

Meals on Wheels Newsletter

Information on services, programmes and supports

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Welcome to the Spring edition of the Meals on Wheels Quarterly Newsletter. We are delighted to share this issue which is full of useful and interesting information for you!

The Meals on Wheels Newsletter is supported by the Cork North Community Work Department, HSE Southwest.



Working in Partnership with the
Community and Voluntary Sector in Cork
and Kerry since 1975

Cork North Meals on Wheels Report 2024

Meals on Wheels provide an invaluable service within Cork City and County. Meals on Wheels are primarily volunteer led with dedicated teams who prepare, cook and deliver meals to older and vulnerable adults in the community.



Meals on Wheels Recipients

In 2024, an average of 1,400 people availed of Meals on Wheels each week. That represents an increase of 130 people since 2023.



Number of MOW Services

There are 24 Meals on Wheels Services available in North Cork City and County. From Youghal to Mayfield, Blarney to Millstreet and a lot of towns in between.

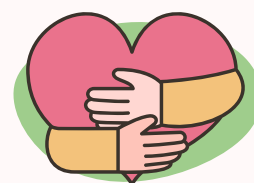
More than just a Meal

Meals on Wheels offer more than just a meal to older and vulnerable adults. Meals are always delivered by a friendly volunteer who takes the time to check in with each client. Volunteers are also best placed to signpost meals on wheels clients to other supports and services available to them within their community such as active retirement groups, befriending services, senior alert schemes, etc.



Number of Meals Delivered

In 2024 a staggering 199,866 meals were delivered to people's homes. That's an average of 16,656 meals per month. The majority of Meals on Wheels services operate 3 to 5 days a week. Some Meals on Wheels offer a sit down meal service also in the style of luncheon clubs.



Meals on Wheels Support

The HSE Cork North Community Work Department, HSE Southwest provides annual funding support, information and training to Meals on Wheels services. If you would like to find out more about Meals on Wheels please contact the Cork North Community Work Department on 021 4928371

INTRODUCING MIDDLE PARISH MEALS ON WHEELS



**MOW Volunteers : Brendan O Neill,
Deirdre Mc Cormack and Michal Mela**

Meals on Wheels:

Middle Parish,
1 Peter Street, Middle Parish, Cork. City.

Tell us a bit about your Meals on Wheels Service:

Middle Parish Meals on Wheels has been providing meals for elderly clients for over 50 years.

The service is run by a Voluntary Board of Management along with the chef Michal Mela and the many wonderful volunteers who support the delivery of meals each day.

How many days do you offer the service:

Meals are delivered six days per week, Monday to Saturday. Clients can request a double meal on Saturday for anyone who wishes to receive a meal for Sunday.

How much does the meal cost:

The meal includes soup, a main meal and dessert, all for €4

Where do you deliver meals in Cork City:

Deirdre McCormack, who is one of the volunteers' does a lot of work in the kitchen supporting Michal and also delivers meals to our clients in the SHARE Buildings and in the surrounding city centre areas.

Other areas our volunteers cover are, Cathedral Road, Blarney Street, Boyces Street, Sunday's Well and the Western Road area.

What do your volunteers enjoy about being part of Meals on Wheels:

Our volunteers enjoy giving of their time on a daily basis and the clients enjoy the interaction with the drivers. The chat at the door each day means a lot to people who otherwise may not see anyone else that day.

How can someone avail of Meals on Wheels:

The service is of great benefit to the clients who are unable to cook for themselves and also to support clients who are recovering at home after being discharged from Hospital.

If you would like to find out more please contact **Michal Mela on
021 4273934**



Injury Care Units Cork

When to attend?

Where is my nearest urgent care unit?

Mercy Injury Care Unit:

Mercy Injury Unit, Mercy University Hospital, Gurrabraher, Cork City, Cork, T23 YV52
Phone: 021 4926900

Mallow Injury Care Unit:

Mallow General Hospital, Limerick Road, Kilnockan, Mallow, Cork, P51 N288
Phone: 022 58506

When to visit an injury unit:

Injury units treat recent injuries that are:

- not life-threatening
- unlikely to need admission to hospital

They can help with many of the injuries people go to the emergency department (ED) for. For example, broken bones, dislocations, and minor burns.

You can get treatment such as x-rays, plaster casts, and wound care in an injury unit.

If they cannot help with a particular problem, they will direct you to where you can get the right help.

Most injury units treat patients **over 5 years of age**. Some injury units have higher age limits.

Injury units may not treat any child younger than 5 years.



What injury units can treat:

Injury units can treat:

- broken bones, sprains and strains, from knees to toes
- broken bones, sprains and strains, from collarbone to fingertips
- minor facial injuries (including oral, dental and nasal injuries)
- minor scalds and burns
- wounds, bites, cuts, grazes and scalp lacerations (cuts)
- small abscesses and boils
- splinters and fish hooks
- objects stuck in eyes, ears or nose
- minor head injuries (fully-conscious patients, who did not have loss of consciousness or vomit after the head injury)

HSE

Mallow Injury Unit
Limerick Road, Kilnockan,
Mallow, Cork
P51 N288

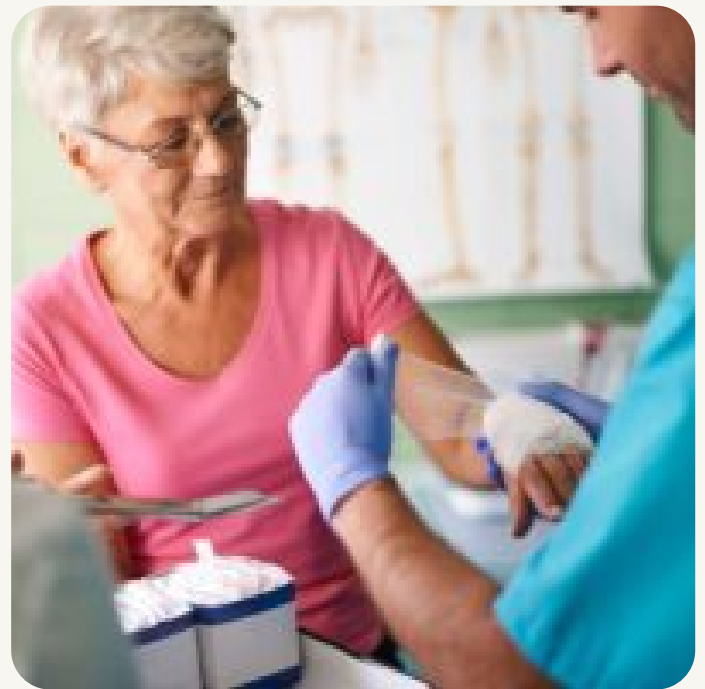
Open each day from 8am to 8pm
Aged 5+

Cork County Injury units
For broken bones, sprains and minor burns

What injury units do not treat:

Injury units do not treat:

- conditions due to medical illness - for example, fever, seizures, headache
- injury causing chest pain, abdominal pain or shortness of breath
- serious head injury
- chest pain
- respiratory conditions
- abdominal (stomach) pain
- gynaecological problems
- neck or back pain
- pregnancy-related conditions
- pelvis or hip fractures
- injuries due to self-harm
- suspected serious injury after an accident
- not being able to walk following a fall from a height or a motor vehicle crash
- injuries that are more than 6 weeks old



When to go to an emergency department:

Go to an ED urgently instead of an injury unit for:

- injuries to the chest, tummy (abdomen) or pelvis
- serious head and spine injuries

No appointment needed:

You do not need an appointment.

You may be referred to an injury unit by your GP or sent to one from an ED. If you have a referral, you do not have to pay a fee.

How much it costs:

It costs €75 to attend an injury unit.

If you are referred from an injury unit to an ED, you do not have to pay another fee.

There is no charge for patients with a:

- medical card
- medical or GP referral letter

HSE

Mercy Injury Unit
Gurrabraher, Cork City.
T23 YV52

Open each day from 8am to 8pm
Aged 10 +

Cork City Injury units
For broken bones, sprains and minor burns

March is Brain Health Awareness Month

National Brain Awareness Week

takes place from March 10th to 16th 2025. It is an annual initiative organised each year by the Neurological Alliance of Ireland to promote greater awareness and understanding of the impact of living with a neurological condition, as well as the need for investment in services, research and prevention.

Neurological conditions affect the brain and spinal cord. They are the leading cause of disability throughout the world and include many common conditions such as stroke, dementia, migraine, parkinsons, epilepsy and acquired brain injury as well as rare and genetic conditions.

Neurological conditions affect the brain and spinal cord. In 2025, over 860,000 Irish people are living with a Neurological condition.

Support Groups and Services:





The Dementia: Understand Together campaign, led by the HSE in partnership with the Alzheimer Society of Ireland, Age Friendly Ireland, Age & Opportunity, Healthy Ireland and the Dementia Services Information and Development Centre, is encouraging everyone to make simple changes to help maintain brain health and reduce the risk of developing some types of dementia.

This year's theme for Brain Awareness week (March 10th to 16th) is **Focus on the Brain**, a great reminder to us all of just how amazing our brains are and how important it is to look after them.

A Lancet study in 2024 identified 14 modifiable risk factors that could account for 45% of dementia worldwide and we are highlighting a number of these factors, creating awareness of the link with dementia and how people can reduce their risk.

Proactive steps people can take to support brain health include:

- being physically active
- eating a healthy balanced diet
- quitting smoking
- reducing alcohol consumption

- managing blood pressure
- look after your hearing and vision
- making time for social connection and interaction

Adopting these habits in adulthood can play an important part in reducing risk, as well as developing good routines for life.

Think Brain Health webinar:

“Discover how healthy behaviours support your incredible brain”.

The webinar was hosted by HSE Healthy Ireland and the National Dementia Services.

You can watch it back on Youtube.

RTE Today Show:

Dr Seán O'Dowd talked about dementia awareness with a strong emphasis on social inclusion.

You can watch the episode here <https://www.understandtogether.ie/lets-talk-dementia/>

SAVE THE DATE

“
FREE Cork North Dementia Information Day
Firgrove Hotel, Mitchelstown
Thursday 10th of April
10:30am to 3pm
Presentations from Health Professionals
and those living with a diagnosis of
Dementia, information and support.
For further details contact
Nicola.Lucey2@hse.ie
”

PARKINSON'S IRELAND APPOINTS NURSE SPECIALIST IN CORK

Charlotte Deasy, who previously worked for the NHS as an advanced nurse practitioner, has been appointed to the position - the first community-based Parkinson's nurse role created in Cork.

This nurse specialist service will be available to people with Parkinson's Disease (PD) across Cork and will be in operation at the Carrigaline Primary Care Centre.

It is estimated that there are approximately 18,000 people living with PD in Ireland, a number which is on track to double by 2040.

CEO of Parkinson's Ireland, Shane O'Brien said: "We are delighted with this development, as there are only a small number of Parkinson's specialist nurses in the HSE and in Ireland overall. As of December 2024, there were also no Parkinson's nurses available in Cork University Hospital. This service is a model for other parts of the country, by delivering care in the community using the concept of integrated care".

"We are delighted to have Charlotte on board and look forward to continuing to expand our work in County Cork."

Credit: Rachel Lysaght Echo Live Jan 6th 2025



CHARLOTTE DEASY, PARKINSON'S
NURSE

PD is a progressive neurological disorder, which primarily affects mobility. It is variable in its progression, meaning that some people progress more slowly than others, and that symptoms can be effectively controlled with medication for many years.

There are more than 40 symptoms associated with PD, and these can vary from person to person. Specialists in this field are an essential aid to those living with PD, as they can provide advice on medication, symptoms associated with the condition, and guidance for those newly diagnosed.

The service in Carrigaline is by appointment only, and an appointment can be requested by phoning 1800 359 359 or by emailing nurse@parkinsons.ie.

Parkinson's Ireland-Cork:

Calling out to those with Parkinson's and friends in West and North Cork Please let us know how we can help you fight Parkinson's progression and if you can please get involved and help us to set up activities and events in your local area.

Please contact jerome@parkinsons.ie or jackieoreilly@parkinsons.ie

Friendly Call Cork



Volunteers of Friendly Call Cork, with Manager Jackie Fitzgibbon (far right)

What is Friendly Call Cork:

Friendly Call Cork is a free service offering a daily phonecall to older people or individuals who may feel lonely, isolated, or vulnerable in Cork City and surrounding areas. The service specifically targets people with chronic illness or anyone who cannot engage actively in the community and is a lifeline to many.

What advice would you give to older adults this Spring:

Our advice would be to connect with local services such as Friendly Call and Cork City Partnership. As the weather improves this is a great opportunity to get out and join in local activities that will boost your mood, reduce social isolation and connect you to your community.

What do you enjoy most about your role:

What I like most about my role as co-ordinator of Friendly Call is that it varied and sociable. Every day is different and chatting with people about their life experiences is so interesting and rewarding.



If you would like to join or volunteer with Friendly Call please contact me:

Jackie Fitzgibbon,

087 6366407

jfitzgibbon@partnershipcork.ie



A Physical Activity Behaviour Change Programme for inactive adults

Being physically active is so important for both our physical and mental health and wellbeing. The Be Active Be Well programme supports and motivates inactive adults to take the next step and become more physically active. The programme explores motivation and confidence to change, overcoming barriers, goal setting, identifying support and looks at why becoming more physically active is important for health. The programme is not an exercise programme but rather a programme that focuses on our thought process around becoming active and how we can make real change that is specific to ourselves. There are 5 sessions in total; each session is 2 hours long. The programme is FREE to participants and is held in community venues.

Location	Dates 2025
Cork City (Evening course)	Tuesdays April 29th and May 6th, 13th, 20th and July 9th
Douglas/Mahon (Evening course)	Wednesdays April 30th , May 7th, 14th & 21st and June 25th
Dunmanway (Daytime course)	Thursdays Feb 20th , 27th; March 6th & 13th and May 8th
Macroom (Daytime course)	Wednesdays March 19th , 26th, April 2nd & 9th; and June 4th
Midleton (Daytime course)	Mondays March 3rd , 10th, 24th, 31st and May 26th
Mallow (Daytime course)	Wednesdays March 12th , 19th & 26th, April 2nd April and May 28th
Kenmare (Daytime course)	Wednesdays February 19th , 26th, 19th, March 5th, 12th and May 7th
Castleisland (Daytime course)	Thursdays March 20th , 27th, April 3rd & 10th and May 29th

Healthcare professionals can recommend this programme to their service users and display posters in relevant areas.

Further information about the programme can be accessed by scanning the QR code:



Please note:

All individuals must be willing and able to engage on an independent level with the programme.

For more information
contact: hpd.south@hse.ie
call 021 4921641



Singing for the Brain Farranree debut album launched by Lord Mayor of Cork City, Dan Boyle

On the 28th of November Lord Mayor of Cork City, Dan Boyle launched the Farranree Singing for the Brain CD.

The group, which formed in February 2022, set their sights on writing an original song which could be enjoyed at their weekly “Singing for the Brain” sessions.

With the support of Health Action Zone, Community Health Worker, Oisín Hennessy and Sian Brown, Singing for the Brain musical facilitator, the group put pen to paper and compiled a song titled “Farranree”, which captures how much the Singing for the Brain group means to participants. Finbarr Bevan, who is a long-standing member of the group also wrote a poem called “A Song” which describes his love for Singing for the Brain.

Following the launch Lord Mayor of Cork City Dan Boyle took centre stage by grabbing a guitar and belting out a tune. The participants joined him in song and dance and it truly was a memorable occasion for all involved. Singing for the Brain is an arts for health initiative aimed at providing supportive and inclusive social music groups in the community and is funded by the Cork North Community Work Department, HSE Southwest. To find out more about the Farranree group and how to get involved contact Community Health Worker Oisín Hennessy: 087 3896982. Oisín.Hennessy@hse.ie.



**Lord Mayor of Cork City, Dan Boyle
with Farranree SFTB members**



Singing for the Brain is an arts and health initiative providing supportive and inclusive social music groups in the community.

Each group meets weekly and participants are welcome to share a song or simply observe.

The programme recognizes the therapeutic effects of music on the brain and body and utilizes singing as a means to stimulate memory and promote health and wellbeing.

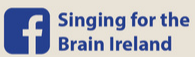
Everyone is welcome, no singing experience necessary.

Each group is led by a musical facilitator and supported by a specially trained coordinator.

Training is provided for new Singing for the Brain Musical Facilitators and Coordinators.



For more information please contact
087 4622616 or email singing4thebrain@gmail.com



And Now It's Spring

The grass is green across the hill,
But yellow blooms the daffodil.
It's sunshine on a little stalk,
A friendly flower, I bet they talk...

Of little kids, too long inside
They burst outdoors to play and hide.
Tracking mud and bringing bugs.
Look, there's footprints on the rug!

Tiny whirlwinds, these little tykes,
They skin their knees while riding bikes.
They rip and roar, they're running wild!
What fun it is to be a child.

It grows warmer every day.
Shoo the children out to play!
Pick the flowers, play in mud.
Too much rain, here comes a flood!

My snowy, winter days are gone.
I mourn them, but I hear a song
Of birds in trees; wind chimes ring.
I guess it might as well be spring!

by Lhtheaker

