kirrkamm.
<b>Patient advice and liaison service (PALS)</b>	<ul style="list-style-type: none"> <li>- Help answer our questions about your care in the hospital.</li> <li>- Support and advise you, your carer or family. We understand that being in hospital can be an anxious time and you might need someone to talk to.</li> <li>- Listen to your suggestions to improve services for patients and visitors.</li> <li>- Respond to your concerns if you are unhappy with any aspect of your care. All concerns are dealt with informally and responded to verbally.</li> <li>- All enquiries are confidential and impartial; if you are raising a concern for a close friend or family member we will have to get their consent to discuss their care with staff involved.</li> </ul>	n/a	University Hospital Galway	Mary Connaughton PALS Co-ordinator.	Contact Mary.	Email: <a href="mailto:Maryc.Connaughton@hse.ie">Maryc.Connaughton@hse.ie</a>

Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
<b>Patient advice and liaison service (PALS)</b>	<ul style="list-style-type: none"> <li>- Comment boxes and comment cards are situated throughout the hospital. They are used for raising a concern or offer feedback on HSE Services.</li> </ul>					
<b>Physical activity: General</b>	<ul style="list-style-type: none"> <li>- Go for Life is an Age and Opportunity initiative funded by the Irish Sports Council.</li> <li>- It is the national sport and physical activity programme for older adults in Ireland.</li> <li>- Get Ireland Walking offers tips and advice for anybody who wants to start walking or set up a walking group.</li> <li>- Get Ireland Mobile app enables patients to keep track of their physical activity levels.</li> </ul>	<p>Contact service provider.</p> <p>n/a</p>	Nationwide.	Contact service provider.	Self-referral.	<p>Phone: (01) 8057709</p> <p>Email: <a href="mailto:info@ageandopportunity.ie">info@ageandopportunity.ie</a></p> <p>Website: <a href="http://www.ageandopportunity.ie">www.ageandopportunity.ie</a></p> <p>Website: <a href="http://www.getirelandwalking.ie">www.getirelandwalking.ie</a></p>
<b>Physical activity: Pulmonary rehab</b>	<ul style="list-style-type: none"> <li>- Exercise and education programme.</li> </ul>	Contact service provider.	Nationwide.	Contact service provider.	Consultant	Available on Android and Apple in the app store. Phone: (071) 9174567
<b>Physical activity: Exercise and relaxation Class for Oncology patients</b>	<ul style="list-style-type: none"> <li>- Exercise and relaxation.</li> </ul>	Wednesday.	Community integrated respiratory programme, Physio dept, SUH.	Robert Gawlay, Physio.	Via physio/OT at ward level.	Phone: (071) 9174567

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<b>Physical activity:</b> <i>Falls and Balance Class</i>	<ul style="list-style-type: none"> <li>- Exercise and education class.</li> <li>- Saolta University Healthcare Group facilitates the national screening programmes in many locations across the group;</li> </ul>	Mondays and Wednesdays	Physio Dept, SUH.	Laura Karhunen.	GP, Physio, Consultant	Phone: (071) 9174567
<b>Screening services</b>	- <b>BreastCheck:</b> The National Breast Screening Programme.				Breastcheck: Eligible women invited every two years.	Free phone information line: (1800) 454555 Website: <a href="http://www.breastcheck.ie">www.breastcheck.ie</a>
	- <b>CervicalCheck:</b> The National Cervical Screening Programme.				Cervical check: register with a registered smear taker, automatic recall.	Free phone information line: (1800) 454555 Website: <a href="http://www.cervicalcheck.ie">www.cervicalcheck.ie</a>
	- <b>BowelScreen:</b> The National Bowel Screening Programme.				Bowelscreen: Eligible men and women invited to register.	Free phone information line: (1800) 454555 Website: <a href="http://www.bowelscreen.ie">www.bowelscreen.ie</a>
	- <b>Diabetic RetinaScreen:</b> The National Diabetic Retinal Screening Programme.				Diabetic retina screening: Eligible people over 12 years of age invited to register.	Free phone information line: (1800) 454555 Website: <a href="http://www.diabeticretinascreen.ie">www.diabeticretinascreen.ie</a>

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<b>Newborn Hearing Screening Programme</b>	<ul style="list-style-type: none"> <li>- Aims to identify hearing impairment in newborn babies.</li> <li>- The programme offers all parents the opportunity to have their baby's hearing tested shortly after birth.</li> </ul>	Shortly after birth.	In each maternity hospital.	Trained hearing screener.	Offered to all newborn babies.	Galway: (091) 893389 Mayo: (094) 9049379 Portlinculla: (090) 962511 Letterkenny: (074) 9104726 Sligo: (071) 9136886
<b>Self-Care</b>	<p>Living Well Programme</p> <ul style="list-style-type: none"> <li>- Living Well is a free group programme which runs online for 6 weeks. There is one workshop each week which lasts 2.5 hours.</li> <li>- Two trained leaders run the workshops each week. At least one of the leaders lives with a long-term health condition.</li> <li>- People taking part in the workshops may have the same health condition as you. Others will have different health conditions. There will be up to 12 people taking part in the group.</li> <li>- The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. You can also share experiences of living with your condition</li> <li>- Each person who takes part gets a book about self-management.</li> </ul>	Varies. All courses are online.	CHO 1, Donegal, Sligo. CHW, Galway, Mayo, Roscommon.	Helen O'Driscoll.  Liam Gildea.	Self refer.	<p>Phone: (087) 3964 307 Email: <a href="mailto:helenodriscollqol@outlook.ie">helenodriscollqol@outlook.ie</a></p> <p>Phone: (086) 014 2675 Email: <a href="mailto:lgildea@southmayo.com">lgildea@southmayo.com</a></p> <p>Brochure: <a href="https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/living-well-programme/">https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/living-well-programme/</a></p>

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Sexual health	- STI clinics.	Walk in clinics Wednesday and Friday 8.30am-1pm. Clinic by appointment Monday and Wednesday afternoons.	Infectious Diseases Clinic, UHG.  Building to left of main entrance gate.	Infectious diseases team.	Self referral/ GP.	Phone: (091) 525200
	- HIV Clinic.	Weekly.			GP/ Consultant referral.	Phone: (091) 525200
	- Hepatitis B Clinic.	Fortnightly.				
	- GUM clinic – Mayo University Hospital. - Free of charge and confidential sexual health screening and treatment clinic.	Tuesday mornings by appointment only.	Room 11 Outpatients Department.	Provided by Mayo Community Services under the guidance of GUH Infectious diseases service.	GP or self referral by appointment only.	Phone: (094) 9021733 (Extension 3076 Tues am only).  Ext 3501/3525 – Monday, Wed, Thu & Friday afternoons.
	- HSE HIV, Hepatitis & Sexual Health Helpline provides free confidential support.		Online.	HSE.	Self refer	Phone: (1800) 459459 Email: <a href="mailto:helpline@hse.ie">helpline@hse.ie</a>

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Smoking cessation support	Smoking cessation programmes	Monday-Friday, 9 am – 5 pm.	Sligo University Hospital and community.	TBC.	Self referral or referral through health care professional  Referral via phone, email or by completing referral cards.	Phone: 1850 200 687 (free community clinics).  1850 201 203 (national smokers quit line).
		Monday - Friday 9 am- 5 pm.	Galway University Hospital.	Noreen Fallon, Smoking cessation co-ordinator.	Self referral or referral through health care professional  Referral via phone, email.	Phone: (091) 542103 (087) 4529932 Email: <a href="mailto:noreen.fallon2@hse.ie">noreen.fallon2@hse.ie</a>  Alternatively (1850) 200 687 (free community clinics). (1850) 201 203 (national smokers quit line).
			Letterkenny University Hospital.	Elaine Robinson, Smoking cessation co-ordinator.	Self referral or referral through health care professional.	Phone: (074) 912 3678 bleep #428 email: <a href="mailto:elaine.robinson@hse.ie">elaine.robinson@hse.ie</a>  Alternatively (1850) 200 687 (free community clinics). (1850) 201 203 (national smokers quit line).



Patient support programme	Details	Date(s) and time(s)	Location(s)	Facilitator(s)	How to refer	Contact details
Smoking cessation support		By appointment	Community Healthcare West	CHW staff	Self-referral or referral through health care professional	Phone: (091) 737262 Email: <a href="mailto:quitsmoking.west@hse.ie">quitsmoking.west@hse.ie</a>
Social Inclusion	<ul style="list-style-type: none"> <li>- HSE Social inclusion aims to reduce inequalities in health and improve access to mainstream and targeted health services for vulnerable and excluded groups.</li> <li>- HSE Social Inclusion provides a range of services to support the following vulnerable groups:</li> <li>- Addiction, homelessness, intercultural health (including protection applicants, refugees and migrants), Irish Travellers and Roma, LGBTI, HIV and AIDS, community development and, domestic, sexual and gender-based violence.</li> </ul>		National Social Inclusion Office	Various staff	Self-referral or referral through health care professional	Self-referral or referral through health care professional. Phone: 01-620 1703 Email: <a href="mailto:socialinclusion@hse.ie">socialinclusion@hse.ie</a>





