

Meals on Wheels Newsletter

Information on activities and services available in your area

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Welcome to the Spring edition of the Meals on Wheels Quarterly Newsletter.

We have a jam packed issue full of useful and interesting information for you!



Sensory grow boxes

Looking after some flowers or herbs daily helps to maintain a daily routine. Watching them grow can enrich your senses. Evidence shows the benefits of a daily interaction with nature.

If you would like to avail of a free sensory garden box, you can get one delivered to your house, free of charge, courtesy of Cork North Community Work, HSE.* This can be kept in a sunny part of your home, a balcony or in your garden.



*Limited stocks available



Growing boxes

If you would like a flower box or a herb box you can email, call or text us with the following details:

1. Your name
2. Your telephone number
3. Your address
4. Would you like a herb box or a flower box?

Contact:

Elaine McKoy, Community Worker, HSE

Email: Elaine.Mckoy@hse.ie

Telephone: 087 344 4124



These boxes can enrich your senses with flowers and herbs:

Touch: Feeling the plants and the soil

Smell: Enrich the day with the smells of herbs and flowers

Vision: Watch the changes of the seasons

Taste: Helps the memory, a daily smell of the herbs , remember sage and thyme stuffing and sprigs of Rosemary for the mind

Listen: Sounds of bees getting the nectar – and hear the peace of nature

The boxes are built by community projects locally and are made with locally sourced materials.



Healthy Age Friendly Homes Programme



Does your home allow you to Age in Place?

Research shows that the majority of people want to remain in their own home as they age. Sometimes this can be difficult because your home may not be suitable for you as your needs become more pronounced, your financial means decrease, or your mobility declines.

Help is available

You can contact your age friendly home coordinator and they can support you to stay living at home.

They will carry out a needs assessment to establish what supports are required to enable you to continue living independently in your own home.

Then they will make plan with you on changes to make to help you can stay living at home.

They can provide information on adapting your existing home and the relevant grants and supports available to support you.

If you feel your home is no longer suitable and you would like to move to a more appropriate home, the Healthy Age Friendly Homes Coordinator can provide you with information on right sizing within your community.

Available in Cork County

Contact

Telephone: 046 909 7417

Email: info@agefriendlyireland.ie

<https://agefriendlyireland.ie/>



Dementia Advisor Service



THE Alzheimer
SOCIETY OF IRELAND



The Dementia Adviser service is a free and confidential advice support and signposting service available across Ireland.

Your Dementia Advisers in Cork City & County: Vanessa Bradbury (left) and Amy Murphy (right).



"We work with people of any age who have been **diagnosed or are awaiting a diagnosis of dementia**. This includes people with Alzheimer's and other forms of dementia.

We also work with their **families and carers**. We provide a highly responsive and individualised information and signposting service in your local area. "

"We work with people at any stage of the dementia journey and will work with you to support your independence, well being and choice."

You can contact Amy or Vanessa directly and they can meet you to understand your needs and discuss your concerns. Amy or Vanessa can meet you in their office, your home or at an agreed location.

To talk to Amy or Vanessa or to arrange a meeting you can contact them directly:

Vanessa Bradbury South Lee
Phone: 086 021 8463
Email: vbradbury@alzheimer.ie

Amy Murphy North Lee
Phone: 086 781 2217
Email: amurphy@alzheimer.ie

Dementia Cafes Cork

Youghal Social Cafe

The Youghal Social Cafe is a monthly social event for anyone living in East Cork with a diagnosis of Dementia.

The social café aims to provide a welcoming space for people with dementia, their family and friends to meet, socialise and access information and support.

The Cafe is held the last Friday of each month, 11am-1pm at the Holy Family Hall, Youghal.
For more details contact 087 641 3468



The Social Cafe Activities

Each month the cafe hosts a number of guest speakers and activities such as:

- Dementia Advisor with the ASI
- Nutrition and Dementia
- Fire Safety in the Home
- Assistive Technologies, Memory and Occupational Therapy
- Physical Health and Dementia
- Citizens Information and Advice
- Information on Legal Affairs
- Music, Bingo and other Themed events
- Free Hand Massage

Dementia Cafes Cork

Alzheimer Café Cork City

Contact: Mary O'Neill at 085 1485800

//corkalzheimercafe@hotmail.com

Date: Last Friday of every month. 1:30pm – 3:30pm.

Venue: Cork Alzheimer Activity Centre, St Finbar's Hospital, Cork.

Kanturk dementia cafe

Contact: Kevin and Helena Quaid, kevinquaid9@gmail.com

Date: First Wednesday every month from 3 - 4.30pm

Venue: Daily Grind Kanturk

The Irish Dementia Cafe Network is currently hosting a fortnightly **Virtual Dementia Café** every Friday at 11am. For more information go to <https://dementiacafe.ie/cafe-finder/>

More info on dementia cafes can be found at :
<https://dementiacafe.ie/cafe-finder/>



LIVING WELL

A PROGRAMME FOR ADULTS LIVING WITH LONG-TERM HEALTH CONDITIONS



What is the Living Well Programme?

Living Well is a free group self-management programme for adults with long-term health conditions.

A long-term health condition is one, which can be treated and managed but usually not cured. Examples include asthma, COPD, diabetes, stroke, multiple sclerosis, heart conditions, arthritis, inflammatory bowel disease, chronic pain and many more.

Living Well may also be a support for those with 'long-COVID'

What is Self-Management?

Self-management is what a person with a long-term health condition does every day. They manage their life with their health condition(s).

Good self-management happens in partnership with your healthcare team. It is not about 'going it alone'.

What does the programme involve?

- It is a free, 6 weeks long programme (1 x 2.5 hour session per week)
- Programmes are held online
- Two trained leaders run the workshops. At least one of the leaders lives with a long-term health condition (peer)
- Approx. 12 people per group. People taking part may have the same health conditions or different health conditions
- The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. Participants can also share experiences of living with a long-term health condition(s)
- Each person who takes part gets a book about self-management

LIVING WELL

A PROGRAMME FOR ADULTS LIVING WITH LONG-TERM HEALTH CONDITIONS

What is covered each week?

Week 1	<ul style="list-style-type: none">• Using your mind to manage symptoms• Fatigue and getting a good night's sleep• Introduction to action plans
Week 2	<ul style="list-style-type: none">• Dealing with difficult emotions• Physical activity, exercise, preventing falls
Week 3	<ul style="list-style-type: none">• Decision making• Pain management• Healthy eating
Week 4	<ul style="list-style-type: none">• Better breathing• Reading food labels• Communication skills
Week 5	<ul style="list-style-type: none">• Medication management• Positive thinking, dealing with low mood and feelings of depression
Week 6	<ul style="list-style-type: none">• Making informed treatment decisions• Planning for the future

The Living Well programme supports people to develop the skills, which will help them to live well and to better self-manage their condition(s)

Who can join?

- Adults aged 18 years and over.
- People living with one or more long-term health conditions
- People caring for someone with a long-term health condition
- It is not suitable however, for people with significant memory or learning difficulties

Upcoming Programmes

April: Tuesday 1st March -Tuesday 12th April	7.00pm – 9.30pm
May: Thursday 31st March - Thursday 12th May	10.00am – 12.30pm
June: Thursday 10th May – Thursday 10th June	7.00pm – 9.30pm
July: Tuesday 7th June – Tuesday 19th July	10am – 12.30pm

For more information on the Living Well Programme in Cork and Kerry

Contact Michael Healy, Living Well Coordinator

T: 087 1832648 email: Michael.Healy4@hse.ie

Healthy activities in your area

Community Health Workers

Your local community health worker can link you in with activities in your area, like walking, mindfulness, crafting and more.

THE GLEN

BERNARD TWOMEY: 087 6883495

GURRANABRAHER-CHURCHFIELD

MICHEÁL O CONNOR: 087 3479549

MAYFIELD

PATTI O BRIEN: 087 6534419

FARRANREE/FAIRHILL

OISÍN HENNESSY: 087 3896982

BLACKPOOL/SHANDON

LIZ MADDEN: 087 6977942

MALLOW COMMUNITY HEALTH PROJECT

PAULINE O'GRADY NOONAN:
0874335047

YOUGHAL COMMUNITY HEALTH PROJECT

NIAMH HERBERT: 087 6413468

FERMOY COMMUNITY HEALTH PROJECT

JACINTA MCCORMACK:
085 8742320

Your Community Walking Group

- The Glen - St Brendans Walking Group: Monday 11am
- Gurrabraher/Churchfield Wednesdays 10.30 am and 2 pm (Womens group)
- Mayfield Fun Walkers: Monday 10am
- Farranree : Tuesday 9am
- Blackpool Walking Group: Wednesday 2pm
- Mallow Walking Groups: Tuesday Cool Walkers 11am, Thursday Strollers 11am
- Youghal: Monday 11am and Thursdays 7pm
- Fermoy Walkie Talkies: Monday mornings at 11 am



Word Search

V L N S A C E W B V
L H L Y W T U L I P
N G H H U P O I C W
K T H V S A G W L G
F T C J E N A A C K
O I I B C I R R X D
D M P A C M A M J Q
R E M U R X I E V T
F G C L E A N T V Y
B C A L I V E M U T

SPRING

ALIVE

CLEAN

RAIN

TIME

TULIP

WARM

Useful phone numbers

Age Action Cork: 021 2067399

HSE National Helpline Number: 1850 241850

Young@Heart Care-Ring Cork: 087 2987161

Cork City Covid community helpline: 1800 222 226

Cork County Covid community helpline: 1800 805 819

Cork City Age Friendly: 021 4924076

Seniorline Freephone: 1800 804591

SouthDoc: 1850 335 999

Garda Confidential Line : 1800 666 111



Befriending services

Friendly Call Cork

021 4301700 or 087 6366407

Ballyhoura Rural Services friendly call

022 59984/ 086 3216825

Avondhu Blackwater friendly call

022 - 46580

LGBT+ Telefriending service

01 437 1209

