



- Stay connected
- Stay active
- Stay informed
- Stay well

Directory of Supports and Services for Older People in Longford and Westmeath



For the community, by the community

During a crisis, it is difficult to figure out where to seek support or access a service. We hope this Directory will answer some of your questions, alleviate some of the stress, and direct you to helpful information.

Remember you are never on your own, there is always someone at the other end of a phone to support and offer advice.

If you are reading this, thank you. We are keen to make this Directory better every time.

Do tell us how to improve it further by emailing icpop.longfordwestmeath@hse.ie



**Directory of Supports and Services
for Older People in Longford
and Westmeath**



MY INFORMATION

My Name:	
My Address:	
My Eircode:	
My GP: Name: Phone Number:	
My Pharmacy: Name: Phone Number:	
Location of my current medication list (printed by my pharmacist). <i>If I have to go to hospital, I need to bring this list with me.</i> Message in a bottle (location):	
In Case of Emergency contact:	
Other Important numbers/Information:	

MY CONTACTS

DIRECTORY

Welcome

This Directory provides information on services available for people, over the age of 65 years, living in Longford & Westmeath. You will find contact details of health and social services and supports available in your community. You may use the information to directly access services whereas health care professionals, carers or family members, may wish to refer or sign post people to services.

Please note information in this directory is correct at time of printing (November 2024).

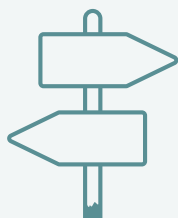
Please check the HSE Publications and Reports website <https://www.hse.ie/eng/services/publications/> (or scan the QR code) for the most recent update, then select the Older Persons Services in the category box on this website and this will bring you to this Directory and to other similar documents.

Please note that reference to any third party services, supports or products in this Directory does not imply their endorsement, sponsorship or recommendation by the HSE.

If this Directory does not answer your query, you can contact **HSE LIVE**
Monday - Friday: 8am-8pm, Saturday: 9am-5pm, Sunday: closed, Bank
Holidays: closed

Freephone: 1800 700 700

Phone: 01 240 8787



Symbol used throughout the Directory

Some areas overlap. When you see this signpost symbol, we are linking you to another section where you will find more information.

Acknowledgments

This Directory was collaboratively developed, led by Health Promotion and Improvement in collaboration with ICPOP Longford/Westmeath and Patient Service User Engagement.

Integrated working between the HSE, other statutory agencies, voluntary and community groups informed the contents of the Directory.

Valuable and insightful feedback was received from Active Retirement Groups and Age Friendly events, which further informed the content, layout and design of this document.

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Aonad Pleanála & Forbartha
Altranais & Cnáimhseachais, Lár Tíre

Nursing & Midwifery Planning
& Development Unit, Midlands

EMERGENCY SERVICES



Poisons Information Centre of Ireland
Call **01 809 2166** (8am to 10pm) 7 days per week if you think you have been accidentally poisoned



An Garda Síochána - Irish Coastguard - Fire Service
999 or 112



Fire Safety & Fire Prevention
044 934 1794



Fire Safety & Fire Prevention
043 334 7136



MiDoc Longford **1800 302 702** MiDoc Westmeath **1800 302 702**



Irish Water
1850 778 778



ESB Networks Emergency Line
021 238 6555



Gas Emergency Leaks
1850 205 050



Samaritans 24-Hr Helpline - Any Branch free
116 123



Pieta House - Athlone
090 642 4111

AN GARDA SÍOCHÁNA

Ireland's National Police and Security Service



Garda Stations - Co. Westmeath

Athlone **090 649 8550** Open 24 hours

Ballymore **044 935 6222**

Castlepollard **044 966 1112**

Delvin **044 966 4193**

Glasson **090 648 5102**

Kilbeggan **057 933 2102**

Killucan **044 937 4112**

Kinnegad **044 937 5112**

Moate **090 648 1106**

Mullingar **044 938 4000** Open 24 hours

Multyfarnham **044 937 1112**

Rochfortbridge **044 922 2102**

Garda Stations - Co. Longford

Ballymahon **090 643 2303**

Drumlish **043 332 4102**

Edgeworthstown **043 667 1002**

Granard **043 668 7660** Open 24 hours

Kenagh **043 332 2102**

Lanesborough **043 332 1102**

Longford Town **043 335 0570** Open 24 hours

Smear **043 668 4102**

Please dial 999 or 112 in the case of an emergency.

Contents

CHAPTER 01 Transport	19
TFI Local Link Longford Westmeath Bus Service	19
Iarnód Éireann	20
Bus Éireann	20
Free Travel Scheme	20
Northern Ireland Travel Pass	21
CHAPTER 02 Health Care Teams in Longford and Westmeath	23
General Practitioners	24
Public Health Nursing Service	24
Specialist Palliative Care Service	25
Regional Continence Service	25
Occupational Therapy Service	26
Physiotherapy Service	28
Social Work Service in Primary Care	30
Longford Westmeath Primary Care Psychology Service	32
Longford Westmeath Integrated Neuropsychological Care - LINC Service	33
Speech and Language Service in Primary Care	34
Community Nutrition and Dietetic Services in Primary Care	35
Counselling in Primary Care (CIPC)	36
Dental, Optical and Hearing Services	37
Chiropody	38
Podiatry Services in Primary Care	39
GP Treatment Centre - St. Joseph's Care Centre Longford	39
Integrated Care Programme for Chronic Disease Longford/Westmeath	40
Community Pharmacy	40
Health Centres/Primary Care Centres	42
Regional Hospital Mullingar	43
Mullingar Frailty Intervention Team (MFIT)	43
Rapid Access Clinic	44
Sexual Health Services	44
CHAPTER 03 HSE Health & Wellbeing Services and Supports	47
Self-Management Support	49
ExWell Medical in association with the Dublin Midlands Hospital Group	50
Healthy Ireland - Healthy Eating	51
Healthy Food Made Easy	51
Mental Health and Wellbeing	52

Minding Your Wellbeing	52
Stress Control	52
Social Prescribing	54
Quit Smoking Clinics	56
HSE Talking Health and Wellbeing Podcast	58

CHAPTER 04 | Mental Health Teams and Support Services 59

Longford / Westmeath Community Mental Health Teams (CMHT)	59
Day Hospital	61
The Psychiatry of Later Life (POLL) team	61
Mental Health Ireland	62
GROW Mental Health	62
Shine	62
Your Mental Health	63

CHAPTER 05 | Dementia Services 67

The Alzheimer's Society of Ireland	67
Longford and Westmeath Services	67
Social Clubs	70
Dementia Services Information and Development Centre (DSIDC)	70
Understand Together	70
Engaging Dementia	71
Memory Technology Resource Room MTRR	71
Supportive Memory Guide eBook	71

CHAPTER 06 | HSE Home Support Respite Care Services 75

The HSE Home Support Service	75
HSE Day Care	76
HSE Respite Care	76

CHAPTER 07 | Long Term Care Facilities / Nursing Homes 77

Fair Deal Process	77
Community Long Term Care Facilities	78

CHAPTER 08 | Your Entitlements 81

Health Entitlements	81
Cross Border Directive	83
Social Welfare Entitlements	84
Fuel Allowance	85
Living Alone Allowance	86
Household Benefits Package	86
Community Welfare Officer	87

Department of Social Protection Local Offices	87
Specific Tax Credits and Allowances	88
CHAPTER 09 Legal Advice	91
Free Legal Advice Centres	91
Legal Aid Board	91
Legal Advice in Citizens Advice Centres	92
Solicitors for the Elderly	92
Assisted Decision Making (Capacity) Act 2015	93
Enduring Power of Attorney	93
Agency Arrangements	94
CHAPTER 10 Support Organisations - National and Local	95
Family Carers Ireland	95
Alone	95
Think Ahead	96
Age Action	96
Age Friendly Ireland	97
JAM - Just a Minute Card	97
Age and Opportunity Ireland	98
Chime	98
Vision Ireland	99
Office of the Ombudsman	100
Patient Advocacy Service	100
Citizens Information Service (CIS)	101
MABS - Money Advice and Budgeting Service	101
National Advocacy Service for People with Disabilities	102
Sage Advocacy Service	102
Safeguarding Vulnerable Adults and Older Persons Service	102
CHAPTER 11 Additional Support Services in your local Community	103
Meals on Wheels	103
Women's Community Projects (Mullingar) Association CLG	104
Mullingar Homecare Services	104
Westmeath Community Development	104
Athlone Community Services Council CLG	105
Longford Community Resource	105
Traveller Health Programmes - Westmeath and Longford	106
Family Resource Centres	107
Seniorline	107

CHAPTER 12 My Home	109
Healthy Age Friendly Homes	109
Westmeath County Council	110
Longford County Council	111
The Warmer Homes Scheme	112
The Better Energy Home Scheme	112
Threshold - the National Housing Charity	113
Midlands SIMON Community	113
Temporary Emergency Accommodation Mullingar (T.E.A.M.)	113
CHAPTER 13 Supportive Services in Times of Difficulty	115
HSE Community Alcohol & Drug Service Longford & Westmeath	115
MQI DATS Project	116
Accord	116
Westmeath Support Services against Domestic Abuse	117
Women's Aid	117
Domestic Violence Services	117
Longford Women's Link	117
Men's Aid	117
Male Advice Line	118
MEND - (Men Ending Domestic Violence)	118
Westmeath - Athlone Midlands Rape Crisis Centre	118
One in Four	118
Gam-Anon	119
Pieta House	119
Connect Counselling	119
Safeguarding Vulnerable Adults and Older Persons Service	119
Text About It	120
St. Vincent de Paul (SVP)	120
The Samaritans	120
CHAPTER 14 Bereavement Services	121
Booklet on Bereavement	121
Irish Hospice Foundation	121
LARCC Multyfarnham (Lakelands Area Retreat & Cancer Centre)	121
Bethany Bereavement Support	122
Pieta Suicide Bereavement Liaison Service (Midlands)	122
The Samaritans	122
Widow.ie	123
Counselling	123
Anam Cara	123
HUGG	123

CHAPTER 15 Social and Leisure Activities	125
Active Retirement Ireland (ARA)	125
Theatres	126
Historical Societies	127
Volunteering	127
Comhaltas	127
Green Gyms	128
Sports Partnerships	128
Slí na Sláinte	129
Siel Bleu	129
parkrun	130
1428 Active Retirement Club	130
Longford & Westmeath Education and Training Board	131
Women's Community Projects Mullingar	131
Libraries	132
Men's Sheds	133
Women's Shed	134
Irish Country Women's Association Clubs (ICA)	135
Muintir na Tíre	135
Bridge Clubs	136
Chess	137
Choirs	137
CHAPTER 16 Security and Safety	139
Crime Prevention Officers	139
Fraud Prevention	139
Community Gardaí	139
Older Person Register	140
Seniors Alert Scheme (Monitored Personal Alarms)	140
'Message in a Bottle' Initiative	141
Neighbourhood Watch and Community Alert	141
Bogus Callers	141
Bogus Caller Cards	142
Crime Victim Support Line	143
Carer's Emergency Card	143
Appendices	
Appendix 1 - HSE Support Services	144
Appendix 2 - Support Organisations	146
Appendix 3 - Bereavement Support	148
Appendix 4 - Helpline Numbers	150



local link

Your Local Bus Service



www.transportforireland.ie/tfi-local-link

CHAPTER 01 - TRANSPORT

This chapter provides you with an overview of public transport services available in Longford and Westmeath. If you need help accessing transport and would like further information, you can phone the Local Link Office on **044 934 0801** (lines open Monday to Friday from 9am to 5pm). A member of the Local Link team will advise you on all transport options available in your area. This Local Link office covers transport queries for Longford, Westmeath and Roscommon.

TFI Local Link Longford Westmeath Bus Service



Who we are

TFI Local Link Longford Westmeath Roscommon is a rural transport company providing a combination of schedules and flexible bus services across the three counties. We are state-funded and under the remit of the National Transport Authority and contract local operators to undertake the services.

What we do

We are one of 15 TFI Local Link offices across the Country.

We have two types of services:

- Regular Rural scheduled services operate from town to town on a fixed timetable, across the seven days of the week. No need to pre-book just hop on at the nearest bus stop.
- The door-to-door flexible scheduled services operate on certain days in more rural areas to neighbouring towns and villages and pick up at your door. These services have to be pre-booked the day before by contacting the office.

All TFI Local Link services are wheelchair accessible and we accept the Free Travel Pass, TFI Leap card and virtual tickets through the TFI Go App, along with cash tickets on the bus.

How to get to us

To check out all our services, see out timetables on our website **www.locallinklwr.ie** or give our office a call on **044 934 0801** Monday to Friday from 9am to 1pm and 2pm to 5pm.

Email: **lwr@locallink.ie**

National Routes

Westmeath Timetable Booklet:

<https://locallinklwr.ie/wpcontent/uploads/2020/09/Westmeath-Timetable-Booklet.pdf>

Longford Timetable Booklet: **[https://locallinklwr.ie/wp-](https://locallinklwr.ie/wp-content/uploads/2020/09/Longford-Timetable-Booklet.pdf)**

[content/uploads/2020/09/Longford-Timetable-Booklet.pdf](https://locallinklwr.ie/wp-content/uploads/2020/09/Longford-Timetable-Booklet.pdf)

Iarnród Éireann



Mullingar - Green Bridge, Mullingar, Co. Westmeath N91 HKR4.

Tel: **044 934 8274 / 044 934 8275**

Athlone - Southern Station Road, Athlone, Co. Westmeath N37 DF24.

Tel: **090 648 7708 / 090 648 7729**

Longford - Convent Rd, Longford, Co. Longford N39 E3T9.

Tel: **043 334 5208/9 / 01 836 6222**

Edgeworthstown - Dublin Road, Edgeworthstown, Co; Longford N39 R791.

Tel: **043 667 1031**



Bus Éireann

Timetables are available on **www.buseireann.ie** or give the office a call on

lo-call phone **0818 83 66 11**. Lines are open from 7am to 7pm Monday to Friday and 8am to 6pm Saturday, Sunday and Public Holidays. You can also

check services by emailing: **customercare@buseireann.ie** or Facebook and X (formerly Twitter).

Free Travel Scheme

The Free Travel Scheme allows you to travel free of charge, on public transport (bus, train & Dublin Luas, with some exceptions) and some private bus and ferry services. Everyone aged 66 and over, living permanently in Ireland, can get the Free Travel Scheme.

If you are aged 66 or over and are getting a social welfare pension, your Public Service Card (PSC) will be issued showing that you have Free Travel automatically. You must have completed the PSC SAFE registration process.

If you can't travel alone you can apply for a Free Travel for a Companion, using either an Over 70 Companion pass form or an Under 70 Companion pass form.

How to get to us

You can get an application form for Free Travel from the Department of Social Protection. The form is also available at your local post office and Citizens Information Centre.

<https://www.gov.ie/en/service/9bba61-free-travel-scheme/#contact>

Social Welfare Services, Department of Social Protection, College Road, Sligo, Co. Sligo F91 T384

Tel: **071 915 7100** or **0818 200 400**

Northern Ireland Travel Pass

To avail of free travel within Northern Ireland you must:

- be 66 or over
- have a Free Travel Card
- obtain a Senior SmartPass Card

Application forms (FTNI1) for Senior SmartPass Cards are available from your local: **Intreo Centre** or **Social Welfare Branch Office** and **Citizens Information Centre**. The completed application form must be brought to your local Intreo Centre or Social Welfare Branch Office **in person** (not posted or emailed). You must also bring the following documents with your application form to your Intreo Centre or Social Welfare Branch Office:

a recent passport standard colour photograph evidence of your identity (driving licence/passport/any other form of photo ID, if available), evidence of address (a recent utility bill, for example electricity/gas/phone/waste charges bill or a bank/building society/credit union statement) and current Free Travel Card

Your application will be forwarded to the authorities in Northern Ireland who will send your Senior SmartPass card and instructions for use, directly to your home address. It may take up to six weeks to process your application.

For further details, please visit the website:

<https://www.gov.ie/en/service/9bba61-free-travel-scheme/>

COMMUNITY HEALTH NETWORKS

We are changing the way that we deliver our community healthcare services in line with Sláintecare. We are introducing Community Health Networks (CHNs) to improve the quality of the service. CHNs provide services for older people such as Public Health Nursing, Occupational therapy, Speech and Language therapy, Physiotherapy, Podiatry, Dietician, Social Work and GP services. The three CHNs in Longford/Westmeath are Longford and Central Westmeath, West Westmeath and Northwest Offaly, and East Westmeath.



For further information

Contact your local health centre/primary care centre or visit <https://www.hse.ie/eng/services/list/2/primarycare/community-healthcare-networks/>



CHAPTER 02 - HEALTH CARE TEAMS IN LONGFORD AND WESTMEATH



In this chapter, we introduce you to health professionals who can assist you if you are experiencing challenges relating to your overall health. Health care teams working in the community, known as Primary Care Teams promote health, screen for disease, and vaccinate to prevent disease.

Summary of who we are

Primary care teams include:

- General Practitioners (GPs)
- Public Health Nurses (PHN)
- Specialist Palliative Care Team
- Regional Continence Service
- Occupational Therapists (OT)
- Physiotherapists
- Social Workers
- Psychologists
- Longford Westmeath Integrated Neuropsychological Care - LINC Service
- Community Pharmacy
- Speech and Language Therapists
- Nutrition and Dieticians
- Counselling
- Dental, Optical and Hearing Services
- Chiropody and Podiatry
- GP Treatment Centre
- Integrated Care Programme for Chronic Disease

Regional Hospital Mullingar:

- Frailty Service
- Rapid Access Clinics
- Sexual Health Services



See page 42 for the list of Health Centres/Primary Care Centres in Longford and Westmeath.

Summary of what we do

Primary Care Teams will assess your physical or psychological symptoms, make a diagnosis and provide you with a plan of care to treat your symptoms. The team also provide rehabilitation services to support you to adapt your lifestyle and build up your strength to overcome an illness or injury.

General Practitioners

GPs have a key role on our team and is often your first point of contact. Link to find my GP: <https://www2.hse.ie/services/find-a-gp/>

Public Health Nursing Service

Who we are

Our public health nursing team comprises of:

- Registered Public Health Nurses, (PHNs)
- Community Registered General Nurses (CRGNs)
- Health Care Assistants (HCAs)
- Clinical Nurse Specialists, e.g. Continence, Diabetes
- Advanced Nurse Practitioners
- Nurse managers

What we do

The Public Health Nurses and Community Registered Nurses deliver nursing care in the community. The Public Health Nursing Services works with the client, their carers and families and members of the primary care team, and where appropriate, acute hospital services, private hospitals/nursing homes, statutory and non - statutory agencies. The nursing services will assess your health care needs and may arrange additional supports, for example:

- home supports to enhance your personal care needs
- referral to a tissue viability nurse specialist if you have a wound
- referral to a continence advisor if you have problems with your bowel / bladder
- referral to a clinical nurse specialist in palliative care
- referral for day care or respite
- referral to other voluntary organisations

How to get to us

You can be referred to the service by your GP or you may refer yourself directly to the Public Health Nursing service by phoning your local health centre /primary care centre.



See page 42 for the list of Health Centres/Primary Care Centres in Longford and Westmeath.

Specialist Palliative Care Service

Who we are

We are a team of specialist healthcare professionals helping people living with a life-limiting illness to improve their quality of life and manage symptoms. The team includes a consultant in palliative medicine, specialist nurses, physiotherapists and social workers. We work closely with your primary care providers, including your GP, Public Health Nurses, Community Registered General Nurses, community teams, hospital teams and staff in nursing homes and community nursing units. Palliative care is available to people of all ages and at any stage of their illness.

What we do

Following referral and assessment a plan is developed on how best to manage symptoms effectively to help you cope with your condition and help you to achieve the best quality of life in your preferred place of care. We will help you to make informed choices about your care. We will provide a link between you, your family and other services.

How to get to us

Talk to your GP, Public Health Nurse, Hospital Consultant or Clinical Nurse Specialist who will assess your needs. They will complete and send us a referral form, as appropriate. We will then arrange to meet you and your family as you wish, in your own home or current place of residence.

Regional Continence Service

Who we are

We are a team of highly trained healthcare professionals, with significant advanced knowledge and expertise in the area of bladder and bowel and pelvic floor dysfunction. The team deliver a high quality, safe and effective service to adults and children of all abilities within the Primary Care setting, and Nursing Homes sectors. The Continence Team consists of Clinical Nurse Managers, Public Health Nurses, Clinical Nurse Specialists and a regional Clinical Nurse Manager.

What we do

The continence service provides education, advice, support, and clinical assessments for people with bladder and bowel problems. The service also provides education and support to community nurses, as well as nursing staff in community units and nursing home settings.

How to get to us

Referrals come through the GP, hospital consultant, physiotherapy, community nurse, public health nurse, who will assess the best option for you. Talk to your GP, nurse, consultant or other health care professional, who will complete a Level 1 continence assessment and they will then forward the referral to us.

Occupational Therapy Service

Occupational Therapy services are provided to people who through illness or disability are in need of support or changes to their lifestyle. Occupational Therapists can advise on any changes that may be needed in the home to support a person with special needs, and on activities that will help a person to regain their independence.

Who we are

We work with people who have an illness, injury or disability.

What we do

We help you to maintain, or achieve, independence in your daily living. We will meet you to ask you what you need and see how best we can help you.

This work includes:

- Completing a functional assessment of your home. In other words, we can assess if your home environment helps or hinders you when you are climbing the stairs, using the shower or toilet.
- Making recommendations about adapting your home, for example you may need an additional rail to help to climb the stairs safely or a raised toilet seat.
- Advising you about local authority grants and completion of application support letters (excluding Occupational Therapy home adaptation reports).
- Providing you with specialist and adaptive/assistive equipment for your safety/independence. Note you must have a medical card or a Long Term Illness card to avail of adaptive or assistive equipment
- Assessing you for a wheelchair, if necessary.
- Advising you on seating for example how to relieve pressure and protect your skin
- Advising you on hoists. Some people may be immobile and need a hoist. Your carer may also need support in learning how to use the hoist safely.
- Providing your Carer with advice and support.

- Referring you to Occupational Therapy Specialists, as required.
- Referring you to other members of the Primary Care Teams, if required.
- Providing advice for people to purchase equipment/devices that are not funded by HSE (non-medical card/long term illness card holders)

How to get to us

Your GP or a PHN can refer you, or you can refer yourself to our Occupational Therapy Service. Please contact your local Health Centre/Primary Care Centre for further information.

Longford: **043 333 9717**

Email: **OTL.Community@hse.ie**

Mullingar: **044 935 3806**

Email: **OTMullingar.Community@hse.ie**

Athlone: **090 642 4831 / 090 642 4832**

Email: **OTAthlone.Community@hse.ie**



See page 42 for the list of Health Centres/Primary Care Centres in Longford and Westmeath.

Physiotherapy Service

Physiotherapists work in a variety of services across Longford Westmeath and are situated in local Hospitals and identified centres. Some Physiotherapy services provide a domiciliary service where Physiotherapy is delivered in the patient's home.

Who we are

All Physiotherapists working within the HSE are CORU registered. CORU is responsible for regulating Health and Social Care Professionals, including Physiotherapy.

Physiotherapists work with people who have an injury, illness or disability to regain their function and mobility through exercise and movement.

What we do

Physiotherapists use a wide range of techniques which may include: tailored exercise and movement advise, manual therapy and education.

A Physiotherapist will:

- Assess and treat conditions including:
 - Care of the Older Person e.g. frailty, history of falls
 - Neurological conditions, e.g. Stroke, Multiple Sclerosis
 - Bone, joint and soft tissue injuries, e.g. back pain, sports injuries.
 - Respiratory and cardiac conditions e.g. COPD, rehabilitation following a heart attack.
 - Conditions affecting balance and coordination
 - Paediatric conditions
 - Pelvic health and continence
 - Recovery following surgery
 - Preparation for and recovery from childbirth
- Complete an individualised assessment and agree a specific treatment plan with you setting individual goals.
- Support you to achieve a healthier lifestyle, including advice around appropriate levels of exercise and activity to prevent deconditioning and other symptoms of chronic disease.
- Assess for, prescribe and provide suitable mobility aids and other equipment to promote safe mobility.

- Visit your home if necessary and develop a programme that meets your care needs.
- Educate you on your condition and on your treatment options.
- Encourage you to be actively involved in the management of your condition.

How to get to us

Please contact your local Hospital/Centre for further information on specific Physiotherapy services and locations.



HSE **BALLYMINION PRIMARY CARE SOCIAL WORK CLINIC**

VENUE:
BALLYMINION PRIMARY CARE CENTRE
FLANCARE BUSINESS PARK
ATHLONE ROAD
LONGFORD
N39 C650

TO BOOK AN APPOINTMENT:
PHONE: 043 33 39770

CURRENT SERVICE:
ONE CLINIC PER MONTH
PHONE 043 33 39700 TO CHECK DATES

TIME:
10AM-1PM

HELP
SUPPORT
ADVICE
GUIDANCE

DROP IN OR BOOK AN APPOINTMENT TO SEE A SOCIAL WORKER IN PERSON
(BOOKING IN ADVANCE IS ADVISED)



See page 42 for the list of Health Centres/Primary Care Centres in Longford and Westmeath.

Social Work Service in Primary Care

Who we are

We are a consent led community Social Work service who work to enhance the quality of life of older people, enhancing your wellbeing.

What we do

We undertake psychosocial assessments (evaluation of physical, mental, and emotional health) of service users and their families. We work with the Primary Care teams to enhance the quality of life and the wellbeing of our service users.

A Social Worker in Primary Care can, with your consent:

- Support you by offering emotional, practical and social support.
- Assist you in finding the best possible outcomes to concerns that may impact on your health and quality of life.
- Ensure that your voice is heard and understood when it comes to your health and social care needs.

How to get to us

Social Work in Primary Care has an open referral pathway, including self-referrals. Any individual, service or professional can also refer you with your consent. Social Workers are based in your local Primary Care Centre and can be contacted there.



MULLINGAR PRIMARY CARE SOCIAL WORK CLINIC

VENUE:

MULLINGAR PRIMARY CARE CENTRE
HARBOUR ROAD
MULLINGAR
CO. WESTMEATH
N91 V6R9

CURRENT SERVICE:

LAST FRIDAY OF EVERY MONTH

TIME:

10AM-12:30PM AND 14:00PM-16:30PM

TO BOOK AN APPOINTMENT:

PHONE: 044 93 53728



DROP IN OR BOOK AN APPOINTMENT TO SEE A SOCIAL WORKER IN PERSON
(BOOKING IN ADVANCE IS ADVISED)



Your local health services



For health information, advice, supports and services visit [hse.ie](https://www.hse.ie)



HSELive is here to answer your questions.
Open Mon - Fri, 8am-8pm, and Sat 9am-5pm.
Freephone 1800 700 700

HSE Injury Units

For broken bones, sprains, minor burns and other non life-threatening injuries.

Nenagh Injury Unit

Nenagh Hospital,
Tyone
7 days, 8am to 8pm
Ages 5 and over

Roscommon Injury Unit

Roscommon University
Hospital, Athlone Road
7 days, 8am to 8pm
Ages 5 and over

Regional Hospital Mullingar Injury Unit

Charter Medical Private
Hospital, Mullingar
Mon-Fri 8am to 6pm and
Sat-Sun 10am to 6pm
Ages 16 and over

Check [hse.ie/injuryunits](https://www.hse.ie/injuryunits) before you go to see if you can be treated there, and for phone numbers and Eircodes. Opening hours for holidays may vary.



Naas Hospital Injury Unit at Vista Primary Care

Injury units
treat recent
injuries like
**broken bones,
dislocations, and
minor burns.**

**Open 10am - 8pm,
7 days a week**

This is an adult
only service
(16 years & older).

Patients can walk-in to the service, be referred by their GP or KDOC Out of Hours service or redirected from Naas General Hospital Emergency Department following Triage.

It costs €75 but there is no charge with a medical card or referral from a GP, KDOC or Naas General Hospital Emergency Department. You do not need an appointment.



Longford Westmeath Primary Care Psychology Service

Who we are

The Primary Care Psychology Service is a lifespan service, which helps children, adults and families with psychological difficulties falling at the mild to moderate level of concern. We deal with problems that are likely to respond to brief or short term interventions. Our free service is delivered across three geographical areas - Athlone, Mullingar and Longford.

What we do

We will work with you to try to understand your difficulties and find new ways to cope. We offer individual or group-based support.

Some examples of difficulties a psychologist can help with include:

- Low mood and depression
- Anxiety and stress
- Anger
- Coping with physical illness
- Complicated grief, bereavement and loss
- Screening for dementia

How to get to us

Referrals to the Longford/ Westmeath Primary Care Psychology Service are considered from GPs, and from HSE Medical and Allied Health Professionals. Please discuss your concerns with them in the first instance.

Longford

Tel: **043 335 0170**

Address: Primary Care Psychology Services, Health Centre, Dublin Road, Longford

Westmeath

Tel: **044 935 3763**

Address: Primary Care Psychology Services, Mullingar Primary Care Centre, Harbour Road, Mullingar, Co. Westmeath N91 V6R9

Tel: **090 642 4813**

Address: Primary Care Psychology Services, Athlone Primary Care Centre, Arcadia, Clonbrusk, Co. Westmeath

Longford Westmeath Integrated Neuropsychological Care - LINC Service

Who we are

Longford Westmeath Integrated Neuropsychological Care (LINC) is part of the Primary Care Psychology Service. It is a free service, which aims to offer psychological support to those aged over 60 years with dementia and stroke, and their carers.

What we do

LINC offers one-to-one sessions and group psychological interventions. The type and length of intervention is agreed in discussion with clients.

How to get to us

Talk to your GP in the first instance. The GP will assess you and make sure we are the appropriate service for you. Your GP will refer you to us. There is no cost for counselling.

Advice Clinic

LINC also offers free, one-off Advice Clinic consultations, which aims to quickly address psychological questions and concerns that may be addressed with a very brief intervention. The Advice Clinic may be accessed via self-referral. To book a slot for the Advice Clinic, please contact **043 335 0170**. All other services may be accessed via referral from GP or other health professional.

Speech and Language Service in Primary Care

Who we are

We provide a service for any adults over 18 years who experience communication difficulties after an illness, such as a stroke, head and neck cancer or those who have a progressive condition such as Parkinson's disease, dementia).

In addition we work with adults who may have difficulty with their eating, drinking and swallowing (also called dysphagia). We also see clients who stammer or have ongoing hoarseness.

What we do

We work with adults, their families and carers to support communication and swallowing. This may involve assessment, therapy sessions, home programmes or onward referral to specialist SLT services.

You may benefit from Speech and Language Therapy services if you have concerns regarding your communication such as:

- Understanding and following conversations
- Difficulty finding words during a conversation
- Difficulty pronouncing words, slurred speech

You may also benefit from Speech and Language Therapy services if you have concerns regarding your swallowing, eating and or drinking such as:

- Recurrent chest infections
- Choking episodes
- Feeling of food / drink going the wrong way
- Avoiding certain foods because they are hard to swallow.

How to get to us

People can self-refer to Speech and Language Therapy, you may be referred by another member of the Primary Care Team, or your hospital team may refer.

Contacts for SLT Services in Longford / Westmeath are as follows:

Mullingar Primary Care Network SLT team

Tel: **044 935 3754** Email: **speech.therapyMUL@hse.ie**

Athlone Primary Care Network SLT Team

Tel: **090 647 1145** Email: **athlone.adultslt@hse.ie**

Longford Primary Care Network SLT Team

Tel: **043 333 9754** Email: **longford.adultSLT@hse.ie**

Community Nutrition and Dietetic Services in Primary Care

Who we are

Community Dietitians work in a variety of services and HSE structures as part of a regional team of dietitians across Co. Longford, Westmeath, Laois and Offaly e.g. Primary Care Teams, Older Persons Services, Mental Health Services and Children Services (Primary Care and Disability Networks).

What we do

Dietitians are highly trained specialists in food and nutrition and the only qualified and regulated health professionals who assess, diagnose and treat dietary and nutritional problems at an individual and wider public health level.

- We provide information and support to all age groups to maintain health, restore health, reduce risk of poor health, and manage a range of conditions including dementia and frailty by developing individualised nutritional care plans.
- We advise on suitable strategies for people experiencing difficulties with eating and drinking in the context of living with dementia.
- We provide suitable interventions for nutrition support for people identified at risk of malnutrition and associated muscle wasting (Sarcopenia) and effects on bone health.
- We aim to empower clients and/or their carers and family members to provide or select food which is nutritionally optimal, safe, tasty and sustainable. This may take place in a clinic setting, in people's homes or community nursing units and in groups for structured patient education. Community diabetes dietitians deliver Discover Diabetes group education programmes for those with Type 2 Diabetes in the midlands.
- Our services are provided based on client clinical need, not medical card eligibility. Staffing availability may influence service provision at times.
- We work with media, research and education institutions, national groups and programmes to promote healthy nutrition messages and strategies affecting the population.

How to get to us

Ask your GP/doctor, nurse to make a referral to us, or you could self-refer in some instances e.g. for Type 2 Diabetes you can self-refer to the Discover Diabetes course through www2.hse.ie/conditions/type-2-diabetes/courses-and-support/diabetes-support-courses/

Counselling in Primary Care (CIPC)



Who we are

The HSE NCS Counselling in Primary Care Service (CIPC) provides time-limited counselling to adults across Ireland. This service is available to adults over 18 years who are medical card holders and experiencing mild to moderate psychological and emotional difficulties such as depression, anxiety, panic reactions, relationship problems, loss issues, and stress.

What we do

CIPC provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. CIPC operates from your local Primary Care Centre. Counsellors/Therapists employ a range of person-centred psychological therapies depending on the presenting issues and assessed needs of clients who attend.

How to get to us

This free service is available to people with a valid medical card. Referral to CIPC is through your GP or a member of your local primary care team. Once your GP/Primary Care Team practitioner has arranged a referral you must contact your local CIPC service to opt-in to counselling. You can do this by phoning the service in your area.

Longford/Westmeath

CIPC Counselling Coordinator - Sharon Cunningham

Unit 8A Burlington Business Park, Srah Avenue, Tullamore, Co. Offaly

Tel: **057 937 0605** Email: **cipcmidlands@hse.ie**



See Chapters 4 & 13 for additional information and resources related to Counselling and Support.

Dental, Optical and Hearing Services

It is important that you get regular dental, hearing and eyesight checks. Some of these services are free to medical cardholders.

If you do not have a medical card, the Treatment Benefit Scheme may help you to meet the cost of

- dental care
- optical care
- hearing aids and repairs.

Visit their website:

www.gov.ie/en/service/1fb655-treatment-benefit-scheme

Your teeth

Who we are

Dentists work in the community to provide routine and emergency dental care.

What we do

Free dental services are available to adults with a medical card through the Dental Treatment Service Scheme (DTSS). Services available to medical card holders include:

- a dental examination
- teeth cleaning
- extractions
- 2 fillings each year

Some other treatments may be available to some patients. These include dentures, some gum treatments and more fillings. Your dentist will tell you if these are available for you.

Phone your local dental practice and ask them if they are participating in the DTSS Scheme

Your eyes

Ask your GP to refer you to the HSE Ophthalmology Service to have your eyesight tested. The HSE Ophthalmology Service is based in your local health centre:

Longford County Clinic, Dublin Road, Longford. Tel: **043 335 0125**

Westmeath Athlone, Clonbrusk Primary Care Centre. Tel: **090 642 4806**

Westmeath Mullingar, Mullingar General Hospital. Tel: **044 939 4507** and **044 939 4634**

If you have a medical card, you can get a free eye examination every 2 years from the HSE. If you need glasses or spectacles, you can get free standard spectacles.

Your hearing

To use the service, you'll need a medical professional, e.g. your GP to refer you. The service can:

- diagnose problems with hearing
- treat hearing loss, for example by providing hearing aids
- service and repair hearing aids
- give advice about using assistive devices, such as induction loops
- provide emotional support if you are experiencing hearing loss

What we do

The HSE Audiology service offers free help with hearing loss for all eligible adults. The HSE audiology service helps adults with chronic hearing problems and provides free hearing aids to adults with medical cards in Ireland

How to get to us

If you would like to access the service please talk to your General Practitioner who can refer you to the service. If you are referred to the service, you will be told which audiology centre to visit.

Longford

Health Centre Longford, Dublin Road, Longford N39 KR23

Phone: **044 935 3807**

Westmeath

Mullingar Primary Care Centre, Audiology Dept, Harbour Road, Mullingar, Co. Westmeath, N91 V6R9.

Tel: **044 935 3777** Email: midlandsc.audiology@hse.ie

Clonbrusk Primary Care Centre, Audiology Dept, Harbour Road, Athlone, Co. Westmeath, N37 P8P8.

Tel: **044 935 3777** Email: midlandsc.audiology@hse.ie

Chiropody

Chiropody is the treatment and prevention of diseases or disorders of the foot. Usually, you are referred for chiropody services by your GP or public health nurse. The availability of chiropody services provided by the Health Service Executive (HSE) varies in different areas. Where available, services may be provided by the Local Health Office or by voluntary organisations on behalf of the HSE. Contact your GP, public health nurse or Local Health Office for information on chiropody services in your area.

Where chiropody services are provided by the HSE the following groups usually get priority:

- Medical card holders who are aged 66 and over
- People who have Health Amendment Act Cards
- People who have illnesses such as diabetes or arthritis
- People with disabilities

Podiatry Services in Primary Care

What we do

The service will screen the diabetic foot and categorise accordingly. The podiatrist will educate the person on care of the diabetic foot, review footwear and orthotic requirements. The HSE Podiatry service in the community is accessible to people with diabetes only.

How to get to us

If you would like to access the service please talk to your General Practitioner or Public Health Nurse who can refer you to the service.

GP Treatment Centre - St. Joseph's Care Centre Longford

This centre is for the treatment of all Minor Injuries; including sports injuries, broken bones, dislocations, sprains and minor burns.

It also provides walk-in service for chest x-rays, on referral from the patient's GP and other X-rays as deemed necessary by the GP.

They treat adults and children over 5 years.

Please note: GP Treatment Centre **is not an Emergency Service**. To access Emergency Services including National Ambulance Services please call **999** or **112**

Serves the population of County Longford and Catchment Area. The nearest Emergency Dept is Midland Regional Hospital in Mullingar.

Address: St. Joseph's Care Centre Campus, Dublin Road, Longford
Tel. **043 335 0142**

Opening Hours: **9am to 1pm** and **2pm to 6pm Mon-Fri**. Closed at lunch hour and on public holidays.

Integrated Care Programme for Chronic Disease Longford/Westmeath

Who we are

We are a team of specialist healthcare professionals helping people living with chronic disease including Asthma, COPD, Heart Failure and Type 2 Diabetes. The team includes a consultant in cardiology, respiratory and diabetes. We also have Clinical Specialist Nurses (CNS), Physiotherapists, Podiatrists, Dietitians, Physiologists, Psychologist and a Smoking Cessation Officer. The integrated care team is available to those over 16 years who have or have suspected chronic disease. The objective of the specialist ambulatory Chronic Disease hubs is to provide ready access to diagnostics, specialist healthcare professionals and specialist support to GPs in the community in managing patients with Chronic Disease.

What we do

Our team, based in a Specialist Hub, Primary Care Centres and Health Centres, assess your chronic disease need. We specifically focus on the following conditions:

- Respiratory (Asthma and COPD)
- Cardiology (Heart Failure and A-Fib)
- Diabetes Type 2

How to get us

Your GP can refer you directly to the available services within the Integrated Care Programme for Chronic Disease via Healthlink. Often this may come following your Chronic Disease review in the GP practice.

Further details you can contact the Integrated Care Team for Longford/Westmeath:

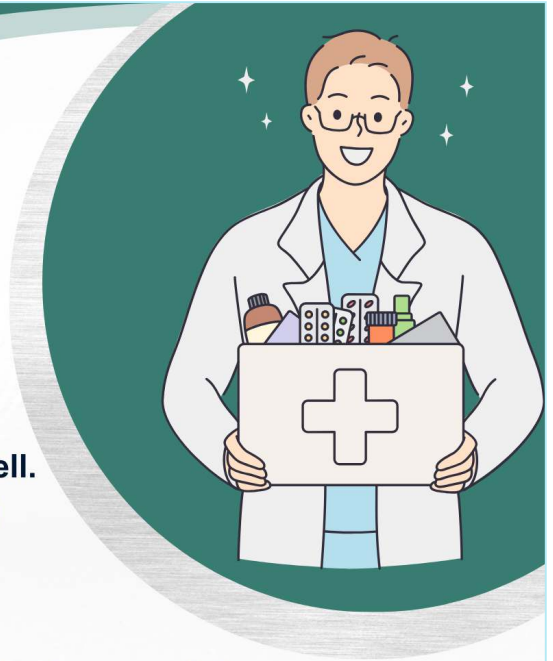
Email: cdm.longfordwestmeath@hse.ie

Community Pharmacy

Community pharmacists (often called chemists) are experts in how to use medicine. They dispense prescriptions, sell over-the-counter medicines and can give advice and treatment for everyday health conditions. They are contracted to the HSE, and also provide advice on over-the-counter medicines and other goods.

YOUR COMMUNITY PHARMACY

You can visit your local pharmacy if you feel unwell. Pharmacists are qualified healthcare professionals.



They can give you:

- medicines you can buy without a prescription
- medicines you have a prescription for
- advice on minor illnesses
- tell you if you need to see a GP

Services available in your local pharmacy include:

- prescriptions and repeat prescriptions
- medicines and treatments that you don't need a prescription for
- help with taking medicines correctly
- flu vaccine
- COVID-19 vaccine
- blood pressure check-up

To find your local pharmacy and their opening hours you can visit



<https://registrations.thepsi.ie>

Health Centres/Primary Care Centres

Westmeath

Ballynacargy - 044 937 3422
HSE Health Centre, Woodrow, N91 V9FK.

Castlepollard - 044 966 1170
HSE Health Centre, Castlepollard, N91 V489.

**Castletown Geoghegan
- 044 922 6432**
HSE Health Centre, Woodside, Castletown
Geoghegan, N91 NX83

Delvin - 044 966 4256
HSE Health Centre, Main Street, Delvin,
N91 K2H0.

Kilbeggan - 057 933 3218
HSE Health Centre, Mullingar Road,
Kilbeggan, N91 EYH2.

Kilbeggan - 057 936 9900
Kilbeggan Primary Care Centre, HSE,
Tullamore Road, Kilbeggan, N91 RW2T.

Killucan - 044 937 6087
HSE Killucan Health Centre, Rathwire,
N91 YK11.

Moate - 090 648 1165
The Newtown, Legan, Moate, N37 YV26.

**Clonbrusk Primary Care Centre,
Athlone
- 090 642 4840**
HSE, Primary Care Centre, Clonbrusk,
Athlone, N37 P8P8.

**Kinnegad Primary Care Centre
- 044 937 4120**
Main St, Kinnegad, N91 PX33.

**Mullingar Primary Care Centre
- 044 935 3700**
HSE Mullingar Primary Care, Harbour Road,
Athlone, N91 V6R9.

Longford

Ballinallee - 043 332 3212
HSE Ballinallee Health Centre, N39 Y153.

Ballymahon - 090 643 2384
HSE Ballymahon Health Centre, N39 VK06.

Drumlsh - 043 332 4440
HSE Drumlsh Health Centre, N39 F5D3.

Edgeworthstown - 043 667 1157
HSE Edgeworthstown Health Centre,
N39 H6C8.

Granard - 043 668 6068
HSE Granard Health Centre, Carra, Granard,
N39 P682.

Killashee - 043 334 1341
HSE Killashee Health Centre, N39 KW59.

Lanesboro - 043 332 1832
HSE Lanesboro Health Centre, Rathcline
Road, N39 KV21.

Longford - 043 335 0169
HSE Longford Health Centre, N39 KR23.

Newtowncashel - 043 332 5445
HSE Newtowncashel Health Centre,
Cornadowagh, Newtowncashel, N39 PH63.

**Smear Health Centre Aughnaccliffe
- 043 668 4158**
HSE Smear Health Centre, Aughnaccliffe,
N39 RW13.

**Ballyminnion Primary Care Centre
- 043 333 9700 / 9701**
HSE Primary Care Centre, Flancare Business
Pk, Ballyminnion, Athlone Road, N39 C650.

Regional Hospital Mullingar



Mullingar General Hospital provides a wide range of health services for people in Westmeath and Longford and specialised service for a broader Midlands population. It provides a range of services, on a 24-hour basis.

The hospital provides the following acute services:

- Accident & Emergency
- General Medicine (Including Regional Stroke Thrombolysis)
- General Surgery
- Obstetrics and Gynaecology
- Paediatrics / Special Care Baby Unit
- Critical Care
- 24 hour CT scanning service
- Out-Patient Services incl. Ophthalmology

Tel: **044 934 0221**



Mullingar Frailty Intervention Team (MFIT)

Who we are

We are a team of health and social care professionals that provide an integrated service to the frail older population of Longford & Westmeath who attend the Emergency Department and Acute Medical Assessment Unit in Regional Hospital Mullingar.

What we do

All patients over 75 years of age are screened for frailty when they present to the Emergency Department. When an older person screens positive for frailty they are assessed by our specialist team using Comprehensive Geriatric Assessment. This includes assessment of your presenting condition, medication, mobility, function, memory, communication, swallow, nutrition and social situation. Based on the outcome of this assessment we complete referrals to relevant community-based services or recommend admission to hospital for ongoing care. We provide this service Monday - Friday from 8.30am to 4.30pm.

How to get to us

If you are a frail older person and need to attend the Emergency Department you will be assessed by our team within the working hours of our service.

Rapid Access Clinic



RAC Care of the Older Person is a HSE funded initiative supported through Regional Hospital Mullingar for patients aged 60 and over who require an urgent but non-critical review. Our service is operating from Charter Medical Private Hospital. Patients referred by a General Practitioner are free for care and the service is operational five days a week (Monday to Friday 8.30am-4.30pm) and is staffed by specially trained medical and nursing teams.

A GP/ED referral is required by patients for the public clinic, where they can avail of a range of services including MRI/CT/ X-Ray/Ultrasound/Dexa.

Tel: **044 938 5325** Email: **RAC@cmph.ie**

Healthlink: RAC Medicine for the Elderly

Opening Hours: Monday to Friday 8.30am - 4.30pm

Sexual Health Services

Sexual Health prevention and treatment services include a broad range of services both publicly and privately.

Services include:

- Prevention of sexually transmitted infections
- Clinical care for those with sexually transmitted infections
- Screening for diseases such as genital chlamydia
- Psychosocial counselling and support

HSE Public sexually transmitted infections screening are available in:

Outpatients Midlands Regional Hospital Mullingar **086 859 1273**.

These services may be provided privately through your GP.

HSE Sexual Health Free Home Testing **www.sh24.ie**

Before you take it...

KNOW

your medicines
and keep a list

CHECK

that you are using
the right medicine
the right way

ASK

your pharmacist
if you're unsure



www.safermeds.ie



World Health
Organization



IRISH
PHARMACY
UNION



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

Someone
is **always**
there to
listen to you



**If it's an emergency,
Dial 999/112**

**CONTACT YOUR GP OR GP OUT OF HOURS SERVICE
MIDOC 1800 302 702**



**Help & Support
Information Card**
You are not alone, we
are here to help you!

National Support Services

SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN

116 123

jo@samaritans.ie www.samaritans.org

pieta

1800 247 247

TEXT HELP TO 51444

Pieta supports people and communities in crisis by providing freely accessible, professional services to all.

www.pieta.ie

spunout

text about it

Text About It is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support for our mental health & emotional wellbeing

Text: **Free-text HELLO** to 50808 to start a conversation
Website: textaboutit.ie

HUGG

HEALING UNTOLD GRIEF GROUPS

Free Suicide Bereavement
Peer Support

01 5134048
info@hugg.ie www.hugg.ie

Other ongoing Supports

your mental health.ie

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie

MyMind

Centre for Mental Wellbeing
(+353) 818 500 800

Online Therapy & Counselling

turn2me

professional mental health support online

Online Therapy & Counselling

SPUNOUT.ie

f SpunOut.ie
@SpunOut
SpunOutMedia

Youth information website created by young people for young people



Longford/Westmeath



LAOIS & OFFALY

CHAPTER 03 - HSE HEALTH & WELLBEING SERVICES AND SUPPORTS

Health Promotion and Improvement lead out on various different programmes to protect and promote the health of the entire population and work closely with family resource centres, Community organisations and local authorities to achieve this.

In this chapter you will find various programmes and initiatives you can take part in to protect and improve your health and to encourage you to actively participate in your own health and Wellbeing

Physical Activity

Being physically active and going outdoors helps your physical and mental health. The guidelines for adults aged over 18 years is to get at least 30 minutes a day of moderate intensity activity, five days a week (or 150 minutes a week). Moderate intensity is activity that raises your heart rate, makes you breathe faster and feel warmer e.g., brisk walking, dancing, cycling, swimming. You are working at a moderate intensity if you can still talk but not sing. For people aged 65 or more the recommendation is to focus on aerobic activity, muscle strengthening and balance.



If you are unable to perform 30 minutes of activity in one session, you can count shorter bouts of activity, which should last for at least 10 minutes. If you can't do the recommended amounts of activity due to health conditions, you should be as physically active as your abilities and conditions allow. Staying active into older age will help you stay mobile and independent, maintain healthy bones, muscles and joints and reduce your risk of falls and fractures. Talk to your GP if you are worried about exercising with a health condition, disability, or illness.

The following are links to resources such as online booklets to help you stay active:

Indoor exercises for older people

<https://www2.hse.ie/living-well/exercise/indoor-exercises/overview/>

60 day challenge to Get Up, Get Dressed and Get Moving -

<https://www.hse.ie/eng/services/list/4/olderpeople/get-up-get-dressed-get-moving>

Chair Yoga for Beginners, Pilates, Yoga, Strength and Conditioning Exercises

<https://www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/>

Booklet with gentle exercises to help older people keep active

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/health/food-pyramid-images/stay-active-older-adults-.pdf>

There are lots of resources available. Go to the HSE website

<https://www2.hse.ie/living-well/> and also, you order resources on www.healthpromotion.ie and they will be delivered to you by post.

Self-Management Support

Living Well Programme

Living Well is a free, group management support programme for adults with long-term or chronic health conditions. A long-term health condition is one that can be treated and managed but usually not cured. Examples include asthma, COPD, diabetes, heart conditions, stroke, multiple sclerosis, arthritis, inflammatory bowel disease, chronic pain and many more.



Aine McNamee, Living Well Co-ordinator

Tel: **087 114 0371** or **041 685 0671**

Email: **Aine.mcNamee@hse.ie**

Minding your long-term health condition videos

These short videos provide practical and clear information to support people to self-manage and to stay healthy.

The short videos below can be accessed via:

<https://www.hse.ie/eng/health/hi/selfmanagement/resources-for-people-living-with-a-long-term-health-condition/>

- Minding your long-term health condition
- Supports available to people living with a long-term health condition
- Taking your usual medication as prescribed
- Staying Active

HSE Managing a Long-term Health Condition
Physical Activity Tips

- Include physical activity
- Go outside for a brisk walk
- Workout with an exercise video or online group
- Reduce the time you spend sitting

Staying active is important for your physical and mental health

Self-management Support **hi**

ExWell in association with the HSE Dublin and Midlands Health Region



ExWell provide community-based exercise classes for individuals with a wide spectrum of chronic illnesses. ExWell offers medical oversight and prior to starting the classes, participants must attend an induction where one of our doctors provides information about the programme and gives participants an opportunity to ask questions about any concerns they might have around managing exercise and their chronic illness.

At the induction, participants also complete various tests to assess physical function and self-rated health. The tests are repeated at quarterly intervals throughout the year to monitor progress over time.

The classes incorporate exercises that target various elements of fitness including aerobic fitness, strength, balance and core. All levels of ability are catered for as exercises can be adapted as needed.

Classes are led by BACPR certified professionals with a range of backgrounds such as Physiotherapy, Sport and Health Science, Athletic and Rehabilitation Therapy and Physical Activity for Health.

To find out more, contact:

Edel Larkin email: Elarkin@exwell.ie

Lisa Kelly email: l.kelly@exwell.ie

Healthy Ireland - Healthy Eating

Go to the Healthy Ireland website for healthy eating guidelines, resources and fact sheets including:

- Healthy eating guidelines for kids
- Healthy eating guidelines for older children and adults
- Cooking healthy meals
- What you drink matters too
- Losing Weight

www.healthyireland.ie



Healthy Food Made Easy

The programme aims to encourage healthy eating and to improve our knowledge of nutrition when preparing our meals at home

Programmes outline:

- 6 week course
- 2x 2 ½ hour sessions per week

For more information, please contact:

Westmeath

Marie Byrne, Athlone Family Resource Centre

Tel: **085 264 6318**

Email: **foodandnutrition@afrc.ie**

Longford

Breda Murphy, Co-ordinator, Longford EDI

Tel: **087 918 1787**

Email: **breda.murphy@edilongford.ie**



Mental Health and Wellbeing

Minding Your Wellbeing

Minding Your Wellbeing is brought to you by HSE Health and Wellbeing. It aims to help you develop a positive outlook by looking after your mental health and wellbeing. It is a free series of online video resources to learn and practice key elements of mental wellbeing such as mindfulness, gratitude, self-care and resilience.



Access the Minding your Wellbeing Programme at <https://www.hse.ie/eng/about/who/healthwellbeing/about-us/minding-your-wellbeing.html>

Stress Control

HSE Health and Wellbeing are offering a free Stress Control programme. Stress Control is an evidence-based programme that teaches you practical skills to deal with stress.



The programme will help you recognise the signs of stress. It covers topics including how stress affects our bodies and our thoughts. It teaches skills to overcome panicky feelings and tips to getting a good night's sleep.

Website: www.stresscontrol.ie



Minding Your Wellbeing is a free, online mental health and wellbeing programme

What does the programme consist of?

It consists of 5 video sessions (20 min each), which can be accessed on the link below and following the sequence of videos.

To get the most from the videos, it is recommended to watch them in order (1 to 5)

The content focuses on:

- Practising self-care
- Understanding our Thoughts
- Exploring Emotions
- Building Positive Relationships
- Improving our resilience

To find out more:

www.hse.ie/eng/about/who/healthwellbeing/about-us/minding-your-wellbeing.html



Social Prescribing

Social Prescribing is a free service that supports people to connect with local community activities and health programmes to improve their mental health and wellbeing which helps to link you with sources of support and social activities within your community. These can include:



- Physical activity
- Reading groups / books for health
- Music activities / groups
- Self-help programmes
- Men's Sheds / Women's Sheds
- Community gardening
- Arts and creativity

How to get to us

You, a family member or friend acting on your behalf, can access Social Prescribing by phoning or emailing the Social Prescribing Link Worker listed below and completing a referral form. Your GP, Healthcare Professional or any Agency you are linked to, can refer you by phone or email and by completing the referral form.

For more information, please contact:

Longford

Tony Owens, Longford Social Prescribing Link Worker
Longford Community Resources, Templemichael, Longford.

Phone: **087 458 1178**

Email: **towens@lcri.ie**

Westmeath

Joanne Naughton, Athlone Social Prescribing Link Worker
Athlone FRC, Business Development Centre, Ball Alley Lane, Athlone, Co. Westmeath.

Phone: **085 852 9019**

Email: **socialprescriber@afrc.ie**

HSE Social Prescribing



What is social prescribing?

Social connections are essential to help to maintain and promote good physical, emotional and mental well-being. Social Prescribing aims to link people with others and support them to get involved with sources of support in the community.

Who is it for?

- Anyone over 18
- If you feel isolated, stressed, anxious or lonely
- If you enjoy the company of others and would like to explore options available to you within the community

What are the benefits?

- Learn a new skill or participate in a new activity
- Improve your mental and physical health
- Meet new people
- Receive social support from others
- Increase self-confidence and self-esteem
- Become involved in your community

In Longford and Westmeath, there are Social Prescribing projects.

To find out more contact:

Longford Community Resources
Tony Owens on **087 458 1178**

Westmeath Athlone FRC
Joanne Naughton on **085 852 9019**



Quit Smoking Clinics

The HSE provide stop smoking clinics in Westmeath and Longford. We offer 12 weeks Free Nicotine Replacement Therapy such as Nicorette patches, gum, lozenges, inhaler, plus advice and support to everyone.



Please contact our Stop Smoking advisors below:

Westmeath

Mullingar: Joan Tierney Tel: **086 380 1153** Email: **Joan.Tierney@hse.ie**

Mullingar: Catherine Carragher Tel: **087 188 1973**
Email: **Catherine.Carragher@hse.ie**

Athlone: Darina Harte Tel: **087 958 3617** Email: **Darina.Harte@hse.ie**

Athlone: Dr. Gail McNeill Tel: **086 815 7708** Email: **Gail.mcneill@hse.ie**

Longford

Longford: Dr. Gail McNeill Tel: **086 815 7708** Email: **Gail.mcneill@hse.ie**

Granard: Anne McGuinness Tel: **087 443 8132**
Email: **Anne.Mcguinness5@hse.ie**

Ballymahon: Catherina Brady Tel: **087 443 5256**
Email: **Catherina.brady3@hse.ie**

We Can Quit

A friendly group support programme to help people stop smoking. 'We Can Quit' takes a holistic approach to stop smoking and participants can also avail of free Nicotine Replacement Therapy (Stop Smoking medication) funded by the HSE.



Community Agency: Youth Work Ireland (Midlands)

Eileen McArdle (WCQ Coordinator)

Tel: **087 791 7993**

Email: **wcq@youthworkmidlands.org**

Community Stop Smoking Service Longford Westmeath



This free, friendly and supportive service offers support from an HSE Stop Smoking Advisor. You are 5 times more likely to Quit for good with our help. To find the nearest service to you, please contact:

Longford

Dr. Gail McNeill	086 815 7708	Gail.mcneill@hse.ie
Anne McGuinness	087 443 8132	Anne.mcguinness5@hse.ie
Catherina Brady	087 443 5256	Catherine.brady3@hse.ie

Westmeath

Dr. Gail McNeill	086 815 7708	Gail.mcneill@hse.ie
Joan Tierney	086 380 1153	Joan.tierney@hse.ie
Catherine Carragher	087 188 1973	Catherine.carragher3@hse.ie
Darina Harte	087 958 3617	Darina.Harte@hse.ie



QUIT.ie
FREEPHONE 1800 201 203



HSE Talking Health and Wellbeing Podcast



Listen to the HSE Talking Health and Wellbeing Podcast with interviews and insights on the work underway by HSE Health and Wellbeing and their partners to deliver on the Healthy Ireland ambition of supporting, protecting and empowering individuals, families and their communities to achieve their full health potential. You can follow on Spotify, Apple Podcasts and on the HSE Health and Wellbeing YouTube channel.

Please get in touch to find out more about our podcast series or the work of HSE Health and Wellbeing at healthandwellbeing.communications@hse.ie.

Podcasts for Longford Westmeath

- Kildare Talks: <https://www.countykildarelp.ie/kildare-talks-podcasts/>
- Longford Talks: <https://lcr1.ie/longford-talks/>
- Westmeath Talks: <https://www.westcd.ie/index.php/joomla-overview/westmeath-talks>
- Laois Connects: <https://laoispartnership.ie/laois-connects-podcast/>
- Offaly Talks: <https://www.offalyldc.ie/individual-supports/offaly-talks-podcasts>
- Meath Talks: <https://www.meathpartnership.ie/pages/meath-talks/>

CHAPTER 04 - MENTAL HEALTH TEAMS AND SUPPORT SERVICES

In this chapter we will provide you with information on HSE Longford Westmeath Adult Mental Health Service. We explain what services are available through Psychiatry of Later Life (POLL), as well as other adult Community Mental Health Teams, Support Groups and other resources

Longford / Westmeath Community Mental Health Teams (CMHT)

Acute Services

- Longford / Westmeath In-Patient Services
- Two Approved Centres: St. Loman's Campus - 44 Beds and Cluain Lir Care - 42 Beds

Community Services

- 10 Community Mental Health Teams
- Rehabilitation & Recovery Services
- Mental Health Services for Older Persons
- Community Alcohol and Drugs Services
- Community Services-Day Hospital/Homebase Teams/Assertive Outreach Services/Specialist Services

Day Services

Each Mental Health Team have access to and the supports of day services. These supports can be day hospitals or day centres and are designed to support people recently discharged from hospital or to prevent an admission to hospital.

Who we are

Adult Community Mental Health teams are secondary mental health services that primarily deal with moderate to severe mental illness. CAMHS services meet the needs of referrals up until the age of 15, YAMHS services cater for the needs of 16 and 17 year olds. Adult CMHTs care for patients that are between 18 to 64 years of age. Psychiatry of Later Life CMHTs care for people over 65.

Patients present with a range of illness including schizophrenia, bi-polar affective disorder, dementia, severe anxiety and depression just to mention a few.

What we do

This team of doctors, nurses, occupational therapists, psychologists and social workers provide a range of community mental health service to help you manage your illness with medication and support including talk therapies. We will educate and support you and your family, help you maintain your independence, link you with supports, and help you to express your views and wishes. Members of the team also facilitate groups on different topics, i.e. managing anxiety.

How to get to us

If you have worries about your mental health or your memory talk to your GP or Consultant and ask them about a referral to one of our Mental Health Services (see below).

Where to find us

Adult Community Mental Health teams are based:

St. Loman's Hospital, Mullingar **044 934 0191**

Cluain Lir, Care Centre, St. Mart's Campus, Mullingar **044 939 4905**

Community Mental Health Centre, Mullingar **044 935 3840**

Green Road, R&R HQ, Mullingar **044 933 9552**

Croí Óir Care Centre, Coosan Road, Athlone **090 649 2969**

Ré Nua Athlone, PCC Clonbrusk, Athlone **090 642 4870 / 090 642 4880**

Community Mental Health Centre, Longford **043 334 6992**

Community Alcohol and Drugs Service, St. Mary's Campus **044 939 5200**

POLL Day Hospital, St. Mary's Campus, Mullingar **044 932 5667/8**

Suicide Resource Office, St. Loman's Campus, Mullingar **044 934 0191**

Day Hospital

Every Mental Health Team has a day hospital. The day hospital supports people recently discharged from the Department of Psychiatry. People who may need additional support can attend the day hospital to help them stay well and prevent admission to hospital. For further information, contact your local Community Mental Health Team.

The Psychiatry of Later Life (POLL) team

Who we are

Psychiatry of Later Life (POLL) is a specialist mental health team who cares for people over the age of 65 years who are experiencing mental health problems such as anxiety or depression. We also care for people who have a cognitive impairment and are struggling with other issues such as aggression and wandering. If you have previously attended an adult community mental health team in your area, this team will continue to support you after your 65th birthday.

What we do

The team of doctors, nurses, occupational therapists and social workers will meet with you to assess your needs and offer you support. The doctor will assess and give advice about diagnosis and medication. The nurse will support you and your family within the community and liaise with the doctors on your behalf in relation to mental health issues. The Occupational Therapist can help you to re-engage with supports in the community and support you to maintain your independence. The Psychologist can support you and your family in relation to complex emotions that arise from the challenges of living with a mental health issue. The Social Worker can help you, and your carer, with benefits and entitlements, housing, and also act as your advocate. You will also have access to our MTRR room. This room contains products and devices to support your memory.

How to get to us

If you have concerns about your memory or mental health you can discuss it with your GP or Consultant who can refer you to POLL.



See Chapter 5 for additional information on memory assessments.

Mental Health Ireland

Mental Health Ireland promotes and enhances mental health, wellbeing and recovery for all individuals and communities. They aim to support people with lived experience of mental health challenges and their supporters and family members in their recovery



Tel: **01 284 1166** Email: **info@mentalhealthireland.ie**

GROW Mental Health

Grow Mental Health is a registered charity who deliver Mental Health Education Programmes both within the community. The aim of these programmes is to increase awareness of Mental Health.



The service provide free, community based, peer support groups throughout Longford & Westmeath, for anyone who is experiencing a mental health issue.

Midlands Area Co-ordinators - Assumpta Lyons/John Madden

Tel: **0818 474 474**

Email: **assumptalyons@grow.ie** or **johnmadden@grow.iw**

Website: **www.grow.ie**

Shine

Shine is a national organisation providing information and support for people affected by mental health difficulties. They support individuals and family members through:



- Individual support and recovery planning
- Peer support groups facilitated by people with lived experience
- Training and education led by people with lived experience of mental health difficulties or people who have lived experience of supporting a family member or relative

Tel: **086 040 7701**

National Office Tel: **01 860 1610**

Email: **info@shine.ie**

Website: **www.shine.ie**

Your Mental Health

yourmentalhealth.ie
Information | Support | Services
1800 111 888

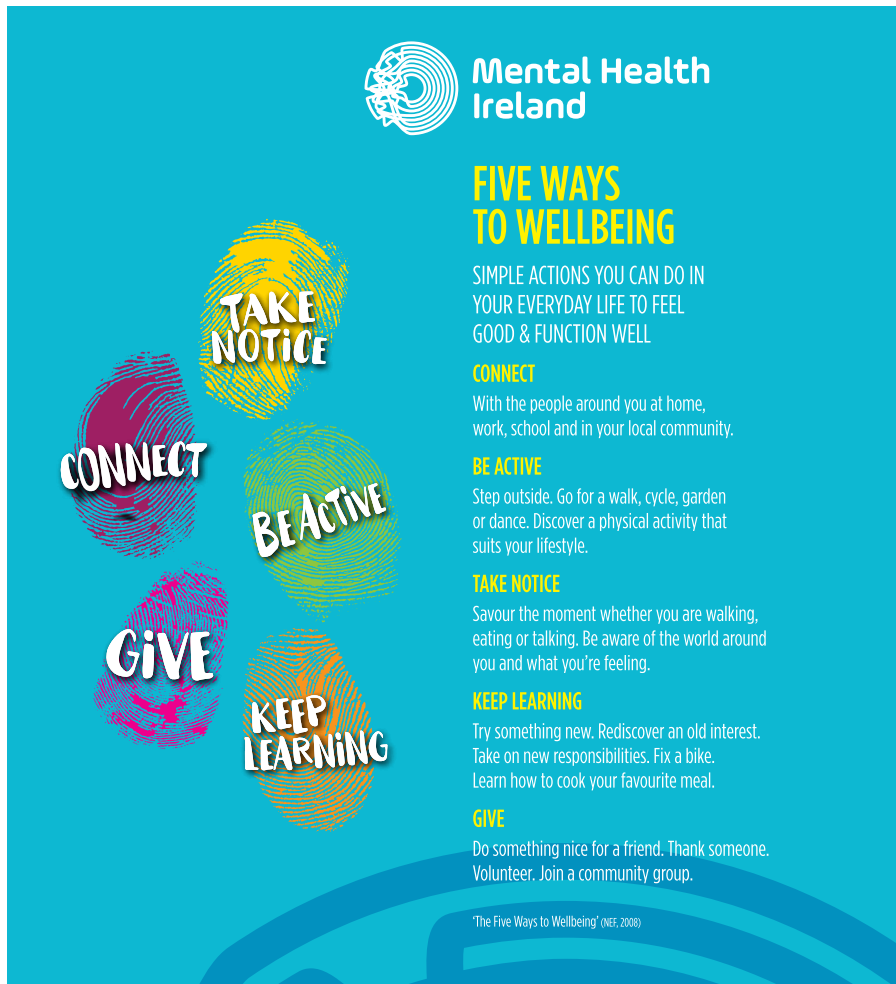
The Your Mental Health information line is a phone service you can call any time. A member of our team will talk to you about:

- The mental health supports and services available to you
- How to access different services provided by the HSE and funded partners

Please note Your Mental Health information line is not a counselling service.

Freephone: **1800 111 888**

Website: **www.yourmentalhealth.ie**



Mental Health Ireland

FIVE WAYS TO WELLBEING

SIMPLE ACTIONS YOU CAN DO IN YOUR EVERYDAY LIFE TO FEEL GOOD & FUNCTION WELL

CONNECT
With the people around you at home, work, school and in your local community.

BE ACTIVE
Step outside. Go for a walk, cycle, garden or dance. Discover a physical activity that suits your lifestyle.

TAKE NOTICE
Savour the moment whether you are walking, eating or talking. Be aware of the world around you and what you're feeling.

KEEP LEARNING
Try something new. Rediscover an old interest. Take on new responsibilities. Fix a bike. Learn how to cook your favourite meal.

GIVE
Do something nice for a friend. Thank someone. Volunteer. Join a community group.

*The Five Ways to Wellbeing' (NEF, 2008)



THE Alzheimer
SOCIETY OF IRELAND

Brain Health Matters

5 steps to help to reduce your risk
of Alzheimers / Dementia



A cure?

While there is no cure for Alzheimer's and other forms of dementia, growing scientific evidence* indicates that you can help to reduce your risk of developing dementia.

The 5 steps you can
take to reduce your
risk are



Be physically active



eat a healthy diet



take care of your heart



mentally challenge your brain



be socially engaged

*WHO Guidelines on risk reduction of cognitive decline and dementia, May 2019 @ www.who.int



1800 341 341
alzheimer.ie



THE ALZHEIMER
SOCIETY *of* IRELAND

Dementia Adviser Service



How do I contact this service?

Your local Dementia Adviser is:



Contact: Clair Harte



Phone: 087 395 1693



Email: clair.harte@alzheimer.ie



Area covered: Longford / Westmeath

People with dementia and their families can contact their local Dementia Adviser directly.

We also welcome referrals from health and social care professionals.



Funded by the HSE

dementia

understand together

National Office
Temple Road
Blackrock
Co. Dublin

Phone: 01-207 3800
Fax: 01-210 3772
Email: info@alzheimer.ie
Web: www.alzheimer.ie
Charity Number: CHY 7868



CHAPTER 05 - DEMENTIA SERVICES

The Alzheimer's Society of Ireland

The Alzheimer Society of Ireland is the leading dementia specific service provider in Ireland and works across the country in the heart of local communities providing dementia specific services and supports and advocating for the rights and needs of all people living with dementia and their carers.

Our vision is an Ireland where people on the journey of dementia are valued and supported.

A national non-profit organisation, The Alzheimer Society of Ireland advocates, empowers and champions the rights of people living with dementia and their communities to quality support and services.

The Alzheimer Society of Ireland also operates the Alzheimer National Helpline offering information and support to anyone affected by dementia on **1800 341 341**

Longford and Westmeath Services:

Dementia Advisers

Our Dementia Advisers work with people with dementia, their families and carers to provide a highly responsive and individualised information and signposting service. This service is free and confidential. Dementia Advisers continue to provide support over the phone:

Contact: Clair Harte - Phone: **087 395 1693**

Email: **clair.harte@alzheimer.ie**

Note: This service is free and confidential.

Home and Day Care at Home Services

Our home care service offers dementia specific, person centred care and our trained staff work with clients to ensure that we meet your needs.

The Day Care at Home service provides an interim alternative model of care and support to our clients and families.

Longford Home Care, No. 2 Earl Street, Longford Town, Longford N39 N254

Contact: Breda Dunne - Phone: **043 334 7221 / 086 380 2183**

Email: **bdunne@alzheimer.ie**

Westmeath Home Care No.2 Earl Street, Longford Town, Longford N39 N254
 Contact: Jackie Egan - Phone: **085 871 3695**

Day Care Services

The day care centres provide dementia specific, person centred care to meet the needs of the person with dementia in a warm, welcoming and safe environment while providing support and stimulation.

Longford Day Care - every Saturday, St. Joseph's Hospital, Dublin Road, Longford Town, Longford.

Contact: Jackie Egan - Phone: **085 871 3695**

Multyfarnham Daycare

Also open to residents in Longford. Open Tuesday, Wednesday & Thursday
 The Friary, Multyfarnham, Westmeath, N91 WC67.

Contact: Leanne Taitt - Phone: **086 607 5089**

Online Family Carer Training

We offer training to family carers looking after a loved one with dementia. Family carers can either be the primary carers for the person with dementia or those indirectly involved in caring. Please note there is a waiting list for this service.

Phone: **1800 341 341** Email: **familycarertraining@alzheimer.ie**

Support Groups

We run support groups for families affected by dementia around Ireland.

Longford: 2nd Wednesday of the month 7pm - 8pm

No. 2, Earl Street, Longford Town, N39 N254.

Contact: Breda Dunne

Phone: **086 380 2183** Email: **bdunne@alzheimer.ie**

Athlone: 1st Thursday of each month 11am - 12pm

Sensory Room, Athlone Library, Athlone Civic Centre, Church St, Athlone.

Contact: Niamh Lynch

Phone: **086 145 0513** Email: **niamh.lynch@alzheimer.ie**

Mullingar: 1st Thursday of each month 6.30 - 7.30pm
Sensory Room, Mullingar Library. County Buildings, Mount St, Mullingar
Contact: Johanna Bennett
Phone: **086 607 5089**

Online Carer Support Groups

We run support groups for families affected by dementia around Ireland. The support groups provide an opportunity to meet others in a similar situation, to share stories and experiences, and access information and practical advice in a relaxed, understanding and supportive environment.

National Online Family Carer Support Groups Online

Phone: **1800 341 341** Email: onlinesupportgroup@alzheimer.ie
Website: <https://alzheimer.ie/about-dementia/family-carer-training/>

Longford Alzheimer Cafe

Alzheimer Cafes provide a warm and welcoming space for people with dementia, their family and friends, social and health care professionals to meet, exchange ideas and learnings.

Last Wednesday of every Month, 7pm - 8.30pm

No. 2, Earl Street, Longford Town, N39 N254.

Contact: Eileen Kilbride

Phone: **085 872 4475** Email: eileen.kilbride@alzheimer.ie

Longford Sweet Memories Dementia Choir

Every 2nd Wednesday 12pm to 1:30pm (Slashers GAA Club).

Contact: Martina Logan **086 607 6879** or Clair Harte **087 395 1693**

Social Clubs

Our Social Clubs are for people with dementia, their families or carers.

Athlone Social Club

Every 2nd Wednesday 2pm - 4pm

Athlone Library Athlone Civic Centre, Church St, Athlone, Co. Westmeath

Mullingar Social Club

Every Friday 11am - 1pm

Mullingar Bridge & Amenity Centre Bellview, Mullingar, Westmeath N91 WD96

Contact: Eileen Kenny

Phone: **085 872 3720** Email: **eileen.kenny@alzheimer.ie**

For additional services, visit this website

<https://alzheimer.ie/get-support/services-in-my-county/>

Dementia Services Information and Development Centre (DSiDC)

www.dementia.ie

Dementia Services Information and Development Centre works alongside health and social care professionals, people with dementia and their care partners, community organisations, private and public care providers. They have three core professional services, education, information and research.



Understand Together

www.understandtogether.ie

Understand Together is a public support and information campaign. It is aimed at inspiring people from all sections of society with the 500,000 Irish people whose families have been affected by dementia to help create an Ireland that embraces and includes people living with dementia, and which displays solidarity with them and their loved ones. They also have a training and resource section on their website which provides online training for people with dementia, carers, families and volunteers. For further information please refer to: **www.understandtogether.ie/training-resources/dementia-training-and-education/people-with-dementia-families-and-volunteers/**



Engaging Dementia

Engaging™
Dementia

www.engagingengagingdementia.ie

Engaging Dementia is a registered charity that provides training and resources for those who care for people with dementia in residential care, day centres, hospitals or the family home. Their training services are primarily for the staff in nursing homes, day centres and hospitals. Their resources are suitable for both formal and informal carers. They are involved in a range of community based initiatives focused on supporting communication and engagement for people with dementia.

Contact: Dementia Services Information and Development Centre
Sixth Floor, Mercer's Institute for Successful Ageing (MISA), St. James's Hospital, Dublin 8, D08 E9P6.

Tel: **01 416 2035** Email: dsidc@stjames.ie

Memory Technology Resource Room MTRR

The Memory Technology Resource Room has assistive technology products on display. People with memory difficulties and their carers will have an opportunity to see a range of products and how they work. You can also access expert advice about assistive technology.



Longford:

Longford MTRR, PCC Ballyminion, Athlone Road, Longford, N39 C650.

Martina Logan Tel: **086 607 6879** Email: martina.logan@hse.ie

Westmeath:

Westmeath A.R.C.S Delvin Road, Mullingar, Co Westmeath, N91FY61.

Martina Logan Tel: **087 415 6379** Email: martina.logan@hse.ie

Supportive Memory Guide eBook

This eBook is supportive for people who are experiencing memory problems and those with early stages of dementia, providing ideas and strategies to help manage early symptoms and create positive and protective routines.

<https://www.ehealthireland.ie/additional-resources/supportive-memory-guide/supportive-memory-guide.html>

Longford Services


Dementia Adviser

 Orlaith Leonard

 087 395 1693

DAY CENTRES


Longford Daycare

 every Saturday at St. Joseph's Hospital, Dublin Road, Longford Town, Longford

 Jackie Egan

 085 871 3695

Multyfarnham Daycare

 Multyfarnham Friary, Multyfarnham, Co. Westmeath, N91 WC67

 Leanne Taitt

 086 607 5089

HEMOCARE & DAYCARE AT HOME


 No 2 Earl Street, Longford. N39N254

 Breda Dunne

 086 380 2183

SUPPORT GROUP

2nd Wednesday of the Month 7pm-8pm


 No 2 Earl Street, Longford. N39N254

 Breda Dunne


 086 380 2183

LONGFORD ALZHEIMER CAFÉ

Last Wednesday of the Month 7pm-8.30pm

 No 2 Earl Street, Longford. N39N254

 Eileen Kilbride

 085 872 4475

LONGFORD SWEET MEMORIES DEMENTIA CHOIR

Every Second Monday 12.00 pm -1.30pm


 Martina Logan

 087 4156379




Westmeath Services


Dementia Adviser

 Orlaith Leonard

 087 395 1693


MULTYFARNHAM DAY CENTRE

 Multyfarnham Friary, Multyfarnham,
Co. Westmeath, N91 WC67

 **Leanne Taitt**

 086 607 5089

HOMECARE & DAYCARE AT HOME

 Multyfarnham Friary, Multyfarnham,
Co. Westmeath, N91 WC67

 **Jackie Egan**

 085 871 3695

ATHLONE SUPPORT GROUP

first Thurs 11am to 12noon

 Athlone Civic Centre

 **Niamh Lynch**

 086 145 0513

MULLINGAR SUPPORT GROUP

first Thurs of each month 6.30pm-7.30pm

 Mullingar Library

 **Johanna Bennett**

 086 6075089

ATHLONE SOCIAL CLUB

Every second Wednesday 2pm-4pm


 Athlone Civic Centre

 **Eileen Kenny**

 085 872 3720

MULLINGAR SOCIAL CLUB

Every Friday 11am-1pm

 Mullingar Bridge and Amenity Centre,
N91 WD96

 **Eileen Kenny**

 085 872 3720

ONLINE SUPPORT GROUP

onlinesupportgroup@alzheimer.ie



Social Clubs



Mullingar Library
County Buildings
Mount Street
Mullingar

Athlone Library
Athlone Civic Centre
Church Street
Athlone



Contact: Eileen Kenny

Tel: 085 872 3720

Email: eileen.kenny@alzheimer.ie

Our Club is a social gathering where people can access information and support, meet other people as well as to exchange ideas and experiences.

For more info:  **www.alzheimer.ie**



THE Alzheimer
SOCIETY OF IRELAND

The Alzheimer Society of Ireland, National Office,
Temple Road, Blackrock, Co. Dublin

Charity Number: CHY7868

CHAPTER 06 - HSE HOME SUPPORT RESPITE CARE SERVICES

This chapter provides information to support you to live well at home. We provide you with information on the HSE Home Support Service, day care services and respite services.

The HSE Home Support Service

(formerly called the Home Help Service or Home Care Package Scheme)

Who we are

The Home Support Service is available to people aged 65 or over who need support to continue living at home. People under the age of 65, with early onset dementia or a disability, may also avail of Home Support.

What we do

We provide support for everyday tasks including:

- assistance with getting in and out of bed
- dressing and undressing
- help with personal care such as showering and shaving

You can apply for a home support service if you are at home, in hospital or in a nursing home and wish to return home.

How to get to us

If you wish to apply for any of these services, an information booklet and application form is available from your Public Health Nurse or is also available from your local Home Support Service - see numbers below.

The Information Booklet and Application Form can be downloaded from this website link: www.hse.ie/eng/home-support-services/home-support-services-information-booklet.pdf. You can return the Application Form to your local Home Support Service Office.

Longford Home Support Service, Services for Older People, Unit 20, Daingean Hall, N4 Axis Centre, Battery Road, Co. Longford, N39 ED36.
Tel: **043 333 9780 / 043 333 9781**

Westmeath Home Support Service, Services for Older People, HSE, Health Centre, Old Longford Road, Mullingar, Co. Westmeath, N91 HP76.
Tel: **044 939 5082 / 044 939 5021 / 044 939 5006**

HSE Day Care

The HSE also directly provides and funds voluntary organisations to provide day care and meals on wheels services. The type of day service provided varies with some providing a more social element which may offer personal care such as showering, chiropody; while other services are nurse led and provide a nursing service as well as social activities. Some day care centres are targeted at specific conditions such as Alzheimer's/dementia. Your local health office or Public Health Nurse can help you to access community services in your area.

St. Joseph's Day Care Centre, Dublin Road, Longford.

Tel: **043 333 2469 / 043 334 6211**

St Mary's Day Care, Mullingar, Co Westmeath.

Tel: **044 939 4907**

St. Vincent's Care Centre, Coosan Point Road, Athlone, Co. Westmeath.

Tel: **090 648 3100 / 090 648 3153**



HSE Respite Care

Respite services both in the home and in nursing homes are recognized as hugely important for carers as they offer an opportunity to take a break from the stresses of caring. Your primary care team/ public health nursing service can help you to access respite services in your area.

CHAPTER 07 - LONG TERM CARE FACILITIES / NURSING HOMES

This chapter provides information on the application process for admission to a nursing home (Fair Deal) and a list of public and private nursing homes.

Despite supports, some people require long-term care in a HSE Community Nursing Unit (Public Nursing Home) or Private Nursing Home.

Fair Deal Process

Who we are

We provide advice on public, private and voluntary nursing homes in your area, funding through the Fair Deal, and the application process.

What we do

We recognise that moving to a nursing home is a stressful time for you and your family. The public health nurse will provide advice and guidance on applying for nursing home care. If you are in hospital, the nurse manager or discharge planner will support you.

Additionally, you can call the nursing home support office who will guide you further.

How to get to us

You can speak to your Public Health Nurse by phoning your local Health Centre/Primary Care Centre.

You can contact the nursing home support office as follows:

HSE Nursing Homes Support Office

Health Centre, Longford Road, Mullingar, Co. Westmeath, N91 HP76.

Phone: **044 939 4995** (Longford and Westmeath).



See page 42 for the list of Health Centres/Primary Care Centres in Longford and Westmeath.

Community Long Term Care Facilities

HSE Care Centres

Cluain Lir, Longford Road, Mullingar, Westmeath, N91 T267.
Phone: **044 939 4931**

St Joseph's Care Centre, Dublin Road, Longford, N39 ER84.
Phone: **043 335 0110**

St Vincent's Care Centre, Coosan Road, Athlone, Westmeath, N37 A3K5.
Phone: **090 648 3153**

Private Nursing Homes

Longford

Laurel Lodge Nursing Home, Templemichael, N39 XE92.
Phone: **043 334 8033** Email: guy@lhn.ie
www.laurellodgenursinghome.ie

Our Lady's Manor Nursing Home, Edgeworthstown, N39 VR04.
Phone: **043 667 1007** Email: adminolm@newbrooknursing.ie
www.newbrooknursinghome.ie

Thomond Lodge Nursing Home, Ballymahon Road, N39 C597.
Phone: **090 643 8350** Email: info@thomondlodge.com
www.thomondlodge.com

Westmeath

Bethany House, Main Street, Tyrellspass, N91 P5P6.
Phone: **044 922 3391** Email: info@bethanyhouse.ie

Moate Nursing Home, Dublin Road, Moate, N37 NT68.
Phone: **090 648 2855** Email: managermoate@mowlamhealthcare.com
www.mowlamhealthcare.com

Newbrook Nursing Home, Ballymahon Road, Mullingar, N91 D232.
Phone: **044 934 2211** Email: adminnb1@newbrooknursing.ie
www.newbrooklodgenursinghome.ie

Portiuncula Nursing Home, Multyfarnham, N91 RW14.

Phone: **044 937 1911** Email: **ann.bloomer@newbrooknursing.ie**
adminporti@newbrooknursing.ie
www.portiunculanursinghome.ie

Retreat Nursing Home, Retreat Heights, Bonnavalley, Athlone, N37DK07.

Phone: **090 647 2072** Email: **retreatnursinghome@gmail.com**

Roselodge Nursing Home, Killucan, N91 PC95.

Phone: **044 937 6220** Email: **info@roselodge.ie**
www.roselodgenursinghome.ie

Sancta Maria Nursing Home, Parke, Kinnegad, Co Meath, N91 XF65.

Phone: **044 937 5243** Email: **manager@sanctamarianursinghome.ie**

Sonas Nursing Home, Cloghanboy, Ballymahon Road, Athlone, N37 AC90.

Phone: **090 647 9568** Email: **athlone@sonas.ie**
www.sonas.ie

St. Camillus Nursing Home, Killucan, N91 VF5.

Phone: **044 937 4196** Email: **riverstown@eircom.net**

Money Worries?

MABS Has Your Back.

Worried about money? You're not alone. MABS, the Money Advice and Budgeting Service, is here to support you FREE of charge. Our expert advisers can help you take control of your money, manage debt, and get back on track.



Get in touch with your local MABS in Longford and Westmeath

Mullingar MABS
Mount Street, (County
Buildings Complex),
Mullingar, N91 NV00
0818 07 2700
westmeath@mabs.ie

Longford MABS
Fee Court, 1 Church
Street, Longford,
N39 W1X7
0818 07 2400
longford@mabs.ie

Athlone MABS
1st Floor Arcadia
Retail Centre, Athlone,
N37 T0H3
0818 07 2400
westmeath@mabs.ie

MABS National Helpline

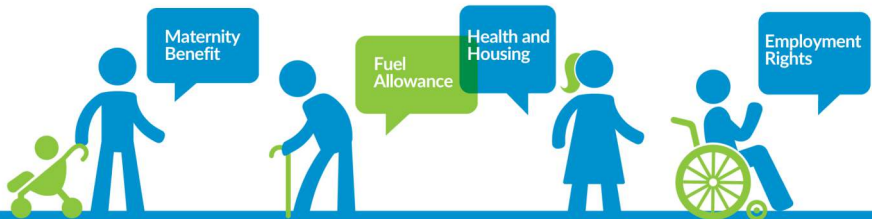
0818 07 2000

Monday to Friday,
9am - 8pm

mabs.ie



Funded and supported by the Citizens Information Board



**Unsure about your rights and entitlements?
Citizens Information is here to help.**

We are a free resource providing impartial and confidential information, advice, and advocacy services to the public.

No need to navigate complex situations alone. Call our National Phone Service number

0818 07 4000

Or visit citizensinformation.ie

A SOURCE YOU CAN TRUST

@citizensinfo

@citizensinformation

**Citizens
Information**

Funded and supported by the Citizens Information Board

CHAPTER 08 - YOUR ENTITLEMENTS

This chapter contains a brief guide to entitlements for older people. The Citizens Information service also publish a useful and practical guide to services and rights for people over 60 years of age.

If you have access to online Services you can request it by email or download it from their website at www.citizensinformationboard.ie

Health Entitlements

Medical Cards

If you have a medical card you don't have to pay to see your GP (doctor) or for most medicines they prescribe.

A medical card also covers:

- public out-patient and in-patient services
- eye and ear tests
- dental checks
- Access medical services, prescription medicines and hospital care for free

www2.hse.ie/services/schemes-allowances/medical-cards/

Medical card for over 70s

If you are 70 or over you qualify for a medical card, if your gross income is:

- not more than €550 a week if you are single
- not more than €1,050 a week for a couple

For couples

If one of you is aged 70 or older, you will both qualify for a medical card, if your combined gross income is €1050 or less a week.

GP Visit Cards

If you have a GP visit card, you don't have to pay to see your doctor. You will have to pay for medicines and other services.

If you have a medical card, you don't need a GP visit card.

If you are over 70, you can register for an over 70s GP visit card. Everyone over 70 living in Ireland can get a GP visit card.

You can register online: www.sspcrs.ie/portal/free-gp-70-web/pub

or download the form from: www2.hse.ie/services/schemes-allowances/gp-visit-cards/over-70s/

Drugs Payment Scheme

Under the Drugs Payment Scheme (DPS) you or your family will not pay more than €80 each calendar month for:

- approved prescribed drugs and medicines
- rental costs for a continuous positive airway pressure (CPAP) machine
- rental costs for oxygen

Apply for the scheme if you do not have a medical card and you pay more than €80 a month for any of these.

www2.hse.ie/services/schemes-allowances/drugs-payment-scheme/card/

European Health Insurance Card

www2.hse.ie/services/schemes-allowances/ehic/visitors-to-ireland/

Using an EHIC abroad

If you need to see a GP or get treatment abroad, have your EHIC with you. Showing it will make the process easier.

How you use an EHIC abroad differs from country to country. In some countries, you might have to pay for treatment, even though you may not have to in Ireland.

You cannot use your EHIC in the UK but you can still get the healthcare you need. You will need to show your Irish passport to the GP or hospital. An EHIC does not replace travel insurance.

Cross Border Directive

Access healthcare in another European state and apply for a reimbursement towards the cost: www2.hse.ie/services/schemes-allowances/cross-border-directive/how-to-get/

The Cross Border Directive (CBD) is a scheme to get planned healthcare in another European Union (EU) or European Economic Area (EEA) member state.

To apply for the CBD scheme in Ireland you must:

- qualify for the healthcare you want as a public patient in Ireland
- have a valid referral letter
- follow the CBD process

You must pay for any healthcare that you get abroad. Under the scheme you can apply to the HSE for reimbursement towards the cost of the healthcare.

Qualifying for the CBD scheme

To be eligible for the Cross Border Directive (CBD) scheme you must:

- be ordinarily resident in Ireland - living in Ireland and can prove you intend to live in Ireland for at least 1 year
- be entitled to public healthcare in Ireland

Treatment Abroad Scheme

www2.hse.ie/services/schemes-allowances/treatment-abroad-scheme/

The Treatment abroad scheme (TAS) covers the cost of planned treatment in another country in the European Union (EU), European Economic Area (EEA), United Kingdom or Switzerland.

The treatment must be within Irish law and either:

- not available in Ireland, or
- not available in the time normally necessary to get it in Ireland - taking into account your health and the likely course of your condition or disease

You can only apply for the TAS if:

- you are ordinarily resident in Ireland - you live in Ireland and intend to live here for at least 1 year
- a public hospital consultant in Ireland refers you for treatment - we do not accept referrals from GPs or self-referrals

Social Welfare Entitlements

Entitlements for Carers

Carer's Allowance

Carer's Allowance is a weekly social welfare payment to people who are caring for a person who needs support because of their age, disability or illness (including mental illness). Your income must be below a certain amount to get Carer's Allowance.

To apply, fill in an application form for Carer's Allowance (CR1). You can get this form (CR1) from your local Intreo Centre or Social Welfare Branch Office or Citizens Information Centre.

Carer's Benefit

Carer's Benefit is a paid to people who leave work or reduce their hours to care for a person in need of full-time care.

To get Carer's Benefit you must be under 66 and have enough social insurance (PRSI) contributions.

To apply fill in an application form for Carer's Benefit. You can get this form (CARB1) from your local Intreo Centre or Social Welfare Branch Office or from the Carer's Benefit Section.

For more information on Carer's Benefit, contact your Intreo Centre, Social Welfare Branch Office or Carer's Benefit Section, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford, N39 E4EO.

Tel: **043 334 0000** or **0818 927 770**

Website: **www.gov.ie/CARB**

Email: **Carersbenefit@welfare.ie**

Carer's leave

Carer's leave allows you to leave your employment for up to 104 weeks to provide full-time care to a person in need of full-time care. The leave is unpaid, but your job must be kept for you to return to at the end of your carer's leave. You do not have to qualify for Carer's Benefit to get Carer's Leave.

Carer's Support Grant

The Carer's Support Grant is paid to carers once a year by the Department of Social Protection (DSP). It used to be called the Respite Care Grant.

You can get a Carer's Support Grant application form from your Intreo Centre or Social Welfare Branch Office or Citizens Information Centre, Department of Social Protection, Carer's Support Grant Section, Government Buildings, Ballinalee Road, Longford, N39 E4EO.

Tel: **043 334 0000** Email: **Respitecare@welfare.ie**

Fuel Allowance

Fuel Allowance is a payment to help with the cost of heating your home during the winter months. It is paid to only one person in a household.

The Fuel Allowance season normally begins in late September of each year and ends in April.

To get Fuel Allowance you must:

- Live alone (or only with certain people listed below)
- Be getting a qualifying payment (unless you are 70 or over)
- Satisfy a means test

You can apply for the Fuel Allowance online. You must have a MyGovID account to apply online.

If you can't apply online, you can use a paper application form **from your local post office** or by phoning **0818 200 400**. Further information available on the website: **www.gov.ie/en/service/00aa38-fuel-allowance/**

Living Alone Allowance

The Living Alone Allowance is an extra payment for people who are living alone and getting a social welfare payment. If you are 66 years or over and live alone, you will qualify if you are getting one of the following payments:

- State Pension (Contributory)
- State Pension (Non-Contributory)
- Widow's, Widower's or Surviving Civil Partner's (Contributory) Pension
- Widow's, Widower's or Surviving Civil Partner's (Non-Contributory) Pension
- Widow's/Widower's Pension under the Occupational Injuries Benefit Scheme
- Incapacity Supplement under the Occupational Injuries Benefit Scheme
- Deserted Wife's Benefit
- You will also qualify if you are under 66, live alone and are getting Disability Allowance, Invalidity Pension, Incapacity Supplement or Blind Pension.

To apply: Fill in a Living Alone Allowance application form (pdf). Send the completed form to the section of the Department of Social Protection that pays your main pension or benefit.

Your Intreo Centre or local Social Welfare Branch Office (see info above) will be able to answer any questions about the Living Alone Increase and can help you to complete your form.

Household Benefits Package

The Household Benefits Package (HBP) helps with the cost of your electricity or gas bill and the TV licence. Only one person in a household can get the Package.

You can get the Household Benefits Package if you are aged 70 or over. You do not need to be getting a State pension and the package is not means tested. People under 70 can also get the HBP, but additional rules apply.

You can apply online for the Household Benefits Package using MyWelfare.ie, if you have a MyGovID account.

If you cannot apply online, you can fill in the Household Benefit Package application form (pdf) and return it to the Household Benefits Package section: Department of Social Protection, Household Benefits Package, Social Welfare Services, College Road, Sligo.

Tel: **0818 200 400 / 071 915 7100** Email: **householdbenefits@welfare.ie**

Community Welfare Officer

The Community Welfare Service provides additional financial support to people on a low income or getting a social welfare payment. It can also support people in particular hardship or during an emergency.

Longford

Phone: **0818 405 060** Email: **CWSLongford@welfare.ie**

Athlone

Phone: **0818 607 080** Email: **CWSAthlone@welfare.ie**

Mullingar

Phone: **0818 607 080** Email: **CWSMullingar@welfare.ie**

Department of Social Protection Local Offices

Longford Intreo Centre

Government Buildings, Ballinalee Road, Longford, N39 E4E0.

Tel: 0818 405 060 Email: longford@welfare.ie

www.gov.ie/intreo

Athlone Intreo Centre

Government Offices, Grace Park Road, Athlone, Co Westmeath, N37 K7N2.

Tel: **0818 405 060** Email: athlone@welfare.ie

www.gov.ie/intreo

Castlepollard Branch Office

The Square, Castlepollard, Co Westmeath, N91 PR26.

Tel: **044 966 2230** Email: castlepollard@welfare.ie

www.gov.ie/intreo

Mullingar Intreo Centre

Blackhall Street, Mullingar, Co Westmeath, N91 FY07.

Tel: **0818 405 060** Email: mullingar@welfare.ie

www.gov.ie/intreo

Specific Tax Credits and Allowances

Tax Allowance to employ a carer

If you employ a carer for yourself or on behalf of a family member, you can claim the tax relief on the cost of that care. A family member is a spouse, civil partner, child or a relative, including a relation by marriage or civil partnership.

Use Revenue's myAccount to claim the relief for employing a carer. Alternatively, you can complete Form HK1 and submit it to your Revenue office during the tax year or after the year ends.

Tax Relief for Drivers and passengers with Disabilities

The Disabled Drivers and Disabled Passengers Scheme provides a range of tax reliefs linked to the purchase and use of specially constructed or adapted vehicles by drivers and passengers with a disability.

Under the scheme, you can claim:

- Remission or repayment of vehicle registration tax (VRT)
- Repayment of value-added tax (VAT) on the purchase of a vehicle
- Repayment of VAT on the cost of adapting a vehicle

If you qualify for the scheme, you may get some additional exemptions and benefits including:

- An exemption from motor tax on the vehicle.
- An exemption from toll road fees.
- The fuel grant.

You can find further details on this information from Revenue's website:

<https://www.revenue.ie/en/vrt/reliefs-and-exemptions/scheme-for-persons-with-disabilities.aspx> and their guide to the Tax Relief Scheme.

Disabled Parking Permit Scheme

You can apply for a parking permit to allow you to park in disabled parking spaces in Ireland and the EU if you are a person with severe restricted mobility or are certified as blind. The permit is available if you are a driver or passenger of a vehicle. It is valid for 2 years from the issue date.

The scheme is run in Ireland by the Disabled Drivers Association of Ireland (DDAI) and the Irish Wheelchair Association (IWA).

You can apply online to the IWA or the DDAI. They will ask you some questions to check if you qualify and then send you an application form by email or post:

Disabled Drivers Association , Parking Card Section, Ballindine, Claremorris, Mayo.

Tel: **094 936 4054/4266** or **01 810 3794** Email: **parkingcard@ddai.ie**
www.ddai.ie

The Decision Support Service

What is the Decision Support Service?

The Decision Support Service (DSS) is a new service established under the Assisted Decision-Making (Capacity) Act 2015.

Key Reforms under the Act:

- Capacity is assessed in a time-specific and issue-specific way
- The wards of court system for adults will be abolished
- Adult wards of court will have their cases reviewed and will exit wardship within three years
- The Act provides a new three-tier support framework to support a person's decision-making about property and affairs and personal welfare
- There are new ways for everyone to plan ahead, in case we lose our ability to make certain decisions in future
- New guiding principles emphasise privacy, autonomy and respect for a person's will and preferences

The role of the Decision Support Service will be:

- to promote awareness and provide information about the Act
- to regulate and register decision support arrangements
- to supervise the actions of the legally appointed 'decision supporters'
- to maintain panels of suitable persons to carry out certain functions under the Act
- to publish codes of practice
- to investigate complaints about decision supporters and arrangements

Where can I get further information?

For further information, please visit:

-  www.decisionsupportservice.ie
-  + 353 1 211 9750
-  queries@decisionsupportservice.ie

Waterloo Exchange, Waterloo Road, Dublin 4, D04 E5W7

Please note: this is for general guidance only and is not a statement of the law.

CHAPTER 09 - LEGAL ADVICE

When illness enters people's lives it can be very challenging to try and think about practical arrangements for the future. For complex legal arrangements, it would be important to seek professional advice from a solicitor. There are different legal arrangements that can be put into place.

Free Legal Advice Centres

FLAC (Free Legal Advice Centres) is an independent voluntary organisation who offer free and confidential information and advice to the public regarding their legal rights. Please note that if you already have legal representation, the Free Legal Advice Centre cannot give you a second opinion on your legal issue. FLAC offer a limited number of Phone Advice Clinics in association with the Citizens Information Services, and you can make an appointment by contacting your local Citizens Information Service.



Legal Aid Board

The Legal Aid Board are an independent statutory body responsible for the provision of civil legal aid and advice, family mediation, and vulnerable witness related services. Their services include:



- Provision of legal aid and legal advice in civil cases (non-criminal cases to people who meet the qualifying criteria)
- Provision of a family mediation service
- Assistance in the operation of the Abhaile Scheme (which assists people in home mortgage arrears).

For further information, see their website: www.legalaidboard.ie
You can also phone their offices:

Longford Law Centre

7/8 Market Square, Longford, N39 K093. (Wheelchair Accessible)
Tel: **043 334 7590** Email: lawcentrelongford@legalaidboard.ie

Westmeath Law Centre

Paynes Lane, Irishtown, Athlone, Co Westmeath, N37 RK33.
(Wheelchair Accessible)

Tel: **090 647 4694** Email: lawcentreathlone@legalaidboard.ie

Legal Advice in Citizens Advice Centres

Westmeath

Athlone CIC, St. Mary's Square, Athlone.
2nd & 4th Monday 6:30pm - 7:30pm

Tel: **090 647 8851**

Mullingar CIC, Market House, Market Square, Mullingar, Co. Westmeath.
1st & last Monday 6:30pm - 7:30pm By appointment only.

Tel: **044 934 0700**

Longford

Longford CIC, Level One, Longford Shopping Centre, Longford
2nd Thursday 7:00pm - 8:15pm By appointment only.

Tel: **043 334 1069**

Solicitors for the Elderly

This is an independent national association of solicitors and barristers concerned with improving availability and delivery of specialist and legal advice to older and vulnerable people.



For further information, see their website: **www.solicitorsfortheelderly.ie**

Phone: **01 631 0360** Email: **info@sfe.ie**

Trusts

Property, including cash assets, may be held in trust on behalf of another person or to a person to achieve a particular purpose. A trust comes into existence when an individual (the trustee) holds property of another (the settlor) for the benefit of named people. The beneficiaries may be the settlor or may be other persons. By creating a trust, a person can ensure that if they become mentally incompetent their affairs will be managed in a certain manner.

Trusts are legally complex and have tax complications. Therefore, it is vital to seek legal and tax advice.

www.solicitorsfortheelderly.ie

Assisted Decision Making (Capacity) Act 2015



The Assisted Decision-Making (Capacity) Act 2015 is a law that establishes a new legal framework for supported decision-making in Ireland. It allows people to make legal agreements on how they can be supported to make decisions about their personal welfare, property and affairs.

These new regulations may help you, if you don't have the capacity to make decisions, now or in the future, without help. People who may have difficulty making decisions include (for example) people with intellectual disabilities, acquired brain injury, mental health difficulty or dementia.

The Act also allows you to plan for a time when you might lose your capacity in 2 types of future planning arrangements, known as Advance Healthcare Directives and Enduring Power of Attorney.

Decision support arrangements only apply to people aged over 18. The Act came into effect on 26 April 2023.

You can get further information from the Decision Support Service: Waterloo Exchange, Waterloo Road, Dublin 4, D04 E5W7.

Tel: **01 211 9750** Email: **queries@decisionsupportservice.ie**

www.decisionsupportservice.ie

Enduring Power of Attorney

The purpose of an Enduring Power of Attorney (EPA), is to appoint a person (an Attorney), to look after your financial and/or personal affairs, in the event that you no longer have the mental capacity to do so yourself.

Having an EPA is a good way of planning for the possibility that you may not be able to make certain decisions for yourself at some stage. A person can lose their decision-making abilities at any age.

An EPA that was made on or after 26 April 2023 only takes effect if registered with the Decision Support Service, the donor becomes incapacitated and unable to manage their affairs, the Decision Support Service has been notified of the incapacity and it accepts that fact.

Agency Arrangements

An individual can appoint another person to represent them in dealing with third parties, this is known as an agency arrangement. A typical example would be a pensioner nominating another person to collect their social welfare payments etc. from the post office. An agency arrangement can only be made by a person who is mentally able to do so and is only valid for the period of time while the person remains mentally competent.

Agency arrangements for social welfare payments:

<https://www.gov.ie/en/service/451fd7-authority-to-appoint-an-agent/>

The Department of Social Protection has the power under legislation to make payments to a third party acting on behalf of the social welfare recipient. The legal status of this is different to a general agency relationship as it can continue if the person becomes mentally incapable. If an agent is appointed to collect your money it is still your money and there is a legal obligation on the agent to use it on your behalf and for your benefit. The Department of Social Protection can end the arrangement at any time if it is not working satisfactorily.

There are three types of social welfare agency arrangements:

- **Temporary agent arrangements:** This is where someone is asked to become your agent for a short period of time. This can be put in place by completing an Appointment of a Temporary Agent Form. The (TA1) form is available in every post office.
- **Nominating an agent to collect your payment:** If a person is unable to collect at the post office, due to illness or mobility issues, another person can be nominated to do this by completing Authority to Appoint an Agent form which is available on the above website.
- **If a person is not able to manage their financial affairs:** An agent may be appointed to collect their payment and act on their behalf. A medical practitioner must certify that a person does not have capacity to manage their affairs. There is information relating to this on the Authority to Appoint an agent form which is available on the website listed above. The agent nominated is often a family member, a care representative, a nursing home, long stay facility, or a hospital. Appointed agents have a legal obligation to use the money for the benefit of the person to whom it belongs. For further information please see the website above.

CHAPTER 10 - SUPPORT ORGANISATIONS - NATIONAL AND LOCAL

Family Carers Ireland

We support family carers and young carers through the provision of free emergency care planning, counselling, specialised training and education programmes, wellbeing support, crisis management, emergency respite/respite provision, advocacy, peer support groups, information on rights and entitlements and many other worthwhile initiatives. The key objective of Family Carers Ireland is to benefit the community by supporting and promoting the health, wellbeing and quality of life of family carers and those for whom they care. We strive to promote carer resilience.



Please contact: Amy Kelly, Support Manager Community
2 Castle Street, Mullingar, Co. Westmeath.

Tel: **044 934 7922** Email: longfordcarersupports@familycarers.ie and
westmeathcarersupports@familycarers.ie

Alone

ALONE work with all older people, including those who are lonely, isolated, frail or ill, homeless, living in poverty, or are facing other difficulties. We provide an integrated system of Support, Befriending, a variety of Phone Services, Social Prescribing, Support with Housing, and assistive technology.



We use support plans, provide a point of contact for access to health, social care, housing, transport and other arising needs using technology and other services and activities to improve physical, emotional and mental wellbeing.

If you need support, would like to make a referral or would like more information on Digital Technology supports please call our National Support Line **0818 222 024** or email: community@alone.ie

www.alone.ie

Think Ahead

The Irish Hospice Website provides information and guidance in relation to planning your health care, and thinking ahead.



For further information, see their website:

www.hospicefoundation.ie/i-need-help/i-want-to-plan-ahead/think-ahead

Tel: **01 679 3188**

Age Action

This is a national charity that advocates and campaigns on behalf of older people. Age Action provides practical supports to assist older people. Their services include:



- Information Service
- Care and Repair Service
- Computer Training

Tel: **01 475 6989** Email: **info@ageaction.ie**

www.ageaction.ie



See Chapter 3 for more information on Social Prescribing.

Age Friendly Ireland

Age Friendly Ireland coordinates the national Age Friendly Cities and Counties Programme and is a shared service function of the local government sector.



Age Friendly Ireland's vision is to make Ireland a great country in which to grow old. By guiding the development and implementation of effective city and county based, multi-agency Age Friendly Strategies we are intent on making a significant difference to the quality of life of older people living in Ireland.

For further information, see their website: www.agefriendlyireland.ie
www.agefriendlywestmeath.ie | www.agefriendlylongford.ie

Westmeath

Age Friendly Westmeath, Westmeath County Council, Áras An Chontae, Mount St., Mullingar, Co. Westmeath.

Tel: **044 933 2000** Email: ajordan@westmeathcoco.ie

Longford

Age Friendly Longford, Longford County Library, Floor 1, Town Centre, Longford N39 R7R6

Tel: **043 334 1124** Email: mneedham@longfordcoco.ie

JAM - Just a Minute Card

Just. A. Minute. That is what JAM Card stands for and that is what it gives you - just as much time and patience as you need in public or social situations.



Just a minute

You can show your JAM Card while you are shopping, ordering food, visiting a bank, using public transport and much, much more.

Contact Age Friendly Ireland

Tel: **046 90 97000** Email: rleavy@meathcoco.ie

Age and Opportunity Ireland



This organisation provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Programmes include:

- FitLine
- CarePALs
- Go for Life Games
- Physical Activity Leaders

Tel: **01 805 7709** Email: **info@ageandopportunity.ie**

www.ageandopportunity.ie

Chime



Chime is the National Charity for Deafness and Hearing Loss and we provide a range of support services for those who are Deaf or Hard of Hearing.

Our services include:

Audiology - Our team of fully qualified audiologists nationally provide hearing tests, hearing aids, repairs & advice. For those who are eligible for a PRSI grant the cost of hearing aids up to €1000 is covered.

Community Services - Our team provides support through provision of outreach clinics, tinnitus support, information and advice, events, support groups and Assistive Technology for the home.

Specialist Services - We provide a range of support to day services, residential services, family support

Tel: **057 935 1606** Mob: **086 143 6476**

Freephone: 01 817 5700 Email: **info@chime.ie**

Vision Ireland

Formerly National Council for the Blind Ireland
(NCBI)



Vision Ireland

NCBI is Ireland's national sight loss agency. NCBI provides various services and supports to children and adults who are blind or vision impaired all over Ireland. Our goal is to empower people living with sight loss to be able to live as independently as possible and for those people to have the same rights and access in society as anyone else.

NCBI provides supports and services to people who are blind or vision impaired. These supports and services include providing information and training about assistive technology, providing information and training about the use of mobility aids, empowering people through the medium of advocacy, providing upskilling in education and support in progressing into employment, providing training and support to children and parents who are coming to terms with a new sight loss diagnosis, providing sporting opportunities and access through Vision Sports Ireland and much more.

Any person who is blind or vision impaired, who is dealing with a new diagnosis of sight loss, or who is worried that they may be having issues with their sight can contact NCBI on our info line **1800 911 250**. NCBI also has a referral process, which can be completed online by a clinician i.e. an optometrist or ophthalmologist, by a nominated friend or family member or through a self-referral at **www.ncbi.ie/supporting-you/make-a-referral/**. More general information is available at **www.ncbi.ie**.

Hours: Mon-Fri 9am to 5pm Tel: **1800 911 250** Email: **info@vi.ie**

Office of the Ombudsman

This free service examines complaints if you feel you have been unfairly treated by an organisation that deliver public services, which include government departments, local authorities, the HSE, and Nursing Homes.



Before you contact the Ombudsman you should first try to resolve your complaint with the relevant service provider.

Address: Office of the Ombudsman, 6 Earlsfort Terrace, Dublin 2

Tel: **01 639 5600**

www.ombudsman.ie

Patient Advocacy Service

Dementia Services Information and Development
Centre (DSiDC)

www.dementia.ie



The Patient Advocacy Service is an independent, free and confidential service. The service can support you to make a complaint about the care you experienced in a Public Acute Hospital or a HSE-operated Nursing Home.

Tel: **0818 293 003**

www.patientadvocacyservice.ie

Citizens Information Service (CIS)

Citizens Information Service (CIS) a free and confidential service. It provides you with information on issues such as:



- Employment Rights
- Health Services
- Migrant Rights
- Housing
- Personal Taxation
- Social Welfare
- Legal Issues
- Family Matters
- Education
- Consumer Rights

You can drop into your local centre or contact them by phone. You can also email them for information and advice. Citizens Information workers in local offices can assist you to complete Application Forms. Make sure you check their opening hours, if you are dropping in.

Athlone CIC - Tel: 0818 076 610

Office 2, Floor 1, Arcadia Retail Centre, (Opposite Mixed Nat. School), Athlone, N37TOH3.

Mullingar CIC - Tel: 0818 076 660

Mount Street, County Buildings Complex, Mullingar, N91 RP22.

Longford CIC - Tel: 0818 075 890

Level 1, Longford Shopping Centre, (above Tesco), Longford, N39 X090.

MABS - Money Advice and Budgeting Service

The Money Advice and Budgeting Service (MABS) is a free and confidential service for people who are having problems with money management and debt. MABS money advisers provide advice and practical help to people to review their debts, deal with their creditors and work out solutions.



For further information, see their website: www.mabs.ie

For more information contact:

Longford MABS - Tel: 0818 072 640 Email: longford@mabs.ie

Fee Court, 1 Church Street, Longford, N39 W1X7.

Athlone MABS - Tel: 0818 072 400 Email: westmeath@mabs.ie

1st Floor, Arcadia Retail Centre, Athlone, Co. Westmeath, N37 T0H3.

Mullingar MABS - Tel: 0818 072 700 Email: westmeath@mabs.ie

Mount Street, County Buildings Complex, Mullingar, N91 NV00.

National Advocacy Service for People with Disabilities



This service provides a free and independent representative advocacy service to adults with disabilities across Ireland. A disability can include a cognitive impairment or a mental health issue. Once you make a referral, an advocate can meet with you, seek your views, and advocate on your behalf. An individual can self-refer or you can ask someone to refer you.

Tel: **0761 073 000**

www.advocacy.ie

Sage Advocacy Service



Sage is a charity, which provides an independent support and advocacy service for older persons, vulnerable adults and healthcare patients. They have regional advocates who can meet with you, seek your views and advocate on your behalf. The sage team of experienced advocates is available right across the Republic of Ireland, and the service is free of charge and confidential.

Sage Advocacy Service, 24 Ormond Quay, Dublin.

Tel: **01 536 7330** Email: **info@sageadvocacy.ie**

www.sageadvocacy.ie

Safeguarding Vulnerable Adults and Older Persons Service



HSE Safeguarding and Protection Teams are in place all over the country to provide help to vulnerable adults. If you have safeguarding concerns in relation to a vulnerable adult, please contact the Safeguarding Service CHO8 to discuss your concerns.

For more information, contact:

Maura Seabrooke, Ashbourne Primary Care Centre, Unit 12, Killelland Walk, Declan Street, Ashbourne, Co. Meath, A84 A627.

Tel: **01 691 4632** Email: **safeguarding.cho8@hse.ie**

CHAPTER 11 - ADDITIONAL SUPPORT SERVICES IN YOUR LOCAL COMMUNITY



As you grow older, it helps to have as many services available to support you to live well at home. This chapter will give you more information to support you to live well at home.

Meals on Wheels



The primary aim of Meals on Wheels is to develop a sense of security amongst those in the community that may feel isolated while recovering from a stay in hospital and facilitates a smooth and comfortable transition to return home. The person must be referred to the service by a Public Health Nurse or other community healthcare worker. In this case, if you are concerned about the welfare of a loved one, or you feel you no longer can cook a nutritional meal, you can contact your local primary care centre who can put you in touch with the local Public Health Nurse for your area.

Tel: **090 648 2744** Email tracey@mealsonwheelsnetwork.ie

Westmeath Meals on Wheels

- Moate Business Park, Clara Road, Moate, Co. Westmeath, Ireland.
Tel: **090 648 2744**
- South Westmeath Employment Education & Training Services (S.W.E.E.T.S.)
Kilbeggan, Main St , Kilbeggan, N91 KN2V. Tel: **057 933 2030**
- St. Dominics Meals On Wheels Community Council, Sunnyside College St,
Mullingar, N91 P049. Tel: **044 934 4566**
- Athlone Meals On Wheels, Arus Brid Excise Street, Athlone, Westmeath,
Ireland, N37 WD29. Tel: **090 649 4393**

Longford Meals on Wheels

- Flat 6 St. Joseph's Care Centre, Dublin Rd, Longford, N39 ER84.
Tel: **043 335 0114**

Mullingar Lions Club

- Frank Dillon Mullingar Lions Club
(Christmas dinner delivered and more) Tel: **087 644 3742**



Women's Community Projects (Mullingar) Association CLG

Parish Community Centre, Bishopsgate Street, Mullingar, Co. Westmeath, N91 AWH7. Tel: **044 934 4301** Email: **coordinator@wcpmullingar.ie**

Mullingar Homecare Services

This is a charity based in 3 Bishopsgate St Mullingar. As part of our service to older people, we provide the following:



- Befriending visits to older people in their home
- Delivery of Meals on Wheels (Rochfordbridge, Milltownpass, Gaybrook areas)
- Befriending phone calls
- Ironing Service 3 Bishopsgate Street.

Tel: **044 934 4242** Email: **homecareservices@wcpmullingar.ie**

Westmeath Community Development

Westmeath Community Development is a partnership which empowers people and communities to overcome disadvantage and enhance the quality of their lives.



Objective: To aid older persons to feel supported and prolong comfort in living independently, in their own home.

Supports offered from Westmeath community development (WCD):

Care & Repair Service

Available to people over 60 years of age. Consists of Repair and Home Visiting Service:

a) Repair Service

- The maximum allowable time for a care and repair job is 60 minutes.
- Jobs should be once off tasks and not repeat jobs
- The Volunteers cannot provide materials for the job; these must be supplied by the client.
- Care and Repair Service does not do guttering work or roofing work.
- The Volunteer is covered under the Care and Repair public liability insurance.

All Volunteers are Garda Vetted. The service is free of charge.

b) Home Visit Service

This service provides older people with a friendly visitor to their home for a chat and some company. The volunteers are Garda vetted, and the visits last 1 hour, normally once a week. We are in the process of extending this service to other areas in Westmeath.

c) Befriending phone call

This is a friendly call exchanged between an older person and a volunteer that is local. It is a regular, scheduled call, to chat, catch up and provide information.

Westmeath Community Development

Address: Mullingar E.T.I. Ctr, Mullingar Business Park, Mullingar, County Westmeath, N91 X012.

Tel: **087 924 4141** or **044 934 8571** Email: **info@westcd.ie**

Athlone Community Services Council CLG

Dr. Dobbs Memorial House, Northgate Street, Athlone, Co. Westmeath, N37 X8Y0. Tel: **090 647 2174** Email: **reception@acsc.ie**

Longford Community Resource

LCRL's County Longford Older Persons' Network

This network of older people's groups from around the county meets monthly to share ideas, get information on a range of topics and to raise issues related to older people living in Longford. For further information please contact Peter on the SICAP team on **043 334 5555**.



The Friendly Phone Call Service is a free service for older people

Older people who sign up to the service receive a weekly phone call. The aim of the service is to provide information on local activities and services available to older people as well as to provide an opportunity for a friendly chat. All people working on this service have been trained and Garda-vetted.

If you are feeling lonely or isolated and you would like to talk to someone, this service is for you.

Contact Peter on the Friendly Phone Call Service

Tel: **043 334 5555** Mon - Wed from 10:00am to 4:00pm

Longford Community Resources CLG

Templemichael College, Templemichael, Longford, Ireland.

Tel: **043 334 5555** Email: **enquiries@lcrli.ie** Web: **www.lcrli.ie**

Traveller Health Programmes - Westmeath and Longford

The Traveller Health Programme is a peer-led initiative, allowing primary health care to be developed based on the Traveller Community's own perceptions and values.

There are a number of community health workers involved in each programme, who are members of the Traveller Community, and a project coordinator.

The aim of the programme is to improve the overall health and wellbeing of the Traveller Community across the county of Westmeath.

Westmeath Traveller Project

Linda Jo Quinn, Project Manager, Athlone.

Tel: **090 641 6121** or **087 250 0161**

Email: ljquinn@westcd.ie



Christine Joyce, Community Development Health Worker

Tel: **087 099 5145**

Email: cjoyce@westcd.ie

Caroline Nevin, Community Development Health Worker

Tel: **086 886 1905**

Email: cnevin@westcd.ie

Longford Traveller Project

Longford Community Resource, County Longford Traveller Primary Health Care Project.

Tel: **087 916 4766**



Family Resource Centres

Family Resource Centres are a one-stop shop for a range of information, advice, supports, and services to families and individuals throughout all stages of the life cycle. Supports may vary in different centres.

Some of the Family Resource Centres host older persons groups or dementia cafes, older people's computer classes, clinics on welfare rights and entitlements and helping individuals on a one-to-one basis to fill out application forms, Meals on Wheels services, Befriending services, Counselling, and events to help people cope with loneliness and social isolation.

Westmeath

Athlone Family Resource Centre

Act Business Development Centre CLG, Athlone,
Co. Westmeath, N37 C8W6. Co-ordinator: Delores Crerar

Tel: **085 842 3738** Email: familysupport@afrc.ie



Ballinacarrigy - Cara Phort Family Resource Centre

Harbour Street, Ballynacargy, Co. Westmeath.
Project Co-ordinator Maria Quinn

Tel: **044 937 3060** Mobile: **087 6371632** Email: info@caraphortfrc.ie



Longford

Ballymahon - Bridgeways Family Resource Centre

Project Co-ordinator Emer Maguire

Tel: **090 643 2691** Mobile: **085 866 5336**

Email: admin@bridgewaysfrc.com



Granard - Lus Na Gréine Family Resource Centre

Project Co-ordinator Eileen Finan

Tel: **043 666 0977** Email: info@lngfrc.ie



Seniorline

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

Tel: **1800 804 591** - every day 10am - to 10pm

Website: www.thirdageireland.ie

seniorline

Can We Help?



Age Action's Care and Repair does small DIY jobs, free of charge, for older people to help them maintain their homes and their independence.

Age Action's Care and Repair prioritises carrying out jobs in the homes of older people who are being discharged or have recently been discharged from hospital. If someone is coming out of hospital, no matter where they live, we would support them to make sure their home is safe.

Care and Repair can remove trip hazards, install handrails, replace toilet seats or move a bed downstairs to make sure the home is ready for their return.

If you require work done in your home to make it safer after a stay in hospital we can help.

If you are a professional working with older people who would benefit from this service you can download a referral form from www.ageaction.ie.

For all other queries about Care and Repair please contact us using these numbers:

Age Action national line: 0818 911 109

Age Action in Dublin: 01 4756989

Age Action in Cork: 021 2067399

Age Action in Galway: 091 527831

Email: careandrepair@ageaction.ie

AgeAction
Age Equality

care+
repair

The logo for the Health Equity (HE) initiative, featuring the letters 'H' and 'E' in a stylized, green, serif font.

CHAPTER 12 - MY HOME

In this chapter, you will find information on housing, housing bodies, how and where to get rental support, who to call for information on housing rights, as well as grant entitlements.

Healthy Age Friendly Homes

Healthy Age Friendly Homes Programme - research shows that the majority of people want to remain in their own homes as they age. This desire is often challenged by their home not being suitable for the occupier as their needs become more pronounced, their financial means decrease and their mobility declines. With the right assessment and intervention, the living environment can be changed from being one of health risk to one of health support.



Healthy Age Friendly Homes programme can provide you with access to a range of housing, health and social care supports to help you decide on what you need to enable you to live the life you want to the best of your ability within your community.

The Health Age Friendly Homes Co-ordinator will carry out a needs assessment to establish what supports are required to enable you to continue living independently in your own home for longer. They will help fill out referral forms for the Housing Grant, Energy Warm Homes, etc.

Healthy Age Friendly Home Co-ordinators:

Ann Moran - Tel: **046 909 7417** email: **ann.moran@meathcoco.ie**

Westmeath

Sam Hogan - Tel: **046 924 8843** email: **sam.hogan@meathcoco.ie**

Longford

Caroline Doyle - Tel: **046 924 8843** email: **caroline.doyle@meathcoco.ie**

www.agefriendlyireland.ie



See Chapter 16 regarding personal alarms and security for your home.

Westmeath County Council

Westmeath County Council Housing Departments provides confidential support Services for Older Persons and People with Disabilities who need housing or who need to improve the accessibility of their homes.



We assist older people living in unsuitable housing conditions to have necessary repairs or improvements carried out.

The Housing Aid for Older People Grant is determined based on gross household income and the improved costs of the works as accessed by Westmeath County Council. The maximum grant available is €8,000.

The Housing Adaptation Grant is available to assist in the carrying out works that are reasonably necessary for the purposes of rendering a house more suitable for the accommodation of a person with a disability who is a member of the household. The maximum grant available is €30,000.

The Mobility Aids Housing Grant Scheme is available to cover works that address mobility problems, primarily, but not exclusively related to ageing. Works include insertion of grab-rails, access ramps, level access shower, stair-lifts and other minor works deemed necessary to facilitate the mobility needs of a member of a household. The maximum grant is €6,000. The grant is available to households whose gross annual household income does not exceed €30,000.

Social Housing is for people capable of living independently. In order to qualify the applicant must be on the Westmeath/Longford housing list.

We administer the Housing Payment Scheme. The scheme is for people whom we deem as having a long-term housing need. Tenants pay a weekly Housing Assistance Payment rent contribution based on income and ability to pay.

Westmeath County Council

Housing Section, WCC, Áras an Chontae, Mount Street, Mullingar, N91 FH4N

Tel: **044 933 2000** Fax: **044 934 2330** Email: **housing@westmeathcoco.ie**

www.westmeathcoco.ie

Longford County Council

Longford County Council Housing Departments provides confidential support Services for Older Persons and People with Disabilities who need housing or who need to improve the accessibility of their homes.



We assist older people living in unsuitable housing conditions to have necessary repairs or improvements carried out.

The Housing Aid for Older People Grant is determined based on gross household income and the improved costs of the works as accessed by Longford County Council. The maximum grant available is €8,000.

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We administer the Housing Payment Scheme. The scheme is for people whom we deem as having a long-term housing need. Tenants pay a weekly Housing Assistance Payment rent contribution based on income and ability to pay.

Longford County Council

Tel: **043 334 3412** Fax: **043 334 1233** Email: **housing@longfordcoco.ie**
www.longfordcoco.ie

Private Housing Grants Housing Section Longford County Council Town Hall,
Market Square, Longford, N39 C5F2.

Tel: **043 334 3499** Email: **privatehousegrants@longfordcoco.ie**

The Warmer Homes Scheme

The Warmer Homes Scheme delivers a range of energy efficient Measures free of charge to low income households vulnerable to fuel poverty. The Scheme is government funded and administered by the Sustainable Energy Authority of Ireland (SEAI).

The Service involves the installation of standard energy efficiency measures appropriate to the eligible household subject to SEAI survey, budget allocation and available capacity. The service is provided at no cost to the attic insulation, draught proofing, lagging jackets, low energy light bulbs, cavity wall insulation and energy advice. This scheme is available to homes that meet the following criteria: owner occupied, non-local authority homes, constructed before 2002, and the owner is in receipt of the fuel allowance (means-tested social welfare scheme).

Telephone: **1850 927 000** Email: **info@betterenergyhomes.ie**

www.seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes

The Better Energy Home Scheme

The Better Energy Homes Scheme Provides grants to homeowners of houses built before 2006 to improve energy efficiency in their homes.

This scheme is different to the Warmer Homes Scheme as it provides grants to improve insulation energy efficiency. Grants are available for the following:

- Roof insulation
- Wall insulation - e.g. cavity wall, internal dry lining or external insulation
- Heating controls upgrade
- Installation of a high-efficiency boiler (more than 90% efficiency) including heating controls upgrade
- A building Energy Rating (BER) after the energy-saving work is carried out (you must get the BER to qualify for the grant).
- Solar heating

Tel: **1850 927 000** Email: **info@betterenergyhomes.ie**

www.seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes

It is possible to apply for both grants. Of note, there is a waiting list of 24 months for the Warmer Homes Scheme. If approved for Better Energy Homes Scheme, the work must be completed within 8 months.

Threshold - the National Housing Charity

We provide free confidential advice and help to people who are experiencing housing problems. We also support people at risk of homelessness.



We work with landlords to resolve landlord-tenant problems. We have a Tenancy Protection Service (TPS) for people who are in private rented accommodation experiencing difficulties, e.g. rent arrears, facing rent increases, threatened with eviction, etc. We can advocate on behalf of tenants and assist with terminating a tenancy.

We are open Mon-Fri 9am to 9pm

National Freephone: **1800 454 454**

www.threshold.ie



Midlands SIMON Community

Midlands SIMON Community began in 2003 when a group of volunteers from across the Midlands Region came together and formed the Charity. It was established to support individuals, couples and families who are experiencing or who at risk of homelessness throughout the Midlands counties of Leicestershire, Derbyshire, Lincolnshire and Nottinghamshire.

Tel: **090 644 4641** Email: **info@midlandssimon.com**

www.midlandssimon.com

The contact details for the Out of Hours Service are:

Tel: **087 445 4542** E-mail: **outofhoursservice@midlandssimon.com**

Temporary Emergency Accommodation Mullingar (T.E.A.M.)

T.E.A.M. CLG was set up to provide support for homeless women and children in the Midlands area. The aim of the service is to provide support for women and their children in every aspect of their lives. Residents are provided with assistance to liaise with the relevant authorities and services. T.E.A.M. helps them move out of homelessness, through a period in emergency accommodation, on to housing that is appropriate to their needs. We hope that the support we offer will help them start a new chapter in their life where they will have a safe place to stay that they can call home.



Teach Fáilte, Green Road, Mullingar, Co Westmeath.

Tel: **044 934 9340** Email: **info@teachfailtemidlands.ie**

ALONE is a national organisation that strives to enable older people to age at home, safely and securely, for as long as they wish.



We work with **all** older people, including those who are lonely, isolated, frail or ill, homeless, living in poverty, or are facing other difficulties.

**CALL OUR NATIONAL SUPPORT
AND REFERRAL LINE ON 0818 222 024
FROM 8AM-8PM, SEVEN DAYS A WEEK**

Once you've made contact, ALONE staff will work with you to find a solution to your challenge. We look forward to hearing from you!



YOU'RE NOT ALONE

CHAPTER 13 - SUPPORTIVE SERVICES IN TIMES OF DIFFICULTY

There may be times throughout our lives that you or another loved one may experience challenges and difficulties. At times like this it helps to reach out and ask for help. In this chapter we have listed organisations and telephone numbers that will support you in times of difficulty.

HSE Community Alcohol & Drug Service Longford & Westmeath



CADS Adult services provides assessment, treatment and onward referral for Adults who are concerned with their own or another person's drug or alcohol use. CADS works in an interagency approach working closely with a number of statutory service as well as working with other community and voluntary services. The overall purpose of our service is to seek to minimise drug and/or alcohol related harm in order to have a positive impact on individuals, families and the community. The service also offers assessment and counselling for gambling.

Services provided include:

- **OST (Opioid Substitution Treatment) Programme** - assessment, methadone & suboxone for individuals who are opiate dependent
- **Addiction Homeless services** for those who have an addiction and are homeless or at risk of becoming homeless due to their addiction - assessment, treatment, support, education/information and onward referral
- **Alternative Therapy** - acupuncture, reflexology etc. for those attending the CADS programmes
- **Counselling** for drugs and/or alcohol/gambling
- **Outpatient Psychiatric clinics** - assessment and treatment for those who have an addiction and a mental health issue

Longford/Westmeath

Athlone - CADS Treatment Centre, Clonbrusk Primary Care Centre, Clonbrusk, Athlone, N37 P8P8.

Tel: **090 642 4820** Email: **sec.cadsathlone@hse.ie**

Mullingar - CADS Treatment Centre, St. Mary's Campus, Castlepollard Road, Mullingar, N91 W1Y9.

Tel: **044 939 5200** Email: **sec.cadsmullingar@hse.ie**

Longford - C/O Community MH Centre, St Joseph's Healthcare Campus, Dublin Road, Longford, N39P891.

Tel: **044 939 5200** Email: **sec.cadsmullingar@hse.ie**

HSE CADS Addiction Homeless Nurse Longford/Westmeath

Tel: **087 451 8361** Email: **barry.tierney1@hse.ie**

MQI DATS Project
(Merchants Quay Ireland Drug & Alcohol Treatment Support)



Merchants Quay Ireland
Homeless & Drugs Services

Complementing and enhancing the statutory, community and voluntary services currently operating in the Midlands, MQI DATS project delivers a community-based drug and alcohol prevention and treatment support service to those over 18 years and families

This service also offers a specific rehabilitation & aftercare service and a family support/family support specialist service to families/concerned persons for those living in counties Longford and Westmeath.

Contacting the team:

Longford - Tel: **086 411 3628** **Westmeath** - Mob: **087 915 0329**

Email: **dat@mqi.ie** **Family Support Specialist** - Tel: **086 602 9012**

Accord

Accord provides a professional counselling service facilitating couples and individuals to explore, reflect upon and work to resolve difficulties that arise in relationships.



Family Centre, St. Mel's Road, Longford.

Tel: **043 334 7222** Email: **accordlongford@eircom.net**

Alverna Northgare St, Athlone.

Tel: **090 647 5491** Email: **accordathone@gmail.com**

Cathedral Social Services Centre, Bishopsgate St, Mullingar.

Tel: **044 934 8707** Email: **accordmullingar@gmail.com**

Westmeath Support Services against Domestic Abuse

If you feel that you are in immediate danger at any time day or night, please phone 999/112 or your local Garda Station (list of numbers at front of this directory).

Women's Aid

This service supports people experiencing violence and abuse at the hands of an intimate partner or someone known to them. We are dedicated to raising awareness of domestic abuse and holding perpetrators accountable for their actions. The service offers telephone Support One to one support Outreach Service Referral Service Legal support.



7 Grove Street, Mullingar, Co. Westmeath, N91 Y6W8.

24 hr Freephone Helpline: **1800 341 900** Email: info@wssada.ie

Tel: **044 933 3868** Monday to Friday 9am to 5pm www.womensaid.ie

Domestic Violence Services

Esker House Women's Refuge & Support Service, Athlone.



24hour Helpline: **090 647 4122** Tel: **090 647 4122** Email: info@esker.ie

Longford Women's Link

LWLDVS operates from 9am to 5pm Monday to Friday. Supports are free and confidential. You can visit our reception area and ask to speak with us without an appointment.



To speak with a Domestic Violence Specialist:

Willow House, Ardnacassa Ave, Ardnacassagh, Longford, N39 H6R7.

Tel: **043 334 1511** Email: info@lwl.ie

www.lwl.ie/services/domestic-violence/

Men's Aid

Men's Aid Ireland is an independent not-for-profit organisation that provides essential support services to men, their children and families affected by domestic abuse and violence. It also offers advice and support to male victims of domestic abuse.



St. Anne's Resource Centre CLG, Railway Street, Navan, Co. Meath.

National Confidential Helpline: **01 554 3811** Mon-Fri, 9am-5pm.

Email: Hello@mensaid.ie Website: www.mensaid.ie

Male Advice Line



The National Male Advice Line (MAL) offers confidential phone line advice and support to men who are/have experienced domestic abuse. MAL is open 365 days a year.

Mon-Wed 10am-6pm Tues & Thurs 12pm-8pm

Fri-Sun and Bank Holidays 2pm-6pm

Freephone: **1800 816 588**

MEND - (Men Ending Domestic Violence)



MEND is a programme for men, who have been violent or abusive within their intimate partner relationships. It is a project of Men's Development Network. The primary aim of the programme is the safety and wellbeing of women and children. MEND delivers the National Choices Programme to support men to end their violent and abusive behaviour and become non-violent and respectful within their relationships. The programme involves one-to-one assessment and pre-group sessions followed by 25 group sessions. It also provides an integrated Partner Support Service for partners and ex-partners of the men in the programme.

Tel: **051 844 260/1** Advice & Support Confidential Line: **051 876 8866**

Westmeath - Athlone Midlands Rape Crisis Centre

Provides telephone support and one to one counselling for adult survivors of sexual violence and childhood sexual abuse.

Tel: **1800 306 600** Email: amrcc@eircom.net

Website: www.amrcc.ie

www.alwayswhere.ie/support-services-westmeath

One in Four



Therapy and support services for adult survivors of child sexual abuse, their families, and those who have caused harm through harmful sexual behaviour.

Cost: Survivor - €60 (we operate a sliding scale); Prevention - €90-€120

35/36 Arran Quay, Smithfield, Dublin 7 D07 E221

Tel: **01 662 4070** Email: info@oneinfour.ie

www.oneinfour.ie

Gam-Anon

This service provides support for families and relatives of those with gambling addiction issues.

Tel: **01 872 1133** Email: **info@gamblersanonymous.ie**

www.gamblersanonymous.ie



Pieta House

We provide a range of services nationally to people who are experiencing thoughts of suicide, those who engage in self-harm, and those bereaved by suicide. All of our services are provided free of charge, and no referral is needed. You are not alone.



Contact:

24 hour Freephone Crises Helpline **1800 247 247**

Text Help **51444**

Pieta Midlands **090 642 4111**

Therapy Enquiries & Assessment **0818 1111 26**

Connect Counselling

An anonymous professional telephone counselling service for survivors of physical, emotional and sexual abuse including former residents of Mother and Baby Homes.



For further information, see their website: **www.connectcounselling.ie**

Freephone: **1800 477 477**

(Lines are open Monday to Sunday from 6pm to 10pm)

Safeguarding Vulnerable Adults and Older Persons Service

HSE Safeguarding and Protection Teams are in place all over the country to provide help to vulnerable adults. If you have safeguarding concerns in relation to a vulnerable adult, please contact the Safeguarding Service CHO8 to discuss your concerns.



For more information, contact:

Maura Seabrooke, Ashbourne Primary Care Centre, Unit 12, Killeglad Walk, Declan Street, Ashbourne, Co. Meath, A84 A627.

Tel: **01 691 4632** Email: **safeguarding.cho8@hse.ie**

Text About It

A free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis.

text about it
TEXT HELLO 50808

Text HELLO to **50808**, anytime day or night. www.text50808.ie

St. Vincent de Paul (SVP)

The Society of St. Vincent De Paul's main goal is to fight poverty in all its forms through practical assistance to people in need. The SVP offer direct, personal assistance that is non-judgemental and based on the need of the individual or family. In addition, the SVP provides a wide range of services through its local offices, shops, Resource centres, housing, day-care and holiday schemes.



For more information contact:

National Office: Tel: **01 884 8200** Email: info@svp.ie Web: www.svp.ie

Local Branches:

St Vincent de Paul Society, 10 Church Street, Athlone, N37 AP59.

Tel: **090 647 2829**

St Vincent de Paul Society, Ozanam House, Bishopsgate St, Mullingar, N91KV67. Tel: **044 934 3868**

Vincent's Longford, Dublin Street, Longford, N39 C3W9.

Tel: **083 002 4630**

The Samaritans

Samaritans offers emotional support 24 hours a day, 365 days a year, to anyone who is in distress, lonely, struggling to cope or feeling suicidal.

Volunteers are on duty 24 hours a day, seven days a week.

Freephone helpline number: **116 123** Email: jo@samaritans.ie

SAMARITANS

HUGG

Free suicide bereavement peer support group.

Tel: **01 513 4048** Email: info@hugg.ie

Web: www.hugg.ie



CHAPTER 14 - BEREAVEMENT SERVICES

In this chapter you will find information and details on bereavement supports. Every day people in Ireland experience the death of someone close. Grief is not something we just get over in the weeks or months after a death but it can be experienced for years and decades to come. Grieving is a natural process and can be helped by the support and understanding of family and friends. Sometimes a bereaved person may need the support of a skilled person to help their journey through the loss.

Booklet on Bereavement

Bereavement - When someone close dies: Practical and Emotional Support at a difficult time.



This booklet provides an overview of the practical and emotional issues that you may face when someone close to you dies.

<https://www2.hse.ie/mental-health/services-support/beravement>

Irish Hospice Foundation

Bereavement Support Helpline

Freephone: **1800 807 077** - Monday-Friday, 10am to 1pm

Tel: **01 473 2110** - Monday-Thursday, 10am to 12pm

www.hospicefoundation.ie



LARCC Multyfarnham (Lakelands Area Retreat & Cancer Centre)

LARCC Bereavement Support Group - The death of someone close to us can be one of the most difficult and painful experiences we have to deal with. It can lead to many different emotions such as despair, anger, guilt, depression and loneliness.

While LARCC was founded to help people live with their cancer, we have found a need to support our clients, families and friends as they grieve for the loss of their loved one.



Ballinalack, Mullingar, Co. Westmeath.

Freephone: **1850 719 719** Tel: **044 937 1971**

www.cancersupport.ie/our-services/beravement-support

Bethany Bereavement Support

Bethany Bereavement Support is a voluntary community and parish-based service. This service is free of charge. Bethany Volunteers listen with understanding and empathy. Helpline: 087 9905299 Website: www.bethany.ie



Local contacts

Longford: Sr. Elizabeth **087 755 2192** - St. Mel's Cathedral
Westmeath: Mary Briody **087 633 6513** - Killucan

Pieta Suicide Bereavement Liaison Service (Midlands)



The Suicide Bereavement Liaison (SBL) Service can offer you guidance, practical information and support at a time when you may feel your world has changed.

For further information, see their website: <https://www.pieta.ie/how-we-can-help/beravement-support-counselling/suicide-beravement-liaison-service/>

Tel: **0818 111 126**

The Samaritans

Samaritans offers emotional support 24 hours a day, 365 days a year, to anyone who is struggling to cope or needs someone to listen without judgement or pressure.

Volunteers are on duty 24 hours a day, seven days a week.

Freephone helpline number: **116 123** Email: jo@samaritans.ie

The Samaritans logo consists of the word "SAMARITANS" in a bold, white, uppercase font, centered within a solid green rectangular box.

Widow.ie

This service provides information and self-help resources for widows, widowers and bereaved life partners.



www.widow.ie

Counselling

Talk to your GP about counselling services. When you have a medical card, the GP can refer you to the National Counselling Services (NCS). You can also access counselling privately.

**Anam Cara**

Anam Cara provides monthly online and F2F group meetings. These are open to all bereaved parents with an emphasis on peer support. Please get in touch and know that you are not alone.



Tel/Text: **085 288 8888** Email: **info@anamcara.ie**

www.anamcara.ie

HUGG

This service offers supports for people bereaved by suicide. Information and support groups for anyone over 18 years who has lost a loved one to suicide by people who are themselves bereaved by suicide.



Free suicide bereavement peer support group.

Tel: **01 513 4048** Email: **info@hugg.ie**

Web: **www.hugg.ie**

Providing exercise programmes to
Older Adults throughout Ireland

Siel IRELAND
Bleu

EXERCISE CLASSES FOR OLDER ADULTS

- Join A Community Group
Class Near You
- Exercise Online with
Siel Bleu At Home
- 1-1 Home Sessions



LET'S ADD LIFE TO YEARS
AND YEARS TO LIFE!

- ✔ Increased
Independence
- ✔ Strength
- ✔ Coordination
- ✔ Mobility



SCAN TO KNOW
MORE



01 209 6338



www.sielbleu.ie



@sielbleuireland

CHAPTER 15 - SOCIAL AND LEISURE ACTIVITIES

Active Retirement Ireland (ARA)

Active Retirement Associations in both Longford and Westmeath are all affiliated to Active Retirement Network Ireland. These associations enable retired people and anybody over 55 years, to enjoy a full and active life. At local level, Active Retirement Associations arrange social events, educational options and activities, which encourage and support retired people to remain healthy and active.



Our Development Team are on hand to help your group meet other ARAs or to offer advice.

Midlands Region (Laois, Longford, Offaly & Westmeath)

Regional Development Officer: Des Skelly Tel: **087 295 1756**

For more information on the current list of A.R.A clubs, please visit our website **www.activeirl.ie**

Tel: **01 873 3836** for information on all the groups below:

List of Groups in Co. Westmeath

Abbey Active Age Group A.R.A - Athlone

Active Friends 08 - Rochfortbridge

Ballymore Thursday Club - Ballymore

Bun Brosna/Multyfarnham/Ballinafid - Bun Brosna

Castletown-Geoghegan A.R.A - Castletown-Geoghegan, Ballinagore and Streamstown

Delvin Adult Education Group - Delvin

Delvin Bowls - Delvin

Killucan Area Services Ltd/Cairde - Killucan

Kinnegad Womans Group - Kinnegad

Ladies and Gents Active Age Club - Athlone

Milltown A.R.A. - Milltown, Moyvore, Loughnavally, Emper

Milltownpass Social Morning Group - Milltownpass

Moate A.R.A. - Moate

Mount Temple Active Age A.R.A. - An Grianán

Rathowen A.R.A. - Rathowen

St. Mary's A.R.A. - Athlone

Streete A.R.A. - Streete

Tubberclare/Glasson Active Age A.R.A. - Tubberclare

Tyrrellspass (Forever Friends) A.R.A. - Tyrrellspass

Young at Heart Kilbeggan A.R.A. - Kilbeggan

List of Groups in Co. Longford

Abbeylara/Carra A.R.A - Abbeylara

Active Retirement Clondra/Killashee A.R.A - Clondra/Killashee/Tarmonbarry

Club 91 A.R.A. - Ballymahon & Forgney

Drumlsh Hill Club - Drumlsh & Ballinamuck

Edgeworthstown A.R.A. - Edgeworthstown

Longford A.R.A. - Longford Town

Newtownforbes Senior Citizens Club/A.R.A. - Newtownforbes

Theatres

Westmeath

Mullingar Arts Centre, Lower Mount St, Mullingar, Co. Westmeath, N91 K7XK.

Tel: **044 934 7777** Email: **boxoffice@mullingarartscentre.ie**

Dean Crowe Theatre, Chapel Street, Athlone, Co. Westmeath, N37 VF29.

Tel: **090 649 2129** Email: **boxoffice@deancrowetheatre.com**

Tuar Ard Arts Centre, Church St, Moate, Co Westmeath.

Tel: **090 648 2042** Email: **info@tuarard.ie**

Longford

Backstage Theatre, Farneyhoogan, Longford, N39 FP46.

Tel: **043 334 7888** Email: **admin@backstage.ie**

Historical Societies

Westmeath

The Westmeath Archaeological and Historical Society, Westmeath County Council. Email: info@whahs.ie

www.whahs.ie

Longford

Granard Area Historical Society, Barack Street, Granard.

Tel: **086 700 6715**

www.facebook.com/GranardAreaHistoricalSociety/

Longford Historical Society

Tel: **086 040 0761**

Volunteering

Westmeath Volunteer Centre, Westmeath Community Development, Mullingar E.T.I. Business Park, Mullingar, Co. Westmeath, N91 X012.

Tel: **044 934 8571** Email: info@volunteerwestmeath.ie

Longford Volunteer Centre, Templemichael, Longford, N39 RH22.

Tel: **043 334 5555**

Comhaltas



COMHALTAS

Comhaltas is a community service that promotes Irish music and culture, with over 300 branches in Ireland. You can get information on any Comhaltas branch on the website www.comhaltas.ie

Westmeath Comhaltas

Westmeath has branches in Ballymore, Ballynacargy, Castletown Geoghegan, Frank Gavigan Branch, Moate and Mullingar.

Address: Áras an Mhuilinn Midlands Regional Resource Centre, Mount Street, Mullingar, Co. Westmeath.

Tel: **044 933 0644**

Margaret Ryan, Branch Sec. Tel: **086 816 8059**

Email: eolas@arasanmhuilinn.ie

www.arasanmhuilinn.ie

Longford Comhaltas

Longford has branches in Newtownforbes, Joe Callaghan branch and John Dungan branch.

Address: Áras an Mhuilinn Midlands Regional Resource Centre, Mount Street, Mullingar, Co. Westmeath.

Patricia Masterson, Chairperson Tel: **087 297 0731**

Ann Mulligan Tel: **086 821 1388**

Email: **longford@comhaltas.ie**

www.comhaltas.ie/locations/detail/longford/

Green Gyms

As part of the 'Healthy Town' initiative throughout Longford and Westmeath Green Gyms aim to provide an outdoor fitness experience that is accessible and enjoyable to all. They are outdoor community gyms that resemble gym equipment found in an indoor gym. Outdoor gyms are located near areas of interest such as parks, leisure centres, and playgrounds and are completely free to use. For further information contact Westmeath/Longford Sports Partnerships details below.

Sports Partnerships

Sports Partnerships aim to encourage people of all ages & abilities to get involved in physical activity. We encourage and support participation in sport and physical activity by providing information and training and by organising activities in partnership with other individuals, groups, and clubs and encourage groups to take responsibility for these projects and activities so that they can be self-sustaining.

Westmeath Sports Partnership

Westmeath Sports Partnership has developed a wide range of older adults programmes that provides activities for people of all abilities. Activities include Activator Poles, Aqua Aerobics, Open Water Swimming, Orienteering, Fishing, Pickleball, Go For Life Games, Adapted Circuit Sessions, Boccia, Canoe Polo, Kayaking and Rowing.



Westmeath Sports Partnership, Community Development Section, Westmeath County Council, Áras An Chontae, Mount Street, Mullingar, Co Westmeath, N91 FH4N.

Tel: **044 939 0208** Email: **info@westmeathsports.ie**

Website: **www.westmeathsports.ie**

Longford Sports Partnership

Our Community Sports Development Officer run classes in Chair Yoga, Activator Pole walking, Scooch games, badminton, bowls and other activities for groups in the county.



Longford Sports Partnership, Longford County Council, Camlin Court, Great Water Street, Longford.

Tel: **043 334 3493** Email: **sports@longfordcoco.ie**

Website: **www.longfordsports.ie**

Slí na Sláinte

Slí na Sláinte routes are mapped, signposted walking routes in the heart of the community suitable for all ages and abilities. The attractive signage aims to encourage people to incorporate more walking into their lifestyle. There are 220 Community Slí na Sláinte routes nationally. Maps are available to download on **<https://irishheart.ie/your-health/our-health-programmes/healthy-communities/slainte/>** or look out for the Slí na Sláinte signs.



Siel Bleu

Siel Bleu offers physical activity programmes both online and in person. Classes are designed for older people and/or people living with chronic conditions. There is a monthly membership fee that you pay when you register online.



There are classes online for:

- Older People
- Patient Groups
- Community Organisations
- People living with physical and intellectual disability

Tel: **01 209 6889** Email: **info@sielbleu.ie**

For further information contact: Cormac Walsh

Tel: **087 744 0008** Email: **Cormac.Walsh@sielbleu.ie**

www.sielbleu.ie

parkrun

parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Park run is 5k and takes place every Saturday morning. parkrun is open to everyone, and are safe and easy to take part in.



For further information, see their website: www.parkrun.ie

Longford

The Mall Park, Temple Michael Road, Longford every Saturday at 9:30am. It is entirely organised by volunteers - email: longford@parkrun.com to help.

We're friendly! Every week we grab a post parkrun coffee in Moments Cafe 64 - please come and join us!

Westmeath

Athlone Institute of Technology, Dublin Rd, Athlone, Co. Westmeath. Every Saturday at 9.30am. It is entirely organised by volunteers - email: athlone@parkrun.com to help.

We're friendly! Every week we grab a post parkrun coffee in the AIT Cafe on site - please come and join us!

Mullingar

Old Trail Car Park, Newbrook Bridge, Mullingar, Co. Westmeath. Every Saturday at 9.30am. It is entirely organised by volunteers - email: mullingar@parkrun.com to help.

We're friendly! Every week we grab a post parkrun coffee in a local café - please come and join us!

1428 Active Retirement Club

1428 Active Club
retirement

2 Harbour Street, Mullingar, Co. Westmeath, N91 FY96.

Tel: **044 938 4290** Email: manager@1428club.ie

Web: www.1428club.ie

Longford & Westmeath Education and Training Board



Longford and Westmeath Education and Training Board (LWETB) offer an extensive choice of full time and part time further education and training options to adults. There are courses on offer from beginners up to advanced levels in many different fields.

To find out more contact our Guidance Service who will guide you through the options and give you information and advice on where to start.

Tel: **044 934 2111** or **086 386 7954** Email: **adultguidance@lwetb.ie**
www.fetchcourses.ie or **www.lwetb.ie/fet**

LWETB Head Office

Marlinstown Business Park, Mullingar, Co. Westmeath, N91 RW96.

Tel: **044 934 8389** Email: **info@lwetb.ie**

LWETB Longford Office

Battery Road, Longford, N39 YV90.

Tel: **043 333 4004** Email: **admin@lwetb.ie**

LWETB Athlone Office

Clonowen Road, Athlone N37 T6X.

Tel: **090 650 0272** Email: **fetathlone@lwetb.ie**

Women's Community Projects Mullingar



Training and Education

We provide training and education opportunities from entry level courses to fully accredited courses QQI Levels 3 to 5. These include a Community and Adult Education programme, which is a Back to Education Initiative (BTEI).

Tel: **044 934 4301** Email: **adult.ed@wcpmullingar.ie**

Libraries

Westmeath Libraries

Athlone Library	Tel: 090 644 2157
Ballynacarrigy Library	Tel: 044 937 3882
Castlepollard Library	Tel: 044 933 2199
Killucan Library	Tel: 044 937 4260
Moate Library	Tel: 090 648 1888
Mullingar Library	Tel: 044 933 2161
Kilbeggan library	Tel: 057 933 3148
Library Headquarters	Tel: 044 933 2162

Longford Libraries

Longford Branch Library	Tel: 043 334 0727
Lanesborough Branch	Tel: 043 332 1291
Ballymahon Branch Library	Tel: 090 643 2546
Drumlisk Branch Library	Tel: 043 332 4760
Edgeworthstown Branch Library	Tel: 043 334 3335
Granard Branch Library	Tel: 043 668 6164
Longford Library HQ	Tel: 043 334 1124

Men's Sheds

The Irish Men's Sheds Association provides support, information and resources to members sheds in Ireland. There may be a joining fee for the year and/or a minimal charge can apply at times for some activity. www.menssheds.ie



Westmeath

- **Collinstown Men's Shed**, Mullingar Road, Collinstown.
Tel: Joe Potter on **086 817 6966** and Eddie Simpkin on **087 418 0946**
www.menssheds.ie/shed_county/leinster/co-westmeath
- **Delvin's Men's Shed**, Delvin GAA Club
Tel: Kevin Bates on **087 254 6531** and Mick Kenny on **087 146 5545**
- **Kilbeggan Men's Shed**, Halls Farm, Kilbeggan.
Tel: T.P O'Gorman on **086 165 3090** and Mike Rush on **087 387 9064**
- **Rochfortbridge Men's Shed**, Rahanine Manor, Rochfortbridge
Tel: Jack Doyle on **087 286 7884** and Willie Manning on **087 294 0874**
- **Multyfarnham Men's Shed**, Multyfarnham Community Centre.
Tel: John Joe Lohan on **087 959 8235** and Mark Bardon on **087 143 7546**
- **Ballymore Men's Shed**, Low Street, Ballymore
Tel: Oliver Malynn on **087 122 9536**
- **Clonmellon Men's Shed**, Main Street, Clonmellon
Tel: Barry Mangan or John Wilson on **087 666 0431**
- **Killucan Men's Shed**, Riverstown
Tel: Gerry Deegan on **087 235 5180**
- **Coosan Men's Shed**, Clonbrusk, Athlone
Tel: Joe Faherty on **087 657 3665** or David Callinan on **087 952 6360**
- **Castlepollard Men's Shed**, Church St, Castlepollard
Tel: Kevin O'Reilly on **086 390 8299**
- **Moate Men's Shed**, Church St, Moate
Tel: Patsy McCormack on **087 792 6439** or Gerry Martin on **087 256 3548**

Longford

www.menssheds.ie/shed_county/leinster/co-longford

- **Drumlish/Ballinamuck Men's Shed**, Longford Road, Drumlish
Tel: Michael Joyce: **087 203 4971**
- **North Longford Men's Shed**, EDI Centre, 11 A2 Mastertech Business Park, Athlone Road, Longford, N39Y0F4. Tel: **043 334 7515**
Tel: Caroline Stewart on **087 619 8778** and Breda Murphy on **087 918 1787**
- **Granard Men's Shed Group**, Lus na Gréine FRC, Granard, Co. Longford
Tel: Freda Leahy on **085 815 2310** and William O'Connor on **086 822 6523**
- **Dromard Area Men's Shed**, Aughamore, Longford
Tel: Joe Murphy on **087 134 0132** and Gerry McCabe on **087 270 0531**
- **Longford Town Men's Shed**, St. Mary's, St Mel's College, Longford
Tel: **086 342 9809**
- **Killoe Men's Shed**, Kiltyreher, County Longford
Tel: Sean Murray: **087 419 8068**

Women's Shed

Women's Shed provides a safe place for women to share skills learn crafts, reconnect with themselves and the wider community which promotes mental health. There may be a joining fee for the year and/or a minimal charge can apply at times for some activity.



Tel: **085 118 0182** Email: Irelandswomenssheds@gmail.com

Longford

- **Drumlish Ballinamuck Women's Shed**

Contact through www.facebook.com/drumlishballinamuckWS

Westmeath

- **Kinnegad Women's Shed - Serenity House**
Email: kinnegadwomensshed23@outlook.com
www.facebook.com/kinnegadwomen'sshed
- **Mullingar Women's Shed**
Email: westmeathwomensshed@gmail.com

Irish Country Women's Association Clubs (ICA)

The ICA is the largest women's association in Ireland with more than 10,000 members and over 500 guilds across the country.



Westmeath

Email: Aine Burge, Secretary on info@icawestmeath.ie

www.icawestmeath.ie

Longford

Email: Annmarie Donohue, Federation Secretary on

donohoeannemarie@gmail.com

Email: ICA May Campbell on longfordpresident@ica.ie

www.ica.ie/federations/longford/

Muintir na Tíre

Muintir na Tíre is a national voluntary organisation dedicated to promoting the process of community development. Canon Hayes founded the organisation in 1937. Muintir na Tíre aims to enhance the capacities of people in communities, rural and urban, to become involved in local social, economic, cultural and environmental development.



MUINTIR NA TÍRE
NATIONAL ASSOCIATION FOR
THE PROMOTION OF COMMUNITY
DEVELOPMENT IN IRELAND

Longford

Tel: Gerard Costello on **086 600 0751** Email: gerard@muintir.ie

Westmeath

Tel: Conor O'Leary on **086 600 0753** Email: conor@muintir.ie

Bridge Clubs

Longford

Ballymahon Bridge Club - Monday nights from September to May.
Venue: Cooney's Hotel, Main Street, Ballymahon starting at 7.45pm
Tel: Una Flynn **087 417 9942** Email: **cakesbyuna@gmail.com**

Longford 67 - Monday night starting at 7.30pm
Venue: The Bridge Centre in The Old Army Barracks.
Tel: Helen O'Brien **087 675 2751** Email: **matto@eircom.net**

Templemichael Club - Wednesday nights starting at 7.30pm
Venue: The Old Army Barracks.
Tel: Ms. Olive Kilbane, Secretary **086 151 3624**
Email: **olivekilbane@gmail.com**

County Longford Club - Friday nights starting at 7.30pm
Venue: The Old Army Barracks.
Tel: Ms. Olive Kilbane, Secretary **086 151 3624**
Email: **olivekilbane@gmail.com**

Lough Ree 2000 Bridge Club - Monday nights all year at 7.30pm
Venue: St. Mary's Parish Hall in Lanesborough.
Tel: J.J. Donlon **086 194 3970** Email: **loughree2000bc@gmail.com**

Westmeath

Mullingar - Monday-Friday there are 3 clubs involved starting play at 7.30 pm
Venue: Mullingar Bridge and Amenity Centre, Bellview, Mullingar, Westmeath.
Tel: Sean Galligan **087 416 0724** or Eamonn Bray **086 444 9078**

The '72' Club - Monday night starting at 8.00pm
Venue: The Shamrock Lodge Hotel, Athlone.
Tel: Margie Hannon **086 807 6297**

Athlone Club - Wednesday nights
Venue: The Shamrock Lodge Athlone
Tel: Sr. Bernadette on **087 857 5936** Email: **bermcdonnell@gmail.com**

Moate Bridge Club - Wednesday night at 7pm
Venue: Tuar Ard, Moate.
Tel: Anne **085 782 5526**

Chess

South Longford Chess Club Ardagh Tel: **086 237 2616**
 Drumlish Community Centre, Hill Road, Drumlish, Longford
 Tel: **086 606 1267** Email: **pat.collum@gmail.com**

Choirs

Longford

Longford County Choir Tel: **086 814 1023**

Sweet Memories Dementia Choir Wed 12-1pm.

Martina Logan **086 607 6879**

St Mel's Cathedral Choir

Folk choir Tel: Siobhain Casey **087 771 3823**

Westmeath

Mullingar Choral Society Email: **mullingarchoralsociety@gmail.com**
www.mullingarchoral.ie

Mullingar Gospel Choir Tel: **044 934 7777**

Forget Me Not Community Choir, Monklands Community Centre, 1st & 3rd
 Tues of the month at 10:45am. Email: **choirathlone@gmail.com**

Athlone Choral Society Email: **athlonechoralsocietypro@gmail.com**
 St Brigid's Community Choir, St Brigids GAA Club Wednesday at 8pm.



ExWell Medical is a supervised exercise programme aimed at improving your overall strength, balance and fitness level. You can attend up to 12 free classes with follow-up options.

The classes last for 40 - 45 minutes

The ExWell programme, funded by the Dublin Midlands Hospital Group, provides classes in various locations throughout Longford and Westmeath.

Contact :

**Edel Larkin (Midlands Programme Lead and Athlone lead instructor) -
Elarkin@exwell.ie**

**Lisa Kelly (Former Midlands Programme Lead and current Research
Officer) - l.kelly@exwell.ie**

**Ask your Public Health Nurse, GP or health care professional
to refer you to ExWell Medical**

**Information and the medical referral form is
available at:**

<https://www.exwell.ie/about-5-6>

CHAPTER 16 - SECURITY AND SAFETY



Crime Prevention Officers

Crime Prevention Officers (SPOs) are trained to encourage, promote and advise on crime prevention. Each Garda division has a Crime Prevention Officer. They advise members of the public in relation to crime prevention and reduction.

Fraud Prevention

Gardaí receive reports regularly relating to automated scam phone calls. On receipt of these communications, the advice of An Garda Síochána is as follows:

- Do not engage with the caller
- Do not return the call
- Do not follow the automated instructions - Do not press 1 etc.
- Never disclose personal or financial information
- Hang up and block the number if possible.

If you believe that you have fallen victim to a scam contact your financial institution and report the matter to the local Gardaí. Information on frauds at www.fraudsmart.ie, information is also available at www.garda.ie/en/crime/cyber-crime

For further details please contact the Garda Stations listed in the front section of this directory.

Community Gardaí

The role of the local Community Gardaí is to liaise with the local community, organisations and services. Their role is to get to know the community by giving talks, organising activities and linking with service providers. For further information in relation to your local community Garda please contact any of the stations listed in the front section of this directory.



See page 12 of Directory for full listing of Garda Stations and Emergency Services.

Older Person Register

The Older Person's Register is an initiative by An Garda Síochána, as part of Community Policing, to assist with identifying vulnerable older people, who may need support, particularly in time of crisis, such as bad weather. Interested persons within the counties of Longford and Westmeath are invited to register their details with their local An Garda Síochána. Details can be submitted by individuals themselves, their Assisted Decision Maker or their Next of Kin. In all cases, the consent of the person concerned will be required.

For further information, contact your local Garda Station, listed in the front section of this directory.

Granard Garda Station - Garda Tracy Shanley

Tel: **043 668 7660** Email: **Granard.Community@Garda.ie**

Longford Garda Station - Sgt. Darren Conlon

Tel: **043 335 0570** Email: **Longford.Community@garda.ie**

Mullingar Garda Station - Sgt. Brian Stones

Tel: **044 938 4000** Email: **Mullingar.community@garda.ie**

Athlone Garda Station - Garda Stacy Looby

Tel: **090 649 8550** Email: **Athlone.community@garda.ie**

Seniors Alert Scheme (Monitored Personal Alarms)

The Seniors Alert Scheme provides funding for a monitored alarm connected to a contact centre to enable older persons to live securely in their own homes. This is the pendant that many older people wear on their wrist or around their neck. It is for people over 65 years who have limited means, living alone, or living with another older person, or caring for someone else in your household.

For further information, you can contact the Seniors Alert Scheme section in Pobal:

Pobal, Holbrook House, Holles Street, Dublin 2, D02 EY84.

Tel: **01 511 7000** Email: **enquiries@pobal.ie**

Longford: Elaine Keogh Tel: **043 335 0114**

Westmeath: Nuala White Tel: **090 647 2174**

www.pobal.ie

‘Message in a Bottle’ Initiative

The ‘Message in a Bottle’ Initiative is free to all who need it and is aimed at older adults whose medical details are written on a page, placed inside the plastic bottle and kept in the fridge where emergency services will find it. It will save the emergency services valuable time identifying if someone is in difficulty and will quickly provide his or her emergency contacts. All First Responders i.e. the emergency services, HSE ambulance teams, Fire Brigade, and the Gardaí support the initiative. If called to an emergency, upon seeing the stickers, they will immediately collect the vital information from the fridge.

Email: MIAB@lionsclubs.ie

www.lionsclubs.ie/service/message-in-a-bottle/

Neighbourhood Watch and Community Alert

Neighbourhood Watch and Community Alert are crime prevention programmes aimed at getting local communities working in partnership with the Gardaí to become actively involved in observing and reporting suspicious activities. They will be in a position to advise you on home safety and work with the Gardaí on Text Alert notices and other security initiatives. Contact your local Gardaí Station or the stations listed above who will advise you about your nearest Neighbourhood Watch (Towns) or Community Alert (Rural Areas).

Bogus Callers

An Garda Síochána Crime Prevention suggests we should all advise elderly vulnerable people against answering the door to bogus callers. These callers may call to the door offering a service such as power-washing, painting, garden maintenance or other services. Anyone who lives alone should fit a chain lock to their door and only open the door to people who are known to them. Contact your local Garda Station if you have any suspicion in relation to a caller in your area and provide as much detail as possible, e.g. registration number of car, direction of travel and description of caller.

Bogus Caller Cards

The cards were launched following an increase in the number of bogus callers and tradesmen calling to vulnerable people.

Householders can ask any trader or workmen calling to homes requesting to carry out work, to supply their details on the card. If there is any doubt as to the legitimacy of the person, householders can contact the Garda Stations listed at the front of this directory. Genuine callers will supply their details. Do not let anyone into your house unless you are 100% satisfied as to their legitimacy.

Crime Victim Support Line

How We Help - Listen. Support. Inform.

We are here to support anyone who has been impacted by crime, regardless of the nature of the crime, when the crime happened, or whether it has been reported to the Gardaí. Our trained staff and volunteers understand the issues and difficulties frequently encountered by victims of crime as well as by their friends and family. We can also provide information and guidance to professionals (such as Gardaí, solicitors, doctors, and counsellors) who are working with victims of crime.

Freephone: **116 006**

Carer's Emergency Card

Carers might consider carrying the Carer's Emergency Card. In the event of a carer being in an accident or becoming ill, the details on the card can be used to ensure that the person being cared for is looked after.

www.hse.ie/eng/services/list/3/carerssupport/

APPENDICES

APPENDIX 1 - HSE SUPPORT SERVICES

MIDLAND REGIONAL HOSPITAL MULLINGAR - **044 934 0221**

ST. JOSEPH'S CARE CENTRE, LONGFORD - **043 335 0100**

ST. LOMAN'S PSYCHIATRIC HOSPITAL, MULLINGAR - **044 934 0191**

PSYCHIATRY FOR LATER LIFE

Community Mental Health Centre, Re Nua, Primary Care, Athlone

090 642 4870 / 090 642 4880

Community Mental Health Centre, Dublin Rd, Longford

043 334 6992

St. Loman's Hospital, Mullingar

044 934 0191

Community Mental Health Centre, Primary Care, Harbour Rd, Mullingar

044 935 3840

COMMUNITY MEDICAL SERVICES

Health Centre, Dublin Rd., Longford

043 335 0169

Health Centre, Athlone

090 647 4210

Health Centre, Mullingar

044 934 0221

PRIMARY CARE PSYCHOLOGY SERVICE

Primary Care Centre, Clonbrusk, Athlone, Westmeath

090 642 4813

Primary Care Centre, Ballyminnion, Longford

043 335 0170

Primary Care Centre, Harbour Rd., Mullingar, Westmeath

044 935 3763

SOCIAL WORK IN PRIMARY CARE

Primary Care Centre, Clonbrusk, Athlone, Westmeath - **090 642 4840**

Primary Care Centre, Ballyminnion, Longford - **043 333 9700/9701**

Primary Care Centre, Harbour Rd., Mullingar, Westmeath - **044 935 3700**

ADULT COUNSELLING SERVICES

The Arches, 21 Church Street, Tullamore

(This service caters for individuals who have experienced childhood sexual or physical abuse in an institution, education or family setting).

057 932 7141 / Helpline: 1800 234 113

COUNSELLING IN PRIMARY CARE SERVICE - 057 937 0605

PUBLIC HEALTH NURSING SERVICE

Primary Care Centre, Clonbrusk, Athlone, Westmeath

090 642 4811

Primary Care Centre, Ballyminnion, Longford

043 333 9701 / 333 9700

Primary Care Centre, Harbour Rd., Mullingar, Westmeath

044 939 5078 / 939 5080

PRIMARY CARE CENTRES

www.hse.ie/eng/services/list/2/healthcentres/

Primary Care Centre, Clonbrusk, Athlone, Westmeath. **090 642 4840**

Primary Care Centre, Ballyminnion, Longford. **043 333 9700/9701**

Primary Care Centre, Harbour Rd, Mullingar, Westmeath. **044 935 3700**

Primary Care Centre, HSE Tullamore Road, Kilbeggan. **057 936 9900**

HEALTH PROMOTION SERVICE

Scott Building, MRH Tullamore - **057 935 7800**

LONGFORD PRIMARY HEALTHCARE PROJECT FOR TRAVELLERS

044 334 5555 mobile 087 916 4766

WESTMEATH PRIMARY HEALTHCARE PROJECT FOR TRAVELLERS

044 934 8571 / 087 099 5145 Email: **cjoyce@westcd.ie**

APPENDIX 2 - SUPPORT ORGANISATIONS

AWARE

Online Support Groups: Held regularly

Tel: **01 661 7211 / 01 524 0361** Helpline: **1800 804 848**

Email: **supportmail@aware.ie**

www.aware.ie

ACTIVE RETIREMENT IRELAND

Tel: **01 873 3836**

ALONE

Helpline: **0818 222 024**

Aspen House, 76 Seatown, Dundalk, Co. Louth, A91 K20F.

www.alone.ie

ALCOHOLICS ANONYMOUS

Tel: **01 842 0700**

ALATEEN / AL-ANON

Tel: **01 873 2699**

BETHANY BEREAVEMENT SUPPORT FOR ADULTS - WESTMEATH

Killucan - Mary Briody - Tel: **087 633 6513**

Helpline Tel: **087 990 5299**

CARI

Therapy and counselling services for children, families and groups who have been affected by child sexual abuse.

Tel: **01 830 8529** Helpline: **1890 924 567**

GAMBLER ANONYMOUS

Tel: **01 872 1133** Email: **info@gamblersanonymous.ie**

GAMBLING SUPPORT

Tel: **1800 936 725** Web: **www.gamblingcare.ie**

GROW

Market Square, Tullamore, Co Offaly.

Tel: **086 418 3805** Info Line: **1890 474 474**

www.grow.ie

MENTAL HEALTH IRELAND

Tel: **086 835 3387** **www.mentalhealthireland.ie**

MYMIND

www.mymind.org

PIETA HOUSE

24 hr Helpline: **0818 247 247**

PCI COUNSELLING SERVICE

Midlands Co-ordinator Tel: **0818 555 450** (11am-6pm)

PRIVATE COUNSELLING SERVICES

www.psychologicalsociety.ie

www.iacp.ie for a list of accredited counsellors

SAMARITANS

24 hr Helpline Freephone **116 123** Email **jo@samaritans**

www.samaritans.ie

SHINE

23a Church Street, Athlone, Co Westmeath

Tel: **086 045 1876 / 086 852 5281**

Email: **info@shine.ie**

www.shine.ie

SENIORLINE

Freephone Helpline: **1800 80 45 91**

TRAVELLERS COUNSELLING SERVICE

Tel: **086 308 1476**

APPENDIX 3 - BEREAVEMENT SUPPORT

ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT

Satellite support groups throughout the country

Tel: **01 404 5378 / 085 288 8888**

BETHANY PASTORAL AND BEREAVEMENT SUPPORT

Bishopsgate Street, Mullingar

Tel: **087 630 9808**

BETHANY ST. CAMILLUS BEREAVEMENT SUPPORT GROUP

National Helpline

Tel: **087 990 5299**

THE FAMILY CENTRE

St. Mel's Rd., Longford (Next to St. Mel's Cathedral)

Tel: **043 334 6827 / 087 755 2192**

Email: **stmelcathedral@eircom.net**

HOSPICE SERVICES

North Westmeath: Tel: **087 938 7869**

South Westmeath: Tel: **087 274 8615**

HSE / PIETA HOUSE SUICIDE BEREAVEMENT LIAISON SERVICE (MIDLANDS)

Providing support, information and practical help to individuals and families following a suicide death

Tel: **0818 111 126**

IRISH HOSPICE FOUNDATION

Bereavement Support Helpline

Freephone **1800 807 077** - Monday to Friday 10am to 1pm.

Phone **01 473 2110** - Monday to Thursday 10am to 12pm.

www.hospicefoundation.ie

LARCC BEREAVEMENT SUPPORT GROUP

Multyfarnham Mullingar

Tel: **044 937 1971** Freephone: **1850 719 719**

WEBSITES FOR INFORMATION AND SUPPORTS

www.hospicefoundation.ie

Connecting for Life Midlands

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/strategy-implementation/local-action-plans/connectmidlands.html>

HUGG

Free suicide bereavement peer support group.

Tel: **01 513 4048** Email: **info@hugg.ie** Web: **www.hugg.ie**

APPENDIX 4 - HELPLINE NUMBERS

ADULT COUNSELLING SERVICE - Tel: **1800 234 113**

ANYMAN (SUPPORT SERVICE FOR MEN)

Tel: **01 554 3811** Email: **crisis@anyman.ie**

AWARE - Tel: **1890 80 48 48**

IRISH CANCER SOCIETY HELPLINE - Tel: **1800 200 700**

FAMILY CARERS IRELAND HELPLINE - Tel: **1800 240 724**

CHIME

National charity for deafness and hearing loss

Tel: **057 935 1606** Text: **086 143 6476** Email: **info@chime.ie**

CRIME VICTIMS HELPLINE

Freephone: **116 006** Text: **085 133 7711**

PIETA 24/7 CRISIS SUPPORT HELPLINE - Tel: **1800 247 247**

or text 'help' to 51414

DOMESTIC VIOLENCE - Tel: **1800 444 944**

HSE INFORMATION HELPLINE - Tel: **1850 241 850**

HSE DRUGS HELPLINE

Drug & alcohol information and support Tel: **1800 459 459**

M.A.B.S HELPLINE - Tel: **0761 072 000**

MALE ADVICE LINE - Tel: **1800 816 588**

MOVE (MEN OVERCOMING VIOLENCE) - Tel: **085 874 8108**

MISSING PERSONS HELPLINE - Tel: **1890 442 552**

NARCOTICS ANONYMOUS (24 HR HELPLINE)

Tel: **01 830 0944 / 086 862 9308**

RELATIONSHIPS IRELAND - Tel: **1890 380 380**

SAMARITANS - Tel: **116 123**

SENIOR HELPLINE - Tel: **1850 804 591**

ST. VINCENT DE PAUL

Tel: **01 884 8200** Email: **info@svp.ie**

VISION (FORMERLY NATIONAL COUNCIL FOR THE BLIND IRELAND)

Clonbrusk Resource Centre, Coosan Rd, Athlone, Co. Westmeath N37 C1K2

Tel: **1800 911 250** Email: **info@ncbi.ie** Phone: **090 647 3575**

WOMEN'S AID NATIONAL FREEPHONE HELPLINE

Tel: **1800 341 900**

MEN'S AID

Tel: **01 554 3811**

IRISH WHEELCHAIR ASSOCIATION

Tel: **090 647 1118**

Athlone - Email: **athlone@iwa.ie** Tel: **044 934 7511**

Mullingar - Email: **mullingar@iwa.ie**

Kenagh, Co. Longford - Email: **kenagh@iwa.ie** Tel: **043 332 2992**

POISONS INFORMATION CENTRE OF IRELAND

8am - 10pm 7 days a week

Tel: **01 809 2166**

Notes

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November 2024

