What’s out there?

A profile of health & wellbeing groups and services in the Dublin South Inner city area
Introduction & Acknowledgements

This profile is the culmination of a piece of work developed through a successful joint funding application by Fatima Regeneration Board on behalf of Rialto Community Health Forum & the HSE Primary Care Manager to the ‘Joint Community Participation in Primary Health Care Funding Initiative’. This was initiated in 2008 by the former Combat Poverty Agency and the Office of Consumer Affairs (HSE) in collaboration with the Directorate for Primary Community and Continuing Care (PCCC HSE). It is designed to support and enable disadvantaged communities and groups to participate in local primary care teams (PCTs).

From February to October 2009 a number of monthly themed lunchtime workshops were organised in St. Catherine’s Community Sports Centre where members of the Primary Care Teams, Community Groups and organisations, Schools, Dublin City Council and other statutory groups met together to explore different issues within the Primary Care areas of Rialto, the Coombe, James Street, Bride Street and the Liberties.

Themes included:

- Exploring Mental Health Supports
- Exploring Older People Supports
- Exploring Supports for People Affected by Addiction
- Promoting Healthy Lifestyles in the Community & Presentation of Research on Health in Rialto
- Exploring Family Supports & Early Intervention

Training inputs organised as a follow up to workshops:

- Organised 4 Days of the ASIST (Applied Suicide Intervention Skills Training)
- Improving Accessibility to your Service/Community Project

The sessions were a resounding success with an average attendance of 35-40 participants. One request from participants repeated throughout the workshops was the need for a comprehensive profile of all the groups and organisations working in these areas. This profile is the result of that request.

We would like to acknowledge and thank the following for their hard work and dedication to this work:

- Our very enthusiastic volunteers who kindly spent time over July to September 2009 devising the layout and collating the content of this profile: Caoileann Cassidy & Alanna Coll
- The Community Health Workers from Fatima & Dolphin Health Initiatives who co-facilitated the workshops sessions: Ann Malone, Erika Cox, Niamh Cummins, Rachel Byrne, Susan Lawlor & Vera Ashton
- Geraldine Moylan, SICCDA
- Roisin Ryder, Fatima Groups United
- Debbie Lynch, Rialto Community Network
- Melissa Arnold, St. Catherine’s Community Sports Centre
- Elaine Houlihan, the former Combat Poverty Agency
• Sheila Reaper Reynolds, HSE Health Promotion Dublin Mid Leinster
• Mary Culliton & Rachel McEvoy, HSE Consumer Affairs
• All those who supported, presented and participated in the Lunchtime Workshops

Edel Reilly Ellen O’Dea Community Health Co-ordinator Acting Primary Care Manager Fatima Regeneration Board HSE Dublin South City December 2009

Disclaimer

While every effort to ensure that the information in this directory is accurate, we cannot accept responsibility for either the information or services provided as included in this directory.

Published: December 2009 Please feel free to contact us with corrections on details relating to your organisation so that we can keep it updated.

Please contact Janice Kearns at 01 4545385 or email: janicekearns.sicp@hse.ie
1 KEEPING HEALTHY, KEEPING WELL

1.1 YOUR HEALTH IS IMPORTANT
Eating a healthy diet and being a healthy weight
Being physically active
Stop smoking and cutting back on excessive alcohol
Looking after your mental health and dealing with stress
Looking after your sexual health
Accessing health promotion information

2 HEALTH ENTITLEMENTS

2.1 COST OF HSE SERVICES
Medical cards and GP visits
Drugs payment scheme
European health insurance card
Immunisation
Nursing home support scheme (fair deal)
Long term illness scheme
Dental services
Community welfare service
Back to school footwear and clothing allowance
Supplementary welfare allowance
Social welfare local office

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GP out of hours service (Dub Doc)
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Occupational therapy
Physiotherapy
Social work
Liberties primary care team & centre
Cathedral primary care team
James street primary care team
Rialto primary care team
Coombe primary care team
South inner city partnership
South earl street health centre
Bride street health centre
Other services in the network area
Primary care nutrition and dietetic service
Speech & language therapy
Psychology service in primary care
Protection of older persons
Child protection social work and family support
Community intervention team
Home rehabilitation team
Child health
4. Community Projects & Services

Rialto Community Network Fatima Groups United Dolphin House
Community Development Association South Inner City Community
Development Association VISTA Community Development Project Mercy
Family Centre Ltd School & Thomas Street Family Resource Centre
Whitefriar/Aungier Community Council Robert Emmet Community
Development Project/Mendicity Institute Fountain Resource Group Ltd St.
Nicholas of Myra Parish Centre Open Homeopathy Society of Vincent De
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NURSING HOME SUPPORT SCHEME (FAIR DEAL)
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ROLE OF THE PUBLIC HEALTH NURSING SERVICE FOR OLDER PEOPLE
WELL ELDERLY CLINIC
HOME CARE PACKAGES
MEALS ON WHEELS
HOME HELP SERVICES
COMMUNITY DEVELOPMENT WORKER FOR OLDER PEOPLE IN RIALTO
RIALTO DAY CARE CENTRE
DOLPHIN PARK OLDER PEOPLE COMPLEX
SOUTH INNER CITY COMMUNITY DEVELOPMENT ASSOCIATION
FRIENDS OF THE ELDERLY
VISTA COMMUNITY DEVELOPMENT PROJECT
FRIENDLY CALL SERVICE
CARE LOCAL
AGE ACTION
RIALTO ACTIVE RETIREMENT ASSOCIATION
ST KEVIN’S ACTIVE RETIREMENT ASSOCIATION
ACTIVE RETIREMENT IRELAND
ALONE

MENTAL HEALTH

ACCESSING INFORMATION TO HELP YOU COPE
HSE DUBLIN SOUTH CITY MENTAL HEALTH SERVICE
AWARE
SHINE
PIETA HOUSE
SAMARITANS
AVOCA NATIONAL COUNSELLING SERVICE
GROW
HSE SOCIAL INCLUSION SERVICE
MENTAL HEALTH INFORMATION SERVICE

WOMEN

TEEN PARENT SUPPORT PROGRAMME (BARNADOS)
DUBLIN RAPE CRISIS CENTRE
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RIHAMA
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 HANLY CENTRE
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Keeping Healthy, Keeping Well

YOUR HEALTH IS IMPORTANT Achieving and maintaining good health is of central importance to enable people live healthy and fulfilled lives. In order to stay healthy it is important to look after your body and mind.

Having a healthy lifestyle will help you do this. This includes:

1. Eating a healthy diet and being a healthy weight
2. Exercising physically
3. Stopping smoking and cutting back on excessive alcohol
4. Looking after your mental health and dealing with stress
5. Looking after your sexual health

Looking after these things will help you stay healthy and avoid problems with your health in the future. Advice, support, information and encouragement to help you achieve these goals and make healthy lifestyle choices is available from your primary care team and from community groups and health initiatives.

1. Eating a healthy diet and being a healthy weight

Eating well is important for all of us. In the short-term, it can help us to feel good, look our best and stay at a healthy weight. And in the long-term, a healthy, balanced diet can reduce our risk of heart disease, diabetes, osteoporosis and some cancers. But what exactly is a healthy, balanced diet? In simple terms, to eat a balanced diet you need to combine several different types of foods - from each of the main food groups - in the right amounts so your body gets all the nutrients it needs while maintaining a healthy weight. This means you should eat:

- Plenty of bread, rice potatoes, pasta and other starchy foods
- Plenty of fruit and vegetables
- Some milk, cheese and yoghurt
- Some meat, fish, eggs, beans and other non-dairy sources of protein,
  and
- Just a small amount of foods and drinks high in fat and/or sugar

Please see the Food and Nutrition chapter for further information.

2. Being physically active

The benefits of being active for physical and mental health are huge. Being active helps release chemicals in your brain (endorphins), which have a positive effect on your mood, not to mention the benefits to your heart, lungs, muscles and bones. Getting out and being active is also a great way to manage stress. Regular physical activity can help you reduce the risk of developing diabetes, high blood pressure, heart disease and cancer. For children and young people being active helps reduce their risk of developing these diseases in later life too. Increased levels of physical activity will help reduce body fat and maintain a healthy weight. Being active is fun for all the family.

Research shows that children whose parents are active are more than 5 times as likely to be active than those whose parents are not. Getting active does not have to be expensive and options such as walking, cycling and team sports are low cost or completely free. Being active will give you more energy, help you relax, look good, and it’s fun too. Being more active can also lower your risk of ill health. All adults need at least 30 minutes of moderate intensity activity on five days a week. Research shows that most Irish people are not as active as they need to be for health.
### Get Ireland Active

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| General population| Information and resources on National Physical Activity Guidelines | Phone: 1850 24 1850 (HSE Infoline)  
Web: www.getirelandactive.ie  
Web: www.hse.ie |

### Little Steps

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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<tbody>
<tr>
<td>General population</td>
<td>A step-by-step guide to eating well and being active for you and your family.</td>
<td>Web: <a href="http://www.littlesteps.eu">www.littlesteps.eu</a></td>
</tr>
</tbody>
</table>

### Dublin City Council Sports and Recreation Officer

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| • People with Disabilities  
• Teenage girls/Women  
• New Communities  
• Children under 10  
• Active Retirement groups 50+ | • To provide, support and promote Sport and Active Recreational activities/programs for the communities within the South Central area of Dublin City.  
• Chair Aerobics  
• Aerobics  
• Bowls  
• Fun and Games  
• Parent and Toddler Inclusion Programs i.e., Badminton  
• Gym Programs  
• Bowls  
• Darts | Catherine Flood  
(Sports and Recreation Officer)  
Address: South Central Dublin,  
Clogher Road Sport Hall,  
Crumlin  
Phone: (01) 222 8595  
Email: catherine.flood@dublincity.ie |
### St Catherine’s Community Sports Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Dublin City</td>
<td></td>
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<tr>
<td></td>
<td>• Full Size Sport Hall</td>
<td>Address: St. Catherine's, Community Sports Centre, Marrowbone Lane, Dublin 8. Phone: (01) 222 7541</td>
</tr>
<tr>
<td></td>
<td>• Fully Equipped Gym</td>
<td>Opening hours: Monday to Friday: 9am – 10pm. Saturday and Sunday: 9:30am – 5:30pm.</td>
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<td></td>
<td>• Outdoor Play Area</td>
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<td></td>
<td>• Youth Area</td>
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<tr>
<td></td>
<td>• Indoor Pitch</td>
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<td></td>
<td>• Conference Room</td>
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<td></td>
<td>• Meeting/Training Room (can cater for up to 50 people)</td>
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<td></td>
<td>• Dance Studios</td>
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<td></td>
<td>Our activities / sports available to you are: Badminton, Volleyball, Football, Shokotan, Tai-Chi, Salsa Dance, Kickboxing, Basketball, Unihoc, Taekwon Do, Kung-fu, Yoga, Street Dance, Irish Dancing.</td>
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<td>Youth Area:</td>
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<td>• After school clubs, Youth clubs, Youth programmes &amp; Young people in general</td>
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<td></td>
<td>• Pool table, table tennis table, giant television screens, playstation docks and screen, air hockey, football table, punch bags, table games.</td>
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### Crumlin Swimming Pool

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<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>General population (mainly school children)</td>
<td>Hire out pool for children's swimming lessons: Tuesdays @ 7:30 adults aerobics classes (€6 euro) Thursdays @ 2-12.45 pensioners and unemployed persons swim for free, Saturdays @ 10-12.30 (public swim) (€2.20 for kids &amp; €4.50 for adults) July and August pool open full time for public swimming.</td>
<td>Alison Dowling</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Address: Crumlin Swimming Pool, Raas Park, Windmill Road, Crumlin, Dublin 12. Phone: (01) 665 5782</td>
</tr>
</tbody>
</table>
### 3. Stopping smoking and cutting back on excessive alcohol intake

**Do you want to quit smoking?**

If you are a smoker quitting is one of the best things you can do for your health. If you are thinking about making your world smoke-free you don’t have to do it alone. There is lots of help and advice available and if you spend some time planning you stand a better chance of giving up for good. People who get support to give up are much more likely to succeed. Good luck with your journey to a smoke-free world.

Visit [www.giveupsmoking.ie](http://www.giveupsmoking.ie) or call the National Smokers Quitline 1850 201 203 to start your quit plan today.
Alcohol and you

Drinking alcohol is part of everyday adult life in Ireland. It is used to celebrate, commiserate and to socialise. Used sensibly alcohol is a pleasurable, socially acceptable drug. However, research shows that Irish people:

- drink more than people in other European countries,
- have the highest level of binge drinking in Europe, and
- experience more harm as a result of alcohol use than other Europeans.

You can enjoy a drink - but too much, too often or too fast can cause problems. Visit www.yourdrinking.ie this site will help you think about how you use alcohol and take steps to reduce your risk of harm. You can also go to your GP who will be able to refer you to get the support that you need. There are a number of information, support and counselling services providing support around alcohol and alcohol related problems. Contact details for many of these services can be found in the Addiction chapter.
4. Looking after your mental health and dealing with stress

Look After Your Mental Health
Mental health is something we all have and it is something we should take steps to protect in the same way we guard our physical health. When we are mentally healthy, we can enjoy all the aspects of our life and relationships more. Good mental health allows us to get the most out of spending time with our families and friends, and it helps us through difficult times.

Worried about someone
Some people can be at greater risk of developing a mental health problem. If you think that someone you know might be having some mental health problems then look out for some of the signs and symptoms and talk to them about it or direct them to professional support services.

Where to find more information
The HSE has two websites dedication to mental health:

www.yourmentalhealth.ie provides general information and advice on looking after your mental health
www.letsomeoneknow.ie provides information for young people on looking after mental health

Life can be very stressful, which may cause people to feel under pressure and worn out. There are a number of ways which you can help yourself to manage stress so that you can live a balanced and healthy lifestyle. See below information that can help you:

• Local counselling services
• Services providing advice if you are having financial worries
• Citizens information
• Community Health Information and Initiatives

See the Mental Health Chapter for further information on mental health supports.
Local counselling services

Liberties Counselling Service

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| People living in the South Inner City. | + low cost counselling and psychotherapy service in the South Inner City  
+ Waiting list for service but you can get more information by contacting by phone or email. | Phone: (01) 473 6491  
Address: 11 Meath Street, Dublin 8  
Email: info@libertiescounselling.com  
Web: www.libertiescounselling.com |

Hesed House

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</table>
| People in need of counselling services. | + Provide satellite counselling services in Ratho  
+ Individual, couple, child and family psychotherapy  
+ Provide all clients with a safe and confidential space where they can reflect upon any thoughts, behaviours or relationships that might be causing them distress. | Phone: (01) 454 9474  
Address: 74 Tyrconnell Road, Inchicore, Dublin 8  
Email: office@hesedhouse.ie  
Web: www.hesedhouse.ie |

Budgetary Advice

Money Advice and Budgeting Service (MABS)

<table>
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<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| People experiencing financial difficulties | MABS is a national, free, confidential and independent service for people in debt or in danger of getting into debt. | Phone: (01) 473 1856  
1890 285 428 (help line: Mon to Fri 9am-8pm)  
Address: Liffey South West MABS, 32 Francis Street, Dublin 8  
Email: liffey.sw@mabs.ie  
Web: www.mabs.ie |

Citizens Information Centres (CICs)

Provide free, impartial and confidential information. They provide integrated information across the full range of state services and entitlements as well as local services and supports.

- Centres available during opening hours, by e-mail, fax or phone.
- Many CICs provide specialist services such as legal or financial advice or local access to the Office of the Ombudsman
• CICs are registered and supported by Comhairle
• There are 3 CICs located in the area.
### Liberties Citizens Information Centre

<table>
<thead>
<tr>
<th><strong>Target Population</strong></th>
<th><strong>Services Provided</strong></th>
<th><strong>Contact</strong></th>
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</thead>
</table>
| General population   | Responsible for supporting the provision of information, advice and advocacy to the public on the broad range of social and civil services. | Phone: (01) 473 5178  
Address: 90 Meath Street, D8  
Email: liberties@citinfo.ie  
Web: www.citizensinformation.ie |

### Rialto Parish, Citizens Information Centre

<table>
<thead>
<tr>
<th><strong>Target Population</strong></th>
<th><strong>Services Provided</strong></th>
<th><strong>Contact</strong></th>
</tr>
</thead>
</table>
| General population   | Responsible for supporting the provision of information, advice and advocacy to the public on the broad range of social and civil services. | Phone: (01) 459 9965  
Address: 411-413, Rialto Parish Centre, School House, SCR D.8  
Email: rialto.cic@comhaidh.ie  
Web: www.citizensinformation.ie |

### Carmelite Citizens Information Centre

<table>
<thead>
<tr>
<th><strong>Target Population</strong></th>
<th><strong>Services Provided</strong></th>
<th><strong>Contact</strong></th>
</tr>
</thead>
</table>
| General population   | Responsible for supporting the provision of information, advice and advocacy to the public on the broad range of social and civil services. | Phone: (01) 400 5971  
Address: 56 Aungier Street  
Dublin 2  
Email: carmelite@citinfo.ie  
Web: www.citizensinformation.ie |
Community Health Information and Initiatives

Health advice and support is also available from your local community. The following groups are involved in health promotion and delivery.

### Rialto Community Health Forum

<table>
<thead>
<tr>
<th>Target Population</th>
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</table>
| Rialto Residents  | + Resident forum aiming to address and influence health inequalities in service delivery and promote health promoting initiatives and opportunities in the Rialto area.  
+ Has community representation on Rialto Primary Care Management Team | Edd. Reilly  
(Community Health Co-ordinator)  
Address: Fatima Regeneration  
Board, F2 Centre, 3 Reuben Plaza,  
Rialto, Dublin 8  
Phone: (01) 4716723  
Email: health@frb.ie  
Web: www.frb.ie | |

### Fatima Health Initiative (FHI)

A community development health project which aims to tackle the high rate of ill-health among residents of Fatima and the surrounding area. Through a range of programmes the initiative provides spaces which allow local people opportunities to take control of their own health and the health of their community.

<table>
<thead>
<tr>
<th>Target Population</th>
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<th>Contact</th>
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</table>
| A community development health project which aims to tackle the high rate of ill-health among residents of Fatima and the surrounding area. Through a range of programmes the initiative provides spaces which allow local people opportunities to take control of their own health and the health of their community. | Identifying health issues which are important to local people & developing programmes in response. Currently, FHI runs:  
+ Women’s Group  
+ Men’s Group  
+ Community Health & Wellbeing education sessions (Tuesday evening & Wednesday morning)  
+ Physical Fitness  
+ Parent & Baby group (Wednesday Public Health Nurse attends as requested)  
+ Training  
+ Drop-In Welfare Entitlements Clinic/Advocacy work | Roisin Ryder  
(Co-ordinator)  
Ana Malins, Erika Cox, Rachel Byrne & Niamh Cummins, Irene Ward  
(Community Health Worker)  
Time: 9:30-1pm  
Address: Fatima Health Initiative, F2 Centre, 3 Reuben Plaza, Rialto, Dublin 8  
Phone: (01) 4534722  
Email: info@fatimagroups.united.com  
Web: www.fatimagroups.united.com |
5. Your sexual health

www.yoursexualhealth.ie is the HSE’s website on sexual health, providing information about maintaining good sexual health, sexually transmitted infections (STIs, sometimes called STDs), safer sex and contraception. Having, active and healthy sex is an important part of life for many people, young, old, middle aged, whether heterosexual, gay, lesbian, bisexual and from every race and colour. Looking after your sexual health is an essential part of an enjoyable sex life. www.yoursexualhealth.ie gives you general information to help you look after your sexual health including:

- Talking about sex
- Sexuality
- Looking after your sexual health

Accessing Health Promotion Information

Health Promotion Departments are valuable sources of leaflets and other printed information about drugs and alcohol. The staff have expertise in developing drug and alcohol policies and will be able to advise on drug and alcohol education and prevention issues.
Dublin Mid-Leinster Health Promotion service is your local department.

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>General population</td>
<td>* Range of publications available free of charge</td>
<td>Carrie Kesting</td>
</tr>
<tr>
<td></td>
<td>* Information leaflets on nutrition for adults and children, you can also get</td>
<td><strong>Phone:</strong> (01) 463 2800</td>
</tr>
<tr>
<td></td>
<td>literature on topics such as breastfeeding, child health, physical activity and</td>
<td><strong>Web:</strong> <a href="http://www.healthinfo.ie">www.healthinfo.ie</a></td>
</tr>
<tr>
<td></td>
<td>alcohol.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>* Health promotion courses (free)</td>
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</tbody>
</table>

**Online Health Resources**

- www.indi.ie
- www.littlesteps.eu
- www.fsai.ie
- www.healthpromotion.ie
- www.hse.ie
- www.safefood.eu
- www.who.int/en
- www.welgh2live.eu
- www.irishheart.ie
- www.diabetesireland.ie
- www.bodywhys.ie
- www.coeliac.ie
In this chapter, we look at health services in Ireland generally, with a focus on how health care is provided, health entitlements and benefits.

**Cost of HSE Services**

Ireland has a government funded health service which entitles all people living in Ireland access to certain free or reduced cost services. These include:

- Free Public Hospital Consultant visits, with General Practitioner (GP) referral.
- Public Hospital stays nominal in-patient charge for first 10 days (medical card holders exempt).

- Accident & Emergency Departments charge for walk in visits, but free with GP referral or medical card.
- All schoolchildren receive free dental checks & care up to 16 years.
- All children can avail of required childhood immunizations free from GP.
- GP services are free in Ireland with Medical Card or GP Visit Card (other patients must pay a consultation fee).

**Medical Cards & GP Visits**

Medical Cards provide free access to GP, community health, and dental services, prescription medicine costs, hospital care and a range of other benefits.

Most people who get a Medical Card do so because their income is below a certain level. It is also possible to get a Medical Card if the costs of meeting your medical needs causes you financial hardship, or if you have entitlement under EU regulations.

Medical Cards are issued by the HSE’s 32 Local Health Offices nationwide, and these offices also accept and carry out the assessment of your application.

For Medical Card Applications, the HSE only considers your income after tax and PRSI is deducted, rather than total income. We also make allowances for expenses on childcare, on rent and mortgage costs and on travel to work.

Up until December 2008 all adults over 70 were automatically entitled to a medical card. However with the introduction of the Health Act 2008, applicants over 70 will be able to apply and receive a medical card if their weekly gross income is below €700 for a single person and €1400 for a couple.

**Drugs Payment Scheme**

Under the Drugs Payment Scheme, an individual or family in Ireland only has to pay a maximum amount (€100 in 2009) each month for approved prescribed drugs, medicines and certain appliances for use by that person or his or her family in that month. The amount is determined from time to time by the Minister for Health and Children. If you have a GP Visit Card or do not have a Medical Card you should apply for a Drugs Payment Scheme Card. This scheme is aimed at those who don’t have a Medical Card and normally have to pay the full cost of their medication.
It also applies to those who have a GP Visit Card. Anyone ordinarily resident in Ireland can apply to join the scheme, regardless of family, financial circumstances or nationality. Being ordinarily resident in Ireland means that you have been living here for a minimum of one year or that you intend to live here for a minimum of one year.

The definition of a family for this Scheme, is an adult, their spouse, and any children under 18 years. Dependents over 18 years and under 23 years who are in full time education may also be included. Everyone ordinarily resident in Ireland without a Medical Card should have a Drugs Payment Scheme Card. You will not pay more than a maximum amount (€100 in 2009) for all your prescribed approved medication each calendar month. This maximum amount is subject to review by the Government from time to time. You must present your card each time you attend the pharmacy before a prescription can be dispensed. For details of the maximum amount please refer to the Drugs Payment Scheme and Medical Card rates leaflet. There are a number of items that legally do not require a prescription but for inclusion under the scheme they do require a doctor’s prescription.

**How do I Qualify?**
You must be ordinarily resident in Ireland and hold a PPSN. There is no means test for the Drugs Payment Scheme.

**How do I Apply?**
Download the registration form from www.hse.ie or get a form from your pharmacy or from the Carnegie Centre, 21-25 Lord Edward St Tel: 01 6486500. Fill in the details of all your family members. Send it to your Local Health Office and you will be sent a card for each member of your family. You must present your card each time you attend the pharmacy before a prescription can be dispensed. You do not have to register with a particular Pharmacy for the scheme but for convenience it is advisable to use the same pharmacy in a particular month if you wish to avoid paying more than the maximum amount per month.

Where people need to use two or more pharmacies in one month, they can claim back the amount paid over the threshold from the Carnegie Centre, 21-25 Lord Edward St Tel: 01 6486500.

If you lose or misplace your Drugs Payment Scheme Card, contact the Carnegie Centre for more information.

**European Health Insurance Card**

The European Health Insurance Card or EHIC was introduced in 2004 across the European Union. It allows Irish residents to access health services in any EU country and in Switzerland, Iceland, Liechtenstein and Norway, if they become ill or injured while on a temporary stay in that country.

**Can anyone get a European Health Insurance Card?**
You can get a EHIC in Ireland if you are ordinarily resident in Ireland. This means you have been living here for a minimum of one year or that you intend to live here for a minimum of one year.

**Is the EHIC free of charge?**
Yes. There is no charge to apply for or renew an EHIC. The HSE accepts renewals and applications for EHIC cards at the Carnegie Centre, 21-25 Lord Edward St Tel: 01 6486500.and on the HSE managed site - www.ehic.ie. What do I do if I become ill or injured in another member state? To obtain healthcare with the card, go to the nearest public system doctor, public hospital, or other public treatment centre and present your card. Treatment in a private setting is not covered by the card. See the www.ehic.ie website for details of services available in each EU State, or ask at the Carnegie Centre, 21-25 Lord Edward St Tel: 01 6486500.

**Do I need private insurance in addition to the Card?**
Public healthcare systems vary from country to country. The Card does not cover the cost of repatriation and in addition, illness or an accident abroad may mean extra travel and accommodation costs. You may therefore wish to take out private insurance for your trip. You will find more about your entitlements in particular countries at the Carnegie Centre, 21-25 Lord Edward St Tel: 01 6486500 or on www.ehic.ie .

**How long will it take to get a Card?**
You will receive your Card within 10 working days of receipt of your application.
What if I don’t have time to get a Card before I travel?
You can get a Temporary Replacement Certificate, which gives you the same entitlement as the card, but for a shorter period, and can be issued by your the Carnegie Centre, 21-25 Lord Edward St Tel: 01 6486500. One Temporary Replacement Certificate is issued per person.

Will I need to apply for a new Card each time I go abroad?
No. Your card will be valid for 4 to 5 years. Check that you and your family’s cards are valid before you travel, and if they have expired, it’s easy to renew them online at www.ehic.ie or at the Carnegie Centre, 21-25 Lord Edward St Tel: 01 6486500.

Do I need a card to get healthcare while on a visit to the UK?
No. You can get healthcare if needed during a temporary stay in the UK by giving proof of residency in Ireland. There is no need for a Card, although your Card will of course be sufficient to access such treatment.

How do I apply?
Applying for the card is very easy. Application forms are available from the Carnegie Centre, 21-25 Lord Edward St Tel: 01 6486500 or from our website, www.ehic.ie. You can also call the HSE infoline: 1850 24 1850.

Immunisation

What is immunisation?
Immunisation is a simple, safe and effective way of protecting your child against certain diseases. Children and young people in Ireland are entitled to certain vaccinations and immunisation services free of charge. These vaccines are provided in a range of settings: by your GP, in hospitals, at Health Centres, at home or at school.

Is immunisation free?
Vaccinations under the Childhood Immunisation Programme in Ireland are provided free of charge to all children. The childhood immunisation programme protects children from the following: Tuberculosis, Diphtheria, Tetanus, Whooping cough (Pertussis), HiB (Haemophilus influenzae B), Polio, Meningitis C, Measles, Mumps and Rubella.

Are vaccines safe?
The vaccines used in Ireland are safe. All medicines can cause side effects, but with vaccines these are usually mild, like a sore arm or leg or a slight fever. Serious side effects to vaccines are extremely rare. Research from around the world shows that immunisation is the safest way to protect your child’s health. Your doctor or nurse can discuss the risks with you before giving your child their vaccines. All the recommended vaccines used to protect children in Ireland are licensed by the Irish Medicines Board or the European Medicines Evaluation Agency. They are allowed to be used only after they have been shown to be both effective and safe.

Where can I get my child immunised?
The HSE recommends that all parents bring their children for immunisation, which is free from your GP. If you have any more questions or need more information, you can visit the HSE website - www.immunisation.ie, or speak to your GP or your Public Health Nurse in your local healthcentre in South Earl St or Bride St. You can also call the HSE infoline: 1850 24 1850, for more information.

Nursing Home Support Scheme (Fair Deal) 2009
This scheme requires all new entrants into long-term residential care both public, private and voluntary services to be dealt with in a similar fashion in respect of their care needs and means assessment.

To Apply for Nursing home support scheme BOTH Care Needs Assessment (Clinical assessment) AND Financial Assessment either b) or c) must be completed by applicant or next of kin in order for placement forum make a decision regarding placement.

Care Needs Assessment, (completion of Common Standard Assessment record by Health Professionals). Then Health professional will forward completed application to: Placement Forum Coordinator, Local Health Office, HSE Dublin West, Cherry Orchard Hospital, Dublin 10. Office: 01 620 6458, 01 620 6251 Financial Assessment
State Support (Financial Assessment) - Complete Financial Application and forward to the Nursing Home Support Scheme, Health Service Executive, Oak House Millennium Park, Naas, Co. Kildare, Phone 045 880400.

Nursing Home Loan (Financial Assessment) to the Nursing Home Support Scheme, Health Service Executive, Oak House Millennium Park, Naas, Co. Kildare, Phone 045 880400.

**Nursing Home Subvention**

If a resident in a private nursing home is currently receiving Nursing Home Subvention (Old Scheme) that agreement will remain unchanged unless the resident wishes to apply for the “The Nursing Home Support Scheme” (2009) (Fair Deal). You must apply for a Financial Assessment and complete a Financial application form under the above new scheme. Forward details to the Nursing Home Support Scheme, Health Service Executive, Oak House Millennium Park, Naas, Co. Kildare, Phone 045 880400. Applications may be accessed via any HSE local service.

**Long Term Illness Scheme**

**What is the Long Term Illness Scheme?**

If you have certain long-term illnesses or disabilities, you may apply to join the Long Term Illness Scheme and you will be supplied with a Long Term Illness book. This book allows you to get drugs, medicines, and medical and surgical appliances directly related to the treatment of your illness, free of charge. It does not depend on your income or other circumstances and is separate from the Medical Card Scheme and the GP Visit Card Scheme.

If you already have been given a Medical Card, you do not need to apply for a Long Term Illness book. If you become ineligible for a Medical Card at any stage, but have one of the medical conditions below, you should apply to join the Long Term Illness scheme to cover the cost of your medication.

- Acute Leukaemia
- Mental handicap
- Cerebral Palsy
- Mental Illness (in a person under 16)
- Cystic Fibrosis
- Multiple Sclerosis
- Diabetes Insipidus
- Muscular Dystrophies
- Diabetes Mellitus
- Parkinsonism
- Epilepsy
- Phenylketonuria
- Haemophilia
- Spina Bifida
- Hydrocephalus
- Conditions arising from the use of Thalidomide
How do I Qualify?
You must be ordinarily resident in Ireland and hold a PPSN. You qualify if you have one of the illnesses or
disabilities listed below: There is no income requirement or means test. If you have a medical condition that is
not listed above, you should consider applying for a Medical Card or a GP Visit Card.

How do I Apply?
Fill in the application form which is available from the Carnegie Centre, 21-25 Lord Edward St Tel: 01
6486500. Your doctor or consultant will sign the form to confirm your condition and list your medication.

How do I Use the Book?
A Long-Term Illness book will be issued to you if you are approved for the scheme. This book contains the type and
quantity of the drugs or medicines you need for your prescribed illness. Your doctor will sign it and you can then
bring this to the pharmacy when you need any of the items. If your doctor or occupational therapist prescribes a
medical or surgical appliance, it will be supplied to you from the Carnegie Centre. There is no separate application
form for medical/ surgical appliances - your doctor lists the type of appliance in your book and signs it.

Dental Services
The HSE provides dental services to all children under 16 years, to Medical Cared Holders and to EU residents
for emergency treatment. Some services are provided by dentists employed by the HSE and some by private
dentists contracted to the HSE.

All children under 16 years may be referred from a child health service. Children are also offered treatment
following a routine school visit by the dentist. Children attending primary school are screened in 2nd, 4th and 6th
class and are referred for treatment if necessary to the local dental clinic. Emergency services are also available to
all children under 16 years at 9.00AM at their local clinic. An emergency may include any concern a
parent/guardian may have about any aspect of their child’s teeth.

What Dental Services are provided for Medical Card holders?
Medical Card holders can get a list of participating Private Dental Practitioners from the HSE Dental Clinic contact
Cornmarket Dental Clinic at 6777671 or 6455411. Once the dentist has accepted you as a patient you must bring
your medical card with you when attending on your first visit. The following treatments are available with a
Medical Card: Fillings, Cleaning/polishing, Extractions, Dentures and Root Canal Treatment.

What if my child needs braces?
Some children where necessary are referred onto their Orthodontic Clinic for further treatment. This referral is from
the Principal Dental Surgeon in the health centre and Orthodontic Treatment is free.

Can I get tax relief on dental expenses?
If you do not have a medical card and have to pay for dental services from a private practitioner, you may claim tax
relief for certain specialised dental treatments. The form is called Med 2 and can be obtained from the Tax Office.

Can my PRSI help pay for dental treatment?
Treatment Benefit is a scheme in Ireland operated by the Department of Social and Family Affairs. Under this
scheme, contributions made by people through PRSI can be accessed to repay some of the cost of dental
treatment. Ask your Dentist for more information.

To learn more about Dental Services in the area, contact Cornmarket Dental Clinic at 6777671 or
6455411. You can also call the HSE infoline: 1850 24 1850, for more information.

Community Welfare Service
Community Welfare Officers work from Health Centres and local offices in the area, and can give financial
support to those in need, in the form of rent supplement or supplementary welfare allowance. They also advise on
entitlements. Contact your Health Centre in South Earl St 01 4258250 or Bride St 01 4543344 for the location of
your Community Welfare Officer. See below some details on the some of the allowances they deal with:
Back to School Clothing & Footwear Allowance

What is the Back to School and Footwear Allowance?
The Back to School Clothing and Footwear Allowance is in place to help families meet the cost of uniforms and footwear for students in Ireland attending school. The scheme operates from June 1st to September 30th each year.

How do I qualify?
To be eligible for the Back to School Clothing and Footwear Allowance, the parent or guardian must meet one of the following conditions:
• In receipt of a social welfare payment (including Family Income Supplement) or a HSE payment
• Taking part in an approved employment scheme
• Taking part in a recognised education or training course
• Involved in an Area Partnership Scheme
• Attending a FÁS, Fáilte Ireland or LES training scheme.

The child/student must also be aged between 2 and 22 years before 1st October of the year you apply and must be in full-time education at a recognised school or college. Where a person is on short term social welfare payment, qualifying children must be aged 2-17 years.

Is the allowance means tested?
Yes, the HSE Community Welfare Office in your Local Health Centre will assess your income and decide if you are eligible. Your total household income means your main social welfare or HSE payment and any other income you may have including wages, before tax but excluding PRSI and reasonable travel expenses. Any income you get by way of rent or mortgage interest supplement, Family Income Supplement, Blind Welfare Allowance, Rehabilitative Training Allowance, rehabilitative employment (up to €120 per week), Home Help, Domiciliary Care Allowance and Mobility Allowance is not counted.

How do I apply?
You should apply to the Community Welfare Officer (CWO). Contact your Health Centre in South Earl St 01 4258250 or Bride St 01 4543344 for the location of your Community Welfare Officer. You can also call the HSE infoline: 1850 24 1850, for more information.

Supplementary Welfare

What is Supplementary Welfare Allowance?
Supplementary Welfare Allowance provides a basic weekly allowance to eligible people who have little or no income. In addition, payments can also be made in respect of urgent or exceptional needs.

What types of payments are made under the scheme? Basic Payments
If you have no income you may be entitled to basic Supplementary Welfare Allowance. If you have claimed a social welfare payment but it has not yet been paid, and you have no other income, you may qualify for Supplementary Welfare Allowance while you are awaiting payment.

Supplements
If your income, whether from basic Supplementary Welfare Allowance or otherwise, is too low to meet certain special needs, you may be granted a weekly supplement. Special needs may include rent/mortgage payments or exceptional expenses due to ill-health. The amount of any supplement will be decided by the Health Service Executive based on your circumstances.

Exceptional Needs Payments
These are paid to assist with essential, once-off expenses in exceptional circumstances. This is at the discretion of the HSE, and depending on your circumstances, may be paid to assist with the cost of essential household equipment, funeral expenses or any other unforeseen large expenses.
Rent and Mortgage Interest Supplements
The HSE can also assist with rent or mortgage interest payments for people on very low incomes. This may depend on:

- the size of your accommodation and your family size
- if you have applied for or have been refused Local Authority housing
- the cost of your accommodation
- whether you are sharing your accommodation

When and how do I apply? You can apply to the Community Welfare Officer. Contact your Health Centre in South Earl St 01 4258250 or Bride St 01 4543344 for the location of your Community Welfare Officer. You can also call the HSE infoline: 1850 24 1850, for more information.

Social Welfare Local Offices
The Department of Social and Family Affairs are responsible for the delivery of a range of social insurance and social assistance schemes including provision for unemployment, illness, maternity, caring, widowhood, retirement and old age. Please contact your local Social Welfare Office for further details or www.welfare.ie for details of phone numbers and email addresses for different sections.

Social Welfare Local Office, Thomas Street

| ADDRESS:          | 126 THOMAS STREET,   |
|                  | DUBLIN 8             |
| TELEPHONE:       | (01) 6369330         |
| OPENING HOURS:   | 9:30 - 16:00, OPEN FRI. |
| HOURS:           | 10:30                |
Local Health Services

Primary Care- Definition and Location

In 2001 the government launched the primary care model as the new cornerstone of the Irish Health Service. This form of service delivery is aimed at maintaining and improving a person’s health within the familiar environment of their local community.

There are five primary care teams in the Dublin South City Network 1:

- Cathedrals Primary Care Team
- Liberties Primary care Team
- James’ street Primary Care Team
- Rialto Primary Care Team
- The Coombe Primary care Team

Please see map below which indicates the geographical area covered by the HSE staff on the teams.

The Primary Care Team

Each Primary Care Team is a team of health care professionals responsible for organising and delivering primary health care for the local population. The team is made up of GPs, practice nurses, Public health nurses, Physiotherapists, Occupational Therapists, Social Workers and Administrative Staff.
There is a network of other services available in the area including Community Welfare, Mental Health, Dental Services and a Dietitian to support the team in delivering health and social services.

The aim of the teams is to provide Primary Care services that are accessible, integrated, of a high quality and which meet the needs of the local population. They also aim to provide:

- Improved access to services
- Accessibility to a greater range of health and social care services within the community
- Better integration between hospital and primary care services
- Increased involvement in the planning of primary care services by the local community

**General Practitioners (GPs)**

A general practitioner, or GP is a medical practitioner who provides primary care and specialises in family medicine. A general practitioner treats acute and chronic illnesses and provides preventive care and health education for all ages and both sexes. GPs differ in the services they provide. Some of these services may include:

<table>
<thead>
<tr>
<th>Family Planning</th>
<th>Women's and Men's health</th>
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<tr>
<td>Children's Vaccines</td>
<td>Chronic Disease Management</td>
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<tr>
<td>Travel Vaccine and Care</td>
<td>Maternity Care</td>
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<tr>
<td>Minor Surgery</td>
<td>Cryotherapy</td>
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<tr>
<td>Weight Management</td>
<td>Blood Pressure Monitoring</td>
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<tr>
<td>Diabetes Care</td>
<td>Dermatology</td>
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<tr>
<td>Ear Syringing</td>
<td>Blood Tests</td>
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<tr>
<td>Addiction Services</td>
<td>ECG</td>
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A list of GPs working in Ireland can be found by accessing the Irish College of General Practitioners’ online directory: [www.icgp.ie](http://www.icgp.ie). There are a number of GPs working within the area:

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Tel:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Michael Doyle</td>
<td>632 South Circular Road, Kilmainham, D8</td>
<td>Phone: (01) 453 2432</td>
</tr>
<tr>
<td>Rialto Medical Dr. Kevin O'Doherty Dr. Fergal O'Kelly</td>
<td>478 South Circular Road, Rialto, D8</td>
<td>Phone: (01) 454 0564</td>
</tr>
<tr>
<td>St. James' Medical Ctr Dr. Philip O'Connell</td>
<td>178 James' Street, Kilmainham, D8</td>
<td>Phone: (01) 677 0757</td>
</tr>
<tr>
<td>Name</td>
<td>Address</td>
<td>Phone</td>
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</tr>
<tr>
<td>Dr. James O’Neill</td>
<td>52 The Coombe, D8</td>
<td>(01) 454 5556</td>
</tr>
<tr>
<td>Coombe Healthcare Centre</td>
<td>Dolphin’s Barn Street, D8</td>
<td>(01) 473 0893</td>
</tr>
<tr>
<td>Dr. Michael Burnell</td>
<td>119 South Circular Road, D8</td>
<td>(01) 453 3745</td>
</tr>
<tr>
<td>Guinness Medical Ctr</td>
<td>James St, D8</td>
<td>(01) 453 6700</td>
</tr>
<tr>
<td>Liberties Primary Care Team</td>
<td>Meath Community Unit, Maryestbury St, D9</td>
<td>(01) 708 5732</td>
</tr>
<tr>
<td>Mercer’s Medical Centre</td>
<td>Stephen St Lower, D2</td>
<td>(01) 402 2300</td>
</tr>
<tr>
<td>Grafton Medical</td>
<td>14 Grafton St, D2</td>
<td>(01) 671 2122</td>
</tr>
<tr>
<td>Dr O’Flanagan</td>
<td>Bride St Health Ctr, Bride St, D8</td>
<td>(01) 454 3944</td>
</tr>
<tr>
<td>Dr. Harris</td>
<td>43 Harrington St, D8</td>
<td>(01) 475 1431</td>
</tr>
<tr>
<td>Dr F. Brady, Dr C. Brady</td>
<td>49 Harrington St, D8</td>
<td>(01) 475 6900</td>
</tr>
<tr>
<td>Dr O’Leary</td>
<td>2 South Circular Rd, D8</td>
<td>(01) 475 5453</td>
</tr>
</tbody>
</table>
Please ask your GP about their out of hours arrangements.

**GP Out of Hours Service DubDoc**

This is a service to provide you and your family with access to family doctor services outside of normal hours. It is based in St James’s Hospital and offers services for patients of those doctors within the co-op. You can ask your GP if they are part of DubDoc. This service operates from 6pm to 10pm on Monday to Friday, and from 10am to 6pm on Saturday, Sunday and Bank Holidays. Tel: (01) 454 5607.

**Doctor on call: For house calls out of normal surgery hours. (01) 4539333**

**Public Health Nursing Service**

The aim of the Public Health Nursing Service is to deliver a nursing service, spanning the life cycle, which effectively meets the health needs of the population within the primary care setting. The Public Health Nursing Service consists of Public Health Nurses, Registered General Nurses and Health Care Assistants. Their work takes place in a variety of settings; the client’s home, the primary care centre (Health Centre) and community settings.

Each client is assessed and a care plan is developed where needs are identified and prioritised. This holistic approach to care is to encourage and maintain independence and the quality of life of clients. The service is available to clients within a specific geographical area. Client Groups include:

**Infants, Children and Families:**
- Support and advice to parents from the post natal period to the school going child.
- Monitoring developmental milestones, noting any deviations from the norm and referral when required for further assessment.
- Post natal depression screening is offered to all new mothers.
- Clinic based child health assessments, developmental support, breastfeeding support, nutrition and parenting advice.
- School Screening Programme (vision and hearing).
- School Immunisation Programme-BCG/Mantoux.

**Physical, Sensory and Intellectual Disability up to 65 years:**
- Home-based needs assessment and nursing care as required.
- Support for families and carers.
- Client and family advocacy for services and funding.
- Continence assessment, management and advice.

**Older Persons (those over 65 years):**
- Home based needs assessment and nursing care as required.
- Assist with access to respite, day care and chiropody services etc.
• Support for families and carers.

• Continence assessment, management and advice. There is a weekend service available on Saturday, Sunday and Bank Holidays for planned essential home nursing visits.

**Occupational Therapy**

Occupational Therapists are qualified health professionals who are trained to work with people of all ages, helping them to carry out the activities that they need or want to do in order to lead healthy and fulfilling lives. Occupation may include anything from having a bath to driving a car. Occupational Therapists may work with clients, their families and carers to:

• Re-learn skills
• Assess and adapt the home
• Improve their ability to take in and use information
• Explore leisure or work needs
• Provide education in how to use enabling equipment

**Physiotherapy**

A Chartered Physiotherapist is a qualified health professional who has an in-depth understanding of how the body moves. She or he will work with you to provide pain relief, muscle strengthening, improve joint mobility, enhance balance and coordination, decrease inflammation and improve your body’s overall function. A Chartered Physiotherapist can help you with:

• Neck and back pain
• Orthopedic conditions
• Rehabilitation after surgery or illness
• Rehabilitation of neurological conditions (Stroke and Multiple Sclerosis for example)
• Mobility problems
• Balance or coordination problems
• Falls or fear of falling
• Breathing problems such as, chronic bronchitis and asthma for example.

**Social Work**

The Social Worker can assist you in dealing with a range of social issues that may be impacting on your general health. The issues that people can seek assistance with include:

• Overcoming addiction
• Housing Issues
• Financial difficulties
• Arranging care in the home
• Advice for carers and advice about other community services
26 What’s Out There?
Bereavement: People can refer themselves directly to the Social Worker or through other members of the team.

Primary Care Teams and Services in Dublin South Inner City

The Liberties Primary Care Team and Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who can attend the team?</td>
<td>General Information</td>
<td>Address: Meath Community Unit, Heytebury Street, Dublin 8. Normal Office Hours: Monday-Friday 9.00 a.m.-1.00 p.m. and 2.15 p.m. to 5.00 p.m. Phone: (01) 708 5700.</td>
</tr>
<tr>
<td>A patient whose GP/Doctor is part of a team and is residing within the Dublin 2 or Dublin 8 area between the canal, river Liffey and Westmoreland Street.</td>
<td>• Services are by appointment only.</td>
<td>Practice of Dr. John Latham, (01) 708 5786.</td>
</tr>
<tr>
<td>If a patient is residing outside of this area, they can attend their GP's, but do not have access to other team members.</td>
<td>• Referrals are accepted for eligible registered clients from Hospitals and all members of the network, including: Day Care, Respite Facilities and Agencies.</td>
<td>Practice of Dr. Safa Sayed &amp; Dr. Deirdre Carroll, (01) 708 5733.</td>
</tr>
<tr>
<td></td>
<td>• Registered clients living in the designated areas and their families can also self-refer to any HSE member of the team.</td>
<td>Practice of Dr. Joseph Martin, Dr. Pauline King &amp; Dr. Michael O'Tighearnaigh, (01) 708 5702.</td>
</tr>
<tr>
<td></td>
<td>• Team services include General Practice, Practice Nursing, Public Health Nursing, Occupational Therapy, Physiotherapy and Counselling psychology.</td>
<td></td>
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</table>

Cathedrals Primary Care Team

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>You are eligible to access the Cathedrals team if you live in the geographical area. Please contact Eirde St Health Centre for information.</td>
<td>Who can refer to the services?</td>
<td>Address: Bride Street Health Centre, Bride Street, Dublin 8. Phone: (01) 454 3344. Fax: (01) 475 3192.</td>
</tr>
<tr>
<td>GP’s in the local area of this team are Dr. McGrogan, Dr. Kavanagh, Dr. O’Donohoe, Dr. O’Neill, Dr. O’Reilly, Dr. Perdue, Dr. Powell, Dr. O’Toole, Dr. Harris, Dr. F. Brady, Dr. C. Brady, Dr. O’Leary, Dr. Bornell.</td>
<td>• Referrals are accepted from all members of the Primary Care Team &amp; Network.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Clients and families may refer to the Primary Care Team.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Team services include General Practice, Practice Nursing, Public Health Nursing, Occupational Therapy, Physiotherapy and Counselling psychology.</td>
<td></td>
</tr>
</tbody>
</table>
### James St Primary Care Team

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| You are eligible to access the James St team if you live in the geographical area. Please contact South Earl St Health Centre for information. GP's in the local area of this team are Dr. Philip O'Connell and Dr. James O'Neill. | Who Can Refer to the services?  
- Referrals are accepted from all members of the Primary Care Team & Network.  
- Clients and families may refer to the Primary Care Team.  
- Team services include General practice, Public Health Nursing, Community Nursing, Occupational Therapy, Physiotherapy and Social Work. | Address: South Earl Street (off Meath Street), Dublin 8  
Phone: (01) 415 8250  
Fax: (01) 415 0161 |

### Rialto Primary Care Team

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| You are eligible to access the Rialto team if you live in the geographical area. Please contact South Earl St Health Centre for information. GP's in the local area of this team are Rialto Medical Centre and the practice of Dr. Michael Doyle. | Who Can Refer to the services?  
- Referrals are accepted from all members of the Primary Care Team & Network.  
- Clients and families may refer to the Primary Care Team.  
- Team services include General practice, Public Health Nursing, Community Nursing, Occupational Therapy, Physiotherapy and Social Work. | Address: South Earl Street (off Meath Street), Dublin 8  
Phone: (01) 415 8250  
Fax: (01) 415 0161 |

### Coombe Primary Care Team

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| You are eligible to access the Rialto team if you live in the geographical area. Please contact South Earl St Health Centre for information. GP's in the local area of this team are the Coombe Healthcare Centre and the practice of Dr. Kevin O'Flynn. | Who Can Refer to the services?  
- Referrals are accepted from all members of the Primary Care Team & Network.  
- Clients and families may refer to the Primary Care Team.  
- Team services include General practice, Public Health Nursing, Community Nursing, Occupational Therapy, Physiotherapy and Social Work. | Address: South Earl Street (off Meath Street), Dublin 8  
Phone: (01) 415 8250  
Fax: (01) 415 0161 |
South Inner City Partnership

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Patients of GP's who are members of the South Inner City Partnership: list of GP's available on website www.sicp.ie | **Who Can Refer to the services?**  
- Community Diabetes Team including Podiatry, Ophthalmology and Dietetics  
- Community Anti-Coagulation Clinics  
- Physiotherapy  
- Dietetic Service  
- Wound Management  
- Smoking Cessation  
- Continence Promotion  
- Courier Service to laboratory  
- Referrals are accepted from GP's who are members of the South inner city Partnership | **Address:** SCP, Meath Community unit, Heyesbury St, Dublin 8  
**Phone:** (01) 454 5385  
**Fax:** (01) 454 5553  
**Web:** www.sicp.ie |

Health Centre Information

South Earl Street Health Centre

**Address:** South Earl Street (off Meath Street), Dublin 8

**Phone:** +353 1 415 8250  
**Fax:** 415 0161

**Opening Hours:**  
**Building:** 09.00-13.00 and 14.15-16.00  
**Community Welfare Office:** Monday, Tuesday and Thursday 09.30-11.00  
**Community Welfare Emergency Clinic:** Friday 10.00-11.00
Bride Street Health Centre

Address: 36a Bride Street, Dublin 8.

Phone: (01) 454 3344 Fax: 4753192

Opening Hours: Building: 09.15-11.30 and 14.15-16.00 Community Welfare: 10.00-11.30 everyday except Wednesday Community Welfare Emergency Clinic: Fridays 10.00-11.00 Nursing Clinic: Tuesdays 10.00-12.00 (Walk in) Well Elderly Clinic (Blood Pressure): 1st Wednesday of every month Breast Feeding Support Group: Every Wednesday 11.30-12.45 Dressing Clinic (Wounds): Monday, Wednesday and Thursday, 10.00-11.00

Other Services in the Network Area

Primary Care Nutrition and Dietetic Service

- Based at the South Inner City Partnership offices on the Meath Community Unit site, with outpatient clinics at Irishtown primary care centre and Pearse Street primary care centre; home visits also available (if housebound).
- The service is open to adults and children living in Dublin South City networks 1, 2, 3 and people who are registered with a SICP GP practice.
- For adults, referral indications include: underweight/ malnutrition, diabetes, overweight and obesity, heart disease or risk factors for heart disease, gastrointestinal disorders; and in the case of children - faltering growth, obesity or iron deficiency anaemia.

- Require written referral from a healthcare professional. Contact Sara Rigney, Primary Care Dietician Phone: (01) 454 5385, Email: sara.rigney@hse.ie

Speech and Language Therapy (SLT)

The Speech and Language Therapy Service assess and treat children who have communication impairments in the areas of non-verbal communication, speech, language, voice, fluency, or social skills. Early assessment and intervention is crucial in reducing the long-term implications of speech and language impairment. Speech and language impairments may be specific to speech and language or may be attributed to global learning disability, hearing loss, structural/neurological deficits, emotional / behaviour or psychiatric conditions. The Community Speech and Language Therapy Service provides advice, assessments, consultations, individual and group therapy and training workshops.

To make a referral, please contact the SLT Department, Carnegie Centre, 21-25 Lord Edward St., Dublin 2. Phone: (01) 648 6500

Psychology Service in Primary Care

If you live in the Dublin 8 area and are a patient of the doctors listed below you can access the primary care psychology service. This service provides support and assistance to clients who are experiencing difficult life issues. Assistance is available for individuals and families experiencing depression, anxiety, addiction, living with addiction, grief, child and teenager related issues which cause people to feel distressed. We are here to listen! Please ask your doctor for a referral.
Protection of Older Persons

The Senior Social Worker for the protection of Older People, HSE Dublin South City is based in St Mary’s Community Centre Offices, Richmond Hill, Rathmines, Dublin 6. The telephone number is 01 4987114. Please contact the Older Persons Manager (01) 648 6500 if you have any concerns relating to elder abuse or email Bernadette.casey1@hse.ie for a copy of the service referral form.

Child Protection Social Work and Family Support

The Social Work team in the Local Health Office is responsible for providing support to children and families in this community. This involves Family Support Services. In cases where children are at risk of harm through abuse, Child Protection Social Workers have an important role in providing care, assessment and follow up to those children and their families, through the Fostering and Child Protection Teams. Contact the Duty Social Work on: (01) 648 6555

Community Intervention Team

An “out of hours” Nursing Services to enable people with certain conditions to go home early with the support of the community intervention service. Persons must be deemed medically suitable for this service through the acute hospital or GP. Referral made from Acute Hospital, GP, PHN or PCT. This service operates out of St Mary’s in Rathmines. Referrals to: 01 4987100

Home Rehabilitation Team (DCU)

This service is available to older people following discharge from the acute service where rehabilitation is required. The service is offered by a multidisciplinary team coordinated by a team leader. The input is approx 12 weeks. This was formally the district care unit. Access is via the discharge team in acute hosp or local public health nurse or Primary care teams. Contact: Team Leader-Home rehab Phone: 01 4987103

Child Health

Area Medical Teams visit schools in the area to give vaccinations such as the MMR, Meningitis C, Rubella etc. They also work with Public Health Nurses to monitor a child’s development from birth onwards, through a series of standard developmental checks. Area Medical Officers also play an important role in managing outbreaks of illness like measles or mumps in the area. You can contact the Area Medical Officers. Phone: (01) 648 6500

Chiropody Services

Chiropody Services are available to Medical Card holders over 65. Referral is by your GP or Public Health Nurse. Further information is available from (01) 648 6500.
Community Welfare

Community Welfare Officers work from Health Centres in the area, and can give financial support to those in need, in the form of rent supplement or supplementary welfare allowance. They also advise on entitlements. Contact your Health Centre South Earl St (01 4258250 or Bride St (01) 4543344 for the number and location of your Community Welfare Officer.

Disability Services

The Local Health Office works with a range of voluntary services in the area to provide care, training and development for children and adults with learning or physical and sensory disability. In certain circumstances persons over 65 with a disability may also be entitled to this service. Phone: (01) 648 6500 For further information look at the People with Disabilities Chapter.

Home Help

Home Helps work with people in the community, who through illness or disability are in need of help with day to day tasks. Home help hour/s is based on needs assessment and is subject to review. A home help might visit for a couple of hours per day or week, to help with housework, shopping, or sometimes may provide personal care. You can access this service through your local Health Centre or Public Health Nurse. Local Home help services are Liberties Homehelp Service, contact (01) 7085700 Bride St Homehelp Service, contact (01) 4543344

Pharmacists

The pharmacist supervises the compounding and dispensing of prescriptions and the supply of medicines. They offer services to help you manage your medication and advice to ensure you are receiving the most appropriate care for your condition. Some of the pharmacies in the area are listed below;

- **Grattan Pharmacy**
  - Address: 13 Grattan Crescent, Dublin 8
  - Phone: (01) 453984

- **Cassidy’s Pharmacy**
  - Address: 449 South Circular Road, Dublin 8
  - Phone: (01) 4532403

- **Cassidy’s Pharmacy**
  - Address: James St, Dublin 8
  - Phone: (01) 6794022

- **Boles Pharmacy**
  - Address: 390 South Circular Road, Dublin 8
  - Phone: (01) 4532053

- **Walsh’s Pharmacy**
  - Address: 491 South Circular Road, Dublin 8
  - Phone: (01) 453739

- **Foley’s Pharmacy**
  - Address: 54 Thomas St, Dublin 8
  - Phone: (01) 454233

- **South Circular Pharmacy**
  - Address: 80 South Circular Road, Dublin 8
  - Phone: (01) 4537069

- **Leonard’s Corner Pharmacy**
  - Address: 106 South Circular Road, Dublin 8
  - Phone: (01) 4534282

- **St James Late Night Pharmacy**
  - Address: Concourse St James Hospital, Dublin 8
  - Phone: (01) 4734022

- **Keating’s Pharmacy**
  - Address: 3 Tyrconnell Rd, Inchicore, Dublin 8
  - Phone: (01) 4547071

- **Foley John J Pharmacy**
  - Address: 39 Meath St, Dublin 8
  - Phone: (01) 4542133

Moore’s Pharmacy Address: Unit 2 McGoverns Corner, Cork St, Dublin 8 Phone: (01) 4542981 Boles A C Pharmacy Address: 205C Emmet Rd, Inchicore, Dublin 8 Phone: (01) 4534291 O’Hara’s Pharmacy Address: 16 Redmond Hill, Aungier St, Dublin 8 Phone: (01) 4760680
Most people visit their GP for advice and referral before attending hospital, unless you are attending A&E in an emergency. Outside of office hours, you can access GP services through GP Out Of Hours Services.

- St. James’s Hospital, James Street, Dublin 8 (01) 410 3000
- Tallaght Hospital, Dublin 24 (01) 414 2000
- Mater Misericordiae University Hospital, Eccles Street, Dublin 7 (01) 803 2000
- Beaumont Hospital (01) 809 3000/837 7755 PO Box 1297, Beaumont Road, Dublin 9
- Our Lady’s Hospital for Sick Children, Crumlin, Dublin 12 (01) 409 6100
- National Children’s Hospital, Tallaght, Dublin 24 (01) 414 2000
- Children’s University Hospital, Temple Street, Dublin 1 (01) 878 4200
- St. Vincent’s Hospital, Elm Park, Dublin 4 (01) 221 4000
- Coombe Women’s Hospital, Dolphin’s Barn, Dublin 8 (01) 408 5200
- National Maternity Hospital, Holles Street, Dublin 2 (01) 637 3100
- The Rotunda Hospital, Parnell Street, Dublin 1 (01) 873 0700

**Infoline**

The HSE operates a national information telephone service called Infoline. This service offers confidential advice and information about health and social services and costs less than a local call.
# Community Projects & Services

## Rialto Community Network

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residents of Rialto</td>
<td>Community Development Project which aims to address poverty, disadvantage and social exclusion in the greater Rialto area.</td>
<td></td>
</tr>
</tbody>
</table>
|                   | • One-to-one and group support  
                   | • Drug prevention  
                   | • Integration and community building  
                   | • Advocacy  
                   | • Social activities and support for older persons. | Ann Swords  
(Project Leader)  
Phone: (01) 473 2003  
Address: 568 South Circular Road, Rialto, Dublin 8  
Email: rialtonet@connect.ie  
Web: www.rialtocommunitynetwork.ie |

## Fatima Groups United (FGU)

<table>
<thead>
<tr>
<th>Target Population</th>
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</tr>
</thead>
</table>
| The representative body of residents and community groups through which the grassroots energy, needs and views of the community are represented and supported. | + Employment/Training Initiative  
+ Festivals/Summer Projects  
+ Fatima Environment Group  
+ Voter registration / Awareness  
+ Supporting local services & new initiatives  
+ Community Digital Project (Open Access IT Project)  
+ Arts & Cultural Programme | Joe Donohue  
(Team Leader)  
Address:  
Fatima Regeneration Board  
The Neighbourhood Centre, Reuben Street, Rialto, Dublin 8  
Phone: (01) 4534722  
Email: info@fatimagroupsunited.com  
Web: www.fatimagroupsunited.com |
### Dolphin House Community Development Association

<table>
<thead>
<tr>
<th><strong>Target Population</strong></th>
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</thead>
</table>
| Dolphin community     | To promote the development of Dolphin House Flats Complex in a way that improves the quality of life for residents and to initiate community development opportunities in the following areas;  
                      | * Regeneration                                                   | Wally Bowden  
                      |                      | * Education          | (Community Development Worker)  
                      | * Health             | Phone: (01) 454 4582  
                      |                      | * Computers          | Address: Community Porta-Cabin, Dolphin House, Pinto, Dublin 8  
                      |                      |                      |                      | * Community Employment | Email: dolphinicda@aim.com.net |

### South Inner City Community Development Association (SICCDA),

<table>
<thead>
<tr>
<th><strong>Target Population</strong></th>
<th><strong>Services Provided</strong></th>
<th><strong>Contact</strong></th>
</tr>
</thead>
</table>
| Children              | * After-school Service                                          | Geraldine Richardson  
                      |                      | * Job Club           | (Chairperson)  
                      | Older People          | * Life Skills Course  | Phone: (01) 453 6098  
                      | Lone Parents          | * Community Employment Programme | Address: 90 Meath Street, D8.  
                      | Unemployed            | * Good Council Training Centre | Fax: (01) 454 0745  
                      |                      | * Services to the Elderly | Email: info@siccda.ie  
                      |                      | * SICCDA Annual Festival Youth Intervention Programme | Web: www.siccda.ie  
                      |                      | * Information Services                                      |                                                                                           |
                      |                      | * Legal information (FLAC)                                     |                                                                                           |
## VISTA Community Development Project

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| Donore Avenue Parish Area which includes St Tenen’s Gardens, The Tenents, Cork St/ Maryland area. | + Active Retirement Program  
+ Community Action on Suicide Group  
+ Lone Parents Support Group  
+ Support and advice to local community groups / residents association. | Paul Ringland  
Phone: (01) 454 3074  
Address: Vista CDP Donore Youth & Community Centre, Dublin 8  
Email: vistacd@gmail.com |

## Mercy Family Centre Ltd.

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Socially disadvantaged, unemployed, difficult family circumstances and mental health difficulties and we also support non national community and people from various economic and social groups in other ways through childcare etc and the local community of Dublin 8 — our remit has a broad target area and based on needs | + Early education  
+ Adult education  
+ Family’s support services  
+ Direct access to social service solutions | Bernadette Anderson  
Phone: (01) 454 3713  
Fax: (01) 454 7860  
Address: South Brown Street, Weaver Square, Dublin 8  
Email: banderson@mercyfamilycentre.com |

## School & Thomas Street Family Resource Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Marginalized families, local youth | + Childcare  
+ Youth services  
+ Low cost psychotherapy | Leo Scales  
Phone: (01) 454 7018  
Fax: (01) 454 7126  
Address: 22/23 School Street, Dublin 8  
Email: school&frac@gmail.com |
<table>
<thead>
<tr>
<th><strong>Target Population</strong></th>
<th><strong>Services Provided</strong></th>
<th><strong>Contact</strong></th>
</tr>
</thead>
</table>
| All members of our local community (Whitefriar / Aungier Area of South Inner City) | + Counselling  
+ Aromatherapy (group and individual)  
+ Annual Health Checks (in Partnership with Mercer's Clinic)  
+ Mental Health Talks  
+ Eye Health Talks  
+ Meditation  
+ Acupuncture  
+ Indian Head Massage  
+ Education Supports  
+ Parents & Toddlers  
+ Kids Keep Fit. Children’s clubs  
+ Parents and Children outings (including Father and Kids outings)  
+ Residential trips to Mayo Project  
+ IT Access and Classes  
+ Mobile Phone Club  
+ Lap-top library  
+ Family Support Service, information access and referral  
+ Gardening, flower arranging. | Brigid Ruane  
(Project Manager)  
Phone: 087 246 7091  
Email: ruane@iol.ie  
Phone: (01) 4750891  
087 2940735  
Address: Unit 4  
Whitefriars, Aungier Street, Dublin 2  
Email: community@iol.ie |
<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>All members of the community living</td>
<td>Afterschool Programme</td>
<td>Martin Ó Cuilteán</td>
</tr>
<tr>
<td>between Thomas Street &amp; the Liffey</td>
<td>Youth Services</td>
<td>Phone: (01) 671 3209</td>
</tr>
<tr>
<td>Young people</td>
<td>Senior Citizens Activities</td>
<td>Address: Robert Emmet C.D.P.</td>
</tr>
<tr>
<td>Parents</td>
<td>Volunteer recruitment and placement</td>
<td>Mendicity Institution,</td>
</tr>
<tr>
<td>Senior citizens</td>
<td>Community Garden</td>
<td>Island Street, Dublin 8</td>
</tr>
<tr>
<td>Ethnic Minority communities</td>
<td>Training</td>
<td>Email: <a href="mailto:info@ecdp.ie">info@ecdp.ie</a></td>
</tr>
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<td></td>
<td>Information Provision</td>
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<td></td>
<td>Arts and Cultural events</td>
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<td></td>
<td>Computer Access</td>
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<td></td>
<td>Sports Activities</td>
<td></td>
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<tr>
<td>Target Population</td>
<td>Services Provided</td>
<td>Contact</td>
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<tr>
<td>-------------------</td>
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</tr>
</tbody>
</table>
| James Street area and surrounding area | • Crèche service (3 months to 4 years) Morning 4 hour Monday – Friday  
• Pre-School Service (4 years +) Morning 4 hour Monday – Friday  
• Junior Youth Service (4 years to 10 years) 2.00–6.00pm Monday – Friday  
• Senior Youth Project (10 - 21 years) Tuesday - Saturday  
• Breakfast Club (Prim ve Vocaary School Children-Mater Daí) 8am to 9am (academic year)  
• Information Office 10am - 2pm Monday to Friday | Tom Brinkard  
Address: St James’ Presbytery, James Street, Dublin 8  
Phone: (01) 453 2996 / (01) 454 6753  
Fax: (01) 473 3117  
Email: fountainresource ltd@gmail.com |
|                   | • Community enterprise consultancy (by Appointment)  
• Counselling Service for parents/siblings of people with addiction problems (by Appointment)  
• Narcotic Anonymous (Wednesday and Sunday evenings)  
• Family Relationship Courses (various times)  
• Community Employment: Participant development course and assistance in job applications  
• Provision of Commuter service for senior citizens |
### St. Nicholas of Myra Parish Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| There are three FAS projects with over fifty people employed in training in the Centre, and at least 80% of this workforce comes from the Liberties area. | We have four rooms where local groups can avail of for hire. Included in this is our Main Hall (used by the Majorettes, Irish Dancing, Public Meetings, Credit Union AGMs, School Concerts, Exhibitions, etc.), a dance studio (used by theatre groups, etc.), and two smaller rooms used for painting, drumming, dance, Ladies Club, Police Forum, etc. We also have a Breakfast Club which starts every morning at 8.00 am and a Homework Club which takes place three afternoons per week. We provide Senior Citizens Dinner Service at 1.00 pm for the senior members of our Community and also provide meals for those that cannot make it down to the Centre. | Cllr John Gallagher  
Address: Carmans Hall, Francis Street, Dublin 8  
Phone: (01) 653 8548  
Email: CarmansHall@aircom.net |

### Open Homeopathy

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| In general we work with all residents in the Dublin 8 area in our Tuesday Holistic Evening sessions at F2 centre. Specifically we also work with mothers and children attending the “Mother and Toddler” group gatherings on Wednesday mornings at the F2 centre and referrals from the Inchicore Outreach centre at flexible pre-booked times. | We offer free homeopathic treatment and also facilitate courses/workshops on the practical usage of homeopathic medicines to boost your health and help with common everyday complaints. | Rita Garland  
Address: 55, Raymond St., Dublin 8  
Phone: 087 689219  
Email: info@openhomeopathy.org  
Web: www.openhomeopathy.org |
### Society of St. Vincent de Paul

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| People with a variety of needs | The Society operates in small groups, called “Conférences” based on local parishes which meet regularly and their work is usually concentrated on local visiting. In addition, to direct assistance we try to promote self-sufficiency, enabling people to help themselves. | To find out your nearest conference:  
Address: Dublin Region, SVP House  
91-92, Sean McDermott Street,  
Dublin 1  
Phone: 01 8550022  
Fax: 01 8559168  
Email: info@sypdublin.ie |
## Infants and Children

### Public Health Nursing Service

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Infants, Children and Families | • Support and advice to parents from the post-natal period to the school-going child.  
 • Monitoring developmental milestones, noting any deviations from the norm and referral when required for further assessment.  
 • Post-natal depression screening is offered to all new mothers.  
 • Clinic based child health assessments, developmental support, breastfeeding support, nutrition and parenting advice.  
 • School Screening Programme (vision and hearing).  
 • School Immunisation Programme - PCV/Measles. | See Local Health Services Section for number for your local Public Health Nursing Service |

## Speech and Language Therapy

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Children up to 18 years of age | • Services are provided for children up to 18 years of age who need help developing their communication skills including non-verbal communication, speech, language, voice, fluency and social skills.  
 • This service provides assessments, consultations, individual and group therapy and training workshops. | Address: Carnegie Centre, 21-25 Lord Edward St, Dublin 2.  
 Phone: 01 6400 500 |
### Occupational Therapy Service for Children

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children up to 12 years of age</td>
<td>Occupational Therapy for children focuses on the development of skills for life. The goal of Occupational Therapy is to enable the child to perform tasks and activities in the environment where they take place, i.e., in the home, the school and/or the playground. Everyday activities such as drawing, eating, hand writing and leisure pursuits – the child's achievement of these everyday tasks can enhance their self-confidence and enable future participation in learning, employment, social and leisure activities.</td>
<td>Address: Occupational Therapy for Children, Math Community Unit, Heytesbury St, Dublin 8. Phone: (01) 454 5885</td>
</tr>
</tbody>
</table>

### Child Protection Social Work and Family Support Service

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>The Social Work team is responsible for providing support to children and families in the community. This also involves Family Support Services. In cases where children are at risk of harm through abuse, Child Protection Social Workers have an important role in providing care, assessment and follow up to those children and their families, through the Fostering and Child Protection Teams.</td>
<td>Address: Duty Social Work Service, Carnegie Centre, 21-25 Lord Edward St, Dublin 8. Phone: (01) 640 6555</td>
</tr>
</tbody>
</table>

### Child & Adolescent Mental Health Service: Child and Family Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Young people up to 16 yrs | - Psychology  
- Occupational Therapy  
- Social Work  
- Childcare  
- ADHD clinics | Address: St. James's Hospital, St. James's Street, Dublin 8. Phone: (01) 454 3710 / 454 3890 |
### The Rialto Family Centre

<table>
<thead>
<tr>
<th><strong>Target Population</strong></th>
<th><strong>Services Provided</strong></th>
<th><strong>Contact</strong></th>
</tr>
</thead>
</table>
| Children 0-10 years of age and their families living within the Rialto (or surrounding) area. Community based service focusing directly on the social, emotional and developmental needs of children whilst supporting parents to recognize and more effectively meet these needs. | - Following an assessment of needs the family will be offered one or a number of the following supports:  
  - Therapeutic group work with children (4-10 yrs) – focusing on social & emotional development  
  - Child Development through therapeutic play  
  - Individual work where appropriate  
  - Parent groups  
  - Family work  
  - Referral to other services where appropriate. | Sharon Moore  
(Manager)  
Phone: (01) 673 4746  
Address: 560 South Circular Road, Rialto, Dublin 8  
Email: rialtostamilycentre@eircom.net |

### Dolphin House Homework Club

<table>
<thead>
<tr>
<th><strong>Target Population</strong></th>
<th><strong>Services Provided</strong></th>
<th><strong>Contact</strong></th>
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</thead>
</table>
| Children and young people from senior infants to junior certificate from or engaged in Dolphin House | - Homework support  
  - Exam support  
  - Guitar lessons  
  - Keyboard lessons  
  - Music theory for under 8’s  
  - Mixed art programme for under 8’s  
  - Mainstream activities on Friday  
  - Computer drop in 3 afternoons a week  
  - Advocacy & support to parents/care | Sabyna Porter  
(Project Leader)  
Phone: 01 4546686 / 085 2737856  
Address: Community Porta Kabin, Dolphin House, Rialto, Dublin 8  
Email: dolphinhousehomeworkclub@hotmail.com |
## Fatima Homework Club

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| After school homework club to young people from the Rialto area | • Literacy & Numeracy support  
• Homework completion  
• Examination grades  
• Creative arts programmes  
• Sports programmes  
• Music programmes. | Olive Monaghan or  
Katia Hancks  
Address: Fatima Homework Club, F2 Centre, 3 Reuben Plaza, Rialto, Dublin 8.  
Phone: (01) 471 6700 
Ext: 292 |

## Fatima Youth Initiative

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| Initially set up to provide support to families in Fatima through self-referral, community project or other agency, they are currently going through a restructuring programme and will have a wider brief (including extending support to Dolphin House) over the coming months. | We work out of a strengths-based approach using a Community Development perspective and our interventions are with the most vulnerable families and often on a long-term basis. We work with children aged 4-12 years and their families. The work is carried out at an individual, family and community level. Work includes:  
• Family work – identified needs of family – can be varied  
• Help with issues such as parenting, separation & loss, crisis intervention.  
• Family Days  
• Work directly with children based on their own identified needs  
• Individual work (may be in response to a particular issue or to build the initial relationship with the child) – content is led by child  
• Small group work with children (6 max in a group) – to develop social skills, interests, confidence using age appropriate boundaries and activities.  
• Sibling work – can offer support to siblings experiencing similar difficulties  
• Parent & child activities | Ursula Aislinn, Colm &  
Deirdre (Project Workers)  
Rona & Aine (Project Leaders)  
Address: Fatima Youth Initiative, F2 Centre, 3 Reuben Plaza, Rialto, Dublin 8.  
Phone: (01) 453 9225 
Fax: (01) 453 9226 
Email: fatimayouthinitiative@yahoo.ie |
### City of Dublin YMCA

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| The YMCA - a non-profit organization, working for over 150 years for our local community and consist of five major departments. One of those in Childcare. | YMCA provides childcare. The crèche is split between affordable private and subsidised care for children aged from 12 weeks. We offer a safe and loving environment for all children, giving parents much needed peace of mind. | Address: Aungier Street, Dublin 2  
Phone: (01) 478 2607  
Email: info@ymca.ie  
Web: www.ymca.ie |

### Dublin City Childcare Committee website

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Parents | • Assist people in the Dublin City area with their childcare needs.  
• Provides a range of links to groups and services for children. | Address: Dublin City Childcare Committee, 108 James' Street, The Digital Hub, Dublin 8  
Email: info@dcccc.ie  
Phone: (01) 542 4100  
Fax: (01) 542 4107  
Email: www.childcareonline.ie |

### City Artsquad

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| • Schools  
• Afterschool projects people with disabilities  
• Youth groups  
• Hospitals  
• Community groups | • Art & Craft Classes and projects  
• Murals  
• Floats | Rona Clark  
Address: Liberties College, Ball Alley Street, D8  
Phone: (01) 454 7026  
Fax: (01) 4547 026  
Email: cityartsquad@hotmail.com  
Web: www.cityartsquad.com |
# Adolescents & Young People

*Please also refer to/contact Community Projects & Services*

## Rialto Youth Project

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| Youth service to young people most vulnerable in Rialto aged 10+ | + Young men & young women's group  
+ Arts projects  
+ Drama  
+ Festivals  
+ Summer projects  
+ Outreach work  
+ International youth exchange | Jim Lawlor  
(Project Manager)  
Phone: (01) 453 1638  
Address: St. Andrews Community Centre, 468 South Circular Road, Rialto, Dublin 8  
Email: admin@rialloyouthproject.net  
Web: www.rialtocommunitynetwork.ie |

## Donore Avenue Youth Service

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| Age 10-21 years old from Donore Avenue Parish to include Cork Street & Maryland. Young people in the Dublin South City area. | + A range of educational and recreational activities for young people in that age group  
+ Take referrals from other services including school etc. | Lorraine O'Neill  
(Project Leader)  
Address: Donore Youth & Community Centre, Donore Avenue, Dublin 8  
Phone: (01) 453 7414  
Email: donoreyouth@odhs.ie |
City of Dublin YMCA

<table>
<thead>
<tr>
<th>Target Population</th>
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</table>
| The YMCA – a non-profit organization, working for over 150 years for our local community and consist of five major departments. The different departments outlined below are created to promote health and well-being for every individual. | • Youthwork – YMCA offers YouthWork for young people through various programmes, educational workshops and supervised free time. Through this service we provide:  
  - Homework clubs to assist our young people with furthering their education and helping to cope with learning difficulties;  
  - Team building exercises;  
  - Health education, self awareness and drugs awareness;  
  - Social justice, anti-racism and equal rights workshops;  
  - Personal development;  
  - Outdoor activities;  
  - Fundraising, overseas development and visiting international youth organizations;  
  - Accommodation – YMCA provides accommodation for young people at risk of homelessness. This service is rendered so that they can have access to training, further their education and gain work experience;  
  - YMCA has a programme called S.T.E.P. (Support training and enterprise program). It is a 22 week programme for young unemployed people, aged between 17 – 25 years. The aim of step is to help people:  
    » Increase their occupational knowledge;  
    » Communication skills;  
    » Discover life and career direction;  
    » Develop social skills and confidence;  
  - YMCA provides childcare. The crèche is split between affordable private and subsidized care for children aged from 12 weeks. We offer a safe and loving environment for all children, giving parents much needed peace of mind;  
  - YMCA offers affordable fitness services for everyone to enjoy in a highly conducive environment. We have dedicated team full of passion in accomplishing this task. | Phone: (01) 478 2607  
Address: Aungier Street, Dublin 2  
Email: info@ymca.ie  
Web: www.ymca.ie |
### YOUTHREACH CDVEC Training Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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<tbody>
<tr>
<td>16-21 years Early School Leavers</td>
<td>Subjects include outdoor pursuits, woodworking, health related fitness, personal &amp; interpersonal skills, arts, crafts, communication, maths; Certification includes FETAC Level 3, 4 &amp; 5;</td>
<td>Alw Cahill&lt;br&gt;Address: 16 Pleasant Street, Dublin 8&lt;br&gt;Phone: (01) 4780550&lt;br&gt;Fax: (01) 478218&lt;br&gt;Email: <a href="mailto:info@yrpleasants.cdvec.ie">info@yrpleasants.cdvec.ie</a></td>
</tr>
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### BeLonGTo Dublin

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<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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<tbody>
<tr>
<td>BeLonGTo is an organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 25</td>
<td>- A social group for young lesbians “Ladybirds” every Thursday @ 6pm;&lt;br&gt;- Lesbian, Gay, Bi and Tran people group “Belong to Sunday” every Sunday @ 3pm.</td>
<td>Phone: (01) 67062223&lt;br&gt;Address: Parliament House, 15 Parliament Street, 1st/2nd Floor, Temple Bar, Dublin 2.&lt;br&gt;Email: <a href="mailto:info@belongto.org">info@belongto.org</a>&lt;br&gt;Web: <a href="http://www.belongto.org">www.belongto.org</a></td>
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### Teenline Ireland

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<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Listening Service for young people</td>
<td>- National free-phone helpline for young people in Ireland;&lt;br&gt;- Emotional support, through our listening service, for young people who may be feeling alone, worried, distressed and even suicidal.</td>
<td>Address: 1st Floor, St Dominic’s Shopping Centre&lt;br&gt;Old Bawn, Tallaght, Dublin 24&lt;br&gt;Phone: 1800 853 634 (Freephone helpline)&lt;br&gt;Email: <a href="mailto:info@teenline.ie">info@teenline.ie</a>&lt;br&gt;Web: <a href="http://www.teenline.ie">www.teenline.ie</a></td>
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### Big Brothers Big Sisters (BBBS)

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<tr>
<th><strong>Target Population</strong></th>
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</table>
| Young people aged 10-18 years with low to medium needs who would benefit from extra support from an adult mentor. | Young people get matched up to a big brother or big sister (a caring adult volunteer who has been fully vetted) based on similar interests and compatible personalities. They meet up once a week for an initial one-year period. A staff member supports and monitors the friendship. | Jill Murray  
(Dublin Central Coordinator)  
Address: Dublin Central  
BBBS Office: 45-46 Hardwick Street, Dublin 1  
Phone: 086 048 5946  
(01) 887 4919  
Fax: (01) 887 4919  
Email: jill.murray@foroige.ie  
Web: www.bbbsireland.ie |

### South Area Youth Service Limited (SAYS)

<table>
<thead>
<tr>
<th><strong>Target Population</strong></th>
<th><strong>Services Provided</strong></th>
<th><strong>Contact</strong></th>
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</thead>
</table>
| All young people in the area from 9 - 19 | • Drop in Counselling  
• One-to-one support  
• School and career support  
• Homework clubs  
• Developmental based youth work  
• Computers  
• Residential  
• Filming and editing training and facilities  
• Health advice  
• Education-based project (Drugs, Sexuality, Relationship, Hygiene, Health) | Brendan Dowling  
Phone: (01) 475 9889  
087 294 0735  
Address: Unit 4, Whitefield  
Aungier Street, Dublin 2  
Email: says@iol.ie |
<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Pregnant or parenting teens (13-19 years)</td>
<td>- Information and support on welfare rights and entitlements   &lt;br&gt; - Mother/Father rights &lt;br&gt; - How to take care of yourself and your baby &lt;br&gt; - Your child’s development &lt;br&gt; - Antenatal care and classes &lt;br&gt; - Accommodation &lt;br&gt; - Accessing childcare &lt;br&gt; - Education and Training &lt;br&gt; - Local services in your area &lt;br&gt; - Linking you with other young parents</td>
<td>Esther Pugh  &lt;br&gt; Address: 10 Newlands Business Park, Clondalkin, Dublin 22  &lt;br&gt; Phone: (01) 403 2081  &lt;br&gt; Mobile: 086 050 5505  &lt;br&gt; Fax: (01) 4032095  &lt;br&gt; Email: <a href="mailto:esther.pugh@barnardos.ie">esther.pugh@barnardos.ie</a></td>
</tr>
</tbody>
</table>

Online Resources

- [www.teenspace.ie](http://www.teenspace.ie)  
- [www.studentfinance.ie](http://www.studentfinance.ie)  
- [www.spunout.ie](http://www.spunout.ie)  
- [www.foroige.ie](http://www.foroige.ie)
People with Disabilities

This section outlines some services available in the area for children and adults with disabilities. For a more comprehensive list of services please contact Dublin South City Disability Service 01 648 6500 for a copy of the Directory of Services for People with Disabilities Dublin South City. For information on entitlements contact the Citizens Information Board who have a comprehensive guide to entitlements for people with disabilities.

Assessment of Need for Children under Five

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<tr>
<th>Target Population</th>
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<tr>
<td>Any parent who feels that their child aged under 5 may have a disability can apply for an assessment. An application can also be made by a guardian.</td>
<td>An independent assessment of need is an assessment of the full range of your child's needs associated with his or her disability. After this you will receive an assessment report detailing your child's health and educational needs and the services required to meet those needs.</td>
<td>Gillian Farrelly</td>
</tr>
<tr>
<td><strong>Address:</strong> Assessment Officer, Carnegie Centre, 21-25 Lord Edward St, Dublin 2. <strong>Phone:</strong> (01) 648 6590</td>
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Early Intervention Team

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<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</table>
| The Early Intervention Team see children with complex developmental needs who are aged between 0 and 5 years. | - Clinical Psychology  
- Occupational Therapy  
- Physiotherapy  
- Speech and Language Therapy | The Early Intervention Team,  
**Address:** The Meath C.U., Haytersbury St, Dublin 8  
**Phone:** (01) 454 5385  
Contact the assessment officer above if you are concerned your child may need an assessment. |
### Irish Wheelchair Association - Resource Centre

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<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</table>
| Range of courses designed to stimulate members to learn new skills and link people to everyday life | + Personal development  
+ Personal care and hygiene  
+ Self-advocacy  
+ Drama  
+ Pottery  
+ Visual and other arts  
+ Flower arranging | Address: The Meath  
C.U., Heytesbury St.  
Dublin 8  
Phone: (01) 400 2849 |

### People with Disabilities in Ireland

<table>
<thead>
<tr>
<th>Target Population</th>
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<th>Contact</th>
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</thead>
</table>
| People with Disabilities | PwDI is the umbrella organisation which brings people together locally and nationally to work on common issues that affect all people with disabilities. | Address: People with Disabilities in Ireland  
4th Floor Jarvis House  
Jarvis Street, Dublin 1  
Phone: (01) 87 21 74 6  
Fax: (01) 87 21 77 1  
Email: info@pwdi.ie  
Web: www.pwdi.ie |

### Deafheal.ie

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</table>
| Deaf and hard of hearing people | DeafHear.ie has a national network of resource centres providing a range of accessible services to deaf and hard of hearing people and their families and is also actively involved in advocating and lobbying for improved services and new developments including UNHS (Universal Newborn Hearing Screening), aural rehabilitation and education. | Address: Head Office  
35 North Frederick Street  
Dublin 1, Ireland  
Phone: (01) 817 5700  
Email: info@deafheal.ie  
Mini com: (01) 817 5777  
Fax: (01) 878 3629  
Text messages: (01) 878 3629 |
### Sign Language Interpreting Service (SLIS)

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<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</table>
| Sign Language Interpreting Service (SLIS) is the national agency for the provision of sign language interpreting services in Ireland. It is supported by the Citizens Information Board. It is an independent voluntary body with its own board of management. | - Sign language interpretation is used in various situations to facilitate communication between deaf and hearing people.  
- Includes; medical appointments, job interviews, meetings, conferences and education  
- The SLIS is the national agency for the provision of sign language interpreters. | Address: SLIS, c/o Citizens Information Board, Hainault House, The Square, Tallaght, Dublin 24.  
Mintcom: (01) 413 9670  
Mobile: 087 980 6596  
Email: slis@slis.ie  
Web: www.slis.ie |

### National Council for the Blind of Ireland (NCBI)

<table>
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<tr>
<th>Target Population</th>
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<th>Contact</th>
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</thead>
</table>
| NCBI is a not for profit charitable organisation which offers support and services nationwide to people experiencing difficulties with their eyesight. | - Community based services  
- Low vision service  
- Rehabilitation and mobility training  
- Professional and Peer counselling  
- NCBI Library  
- Media Centre  
- Assistive technology  
- Centre for Inclusive Technology  
- Resource centre  
- Employment  
- Access and awareness | Address: NCBI South Dublin, Kildare and Wicklow Solar Centre, Unit 7828, Oakfield Industrial Estate, Clondalkin, Dublin 22  
Local: 1850 98 49 53  
Fax: 01 830 7787  
Email: info@ncbi.ie  
Phone: (01) 830 7033  
National Technical Support Number: 1850 92 30 60  
Web: www.ncbi.ie |
### Dublin Bus Travel Assistance Scheme

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| Anyone over the age of 18 who would like to use public transport but needs assistance and information in order to use it independently. | - Trained travel assistants accompany you on your journey for the first few times you use the service. 
- This service is free. | Accessibility Officer
Address: Business Development, Dublin Bus, 59 Upper O'Connell Street, Dublin 1. 
Phone: (01) 703 3204 
Email: travelassist@dublinbus.ie 
Web: www.dublinbus.ie |

### Vantastic

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<th>Target Population</th>
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<th>Contact</th>
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</thead>
</table>
| To be eligible for the Vantastic Transport service (Door-to-Door or Self-Hire) you must become a member of Vantastic. Membership is open to all People with Disabilities and those Ageing & Older people (65+) with mobility impairments. | Vantastic is a Dublin based not for profit registered charity that provides Transport Service for People with mobility impairments. 
- Door to door transport in specially converted vehicles driven by fully qualified drivers. 
- Self-hire wheelchair accessible vehicles. 
- Shop & more: free local shopping service for older people in Dublin North Central Area. | Address: Unit 2a, Howth Junction Business Park, Kilbarrack, Dublin 5. 
Phone: (01) 839 2449 
Fax: (01) 839 2429 
Email: info@vantastic.ie 
Web: www.vantastic.ie |
### Centre for Independent Living

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| People with disabilities | • To provide support for people with disabilities to live and work in the community.  
• To provide a forum for people with disabilities to explore and realise their human, civil, social, political, and economic rights.  
• To facilitate the raising of disability issues at a local Government, State, European, and International level. | Address: Carmichael House, North Brunswick St., Dublin 7  
Phone: (01) 873 0455 / 873 0986  
Email: info@dublincl.org  
Web: www.dublincl.org |

### Disability Federation of Ireland

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<tr>
<th>Target Population</th>
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<th>Contact</th>
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</thead>
</table>
| DFI is an umbrella organisation of over 100 voluntary disability organisation and groups. | DFI provides information, training and support organisational and management development, research and policy development, advocacy, representation and networking to voluntary organisations which will enable them to deliver the best possible range of services to people with disabilities. | Mairead Holohan  
Address: Fumbally Court, Fumbally Lane, Dublin 8  
Phone: (01) 454 7978  
Fax number: (01) 454 7981  
Email: maireadholohan@disability-federation.ie |
Driving with a Disability

Having a medical condition or disability does not mean you cannot or will not be allowed to drive. You may have to complete a medical report if you are 70 years of age or more or have certain disabilities or diseases (listed on the medical report form). There are various supports including special provisions for drivers with disabilities while taking driving tests, grants for adapting a vehicle, the Disabled Person’s Parking Card, and tax relief for necessary adaptations to vehicles.

Driving test for people with a disability
You are asked on your driving test application form to outline whether you are driving an adapted vehicle. This will ensure that any necessary arrangements are in place for you on the day of your test. Driving tests for drivers with a disability are broadly the same as those for all other motorists.
Your examiner should be specially trained to be aware of your needs. If you are deaf or hard of hearing, you are allowed to have an interpreter accompany you for the first part of the test. For more information see www.drivingtest.ie and www.rsa.ie

**Motorised Transport Grant**

The Motorised Transport Grant is a means tested Health Service Executive (HSE) payment for people with disabilities who need to buy a car. This payment is also for disabled people who need to have a car or other vehicle adapted in order to enable them to drive and, as a result, earn a living.

**Rules**

To be eligible to receive this Grant, you must satisfy the following conditions:

- You must be over 17 years and under 66 years
- Your disability must impede your use of public transport
- You must hold a driving licence
- You must be physically and mentally capable of driving
- You must require a car or other vehicle in order to obtain/retain employment or because you live in a very isolated location. Where your application is made on the basis of obtaining or retaining employment or self employment, the Health Service Executive (HSE) must be satisfied that you are capable of holding down a job.

The grant may also be considered in exceptional circumstances for people with severe disabilities who are over 17 years and under 66 years, who live in remote locations and who are impeded from using public transport.

It may be possible for you to get a grant if you are unemployed but could take up work if you had a car. Self-employed people may be able to get a grant. Normally, the grant is payable where you drive yourself. It may be possible to get approval to have a grant paid where you own the car and arrange for its adaptation and another named person drives it because you are not physically or medically able to drive.

Since 1 July 2002, if you receive a Motorised Transport Grant, while in receipt of the Mobility Allowance, you will become ineligible to receive Mobility Allowance for a period of 3 years. The payment of a Motorised Transport Grant is subject to the condition that the Health Service Executive (HSE) will not be called upon at any future date to contribute towards the running costs of the vehicle. You will be eligible for the Mobility Allowance again, three years after the date of payment of the Motorised Transport Grant.

When a grant has previously been paid towards the purchase of a vehicle, a grant towards the replacement of the car will not normally be paid, unless due to extenuating circumstances, until three years from the date that the previous grant has been paid.

**Tax exemptions and refunds for disabled drivers and disabled passengers**

Severely and permanently disabled people who use specially adapted vehicles as drivers and passengers are eligible for a range of tax exemptions and refunds. These Schemes are run by the Revenue Commissioners and the rules are set down in legislation. Qualifying for the HSE Motorised Transport Grants does not guarantee that you will qualify for the tax exemptions, nor does failure to qualify mean that you are not eligible.

**Rates**

Since 1 January 2008 the maximum motorised transport grant is €5,020.50. A grant of up to 75% of the cost of motorised transport (purchase price less trade-in price, where appropriate) may be paid, subject to the maximum grant.

**How to apply**

Download the application from www.hse.ie and send it to your Local Health Office or contact your Local Health Office to apply directly.
Older People

The HSE provides a broad range of services for older people in our community, including in-patient acute services, step down and convalescent care, day services, rehabilitation, community services, home care and home helps.

In order to access these services contact should be made through your local Primary care team/health centre. Older people are assessed by a member of the specific service to ensure the most appropriate service is received. If you have concerns consult with your General Practitioner, Public Health Nurse or Primary Care Team. See Health Services Section for details of your Primary Care Team.

Residential Services for Older Persons

The public long stay facilities in the area are listed below. There are also a large number of private nursing homes registered with the Health Information Quality Authority (HIQA) including public units. For a list of the registered private and Public nursing homes in the area call 045 880400 or Nursing Home Section, HSE, Oak House, Millennium Park, Naas, Co Kildare.

Community Units for Older Persons

- Brú Chaoimhín, Cork Street, Dublin 8 Tel: (01) 415 6500
- Meath Community Unit, Heytesbury Street, Dublin 8 Phone: (01) 707 7900
- Bellvilla Community Unit, 129 South Circular Road, Dublin 8 Phone: (01) 454 8033

Nursing Home Support Scheme (Fair Deal)

All applicants for the financial support for long term residential care will, before being admitted to care, have to:
- Apply for the scheme
- Have a Care Needs Assessment to determine whether residential care is required
- Be financially assessed, to have their contribution to care determined. For further details see the Health Entitlements Section

Day Care Services for Older Persons

Day care services enable older people engage in suitable meaningful activities appropriate to their level of dependency. All day services within Dublin South City PCCC may be accessed by referral from GP, PHN or PCT.

1. Bellvilla C.U. (Day Centre) Mon -Friday
   Address: 129 South Circular Rd. Dublin 8
   Phone: Dir. Of Nursing Phone: (01) 4548033

2. Meath Community Unit, (5 days) Address: 1-9
   Heytesbury St, D8. Phone: Clinical Nurse Manager.
   Phone: (01) 7077913

3. Rialto Day Care Centre (5 days) Address: 468 South Circular Rd., Dublin 8 Phone: Ruadhri Moran,
   Administrator Phone: (01) 4730443
Role of the Public Health Nursing Service for Older People:

The aim of the Public Health Nursing Service is to deliver a nursing service, spanning the life cycle, which effectively meets the health needs of the population within the primary care setting. The Public Health Nursing Service consists of Public Health Nurses, Registered General Nurses and Health Care Assistants. Their work takes place in a variety of settings; the client’s home, the primary care centre (Health Centre) and community settings.

Each client is assessed and a care plan is developed where needs are identified and prioritised. This holistic approach to care is to encourage and maintain independence and the quality of life of clients. The service is available to clients within a specific geographical area.

Older Persons (those over 65 years):

- Home based needs assessment and nursing care as required.
- Assist with access to respite, day care and chiropody services etc.
- Support for families and carers.
- Continence assessment, management and advice.

There is a weekend service available on Saturday, Sunday and Bank Holidays for planned essential home nursing visits. See local health services section for contact details.

Well Elderly Clinic
Home Care Packages
<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Older People      | + One to one intervention by Public Health Nurse regarding Blood Pressure, medical conditions.  
                     + SICODA present regarding entitlements.  
                     + Cup of tea provided.               | Barbara Rahilly               |

Address: South Earl Street Health Clinic, 33-35 South Earl Street Dublin 8  
Phone: (01) 4158250  
Time: First Wednesday of each month 10:30-12pm.
Home Care packages facilitate timely discharge of older persons from acute hospitals. They support older people to continue to live in their own communities. For further information, contact (01) 498711.

**Meals on Wheels**

The following local centres offer meals on wheels to Dublin south city:

- **Guild of the Little Flower**, St. Catherine’s Centre, Meath St, Dublin 8  
  **Contact:** Sr. Brigid Phelan (Organiser) Phone: (01) 454 3456
- **Rialto Parish Centre**, 411-419 South Circular Rd. Rialto, Dublin 8  
  **Contact:** Mr. Liam Boone (Organiser) Phone: (01) 453 9020
- **Dolphin Park Development Ass**, 227, Dolphin House, Rialto ,Dublin 8  
  **Contact:** Marian Kelly (Project person) Phone: (01) 4538404

**Liberties & Rialto Home Help Services**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Vulnerable & older people living in the Rialto & Liberties area | *This is a community based service to assist vulnerable and older people to remain safely in their own homes.*  
*Referrals will be taken from any one working in the community or individuals can self refer.* | Ms Brinda Galligan  
(Home Help Organiser)  
Phone: (01) 4733700  
Fax: (01) 4739600  
Address: The Maltings  
Business Park, Marrowbone Lane, Dublin 8 |

**Bride St Home Help Service**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Vulnerable & older people living in the Bride St area | *This is a community based service to assist vulnerable and older people to remain safely in their own homes.*  
*Referrals will be taken from any one working in the community or individuals can self refer.*  
Meals are also organised from various centres and are then delivered in the local area by the Home Helps. These services are provided to those in need following a Home Assessment | Home Help Organiser  
Address: The Maltings  
Business Park, Marrowbone Lane, Dublin 8  
Phone: (01) 454 3344  
Fax: (01) 475 3192 |
## Community Supports for Older Persons

### Community Development Worker for Older People in Rialto

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Older residents in Rialto or surrounding areas | • Supporting the Active Retirement Association, Sewing Group & Dolphin Park  
• Supporting the Rialto Men's Group  
• Older People's Network (locally & canal wide)  
• Supporting the Day Care Centre  
• Organising Social Events  
• One to one work  
• Outreach  
• Rialto Irish  
• Information packs | Debbie Lynch  
Address: Rialto Community Network, 468 South Circular Road, Rialto, Dublin 8  
Phone: (01) 473 003  
Email: dlynch_rialtonet@eircom.net |

### Rialto Day Care Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Older residents in Rialto or surrounding areas | • Personal hygiene/specialised bath and shower  
• Hairdressing  
• Laundry  
• Meals in-house  
• Arts & Crafts  
• Day trips  
• Bus collection to centre  
• Gardening group  
• Bingo & games  
• Reminiscence groups  
• Yoga/Tai Chi | Ruaidhri Moran or Anna Buckley  
Address: 468 South Circular Road, Rialto, Dublin 8  
Phone: (01) 473 0443  
Fax: (01) 473 0472  
Email: rialtodaycare@eircom.net |
### Dolphin Park Older People Complex

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Older people      | • Sheltered accommodation provided in Dolphin Park for 44 older people  
|                   | • The older people live in one room so the dining room/day room within the complex is very important as a social space  
|                   | • Dinner served every day in the dining room at 12pm at a nominal fee of €2 - this is for resident & any older person living locally – please let Marion know by 10am on day it is required  
|                   | • Chiropractic services provided weekly at a nominal fee for any older people living in Dolphin or surrounding area  
|                   | • Laundry & Catering  
|                   | • Social & leisure activities for older residents (Bingo)  
|                   | • Collecting prescriptions (Medications on Wheels)  
|                   | • Hospital visits/home help  
|                   | • Occupational therapies                                                                                                                               | Marion Kelly (C.E. Supervisor)  
|                   | John Dillon (BSc Podiatry), Community Care Initiative,                                                                                                 | Address: 4 Dolphin Park  
|                   | Telephone: (01) 6351692  
|                   | Mobile: 086 8907138  
|                   | Address: Dolphin Park, Rialto, Dublin 8                                                                                                               |                                                                                               |

### South Inner City Community Development Association (SICDCA)

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Older People      | • Services to the Elderly  
|                   | • Information Services  
|                   | • Legal information (FLAC)                                                                                                                               | Geraldine Richardson (Chairperson)  
|                   |                                                                                                                                                    | Address: 90 Meath Street, Dublin 8  
|                   | Telephone: (01) 654 6098  
|                   | Fax: (01) 654 0745  
|                   | Email: info@sicdca.ie  
|                   | Web: www.sicdca.ie                                                                                                                                     |                                                                                               |

### Friends of the Elderly

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Elderly People    | • VOLUNTEERS VISIT ELDERLY PEOPLE IN THEIR HOMES  
|                   | • ORGANISES EVENING OUT, DAY TRIPS, SHORT HOLIDAYS, COMMUNITY CLUB ACTIVITIES AND A SERIES OF CAMPAIGNS TO IMPROVE THE QUALITY OF LIFE OF THE ELDERLY.                                                                 | Address: 25 Bolton Street, Dublin 1  
|                   | Telephone: (01) 873 1855  
|                   | Email: info@friendsoftheelderly.ie  
|                   | Web: www.friendsoftheelderly.ie                                                                                                                         |                                                                                               |
### VISTA Community Development Project

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Older people living in the Donore Avenue Parish Area which includes St Teresa’s Gardens, The Tenters, Cork SV/Maryland area. | + Monthly programme for any older people living in the Donore Parish area  
+ Activities include: Social Activities (Monday night), Computer Course, Social Breakfast morning, Arts & Crafts, Gentle Exercise, Bowling | Carol O’Reilly  
Phone: (01) 494 3074  
Address: VISTA CDP Donore Youth & Community Centre, Donore 8  
Email: ccaracoreilly@gmail.com |

### Friendly Call Service

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| + Older People  
+ Any resident who needs this service in delivering its service through the medium of voice over IP technology (telephone). Friendly Call receives Client referrals from Primary Care Agents, Public Health Nurses, Home Care Services (both public and private), Social Officers, Local GP, An Garda Síochána, Community Care Projects, Concerned Family member and Self Referral. | + The mission of Friendly Call is to develop, deliver and oversee the provision of a professional, quality, friendly, confidential, good neighbour and health care telephone service, offering a range of health and social support to Older People and to all Adults who may feel vulnerable or alone.  
+ The service will call the client every day five days a week to check everything is okay. | Jimmy Hayden,  
Friendly Call Outreach Development Worker  
Address: Dolphin House Health Initiative, Dolphin CDA, Community Portahouse, Dolphin House, Rialto, Dublin 8  
Phone: (01) 439 4682  
Mobile: 087 050 5006  
Web: www.friendlycallservice.com |

### Care Local

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Older people | CARELOCAL volunteer visitors are matched with an older person living alone in their local area. Visits then continue weekly, on a one-to-one basis, in the older person’s home. | Address: Carrickmacross Centre for Voluntary Groups  
North Brunswick Street  
Dublin 7  
Phone: (01) 870 2358  
Fax: (01) 872 7555  
Email: info@carelocal.ie |
### Age Action

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ Individuals</td>
<td>+ Advocacy</td>
<td>Lorraine Doogan, Deputy Chief Executive</td>
</tr>
<tr>
<td></td>
<td>+ Library and information</td>
<td>Address: Head Office 30/31 Lower Camden Street, Dublin 2</td>
</tr>
<tr>
<td></td>
<td>+ Computer education</td>
<td>Phone: (01) 475 6989</td>
</tr>
<tr>
<td></td>
<td>+ Reminiscence</td>
<td>Fax: (01) 475 6989</td>
</tr>
<tr>
<td></td>
<td>+ Language classes</td>
<td>Email: <a href="mailto:info@ageaction.ie">info@ageaction.ie</a></td>
</tr>
<tr>
<td></td>
<td>+ Visitation service</td>
<td>Web: <a href="http://www.ageaction.ie">www.ageaction.ie</a></td>
</tr>
<tr>
<td></td>
<td>+ Carers support</td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ Life long learning</td>
<td></td>
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<tr>
<td></td>
<td>+ Establishing residents councils in sheltered housing complexes and nursing homes</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Care &amp; Repair Programme Dublin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Address: Our Lady's Hospice Harold's Cross</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone: (01) 498 4746</td>
<td>Getting Started Programme (same as above)</td>
<td>Email: <a href="mailto:gettingstarted@ageaction.ie">gettingstarted@ageaction.ie</a></td>
</tr>
<tr>
<td>Email: care&amp;<a href="mailto:repairdublin@ageaction.ie">repairdublin@ageaction.ie</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Rialto Active Retirement Association

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership is open to active over 50’s in Rialto and neighbouring areas</td>
<td>+ Computer:</td>
<td>Carmel O’Rielly (Rialto Community Network)</td>
</tr>
<tr>
<td></td>
<td>+ Bridge</td>
<td>Phone: 01 453 8920</td>
</tr>
<tr>
<td></td>
<td>+ Line Dancing</td>
<td>Email: <a href="mailto:rialto@tinet.ie">rialto@tinet.ie</a></td>
</tr>
<tr>
<td></td>
<td>+ Bowling</td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ Day Trips and more</td>
<td></td>
</tr>
</tbody>
</table>
### St. Kevin’s (Harrington Street) Active Retirement Association

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Membership is open to active over 55s in Dublin 8 area. | Bowling  
Other activities | Dan Berrington  
Address: Community Hall  
Bloomfield Avenue S.C. Road,  
Dublin 8  
Phone: 01 4599055 |

### Active Retirement Ireland

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Membership is open to active over 55s in Dublin 8 area. | Active Retirement Ireland is a national network of 487 local Active Retirement Associations with over 25,000 members.  
ARI believes that older people have the right to be full and participative members of our society  
ARI combats ageism through the reality and everyday work of the self-organised local associations and the regional councils  
ARI has a large voluntary base with local, regional and national voluntary committees.  
Contact ARI for your local group | Address: Shamrock Chambers, 1-2 Eustace Street, Dublin 2  
Phone: 01 6792142  
Email: fana@eircom.net  
Website: www.fana.ie |

### Alone

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Older people (over 60) in need | + Food, clothing, heating requirements and other comforts  
+ Shelter and accommodation on a temporary or permanent basis  
+ Education and information services on the problems and needs of older people living on their own  
+ Assistance in the refurbishing, renovations and redecoration of accommodation | Phone: (01) 6791032  
Address: 1 Willie Berrington Place  
Kilmallinham Lane  
Dublin 8  
Email: enquiries@alone.ie |
Mental Health

Accessing information to help you cope

When we are mentally healthy, we can enjoy all the aspects of our life and relationships more. Good mental health allows us to get the most out of spending time with our families and friends, and it helps us through difficult times.

About Mental Health
Mental Health is something we all have. It can be good, at times it can be bad. We should try to look after it in the same way we look after our physical health.

Need help?
If you, or someone you know, is in crisis now and need someone to talk to:

• Contact Samaritans on 1850 60 90 90
• Contact your local doctor, listed under ‘General Practitioners’ in the Golden Pages or visit www.icgp.ie
• Go to, or contact, the Accident and Emergency Department of your nearest general hospital
• Contact the emergency services by calling 999 or 112
• Take a look at the list of support services below

Note: This is not a comprehensive list of voluntary support services. Local HSE Health Offices will be able to provide a more detailed guide to support services available in each region

Text Messaging
Information on where to go for help in a crisis is now available through your mobile phone. Text the word HeadsUp to 50424. The HeadsUp text service is run by RehabCare and sponsored by Meteor.

Online support

SpunOut Provides a signpost to these services and offers health information is:

www.spunout.ie Drugs& alcohol

• www.drugs.ie For free, confidential and impartial information and online support visit
• www.alcoholicanonymous.ie Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Mental Health and Mental Illness

• www.yourmentalhealth.ie Aims to improve awareness and understanding of mental health and well-being in Ireland
• www.bodywhys.ie Providing help, support and understanding for people affected by eating disorders
# HSE Dublin South City Mental Health Service

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults and Older People with mental health difficulties</td>
<td>+ Dublin South City Mental Health Service provide a comprehensive range of community based mental health services. The mental health team consists of many disciplines including Psychiatrists, Psychologists, Mental Health Nurses, Occupational Therapists and Social Workers.</td>
</tr>
<tr>
<td></td>
<td>+ Services are accessed through the local G.P. practice. At time of crisis, service can be accessed through the A&amp;E Department</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Community Service is based in St. Martha's, 730 SCR, Kilmartin. Phone: (01) 415 2100</td>
</tr>
<tr>
<td>The Inpatient Service is the Jonathan Swift Clinic, St. James's Hospital. Phone: (01) 416 2521. Psychiatry of Later Life: Martha Whiteway Day Hospital, St. Patrick's Hospital, Dublin 8. Phone: (01) 240 3259</td>
</tr>
</tbody>
</table>

# Aware

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>A national voluntary organisation providing support through depression.</td>
<td>+ Support groups nationwide</td>
</tr>
<tr>
<td></td>
<td>+ A local Helpline open 365 days a year (both service available to individuals with depression and also family members and friends)</td>
</tr>
<tr>
<td></td>
<td>+ Beat the Blues secondary schools awareness programme</td>
</tr>
<tr>
<td></td>
<td>+ Depression awareness and information, talks and seminars, and a free information service</td>
</tr>
<tr>
<td></td>
<td>Local Support Group: Dublin Central</td>
</tr>
<tr>
<td></td>
<td>+ Location: St Patrick's Hospital, James' Street, Dublin 8.</td>
</tr>
<tr>
<td></td>
<td>+ Time: Every Wednesday @ 7.15 p.m. On the evening of the monthly lecture (i.e. the second Wed of each month), this group will meet at 6.15 p.m. Relative group meets at 7.15 p.m on Wednesdays other than the evening of the lecture.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: 72 Lower Lrson Street, Dublin 2. Phone: (01) 661 7211</td>
</tr>
<tr>
<td>Fax: (01) 661 7217 Email: <a href="mailto:info@aware.ie">info@aware.ie</a> Web: <a href="http://www.aware.ie">www.aware.ie</a></td>
</tr>
<tr>
<td>Young People's Group</td>
</tr>
<tr>
<td>+ Location: Aware office, 72 Lower Lrson Street.</td>
</tr>
<tr>
<td>+ Time: Every Thursday @ 7.30 pm</td>
</tr>
</tbody>
</table>
## Shine - Supporting People Affected by Mental Ill Health

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Supports people with mental ill health and their families and friends | + Advocacy Programme  
+ Relative groups  
+ Family support initiatives  
+ Educational Course  
+ Counselling Service  
+ Online library www.recover.ie  
Resource Centre: The Basin Club  
+ Location: 39 Blessington Street, Dublin 7  
+ Phone: (01) 850 1610 | Address: Head Office, 38 Blessington Street, Dublin 7  
Phone: (01) 850 1620  
Email: info@shineonline.ie  
Web: www.shine.ie |

## Pieta House

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| People who have already attempted to take their lives and/or for people who have engaged in self-harming behaviours | + Centre for the Prevention of Self-Harm or Suicide  
+ Focused, counselling service which is readily accessible to those in need  
+ Daily one-to-one counselling if necessary for the first week to 10 days  
+ As the person improves, therapy is gradually reduced during the next four to six weeks  
+ Opening Hours: Monday, Wednesday, Thursday (9am-8pm), Tuesday and Friday (9am-5pm), Saturday and Sunday* (10am-2pm).  
*Sunday on call service | Address: Old Lucan Road, Lucan, Co. Dublin  
Phone: (01) 601 000  
Email: mary@pieta.ie  
Web: www.pieta.ie |
### Samaritans - Dublin Branch

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| People who are experiencing feelings of distress or despair, including those which may lead to suicide. | • Samaritans are available 24 hours a day  
• Provide confidential emotional support  
• Outreach to at risk groups, schools & youth groups (contact: youthoutreach@dublinsamaritans.ie)  
• Support to Dublin's prison community. | Address: 112 Marlborough Street, Dublin 1  
Phone: (01) 67 2 7700 (branch)  
1850 60 90 90 (helpline)  
Email: jo@samaritans.org  
Web: www.dublinsamaritans.ie |

### Avoca Counselling Service

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Adult survivors of childhood abuse | • Provides a counselling service to adults who have experienced childhood abuse (sexual, physical, mental, emotional, neglect).  
• Priority is given to those who experienced abuse in an institution. | Address: Avoca Counselling Service, Baggot Street Community Hospital, 18 Upper Baggot Street, Dublin 4  
Phone: (01) 668 1740/42  
Fax: (01) 668 1744 |

### Grow

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Supports people who have suffered or are suffering from mental health problems. | • Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening.  
• Young adult resource.  
• Support groups.  
Location: Grow Office, 167a, Capel Street, Dublin 1.  
Times: Mondays @ 7.30 pm, Wednesdays @ 6.30 pm, Thursdays @ 6.15 pm. | Address: Grow Office, 167a, Capel Street, Dublin 1.  
Phone: 1890 474 474 (Grow Infoline)  
Email: info@grow.ie  
Web: www.grow.ie |
### HSE- Social Inclusion Service (South)

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homeless and others</td>
<td>Links homeless people and others having difficulty accessing health services into local health services.</td>
<td>Social Inclusion Manager Phone: (01) 402 0374</td>
</tr>
</tbody>
</table>

### Mental Health Information Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Information service for people with mental health needs and their families | Information on:  
  - Mental health problems  
  - Treatments  
  - Support groups | Address: St Pat's, James Street, Dublin 8  
Phone: Drop in or phone (01) 249 3469 |
**Women**

For local supports please refer to Section 3 Local Health Services & Section 4 Community Projects and Services.

**Teen Parent Support Programme, Barnardos**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnant or parenting teenagers (13-19 years)</td>
<td>Information and support on welfare rights and entitlements&lt;br&gt;Mother/Father rights&lt;br&gt;How to take care of yourself and your baby&lt;br&gt;Your child's development&lt;br&gt;Antenatal care and classes&lt;br&gt;Accommodation&lt;br&gt;Accessing childcare&lt;br&gt;Education and Training&lt;br&gt;Local services in your area&lt;br&gt;Linking you with other young parents</td>
<td>Esther Pugh&lt;br&gt;Phone: (01) 403 2081&lt;br&gt;Mobile: 086 890 5503&lt;br&gt;Address: 10 Newlands Business Park, Clondalkin, Dublin 22&lt;br&gt;Fax: (01) 403 2085&lt;br&gt;Email: <a href="mailto:esther.pugh@barnardos.ie">esther.pugh@barnardos.ie</a></td>
</tr>
</tbody>
</table>

**Dublin Rape Crisis Centre**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men and women who have experienced sexual violence</td>
<td>Counselling and therapy for both men and women who have experienced rape or sexual abuse&lt;br&gt;We also operate a national 24 hour helpline&lt;br&gt;We provide training for professionals working with issues of rape, sexual assault, harassment, sexual harassment and sexual abuse.</td>
<td>Ellen O’Malley-Dunlop&lt;br&gt;CEO&lt;br&gt;Address: 70 Lower Leeson Street, Dublin 2&lt;br&gt;Phone: (01) 661 4911 / 1800 77 8888 (24 hour national helpline)&lt;br&gt;Fax: (01) 661 0873&lt;br&gt;Email: <a href="mailto:rcc@indigo.ie">rcc@indigo.ie</a>&lt;br&gt;Web: <a href="http://www.drc.ie">www.drc.ie</a></td>
</tr>
</tbody>
</table>
### Well Woman Centre (Liffey Street)

<table>
<thead>
<tr>
<th><strong>Target Population</strong></th>
<th><strong>Services Provided</strong></th>
<th><strong>Contact</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Women's health, wellbeing and social issues.</td>
<td>Opening Hours: Mon/Thurs/Fri 9:30 am - 7:30 pm, Tues/Weds 8 am - 7:30 pm, Saturdays 10 am - 4 pm, Sundays 1 pm - 4 pm (walk in Emergency Contraception clinic)</td>
<td>Josephine Healion (Clinic Manager)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Address: 35 Lower Liffey Street, Dublin 1. Phone: (01) 872 8051 / 872 8095. Fax: (01) 872 8466. Email: <a href="mailto:info@wellwomancentre.ie">info@wellwomancentre.ie</a>. Web: <a href="http://www.wellwoman.ie">www.wellwoman.ie</a>.</td>
</tr>
</tbody>
</table>
## Ruhama- Supporting Women Affected by Prostitution

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Women involved in prostitution and other forms of commercial sexual exploitation, including women who are victims of sex trafficking. | * Crisis intervention  
* Crisis accommodation  
* Practical support (e.g. with accommodation; social welfare entitlements; health)  
* Emotional & psychological support  
* Education & training (both in-house and external) | Mary Mangan  
(Service Manager)  
Address: Senior House  
All Hallow College  
Drumcondra, Dublin 9  
Phone: (01) 896 0292  
Email: admin@ruhama.ie  
Web: www.ruhama.ie |

### Online Resources:

- [www.whci.ie](http://www.whci.ie) (Women’s Health Council)
- [www.aobhneas.ie](http://www.aobhneas.ie) (Abuse refuge for women)
- [www.femalelife.ie](http://www.femalelife.ie) (Women’s health issues)
- [www.cervicalcheck.ie](http://www.cervicalcheck.ie)
For local supports please refer to Section 3 Local Health Services & Section 4 Community Projects and Services.

### Men's Health Forum in Ireland

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>The Men's Health Forum in Ireland (MHFI) is a voluntary network of individuals and organisations, men and women, who wish to reduce the deficit in strategic policy on men's health by collating the key concerns relating to men's health on the island of Ireland as well as increasing understanding of these issues.</td>
<td>Mary Sheahan (Secretary)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Address: Training Unit Tallaght Partnership Kilmacud Enterprise Centre Tallaght, Dublin 24 Phone: (01) 466 4280 Email: <a href="mailto:mary.sheahan@tallpart.com">mary.sheahan@tallpart.com</a> Web: <a href="http://www.mhfi.org">www.mhfi.org</a></td>
</tr>
</tbody>
</table>

### All Ireland Men’s Health Directory

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>Website</td>
<td><a href="http://www.publichealth.ie/file/file/All_Ireland_Mens_Health_Directory.pdf">http://www.publichealth.ie/file/file/All_Ireland_Mens_Health_Directory.pdf</a></td>
</tr>
</tbody>
</table>

### Men’s Social & Gardening Group

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Men living in Rialto or surrounding area | • A Men’s Gardening & Social Morning  
• Breakfast provided  
• Gardening tips  
• Newspapers, cards, pool, darts | Ruaidhri Moran |
|                   |                   | Address: Rialto Day Care Centre, St. Andrew’s Community Centre, 468 South Circular Road, Rialto, Dublin 8 Phone: +353 1 01 4730443 Email: RialtoDaycare@eircom.net |

Drop in every Wednesday morning 10:30-1pm to St. Andrew’s Community Centre.
**Men’s Music Group**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Men living in Fatima or surrounding area | * Men’s Music Morning  
* Breakfast provided  
* Gathering  
* Socialising  
* Exploring music past, present & future.  
Drop in every Thursday morning 10-12pm | Delrida Reid  
Address: Fatima Groups United,  
F2 Centre, 3 Rauben Plaza, Rialto,  
Dublin 8  
Phone: (01) 4554722  
Email: info@fatimagroupunited.com |

**MOVE (Men Overcoming Violence) Ireland**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| MOVE Ireland is a national voluntary organisation with charitable status that provides intervention programmes free of charge for perpetrators of domestic violence at a range of locations around Ireland, which are listed above. | We offer a weekly group session in which men can:  
* Learn to stop the violence  
* Learn to spot danger signs  
* Learn to break out of isolation  
* Learn other ways of expressing strong feelings safely  
* Learn to build healthy relationships | MOVE Dublin  
Address: Carmichael House  
North Brunswick Street  
Dublin 7  
Phone: (01) 872 4957  
Email: moveireland@eircom.net  
Web: www.moveireland.ie |
### Irish Family Planning Association

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sexual and reproductive health information</td>
<td>Ron a Tyrrell (Communications and Development Officer)</td>
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<tr>
<td></td>
<td>Crisis pregnancy counselling</td>
<td>Address: 60 Anne St, Dublin 1</td>
</tr>
<tr>
<td></td>
<td>Medical service</td>
<td>Phone: (01) 806 9444</td>
</tr>
<tr>
<td></td>
<td>Education</td>
<td>Fax: (01) 806 9445</td>
</tr>
<tr>
<td></td>
<td>Training</td>
<td>Email: <a href="mailto:post@ifpa.ie">post@ifpa.ie</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Web: <a href="http://www.ifpa.ie">www.ifpa.ie</a></td>
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### Treoir (National Federation of Services for Unmarried Parents and their Children)

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Unmarried Parents</td>
<td>Free, confidential information service for parents and those involved with them on all aspects of unmarried parenthood</td>
<td>Margaret Dromey (Chief Executive Officer)</td>
</tr>
<tr>
<td></td>
<td>Outreach information workshops on legal and social welfare issues</td>
<td>Address: 14, Gandon House, Custom House Square, IFSC Dublin 1</td>
</tr>
<tr>
<td></td>
<td>Numerous publications including Information Pack for Parents who are not married to each other</td>
<td>Phone: (01) 6700 120</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fax: (01) 6700 199</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:info@treoir.ie">info@treoir.ie</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Web: <a href="http://www.treoir.ie">www.treoir.ie</a></td>
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</table>
## Positive Options

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<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| All citizens      | + Pregnancy Testing  
                      + Walk In Information Services  
                      + Parenting Information  
                      + Contact Details for Termination Clinic  
                      + Adoption Service Information  
                      + Emergency Contraception | Email: info@positiveoptions.ie  
Web: www.positiveoptions.ie |

## One Family

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| Lone parents and those who support them | + Helpline Counselling  
                      + Parenting Courses  
                      + New Futures programme support | Geraldine Bruston  
Address: Cherish House, 2 Lr Pembroke Street, Dublin 2.  
Phone: (01) 662 2921  
Fax: (01) 662 9096  
Email: info@onefamily.ie  
Web: www.onefamily.ie |

## Dublin Aids Alliance

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| People living with AIDS, their families and caregivers  
Actively promoting HIV and sexual health awareness in the general public | + Community support  
                      + Prevention, Education & Training  
                      + FAS AIDS Special Needs Education & Training (FASNET) Scheme  
                      + Helpline (Free confidential support, information guidance & referral) | Address: 53 Parnell Square West, Dublin 1.  
Phone: (01) 873 3799  
1800 439 459 (helpline)  
10am – 6pm  
open 7 days a week  
Fax: 873 3174  
Email: info@dublinaidsalliance.ie  
Web: www.dublinaidsalliance.ie |
## Open Heart House

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>People living with HIV and AIDS</td>
<td>• Meals programme&lt;br&gt;• Complementary therapies&lt;br&gt;• Counselling&lt;br&gt;• Refriending &amp; outreach services&lt;br&gt;• Educational programmes&lt;br&gt;• Gym facilities&lt;br&gt;• Quiet room and roof garden&lt;br&gt;• Peer support&lt;br&gt;• Gay Tuesday Club&lt;br&gt;• Reed Ladies Club&lt;br&gt;• Inter-cultural evenings</td>
<td>Paula Gilmore&lt;br&gt;(Chief Executive Officer)&lt;br&gt;Phone: (01) 830 5000&lt;br&gt;Address: 2 St Mary's Place, Dublin 7&lt;br&gt;Email: <a href="mailto:info@openhearthouse.ie">info@openhearthouse.ie</a>&lt;br&gt;Web: <a href="http://www.openhearthouse.ie">www.openhearthouse.ie</a></td>
</tr>
</tbody>
</table>

## Parentline-Parents Under Stress

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>General Parenting Population</td>
<td>• Parenting course&lt;br&gt;• Postnatal depression support&lt;br&gt;• One to one support&lt;br&gt;• Public talks and seminars</td>
<td>Address: Carnichael House, North Brunswick Street, Dublin 7&lt;br&gt;Phone: 1800 927 277&lt;br&gt;Email: <a href="mailto:talk@parentline.ie">talk@parentline.ie</a></td>
</tr>
</tbody>
</table>
# Homelessness Services

## Rialto Community Drug Team (RCDT) Homelessness Support

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| RCDT provide a service for those people from the Rialto area (and outside) who are street homeless, or at risk of becoming homeless | We provide information and help relevant to their needs Monday to Friday:  
- Welfare entitlement/assistance in seeking accommodation  
- Advocacy  
- Hospital visits  
- Prison visits  
- Outreach  
- One to one appointments  
- Referral to treatment if requested  
- Referral to hostel accommodation if requested  
- Medical card assistance  
- Information on their rights as homeless people  
- On Tuesday between 4pm/5pm there is a warm meal provided for homeless people or anybody who wishes to attend  
- On Thursdays between 12.30pm/2pm there is a warm meal provided for homeless people and anybody else who wishes to attend  
- Warm clothing/footwear is also provided whenever possible | Gerry Fitzgerald or Phyllis Corish  
Address: St Andrews Community Centre, 463 South Circular Road, Rialto. Dublin 8  
Phone: (01) 454 1604  
Fax: (01) 454 1148  
Email: rialtocommunitydrugteam@eircom.net |
### Assertive Community Care Evaluation Services (ACCES)

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Homeless people aged 18-65 with a severe and enduring mental illness, including dual diagnosis (service through referral only) | - Advice  
- Advocacy  
- Assessment/treatment and medication management  
- Stabilization and relapse prevention  
- Support and education for carers and front line staff | Address: Parkgate Hall, 6-9 Conyngham Road, Dublin 8  
Phone: (01) 703 6158 |

### Dublin City Council Night Bus Service

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Provides assistance to rough sleepers at night time | - Finding accommodation  
- Transporting people to accommodation where vacancies exist  
- Offering sleeping bags and blankets for harm minimization | Address: Parkgate Hall, 6-9 Conyngham Road, Dublin 8  
Phone: (01) 703 6100  
After 5pm: phone 1 800 724 724 or Mobile: 085 815 0769 |

### Crosscare Food Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Anybody in need | Food centre providing a three course meal on weekdays with tea or coffee. Charge of €2. Drop in: Mon-Fri 12 noon-1pm | Address: Longford Lane, Dublin 8 (In layway leading to Whitefriars carpark)  
Phone: (01) 475 5259 |
### De Paul Trust

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Homeless or at risk of homelessness | + The opportunity to fulfill their potential and make positive, informed choices about their lives.  
+ It offers wet and dry hostel accommodation.  
+ Clancy emergency night shelter  
+ Supported housing | Address: 18 Nicola St, Dublin 8  
Phone: 00353 1 459 7111  
Email: depaul@depaulireland.org  
Web: www.depaulireland.ie |

### Multi-Disciplinary Healthlink Teams

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helps homeless people to access health services.</td>
<td></td>
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</tbody>
</table>
+ Outreach needs assessment in centre providing homeless services.  
+ Referrals to range of healthcare services including doctor, nurse, chemist, dentist, counsellor, optician, drug and mental health project.  
+ Health promotion and harm reduction.  
+ Fast track medical cards.  
+ Team respond to calls from agencies in contact with homeless people. | Phone: (01) 703 6100 (South Dublin) |

### Focus Ireland

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus Ireland aims to advance the right of people out-of-home to live in a place they can call home through quality services, research and advocacy.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
+ Educational resources  
+ Respond to the needs of people out of home and those at risk of becoming homeless  
+ Emergency transitional and long-term accommodation for people out of home  
+ Campaign and lobby for the rights of people out of home and the prevention of homelessness. | Address: 9 - 12 High Street  
Christchurch, Dublin 8  
Phone: (01) 881 5900  
Email: info@focusireland.ie  
Web: www.focusireland.ie |
### Iveagh Hostel

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| The Iveagh Hostel has an open door policy and accepts both self-referral and agency-referral. The Hostel will accommodate both unemployed and working men and has no minimum or maximum length of stay. | * Male only hostel with minimum age of 18 years  
* All residents have their own room  
* The current cost for accommodation, food & facilities is €15.95 per week. Other rates apply for shorter stays. | Kevin Byrne  
Address: Bull Alley Street, Dublin 8  
Phone: (01) 455-0182  
Fax: (01) 453-6916 |

### City of Dublin YMCA

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Young People at risk of homelessness | Accommodation - YMCA provides accommodation for young people at risk of homelessness. This service is rendered so that they can have access to training, further their education and gain work experience. | Address: Aungier Street, Dublin 2  
Phone: (01) 478-2507  
Email: info@ymca.ie  
Web: wwwymca.ie |

### Online Resources

- www.homelesssdublin.org
### Ethnic Minorities

**Rainbow Ladies Intercultural Project**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| Women from new communities within the Canals Area | Women’s Group Activities include:  
  - Adult education, socialising and support  
  - Help immigrants feel at home in Ireland | Atinuke Diya  
  Address: Raia Community Network, 568 South Circular Road, Raia, Dublin 8  
  Phone: 01 473 2003  
  Fax: 01 473 2003  
  Email: atinukediya@connect.ie |

**CAIRDE**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| Ethnic Minority communities | 1. Health Information and Advocacy Centre provides:  
  - Health advocacy services to individuals (health and social welfare, medical card applications, disability, hospitals and maternity services etc.)  
  - Provides health information, health promotion activities, health information sessions  
  - Operates a drop-in facility and also works on outreach basis. Our health advocacy officers speak: Arabic, French, Russian, Polish, Ukrainian, Moldovan, Mandarin Chinese, and a range of African languages.  
  Opening hours: 10 am – 5 pm (Monday, Tuesday, Thursday and Friday)  
  2. Ethnic Minority Health Forum  
  - A collective platform for discussion on health  
  - Over 30 ethnic minority organisations as members  
  3. Community Development and Policy  
  - Building partnerships with health service providers from local health centres to hospitals  
  - Link to national health policy fora  
  Opening Hours: 9:30am to 1pm and 2pm to 5:30pm | Tony’s Mylas  
  Address: 19 Belvedere Place, Dublin 1  
  Phone: (01) 855 2111  
  Fax: (01) 855 52089  
  Email: info@cairde.ie  
  Web: www.cairde.ie |
### Refugee Information Service (RIS)

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Asylum Seekers &amp; Refugees</td>
<td>Information service every Thursday afternoon, 2:00-4:30pm in the Liberties Citizen Information Service, 90 Marsh Street, Dublin 8. No appointment necessary. Service is free of charge &amp; open to everybody.</td>
<td>Refugee Information Service Address: RIS Dublin Office, 1st and 2nd floors, 18 Dame Street, Dublin 2. Phone: (01) 645 3070 Fax: (01) 677 0061 Email: <a href="mailto:info@ris.ie">info@ris.ie</a> Web: <a href="http://www.ris.ie">www.ris.ie</a></td>
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### Migrant Rights Centre Ireland

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Migrant workers at risk of poverty, social exclusion and discrimination</td>
<td>We work mainly with undocumented workers, and migrants experiencing workplace exploitation. + Information and advocacy support; + Action groups; campaigning.</td>
<td>Delphine O’Keefe Address: 55 Furnell Sq West Phone: (01) 889 7570 Fax number: (01) 889 7579 Email: info@mrcrie Web: <a href="http://www.mrcrie.ie">www.mrcrie.ie</a></td>
</tr>
</tbody>
</table>
**Travelling Community**

For local supports please also refer to Section 4 Community Projects and Services.

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### Irish Traveller Movement (ITM)

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| The Irish Traveller Movement (ITM) is a national network of organisations and individuals working within the Traveller community. | The Irish Traveller Movement is engaged in a diverse range of campaigning issues. If it can deliver an effective response to the four core issues of Accommodation, Equality, Education, and Legal issues, it will have achieved its aims. | Address: 4/5 Eustace Street Dublin 2  
Phone: (01) 679 65 77  
Fax: (01) 679 65 78  
Email: itrom@eircom.net  
Web: www.itrom traveller.ie |

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### Pavee Point Travellers Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Pavee Point is a partnership of Irish Travellers and settled people working together to improve the lives of Irish Travellers through working towards social justice, solidarity, socio-economic development and human rights. | - Drug Initiative  
- Early Childhood  
- Education  
- Mediation  
- Health  
- Roma  
- Violence Against Women  
- Youth  
- Community Development | Address: 46 North Great Charles Street, Dublin 1  
Phone: (01) 876 0255  
Fax: (01) 874 26 26  
Email: info@pavee.ie  
Web: www.paveepoint.ie |
## Exchange House National Travellers Service

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| We are an organisation of Travellers and settled people working together to provide services to Travellers in the Dublin area. | We provide Family Support, Youth Services, Drug Counselling and Education programmes to members of the Traveller community in the Dublin area. | Address: 61 Great Strand Street, Dublin 1  
Phone: (01) 872 1094  
Fax: (01) 872 1118  
Email: info@exchangehouse.ie  
Web: www.exchangehouse.ie |

## National Traveller Money Advice and Budgeting Service (MABS)

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Members of the traveller community | Money advice and budgeting | Address: National Traveller Money Advice and Budgeting Service  
Unit 2, North Park, North Road, Finglas  
Dublin 11  
Phone: (01) 679 8358  
Fax: (01) 671 9541  
Web: www.exchangehouse.ie  
Email: exchangehouse@mabs.ie |
## Addiction

### Alcohol Support Services

<table>
<thead>
<tr>
<th>HSE Alcohol Treatment Unit</th>
<th>Services Provided</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Target Population</td>
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<tr>
<td></td>
<td>Individual Counselling</td>
<td>Address: Baggot Street Community Hospital, 18 Upper Baggot Street, Dublin 4</td>
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<td>Assessment</td>
<td>Phone: (01) 660 7638</td>
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<td></td>
<td>Aftercare</td>
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<table>
<thead>
<tr>
<th>HSE Community Alcohol Services</th>
<th>Services Provided</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Target Population</td>
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<tr>
<td></td>
<td>Counselling</td>
<td>Address: Ground Floor, Glen Abbey Centre, Belgard Road, Tallaght, Dublin 24</td>
</tr>
<tr>
<td></td>
<td>Assessment</td>
<td>Phone: (01) 4516589 / 4516794</td>
</tr>
<tr>
<td></td>
<td>Education programme</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Aftercare</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dublin Simon- Alcohol Support &amp; Aftercare Service</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target Population</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td>Service for homeless or recently settled people over 18 whose primary addiction is alcohol Support for people before and after DCs Detox and/or Residential Alcohol Service</td>
<td>Individual keywork</td>
<td>Address: Ushers Island, Dublin 8</td>
</tr>
<tr>
<td></td>
<td>Group work, with twice weekly relapse prevention</td>
<td>Phone: (01) 679 2391 (ask for Aftercare)</td>
</tr>
<tr>
<td></td>
<td>Open support groups</td>
<td>Email: <a href="mailto:aftercare@dubsimon.ie">aftercare@dubsimon.ie</a></td>
</tr>
<tr>
<td></td>
<td>Abstinence based residential houses with a structured aftercare programme (for those who have completed the Residential Alcohol Service)</td>
<td>Website: <a href="http://www.dubsimon.ie">www.dubsimon.ie</a></td>
</tr>
</tbody>
</table>
### Alano Club of Ireland

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Organised meetings for recovering alcoholics and drug users | + Alcohol  
+ Counselling  
+ Drugs  
Mon – Sun 11am – 12am | Address: 21 Patrick St, Dun Laoghaire  
Phone: (01) 280 5402 |

### Alcoholics Anonymous

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. | | Address: General Service Office, Unit 2, Block C, Santry Business Park, Swords Road, Dublin 9  
Phone: (01) 842 0700  
Fax: (01) 842 0703  
Email: go@alcoholicanonymous.ie  
Website: www.alcoholicanonymous.ie |

### Hanly Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| | + Alcohol assessments  
+ Counselling  
+ Group therapy | Address: Eblana Mews, Eblana Avenue, Dun Laoghaire.  
Phone: (01) 2809795  
Website: www.thehanlycentre.com |
## Addiction Services & Supports

### HSE Addiction Service

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>All addictions:</td>
<td>+ Addiction Counselling Service</td>
<td>Address: Cherry Orchard Hospital, Ballyfermot, Dublin 10  Phone: (01) 620 6400</td>
</tr>
<tr>
<td></td>
<td>+ Clinic locally in Dr Stevens, Cork St and Castle St.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ Nurses, doctors, pharmacists, psychologists, counselors, Community Welfare Officers work from the clinic.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ 2 week - 1 month waiting  Open Monday to Friday</td>
<td></td>
</tr>
</tbody>
</table>

### Cuan Dara- Drug Detoxification Unit

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>People addicted to opiate and/or benzodiazepines who wish to become drug free.</td>
<td>+ A 17 bed residential unit for men and women over 16 who want to address drug addiction by detoxifying or stabilizing</td>
<td>Address: Cherry Orchard Hospital, Ballyfermot, Dublin 10  Phone: (01) 620 6050</td>
</tr>
<tr>
<td></td>
<td>+ Clients are referred by associated community services onto the programme, which usually runs for 6 weeks.</td>
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<tr>
<td></td>
<td>+ Provider nursing, counselling and medical support using a holistic approach.  Admission criteria apply</td>
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<tr>
<td>Target Population</td>
<td>Services Provided</td>
<td>Contact</td>
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</table>
| NA is a non-profit fellowship of men and women for whom drugs had become a problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only requirement for membership, the desire to stop using. | - Back to life Group: Friary (rear), James’s street Church, D8 @ 8pm, Wednesdays.  
- St. Andrew’s Community Centre (rear), Rialto, D8 @ 9pm, Sunday.  
- Donore Community Centre (rear), Donore Avenue, D8 @7pm, Tuesdays. | Address: Narcotics Anonymous Ireland – Eastern Area, PO BOX 5799, Rathmines, Dublin 6.  
Phone: Public Information: 086-3791784  
Helpline: 086-8629998  
Email: info@naireast.org  
Web: www.naireast.org |

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| People addressing addiction and their families. | - Holistics  
- Counselling  
- Homeless Service drop in Tue 9am-7pm.  
- Alternative therapies Sat 10am-1pm  
- Drop-in service  
- Clinic (For collection of scripts for methadone dosage)  
- Family support and outreach  
- Hospital Visits  
- Alcohol Education Programme  
- Prison Visits  
- Community Welfare advice  
- Referrals to residential detox | Tony Mac Carthygh (Team Leader)  
Address: St Andrew’s Community Centre, 468 South Circular Road, Rialto, Dublin 8  
Phone: (01) 454 0021  
Fax: (01) 454 1148  
Email: rialtocommunitydrugteam@eircom.net |
### Donore Community Drug Team

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 years plus.</td>
<td>Counselling</td>
<td>Fergal Connolly</td>
</tr>
<tr>
<td>Available to anyone within the locality who is either directly or indirectly affected by addiction. Addiction in its broadest sense. However, we will always try to see the person &amp; if there is a more appropriate service available to them we will refer them on.</td>
<td>Family Support meeting every Tuesday Evening 8 - 9 pm. Outreach Work. Health Promotion. We also provide a hot meal on Monday evenings between 6 - 8 and also a hot lunch on Friday at 12:30. NA meeting in our premises on Tuesday at 6 pm.</td>
<td>Address: Donore Youth &amp; Community Centre. Donore Avenue, Dublin 8. Phone: (01) 416 4339. Email: <a href="mailto:donorecdt@eircom.net">donorecdt@eircom.net</a></td>
</tr>
</tbody>
</table>

### Community Response

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Response is a voluntary agency in the South Inner City working with families and local communities to develop their own response to problem drug use, HIV and more recently Hepatitis C.</td>
<td>Training and Education Certificate in Addiction Studies accredited by NUI Maynooth. Community Development Programme. Health Promotion. Complementary Therapies. Family Support.</td>
<td>Address: Carmar’s Court, 14 Carmar’s Hall, Off Francis Street, Dublin 8. Phone: (01) 434 9772. Email: <a href="mailto:commrsp@aol.ie">commrsp@aol.ie</a>. Web: <a href="http://www.chebinfo.ie">www.chebinfo.ie</a></td>
</tr>
</tbody>
</table>
### Casadh

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</table>
| Individuals who are in recovery and seeking to further their potential. | • Providing a comprehensive training and support programme  
• Providing training to the community with a particular emphasis on issues relating to addiction, health and safety and preventative measures  
• Outreach to other educational facilities through the provision of a venue for training with the goal of working in partnership with those working in recovery from addiction. | Colm Folan  
Address: Unit 13, LDA Centre, Newmarket, Dublin 8  
Phone: (01) 454 8419  
Email: casadh@gmail.com |

### South Inner City Education & Prevention Project

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Rehabilitation Projects, Youth Clubs, Schools, Community Groups. | • Education and prevention of the misuse of substances  
• Mental Health and Wellbeing Training Programmes  
• Meath Street Office is a One-Stop-Shop providing advocacy, information and referrals for people affected by their own or someone else’s drug use. | Sldjana Malich  
Address: 48/49 Meath Street, Dublin 8  
Phone: (01) 454 9267  
Email: smalich@swcn.ie |

### Canal Communities Training Programme

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Adults stabilised on methadone committed to:  
• Personal development  
• Education  
• Training within the Community Employment scheme. | • Personal Development and Keyworking  
• Return to Learning Programmes  
• Outdoor Education  
• Complementary Therapies  
• Advocacy | Trevor Keogh  
Catharina Gorman  
Dorien Davis  
Phone: (01) 450 5938  
Address: TURAS, Unit C & C1, Bluebell Bus Prk, Old Naas Rd, D12  
Fax: (01) 450 50639  
Email: cctpтурас@ericor.net |
Recovery through Art, Drama & Education (RADE)

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</table>
| RADE works with people in all stages of recovery from drug/alcohol misuse. | + Community Employment scheme Monday to Friday 10am-2pm.  
+ Creative arts programme including workshops in tai chi, drama, art, creative writing, and film.  
+ RADE also organize educational trips and work with participants identifying progression routes in relation to housing, training, and employment.  
+ RADE also has an in-house counsellor who works with participants on the scheme. | Michael Egan
(Manager)  
Address: OLV Building, Cathedral View Court, (off New Street) Dublin 8.  
Phone: (01) 454 8733  
Fax: (01) 454 6406  
Email: info@rade.ie  
Web: www.rade.ie |

Drugs/HIV Helpline Freephone: 1800 459 459/01-6206400
## Outhouse

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| People who are gay, lesbian, bisexual, transgendered, their friends and families; | + Community and resource centre providing support, information, social and cultural services.  
+ Health clinic provided by the Gay Men's Health Project.  
+ Meeting space for community groups: recovery, self-help, coming out, social interest.  
+ We provide three evening meetings for Alcoholics Anonymous and one evening meeting for Narcotics Anonymous every week.  
+ Limited wheelchair access. No adapted toilets. Ground floor access. Signs available. | Phone: (01) 8734099  
Fax: (01) 8690090  
Address: Outhouse, GBT Community Centre, 105 Capel Street, Dublin 1  
Email: info@outhouse.ie  
Web: www.outhouse.ie |

**Opening Hours**
- Office Hours Monday to Friday 10 am to 6pm
- Call Hours Monday to Saturday 12.30 to 10.00pm
- Sunday Closed to youth group members only.

## Gay Mens Health Service - STI Clinic

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Sexual health services for gay and bisexual men and men who have sex with men | - Information  
- Counselling  
- Outreach, research  
- Walk-in blood tests Tue & full walk-in STI screening (including swabs) Wed for HIV, syphilis, hepatitis.  
- Return appts for results and treatment, including genital warts and hepatitis vaccine.  
- Safe sex packs (lube/condoms).  
- Charges for some services. | Phone: 01 669 9553  
Address: 19 Haddington Road, Dublin 4  
Email: gmhadmin@mail.hse.ie |
### Gay Men’s Health Service Outreach Team

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Sexual health service for gay and bisexual men and men who have sex with men | + Waiting list for counselling appointments (interpreters available and ISL by prior arrangement).  
+ Outreach sexual health information, advice, support and referrals.  
+ Personal development and other workshops.  
+ Agency training on sexual health, safer sex, homophobia, heterosexism.  
+ Safer sex packs. | Ronan Watters  
Address: Gay Men’s Health Project, Outreach & Training Team, Outhouse, LGBT Community Centre, 105 Capel Street, Dublin 1  
Phone: (01) 873 4952  
Fax: (01) 873 4954  
Email: gmhpoutreach@eircom.net  
Web: www.gaymenshealthservice.ie |

### Gay Switchboard Dublin

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| The Gay Switchboard Dublin is one of the longest running Irish voluntary LGBT community based services; we have been in operation for more than 30 years. We are here to reach out and offer support to our community, their friends and families. | + Do you find yourself attracted to people of the same sex? Do you think you might be gay, lesbian or bisexual? Do you feel isolated because of your sexuality? Has someone just come out to you? Are you worried about your sexual health?  
+ Offering non-directive listening support | Phone: (01) 872 1055  
Hours: Monday to Thursday 7pm to 9pm  
Email: www.gayswitchboard.ie |

### BeLonGTo Dublin

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| BeLonGTo is an organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 29. | + A social group for young lesbians “Ladybirds” every Thursday @ 6pm.  
+ Lesbian, Gay, Bi and Tran people group “Be-long to Sunday” every Sunday @ 3pm | Address: Parliament House, 13 Parliament Street, 14/2nd Floor, Temple Bar, Dublin 2  
Phone: (01) 670 6229  
Email: info@belongto.org  
Web: www.belongto.org |
Food/Nutrition

About the food pyramid

The food pyramid is designed to make healthy eating easier. An updated guide to healthy eating using the food pyramid will be published in early 2010 and will be available from www.healthpromotion.ie
Listed below are some organisations involved in healthy eating promotion.

**Healthy Food for All**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Low-income groups | All-island multi-agency initiative seeking to promote access, availability and affordability of healthy food to end poverty in Ireland. | Phone: (01) 8360011  
Email: info@healthyfoodforall.com  
Web: www.healthyfoodforall.com |

**The Irish Heart Foundation**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| General Public and patients with heart disease | Ireland's national charity for heart health, working to reduce premature death and disability from heart disease and stroke. | Phone: (01) 6689001  
Email: info@irishheart.ie  
Web: www.irishheart.ie |

**Robert Emmet CDP, Mendicity Institute**

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<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
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</thead>
</table>
| • Young people of working age  
• Senior citizens  
• Foreign national communities | • Health Promotion as part of our daily activities  
• promoting healthy eating  
• health talks infrequently as issue arises  
• health promotion events  
• vegetable growing and consumption  
• referral to appropriate agency  
• providing literature. | Mairin Ó Cuívín  
Phone: (01) 671 8269  
Email: info@modp.ie |

**Online Resources**

- [www.fooddyes.ie](http://www.fooddyes.ie)  
- [www.boardbias.ie](http://www.boardbias.ie)  
- [www.safefood.eu](http://www.safefood.eu)  
- [www.littlesteps.eu](http://www.littlesteps.eu)
Education and Training

Please also refer to Section 4 Community Projects & Services Section for Adult Education programmes being run locally

School Contact List

<table>
<thead>
<tr>
<th>School</th>
<th>Principal / Home School Community Liaison Officer (HSCLO)</th>
<th>Phone no.</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scoil Muire Og 2, Losto Junior Primary School, Cramlin Road, Cramlin, Dublin 12.</td>
<td>Denise Griffin, Rona Finn (HSCLO)</td>
<td>(01) 454 1746</td>
<td></td>
</tr>
<tr>
<td>Scoil Muire Og 1, Losto Senior Primary School, Cramlin Road, Cramlin, Dublin 12.</td>
<td>Angela Mitchell, Rona Finn (HSCLO)</td>
<td>(01) 454 1669</td>
<td><a href="mailto:ktp.ias@eircom.net">ktp.ias@eircom.net</a></td>
</tr>
<tr>
<td>Mater Dei NS, Basin Lane, Barin Street, Dublin 8.</td>
<td>Sr. Rita Wynne, Sheila Early (HSCLO)</td>
<td>(01) 454 8461</td>
<td><a href="mailto:sileary@arinmhor.com">sileary@arinmhor.com</a></td>
</tr>
<tr>
<td>St. James' CBS Primary, Basin Lane, Dublin 8.</td>
<td>Joe Tuite, Sheila Early (HSCLO)</td>
<td>(01) 453 4321</td>
<td><a href="mailto:jamesst@eircom.net">jamesst@eircom.net</a></td>
</tr>
<tr>
<td>Scoil Iosagain, Aughavannagh Road, Cramlin, Dublin 12.</td>
<td>Denis Costello, Arlene Gillinan (HSCLO)</td>
<td>(01) 454 1821</td>
<td></td>
</tr>
<tr>
<td>Marist Girls Primary, Clother Road, Dublin 12.</td>
<td>Sr. Anne, Arlene Gillinan (HSCLO)</td>
<td>(01) 454 1228</td>
<td></td>
</tr>
<tr>
<td>Primary Schools</td>
<td>Teachers</td>
<td>Phone</td>
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<td></td>
</tr>
<tr>
<td>St. Audoen's National School, Cook Street,</td>
<td>Donal Monaghan</td>
<td>(01) 677 9856</td>
<td></td>
</tr>
<tr>
<td>Dublin 8</td>
<td>Ann Dempsey (HSCLO)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Presentation Primary School, Warrenmount,</td>
<td>Peter McCroney</td>
<td>(01) 454 7520</td>
<td></td>
</tr>
<tr>
<td>Dublin 8</td>
<td>Helen McMahon (HSCLO)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>St. Brigid's National School, The Coombe,</td>
<td>Deirdre Early</td>
<td>(01) 454 7754</td>
<td></td>
</tr>
<tr>
<td>Dublin 8</td>
<td>Deirdre Cronin (HSCLO)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CBS Primary School, Francis Street, Dublin</td>
<td>Rona Collins</td>
<td>(01) 453 1800</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Brendan Goggin (HSCLO)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>St. Enda's National School, Whitefriar</td>
<td>Mary Marren</td>
<td>(01) 475 7566</td>
<td></td>
</tr>
<tr>
<td>Street, Dublin 8</td>
<td>Johanna Doherty (HSCLO)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scoil Treasa Naofa</td>
<td>Ann Marie Spillane</td>
<td>(01) 454 1899</td>
<td></td>
</tr>
<tr>
<td>Petrie Road, Donore Avenue, Dublin 8</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>St. Catherine's National School</td>
<td>April Cronin</td>
<td>(01) 454 2679</td>
<td></td>
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<tr>
<td>Donore Avenue, Dublin 8</td>
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**Secondary Schools**

<table>
<thead>
<tr>
<th>Secondary Schools</th>
<th>Teachers</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Luceto Secondary School, Crumlin Road,</td>
<td>Blathnaidh Calhoun</td>
<td><a href="mailto:lucetocrumlin@eircom.net">lucetocrumlin@eircom.net</a></td>
</tr>
<tr>
<td>Crumlin, Dublin 12</td>
<td>Maire O'Carain (HSCLO)</td>
<td></td>
</tr>
<tr>
<td>Presentation Convent Secondary School,</td>
<td>Peter McCroney</td>
<td><a href="mailto:Warren.mr@eircom.net">Warren.mr@eircom.net</a></td>
</tr>
<tr>
<td>Warrenmount, Dublin 8</td>
<td>Helen MacMahon (HSCLO)</td>
<td><a href="mailto:helen.mahon@eircom.net">helen.mahon@eircom.net</a></td>
</tr>
<tr>
<td>EOLAS Adult Education</td>
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</tbody>
</table>

### Target Population
- Cater for residents of Dolphin House and surrounding areas.

### Services Provided
- Offers a variety of quality basic and further courses.
- Develop facilities and atmosphere conducive to the provision of holistic Adult Education.
- Encourage and provide opportunities for progression.
- Provide appropriate support to meet the needs of the participants.
- Develop a range of outreach initiatives to maximize opportunities for participation.
- Network with relevant groups and services to assist in meeting the objectives.

### Contact
- St. Mary Blynn
  - Address: 227 Dolphin House, Rialto, Dublin 8
  - Phone: (01) 411 3924
  - Email: eolasdh@eircom.net
### Eastern Vocational Enterprises Limited (EVE) – Training Centres

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| • People with mental health difficulties (majority) | • EVE is a subsidiary of the Health Services Executive and provides a range of community-based services in the HSE Dublin North East and Dublin Mid-Leinster regions.  
  • Your local EVE Training Centre is EVE Limited Thomas Court. | Address: EVE Limited Thomas Court, 25 Hanbury Lane, Dublin 8.  
Phone: (01) 453 1722 / 454 2072  
Email: thomascourt@eve.ie  
Web: www.eve.ie |

### Warrenmount Community Education and Development Centre

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
</table>
| Adults in Dublin 8 | Community Education (basic literacy to FETAC Level 5). Full list on web page. Some of the courses include:  
  + Maths  
  + Communications  
  + One to One English/Language  
  + Computers for Beginners  
  + Interior Design (Beginner)  
  + Child Development  
  + Art & Craft for Childcare  
  + Gardening  
  + Family Literacy (ESOL)  
  + Tai Chi  
  + FIT IT & Office Procedures  
  + Spanish for Beginners  
  + Local History  
  + Horticulture  
  + Get a Grip on IT | Pauline McGaley  
Address: Blackpitts, Mill Street, Dublin 8.  
Phone: (01) 454 2622  
Fax: (01) 4549897  
Email: pmcglye@iol.ie  
Web: www.warrenmountcentre.ie |
Liberties College has over 780 full time students. We provide courses that make a real difference - building confidence and skills that will lay the foundation for your career. Personal growth is at the heart of vocational preparation - and with our small size we will get to know you and help you to develop your strengths.

<table>
<thead>
<tr>
<th>Services Provided</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course offered:</td>
<td>Address: Bull Alley Streeet, Dublin 8.</td>
</tr>
<tr>
<td>+ Childhood Studies &amp; Montessori</td>
<td>Phone: (01) 454 0044</td>
</tr>
<tr>
<td>+ Health Care</td>
<td>Email: <a href="mailto:info@libertiescollege.ie">info@libertiescollege.ie</a></td>
</tr>
<tr>
<td>+ Montessori Education</td>
<td>Web: <a href="http://www.libertiescollege.ie">www.libertiescollege.ie</a></td>
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<tr>
<td>+ Social Studies</td>
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<tr>
<td>+ Counselling</td>
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<td>+ Creative Arts</td>
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<td>+ General Education</td>
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<tr>
<td>+ Tourism &amp; Information Technology</td>
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</tbody>
</table>
# Employment/Unemployment

Please also refer to Community Projects Section

## Inner City Employment Services

<table>
<thead>
<tr>
<th>Target Population</th>
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</thead>
</table>
| Disadvantaged unemployed residents of the inner city | + Job Placement  
+ Employment Guidance  
+ Community Employment Placement  
+ CV Preparation  
+ Interview Skills  
+ Job Initiative Placement  
+ Working with Employers  
+ Assistance in Identification of Training Needs  
+ Apprenticeships  
+ Local Community Outreach  
+ Local Labour Clause Initiatives  
+ Return to Education | Address: Dublin Inner City  
LES, Dublin Inner City Partnership, Equity House,  
16/17 Upper Ormond Quay, Dublin 1  
Phone: (01) 872 1321  
Fax: (01) 872 1390  
Email: Pcklan@dicp.ie |

<table>
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</table>
| Canalside area and want to avail of our services, first you have to register with Canal Local Employment Service Network. All you have to do is telephone or call into one of our offices and make an appointment to meet with one of our employment mediators. | + Looking for a job  
+ Getting training to suit your needs: Writing a CV  
+ Preparing for job interviews  
+ Getting information on further education  
+ Exploring the self-employment route  
+ Getting a place on a local Job Club  
+ Accessing both FAS and local training opportunities  
+ Monday to Friday 8am to 5pm | Phone: 01 494 0935  
Address: 396 South Circular Road, Rialto, Dublin 8  
Email: rialto@canalles.ie |
### Connolly Centre

<table>
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<tr>
<th>Target Population</th>
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</thead>
</table>
| Residents of Dublin 8 | We provide information on social welfare entitlement including:  
+ Loan Parents  
+ Family Income Supplement  
+ Carer’s Allowance  
+ Old Age Pension  
+ Living alone allowance  
+ Household benefit package  
+ Free travel  
+ Disability Allowance  
+ Medical Card application  
+ Money & Budgeting  
+ Passport Forms  
+ Housing and all other queries we can help with.  
+ We also refer clients to MABS, Local Employment Service, CAP, NALA, SIACDA, FAS etc. | Jacqueline Cross  
Address: 80/82 The Coombe, Dublin 8  
Phone: (01) 4550803  
Fax: (01) 4740091 |

### Liberties Citizens Information Service

<table>
<thead>
<tr>
<th>Target Population</th>
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</thead>
</table>
| Offer a free service open to everybody. You don't need to make an appointment you call in during our opening hours and talk to one of our information officers. | We provide information on a huge range of topics including your rights and entitlements:  
social welfare, local services, employment rights, housing issues and if we don't have the information you need, we'll help you find someone who does. Service is completely confidential. We won't disclose anything you tell us to any other groups, such as government agencies, social welfare offices or family members. This also means we won't pass your contact details on to anybody else without your permission. | Address: 90 Meath Street, Dublin 8  
Monday-Thursday  
9:30am-12:30pm  
2:00pm-5:00pm  
Phone: (01) 4735178  
Email: liberite@citinfo.ie  
Web: www.citizensinformation.ie |
# Rialto Citizens Information Service

<table>
<thead>
<tr>
<th>Target Population</th>
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</thead>
<tbody>
<tr>
<td>Offer a free service open to everybody. You don’t need to make an appointment you call in during our opening hours and talk to one of our information officers.</td>
<td>We provide information on a huge range of topics including your rights and entitlements, social welfare, local services, employment rights, housing issues and if we don’t have the information you need, we’ll help you find someone who does. Service is completely confidential. We won’t disclose anything you tell us to any other groups, such as government agencies, social welfare offices or family members. This also means we won’t pass your contact details on to anybody else without your permission.</td>
<td>Address: Rialto Parish Centre, South Circular Road, Rialto, Dublin 8. Monday-Thursday 9:30am-12:30pm. Phone: (01) 4539955. Email: <a href="mailto:rialto@citinfo.ie">rialto@citinfo.ie</a>. Web: <a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a></td>
</tr>
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# Carmelite Citizens Information Service

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<tr>
<td>Offer a free service open to everybody. You don’t need to make an appointment you call in during our opening hours and talk to one of our information officers.</td>
<td>We provide information on a huge range of topics including your rights and entitlements, social welfare, local services, employment rights, housing issues and if we don’t have the information you need, we’ll help you find someone who does. Service is completely confidential. We won’t disclose anything you tell us to any other groups, such as government agencies, social welfare offices or family members. This also means we won’t pass your contact details on to anybody else without your permission. + FLAC (Free Legal Advice Centre): By appointment only contact 01 400 5971. + MABS (Money Advice &amp; Budgeting): By appointment only contact 01 6706559.</td>
<td>Address: Carmelite CIC, 56 Aungier Street, Dublin 2. Opening Hours: Mon-Fri 9:30am to 1:00pm and 2:00pm to 4:30pm. Phone: (01) 400 5971. Fax: (01) 475 4024. Email: <a href="mailto:carmelite@citinfo.ie">carmelite@citinfo.ie</a>. Web: <a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a></td>
</tr>
</tbody>
</table>

# Online Resources

www.losingyourjob.ie
Environment

**Food and Tobacco Control** South East City, Ormond House, Ormond Quay, Dublin 7 **Phone:** (01) 828 6701

**Local Authority - Air Pollution and Noise Control**
Civic Offices, Wood Quay, Dublin 8
**Phone:** (01) 697 6111

**Pest Control** St Brendan’s Hospital, Rathdown Road, Grangegorman, Dublin 7 (Southside) **Phone:** (01) 454 2087

**Community Garda**

- Kevin Street Garda Station (Rialto & James st. area), Kevin Street, Dublin 8 **Phone:** 01 666 9400
- Kilmainham Garda Station (Liberties & the Coombe area), The High Road, Kilmainham, Dublin 8 **Phone:** 01 666 9700
## Housing

### Dublin City Council: Homeless Section

<table>
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<tr>
<th><strong>Target Population</strong></th>
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</table>
| General public and people who are homeless or at risk of becoming homeless. | • Information and advice for anyone with housing problems.  
• Refer people in need of emergency accommodation to the Homeless Persons Unit.  
• Provide accommodation to those homeless people who are assessed as being in priority need. | Address: Padgate Hall, 6-9 Corriginham Road, Dublin 8  
Phone: (01) 708 6100  
Email: info@dcc.ie  
Web: www.dcc.ie |

### Sophia Housing

<table>
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<tr>
<th><strong>Target Population</strong></th>
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</table>
| Sophia Housing is a weaving of holistic support for marginalised people to enable them to become aware of their own inner strengths and potential, so that they may participate fully in society. | • Make housing in all aspects accessible to people on low incomes.  
• Provide a comfortable, safe environment in which women & men can meet & network with each other.  
• Offer compassionate listening, pastoral care & practical guidance to women, men & children.  
• Provide a safe place for children to play & interact in a supervised setting.  
• Provide assistance in finding and using resources in the area.  
• Provide support & encouragement during & after their stay.  
• To advocate & lobby with & for people.  
• To help each individual develop a ‘Life Plan’ suited to their own particular need.  
• To recognise & understand the educational needs & requirements of people. | Address: 25 Cork Street, Dublin 8 (Local housing unit: Cork Street)  
Phone: (01) 473 9300  
Email: info@sophia.ie  
Web: www.sophia.ie |
<table>
<thead>
<tr>
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</table>
| Threshold was founded in 1978 and is a not-for-profit organization whose aim is to secure a right to housing, particularly for households experiencing the problems of poverty and exclusion. | We provide free and confidential information, advice and support to people with housing problems. The Centre is easily accessible by public transport from the city centre. Take the nos. 97, 39 or 70 bus from Hawkins St, D2. Opening hours of the Eastern Region Advice Centre:  
- Monday–Friday 9:30am – 5pm  
- Evening clinic held every Thursday from 5:30–7:30 pm. | Address: 21 Stoneybatter, Dublin 7  
Phone: (01) 678 8696  
Fax: (01) 677 2607  
Email: advice@threshold.ie  
Web: www.threshold.ie |

* Local Authority – Housing and Residential Services  
Civic Offices, Wood Quay, Dublin 8  
Tel: (01) 670 6111
### Water/Sanitation

**Dublin City Council’s Water Services Division**

<table>
<thead>
<tr>
<th>Target Population</th>
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</thead>
</table>
| General public    | What to do if you have water problems:                                             | Phone: (01) 222 0600  
                      |  • Contact us immediately (using the special contact details below) if you have any of  | Emergency/Out-of-office hours:  
                      |  these problems:                                                           | (01) 679 6186  
                      |  • If your water supply has stopped.                                        | Email: customerservice@dublincity.ie  
                      |  • If you suspect that your water has a leak.                                | Web: www.dublincity.ie            |
                      |  • If you are concerned about the quality of your water.                      |                                                                         |

### Environmental Health Section

**Environmental Health Section**

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<th>Target Population</th>
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</table>
| General public    | Report a risk to public health:                                                   | Address: Dublin City Council  
                      |  • A risk to public health can take the form of                                    | Environmental Health Section  
                      |  a blocked drain, rotting organic waste (e.g.                                    | Housing and Residential Services  
                      |  a dead animal) or anything else that poses a risk to human or animal health.    | Block 3, Floor 1, Civic Offices  
                      |  These are often called ‘public health nuisances’.                                | Wood Quay, Dublin 8  
                      |                                                                                | Phone: (01) 222 3739  
                      |                                                                                | Web: www.dublincity.ie            |
What’s out there?

A profile of health & wellbeing groups and services in the Dublin South Inner city area

December 2009