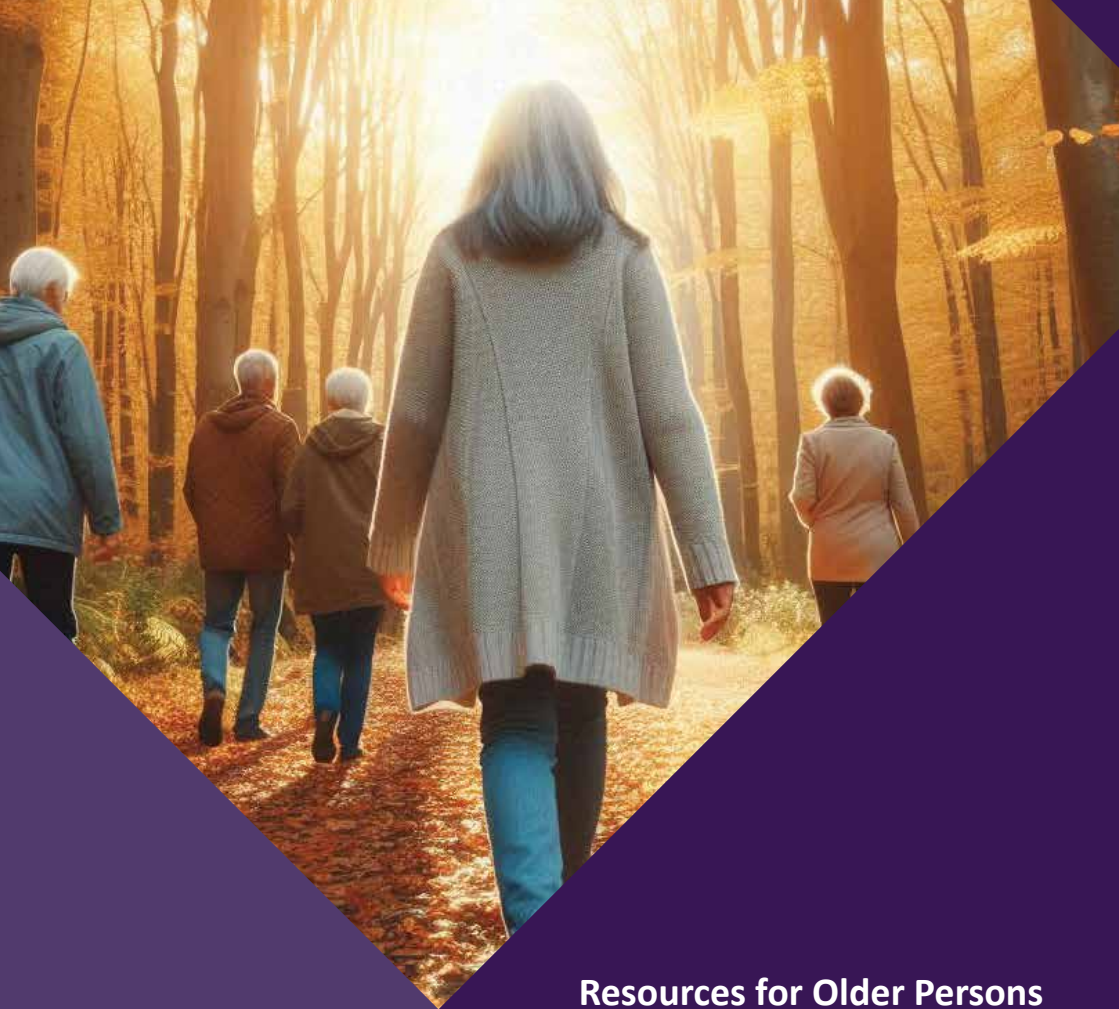


Keeping the Winter Blues away

Looking after your Mental Health



Resources for Older Persons
in County Kerry



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Keeping the Winter Blues Away

Resources for older persons in Co. Kerry

Mental health is crucial at every stage of life, including for older adults. As people age, we may face unique challenges that can impact our mental well-being.

While this period of life can bring many adventures, joy and positive changes it may also lead to challenges such as illness, retirement, bereavement and feelings of loss and loneliness affecting us and our loved ones.

Taking proactive steps to care for your mental health during the winter can make a significant difference.

Here are some tips to help maintain mental well-being during the colder months:

Stay Active

Physical activity can improve mood and overall well-being.

Stay Connected

Maintaining social connections can help reduce feelings of loneliness and isolation.

Seek Help

If you or someone you know is struggling, it's important to seek help from healthcare providers.

for more visit:
www.yourmentalhealth.ie



STAY PHYSICALLY ACTIVE



Exercise Regularly

Even light exercise like walking can boost your mood and energy levels. Try to get outside for some fresh air and sunlight whenever possible.

Indoor Activities

If it's too cold or wet outside, consider indoor exercises like yoga, stretching, chair exercise or following an online workout.

Increased Physical Activity

Social interactions often involve physical activities, which can help maintain mobility and overall physical health.

Lower Risk of Chronic Diseases

Socially active older adults tend to have lower risks of chronic conditions like heart disease and high blood pressure.

Improved Immune Function

Positive social interactions can boost the immune system, helping to fend off illnesses.

www.hse.ie/eng/about/who/healthwellbeing/our-priorityprogrammes/

KEEP A REGULAR SLEEP SCHEDULE



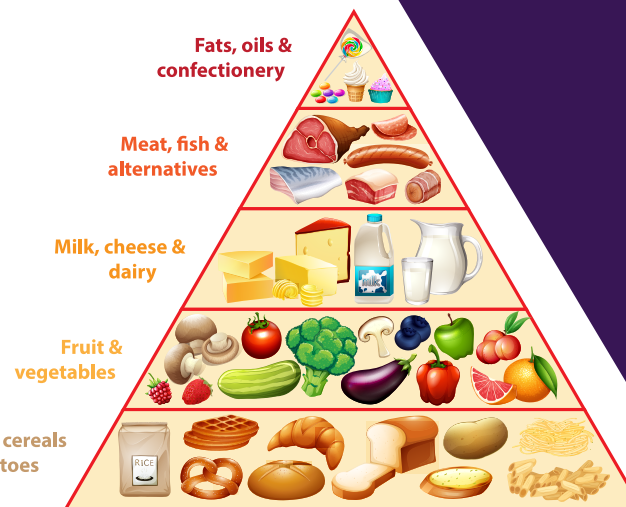
Consistent Routine

Go to bed and wake up at the same time every day to regulate your sleep cycle.

Avoid screens

Avoid phone or tablet screens before bed and create a relaxing bedtime routine to improve sleep quality; such as reading, listening to music or radio, or have a hot milky drink.

www.hse.ie/eng/about/who/cspd/medicines-management/bzra-for-anxiety-insomnia/the-good-sleep-guide.pdf



Maintain a Healthy Diet

Balanced Nutrition

Eating a diet rich in fruits, vegetables, and proteins can improve your mood and energy.

Limit Sugary Foods

While comfort foods can be tempting, try to limit high-sugar and high-fat foods as they can negatively impact your mood.

For further advice see

www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/

Practice Mindfulness and Relaxation

Mindfulness Exercises

Practices like meditation, deep breathing, and journaling can help manage stress and anxiety.

Hobbies

Engage in hobbies that bring you joy and a sense of accomplishment.

www.hse.ie/mental-health/self-help/activities/mindfulness/



STAY CONNECTED

Social interaction is incredibly beneficial for older adults, contributing to both mental and physical well-being. Here's some examples and benefits of social interactions:

Regularly connect: Connect with friends and family through phone calls, video chats; or meet up for tea and chats.

Join Groups: Participate in community groups or online forums to stay socially active.

Active retirement and Social groups: Joining an active retired group can significantly enhance the quality of life for older adults by providing social, mental, and physical benefits.

Get Sunlight: Try to spend time outside during daylight hours to get natural light, which can help improve your mood.

Embrace the Season; Enjoy Winter Activities: Find joy in winter-specific activities like reading by the fire, knitting, watching movies or attending local sporting fixtures.

Meals on Wheels: This service provides numerous benefits for older adults, enhancing quality of life and supporting their independence. This includes daily visits by volunteers, nutritious meals and connection to local services. This service is very important if you are recovering from illness.

Support Groups: Consider joining support groups for older adults to share experiences and receive support.

Regular social interaction: This can help alleviate feelings of loneliness and reduce the risk of depression and anxiety.

Cognitive Health: Engaging in conversations and social activities can improve cognitive functions, such as memory and mental sharpness.

Emotional Support: Having a network of friends and family provides emotional support.

SEEK PROFESSIONAL HELP IF NEEDED

If your mood is not getting better, talk to a friend or family member. Seek help and visit your GP.

After hours ring Southdoc 0818 355 999 and in an emergency, go to the hospital or ring 112/999.

If you're struggling, don't hesitate to seek help from a mental health professional.



Samaritans

Offers free 24/7 emotional support 365 days a year for anyone who needs someone to talk to.
24 Hour Helpline 116 123
www.samaritans.ie

Aware

Helping to defeat depression
Helpline 1800 80 48 48
(7 days. 10.00 am – 10.00 pm)
www.aware.ie

Grow Mental Health Weekly online peer support groups. Podcasts, practical resources and information.

Visit

www.grow.ie
Email info@grow.ie
Information line 0818 474 474

Pieta House

Pieta House provide a range of services nationally to people who are experiencing thoughts of suicide, those who engage in self-harm, and those bereaved by suicide. All services are provided free of charge, and no referral is needed.
Freephone 1800 247 247 (24/7 Helpline) or Text HELP to 51444 (standard message rates apply)
0818 111 126- Therapy



PROFESSIONAL HELP CONTACTS

HUGG

HUGG is a peer support organisation, providing a safe, confidential environment in which those bereaved by suicide can share their experiences and feelings. HUGG support group, Tuesday from 26th November at 7.30pm in Tralee.

Email: support@HUGG.ie

01 513 4048 (monitored answering machine)

www.hugg.ie

SPUNOUT

Text HELLO : 50808

www.textaboutit.com

HSE Resource Officer for Suicide Prevention Kerry
087 7198903

Suicide Bereavement Liaison Officer:

085 870 6714

Senior Helpline

Confidential listening service for older people by older people

Helpline 1800 80 45 91

Active Retirement Ireland

01 873 3836

www.activeirl.ie

Age Action Ireland

01 475 6989

www.ageaction.ie

Age and Opportunity

01 268 8607

www.ageandopportunity.ie

Alzheimer Society of Ireland

Helpline 1800 341 341

www.alzheimer.ie

Meals on Wheels

Meals on Wheels Services are available in the following areas:

Community Health Network 1 - North Kerry
Ardfert, Ballybunion, Ballyduff, Ballyheigue, Castleisland, Knockanure, Knocknagoshel and Listowel.

Community Health Network 2 West Kerry

An Daingean, An Léith Triúigh, Castlegregory, Inch, Camp and Tralee.

Community Health Network 3 South Kerry

Ballinskelligs, Beaufort, Caherdaniel, Cahersiveen, Castlemaine, Dromid, Glencar, Kenmare, Kilgarvan, Killarney, Killorglin, Lauragh, Listry, Portmagee, Rathmore, Sneem, The Glen and Waterville.

For further information contact:

HSE Community Work Department

(066) 719 5635

www.mealsonwheelsnetwork.ie/contact/

Men's Sheds

A community based project where men can learn, share skills and make long lasting friendships.

Men's Sheds are available in:

Dingle, Tralee. Cahersiveen, Keel/Castlemaine, Killarney, Kenmare, Sliabh Luachra, Sneem and Waterville.

For further information contact:

The Irish Men's Shed Association:

0818 900 800

www.menssheds.ie

WOMEN'S GROUPS

Womens Collective Ireland

South Kerry, supporting women's groups, awareness raising, information, advice and guidance services.

089 603 1656 | info@womenscollective.ie

PROFESSIONAL HELP CONTACTS

Kerry Women's Centre

Phone: 066 913 0430

Email: info@kerrywomenscentre.ie

Killarney Women's Shed

085 272 6216

Annascaul Ladies Shed

086 266 3186

beeorchid20@gmail.com

Women 2000

Killorglin

087 286 0667

www.facebook.com/Woman2000.Killorglin

Phoenix Women's Shed

Tralee

087 489 0929

info@phoenixwomensshed.ie

DAY CARE CENTRES

Provide mid-day nutritious meals, personal care, programme of activities, and helps to prevent loneliness through social contact.

Community Health Network 1 North Kerry

Castleisland Day Care Centre

for older people (066) 7143865

Ard Chúram

Listowel Day Care Centre for Older People

Fuchsia Centre - Day Care Centre for Dementia,

The organisation also run a Community Choir.

Contact (068) 22986 or

emailardcuram@gmail.com

Community Health Network 2 West Kerry

Baile Mhuire

Tralee (066) 7123373, Day Centre for Older People, Stroke Day Centre.

Gáirdín Mhuire

day centre for older people, Dingle

(066) 915 1300

St. Patrick's Day Centre

for older people, Tralee

066 915 3390

Rosemary Day Centre

Alzheimer's Day Centre, Tralee

(066) 718 0377

Community Health Network 3 South Kerry

Rockmount Day Centre

Dementia day services, Kilgarvan

(064) 668 5952

Killarney Community Services

Day centre for older people, Killarney

(064) 663 5005

Rathmore Social Action Group

Day centre for older people, Rathmore

(064) 668 5952

Killorglin Social Action Group

Day centre for older people, Killorglin

(066) 979 0907

CARERS SUPPORT

Family Carers Ireland

1800 240 724

www.carersireland.com

PROFESSIONAL HELP CONTACTS

SOCIAL CENTRES

Provide an opportunity to meet, socialise and partake in meaningful activities and have a hot mid day meal . They also provide opportunities for training, health promotion activities and promoting successful ageing.

Community Health Network 1 North Kerry

Abbeydorney/Kilflynn, Ardfert, Ballybunion, Ballyduff, Ballyheigue, Brosna, Kilcummin, Knocknagoshel, Lixnaw, Lyrecrompane and Scartaglin.

Community Health Network 2 West Kerry

An Léith Triúigh, Camp, Castlegregory, Baile an Fheirtéaraigh, Fionn Trá and Tralee.

Community Health Network 3 South Kerry

Ballinskelligs, Beaufort, Caherdaniel, Cahersiveen, Castlemaine, Dromid, Glenbeigh, Glencar, Kenmare, Kilcummin, Portmagee and The Glen.

ACTIVE RETIRED GROUPS

Offer friendship and support

Community Health Network 1 North Kerry

Asdee, Ballybunion, Ballyduff, Ballyheigue (Over 55s), Ballylongford (Go for Life), Ballymacelligott, Brosna, Castleisland, Currow, Listowel, Lixnaw, Moyvane/Knockanure and Tarbert/Bridewell.

Community Health Network 2 West Kerry

Ballymacelligott, Blennerville, Castlegregory and Tralee.

Community Health Network 3

South Kerry

Ballinskelligs, Beaufort, Caherdaniel, Cahersiveen, Cromane, Fossa, Glenbeigh Bowls, Kenmare Bowls, Killarney, Killorglin Bowls, Sneem Bowls, Turreencahill, Valentia Island and Waterville.

For further information contact

(01) 873 3836,

Website: www.activeirl.ie/your-local-group

Probus Clubs

Probus Clubs provide regular gatherings of persons who in retirement appreciate and value opportunities to meet others in similar circumstances and of a similar level of interest.

Contact <https://probusireland.com/clubs>

BEFRIENDING AND VISITATION SERVICES

Provides a companionship and social contact through either a telephone call or visit.

Kerry's Call

(County Service) is an initiative that will provide older people with a phone call service to check on their wellbeing. Contact (087) 912 6184

Home Visitation

Programme for older people provides a free social visiting service for older people in North Kerry.

Contact (068) 234 29

ALONE

Provides befriending services, advocacy and support. Contact seven days/week, 8am – 8pm.

Contact (0818) 222 024

Senior Line

SeniorLine is a confidential listening service for older people provided by trained older volunteers.

(1800) 80 45 91

PROFESSIONAL HELP CONTACTS

Comhcoiste Ghaeltacht Uíbh Ráthaigh

Visitation (limited hours) for older people being cared for at home. Contact 066 9474888

Coiste Ionad Lae na Dromoda

Visitation (limited hours) for older people being cared for at home. Contact 066 9474782

Social prescribing services

Connects you with activities and supports in your area:

Killarney - Killorglin: Ballyspillane CFRC

064 663 5589

Kenmare - Cahersiveen: Kenmare FRC

064 664 2790

Listowel - Listowel FRC

087 413 2521

Kerryhead/Ballyheigue - Ballyheigue FRC

085 176 6304

Better Balance Better Bones program

Held in various locations across Kerry is designed to improve strength and balance.

To arrange sessions contact

Sinead at 085 253 7742

OTHER

Citizens Information Board

Lo Call 0818 07 4000

www.citizensinformationboard.ie

Friends of the Elderly

01 873 1855

www.friendsoftheelderly.ie

Irish Senior Citizens Parliament

085 260 4955

www.seniors.ie

Recovery Haven - Cancer Support

066 719 2122

www.recoveryhavenkerry.com

Tralee International Resource Centre

Supporting Refugees, Persons seeking International Protection and Migrants in the greater Tralee area

Tel: 066 7127918

Killarney Asylum Seekers Initiative

Supporting Refugees, Persons seeking International Protection and Migrants in the greater Killarney area

Tel 064 6620705

Email: info@kasi2000.com

Kerry Travellers Health and Community Development Project

Supporting the Traveller community in Co.Kerry (066) 712 0054

LGBT Support

Listowel Family Resource Centre-county wide.

Tel: 0876050069 (Daniel)

For Further information contact:

HSE Community Work Department

(066) 719 5635

Community Work Department

Health Service Executive

Kerry Community Healthcare Centre

Rathass

Tralee, Co. Kerry ,V92 YA25

Tel: 066-7195635 Ext 54635



Connecting for Life
Kerry

This leaflet is a partnership between
Kerry Community Work Dept and
Resource Office for Suicide Prevention, Kerry.

Published 2024