



Inishowen Family  
Action Network



**IFAN Directory**

Supports and Services  
for Families in Inishowen

### *What is the Inishowen Family Action Network (IFAN)?*

Inishowen Family Action Network (IFAN) was set up in 2007 in response to research commissioned by the HSE and carried out with Families, Parents and Children and with agencies and organisations which support them in Inishowen. The feedback from that consultation resulted in a more joined up collaborative approach which was critically needed to support families in all spheres of their lives. All agreed that a mix of universal and targeted interventions were needed, with a responsive and preventative focus on offering advice and support as and when it is needed. Families are at the centre with a rights based approach. It aims “To create an environment for a joined up and integrated approach to supporting parents, carers, children and young people living in Inishowen.”

Hosted by Inishowen Development Partnership (IDP), the IFAN model has developed over the past ten years and now demonstrates a high level of interagency working and meaningful collaboration. It has proved to be an excellent model of focusing on an outcomes approach for the empowerment of families and their health and well-being.

IFAN is the host for the Community Health Forum and the Child and Family Support Network in the area. Our IFAN Network is an open and welcoming network of stakeholders and service providers in the Inishowen Peninsula and currently has the following objectives:

- 1 •To maximise opportunities for collaboration in order to more effectively and efficient deliver Family Support services and Community Health
- 2 •To act as Community Health Forum for Inishowen and work with the three Primary Care Teams in the area
- 3 •To work together to identify new and widening gaps in Family Support services as a result of the current economic climate
- 4 •To meet at least six times annually to share information and update members on relevant issues/projects and work that are pertinent to the Network's Vision
- 5 •To raise awareness of current issues and challenges and facilitate the coordination of service delivery
- 6 •To act as a filter to ensure the most relevant and appropriate delivery mechanism is used for Family Support services and Community Health.
- 7 •To host the Child and Family Support Network in the area

This directory is a list of some of the supports and services available for families from the Peninsula. It does not purport to include all the services, but over the past few months has tried to collect relevant information and reflects the network of agencies that work under IFAN.



Inishowen Family  
Action Network

Directory Information on Inishowen Family  
& Support Services/Organisations



## Accord Inishowen

*Address:* Pastoral Centre  
*Telephone:* 0749374103  
*Mob. phone:* 0868965530  
*Email:* [accordinishowen@eircom.net](mailto:accordinishowen@eircom.net)  
*Website Address or* [www.accord.ie](http://www.accord.ie)  
*Social Media (Facebook, twitter)*

ACCORD provides a professional Marriage and Relationship Counselling service to couples and individuals.

ACCORD accepts and values clients irrespective of their religious or ethnic background. ACCORD's counselling service is based on clients needs and not on their ability to pay.

Couples and individuals can self refer or be referred by others.



Telephone: 01-8732699  
Email: [info@alanon.ie](mailto:info@alanon.ie)  
Website Address or Social Media  
[www.al-anon-ireland.org](http://www.al-anon-ireland.org)

*My GeoPosition (Locator for mapping)*

**Derryvane (Muff)** 8.8 miles

Derryvane White Oaks Rehab Centre, Muff, Co. Donegal  
Tuesday [Google Maps](#) 8.00pm

**Letterkenny (Sun)** 16.7 miles

The Pastoral Centre, Cathedral Sq, Monastery Ave, Letterkenny, Co. Donegal Sunday  
[Google Maps](#) 8.00pm

**Letterkenny (Tue)** 16.7 miles

The Pastoral Centre, Cathedral Sq, Monastery Ave, Letterkenny, Co. Donegal Tuesday  
[Google Maps](#) 8.30pm

**Letterkenny (Fri)** 16.7 miles

The Pastoral Centre, Cathedral Sq, Monastery Ave, Letterkenny, Co. Donegal Friday  
[Google Maps](#) 10.30am

For Northern Ireland and UK meetings search [here](#).

**About Al-Anon Family Group Meetings**

At Al-Anon Family Group meetings, the friends and family members of problem drinkers share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations. Younger family members and friends attend Alateen meetings. They learn that they are not alone in the problems they face, and that they have choices that lead to greater peace of mind, whether the drinker continues to drink or not.

Sponsorship gives members an opportunity to get personal support from someone more experienced in the program. These relationships are voluntary. Members ask another member to be their Sponsor when they believe that person will be suitable as a mentor in applying the program.

**How will Al-Anon help me?**

Many who come to Al-Anon/Alateen are in despair, feeling hopeless, unable to believe that things can ever change. We want our lives to be different, but nothing we have done has brought about change. We all come to Al-Anon because we want and need help.

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.



# Alcoholics Anonymous Ireland

*Name of Organisation/Agency/Service:*

## **Alcoholics Anonymous (AA)**

*Telephone:* 01-8732699

*Email:* [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.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. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Visit: [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie) to find your local meetings.

People can be referred to these meetings by either their G.P. or a Counsellor. The areas in Co.Donegal that meetings are held in are Annagry, Ardara, Arranmore, Ballintra, Ballyshannon, Bruckless, Bunrana, Bundoran, Carndonagh, Carrick, Convoy, Creeslough, Derrybeg, Donegal Town, Dunfanaghy, Dungloe, Falcarragh, Glenties, Killybegs, Letterkenny, Lifford, Milford, Moville, Muff, Newtowncunningham, Pettigo, Ramelton, Raphoe, Stranorlar and Termon.



Name of Organisation/Agency/Service:

## Anam Cara

Address: HCL House  
Second Avenue  
Cookstown Industrial Estate  
Tallaght  
Dublin 24

Contact Number Office 01 4045378 / Mobile 087 77 06218  
Email Address h.harkin@anamcara.ie  
Web Address www.anamcara.ie

Anam Cara Parental & Sibling Bereavement Support Group Limited, trading as Anam Cara is a company limited by guarantee not having a share capital, registered in Dublin Ireland with registered company number 452644. Anam Cara Parental & Sibling Bereavement Support group limited is also a charity with CHY Number 18073. Currently operating in Letterkenny, there are currently proposals to offer supports in the Inishowen area in Autumn 2017.

**Venue:** Mount Errigal Hotel, Letterkenny, Co Donegal.

**When:** This group meets on the 2nd Thursday of each month between September and June.

**Time:** 7.30pm – 9pm

These evenings are open to all bereaved parents giving them an opportunity to meet with other parents and access information that will give them a better understanding of the intense grief and loss they are experiencing.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

*Name of Organisation/Agency/Service:*

## Assessment Of Need – Disability Act 2005

*Address:* Letterkenny  
*Telephone:* 074-9104699

On June 1st 2007, Part 2 of the Disability Act 2005 became law for children and means that children born on or after June 1st 2002 who may have a disability are entitled to request an assessment of their needs. The Assessment provides;

- An independent assessment of the child's health and educational needs arising from their disability
- An assessment report
- A statement of the services they will receive
- Make a complaint if they are not happy with any part of the assessment.

Any parent who feels their child may have a disability can apply for an assessment; an application can also be made by a guardian. The parent/guardian can be supported in a number of ways to apply for an assessment, for example support to complete the application form, a request to the office to send an application form out to the parents address etc, but the parent/guardian must sign the form. If any parent feels that their child requires this service they can phone the telephone number and ask for a application form to be sent out to them.

Baby 0-5 years, Children 6-12 years





*Contact Person (job/title)* Kate  
*Address:*  
*Telephone:* 087-2993142  
  
*Website Address or  
Social Media (Facebook, twitter)* www.aware.ie

**Depression Support Information Education**

Aware’s mission is to create a society where people with depression and their families are understood and supported, are free from stigma and have access to a broad range of appropriate therapies to enable them to reach their full potential.

**Helpline 1890 303 302**

Local Aware group meet in the Nursing Unit, McGinn Avenue, Buncrana. on the second and fourth Monday of every month at 7.30pm  
Call our main office on 01-6617211 (9am-5pm) or call Kate on 087-2993142 for more information click on the following link

[www.aware.ie/help/support\\_groups\\_map/](http://www.aware.ie/help/support_groups_map/)

*Name of Organisation/Agency/Service:*

## **Breastfeeding Support For Donegal Mothers, Carndonagh & Buncrana**

*Contact Person (job/title)*

Eilis (Buncrana)

*Address:*

Newpark Road  
Carndonagh

*Telephone:*

*Mob. phone:*

086 8420203 087-7460249 (Eilis)

*Email:*

The Carndonagh Breastfeeding Support Group, runs every wednesday morning 10am to 12pm

It runs from the “Spraoi agus Sport Family Centre”  
(within the Supervalu Shopping Centre) in Carndonagh.

The Public Health Nurse is in attendance.

The Buncrana Breastfeeding Support Group,  
every Tuesday from 11am – 12pm.

Get in contact with Eilis on 087-7460249,  
she is a fully trained Cuidiu Counsellor.



*Name of Organisation/Agency/Service:*

**Buncrana Active Retirement Group,  
Buncrana Go Active**

*Address:* c/o Good Morning Service, Ardaravan Square,  
Buncrana, Inishowen Co. Donegal  
*Telephone:* 0871417121

**Activities include**

Art, Singing, Digital Photography, Computers, Bus Trips, Theatre Trips, Pottery,  
Book Club, Family History, Knit/Crochet, Walking Group

Open to all.

*Name of Organisation/Agency/Service:*

## **Care of the Aged**

There are a number of Care of the Aged Committees working to support older people in the local community. Care of the Aged committees provide a range of local services including day centres, meals on wheels, senior alert (panic button), outings and accessing grants on behalf of older people.

### **Buncrana Care of the Aged**

Jim Henderson                      074 9361666

### **Carndonagh Care of the Aged**

### **Clonmany Care of the Aged**

Michael Devlin                      074 9376575

### **Culdaff Care of the Aged**

Bridget Millar                      074 9367276

### **Inch and Fahan Community Care**

Patrick Lynch                      074 9360239

### **Malin Care of the Aged**

Eleanor Farren                      074 9370948

### **Muff Care of the Aged**

Seamus McGranaghan              087 7642595

### **Moville Care of the Aged**

Rosaleen Donovan                  074 9381219

*Name of Organisation/Agency/Service:*

**Carndonagh Active Retirement Group**

*Contact Person (job/title)*

*Address:* Wesley Hall, Bridge St,  
Gort Glebe, Carndonagh, Co. Donegal

*Telephone:* 0749329680.

**Carndonagh  
Community  
School**



Name of Organisation/Agency/Service:

## **Carndonagh Community School**

Address: Carndonagh  
Telephone: 353 74 9374260  
+353 74 93 74267 (Fax)

### **Describe your organisation / service in 1 or 2 sentences:**

Carndonagh Community School aims to provide an enriching environment for the academic, moral, spiritual and social education of its students and nurture the growth and development of all these students. "Our aim is to create the best school in which to teach, learn, work and play."

Mary Lafferty is the Home School Community Liaison Co-ordinator (HSCL). Her role is to support the pupils in CCS by assisting the adults in their lives; parents/guardians and teachers. Parents are invited to take part in the following courses: Cooking on a Budget; Conversational Irish; Reflexology. These courses are held during the school day, over four weeks, and cost €2 per class. We also have more formal courses in English and maths for parents without a Junior Cert. Please contact Mary at the school if interested (074 9374260 ext. 147).

*Name of Organisation/Agency/Service:*

## **Carndonagh Men's Shed, Carndonagh**

*Address:* Carndonagh

*Mob. phone:* 086 1097455

A Men's Shed is any community-based, non-commercial organisation which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men and where the primary objective is to advance the health and well-being of the participating men. Men's sheds may look like a shed in your back yard yet they innovatively share some characteristics of both community education and health promotion projects.

This is a walk in Project no set times; phone to see what is happening!

*Name of Organisation/Agency/Service:*

## **Cashel na Cor Learning Disability Association**

*Contact Person (job/title)*

Joe Sheridan

*Address:*

Buncrana, Co. Donegal

*Telephone:*

074 - 9321057

Supports for adults with intellectual disabilities.

Day Centre.





*Name of Organisation/Agency/Service:*

## **Child And Family Mental Health Service, Letterkenny**

*Address:* Park House, (1st Floor)  
Rossan College Complex, Ballyraine, Letterkenny

*Telephone:* 074 9120340

The Child and Family Mental Health Service help young people and their families by identifying their difficulty, providing them with information about it and planning treatment that will improve their psychological well-being. A child or young person is referred when concerns have been raised regarding their mental health– ADHD, Anxiety Disorders, Depression, Eating Disorders, Post Traumatic Stress Disorder to name a few. The service accepts referrals for children and adolescents under the age of 18. Referrals are accepted from GP's and health professionals. These referral forms ensure we have the necessary information to help us decide whether or not we can meet your needs.

Confidentiality is a very important principle of our work and details will be explained during the course of the first meeting. Treatment is provided on a needs basis and there is no charge for this service.

We offer a wide range of interventions including but not limited to the following:

Cognitive Behavioural Therapy– aims to help young people increase their understanding of how their feelings are linked to negative thinking patterns and behaviours.

Parenting Training– we aim to provide support and education for the parents/ carers and focus on promoting a positive relationship between the young person and their parents.

Play Therapy– uses play as a means to explore the child's difficulties and helps to resolve them.

Systemic Therapy– treats more than one family member in the same session, seeking to explore family interactions that maybe contributing to the difficulties with which the child presents.

In addition to therapeutic interventions medication is often considered as a treatment option.

*Name of Organisation/Agency/Service:*

## **Citizen Information Services**

*Address:* Buncrana, Carndonagh & Letterkenny

*Telephone:* 0761075500

*Website Address or* [www.citizensinformation.ie](http://www.citizensinformation.ie)

*Social Media*  
*(Facebook, twitter)*

*Citizen Information Services*

The Citizens Information Board is the statutory body which supports the provision of information, advice and advocacy on a broad range of public and social services. It provides the Citizens Information website, [www.citizensinformation.ie](http://www.citizensinformation.ie), and supports the voluntary network of Citizens Information Centres and the Citizens Information Phone Service 0761 07 4000. It also funds and supports the **Money Advice and Budgeting Service (MABS)** 0761 07 2000 and the **National Advocacy Service for People with Disabilities**. The Citizens Information Board provides the dedicated Mortgage Arrears Information Helpline 0761 07 4050.

**Citizensinformation.ie** provides comprehensive information on public services and on the entitlements of citizens in Ireland. We gather information from various government departments and agencies, and make sure that you have all the information you need, presented in an easy-to-understand way.



Name of Organisation/Agency/Service:

## Community Library (Donegal County Library)

Contact Person (job/title) Eileen Burgess

<b>Buncrana Community Library</b>	Monday	Closed
St. Mary's Road, Buncrana	Tuesday	10:30 - 5:30
Tel: 074 9361941	Wednesday	1:00 - 8:00
Fax: 074 9361980	Thursday	10:30 - 5:30
Email: <a href="mailto:buncrana@donegallibrary.ie">buncrana@donegallibrary.ie</a>	Friday	10:30 - 5:30
	Saturday	10:30 - 1:00 & 1:30 - 4:00

<b>Carndonagh Community Library</b>	Monday	Closed
Public Services Centre	Tuesday	10:30 - 5:30
Carndonagh	Wednesday	10:30 - 5:30
Tel: 074 9373701	Thursday	1:00 - 8:00
Fax: 074 9373756	Friday	10:30 - 5:30
Email: <a href="mailto:carndonagh@donegallibrary.ie">carndonagh@donegallibrary.ie</a>	Saturday	10:30 - 12:30 & 1:00 - 4:00

<b>Moville Branch Library</b>	Monday	Closed
The Square	Tuesday	Closed
Moville	Wednesday	10:30 - 12:30 & 1:30 - 5:30
Tel: 074 9385110	Thursday	Closed
Email: <a href="mailto:moville@donegallibrary.ie">moville@donegallibrary.ie</a>	Friday	10:30 - 12:30 & 1:30 - 5:30
	Saturday	Closed



Name of Organisation/Agency/Service:  
**Counselling In Primary Care (CIPC)**

Contact Person (job/title)  
Address: 69 Ballyraine Road, Letterkenny  
Telephone: 074 9160595

**What is Counselling in Primary Care?**

This service is for people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist.

It is a service for medical card holders, who are 18 years of age or over, and who want help with psychological problems that are appropriate for time limited counselling in primary care.

The service is suitable for people who are experiencing certain difficulties such as:

- depression • anxiety • panic reactions • relationship problems
- loss issues • stress

To see information leaflet on this service please click here : [http://www.hse.ie/eng/services/list/4/Mental\\_Health\\_Services/counsellingpc/cipcinfoclients.pdf](http://www.hse.ie/eng/services/list/4/Mental_Health_Services/counsellingpc/cipcinfoclients.pdf)

**For Referrers**

The HSE National Counselling Service (NCS) has developed a Counselling in Primary Care Service (CIPC). CIPC is the provision of short term counselling in primary care settings to medical card holders aged 18 years and over by professionally qualified and accredited Counsellor/ Therapists who work under the supervision of the HSE National Counselling Service.

**Who can refer?**

GP or other members of the Primary Care Team with the GP's awareness.

**How can I refer?**

A written referral using the standard CIPC referral form can be made to:  
CIPC Counselling Co-ordinator

Donegal

69 Ballyraine Road, Letterkenny, Co Donegal

**Who is eligible?**

The person must be aged 18 years of age or over, on the GMS list and wants help with problems that are appropriate for time limited counselling at a primary care level.

CIPC is not a crisis intervention service and such individuals should be referred to other appropriate services.

*Name of Organisation/Agency/Service:*

**Clonmany Parent & Toddler Group**  
**Quigleys Point Parent & Toddler Group**  
**Carrowmenagh Parent & Toddler Group**

*Telephone:*

Clonmany	086 3485055
Quigley's Point	074 9383653
Culdaff	074 9367251

*Describe your organisation / service in 1 or 2 sentences:*

Clonmany -This group runs on Tuesday from 10am – 12pm  
Quigley's Point - This group runs on a Thursday morning from 10am – 12pm  
Culdaff - This group runs on a Wednesday 10.30am – 12 pm

*Who are your service users (e.g Children, Families, Older People, Men, Women etc) and how do they access your service e.g. Referral, Self Referral.*

Clonmany - Baby 0-5 years, Inishowen CFSN, Parent and Toddler  
Quigley's Point - Baby 0-5 years, Inishowen CFSN, Parent and Toddler  
Culdaff - Baby 0-5 years, Inishowen CFSN, Parent and Toddler

Name of Organisation/Agency/Service:

## Community Facilitator For Disability (6-18yrs), Buncrana, Inishowen

Address: Buncrana Telephone: 074-9363326

Describe your organisation / service in 1 or 2 sentences:

The Community Facilitator for Disability (6-18yrs) provides ongoing support to families/carers of children who present with developmental delay, physical, sensory or intellectual disability. The Community Facilitator is a key resource person in the planning and provision of services, which meet the child's specific and assessed needs. The service is home-based and aims to assist and offer guidance to parents/carers with the developmental needs of each child.

### The service provides:

- Practical and emotional support to families from 6 to 18 years where a child has an intellectual disability and from 6 to 12 years for a child with Physical and sensory disabilities.
- Information on the child's disability.
- Information on benefits and allowances.
- Guidance on developmental intervention that aim to support your child's individual needs.
- Liaison with other relevant professionals involved with your child through early intervention and multi-disciplinary teams.
- Guidance and support at transition periods and key stages of each child's development to provide for their changing needs.

### Questions you might want to ask:

1. **What does the disability mean for my child?**
2. *What can I do to help my child?*
3. **What services are available for my child?**
4. *Who can help?*
5. **What will I need to think about as my child gets older?**
6. *Is there a support group to offer advice?*

*Who are your service users (e.g Children, Families, Older People, Men, Women etc) and how do they access your service e.g. Referral, Self Referral.*

**Referrals to the Community Facilitator for Disability (6-18yrs) can be made by:** Parents/Carers / Paediatrician / Public Health Nurse (PHN) / Physiotherapist / Occupational Therapist / Speech & Language Therapist / General Practitioner (GP) / Educational Services / Child & Adolescent Service / Psychology Service

*Name of Organisation/Agency/Service:*

**Counsellor For Children  
With Special Needs Service Buncrana (0-6yrs)**

*Telephone:* 074-9363525

*Describe your organisation / service in 1 or 2 sentences:*

**The service provides:**

- Practical and emotional support to families from birth to 18 years.
- Information on the child's disability.
- Information on benefits and allowances.
- Guidance on developmental intervention that aim to support your child's individual needs.
- Liaison with other relevant professionals involved with your child through early intervention and multi-disciplinary teams.
- Guidance and support at transition periods and key stages of each child's development to provide for their changing needs.



Name of Organisation/Agency/Service:

## Daybreak, Letterkenny

Address: 18 Port Road

Letterkenny

Telephone: 074 9126155

OR 074 9129630

Website Address or Social Media  
(Facebook, twitter)

[www.donegalyouthservice.ie](http://www.donegalyouthservice.ie)

### Why Daybreak?

Daybreak was set up by Donegal Youth Service in response to the personal and educational needs of 12-15 year olds across Co. Donegal.

Our aim is to support young people to remain in, or return to, full time education. Daybreak builds on the strengths of young people to support them in achieving their personal and academic goals and reach their full potential.

### What is it?

Daybreak is a safe and stable environment providing educational and personal support in the following ways:

- Individual tailored programme
- One to one support
- Literacy and numeracy support
- Life skills, social skills and coping skills
- Study groups and exam preparation
- Arts and crafts
- Listening ear service

### When is it on?

Young people in Daybreak attend one day per week from 9.30 am – 3.30 pm or individual one to one shorter sessions as required. On Fridays, Daybreak has an Outreach Service in Planet Youth Ballybofey in conjunction with Stranorlar Schools Completion Programme.

Young people enter the programme through a system of referral and join the programme voluntary. Please contact us for referral forms or if you would just like some more information.

### Who are we for?

Young people who are:

- Aged 12 -15 years
- Potential Early School Leavers
- Early School Leavers
- Students who are experiencing difficulty in their current education setting.



Name of Organisation/Agency/Service:

## Day Centres for the Elderly

Clonmany	Clonmany	Monday, Tuesday, Wednesday, Thursday & Friday	Ms. Mary Devlin Tel: 074 937 6603
Malin	Malin Town	Wednesday Only	Tel: 074 937 0948
Manorcunningham	C/O Hotel Clanree, Letterkenny	Friday Only	Ms. Elma McClean Tel: 085 754 6607
Moville	Moville	Tuesday, Wednesday & Friday	Ms. Claire Mc Guinness Tel: 074 938 2714
Newtowncunning- ham	Newtowncunning- ham	Tuesday, Wednesday & Thursday	Ms. Rowena Sheridan Tel: 074 915 6404

# dementia

understand together

Name of Organisation/Agency/Service:

## Dementia Support

### Donegal Home Support

**Location:** 2A Mill Road, Donegal Town, Donegal

**Phone number:** 087 9040327

**Website:** [www.alzheimer.ie](http://www.alzheimer.ie)

**Email:** [jmundy@alzheimer.ie](mailto:jmundy@alzheimer.ie)

**Service:** Care in the home

**Category:** Dementia Home care

**Opening Times:** Monday-Friday

[+ Info](#)

### Psychiatry of Old Age/Later Life

**Location:** 20 St. Solomons Court, Glencar, Letterkenny, Donegal

**Phone number:** 071 9192200

**Service:** Diagnosis, Clinical care

**Category:** Psychiatry of Old Age MDT

**Opening Times:** Unknown.

[+ Info](#)

### Alzheimer National Helpline

**Location:** , Nationwide

**Phone number:** 1800 341 341

**Website:** [www.alzheimer.ie](http://www.alzheimer.ie)

**Email:** [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)

**Service:** Diagnosis, Information and advice

**Category:** Dementia information Provision

**Opening Times:** Monday-Saturday

[+ Info](#)

### Mobile Information Service

**Location:** , Nationwide

**Phone number:** 1800 341 341

**Website:** [www.alzheimer.ie](http://www.alzheimer.ie)

**Email:** [mobileinformationservice@alzheimer.ie](mailto:mobileinformationservice@alzheimer.ie)

**Service:** Diagnosis, Information and advice

**Category:** Dementia information Provision

**Opening Times:** 7 days a week.

[+ Info](#)

### Letterkenny Social Club

**Location:** Clanree Hotel, Letterkenny, Donegal

**Phone number:** 087 9257507

**Website:** [www.alzheimer.ie](http://www.alzheimer.ie)

**Email:** [cgallagher@alzheimer.ie](mailto:cgallagher@alzheimer.ie)

**Service:** Awareness, Information and advice, Activities and groups

**Category:** Dementia social club

**Opening Times:** Weekly (Tuesdays 10.30am)

[+ Info](#)

### Moville Friday

**Location:** Day Centre, Glencrow, Moville, Donegal

**Phone number:** 086 2185241

**Website:** [www.alzheimer.ie](http://www.alzheimer.ie)

**Category:** Dementia social club

**Opening Times:** Weekly

[+ Info](#)

### Family Carer Training

**Location:** , Donegal

**Phone number:** 1800 341 341

**Website:** [www.alzheimer.ie](http://www.alzheimer.ie)

**Email:** [fergus.timmons@alzheimer.ie](mailto:fergus.timmons@alzheimer.ie)

**Service:** Activities and groups

**Category:** Dementia Family Carer Programmes

**Opening Times:** As demand and resources allow.

[+ Info](#)

### The Carers Programme

**Location:** The Clinical Nursing Education Centre, Letterkenny, Donegal

**Phone number:** 087 2770103, 074 322494

**Email:** [diane.donnely@hse.ie](mailto:diane.donnely@hse.ie)

**Service:** Activities and groups

**Category:** Dementia Family Carer Programmes

**Opening Times:** Annually

[+ Info](#)

### Dementia Training for Family Carers

**Location:** Buncrana Nursing Unit, Maginn Avenue, Buncrana, Donegal

**Phone number:** 087 2770103, 074 322494

**Email:** [diane.donnely@hse.ie](mailto:diane.donnely@hse.ie)

**Service:** Activities and groups

**Category:** Dementia Family Carer Programmes

**Opening Times:** Annually

[+ Info](#)

### Home Based Care -Home Based Education

**Location:** Online Course, Nationwide

**Phone number:** 01 2073821, 086 7831237

**Website:** [www.alzheimer.ie](http://www.alzheimer.ie)

**Email:** [fergus.timmons@alzheimer.ie](mailto:fergus.timmons@alzheimer.ie)

**Service:** Activities and groups

**Category:** Dementia Family Carer Programmes

**Opening Times:** 4 times per year

[+ Info](#)

Name of Organisation/Agency/Service:

## Dental Services

Telephone:	Moville	074 9382735
	Carndonagh	0749374251
	Buncrana	0749361044

The Dental Service aims to provide a comprehensive and client friendly service to all eligible persons. While the level of services available will be determined by resource levels, the HSE will aim towards improving the dental and oral health of the population overall. The service can be a support to parents in their parenting role by providing advice and guidance regarding looking after their children’s oral health as well as providing the dental care their children need.

The treatment priorities for Children up to their 16th birthday are as follows:

- Pain-emergency treatment to all classes.
- Medically compromised – routine care to all classes.
- Sixth class children – routine care.
- First class children – routine care.
- Fourth class children – routine care.
- Post-Primary – emergency treatment.

Children over 16 years of age need to attend a private dentist. Medical card holders can attend a private dentist who holds a DTSS (Dental Treatment Services Scheme) contract with the HSE. A list of contractor dentists may be obtained from the local dental office, or patients may enquire directly with private dentists. The levels of service available free of charge to adult Medical Card Holders are currently restricted to emergency care due to budgetary constraints.

### Accessing Dental Services

- *Pre-School Children:* All pre-school children are eligible for emergency treatments. Parents or guardians of pre-school children are welcome to contact the dental services should they have any concerns regarding their children’s teeth. Referrals are also accepted from Area Medical Officers, Public Health Nurses, GP doctors and other professionals, with the consent of the parents or guardians.
- *School Children:* Consent forms are issued to the parents of school children in the targeted classes in first, fourth and sixth class. Children for whom consent forms are completed are called to dental clinics for examination. Treatment needs are prioritised and children are called into clinics as

appropriate for treatment.

- *Adolescents*: Currently emergency treatment is available to all children under 16 years of age. Parents or guardians can contact their local dental clinic for an emergency appointment.
- *Medical Card Holders (16-18)*: Should attend a private dentist who holds a DTSS (Dental Treatment Services Scheme) contract with the HSE. A list of contractor dentists may be obtained from the local dental office, or patients may enquire directly with private dentists.
  - *Serious Medical Conditions* -Any client with a serious medical condition which is exacerbated by the presence of dental disease and who is referred by a Hospital Consultant will be provided with any necessary dental treatment by a HSE Dentist.



An Roinn  
Gnóthai Fostaíochta agus Coimirce Sóisialai  
Department of  
Employment Affairs and Social Protection

*Name of Organisation/Agency/Service:*

**Department of Employment Affairs  
and Social Protection**

Local Intreo Office – Buncrana

074-9364614

Child Benefit Section – Letterkenny

*Address:* Tel **(1890)690690**

<http://www.welfare.ie>

*Name of Organisation/Agency/Service:*

## **Donegal Bereavement Counselling Service HSE**

*Address:* Letterkenny  
*Telephone:* 074 9123670

### **Bereavement Counselling Service**

We offer a bereavement counselling service to those adults over the age of 18 years living in County Donegal who have complex grief issues or have suffered a traumatic loss, for example those bereaved by suicide or other traumatic losses such as road traffic accidents, homicide, cancer, the death of a child, or those who have suffered a series of losses over a short period of time.

We also provide: Counselling input to palliative care and hospice services; that is to those who are terminally ill and/or their families  
Individual counselling to HSE staff who experience stress arising from bereavement issues.

Information and consultation services in bereavement and the grief process to GP's, community groups, and the public.

Training on bereavement issues and in bereavement support to staff and community groups

**Referrals** - Clients can be referred, provided client consent has been obtained, by any PCT member, Health Care professional, using the primary care Referral Form. Clients can also self refer.



*Name of Organisation/Agency/Service:*

## **Donegal Carers Association**

*Telephone:*            Contact: Ann Kavanagh on 074 914 5336  
                                 or 086 080 5214  
                                 or Ann Strain on 087 662 8826.

Donegal Carers Association is a volunteer organisation formed to cater and care for those involved in looking after the physically and mentally disabled, the elderly, the terminally ill and the long term ill. They provide support group services with outings, breaks, and information for carers.



*Name of Organisation/Agency/Service:*

## **Donegal Centre For Independent Living, Letterkenny**

*Contact Person (job/title)*                      Rosaleen Bradley  
*Address:*    Letterkenny  
*Telephone:*    074 9128945

The Donegal Centre for Independent Living (DCIL) seeks to empower and enable people with disabilities to enhance their quality of life, assist in achieving independent living and in their full participation in the social, political, economic and cultural life of our society.

We deliver a Personal Assistance Service to people with disabilities throughout Donegal, as well as education, training and a school awareness programme





# Childcare Committee

County Donegal

*Name of Organisation/Agency/Service:*

## Donegal County Childcare Committee Ltd

*Contact Person (job/title)* Avril McMonagle - Manager  
*Address:* 10 – 11 St Columba’s Terrace, High Road,  
Letterkenny, Co. Donegal  
*Telephone:* 074 91 23442  
*Mob. phone:* 086 2431695  
*Email:* info@donegalchildcare.com

*Website Address or Social Media (Facebook, twitter)*

*Website:* [www.donegalchildcare.com](http://www.donegalchildcare.com)  
*Facebook:* [www.facebook.com/DonegalChildcare](http://www.facebook.com/DonegalChildcare)

*My GeoPosition ( Locator for mapping)* Eircode: F92 E9KW

Donegal County Childcare Committee (DCCC) Ltd is a local government supported agency that works for the development, sustainability and advancement of high quality early childhood care and education in County Donegal.

Office opening hours: 9am – 5pm- Monday – Friday.

Donegal County Childcare provides direct and indirect support to early childhood service providers, educators, parent and toddler groups, childminders and parents. DCCC administers all core Government Childcare Funding Programmes on behalf of the Department of Children and Youth Affairs to over 150 early childhood services across County Donegal.



**etb**

Bord Oideachais agus  
Oiliúna Dhúin na nGall  
Donegal Education and  
Training Board

## Donegal ETB

*Contact Person (job/title)* Adult Literacy Organiser, Inishowen  
*Address:* Adult Education Centre Buncrana  
*Telephone:* 0749362466  
*Mob. phone:* 086 1740684  
*Email:* carolinemccabe@donegaletb.ie.

Donegal ETB provides a broad range of educational services including fifteen post-primary schools and colleges (including two island schools on Arranmore and Tory islands); seven adult education and training centres (AETCs) in Ballyshannon, Buncrana, Donegal Town, Finn Valley, Gortahork, Letterkenny and Milford; two training centres in Letterkenny and Gweedore, part-time provision for adults in centres throughout the county; an Outdoor Education Centre (OEC) in Gartan; a Local Music Education Service Partnership (LMESP) and youth service provision.

**Donegal ETB's Further Education and Training (FET) Service** provides a range of programmes and support services to adult learners across Co Donegal on both a part-time and full-time basis. These include the Back to Education Initiative (BTEI), the Basic Education programme (Learning for Living), the IT training centre, a mobile IT programme and night classes on a part-time basis and the Vocational Training Opportunities Scheme (VTOS) for the long-term unemployed and the Youthreach programme for early school leavers on a full-time basis. Support Services are also provided in the form of the community education support service and the adult learner guidance service.

Referrals are from e.g. DSP, HSCLs, G.P.s, Social workers, C.E. Supervisors etc. Also family members refer people, and individuals also respond to local publicity, e.g. posters.

ALO working hours are from 8.45 am to 4.45pm, Monday to Thursday, and 9a.m.-4.30pm on Fridays.

Initial contact to make an appointment (without obligation to take on a course) is often better made by phone as I am frequently out of the office. Classes are small 6-8 people generally, and take place in various centres around Inishowen.

Classes can be day or evening to suit the participants.

All courses are free.



**etb**

Bord Oideachais agus  
Oiliúna Dhún na nGall  
Donegal Education and  
Training Board



## Donegal ETB Coláiste Cineal Eoghain

*Address:*

Mill Ln, Tullyarvan, Buncrana, Co. Donegal

*Telephone:*

(074) 932 2350

*Website Address or*

[www.ccebuncrana.com](http://www.ccebuncrana.com)

*Social Media (Facebook, twitter)*

Coláiste Chineál Eoghain allows pupils from Inishowen to pursue their second level education through the medium of Irish.

Emphasis is placed on teaching and learning and excellence is pursued in all areas of the school's activity.

The academic, social and personal development of the child is of great importance and emphasis is placed on positive behaviour in the school. Full use is made of Information Technology as a teaching tool.



**etb**

Bord Oideachais agus  
Oiliúna Dhúin na nGall  
Donegal Education and  
Training Board



## Donegal ETB Crana College

*Contact Person (job/title)*

HSCL Shane McArt

*Address:*

*Tel:*

(074) 9361113

*Fax:*

(074) 9361266

*Email:*

cranacollege@donegaletb.ie

*Twitter/Facebook:*

@cranacollege

Crana College, a co-educational, interdenominational Vocational School under the aegis of Co. Donegal ETB is situated in the town of Bunrana, a short distance from the border with Co. Derry. First established as a vocational school in 1925 Crana College has since evolved and developed into a second level school which offers a wide range of courses, programmes and subjects to all levels.



**etb**

Bord Oideachais agus  
Oiliúna Dhún na nGall  
*Donegal Education and  
Training Board*

## Donegal ETB Learning for Living Programme

Contact Person (job/title)	Adult Literacy Organiser, Inishowen
Address:	Adult Education Centre Buncrana
Telephone:	074936246
Mob. phone:	086 1740684
Email:	<a href="mailto:carolinemccabe@donegaletb.ie">carolinemccabe@donegaletb.ie</a>

L4L provides basic education opportunities (e.g.English, Maths, Computer Literacy) for those who did not complete second level education, including those who need 1-1 support to develop their skills. Courses for parents to support children at school are also included as are English language classes for international people living here.

Referrals are from e.g. DSP, HSCLs, G.P.s, Social workers, C.E. Supervisors etc. Also family members refer people, and individuals also respond to local publicity, e.g. posters.

ALO working hours are from 8.45 am to 4.45pm, Monday to Thursday, and 9a.m.-4.30pm on Fridays.

Initial contact to make an appointment (without obligation to take on a course) is often better made by phone as I am frequently out of the office. Classes are small 6-8 people generally, and take place in various centres around Inishowen.

Classes can be day or evening to suit the participants.

All courses are free.



**etb**

Bord Oideachais agus  
Oiliúna Dhúin na nGall  
Donegal Education and  
Training Board



## Donegal ETB Youthreach

Contact Person (job/title)

Jayne O Donnell, Youthreach Coordinator

Address:

BunCrana Youthreach Centre,  
Lisfannon Business Centre, BunCrana,  
Co. Donegal  
Youthreach Training, Centre,  
Culkenny, Glengad

Telephone:

074 93 62466

Mob. phone:

086 851 9942

Email:

[jayneodonnell@donegaletb.ie](mailto:jayneodonnell@donegaletb.ie)

Website Address or Social Media (Facebook, twitter)

Website:

[www.donegaletb.ie/youthreach](http://www.donegaletb.ie/youthreach)

Facebook:

Donegal Youthreach

Twitter:

@Donegal YR

YouTube:

Donegal Youthreach Programme

My GeoPosition ( Locator for mapping)

BunCrana

Glengad - 55.3141430,-7.2058270

**Youthreach** is the Department of Education and Skills's national education, training and work experience programme for early school leavers (aged 15-20 years). Youthreach takes a holistic approach and aims to develop the core skills needed for further learning and to prepare young people to progress to further education/training or to employment. In Inishowen Youthreach centres (designated centres for education under the Department of Education & Skills) are located in BunCrana and Glengad (Centre Coordinator – Jayne O Donnell). Youthreach is a full-time programme of 35 hours duration per week and is available on a year round basis – you can start at any time of the year. Participants normally undertake a Youthreach programme for up to two years. Learners receive a training allowance, meal allowance and travel allowance (where applicable). There are thirty-eight (38) places available in Inishowen. Operational Hours: Learners: Monday-Thursday: 9.00am-3.45pm; Friday: 9.00am-12.45pm  
Centre: Monday-Thursday: 8.45am-4.30pm; Friday 8.45am-1.45pm

**Youthreach** is for young people aged 15-20 years. Applicants can be referred by a school, Education Welfare Officer, Probation Services, social workers, Department of Social Protection, parents/guardians or they can self-refer. The centre Coordinator should be contacted in the first instance at the number above.



**Comhairle Contae  
Dhún na nGall**  
Donegal County Council

## Donegal County Council (Community & Enterprise)

*Contact Person (job/title)*                      Liam Ward  
*Address:*    c/o County House, Lifford, Co.Donegal  
*Telephone:*                                        074 9172222 (Lifford)  
*Mob. phone:*  
*Email:*    [www.donegalcoco.ie](http://www.donegalcoco.ie)

Donegal County Council is the authority responsible for local government in County Donegal. As a County Council, it is governed by the Local Government Act 2001. The Council is responsible for housing and community, roads and transportation, urban planning and development, amenity and culture, and environment. For the purpose of elections the county is divided in to 5 Municipal Districts comprising the local electoral areas: Donegal, Glenties, Inishowen, Letterkenny and Stranorlar.

County House, The Diamond, Lifford, Co.Donegal	074 9172222
Drumlonagher, Donegal Town, Co.Donegal	074 9724400
Gweedore Road, Dungloe, Co.Donegal	074 9561300
Malin Road, Carndonagh, Co.Donegal	074 9373700
Neil T.Blaney Road, Letterkenny, Co.Donegal	074 9153900
Main Street, Milford, Co.Donegal	074 9153900

Closed on Bank Holidays  
Closed each day for lunch 12.30pm to 1pm.



## Donegal Garda Youth Diversion Project, Foroige

*Contact Person (job/title)* Aine Crumlish, Youth Justice Worker  
*Address:* IDP Offices, St Mary's Rd, Buncrana  
*Telephone:* 0860082029  
*Mob. phone:*  
*Email:* Aine.crumlish@foroige.ie

*Website Address or* [www.foroige.ie](http://www.foroige.ie)  
*Social Media (Facebook, twitter)*

### *My GeoPosition (Locator for mapping)*

The Donegal Garda Youth Diversion Project is a youth crime initiative, aimed at diverting young people from becoming involved/further involved in anti-social and/or criminal behaviours.

Young people (aged 12-17years) are referred to the service primarily by Garda Juvenile Liaison Officers, and also parents and community based professionals.



EUROPEAN UNION  
Investing in your future  
European Social Fund

*Name of Organisation/Agency/Service:*

## **Donegal Mental Health Service Family Support Group**

<i>Contact Person (job/title)</i>	Mairead Gallen	0876809243
	Angela Strain	0860224173

The DMHS Family Support Group continues to take place monthly with meetings happening in the Pastoral Centre, Letterkenny every second Monday of the month. This is open to all family members of persons receiving in-patient or community based care.

Discussion about new members can be had with either Mairead Gallen on 0876809243 or Angela Strain (Adult Social Worker, DOP) on 086 022 4173.



Donegal Sexual Abuse and Rape Crisis Centre

Freephone: 1800 44 88 44 Phone: 074 91 28211 Email: [info@donegalrapecrisis.ie](mailto:info@donegalrapecrisis.ie)

[www.donegalrapecrisis.ie](http://www.donegalrapecrisis.ie)

## Donegal Sexual Abuse & Rape Crisis Centre

Address:	Canal Road, Letterkenny
Email:	Freephone: 1800 44 88 44
Telephone:	074-9128211
Fax:	074-9120642
Email:	<a href="mailto:info@donegalrapecrisis.ie">info@donegalrapecrisis.ie</a>
Website Address or Social Media (Facebook, twitter)	<a href="http://www.donegalrapecrisis.ie">www.donegalrapecrisis.ie</a>

The Donegal Sexual Abuse and Rape Crisis are a voluntary organisation which provides a free support and counselling service to both male and female survivors of rape and sexual violence, from the age of 14 and over. Our main offices are in Letterkenny but we provide outreach services in Donegal Town, Buncrana, Lifford, Bundoran and the Gaeltacht areas.

### Our Services are:

- Crisis counselling
- One to one counselling
- Support for you partner, family and friends
- Support in the weeks following an assault
- Support through medical and criminal proceedings
- "SATU" Sexual Assaults Treatment Unit
- Schools programme, intervention and information for 2nd & 3rd level students
- We give emotional and practical support according to your needs and wishes
- All our services are confidential, however information may have to be passed on if people are at risk

*Who are your service users (e.g Children, Families, Older People, Men, Women etc) and how do they access your service e.g. Referral, Self Referral.*  
from the age of 14 and over



## Donegal Women's Centre

Contact Person (job/title) Mary Maguire – Manager  
Address: Port Road, Letterkenny,  
Co. Donegal  
Telephone: 074 9124985  
Email womenscentrelkenny@eircom.net

Website Address or  
Social Media (Facebook, twitter)

FB

[donegalwomenscentre.ie](http://donegalwomenscentre.ie)  
[sheinfo.ie](mailto:sheinfo.ie)  
[donegalcommunitycounselling.ie](http://donegalcommunitycounselling.ie)  
[donegalwomenscentre](https://www.facebook.com/donegalwomenscentre)  
iLash Youngwomens Health Clinic  
[donegalcommunitycounselling](http://donegalcommunitycounselling)

*“Donegal Women’s Centre provides a place where women can pursue their own healing and development in a safe, caring and relaxed environment”.*

Services provided include:-

- Women’s Health & Family Planning Clinics
- Dedicated domestic violence counselling service – in the centre and outreach centres throughout the county including Inishowen, South Donegal and West Donegal
- Listening Service
- Generic counselling service – Donegal Community Counselling Service
- iLash clinic – drop in young women’s health clinic
- Crisis Pregnancy Counselling
- Sexual Health Information Programme
- Short courses in the Spring & Autumn
- START project - outreach service from Letterkenny CDP, working with women who either themselves or have family members who struggle with addiction
- Reflexology service

The Centre is open Monday – Thursday 10.00am until 5.00pm (Friday 4.00pm)

We close for lunch 1.00pm – 2.00pm

Our services are for women over the age of 17 living in Co. Donegal and the surrounding areas.

Our generic counselling service is open to both women and men over the age of 17. (Men are seen in our outreach centres).

Referrals can be: Self-referral

Referral from a GP or any health professional

Donegal  
Youth Service  
Youth Work Ireland



## Donegal Youth Service

*Contact Person (job/title)* Lorraine Thompson – Regional Director  
*Address:* 16-18 Port Road, Letterkenny  
*Telephone:* 074 91 29630  
*Mob. phone:*  
*Email:* admin@donegalyouthservice.ie  
*Website Address or*  
*Social Media (Facebook, twitter)* [www.donegalyouthservice.ie](http://www.donegalyouthservice.ie)

Donegal Youth Service aims to offer young people and the adult volunteers that support them opportunities to learn and develop through youth work processes in a safe and enjoyable way.

Donegal Youth Service operates through 30+ Youth Clubs and Projects across Co. Donegal. Please contact us for more information on services available in your area.

Donegal Youth Service provides opportunities and services for young people aged 5-25 and the adult volunteers who support them. We work with young people on both referral and self-referral basis.



## Donegal Travellers Project

*Contact Person (job/title)* Siobhan McLaughlin  
*Address:* Port House, Port Rd., Letterkenny, Co. Donegal  
*Telephone:* 074 9129281  
*email:* travcom@eircom.net  
*website:* www.donegaltravellersproject.org

Donegal Travellers Project is a community-based partnership of Travellers and members of the wider community working for justice, equality and human rights for Travellers. Founded in 1996 as a women's development project, DTP today offers programmes, supports and services for the entire Traveller community, including:

- **Accommodation:** Influence policy, support nomadism and provide a wide range of information, advice and support to Travellers regarding accommodation.
- **Anti-Racism:** Provide training for agencies and organisations, media work, relationship-building and advocacy.
- **Crisis Intervention:** In a range of different areas, from eviction to family crisis to difficulty working with state agencies, DTP is available to offer support and advice to Travellers in Donegal.
- **Education:** Promote equality for Travellers in the area of education through Home/School Liaison, Afterschools Programme with Homework Club, St. Gabriel's Intercultural Preschool and a range of adult education initiatives.
- **Employment:** Provide information, advice and support with accessing employment and employment services.
- **Primary Health Care:** Peer-led project employing a team of Traveller community health workers offering a range of supports and services regarding health.
- **Representation and Travellers' Rights:** DTP is a voice for Travellers and supports Traveller leadership in our work lobbying for the rights of Travellers as a distinct ethnic group.
- **Youth Work:** Afterschools Programme, summer schemes, groups and leadership training for young Travellers.

*Traveller and Roma Children and Families.*  
*Also supports through the Intercultural platform*



Donegal Women's  
Domestic Violence Service

24 Hour Helpline : 1 800 262677



## Donegal Women's Domestic Violence Service

Contact Person (job/title)	Jackie Irvine (Acting Manager)
Address:	P.O. Box 55 Letterkenny
Telephone:	0749129725
Mob. phone:	0892020616
Email:	ddvs@eircom.net
Website Address or Social Media (Facebook, twitter)	Donegaldomesticviolenceservice.ie
Face- book	Donegaldomesticviolenceservice
My GeoPosition (Locator for mapping)	Refuge -Co.Donegal, Sligo, Leitrim and West Cavan Outreach – Co. Donegal

General description of the service to be provided:

- 24 Hour Freephone Helpline: 7 days per week, 365 days a year
- Outreach services at various venues throughout Co Donegal
- Crisis Refuge accommodation
- Housing/Legal/Benefits Information
- Referral Service
- Awareness Training and Education Service for agencies and community groups
- Group Work Programmes
- Court Accompaniment/Advocacy
- Healthy Relationship Programmes for Secondary School students and youth groups

Women and their children

Access service via 24 hour free Helpline 1800262677

Referrals come from a variety of sources:

Self - referral / Social Work / Gardai / Medical/ Health Professionals  
 Legal Professional / Social Welfare / Community Information / County Council  
 Other Domestic Violence Services / Other community groups such as SVDP-  
 Parent Stop- Spring Board – YouthReach-Women's Centre  
 Family – Friends - Neighbours



## Donegal Sports Partnership

*Contact Person (job/title)* Myles Sweeney  
*Address:* 1-2 Pearse Rd, Letterkenny,  
Co. Donegal, F92 K096  
*Telephone:* (074) 911 6078

Donegal Sports Partnership supports the development of initiatives which seek to increase participation in sport and physical activity.

<http://www.activedonegal.com/>





## Donegal Downs Syndrome Association

*Contact Person (job/title)*

Chairperson;

Secretary;

Treasurer;

*Address:*

Gearoid Melvin

Gina Grant

Sean Carr

4 Garda Houses,

High Road

Letterkenny

*Telephone:*

(074) 910 3527

Donegal Down Syndrome is an organisation set up by parents in the aim of supporting members with Down Syndrome to have full inclusion and choice :



Shining a light  
on epilepsy

## Epilepsy Ireland

*Contact Person (job/title)*

Agnes Mooney

*Address:*

Grand Central Complex,  
Floor 2B, Canal Road  
Letterkenny, Co Donegal

*Telephone:*

074 9168725

Email: [amooney@epilepsy.ie](mailto:amooney@epilepsy.ie)

Epilepsy Ireland's vision is to achieve a society where no person's life is limited by epilepsy. Epilepsy Ireland is committed to working for, and to meeting the needs of everyone with epilepsy in Ireland and their families and carers. To improve their lives so that they can fully participate in a broader Community life. By appointment only: Office Hours: Monday, Tuesday, Wednesday - 9.00am - 5.00pm Thursday - 9.00am - 1.00pm



## The Exchange, Buncrana

*Contact Person (job/title)*

Ruth Garvey Williams

*Address:*

Castle Ave.,  
Buncrana, Co.Donegal

*Telephone:*

(074) 936 2572

*Email:*

ExchangeInishowen@gmail.com

The Exchange Project is a non profit collaboration of local community, voluntary and social enterprise set up in the old unemployment office in Castle Avenue, Buncrana. It offers groups involved to benefit from shared space and to expand and reach more members of the community through their various services.



## Family Carers Ireland

*Facebook page*                      [www.facebook.com/pg/familycarersdonegal/about](http://www.facebook.com/pg/familycarersdonegal/about)  
*Telephone:*                              1800 240 724

Family Carers Ireland is Ireland's national voluntary organisation for family carers in the home and is the merger of Caring for Carers and The Carers Association. Family Carers Ireland provides a variety of supports and services to family carers such as training for carers; home care services; information on carers' Rights and Entitlements; free legal advice; and both one-to-one counselling and personal advocacy services. They operate a confidential Freephone Careline on 1800 240 724 which offers advice and support to family carers.

The Family Carers Ireland Careline is open Monday to Thursday 9am - 5.30pm, Friday 9am - 5pm with recently extended hours of 8pm - 10pm Monday to Friday Nights and from 10am - 12 Noon on Saturdays.

[www.Familycarers.ie](http://www.Familycarers.ie)



*Name of Organisation/Agency/Service:*

**Families Matter- Strengthening Families Programme (SFP)**

*Contact Person (job/title)*

Donna Butler  
Programme Manager Families Matter  
Strengthening Families Programme

*Address:*

Families Matter, Alcohol Forum  
Unit B9, Enterprise Fund Business Centre  
Ballyraine, Letterkenny

*Telephone:*

074 9125598

*Mob. phone:*

*Email:*

manager@sfpnw.com

*Website Address or Social Media (Facebook, twitter)* [www.alcoholforum.org](http://www.alcoholforum.org)

The Strengthening Families Programme (SFP) is a 14-week programme that runs for 2.5 hours per week and is organised by the Families Matter team at the Alcohol Forum in Co. Donegal. SFP's evidence-based structure supports the *whole family* in achieving improved relationships, enhanced parenting skills, effective communication and improved self-esteem.

SFP meets weekly and provides assistance with transportation and childcare. Families Matter also arranges Advocacy for SFP families with outstanding stressors and lack of services in the community when needed.

We welcome families with children aged 6-16.

Families' access services through a designated Link Person, an SFP trained professional within the Health/Education/Community/Voluntary/Justice sectors.



## Foroige

Contact Person (job/title)	Gary Duffy Regional Youth Officer North Donegal
Address:	Office 2 Cedar House Ballybofey
Telephone:	
Mob. phone:	0867808867
Email:	<a href="mailto:gary.duffy@foroige.ie">gary.duffy@foroige.ie</a>

Support the development of youth within Donegal and Nationally working with Young people from the ages of 10yrs to 18yrs.



**Big Brothers Big Sisters  
of Ireland**

## **Foroige's Big Brother Big Sister Youth Mentoring Programme**

*Contact Person (job/title)*

Finghin McClafferty

*Address:*

Foroige Office, Level 2 Cedar House,  
Ballybofey.

*Telephone:*

0868213756

*Mob. phone:*

0868213756

*Email:*

finghin.mcclafferty@foroige.ie

*Website Address or Social Media (Facebook, twitter)* [www.foroige.ie](http://www.foroige.ie)

Big Brother Big Sister is an internationally renowned youth mentoring programme that forms supportive friendships between a young person and an adult volunteer. Volunteers are asked to share one to two hours a week with their little brother/sister. The initial commitment is for one year. All volunteers are carefully screened and receive training and support throughout their friendship. The young people are between the ages of 10-17 and from a variety of backgrounds. They are young people who would benefit from developing a friendship with a caring adult outside of their family. Together, they decide on the type of activities that you would like to do, go for coffee, play football, do arts n crafts, play computer games, listen to music, cook, bake.....

Young people benefit from the extra support and the positive role models(volunteers) in their lives.



# Northwest Regional Drugs Task Force

*Name of Organisation/Agency/Service:*

**Foróige Drug & Alcohol Education and Prevention Project**

*Contact Person (job/title)*

Project Worker Cara Currid

*Address:*

Level 2 Cedar House Ballybofey  
Co. Donegal

*Telephone:*

086 0481977

*Mob. phone:*

0860481977

*Email:*

cara.currid@foróige.ie

*Website Address or*

*Social Media (Facebook, twitter)* Foróige.ie

The Foróige Drug and Alcohol Prevention and Education Project is funded by the North West Regional Drugs Task Force and managed by Irelands leading youth organisation Foróige.

The overall aim of the project is to promote healthier lifestyle choices amongst young people aged 10-17yrs, specifically young people at risk of/or using drugs or alcohol, by equipping them with the knowledge, skills and attitudes to enable them to make positive informed decisions. The project provides high quality drug education and awareness programmes and specialised individual work programmes for young people who are actively misusing alcohol and or drugs. The project involves young people on voluntary bases.

The project is community based, free of charge and needs led. Groups are established on request of service. If some cases a waiting list will be formed for the service.

This service is available to all young people 10-17 years and their parents/guardians in Co. Donegal.

A referral can be made to the service by a number of paths, parental, school, social work, youth club/service or JLO. A standard Foróige referral form must be completed.(I will attach)



*Name of Organisation/Agency:*

## **Donegal Integrated Youth Project / Foroige**

*Contact Person (job/title)*

Mark Curran - project worker  
Eimear O Connor – project leader

*Address:*

Social Work Office,  
Links Business Centre,  
Lisfannon, Buncrana.

*Telephone:*

0860479795 – Mark Curran  
0869171063 – Eimear O Connor

*Mob. phone:*

*Email:*

mark.curran@foroige.ie  
eimear.oconnor@foroige.ie

*Website Address or Social Media*

*(Facebook...)contact info:*

Foroige.ie

The Foroige - Donegal Integrated Youth Project (IYP), is a service that operates as an extension to the social work service in Donegal and any young people between the age of 10 -18, involved in the social work service, who the social work teams feel are in need of intervention, are referred on to Foroige for a certain intervention / piece of work to be carried out.

Young people between the age of 10 -18, who are involved in the social work service, and who the social work teams feel are in need of intervention, are referred on to Foroige for a certain intervention / piece of work to be carried out by the social work teams.

While young people on the Foroige Integrated Youth Project programme are referred through the Social work team, we have worked in the past with young people in foster care who it is felt could benefit from intervention and we have worked closely with South Inishowen School Completion on various summer schemes and projects.



**teenparents**  
support programme



*Name of Organisation/Agency/Service:*

## **Foroige's Teen Parents Support Programme**

*Contact Person (job/title)*

Jacqueline Doherty Project Worker

*Address:*

Level 2 Cedar House, Main Street,  
Ballybofey

*Telephone:*

0749190141

*Mob. phone:*

0868371335

*Email:*

Jacqueline.doherty@foroige.ie

*Website Address or*

*Social Media (Facebook, twitter)*

www.foroige.ie

www.tpsp.ie

*My GeoPosition (Locator for mapping)*

Inishowen, Letterkenny & Finn Valley area

Donegal TPSP aims to improve the quality of life of young teenage parents. This is done based on the individual needs of the young parent and can include one to one work, group work or a combination of both. TPSP offers a range of programmes including parenting programmes (e.g. Spirals, Common Sense Parenting, Parents Plus, Parenting when Separated), personal development programmes including Foróige's Real U sexual health programme & Health & Well Being programme as well as mediation, an opportunity to meet other young parents, assistance in returning to or remaining in education. For a full list of services offered by TPSP please check out our website.

TPSP can meet the young parent at a place where the young person feels comfortable e.g. home, school or at an agreed suitable location.

TPSP is a service for expectant Teen Parents (up to 21 years old), Teen mums, Teen dads and Grandparents.

Referrals can be made to TPSP through any agency by contacting Jacqueline Doherty. The teen parent can also refer themselves on to the programme by simply giving us a call.



**Good Morning Service**

Contae Dhun Na nGall

Name of Organisation/Agency/Service:

**The Good Morning Service**

Contact Person (job/title)

Frances Browne – Manager

Emma Kennedy - Befriending Coordinator

Deirdre Browne - Administrator

Address:

6 Ardaravan Square, Buncrana

Telephone:

074 9321598

Email:

gmsdonegal@hse.ie

ffbefriending@gmail.com

The Good Morning Support Service offers a free Telephone Support Service and Befriending Service for people aged 60 and over.

**Telephone Support Service:** The Telephone Service is managed from the main office in Buncrana and has county-wide coverage. The Buncrana office covers the Inishowen area and there are five outreach centres hosted by community organisations in Donegal Town, Burtonport, Falcarragh, Letterkenny and Lifford. Local volunteers telephone our older clients regularly to ensure they are safe and well, for a friendly chat and for information and support.

**Befriending Service:** The Befriending Service aims to reduce the effects of loneliness and isolation among older persons via a weekly Befriending visit by a volunteer. The Good Morning Befriending Service is currently available in Inishowen, Milford/Rosguill /Fanad, Lifford/Castlefinn.

A Dementia Specific Befriending Service is also provided where a volunteer visits a person with dementia once per week with the aim of aiding with the socialisation of the client and giving the carer a break for a few hours.

All our volunteers are screened (including Garda vetting) and trained for their specific role.

**Advocacy:** The service advocates for older people and refers clients to health services and other organisations that can help with each individual's needs and concerns.

**Care & Repair:** In Inishowen we run a Care & Repair service offering older people help with home maintenance, light repair work, shopping, etc.



*Name of Organisation/Agency/Service:*

## **Greencastle Community Resource Centre Ltd**

*Contact Person (job/title)*

Susan McAleer(Logue) - Manager

*Address:*

Drumaweir, Greencastle, Co. Donegal.

*Telephone:*

0749381054

*Mob. phone:*

*Email:* susan@greencastlecentre.ie/info@greencastlecentre.ie

*Website Address or*

*Social Media (Facebook, twitter)* [www.greencastlecentre.ie](http://www.greencastlecentre.ie)

[www.facebook.com/GcCommunityCentre/](http://www.facebook.com/GcCommunityCentre/)

[www.twitter.com/GCastleCentre](http://www.twitter.com/GCastleCentre)

*My GeoPosition ( Locator for mapping)*

<http://mygeoposition.com/loc/55.2033610>

Greencastle Community Centre is committed to enhancing the health and social well-being of our Community through training, recreational activities, education, support and sharing of information.

Our mission is to promote, enable and facilitate inclusive activities which embrace and address the education, training, employment, health, social, cultural and recreational needs of the local Community.

Greencastle Community Centre is at the heart of the Community providing a sustainable, secure, diverse and accessible space that is valued and supported by the people of Greencastle and the surrounding areas.

Our services are available for all of the Community and are available by self-referral.



World Community  
Mental Health  
Movement in Ireland

*Name of Organisation/Agency/Service:*

**GROW**

*Contact Person (job/title)*

Maria Whelan – Area Coordinator

*Address:*

Pearse Road, Letterkenny

*Telephone:*

074 91 61628 (office)

*Mob. phone:*

086 770 2860

*Email:*

mariawhelan@grow.ie

*Website Address or*

*Social Media (Facebook, twitter)* [www.grow.ie](http://www.grow.ie)

GROW is a Mental Health Organisation providing weekly support groups which help people to recover from mental health problems or for any problem with coping.

*Any other information you wish to provide (e.g. opening hours, outreach services, etc):*

Confidential meetings held weekly:

Buncrana            Tuesdays at 7.30 pm IDP office (behind Library)

Carndonagh        Wednesdays at 8 pm in Milltown house, Tullnaree

Our service users can be self-referred and include all adults over the age of 18 years with. We have a balanced mix of genders and ages in our groups.

Name of Organisation/Agency/Service:

## Health Centres

Contact Person (job/title)

Address:

Telephone:	Quigley's Point	074-9383036
	Moville	074-9382029
	Malin	074-9370801
	Muff/Fahan	074-9384067
	Clonmany	074-9376681
	Carndonagh	074-9374953 / 9374953
	Buncrana	074-9361044

Mob. phone:

Email:

Website Address or Social Media (Facebook, twitter)

My GeoPosition (Locator for mapping)

### Public Health and Community Nursing Service

The Public Health and Community Nursing service provides a professional nursing service to before birth up to end of life. It is a diverse service provided by PHNs and Community RGNs.

#### Service provision includes:

- Antenatal & postnatal care & advice
- Family & child health service
- Provision and support up to school age relating to Child Development / screening / nutrition / sleep / behaviour / enuresis / immunisation / child protection
- School Health service provision includes vision & hearing screening and the delivery of the Immunisation programme

### Professional Clinical Nursing Service

To all patients requiring care with health needs that are acute or chronic in nature, patients with a disability diagnosis and patients in situation of vulnerability for example isolation & loneliness

Advice and Information, Ante Natal Care, Baby 0-5 years, Breast Feeding Support, Health & Well Being, Inishowen CFSN, Parenting Support, Pregnancy, Public Health Nurses



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Name of Organisation/Agency/Service:

**HSE Autism Services**

Contact Person (job/title)

Alvin Doherty

Address:

Learning Disability Services

County Clinic

St Conals

Letterkenny, Co Donegal

Telephone:

0749109124

Mob. phone:

0862648416

Email:

Alvin.doherty@hse.ie

Autism services for 6 – 18 year olds

9-5 Mon to Fri

Children with a diagnosis of ASD and Parents/families.

Referred through EIT/AON/Psychology/Consultant/GP

**Inishowen Municipal District**

Carndonagh	074 937 4644 074 937 4262
Clonmany	074 937 6173
Fahan	074 936 0277
Mannorcunningham	074 915 7230
Moville	074 938 2408
Muff	074 938 4067
Newtowncunningham	074 915 6386
Quigley's Point	074 938 3036

Name of Organisation/Agency/Service:

## HEALTH CENTRES

### **HSE Public Health Nursing Services Inishowen**

Buncrana Public Health Nurses	074-9361044
Carndonagh Public Health Nurse	074-9374953
Clonmany Public Health Nurse	074-9376681
Malin Public Health Nurse	074-9370801
Muff Public Health Nurse	074-9384067
Moville Public Health Nurse	074-9382029
Quigleys Point Public Health Nurse	074-9383036

Address: Public Health Nurses work from local Health Centres. The public health nurse provides a range services free of charge to people in the community

Website Address or Social Media (Facebook, twitter)

<http://parenthubdonegal.ie/services/listing/-public-health-nurse/>

My GeoPosition ( Locator for mapping)

Opening Hours: 09.10-17.30 Monday-Friday

Clients can access the service by self referring or be referred by any other health care professional.

The public health nurse provides home and clinic nursing care to children adults and those over 65 years. Services include post hospital care, wound care, injections, referral to respite and day care services, assessment for home support, palliative care, continence wear and nursing aids and appliances. The public health nurse will visit you within 48 hours of discharge from Hospital following the birth of your baby. They will continue to visit you during the pre-school period.

Other Services include child development checks, drop-in baby clinics, antenatal classess,breastfeeding and mother together support groups, enuresis clinics, lymphoedoma services,leg ulcer clinics and school services.





Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

*Name of Organisation/Agency/Service:*

**Health Promotion and Improvement  
Health & Well-being Division - HSE West**

*Contact Person (job/title)*

Janet Gaynor – HP & I Manager  
Anne Sheridan – Mental Health Promotion /  
Suicide Prevention  
Fiona Boyle / Catherine Coleman –  
Smoking Cessation  
Lisa O’ Hagan – Sexual Health / LGBT  
Anne McAteer – Schools  
Floor 1 - County Clinic, St. Conal’s,  
Letterkenny, Co. Donegal  
074 9104693 / 04694  
Janet.Gaynor@hse.ie  
www.healthpromotion.ie

*Address:*

*Telephone:*

*Mob. phone:*

*Email:*

*My GeoPosition ( Locator for mapping)*

Latitude: Copy (x,y)

54.955839054° 57’ 21.02” N

Longitude: Copy (x°,y°)

-7.73427907° 44’ 3.40” W

Elevation: 43.07 m

Health Promotion and Improvement works in schools and education settings, health services and communities and in partnership with both statutory agencies and the community voluntary sector to –

- increase the proportion of people who are healthy at all stages of life; and
- reduce health inequalities.

Office Hours are 8.30am – 5.00pm; Monday – Friday.

For information leaflets, campaign materials, etc order via  
www.healthpromotion.ie

Health Promotion & Improvement does not work directly with clients – the exception being the Smoking Cessation Service. Referrals to the Smoking Cessation are made via GP and other health professionals and people also self-refer. Health Promotion Officers work through schools, community groups and partner organisations. A range of training and programmes are delivered across the population children & young people; Men’s Health; Older People, etc.

With the implementations of the Healthy Ireland Strategy HP & I staff will also support colleagues in the health sector to deliver on the goals therein.



*Name of Organisation/Agency/Service:*  
**HSE Child Psychology Service**

*Contact Person (job/title)* Dr Fiona Mulhern, Senior Clinical Psychologist (Buncrana)  
Dr Maura Finnegan, Principal Psychologist (Letterkenny)

*Address:* 10a Lower Main St, Buncrana  
County Clinic, St. Conal's Campus,  
Letterkenny

*Telephone:* Buncrana Office 074 9363525  
Letterkenny Office 074 9104641

The HSE Child Psychology Service, which is part of the Donegal Psychology Department, offers an assessment and therapy service for children and young people from infancy to 18 yrs.

The service caters for concerns relating to a child or young person's psychological needs. This means that the concerns must relate to their social, emotional, behavioural or interpersonal functioning; their social relationships; or their thinking.

All the children and young people who are seen in the service undergo a process of psychological assessment. Depending on the outcome of the assessment, psychological therapy and intervention may be offered.

The Child Psychology Service provides a psychology service for children, young people and their families and takes referrals from the following sources:

- HSE and other statutory agencies (e.g. NEPS, TUSLA).
- GP's.
- Family support, community, or voluntary services.
- Other therapy services.
- Parents and legal guardians.
- Self referrals from young people from the age of 16 yrs.

For more information or to request a referral form please contact the department.



*Name of Organisation/Agency/Service:*

## **Home School Liaison**

<b>St. Patrick's Girl's National School, Carndonagh</b>	074 9374412
<b>Moville National School</b>	074 935778
<b>Moville Community College</b>	074 9385988
<b>St. Patrick's Boys National School, Carndonagh</b>	074-9374136
<b>Crana College, Buncrana</b>	074 9361113
<b>Scoil Mhuire Secondary School, Buncrana</b>	074 9361065

HSCCL Teachers in DEIS schools (DEIS – Delivering Equality of Opportunity In Schools).

Home School Community Liaison Coordinator posts are provided on a full time or shared basis between schools and serving teachers are deployed to undertake full-time home school community liaison duties.

### **Key working areas**

HSCCL teachers work with parents/guardians in the following ways:

- visiting parents/guardians in their homes;
- bringing parents/guardians in to the school to attend courses, talks or meetings;
- actively involving parents/guardians in their children's education;
- encouraging closer ties between teachers and parents;
- introducing parents into the classroom/joint projects with teachers.



i.C.A.R.E.

*Name of Organisation/Agency/Service:*

**iCARE (Inishowen Children's Autism Related Education)**

*Contact Person (job/title)*

Liam Gill Centre Manager

*Address:*

Looking Glass Brae, Ballmacarry, Buncrana,  
Co. Donegal

*Telephone:*

07493 62226

*Mob. phone:*

0861081200

*Email:*

centremanager@icare.ie

*Web Site:*

www.icare.ie

i.C.A.R.E. is the umbrella name given to a rapidly growing service, the main motivation of which is the widespread provision of developmental programmes in Autism.

i.C.A.R.E. is a community led provider of high quality personal and social care services in the Inishowen area. The primary focus is on individuals presenting with ASD (Autism Spectrum Disorder).

i.C.A.R.E. established a youth group called **SONAS YOUTH CLUB**. The key aim of the youth club is to provide informal education, youth work and support to individuals with ASD, their families and professionals involved in the area of autism.

The i.C.A.R.E. Centre is open 7 days per week, offering after school sessions, drama classes, fitness classes, lego therapy, music, cookery, horticulture, social skills, inclusion clubs, activities for siblings, school holiday activities, residential for young people, support mornings, events and training and development



*Name of Organisation/Agency/Service:*

## **Inishowen Development Partnership**

*Contact Person (job/title)*

Shauna McClenaghan, Joint CEO

*Address:*

St. Marys Rd., Buncrana, Inishowen,  
Co. Donegal

*Telephone:*

074 9362218

*Email:*

shauna@inishowen.ie;

denise@inishowen.ie

or admin@inishowen.ie

*Website Address or*

*Social Media (Facebook, twitter)* [www.inishowen.ie](http://www.inishowen.ie)

*My GeoPosition ( Locator for mapping)* 55.1343050,-7.4558310

Inishowen Development Partnership is a publically funded, not-for profit local development company with charitable status, limited by guarantee. IDP work closely with our local authority, Donegal County Council, government departments and agencies in the delivery of a range of programmes including, but not limited to the Social Inclusion Programme,(SICAP), the Rural Development Programme (LEADER), Tús, Rural Social Scheme (RSS), Jobs Clubs, Jobs Initiative, CE Schemes, Family Support Programmes, and the Back to Work Enterprise Allowance (BTWEAS), as well as many more enterprise, training, activation, educational and community supports. Some of the government departments / agencies we work in partnership with include; the Department of Employment Affairs & Social Protection, the Department of Environment, Community & Local Government, the Department of Education & Skills, the Department of Children & Youth Affairs, the Department of Transport, Tourism & Sport, TUSLA and the Health Service Executive (HSE). IDP also collaborates with community and voluntary groups across the peninsula

Disadvantaged families, Unemployed, Children, Families, Lone Parents, Immigrant Communities (including Refugees/Asylum Seekers), People with Disabilities, Roma, Travellers, Low Income Households.  
Self referral.

Office hours Monday to Friday 9am to 5 pm.



Inishowen Family  
Action Network

*Name of Organisation/Agency/Service:*

**Inishowen Family Action Network (IFAN)**

*Contact Person (job/title)*

Shauna McClenaghan, Chairperson

*Address:*

St. Marys Rd., Buncrana, Inishowen,  
Co. Donegal

*Telephone:*

074 9362218

*Email:*

shauna@inishowen.ie;  
denise@inishowen.ie

*My GeoPosition ( Locator for mapping)* 55.1343050,-7.4558310

The Inishowen Family Action Network (IFAN) was established in 2007 following a wide consultation with families and those agencies and organisations supporting families in Inishowen (through the Inishowen Family Support Needs Assessment Research carried out in 2006).

The mission of IFAN is:

“To create an environment for a joined up and integrated approach to supporting parents, carers, children and young people living in Inishowen.”

IFAN is an interagency collaborative network working across the sectors (over 40 members) and a front runner in the rollout of the new Child and Family Agency’s Local Area Pathway model. We seek to promote a co-ordinated approach to service provision ensuring quality and accessibility of services. The vision for IFAN is “To strive for a cooperative, multi agency approach to supporting parents, carers, families, children and young people in Inishowen”. We also act as the Health Forum for the Primary Care Team in the region.

IFAN has agreed to progress a number of core recommendations from the consultation process through joint activities between stakeholders/partners, lobbying on common issues, informing developments, exploiting media opportunities, building on existing resources and promoting a common purpose. It is overseen by the IFAN Steering Committee and progressed by IFAN subgroups, established as needed. The emphasis is about drawing on existing learning models and playing a role in capturing and promoting these opportunities for family wellbeing.

Name of Organisation/Agency/Service:

**Insight Inishowen**



Contact Person (job/title)

Ruth Garvey Williams

Address:

Castle Ave., Buncrana, Inishowen, Co. Donegal

Telephone: 074 9362572

Mob. phone: 086 447 8402 (not 24 hours)

Email:

insightinishowen@gmail.com

Website Address or

Social Media (Facebook, twitter) <http://www.insightinishowen.ie/>

Describe your organisation / service in 1 or 2 sentences:

Insight Inishowen seeks to combat suicide, build resiliency and promote wellbeing. Insight Inishowen has created a dynamic partnership of individuals, local businesses, community groups and mental health professionals.

We provide a wide range of services including care for families bereaved by suicide and support for people experiencing distress.

We provide education, training and awareness and the highly successful " Feel Good Fortnight".

Insight Inishowen provides practical help and support for individuals and family members through our professional counselling service as well as more informal listening ear and alternative therapies. We also support families bereaved by suicide and those affected by chronic mental illness through a range of events and programmes. Insight Inishowen is a voluntary-run charity (RCN 20107956), which promotes mental health and emotional wellbeing and works to prevent suicide. Launched in 2009, Insight Inishowen has grown from an original focus on Buncrana to serve the wider peninsula.

Insight Inishowen offers a confidential and free / donation basis counselling service by professionally trained and accredited counsellors. Self-referral, family referral and HSE referrals accepted. Including support for:

- Bereavement and loss
- Stress Management
- Family / relationship problems
- Anxiety
- Depression
- Trauma debrief

Telephone 086 447 8402 and leave a message or fill in the contact form below and one of our counsellors will contact you as soon as possible.

Monday to Friday 9.30am - 1.30pm





*Name of Organisation/Agency/Service:*

**Intercultural Platform c/o Donegal Travellers Project**

*Contact Person (job/title)*

Paul Kernan/Billy Banda

*Address:*

Port House, Port Rd. Letterkenny

*Telephone:*

086 879 9889

# JIGSAW DONEGAL

Young people's  
health in mind

*Name of Organisation/Agency/Service:*

**Jigsaw**

*Contact Person (job/title)*

Sean McGrory, Manager

*Address:*

Pearse Road, Letterkenny with outreach in  
Buncrana and Carndonagh

*Telephone:*

074 9726920

*Email:*

donegal@jigsaw.ie

*Website Address or*

*Social Media (Facebook, twitter)* [www.jigsaw.ie/donegal](http://www.jigsaw.ie/donegal)

*Describe your organisation / service in 1 or 2 sentences:*

- Jigsaw Donegal provides a free and confidential support service for young people aged 15 – 25, with a drop-in centre on Pearse Road in Letterkenny.
- As part of the national Jigsaw network supported by Headstrong, the National Centre for Youth Mental Health, Jigsaw Donegal aims to make sure that young people's voices are heard, and that they get the right support, where and when they need it. Jigsaw Donegal is a partnership between Headstrong, HSE and The Alcohol Forum.
- Jigsaw offers a one-to-one support service for young people aged between 15 and 25.
- We can assess your mental health and help you to understand what is going on for you.
- We will work with you to set goals around what you would like to be different in your life.
- Then we will support you to reach those goals, through talking things out, problem solving, learning new skills and / or hooking you up with other services that might be able to help (e.g. education & training; youth services etc).
- Jigsaw helps young people through the current hurdles, learning skills along the way that will help them overcome the next challenge that comes their way.
- Jigsaw is a free and confidential service that is built on really listening to you and your experience and working with you to make things better.
- Just ring in or call in during our drop in hours
- We provide outreach at the following locations - Ballyshannon, **Buncrana, Carndonagh**, Dungloe Killybegs



## Letterkenny Youth & Family Service (LYFS)

*Contact Person (job/title)* Garry Glennon, Manager  
*Address:* No.1 New Line House, New Line Road,  
Letterkenny, F92 K103  
*Telephone:* 0749123078  
*Mob. phone:* 0861237917  
*Email:* [garryglennon@hotmail.com](mailto:garryglennon@hotmail.com) / [lyfs@live.ie](mailto:lyfs@live.ie)  
*Website Address or*  
*Social Media (Facebook, twitter)* [www.facebook.com/](http://www.facebook.com/Lyfscommunityproject/)  
[Lyfscommunityproject/](http://Lyfscommunityproject/)  
*My GeoPosition ( Locator for mapping)* **54°57'16.1"N**  
**7°44'45.4"W**

Letterkenny Youth & Family Service (LYFS) benefits the community of Letterkenny and Donegal by the establishment, running, organising and managing of youth and family services, which promote general and personal development by providing opportunities to develop physical, mental and social needs through the medium of learning experiences, programmes and projects

*Who are your service users (e.g Children, Families, Older People, Men, Women etc) and how do they access your service e.g. Referral, Self Referral.*

Children, young people and families accessing service through self referral or referral through statutory and non-statutory agencies including HSE, Tusla, Garda, Com. Vol. etc.

Name of Organisation/Agency/Service:

## La Leche League Of Ireland, Co.Donegal

**Le Leche League of Ireland - Breastfeeding Help and Information Support and Information Meetings in Co.Donegal** - It's a great idea to go along to a La Leche League meeting while you are pregnant. It gives you a chance to meet other mothers who are breastfeeding and trained La Leche League Leaders (breastfeeding counsellors) are available to answer any questions you might have. You can also pick up information leaflets on breastfeeding at the meetings. After you baby is born La Leche League Leaders are available at the end of the phone if you need information or support.

Below is a list of La Leche League meetings in Co.Donegal. Check out which one is closest to you, but you will be welcome at any or all of them.

**LLL Inishowen:** Morning Meetings

**When:** Second Friday of every month at 10.30am

**Where:** At mothers home in Quigleys Point

Jane 074 9383304                      Claire 087 7441190

**LLL Inishowen:** Evening Meetings

**When:** Second Tuesday of every month at 7.30pm

**Where:** IDP building, Pound Street, Carndonagh

Jane 074 9383304   Claire 087 7441190   Cathleen 074 9374350  
Terri 086 6031158

**LLL Letterkenny:** Evening Meetings

**When:** First Wednesday of every month at 8pm

**Where:** Linsfort Room, St Conal's Building, Letterkenny

Jan 086 0700402



**Lifeline** (Inishowen)  
Domestic Violence Service

*Name of Organisation/Agency/Service:*

**Lifeline**

*Helpline and Appointments*

074 93 73232

Monday – Friday 10.00am – 1.30pm

Outside these hours contact

Donegal Domestic Violence Service  
on 1 800 26267

Email:

support@ldvs.org

Lifeline (Inishowen) Domestic Violence Service provides a community response offering a first step to support women and children in Inishowen who are experiencing domestic violence.

At all times, the service is ‘woman centred’, providing invaluable support at a time when the woman is likely to be under huge emotional, psychological and financial pressure.

Where family might be unwilling to become involved, Lifeline (Inishowen) provides constant support to the woman.

Services Available

- Helpline
- Listening ear
- Information
- Support
- Advocacy
- Drop-in
- Outreach
- Court accompaniment
- Counselling for women
- Counselling for children
- Awareness raising programmes
- Training programmes
- Campaigning and lobbying



Name of Organisation/Agency/Service:  
**Lifestart Services Ltd**

Contact Person (job/title)  
Mary Walker Callaghan –  
Regional Manager

Address: Lifestart Office, Main St.,  
Newtowncunningham, Co Donegal

Telephone: +353 (0)74 9156644  
Mob. phone: +353 (0)87 6791898  
Email: marylsl@lifestartfoundation.org  
Website Address or  
Social Media (Facebook, twitter) www.lifestartfoundation.org  
http://www.facebook.com>lifestartservicesltd

My GeoPosition ( Locator for mapping) Latitude: 54.9988170  
Longitude: -7.5127840  
Elevation: 1.93m

Lifestart Services Ltd is a child development, parenting education and family support programme in Donegal. With the child at the centre, our mission is to design and deliver supportive, coordinated and evidence informed services that strive to ensure positive outcomes for children, families and communities.

**The Lifestart Mission is to:**

*“To produce better child development outcomes by making available to parents evidence-based knowledge and information on how young children develop and learn”, through the provision of intensive family support to those most vulnerable”. Any other information you wish to provide (e.g. opening hours, outreach services, etc):*

Lifestart is offered to all first time parents referred through the Public Health Nurse Service, for the first 24/36 months of their child’s life.

Lifestart Services also offers intensive support to families with identified need referred by Social Work, Primary Care and other health and social care professionals, up pre-school or school entry depending on the level of need.

*Lifestart Services is available to all parents (mothers and fathers) and those who parent, children from birth to five years of age.  
All first time parents are referred through the PHN  
Families requiring more intensive support are referred through Social Work, PHN’s and any other health and social care professional.*



*Name of Organisation/Agency/Service:*

**MABS (Money Advice & Budgeting Service)**

*Contact Person (job/title)*

*Address:*

16 Ardaravan Heights  
Buncrana

*Telephone:*

076 1072470

*Website Address or*

*Social Media (Facebook, twitter)* [www.mabs.ie](http://www.mabs.ie)

Experiencing Financial difficulties?

Problems paying of Debts?

Need Advise on Money Management?

MABS is a FREE, confidential, independent and non-judgmental service for people in debt, or in danger of getting into debt. MABS works with clients by supporting them in drawing up realistic budgets and maximizing their incomes.

Further information about MABS can be found on [www.mabs.ie](http://www.mabs.ie).

**Helpline: 076 1072000**

Opening Hours: Monday - Friday, 9.00am-1pm and 2pm-5pm

Wheelchair Accessible: Yes



Name of Organisation/Agency/Service:

**Malin Head Community Association**

Contact Person (job/title)	Maria McConalogue Harkin, Manager
Address:	Carn Malin, Malin Head, Lifford, Co. Donegal
Telephone:	0749370478
Mob. phone:	
Email:	Maria McConalogue Harkin (Ali Farren) malinheadcommunity@hotmail.com malinheadccmanager@gmail.com

Website Address or Social Media (Facebook, twitter)

Malinheadcommunity.ie Facebook Malin-Head - Community

My GeoPosition ( Locator for mapping)

Latitude 55.355539 - Longitude 7.3287317

Malin Head Community Centre was built by the People for the People. We have a very active Community Centre where we have a cafe, playschool, afterschools club, Youth Club, Heritage Group, Music lessons, Adult Education, Adult set dancing, Kids Irish Dancing, Whist, Seniors Thursday Lunch Group and Fundraising

Any other information you wish to provide (e.g. opening hours, outreach services, etc):

Office opening hours 9.00am - 5.30pm Monday -Thursday  
9.00am - 4.30pm Friday.

Centre is open to all members of the public and run a variety of activities for young and older





**etb**

Bord Oideachais agus  
Oiliúna Dhúin na nGall  
Donegal Education and  
Training Board



*Name of Organisation/Agency/Service:*

**Moville Community College**

*Contact Person (job/title)*

HSCL Angeline Ruddy Kelly

*Address:*

Carrownaffe, Moville

*Telephone:*

Telephone:(074) 9385988

Fax:(074) 9385864

Moville Community College is a mixed school situated North East Inishowen. The school population has grown steadily over the years with the current enrolment being approx 550 students

<https://www.movillecc.ie/parental-support>



*Name of Organisation/Agency/Service:*

## **Moville and District Family Resource Centre**

*Contact Person (job/title)*

Mary Mc Kinney /Michael McDermott

*Address:*

Moville FRC, James St, Moville, Co Donegal

*Telephone:*

074 93 85548

*Mob. phone:*

*Email:*

info@movillefrc.com

*Website Address or*

*Social Media (Facebook, twitter)* Moville district family resource centre

*My GeoPosition ( Locator for mapping)* 55 o -7 o

Moville FRC supports families and individuals in Moville and District through setting up and supporting groups, providing a counselling service, programmes for children and young people, summer projects. We work with partner organisations to facilitate Parenting Programmes, community education programmes and personal development programmes especially for young people. We host a Social Prescribing Coordinator. We provide an information, referral service and administration support for the local community.

We open from 8.00am to 5.00pm Monday to Friday.

We provide our services for all members of the community. Our service is an 'open door' service where people can drop in and feel welcome at any time. People can refer themselves or we accept referrals from other agencies.

*Name of Organisation/Agency/Service:*

**Moville's Men's Shed, Inishowen**

*Contact Person (job/title)*

*Address:* Malin Road

Moville

*Telephone:* 074 9385859

A Men's Shed is any community-based, non-commercial organisation which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men and where the primary objective is to advance the health and well-being of the participating men. Men's sheds may look like a shed in your back yard yet they innovatively share some characteristics of both community education and health promotion projects.

This Men's Shed is open Monday – Friday 9.00am – 5pm daily.



*Name of Organisation/Agency/Service:*

## **North Inishowen School Completion Programme**

*Contact Person (job/title)*

Marie Therese McDaid, Co- Ordinator

*Address:*

Church Road

Carndonagh

*Telephone:*

074 9373436

The School Completion Programme (SCP) is a Department of Education initiative aimed at reducing the number of young people who leave school early. The North Inishowen School Programme includes Carndonagh Community School and six feeder primary schools; supporting young people between the ages of 4 and 18 who are at risk of early school leaving.

These include:

- Attendance Tracking and Monitoring
- Breakfast Clubs
- After-School Supports/Homework Clubs Transfer Programmes
- Out-of-School Programmes
- Holiday Programmes
- Mentoring Programmes
- Learning Support Programmes
- Social and Personal Development Programmes
- Parental Programmes and Family Support
- Therapeutic Support

There are four projects in Donegal based in Carndonagh, Buncrana, Raphoe and Stranorlar.



*Name of Organisation/Agency/Service:*

## **North Inishowen School Completion Programme Family Support Service**

*Contact Person (job/title)*

Helen McFarland

*Address:*

Unit 4, Carndonagh Community School,  
Carndonagh, Co Donegal

*Telephone:*

086 0434055

*Email:*

[h.mcfarland@carndonaghcs.ie](mailto:h.mcfarland@carndonaghcs.ie)

The Family Support Service is one of the supports provided by the School Completion Programme in North Inishowen. The Family Support Worker (FSW) works with children, young people and their families to address any issues within the school or home. The FSW can help with a range of issues including specific matters like homework and boundaries, or more general issues like routine, parenting strategies or difficult behaviour. Usually these interventions are short term and last no longer than 6-12 months.

The FSW works with school age children, from Junior Infants right up to the end of Secondary School. The FSW also works with families and parents of children and young people.



*Name of Organisation/Agency/Service:*

**North West Simon  
Community, Letterkenny**

*Address:*

Pearse Road, Letterkenny

*Telephone: 074 9121613*

The North West Simon Community are here to support people who are homeless or at risk of homelessness through – Accommodation, Practical Support, Home visits, Preventative work, Networking and linking in to other Agencies.

### **Services**

#### **Tenancy Sustainment**

Tenancy sustainment services support people living in council housing, those in receipt of rent allowance in private accommodation and in housing under the Rental Accommodation Scheme.

#### **Aim:**

The aim of the tenancy sustainment and support service is to enable people who may have difficulties maintaining their tenancy to keep their homes

#### **Objectives:**

- Provide support, information and advocacy
- Improve people's quality of life
- Enable people to do things for themselves

#### **Settlement Service**

This service provides the supports required for a person to access a home of their own.

#### **Supported Housing**

We have low support housing for people who have been homeless in the past or require supports to be able to live independently and family housing.

#### **Support Project For Men**

This project aims to provide the supports that men require to live independent, fulfilled lives and focuses in particular on single men living alone.



Name of Organisation/Agency/Service:

**ParentStop–Co Donegal Parent Support Service**

Contact Person (job/title)

Patricia Lee, Manager,  
Gertrude Houton, Parent Support Officer -  
Inishowen

Address:

5 Miller’s Way, Carndonagh, Co Donegal

Telephone:

074 9373493

Mob. phone:

086 8863674

Email:

gertrudehouton@parentstop.ie

Website Address or Social Media

www.parentstop.ie

(Facebook, twitter)

www.Facebook.com/ParentStop

#ParentStop (Twitter)

My GeoPosition ( Locator for mapping)

Geotagged -

geo:lat=55.2480080 geo:lon=-7.2651690

Parentstop offers a free and confidential support, listening and advice service for parents in Co Donegal. Parents come to Parentstop with a wide range of parenting challenges that they are facing now and get one-to-one support. In collaboration with other family support services parents are also offered a range of group supports such as Parents Plus; Parenting When Separated; Parenting Your Teen; At The Family Table; and Minding Me.

Any other information you wish to provide (e.g. opening hours, outreach services, etc):

Parentstop is on offer in Inishowen two days per week. ParentStop is available Monday to Thursday across Co Donegal). Parents can call; email or text and arrange to meet our Parent Support Officers in Letterkenny (3rd Floor Riverfront House, Pearse Road, Letterkenny Co Donegal F92 T68V 074 9177249) or at our outreach host locations as follows:

- North East Donegal/Inishowen (as above);
- South Donegal (c/o Donegal FRC, Main Street, Donegal Town, Co Donegal 086 8494038)
- North/West Donegal (c/o Mevagh FRC, Downings Co Donegal 087 7149789).

Parents, and those in parenting roles, such as guardians, foster parents, grandparents, carers, are the main service users. Parents come when they need support and in most cases hear about the service from other parents; family support services; schools; Primary Care Services; Gardaí and Family Courts; community information services; etc.



*Name of Organisation/Agency/Service:*

**Scoil Mhuire (Second Level School) Buncrana**

*Contact Person (job/title)*

HSL Mura Keany

*Address:*

Tel: 074 93 61065;

Fax : 074 93 61252

*email:*

info@scoilmhuirebuncrana.ie

Scoil Mhuire is located in Buncrana and provides post primary education in the area. The HSL is Mura Keany. A parents room is available which hosts coffee mornings every Wednesday 9.30 -10.30am. Parents are all welcome.



Name of Organisation/Agency/Service:

## Smoking Cessation Service

Telephone: Catherine on 086 0492465.

OR Fiona on 087 2514790

Website Address or [www.quit.ie](http://www.quit.ie).

Social Media (Facebook, twitter)

### *My GeoPosition ( Locator for mapping)*

The HSE Donegal Smoking Cessation Service believe smokers in Donegal are 10 times more likely to quit with the help of the free HSE face-to-face service.

Best practice indicates that the most successful way to quit smoking is by using evidence based treatment, such as Nicotine Replacement Therapy or Champix and behavioural support such as that offered by the Donegal Smoking Cessation Service so therefore anyone who signs up is giving themselves the best chance of quitting. Most tobacco users (70 %+ ) want to quit and most make between 5 and 10 quit attempts, if trying by themselves, before they are successful.

If you would like to find out more information regarding the 13 free face to face clinics in Donegal you can contact the numbers supplied.

The current clinic locations are in Buncrana, Carndonagh, Carrigart, Donegal Town, Dungloe, Falcarragh, Killybegs, Letterkenny, Letterkenny evening, Lifford and Stranorlar.

You can also speak to your local GP, Practice Nurse or Pharmacist.

Help is also available with the national QUIT support team on 1800 201 203.



Name of Organisation/Agency/Service:

**Social Prescribing for Health and Well-being.**

Contact Person (job/title)

Carmel Gallagher-  
Social Prescribing Co-ordinator  
(Buncrana, Carndonagh, Clonmany)  
Anne Doherty  
(Moville & East Inishowen)

Address:

Carmel based at IDP Buncrana  
Anne based at Moville FRC

Telephone:

0749362218 / 074 93 85548

Mob. phone:

0860406950/ 089-4318831

Email:

[carmel@inishowen.ie](mailto:carmel@inishowen.ie) or  
[annjdoherty3@gmail.com](mailto:annjdoherty3@gmail.com)

Website Address or Social Media (Facebook, twitter)

SocialPrescribingInishowen on Facebook

Social Prescribing the health and well-being pathway. Linking participants with sources of support within the community in order to experience the benefits of social interaction with others. Social Prescribing provides the opportunity to built confidence and self-esteem through becoming involved in desired activity

It is open to anyone who is 18+ who feels they might benefit and as well as health professionals making referrals, individuals can refer themselves. Social Prescribing Co-ordinators are employed part-time and best way of contacting is through email



*Name of Organisation/Agency/Service:*

## **South Inishowen School Completion Programme**

*Contact Person (job/title)*

Sean Noonan, SCP Co-Ordinator

*Address:*

c/o Tullyarvan Mill  
Buncrana

*Telephone:*

Tel: 087 3628388 (Office)

*Tel:*

086 3861553

(Sean Noonan, Co-ordinator)

*Email: SCP, Inishowen*

inishowenscp@donegaletb.ie

The School Completion Programme (SCP) is a Department of Education initiative aimed at reducing the number of young people who leave people early. The North Inishowen School Programme includes Carndonagh Community School and six feeder primary schools; supporting young people between the ages of 4 and 18 who are at risk of early school leaving. These include: Attendance Tracking and Monitoring, Breakfast Clubs, After-School Supports/Homework Clubs Transfer Programmes, Out-of-School Programmes, Holiday Programmes, Mentoring Programmes, Learning Support Programmes, Social and Personal Development Programmes, Parental Programmes and Family Support, Therapeutic Support

There are four projects in Donegal based in Carndonagh, Buncrana, Raphoe and Stranorlar.

*Name of Organisation/Agency/Service:*

**South Inishowen School Completion  
Programme Family Support Service**

*Contact Person (job/title)*

Sheila Keyes

*Address:*

c/o IDP, St Marys Rd.,  
Buncrana, Co. Donegal

*Telephone:*

074 9362218

*Mob. phone:*

086-4178439

*Email:*

sheilakeyes@inishowen.ie

The Family Support Service is one of the supports provided by the School Completion Programme in South Inishowen. The Family Support Worker (FSW) works with children, young people and their families to address any issues within the school or home. The FSW can help with a range of issues including specific matters like homework and boundaries, or more general issues like routine, parenting strategies or difficult behaviour. Usually these interventions are short term and last no longer than 6-12 months.

The FSW works with school age children, from Junior Infants right up to the end of Secondary School. The FSW also works with families and parents of children and young people.

Name of Organisation/Agency/Service:

**Speech And Language Therapy Services, Buncrana**

Address: 10 Upper Main Street  
Buncrana  
Telephone: 074 9363525

*Describe your organisation / service in 1 or 2 sentences:*

The Donegal Speech & Language Therapy service works with children aged 0 – 18 years who present with communication difficulties. These difficulties may occur in isolation or may be associated with other developmental or medical presentations, eg. Autism Spectrum Disorder, Cleft Palate, Hearing Impairment. Speech & Language Therapy will assess and provide therapy for communication difficulties arising in language, speech intelligibility, stammering/stuttering, voice quality. Therapy may be direct work with the child or indirectly through parents/carers. All therapy programmes require parental/carer support to achieve therapy goals. If appropriate parents/carers may be asked to attend specific parent training programmes as part of their child’s therapy.

Referrals to Speech & Language Therapy may be made by:

- Health professionals
- Social workers
- Educational psychologists

Speech & Language Therapy services operate from 4 base clinics in the county with a number of satellite clinics. Children under 6 years with more complex needs are seen by Speech & Language Therapy as part of Early Intervention Team service. Additionally children attending special education classes or schools may be seen in school for therapy.

Satellite clinics including Carndonagh, Quigley’s Point.

Baby 0-5 years, Children 6-12 years, Health & Well Being, Inishowen CFSN, Teens, Therapeutic Services



*Name of Organisation/Agency/Service:*

**Spraoi agus Spórt  
Family Centre Limited**

*Contact Person (job/title)*

*Address:*

Unit 7 Supervalu,  
Carndonagh, Co Donegal  
Eircode F93 AY6D

*Telephone:*

0749373303

*Mob. phone:*

0868420203

*Email:*

info@spraoiagussport.ie

*Website Address or*

www.spraoiagussport.ie

*(Facebook, twitter)*

facebook.com/spraoiagussport/

twitter: twitter.com/SpraoiSport

*My GeoPosition ( Locator for mapping)* 55.2525554, -7.2595096

We are a not for profit registered charity. Our purpose is to provide quality after-school clubs, weekend and holiday time activities, morning parent and toddler groups, preschool classes and evening classes for children, teenagers and adults regardless of ability or disability. We foster a fun, safe and stimulating environment.

Our vision is to be a centre of excellence in Inishowen in the provision of parental networks and activities for children, their families and the community together with developing and sharing our family centre model with other organisations to help establish family centres throughout the country. We are committing those most in need to have a brighter, healthier future.

Opening hours are Monday to Friday, from 9am to 6pm, Saturday from 9am to 1pm. Our website and Facebook page provide up to date information on the activities which we provide.

Our service users are young families, babies, toddlers and children, teenagers, adults and children with a disability and/or autism. We operate an open door policy and people are welcome to attend any of our morning groups on a drop in basis. After-school activities and holiday time activities must be booked in advance.



*Name of Organisation/Agency/Service:*

**Springboard Family Support Project**

*Contact Person (job/title)*

Corina Catterson Flynn,  
Co-Ordinator

*Address:*

Castlegrove, Raphoe, Co.Donegal

*Telephone:*

074-9173918

*Website Address or*

[www.springboardfsp.ie](http://www.springboardfsp.ie)

*Social Media (Facebook, twitter)*

“The primary purpose of Springboard Family Support Project is to work with children and families in order to provide intensive family support to those most vulnerable and to ensure best outcomes for those children and families”

In responding to the above our service provides the following : Home Visits from our Family Support Workers, Parent and Toddler Programme, After Schools Programme, Transition Programme, Individual and Group work for children and young people, personal development courses for parents, parenting plus programmes and strengthening families programme referral. We have three Family Support Workers, Two Childcare Workers, Project Manager and Administrator

After-School Activities, Baby 0-5 years, Children 6-12 years, Family support, Holiday-time Programmes / Activities, Inishowen CFSN, North Central CFSN, Parenting Programme, Parenting Support, South Central CFSN, Support Services, Teens

*Name of Organisation/Agency/Service:*

**St Bridgets Youth & Community Resource Centre,  
Clonmany**

*Address:*

Main Street  
Clonmany

*Telephone:*

074 9376772

*Describe your organisation / service in 1 or 2 sentences:*

Clonmany Youth and Community operate under Community Development principles delivering to the Clonmany and wider Inishowen community a full range of quality programmes when funding is available.

That includes:

- Childcare
- Youth provision
- Adult Education
- Health & Fitness
- Arts & Crafts
- Social Outlets/Interaction





Society of St. Vincent de Paul

Name of Organisation/Agency/Service:

**St. Vincent de Paul- St Orans Conference, Buncrana**

Contact Person (job/title)

Margaret Bell

Address:

C/o 23 Lower Main Street,  
Buncrana, Co. Donegal

Telephone:

074 9361264

St.Vincent de Paul work confidentially with people in need to provide support, advise and help to achieve self efficiency while carrying out the aims and objectives of the St.Vincent de Paul organisation.

Emergency accommadation for unplanned homelessness.

Other St.Vincent de Pauls in the Inishowen area can be contacted on;

St Mary's	Clonmany	00353862388789
St John	Ballinacrea	NONE
St Patrick	Malin	NONE
St Columba	Drung	00353864079904
St Michael	Moville	NONE
St Patrick	Iskaheen	NONE
St Mary's	Buncrana	NONE
St Oran	Buncrana	NONE
Our Lady Star Of The Sea	Buncrana (Desertegney)	NONE
St Mhura	Fahan	00353860549976
Sacred Heart	Carndonagh	00353867856869

*Name of Organisation/Agency/Service:*

**Suicide Bereavement Liaison Service**

*Contact Person (job/title)*

Noel O'Driscoll

*Address:*

Stranorlar

*Telephone:*

085 8772028

Anyone affected by suicide is welcome to make contact with this service for support, or to learn about what services might be available to them in your relevant County. The Suicide Bereavement Liaison Officer can meet with a bereaved family (at their request) as a group or individually. Perhaps you may have specific questions about some of the difficult practical issues following a death by suicide.

You may want guidance or assistance in accessing a therapeutic service, or even just to talk with someone locally, about what has happened. In some cases, there may be a specific concern about the reactions and emotions family members or the wider community, are experiencing. In any case, we welcome your call.

A bereavement support pack specific to your relevant county will also be available through your local Suicide Bereavement Liaison Officer.

Suicide Bereavement Liaison Officer: Noel O'Driscoll



Name of Organisation/Agency/Service:

## Teen Talk, Letterkenny

Address:

18 Port Road, Letterkenny

Telephone:

074 9129640

Website Address or Social Media  
(Facebook, twitter)

[www.donegalouthservice.ie](http://www.donegalouthservice.ie)

### What is Teen Talk?

Teen Talk is a one to one youth work service providing young people with an opportunity to talk through any issue they have with a professional youth worker.

### What are the benefits of Teen Talk?

Some benefits of Teen Talk include:

- Building resilience
- Increased problem-solving skills
- Increased persistence, adaptability and self-reliance
- Access to accurate information and guidance
- Opportunities for self-expression
- Development of critical thinking skills
- Increased self-awareness
- Improved well-being

### One to One Support for Family Separation and Divorce

As part of our Teen Talk service we offer a specialised listening, guidance and information service for young people who have been affected by separation or divorce within their family.

Teen Talk is supported by the Family Support Agency.

### Accessing Teen Talk

We have a dedicated drop in service where young people and/or their parents can talk to our youth workers by calling into us during opening hours.

### Who is Teen Talk for?

Teen Talk is a confidential universal service suitable for all young people aged between 12 and 25 years who would like extra support with any issue that they are experiencing, for example:

- Friendship and relationship breakdown
- Support with sexuality
- Emotional difficulties
- Bullying
- Dealing with stress at home
- Guidance with life choices

Name of Organisation/Agency/Service:

## Teen Parent Support Programme

### **Ballybofey (Office Base)**

Contact Person (job/title)

Michelle Maguire

Jacqueline Doherty

Address:

c/o Ballybofey but have a base for work in Inishowen

Telephone:

074 9190141

Website Address or

tps.ie

Social Media (Facebook, twitter)

Teen Parent Support Programme works with pregnant and parenting young people from 13-19 yrs (once 19 we will work with them up until the child is 2 years old) including their families (children and grandparents). We work with young people and families across all level of needs. We are community base, needs & strengths led and outcome focused. We work as part of a multi agency approach and can continue work post social work or other agency involvement as appropriate. We are also, through our programmes, contributing to the 5 national outcomes for Children.

One to one support and group work programmes for teen parents and grandparents

Parenting Programmes include: “Spirals programme”, “Preparing for Fatherhood”, “Who’s the mammy” programme for grandparents,

Programmes are predominately facilitated on an individual level based on the identified needs and strengths of the teen parent. For information on current programmes running please contact a Project Worker for more information.

*Name of Organisation/Agency/Service:*

**Tusla, Child & Family Agency,  
Alternative Care Service, Foster Support Team**

*Contact Person (job/title)*

Aileen Vail,  
Team Leader,  
Foster Support Team  
Foster Support Team,  
St. Conal's Hospital,  
Letterkenny, Co. Donegal  
074 9123675

*Address:*

*Telephone:*

*Mob. phone:*

*Email:*

*Website Address or*

*Social Media (Facebook, twitter)*

*My GeoPosition ( Locator for mapping)*

54 57 N

7 44 W

Aileen.vail@tusla.ie

[www.tusla.ie/foster care](http://www.tusla.ie/foster%20care)

Tusla, Child and Family Agency, Donegal area provides a service to children and young people who require alternative care arrangements for a period of time and this service is provided through the provision of foster care for these children. Fostering is caring for someone else's child in your own home, who for one reason or another cannot live with his or her parents. Foster carers are a diverse group of people who come from all walks of life who can provide a stable, nurturing and loving home environment for children and who can demonstrate openness, acceptance, flexibility and an ability to protect children. The Foster Support Team in Donegal is responsible for the recruitment, assessment, supervision, support, and training to foster carers in their role as general and relative foster carers for children in need of care and protection.

If you are interested in Fostering or would like to know more information please contact The Foster Support Team on 074 9123675 from 9am to 5pm, Monday to Friday, and a Social Worker will be happy to discuss your interest with you.



Name of Organisation/Agency/Service:  
**Tusla – Child and Family Agency**

Contact Person (job/title)  
Address:

Duty Intake Team  
Duty / Intake Team,  
Millennium Court,  
Pearce Road Letterkenny.  
0749123672  
www.tusla.ie

Telephone:  
Website Address or  
Social Media (Facebook, twitter)

Describe your organisation / service in 1 or 2 sentences:  
The Child and Family Agency is the dedicated State Agency responsible for improving wellbeing and outcomes for children. It comprises Children and Family Service, Family Support Services, National Education Welfare Services as well as some Psychological Services and a range of services responding to domestic sexual and gender based violence.

Any other information you wish to provide (e.g. opening hours, outreach services, etc):  
Child protection and Welfare:  
Social workers work with families when there is a concern about the welfare, protection or safety of a child, or if there is a concern that the child has been a victim of abuse or neglect.

Who are your service users (e.g Children, Families, Older People, Men, Women etc) and how do they access your service e.g. Referral, Self Referral.  
Children and Families. If you have a concern that a child may have been, is being, or is at risk of being abused or neglected you should contact your local Tusla Office.

All Concerns are dealt with in accordance with the Children First National Guidance for the Protection and Welfare of Children.



*Name of Organisation/Agency/Service:*  
**Prevention, Partnership and Family Support,  
Tusla Child and Family Agency**

Contact Person (job/title) Marie Crawley, Senior Manager for Prevention,  
Partnership and Family Support (Interim), Shiel  
House, Ballyshannon, Co. Donegal  
Telephone : 071 9822776 / 087 6641282  
Email: marie.crawley@tusla.ie

Address: Nicola Harvey, Senior Child and Family Support  
Network Coordinator  
St Conal's Campus, Kilmacrennan Rd., Letterkenny  
Telephone: 074 9123632 / 086 0458328  
Email : marie.crawley@tusla.ie  
Nicolac.harvey@tusla.ie

My GeoPosition ( Locator for mapping)  
54.9593442 latitude -7.7302664 longitude

**Child and Family Support Networks**

Under Tusla's Programme for Prevention, Partnership and Family Support, Child and Family Support Networks are being established across Donegal comprising of various community and statutory services who work with children and their families. The purpose of these networks is to ensure children in need and their families can access services early in the stage of a problem so that they do not reach crisis. Members of the Networks are trained in the Meitheal so as to assist families identify their needs and access appropriate supports in a timely way. Prevention, Partnership and Family Support is about early intervention and prevention and ensuring that when families look for support there is "no wrong door".

**Meitheal**

This service is open to families where a child or young person( up to 18years), who has additional needs, or is facing challenges that are difficult to overcome and are finding it difficult to access the necessary supports. Families can access Meitheal directly by making contact with the Coordinator or any member of the Inishowen Family Action Network which is the hosting forum of the Child and Family Support Network in the Inishowen area.

**Information Points**

In the coming months there will be identified Information points in different locations in Inishowen where families can find out about Child and Family support services in the area as well as information on the Meitheal process.

Hours of work are 9am -5pm.



Contact Person (job/title)

Address:

Muff

Telephone:

074 938440

Describe your organisation / service in 1 or 2 sentences:

**White Oaks Addiction Treatment Centre** has established itself as a premier facility in Ireland for helping people to address the complex issues involved in a dependency on alcohol, drugs (illegal & prescription) and gambling. The 30 day residential programme, on offer after assessment, is comprised of group and individual therapies which are underpinned by the 12 step model of treatment.

The 12 step model is a set of principles outlining a course of action for recovery from addiction, compulsion or other behavioural problems. The substance misuse treatment aims at enabling a person to make clear decisions about what direction to take towards a better way of living.

The core treatment programme is based on the approach pioneered by the **Hazelden Foundation** (Minnesota). This combines individual and group therapy with the structure of the 12 step recovery model as used by Alcoholics Anonymous, Gamblers Anonymous and Narcotics Anonymous.

The programme includes:

- 30 day residential; therapy
- therapy on individual and group basis
- family concerned person participation in order to provide an accurate and realistic picture of a person addiction
- talks/information seminars on treatment-related topics i.e., denial, anger, self awareness.
- input from other counselling agencies for possible referral, if required.
- therapeutic work such as light household duties, yoga, drama, music, art, gardening, crafts and the benefits of spiritual support to help the inner journey to recovery

During residential treatment each person is assigned an individual counsellor who accompanies a person on the journey through White Oaks.

Residents have the opportunity to attend Alcoholics Anonymous, Narcotics Anonymous and Gamblers Anonymous meetings while in treatment.



Name of Organisation/Agency/Service:

**Worklink, Carndonagh**

Contact Person (job/title)

Address: Ard Chlochar

Carndonagh

Telephone: 074 9329718

Worklink North West is a training and support service for people who have experienced mental ill health/ illness and practices a person-centred, holistic and integrated approach. It has five training centres – three based in Letterkenny, one in Carndonagh and one in Dungloe. Referrals to these programmes are usually from your G.P, Community Nurse and/or Counsellor.

The programmes we offer in Carndonagh are

**Social Link (Sheltered Occupational Training)**

An ongoing programme designed to promote positive mental health and well being; improve confidence and self esteem and encourage community integration. This programme is run every Wednesday and Friday.

**Active Life (Rehabilitative Training)**

A 60 week programme designed to promote positive mental health and physical well being; improve confidence and self esteem; encourage community integration and enhance the quality of life of the individual. This programme is run on a Monday.

Name of Organisation/Agency/Service:

**Worklink Northwest, Letterkenny**

Address: Pearse Road, Letterkenny

Telephone: 074 9128872

Worklink North West is a training and support service for people who have experienced mental ill health/ illness and practices a person-centred, holistic and integrated approach. It has five training centres – three based in Letterkenny, one in Carndonagh and one in Dungloe. Referrals to these programmes are usually from your G.P, Community Nurse and/or Counsellor.

The programmes we offer are

**Social Link (Sheltered Occupational Training)**

An ongoing programme designed to promote positive mental health and well being; improve confidence and self esteem and encourage community integration.

**Friday Art Club (Sheltered Occupational Training)**

This one day a week programme allows individuals to explore their creativity in a supportive and stimulating environment and offers an introduction to art with an aim to progress into the rehabilitative Art Life Programme.

**Art Life (Rehabilitative Training)**

A 58 week creative arts programme designed to enhance positive mental health for those interested in exploring their artistic potential.

**Active Life (Rehabilitative Training)**

A 60 week programme designed to promote positive mental health and physical well being; improve confidence and self esteem; encourage community integration and enhance the quality of life of the individual.

**Community Link (Rehabilitative Training)**

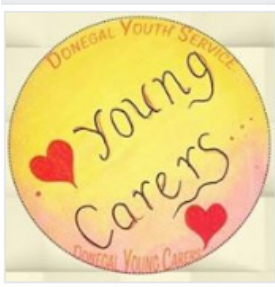
A 20 week programme devised to assist individuals develop the necessary skills to live independently in the community.

**STEPS (Vocational Training)**

A six month career-focused programme for individuals who are ready to move into employment or further training/education.

**Person Centred Planning (PCP)**

Person Centred Planning is an approach, which puts the individual at the centre of the planning and decision making process in relation to his/her life. A Worklink Facilitator will work on a one-to-one basis assisting the individual to make plans and decisions for the future.



Name of Organisation/Agency/Service:

## Young Carers Programme

Address: 16-18 Port Rd. Letterkenny,

Co. Donegal

Telephone: 086-3898958

Contributing to household chores and family responsibilities is a common part of life in a home. Young people who are caring for a relative often take on more of these responsibilities and tasks. Sometime these duties of caring begin to impact other aspects of a young person's life, like school work, time spent with friends, extra-curricular activities and hobbies. This can affect their well-being and therefore they may need some support.

The Young Carer's Project recognizes the vital role that young people undertake on a daily basis providing care for someone else. Our project has been set-up to support young people in this situation, The Young Carer's Project, aims to identify, engage and support young careers aged 12- 24 years as well as raising awareness of the role young carers have within our community, the challenges they face and valuable care they provide.

### **What do we offer Young Carers?**

- Individual needs identification and support plan
- Listening ear
- One-to-one support
- An opportunity to meet other young careers
- Respite and fun activities
- School support
- Training programmes to help young careers stay safe and well

### **Accessing the Project**

Parents and professionals working with young people can contact the number provided to find out our referral pathways. The Young Carers' Project a regular drop in-service at the LOFTYouth Project in Donegal Youth Services Headquarters, Letterkenny.

Young Carers Donegal provides one-to-one support for young carers, a peer activity group, respite breaks, support with school based issues and support in developing emergency plans.

The group also seeks to raise awareness of young carers through advocacy, school talks, workshops and events..



# Inishowen Family Action Network

C/O  
Inishowen  
Development  
Partnership

St. Mary's Buncrana  
Tel: 074 93 62218  
E: [enquiries@inishowen.ie](mailto:enquiries@inishowen.ie)  
[www.inishowen.ie](http://www.inishowen.ie)



Ireland's European Structural and Investment Funds Programmes 2014-2020

Co-funded by the Irish Government and the European Union



EUROPEAN UNION  
Investing in your future  
European Social Fund



Department of Rural and Community Development

An Roinn Forbartha Tuaithe agus Pobail



Roinn Cumarsáide, Fuinnimh & Acmhainní Nádirtha  
Department of Communications, Energy & Natural Resources



Social Inclusion & Community Activation Programme



Comhairle Contae Dhún na nGall  
Donegal County Council



Clárúil leis Fiontairí Rialaithe Aicéil  
Dhún na nGall  
Designated Local Community Development Committee



etb  
Bord Oideachais agus Oiliúna Dhúna nGall  
Donegal Education and Training Board



INISHOWEN DEVELOPMENT PARTNERSHIP

The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative



An Ghníomhaireacht um Leanaí agus an Teaghlach  
Child and Family Agency



Feidhmeannacht na Scríbhne Sláinte  
Health Service Executive