



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

Directory of supports and services for Older People in Laois and Offaly



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.

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

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



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:	

Notes

A series of horizontal dotted lines for writing notes.

Welcome

This Directory provides information on services available for people, over the age of 65 years, living in Laois and Offaly. 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 (January 2024).

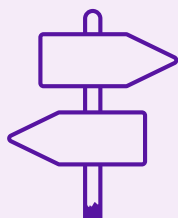
Check the HSE Publications and Reports website <https://www.hse.ie/eng/services/publications/> for the most recent update. Please select the Older Persons Services in the category box on this website and this will bring you to this Directory and to other similar documents.

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 is a revised edition of the *Who Cares - Supports and Services for Carers in Laois and Offaly (Psychiatry of Later Life)*. It was co-produced by Health and Wellbeing, ICPOP Laois/Offaly, Patient & Service User Engagement and Psychiatry of Later Life.

Members of the ICPOP Living Well at Home Work Stream (Laois/Offaly) developed this Directory. Many thanks to HSE and non-HSE groups who contributed to the contents. Valuable and insightful feedback received from Active Retirement Groups, Age Friendly events, and Men's Sheds further informed the content, layout and design.

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Seniors Alert Scheme (Monitored personal alarms)

The Seniors Alert Scheme provides support for vulnerable older people. The scheme provides funding for a monitored alarm - a pendant that the person wears on their wrist or around their neck. Connected to a contact centre the alarm supports older people to live securely in their own homes.

The scheme is run by Pobal, a not for profit organisation that works on behalf of the Government. 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 the household.

The alarm monitoring system is free for the first year following installation, after which the person becomes liable for the monitoring fee. Charges vary by service provider and the type of alarm and service provided.

Grant assistance is made available through community, voluntary, and not for profit organisations that are registered with Pobal, such as L-Step, North Offaly Local Development and West and South Offaly Home Fix. Another organisation, Task Community Care provides a similar service.

For further information: Phone Bernadette Dunne 087 963 0484.



See Chapter 7 for additional information on personal alarms and other safety devices

In the event of an emergency

Telephone 999 or 112

- **MIDOC:** Urgent Family Doctor Out-of-Hours Service:
LoCall: 1850-302-702
Hours of Operation: Monday to Friday, 6.00pm - 8.00am
Weekends/Public Holidays: 8.00am - 8.00am.
- **Department of Psychiatry**, Midlands Regional Hospital, Portlaoise
Telephone: 057 869 6396
Inpatient treatment as required. Overseen by Consultant Psychiatrist, Psychiatry of Later Life service, Laois/Offaly.
- **Garda Station** or **999** or **112** in an emergency.

HSE Services

HOSPITALS

- Midland Regional Hospital Tullamore. **Telephone: 057 932 1501**
- Midland Regional Hospital Portlaoise. **Telephone: 057 862 1364**
- Department of Psychiatry at Midland Regional Hospital Portlaoise.
Telephone: 057 869 6396 (Assessment Unit)

COMMUNITY MENTAL HEALTH TEAMS

- Community Mental Health Centre, Bannon Centre, MRH Tullamore.
Telephone: 057 931 5900
- Community Mental Health Centre, Wilmer Road, Birr.
Telephone: 057 912 0576
- Community Mental Health Centre, Bridge Street, Portlaoise.
Telephone: 057 862 2925
- Psychiatry of Later Life (POLL), An Triu Aois, Block Road, Portlaoise.
Telephone: 057 867 0190 / 867 0192



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 Laois and Offaly. If you need help accessing, transport and would like further information you can phone the Local Link Office on **057 869 2186** (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 from both Laois and Offaly.

TFI Local Link Laois Offaly- Bus Service



Who we are

TFI Local Link Laois Offaly is a rural transport company providing a combination of schedules and flexible bus services across the two 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 our timetables on our website **www.locallinklaoisoffaly.ie** or give our office a call on **057 869 2186** Monday to Friday from 9am to 1pm and 2pm to 5pm.

For more information on national travel routes:

<https://www.transportforireland.ie/>

Iarnród Éireann

Iarnród Éireann
Kilcruttin
Tullamore
Co Offaly
R35 RY63

Tel: 057 932 1431 / 01 836 6222



Iarnród Éireann
Station Road
Portlaoise
Co Laois
R32 P590

Tel: 057 862 1303 / 01 836 6222

Bus Éireann

Timetables are available on www.buseireann.ie or give the office a call on lo-call phone **0818 836611**.

Lines 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 on Facebook and Twitter.

Free Travel Scheme

The Free Travel Scheme allows you to travel free of charge on all public transport owned by the State. This includes bus, rail and Dublin's LUAS with some exceptions. Everyone aged 66 and over, legally living permanently in the State, is entitled to the Free Travel Scheme. Some people under 66 also qualify. You cannot use your existing free travel pass for free travel within Northern Ireland.

More information about the scheme can be found at

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

You should contact the Department of Social Protection to check if your private bus operator accepts free travel cards.

CHAPTER 02 - HEALTH CARE TEAMS IN LAOIS AND OFFALY

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)
- Community Registered General Nurse (CRGN)
- Registered Advanced Nurse Practitioner (RANP)
- Clinical Nurse Specialists (CNS)
- Home Care Assistants (HCA)
- Occupational Therapists (OT)
- Social Workers (SW)
- Psychologists
- Physiotherapists
- Dieticians
- Speech and Language Therapists
- Palliative Care Team
- Hospital Teams (Midland Regional Hospital Tullamore and Midland Regional Hospital Portlaoise)
- Community Pharmacy's

Summary of what we do

Primary Care Teams 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 (my doctor) have a key role on our team. Your GP 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) and
- Health Care Assistants (HCAs).

What we do

Our nursing teams, based in Health Centres or Primary Care Centres, assess your nursing care needs. They may arrange additional supports for example:

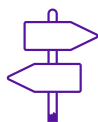
- home supports to enhance your personal care needs
- referral to a tissue viability nurse specialist if you have a wound
- referral to continence advisor if you have problems with your bowel or bladder
- referral to clinical nurse specialists in palliative care
- referral for day care or respite
- referral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

How to get to us

You can refer yourself directly to the public health nursing service by phoning your local health centre/primary care centre (See list of contact details for Health Centres/Primary Care Centres in Offaly and Laois).

Health Centre, Arden Road, Tullamore. **Telephone: 057 935 947/8**

Health Centre, Dublin Road, Portlaoise. **Telephone: 057 862 1135**



See page 31 for the list of Health Centres/Primary Care Centres in Offaly and Laois

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

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 access the service

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.

Self Management

Laois & Offaly Directory of Services and Programmes for Adults with Asthma, COPD, Diabetes, Heart Conditions, Stroke.



The directory is available online at www.hse.ie/eng/health/hl/selfmanagement

It is a comprehensive list of services and supports for both health professionals and service users alike to better manage their own health.

The directory will assist adults living with or caring for someone with a long-term health condition, by signposting them to condition-specific self-management supports such as pulmonary rehabilitation, cardiac rehabilitation and diabetes structured education programmes. These programmes aim to equip individuals with the knowledge, skills and confidence to live well with a long-term health condition. The inclusion of social and community supports, peer support groups and emotional and mental wellbeing supports recognises the value of these resources in assisting people to self-manage, and help contribute to leading a healthier life.

Please contact the Self-Management Support Coordinator if you require further information on:

Email: GerA.walsh@hse.ie Telephone: 087 331 6570

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.

For more information on the Living Well Programme, please contact Aine McNamee, Living well coordinator:

Email: Aine.mcNamee@hse.ie Telephone: 087 114 0371 / 041 685 0671

Psychology Service

Who we are

We are a team of psychologists who offer a range of psychological supports to people over 18.

What we do

We talk to you about your worries, and we explain how we can help you. We offer individual or group-based support. Some examples of difficulties a psychologist can help with include:

- Depression
- Stress and tension
- Anger
- Anxiety
- Bereavement
- Coping with physical illness
- Relationship issues

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.

Occupational Therapy Service

Who we are

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

What we do

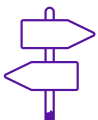
We help you to maintain, or achieve, independence in your daily living. We will meet you to ask you what you need and see how best we can help you.

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 free of charge, such as 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

You can refer yourself to our Occupational Therapy Service. Please contact your local Health Centre/Primary Care Centre for further information.



See page 31 for the list of Health Centres/Primary Care Centres in Offaly and Laois

Physiotherapy Service

Who we are

We work with people following injury, pain or disability.

What we do

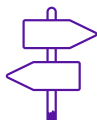
We aim to improve your movement and function to maximise your potential and restore your well-being after an injury or illness.

A Physiotherapist in the Primary Care Team will:

- Assess, diagnose and treat conditions & illness.
- Assist you to prevent further injury, for example following a fall.
- Promote a healthier lifestyle for you, including advice around appropriate levels of exercise and activity to prevent deconditioning and other symptoms of chronic disease.
- Prescribe suitable walking aids and other equipment to promote safe mobility.
- Visit your home if necessary and develop a programme of care that meets your care needs.
- Assess you and provide appropriate mobility aids and appliances to assist your recovery. These aids are funded by the HSE.
- Advise you on the use of aid and appliances such as walking aids.
- Advise your carer on the use of aids and appliances and your mobility.
- Monitor and review your progress.

How to get to us

You can refer yourself to our Physiotherapy Service. Please contact your local Health Centre/Primary Care Centre for further information.



See page 31 for the list of Health Centres/Primary Care Centres in Offaly and Laois

Social Work Service

Who we are

We work to enhance the quality of life of older people, enhancing your wellbeing.

What we do

We are a consent led community based service, providing psychosocial assessments of the needs of service users, their families and communities. We aim to provide a population health model, enhancing the quality of life the wellbeing of the local population as part of community based multi-disciplinary teams.

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. You can refer yourself. Any individual, service or professional can also refer you with your consent.

Contact your local Primary Care Centre or call to one of our drop in clinics.



Drop in or Book an appointment for this free and confidential service to see a Primary Care Social Worker in person (Booking in advance is advised)

Venues: Laois/Offaly

Abbeyleix - Rehab Unit, District Hospital, Abbeyleix, Co. Laois
Second Friday of Every Month. Time: 10am-1pm
To Book an appointment: **Call 057 873 1160**

Banagher - Primary Care Centre Banagher (Eircode: R42 XW40)
First Tuesday of Every Month. Time: 10am-1pm
To Book an appointment: **Call 057 915 3415**

Edenderry - Ofaile House, St Mary's Road, Edenderry.
Third Tuesday of Every Month. Time: 10am-1pm
To Book an appointment: **Call 057 868 4248**

Mountmellick - Mountmellick Primary Care Centre (Eircode:R42E704)
Third Thursday of Every Month. Time: 10am-1pm.
To Book an appointment: **Call 057 869 7537**

Portarlinton - Portarlinton Primary Care Centre (R32Y038)
First Friday of Every Month. Time: 10am-1pm
To Book an appointment: **Call 057 868 4248**

Portlaoise - St. Fintan's Hospital, Dublin Road, Portlaoise Co. Laois.
Third Thursday of Every Month. Time: 10am-1pm.
To Book an appointment: **Call 057 869 6941**

Tullamore -Tullamore Primary Care Centre (Eircode: R35 K1W4)
First Thursday of Every Month. Time: 10am-1pm
To Book an appointment: **Call 057 931 9478**

How can a Primary Care Social Worker help?

- Support in navigating the health service.
- Signposting to appropriate community supports.
- Advocacy re: benefits & entitlements.
- Assist with any other queries or worries.
- Ensure your voice is heard and understood.

Speech and Language Service

Who we are

We assess and manage patients who experience communication difficulties related to their diagnosis, for example dementia.

What we do

We assess if you have communication difficulties such as:

- Maintaining your attention, listening or concentrating during a conversation in a group or losing your train of thought during a conversation
- ‘Missing bits’ of a conversation
- Difficulty finding words during a conversation

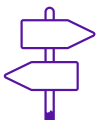
We provide strategies to support you and your family/carer to have conversations. Strategies may include the use of simple, familiar language, the provision of additional time, supporting you to find words and/or the provision of visual aids (pictures/photos) to support their understanding. We identify your strengths and to maintain functional communication. We also work closely with family members/carers.

We will assist if you experience eating, drinking and swallowing difficulties (dysphagia).

- We make safe swallowing recommendations
- We provide advice and support to carers
- We can assist you, and your carer, in planning for the future in terms of eating, drinking and swallowing skills.

How to get to us

People can self-refer to the Speech and Language Therapy, or you can be referred by another member of the Primary Care Team. Phone your local Health Centre/Primary Care Centre, who will advise you further.



See page 31 for the list of Health Centres/Primary Care Centres in Offaly and Laois

Community Nutrition and Dietetic Services

Who we are

The Community Nutrition and Dietetic Service dietitians are working in a variety of services and HSE structures as part of a regional team of dietitians across Longford, Westmeath, Offaly and Laois.

What we do

Dietitians are specialised 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 based on scientific information in interventions to maintain health, reduce risk of poor health and restore health and manage a range of conditions, including dementia and frailty by developing individual 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 (private homes or HSE long term residential units), and groups for structured patient education.
- We also work with media, research and educational 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, or health & social care professional to make a referral to us.

Counselling Service



Who we are

We are the National Counselling Service team. We meet with people and offer support.

What we do

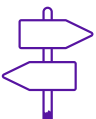
The National Counselling Service provides free, confidential counselling and psychotherapy for people throughout Laois and Offaly. We offer free services for people who have experienced bereavement, former residents of the Mother and Baby Homes, or any adult who experienced adverse childhood effects.

People experiencing mild to moderate psychological difficulties, for example anxiety, can only access the service if they have a valid medical card.

How to get to us

You need a referral sent to us by either your GP or another member of the Primary Care Team. **Telephone: 057 937 0605**

CAPA Self Referral. **Telephone: 057 932 7141**



See Chapter 13 Counselling/Listening Services for additional information

Dental, Optical and Hearing Services

It is important that you get regular checks of your hearing and your eyesight. Having regular dental checks is also important.

Some of these services are free to medical cardholders.

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

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

Visit their website here:

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

Your teeth

The Health Service Executive (HSE) provides some free dental treatment through the public health service.

If you do not qualify for HSE services, then you can use a private dental service.

The Dental Treatment Services Scheme (DTSS) provides access to dental treatment for adult medical cardholders.

Medical cardholders are entitled to a free dental examination in each calendar year, as well as any extractions that are required. One first-stage endodontic (root canal) treatment is also available each year for teeth at the front of the mouth.

If you do not qualify for HSE services, you can use a private dental service.

Your eyesight

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.

- Laois Community Services, Dublin Road, Portlaoise. **Tel: 057 862 1135**
- Offaly Community Services, Arden Road, Tullamore. **Tel: 057 934 1301**

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

Our hearing deteriorates as we get older and often it deteriorates gradually so we don't notice the decline. It can initially appear as if others are mumbling, like you can hear what someone is saying but not understand the words. You might hear well on a one-to-one basis but struggle to hear in groups or background noise.

Untreated hearing loss in older persons can lead to isolation and cognitive decline. It is important to have our hearing checked if you feel your hearing has deteriorated.

If you are experiencing any of the symptoms above ask your GP to refer you to the HSE Audiology Service to have your hearing tested.

The HSE Audiology Service for Offaly is based in Tullamore Health Centre, Arden Road, Tullamore, Co. Offaly. Phone number **057 934 1301**

The HSE Audiology Service for Laois is based in Portlaoise Health Centre, Dublin Road, Portlaoise, Co. Laois. Phone number **057 869 2539**

The service will guide you through the process of having a hearing test, a hearing aid fitting and follow up care in your appointed centre.

This service is available to medical cardholders only.

If you do not have a medical card, you may be able to avail of a grant through the Treatment Benefit Scheme. There is a link to the website at the top of this page. The Treatment Benefit Scheme can give you up to €1,000 off a pair of hearing aids; this means that if your hearing aids cost €1,000 or less there will be no additional cost to you.

The Treatment Benefit Scheme website has a list of accredited hearing aid providers in each county.

Your feet

The HSE in Laois and Offaly do not have a Chiropody Service.

For further information on health services related to Hearing, Eyesight and Dental Care contact:

- Laois Community Services, Dublin Road, Portlaoise.
Telephone: 057 862 1135
- Offaly Community Services, Arden Road, Tullamore.
Telephone: 057 934 1301

Health Centres / Primary Care Centres

Health Centres / Primary Care Centres delivery similar services. For complete list of services please contact relevant Health/Primary Care Centre below.

Laois

Abbeyleix	057 875 7196
Ballylinan	059 862 5108
Ballyroan	057 875 7128
Borris in Ossary	0505 41172
Clonaslee	057 864 8033
Durrow	057 873 6133
Graiguecullen	059 914 3651
Mountrath	057 873 2203
Portarlinton	057 868 4200
Rathdowney	0505 46276
Stradbally	057 862 5415
Portlaoise	057 862 1135
Mountmellick	057 869 7500
The Swan	059 863 9989

Offaly

Banagher	057 915 1247
Birr	057 912 0486
Blueball	057 935 4044
Clara	057 933 1242
Daingean	057 935 3142
Edenderry	046 973 3523 or 046 973 3527
Ferbane	090 645 4916
Kilcormac	057 913 5030
Kinnitty	057 913 7061
Moneygall	0505 45272
Rhode	046 973 7955
Shinrone	0505 47312
Tullamore Primary Care Centre	057 931 9599
Tullamore Health Centre	057 934 1301

Acute Services

Midland Regional Hospital Tullamore



Who we are

Midland Regional Hospital Tullamore (MRHT) currently operates with 225 inpatient beds. We provide a wide range of services including cardiology, gastroenterology, rheumatology, endocrinology, infectious diseases, respiratory, nephrology, surgical services, orthopaedics and oncology/haematology. MRHT is the receiving centre for all trauma activity.

We provide a range of health services for older people run by our team of geriatricians, specialist nursing colleagues and allied health professionals.

What we do

The Rapid Access Frailty Assessment Unit (RAFAU) is a team of healthcare professionals who specialise in the care of older people. We offer quick access to specialist assessment to screen for frailty in the outpatient setting, and work with patients to develop a care plan that will promote healthy ageing and living well. This includes comprehensive assessment of medical conditions, medications, function, mobility, social/home circumstances, memory, communication, nutrition and swallowing.

If attending the Emergency Department, older persons will be seen by one or more members of our Frailty team between the hours of 8am and 5pm.

This allows for comprehensive assessment by specialised staff and, where appropriate, patients are discharged. Sometimes patients are called back for follow-up care in the outpatient setting.

Patients who are admitted and need ongoing specialist care will be seen or followed up by the specialised older persons nursing staff and/or geriatrician, as needed.

How to get to us

Your GP, Public Health Nurse, or any health professional involved in your care in the community can refer you to RAFAU.

Queries about appointments or referrals can be made to **057 935 9779** or **057 935 9246**

Midland Regional Hospital Portlaoise



Who we are

Here at the Midland Regional hospital Portlaoise, we are developing a specialist team to care for the older person. The essence of our service is to assess and treat the needs of older people. Utilising recognised assessment tools including a comprehensive geriatric assessment (CGA). Assessing the physical, psychological, functional and social needs of all patients over 70 years of age. CGA is based on the premise that a full evaluation of a frail older person by a team of healthcare professionals may identify a variety of treatable health problems, resulting in a co-ordinated plan and delivery of care, leading to better health outcomes.

The approach is inter-disciplinary-including candidate Advanced Nurse Practitioner in Gerontology, Medical Consultant, Physiotherapist, Occupational Therapist, Dieticians, Dementia CNSp, Respiratory ANP/CNSp and Speech and Language Therapists among the team.

What we do

Frailty at the front door (First Response Ageing In Life service).

Frailty at the Front Door Service was introduced to provide a holistic assessment and intervention to patients over 65 presenting with frailty to the Emergency Department (ED). The service is ED based and identifies and assesses patients presenting with frailty and provides individualised interventions. Early comprehensive assessment can improve healthcare outcomes and patient experience and can support further recovery at home working towards avoiding unnecessary admissions to hospital.

The aim of the Frailty Front Door (FFD) Team is to support discharge directly home or reduce length of stay if admitted. The Frailty Front Door Team consists of a candidate Advanced Nurse Practitioner in Frailty, Senior Occupational Therapist, Senior Physiotherapist, and Assistant Staff Officer. The FFD Team supports older people to live and age well by identifying drivers of frailty and by promoting physical and mental health in those at risk of becoming frail.

How to get to us

Speak to your GP who will advise you if you need to attend the Emergency Department.

Sexual Health Services - HSE



Sexual Health prevention and treatment services include a broad range of services both publically 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 General Practitioner.

CHAPTER 03 - COMMUNITY SERVICES FOR PEOPLE OVER THE AGE OF 65 YEARS

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.

HSE Home Support Service

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

Who we are

The Home Support Scheme 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

You can download the Information Booklet and Application Form here:

<https://ww.hse.ie/eng/home-support-services/home-support-services-information-booklet.pdf>

You then return the Application Form to your local Home Support Service Office.

Laois Home Support Service Office

St Vincent's Community Nursing Unit Campus,
Mountmellick, Co. Laois, R32 HK85.

Telephone numbers: **057 935 9575 / 057 935 9576 / 057 935 9578**

Offaly Home Support Service Office

Riada House Community Nursing Unit Campus,
Tullamore, Co. Offaly, R35 NF29.

Telephone numbers: **057 935 9700 / 057 935 9701 / 057 935 9702**

Birr Office: **057 912 5857**

When we receive your application, we will arrange a health professional such as a Public Health Nurse to complete a care needs assessment. The support you receive depends on your individual needs.

Eligibility

This is a free service and you do not need a medical card to apply.

Day Care Services

Who we are

We provide social and rehabilitative services at various centres throughout Laois and Offaly.

What we do

We work with you to ensure you feel comfortable and supported and your individual needs are met, as far as possible. We offer a wide range of activities including music sessions, arts and crafts, reminiscence therapy, gentle exercises and personal care.

Our day care service includes a hot lunch.

Many of our centres provide transport.

How to get to us

You need to speak to your Public Health Nurse who will arrange it for you.

Eligibility

This is a free service and you do not need a medical card to apply.



Respite Services

Who we are

We provide short-term care in our community nursing units or in the home to enable your carer to get some rest.

What we do

We acknowledge that providing care is tiring and carers need rest. We arrange short-term care (30 days in total in a 12-month period) in one of our Community Nursing Units (CNU) as follows:

Respite Care in Laois

- CNU Abbeyleix (closed to new applications)
- St Vincent's CNU Mountmellick

Respite Care in Offaly

- Riada House CNU
- Ofalia House CNU
- Birr CNU

How to get to us

You, or your carer, need to contact your Public Health Nurse. The Public Health Nurse will meet with you and your carer and do an assessment.

Eligibility

You are entitled to a total of 30 days respite in a 12-month period.

If your respite period exceeds 30 days in a 12-month period, you or your carer will be charged €25.58* per day. Your medical card or private health insurance will not cover this cost. Respite can only be accessed through the Public Health Nurse.

**Cost as at time of printing*

CHAPTER 04 - LONG TERM CARE FACILITIES/ NURSING HOMES

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

Fair Deal Process

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

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.



See page 31 for the list of Health Centres/Primary Care Centres in Offaly and Laois

You can contact the nursing home support office as follows:

Nursing Home Support Office
Laois and Offaly
Bury Quay, Tullamore, Offaly, R35 NF29.

Telephone numbers: **057 935 9734 / 057 932 7827 / 057 93 27834**

List of HSE Community Long Term Care/Residential Facilities and Private Nursing Homes in the Laois/Offaly Area

Laois Public Nursing Home Units

- Community Nursing Unit, Abbeyleix. (closed to new admissions)
Telephone: **057 873 1204**
- St. Vincent's Community Nursing Unit, Mountmellick.
Telephone: **057 864 4783**
Includes St. Martha's Dementia Specific Residential Care Ward 04
- St. Brigid's Hospital, Shaen, Portlaoise. **Telephone: 057 864 6717**

Offaly Public Nursing Home Units

- Community Nursing Unit, Birr. **Telephone: 057 912 0819**
- Riada House, Tullamore. **Telephone: 057 935 9985**
- Ofalia House, Nursing Home, Edenderry. **Telephone: 046 973 1285**

Laois Private Nursing Homes

- Ballard Lodge, Portlaoise. **Telephone: 057 866 1299**
- Kilminchy Lodge Nursing Home, Portlaoise. **Telephone: 057 866 3600**
- Droimnin Nursing Home, Stradbally. **Telephone: 057 864 1002**

Offaly Private Nursing Homes

- Ferbane Care Centre, Ferbane. **Telephone: 090 645 4742**
- Ealga Lodge Nursing Home, Shinrone. **Telephone: 0505 47969**
- Eliza Lodge Nursing Home, Banagher. **Telephone: 057 915 2922**
- Esker Rí Nursing Home, Clara. **Telephone: 057 933 0030**
- Carthage Nursing Home, Mucklagh. **Telephone: 057 935 2863**
- Oakdale Nursing Home, Portarlinton, Co Offaly. **Telephone: 057 864 5282**

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>



Mental Health
Ireland

CONNECT

TAKE
NOTICE

GIVE

FIVE WAYS
TO WELLBEING

BE ACTIVE

KEEP
LEARNING

CHAPTER 05 - TEAMS CARING FOR YOUR MENTAL HEALTH

In this chapter, we provide you with information on HSE Laois/Offaly Adult Mental Health Services. 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).

Adult Community Mental Health Teams

Who we are

Adult Community Mental Health Teams care for people, over the age of 18 years, living with mental health challenges such as, but not exclusive to, anxiety, depression, schizophrenia, paranoia or living with dementia, and engaging in behaviours that are worrying like aggression or wandering.

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. 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 teams also facilitate groups on different topics for example '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 across three sites in Offaly and Laois.

- Tullamore, Bannon Centre, Arden Road, Tullamore (Mid/North Offaly and Portarlington). **Tel: 057 931 5900**
- Birr, Wilmer Road (South Offaly and South Laois). **Tel: 057 912 0576**
- Portlaoise, Triogue Centre, Bridge Street, Portlaoise (North Laois). **Tel: 057 862 2925**

If you or someone you know is concerned about their mental health you can present yourself to the Department of Psychiatry, Midlands Regional Hospital Portlaoise for an assessment.

Day Hospital

Every Mental Health Team has a day hospital. The day hospital supports people recently discharged from the Department of Psychiatry. People who are very unwell who need support may attend the day hospital to help them stay well and prevent admission to hospital.

Rehabilitation and Recovery Teams

Who we are

Rehabilitation and Recovery Teams developed as a result of a change in the way mental health services met the needs of their long term patients in large psychiatric units.

A new way of working was created of providing mental health supports to long term patients in the community. It was based on building community mental health residences which provided different levels of support depending on the needs of the person, which are staffed by nurses and health care assistants from mental health with support from other members of the team.

What we do

Rehabilitation and Recovery Teams are a multidisciplinary team with doctors, nurses, health care assistants, a social worker, occupational Therapist and Psychologist.

The Rehab and Recovery Team covers both Offaly and Laois, only accept referrals from the other Adult Community Teams in Laois and Offaly. It is a specialised Mental Health Service.

How to get to us

Adult Mental Health Services, Laois/Offaly Rehabilitation & Recovery, The Link Centre, St. Fintan's Campus, Portlaoise, Co. Laois, R32 YFW6.

Telephone: 057 869 6928

The Psychiatry of Later Life (POLL) team

Who we are

Psychiatry of Later Life 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/dementia and 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 medical 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 help you and your family with behaviours that challenge, and provide support to you and your family in relation to complex emotions that arise from the challenges of living with a mental health issue. Because of some illnesses, some people struggle to communicate. The Speech and Language Therapist can help you to communicate to ensure that your voice and wishes are heard. A Speech and Language Therapist can also help you with your swallow, if it is a concern. 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 Memory Technology Resource Room. This room contains products and devices to support your memory.

How to get to us

If you have concerns about your memory or your mental health talk to your GP or Consultant and ask them about a referral to Psychiatry of Later Life at An Triu Aois, Block Road, Portlaoise, County Laois.

Once we receive a referral letter, we will contact you.

If you have concerns about your mental health you can contact the Department of Psychiatry, Midlands Regional Hospital Portlaoise on **057 869 6396**

Cognitive Assessment Service

Who we are

The Cognitive Assessment Service operates within the Psychiatry of Later Life Service assessing people aged 18 and upwards who have worries about their memory.

What we do

The aim of the service is to improve the practice of early identification diagnosis and treatment of mild cognitive impairment and dementia. Early diagnosis allows a person and their families to be more pro-active and assists people to get plans in place for their future. The Cognitive Assessment Service is a nurse led service supported by doctors with access to occupational therapists, psychologists, speech and language therapists, social workers and cognitive behaviour therapist.

How to get to us

If you have concerns about your memory talk to your GP or Consultant and ask them about a referral to Psychiatry of Later Life at An Triu Aois, Block Road, Portlaoise, County Laois.

Once we receive a referral letter, we will contact you.

Family/Carer Support Group

If a family member with a diagnosis of dementia is attending the Psychiatry of Later Life team, you can avail of information sessions provided by nurses and other members of the team. The information gained in the group will assist you to understand and care for the person diagnosed with dementia. The group meet one afternoon on four occasions throughout the year. If you would like to attend the group, please talk a member of the Psychiatry of Later Life Team.

How to get to us

An Triu Aois, Block Road, Portlaoise, County Laois.

Telephone: 057 867 0190 / 867 0192

CHAPTER 06 - SUPPORT ORGANISATIONS - NATIONAL AND LOCAL

This chapter provides an overview of community support organisations to support you to live at home. These services include meals on wheels & lunch clubs, as well as HSE Midlands Community Development service who provide additional supports for people from Traveller, Roma and Migrant communities. You will find information and supports for people with dementia, Family Carers Ireland as well as services provided by Age Action and ALONE.



NATIONAL
MEALS ON
WHEELS
NETWORK



Irish Rural Link
Nasc Tuatthe na hÉireann



government supporting communities

National Meals on Wheels Network

The National Meals on Wheels Network was established in 2015 under the umbrella of Irish Rural Link (IRL). Its website and interactive map were launched in September 2021 by the Minister of State for Mental Health and Older People, Mary Butler T.D. The map currently details 264 meals on wheels' providers nationally. The Network provides support, advice, guidance, training and networking opportunities to all meals on wheels' providers.

The National Meals on Wheels Network and the Development Officer welcome all meals on wheels' providers into the Network with the aim of achieving a standardised meals on wheels' service for all in line with the objectives of the Slaintecare Implementation Strategy and Action Plan 2021 – 2023. All enquiries can be made by contacting Tracey Noone, Network Development Officer at tracey@mealsonwheelsnetwork.ie or **090 648 2744**.

Meals on Wheels Services Laois

- Portarlinton Social Services, Portarlinton Area - Ann Dunne **087 411 6101**
- Abbeyleix - Ann Phelan **087 752 8034** (three days a week)
- Stradbally Social Services - Tom Handy **086 108 8284**
- Mountmellick Meals on Wheels - Manager **057 864 4783**
- Durrow Community Services - Astrid Anderson **057 873 6870**

Meals on Wheels Services Offaly

- North Offaly Community Development Network CLG - Alex Kavanagh / Pamela Finn **057 936 2755**
- Kilcormac Meals on Wheels (KDA) Hannah Delappra **057 913 5445**
- BLC Developments (Ballycumber) Helen Delaney/Gerry Kelly **057 933 6889**
- Ballycommon Telework and Training Centre Tullamore Meals on Wheels Manager **057 935 3177**
- Shannonbridge/Clonmacnoise - Liz Duffy **087 241 0587**

Offaly Healthy Homes - Lunch Clubs

Offaly Heathy Homes is a community services programme, managed by Offaly Local Development Company that was set up at the start of covid to deliver services to older people living across the West and South Offaly area. They work with many community groups, including three community run kitchens (Shinrone, Ballycumber and Kilcormac) to deliver 'hot' and/or 'cooling dinners' to people's doors every Monday, Wednesday and Friday.

They also currently work with local community group leaders to organize social food events called lunch clubs across many different venues in our area (Birr, Banagher, Shinrone, Coolderry, Mountbolus, Mucklagh, Ballycumber, Clara, Coolderry).

A 'lunch club' is where people from an area come together in a parish hall or community building to have a meal and varied entertainment on a scheduled basis. It gives people a great chance to get out of their house and meet neighbours and friends in a fun environment. Lunch clubs are there to try help people combat isolation.

Offaly Healthy Homes hope to expand and develop more services to our customers over the next few years.

For further information on 'meals to the door' or 'lunch clubs' in your area please contact us on **087 979 9663**.



HSE Midlands Community Development Service

HSE Midlands Community Development Service, Incorporating Traveller, Roma and Migrant Supports.

We are a team of support workers, based in Tullamore, Co. Offaly who cover the counties of Offaly, Laois, Longford and Westmeath. Members of our team provide information and support to clients from Traveller, Roma and Migrant communities. Team members can converse in a number of different languages including Romanian, Czech, Slovak, Ukrainian, Russian, Polish, Lithuanian and of course, English.

What we do

We provide information and supports to clients from Traveller, Roma and Migrant communities in relation to:

- Healthcare Supports - including medical card applications, accessing health services, making and attending appointments when English language is a barrier.
- Social Welfare/Income supports - Assistance with applications, following up on submitted applications and exploring entitlement options.
- Accommodation and Housing - Exploring options available and liaising with relevant bodies such as Local Authority and Department of Social Protection.
- Educational and Child Support - Locations and contact details for local schools and childcare facilities, assistance with setting up/attending meetings when English is a barrier.

How to get to us

Any service provider can make a referral to us on a client's behalf or any individual can self-refer to our service through any of the below means.

For Information, Assistance and Support you may contact us on:

Landline: 057 931 5857

Phone Numbers: 087 146 6282 (Dana) / 086 067 7976 (Halyna)

Email: dana.lovetinska@hse.ie

Offaly Local Development Company (OLDC)



Offaly Local Development Company

Offaly Local Development Company provide a range of supports to communities within the County to develop innovative solutions as they transition culturally, demographically, economically, environmentally and socially; building resilient and sustainable communities that respond to the challenges and maximise the opportunities.

Supports include:

- Social Prescribing
- Personal and Career Coaching
- Business Development Programme

Contact: Louise Larkin **Email: llarkin@offalyldc.ie**

Laois Partnership Programmes

Laois Partnership Company offers a number of supports around the area of community, enterprise, tourism, employment, through delivery of a number of programmes and initiatives.



For more information:

Email: info@laoispartnership.ie

Telephone: 057 866 1900

The Alzheimer Society of Ireland



Monday to Friday 10am-5pm, Saturday 10am-4pm

Phone: 1800 341 341

Email: helpline@alzheimer.ie

The Alzheimer Society of Ireland is the leading dementia specific service provider in Ireland. The Alzheimer Society of Ireland 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.

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**.

Co. Offaly Services

- Co. Offaly Home Care Service
Mobile: 087 715 1323 Email: claire.dolan@alzheimer.ie
- Birr Day Care Service
Mobile: 087 715 1323 Email: claire.dolan@alzheimer.ie
Old Day Care Centre, John's Terrace, Birr, Co. Offaly
- Offaly Alzheimer Cafe
Contact Claire Dolan
Mobile: 087 715 1323 Email: claire.dolan@alzheimer.ie
Venue: Offaly Centre for Independent Living, Clonminch Road, Tullamore, Co Offaly. 10.30am-12pm on the First Monday of every month

Family Carer Training Offaly

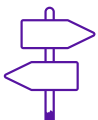
- Alzheimer Society Ireland
Birr Day Care, John's Terrace, Birr Co Offaly, R42 V188
Telephone: 1800 341 341 Email: familycarertraining@alzheimer.ie

Co. Laois Services

- Laois Home Support Service. Contact: Ann Munnelly
Mobile: 086 837 2168 Email: amunnelly@alzheimer.ie
 Community Building, An Garran, Kiln Lane, Mountrath, Co. Laois. R32 X8H0
- Co. Laois Day Care Service. Contact: Grainne Roche Duff
Mobile: 087 607 5037 Email: grainne.rocheduff@alzheimer.ie
 Community Building, An Garran, Kiln Lane, Mountrath, Co. Laois. R32 X8H0
- Laois Carers Support Group meet every 3rd Tuesday of the month 6.30pm-8pm in Dunamaise Theatre, Portlaoise. Contact: Ann Munnelly
Mobile: 086 837 2168 Email: amunnelly@alzheimer.ie
- Laois Alzheimer Cafe: Contact Ann Munnelly
Mobile: 086 837 2168 Email: amunnelly@alzheimer.ie
 Venue: Dunamaise Theatre Portlaoise 11-1pm last Thursday of the Month
- Alzheimer Society, Dementia Advisor (Laois/Offaly). Contact: David Kiernan
Phone: 087 913 7520 Email: David.Kiernan@alzheimer.ie

Dementia Advisors work with people with dementia, their families and carers to provide a highly responsive and individualized information and signposting service. The Dementia Advisor will work with you to:

- Provide information and advice throughout your journey with dementia,
- Help connect you with dementia supports and services,
- Help connect you with local groups and services and,
- Help your community to be more dementia friendly.



See pages 46, 33 & 34 for additional information on memory assessment.







THE ALZHEIMER
SOCIETY *of* IRELAND

Dementia Adviser Service



How do I contact this service?

Your local Dementia Adviser is:

-  **Contact:** David Kieran
-  **Phone:** 087 913 7520
-  **Email:** david.kieran@alzheimer.ie
-  **Area covered:** North Tipperary, Laois & Offaly

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

under stand 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



Memory Technology Resource Room



Who we are

Memory Technology Resource Rooms (MTRR) have been set up by the HSE all over the country. The MTRR is a national free service that provides practical information and advice on assistive technologies and supportive strategies to help people at different stages of dementia and memory loss. The MTRR is available for people with dementia or other memory problems, family and carers with dementia or healthcare professionals.

What we do

When you visit a Memory Technology Resource Room, you will be greeted by a healthcare professional who will discuss with you any difficulties you are having that assistive technology might be able to help you with. The MTRRs have a wide range of assistive technologies on demonstration so you have the opportunity to see and try out different devices. The healthcare professional will also discuss practical strategies to promote independence, safety, and quality of life. Examples of assistive technologies include memory aids, orientation aids, safety devices, communications aids and alongside many other devices.

How to get to us

The Memory Technology Resource Room (MTRR) is in the Primary Care Centre, Portarlinton, Co. Laois (covering Laois & Offaly)

Telephone: 057 868 4200

Website Access: **<https://www.understandtogether.ie/get-support/memory-technology-resource-rooms/>**

The MTRR in Portarlinton Primary Care Centre is accessible to individuals across Laois and Offaly. There is also an MTRR available in Psychiatry of Later Life (POLL) for those who are attending this service.

Supportive Memory Guide

This invaluable guide, developed by Occupational Therapists in the HSE, is available online and provides you with practical tips and useful technologies to improve your memory. You can access this flip book through this website:

Heyzine.com/flip-book/b5379d504c.html

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 Website

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-resoures/dementia-training-and-education/people-with-dementia-families-and-volunteers/



Engaging Dementia Website

www.engagingdementia.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.



ALONE



We at 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 Coordination, Practical Supports, Befriending, a variety of Phone Services, Social Prescribing, Housing with Support, 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. We have nearly 3000 volunteers throughout the Country who conduct and provide practical supports to older people, visits and phone calls, linking older people into social activity and being a companion.

Alone Services in Laois/Offaly

ALONE's Coordinated Support empowers older people by devising personalised support plans in order to help older people address challenges and find solutions. We offer access to our services while aiding coordination and enabling older people to access medical as well as non-medical sources of support within their community to improve physical, emotional and mental wellbeing. The service offers help to resolve all types of difficulties, give practical support and engagement with local events and activities all our services includes providing technology solutions for older people to remain at home.

ALONE's Visitation Support & Befriending Service provides regular visits to an older person. We provide friendship, practical support and links to local activities and initiatives.

ALONE's Telephone Support & Befriending Service provides daily or weekly telephone contact to an older person. We provide friendship, advice and offer information on health and wellbeing, risk management and how to get involved in local activities and relevant initiatives.

ALONE's Assistive Technologies mission is to create an infrastructure to empower older people to use technology, enabling the user to manage their social connection, health, safety and security. Staff and volunteers are trained to Distribute, Install and Respond to technology. Our Technology Supports are being fully integrated throughout all ALONE Services and our partnership model.

Contact Us:

Dublin: **Telephone: 01 679 1032 Email: hello@alone.ie**

ALONE, Olympic House, Pleasants Street, Dublin 8.

Louth: **Telephone: 042 933 0103 Email: hello@alone.ie**

ALONE, Aspen House, 76 Seatown, Dundalk, Co. Louth.

www.Alone.ie

Family Carers Ireland

Who we are

Caring for a loved one can be rewarding, but it can also be difficult, frightening and isolating. It shouldn't be.

Family Carers Ireland want carers to know they have the support they need to care safely, to make it less of a battle and to know they are not alone. We are the national charity supporting the 500,000+ family carers across the country who care for loved ones such as children or adults with additional needs, physical or intellectual disabilities, frail older people, those with palliative care needs or those living with chronic illnesses, mental health challenges or addiction.



What we do

Family carers can avail of a suite of free supports and services ranging from rights and entitlements guidance, access to e-learning modules, practical courses, on-the-ground support and advocacy, peer support groups, young carer supports, emergency care scheme, membership and more.

We facilitate 'Last Aid' workshops. These workshops provide inspiration and support to prompt conversations and thoughts to prepare for the end of life you wish for or those you care for. Family Carers Ireland hold the licence to deliver the Last Aid workshop in Ireland. We are recognised by Dr George Bollig, the author of Last Aid, for our unique affiliation with family carers and how we can support carers through this workshop.

For further information see <https://familycarers.ie/carer-supports/learning-education/last-aid>

Contact

Family Carers Ireland
Market Square, Tullamore, Co Offaly.
Community Support Manager: Beth Wogan

Telephone: 057 932 2920 Email: bwogan@familycarers.ie

Freephone National Careline: 1800 24 07 24 Web: www.familycarers.ie

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

How to get to us

To find out more, contact: Yoey McCarthy, Development Officer

Telephone: 087 942 1598 Email: yoey.mccarthy@ageaction.ie

Website: **www.ageaction.ie**

Age and Opportunity Ireland

Age & Opportunity provides a range of opportunities for older people to get more involved in arts and culture, sports and physical activity, civic engagement and personal development.



Telephone: 01 805 7709 Email: info@ageandopportunity.ie

Website: **www.ageandopportunity.ie**

Chime

Who we are

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.



What we do

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

How to get to us

Telephone: 01 817 5700 and they will link you to your nearest Chime centre or **email: info@chime.ie**

National Council for the Blind Ireland (NCBI)



Who we are

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.

What we do

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.

How to get to us

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**.

CHAPTER 07 - 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 the grants available to make your home more suitable for your needs

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.

Healthy Age Friendly Homes coordinator 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.

Health Age Friendly Homes Co ordinator contact details:

Ann Moran - **Telephone: 046 909 7417**

Email: ann.moran@meathcoco.ie

National website: **www.agefriendlyireland.ie**

County Laois

Laois County Council



Who we are

Laois County Council's Housing Department provides confidential support services for older people and people with disabilities who need housing or who need to improve the accessibility of their homes.

What we do

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

The **Housing Aids for Older People Grant Scheme** is determined based on gross household income and the improved costs of the works as assessed by Laois 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 Laois County Council 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.

How to get to us

Telephone: 057 866 4000 Email: housinggrants@laoiscoco.ie

Write to: Laois County Council, Áras An Chontae, James Fintan Lawlor Avenue, Kyleiprone, Portlaoise, Co. Laois, R32 EHP9.

Sue Ryder Homes



Who we are

The Sue Ryder Foundation is a not-for-profit organisation dedicated to helping older people live safely, securely and independently, with a choice of services to suit all needs.

What we do

We provide sheltered housing for older people and those who have found themselves in difficult circumstances in society. Sue Ryder accept people on the Housing Assistance Payment.

How to get to us

We have two centres in Laois.

Our contact details are as follows:

- Kilminchy, Portlaoise

Telephone: 057 866 8854

www.sueryderfoundation.ie/kilminchy.html

- Ballyroan

Telephone: 057 873 1071

www.sueryderfoundation.ie/ballyroan.html

County Offaly

Offaly County Council



Who we are

Offaly County Council's Housing Department administers a number of grant options to assist older people and people with a disability in carrying out works, which are necessary for the purposes of rendering a house more suitable for their accommodation needs.

What we do

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

The **Housing Aids for Older People Grant Scheme** is determined based on gross household income and the improved costs of the works as assessed by Offaly 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 Offaly County Council 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.

How to get to us

Telephone: 057 935 7409 Email: HousingAidGrants@offalycoco.ie

Write to: Housing Section, Offaly County Council, Áras an Chontae, Charleville Road, Tullamore, Co. Offaly, R35 F893.

Housing agencies exclusively for older people living in Offaly

- Mid Offaly Housing Association.
Independent living for older people, Ard Aoibhinn, Mount Bolus.

Telephone: 087 207 3226

- Rights for the Elderly Voluntary Housing Association
Houses for Older people at Tihilly, Clontarf Road. Tullamore.

Telephone: 086 850 3287 Email: sec@rightsfortheelderlyvha.ie

Threshold - The National Housing Charity



Who we are

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

What we do

We work with landlords to resolve landlord-tenant problems. We have a Tenancy Protection Service (T.P.S.) 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.

How to get to us

We are open Monday to Friday 9am to 9pm.

National Free phone number: 1800 454 454

Visit our website: **www.threshold.ie**

Midlands SIMON Community

Who we are

Midlands Simon Community began in 2003 when a group of volunteers from across the Midlands Region came together and formed the Charity.



What we do

Midlands Simon was established to support individuals, couples and families who are experiencing or who are at risk of homelessness throughout the Midlands Counties of Laois, Longford, Offaly and Westmeath.

For more info visit **www.midlandssimon.com**

Telephone: 090 644 4641 Email: info@midlandssimon.com

Other Schemes

The Warmer Homes Scheme

Who we are

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).

What we do

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 household and the measures that may be available under this scheme are: 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).

How to get to us

**Telephone: 1850 927 000 Email: info@betterenergyhomes.ie
www.seai.ie/grants/home-energy-grants/free-upgrades-for-eligible-homes**

The Better Energy Homes Scheme

Who we are

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

What we do

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

- Roof insulation
- Wall insulation - for example, cavity wall, internal dry lining or external insulation.
- Heating controls upgrade
- Installation of a high-efficiency boiler (more than 90% efficiency) including a heating controls upgrade

- A Building Energy Rating (BER) after the energy-saving work is carried out (you must get this BER to qualify for the grant)
- Solar heating

How to get to us

Telephone: 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 twenty-four months for the **Warmer Homes Scheme**. If approved for **Better Energy Home Scheme** the work must be completed within eight months.

Home Maintenance

Co Offaly

West & South Offaly Home Fix

We provide a Minor Homes Repair Service, Seniors Alert Scheme and a Friendly Call Service in West and South Offaly. The Minor Homes Repairs Service includes, installing security locks and chains, domestic smoke alarms, installing hand and grab rails, Garden maintenance and many more odd jobs. West and South Offaly Home Fix are registered for the Senior Alerts Scheme which provides eligible older people with a free personal monitored alarm for one year. We also offer a Call Service whereby older people receive a regular call from a member of Staff.



Call us for more information on any of our services.
 Shane Dynan (Manager) Homefix, West and South Offaly Community Network
 CLG. Crank House, Banagher, Co. Offaly.

Telephone: 057 915 1622 / 057 915 2667 / 089 496 9010

Email: wsohomefix@gmail.com

You can also find us on Facebook.



See page 12 for further information on personal alarms and other safety devices

Co Laois

Laois Partnership Company

Laois Partnership Company supports older people in Laois via our LSTEP (Laois Services to Elderly People)



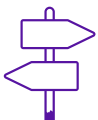
programme. The service provides an affordable way of getting maintenance and repair work done, along with gardening services. Most of all it is a connection with the local community, which is vital for the health of the older person. Being mindful of the challenges that face older people today we are intent on delivering a service that supports independent living.

L-Step - Laois Services to Elderly People

LSTEP is a Community Services Programme provided in Laois by Laois Partnership Company. It provides a repair, maintenance and gardening service to people over the age of 65. In addition to its core service, LSTEP also provides general advice and information including a referral service to local agencies such as Citizen's Information Service, Department of Social Protection, Laois/Offaly Education & Training Board, TASK Community Care etc. and serves as a vital social contact for socially excluded older people living in isolation.

The programme is also registered with Pobal to process and submit applications for personal alarms for the over 65 age group and are subcontracted by Help Link South to install these alarms in County Laois. L-STEP regularly receives referrals from the HSE and other support services for Personal Alarms, fitting of grab rails, stair handrails, garden, and maintenance work.

To find out more Contact LSTEP on 057 868 2779



See page 12 for additional information on personal alarms and other safety devices

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



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 08 - SUPPORT AND ADVOCACY SERVICES

This chapter provides you with information on advocacy groups available to support older people in Laois and Offaly. There are organisations that you can contact to support you and campaign on your behalf. We have listed some organisations below, including their contact details.

Age Friendly Ireland

Age Friendly Ireland is the organisation responsible for the national Age Friendly Programme. The programme involves a multiagency approach to age-related planning, including the Healthy Age Friendly Homes programme.



The Healthy Age Friendly Homes Programme is a new initiative. It aims to enable older people to continue living in their homes or in a home more suited to their needs, to live with a sense of independence and autonomy, to be part of their community, and to avoid early or premature admission to long term residential care.

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

Age Friendly Laois

To find out more, contact: Tom Curran, Staff Officer, Community Section, Laois County Council

Email: tcurran@laoiscoco.ie

Telephone: 057 866 4150

Mobile contact number: 086 036 3426



Age Friendly Offaly

To find out more, contact: Ciara Sherry, Staff Officer,
Offaly Age Friendly Programme Coordinator, Community
& Culture Section Offaly County Council, Áras An
Chontae, Charleville Road, Tullamore, Co Offaly R35 F893



Telephone 057 934 6800 Ext.7438 Email: csherry@offalycoco.ie
Mobile contact number: 086 102 1097

Office of the Ombudsman

This free service investigates complaints if you feel you have been unfairly treated by an organisation that delivers 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.

The easiest way to make a complaint to the Ombudsman is through their 'Make A Complaint' option on their website. For further information see:

<https://scanner.topsec.com/?d=1762&r=show&u=www.ombudsman.ie&t=df4987fec167de93d1896db1c5dc8b0202d639b2>

You can also phone their office:

Office of the Ombudsman, 6 Earlsfort Terrace, Dublin 2.

Telephone: 01 639 5600

Patient Advocacy Service

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



You can contact the Service's National Phone Line on **0818 293 003**, from 1pm-4pm, Monday to Friday, or email **info@patientadvocacyservice.ie**

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

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**

Irish Hospice Foundation - Think Ahead



Think Ahead is a practical, customisable guide to help you plan your future care preferences and healthcare decisions before they are needed. For further information see www.thinkahead.ie
 You can also phone the IHF office: **01 679 3188**

MABS - Money Advice and Budgeting Service



The Money Advice and Budgeting Service (MABS) is the state's money advice service, guiding people through dealing with problem debts for than 30 years.

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

Laois - South Leinster MABS, Railway Mews, Railway St., Portlaoise.

Telephone: 0818 072 620 Email: portlaoise@mabs.ie

Offaly, Unit 23 A Bridge Shopping Centre, Tullamore.

Telephone: 0818 072 710 Email: offaly@mabs.ie

Department of Social Protection



An Roinn Coimrice Sóisialaí
 Department of Social Protection

The Department of Social Protection is a Department of the Government of Ireland, tasked with administering Ireland's Social Welfare system.

Portlaoise Branch Office

Portlaoise Social Welfare Office, Church Street, Portlaoise, Laois, R32 WY06

Telephone: 057 867 8010 Email: portlaoise@welfare.ie

The areas that this office provides for are: Portlaoise, The Heath, Abbeyleix, Mountrath, Stradbally, Ballinakill, Ballyfin, Ballyroan, Barnashrone, Camross, Castletown, Coolrain, Raheen, Shanahoe, Spink, Timahoe, Vicarstown and Ratheniska.

Tullamore Intreo Centre

Castle Buildings, Tara Street, Tullamore, Co Offaly, R35 T2F2

Telephone: 0818 405 060 Email: tullamore@welfare.ie



The areas that this office provides for are: Tullamore, Kilbeggan, Clara, Clonaslee, Rahan, Mountmellick, Cappincur, Ballycumber, Daingean, Gurteen, Geashill, Horseleap, Screggan, Ballinagar, Tinnycross, Ballydrohid, Pullough, Rahugh, Ballycommon, Blueball, Rhode, Durrow, Killurin, Killeigh, Mucklagh, Mountbolus, Croghan, Clonaghadoo, Ard, Ballydaly, Walsh Island, Sragh, Tober and Ballinagore.

Citizens Information Service (CIS)

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

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

For more information contact:

Laois

Portlaoise Citizens Information Centre

Portlaoise CIC, Kellyville Centre, Lyster Square, Portlaoise, R32 K6PY

Phone: 0818 07 55 90 Email: portlaoise@citinfo.ie

Offaly

Birr Citizens Information Centre

The Courtyard Office Centre, Emmet Street, Birr, R42 HW63

Telephone: 0818 07 62 60 Email: birr@citinfo.ie

Edenderry Citizens Information Centre

St Mary's Street, Edenderry, R45 PD79

Telephone: 0818 07 62 80 Email: edenderry@citinfo.ie

Tullamore Citizens Information Centre

Level One, The Bridge Centre, Tullamore, R35Y6Y7

Telephone: 0818 07 62 90 Email: tullamore@citinfo.ie

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 office:

Laois: Portlaoise office - **Telephone: 057 866 1366 / 087 135 2326**

Email: lawcentreportlaoise@legalaidboard.ie

Offaly: Tullamore office - **Telephone: 057 935 1177 / 087 450 8083**

Email: lawcentretullamore@legalaidboard.ie

National Advocacy Service for People with Disabilities (NAS)



This service provides a free, confidential and independent advocacy service to adults with disabilities across Ireland. If you have a disability, like a physical or intellectual disability or a mental health issue, a NAS Advocate could help you with an issue you are having.

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.

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

You can also phone their office: **0818 73000**

Sage Advocacy Service

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



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

For more information contact: Sage Advocacy, 24-26 Ormond Quay, Dublin.

Telephone: 01 536 7330 Email: info@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 6914632 Email: safeguarding.cho8@hse.ie

Third Age

Third Age is a national voluntary organisation celebrating the third age in life when people may no longer be in paid employment, but can remain healthy and productive. All programmes are delivered by trained older volunteers.



Two national programmes - SeniorLine, Ireland's confidential service for older people, and Failte Isteach offering free conversational English classes to migrants.

Third Age, Summerhill, Co. Meath, **Telephone: 046 955 7766**,

SeniorLine Freephone 1800 80 45 91 open 10am-10pm every day of the year

www.thirdageireland.ie

CHAPTER 09 - SOCIAL / LEISURE / EDUCATIONAL ACTIVITIES

This chapter provides you with information on social, leisure and educational activities in Laois and Offaly. The names and contact details of the social prescribers based in both Laois and Offaly are cited below. Information and details of active retirement groups, local sports partnerships projects, library services, Laois Offaly Education and Training (LOETB) and other education opportunities are listed.

Laois Partnership Company - Social Prescribing

The Social Prescribing Service in Laois focuses on “what matters to the person” rather than “what is the matter with the person”.



The aim of the social prescribing service is to connect you with sources of support within your local community to improve your health & wellbeing.

The service is free.

To find out more contact: Shauna Williams, Co-ordinator

Telephone: 087 406 8095

Email: shaunawilliams@laoispartnership.ie

Offaly Well Connected - Social Prescribing

For further information, see their website:



<https://offalyldc.ie/individual-supports/offaly-well-connected>

To find out more contact: Michelle Quinn, Co-ordinator

Telephone: 087 747 0562 Email: mquinn@offalyldc.ie



See page 92 for additional information on Social Prescribing

Active Retirement Ireland

Active Retirement Associations in both Laois and Offaly 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.



For further information, see their website: <https://activeirl.ie/>

Active Retirement Associations in Counties Laois and Offaly are all affiliated to Active Retirement Network Ireland. They were established to enable retired people and anybody over 55 to enjoy a full and active life and to advocate for them.

At local level, Active Retirement Associations arrange social events, educational options and activities which encourage and support retired people to remain healthy and active. Many Active Retirement Association members are also involved with other local organisations, providing much needed volunteers in a variety of activities.

Laois: Below are the Active Retirement Associations in County Laois as listed on the Active Retirement Ireland website. There may be other groups which provide a similar service but are not listed.

- Abbeyleix Active Retirement Association
- Ballinakill Active Retirement Association
- Camross Active Age Association
- Cloneygowan Active Retirement Association
- Cullohill Active Retirement Association
- Emo Active Retirement Association
- Killenard Active Retirement Association
- Mountmellick Active Retirement Association
- Portlaoise Active Retirement Association
- Portarlington Happy Hearts Active Retirement Association
- Portarlington St Brigid's Active Retirement Association
- Rathdowney Active Retirement Association
- Stradbally Active Retirement Association
- Vicarstown Recreational Group.

Offaly: Below are the Active Retirement Associations in County Offaly as listed on the Active Retirement Ireland website. There may be other groups which provide a similar service but are not listed.

- Ballyboy High Mileage Club Active Retirement Association
- Ballykilmurry Active Retirement Association
- Banagher Active Retirement Association
- Barna Active Retirement Association
- Belmont Over 50's Men's Active Retirement Association
- Clara Active Retirement Association
- Cloghan Active Retirement Association
- Clonbullogue Active Retirement Association
- Cloneygowan Active Retirement Association
- Crinkle Active Retirement Association
- Croí Óg (Kilcormac) Active Retirement Association
- Durrow Active Retirement Association
- High Street Belmont Active Retirement Association
- Kilclonfert Seniors Group Active Retirement Association
- Mountbolus Active Retirement Association
- Mucklagh Active Retirement Association
- Pullough Active Retirement Association
- Seir Kieran (Clareen) Active Retirement Association
- Shannonbridge Active Retirement Association
- Shinrone Active Retirement Association
- The Clodagh (Rahan) Active Retirement Association
- Tubber Active Retirement Association
- Tullamore Active Retirement Association
- Walsh Island Active Retirement Association.

If you would like to join an Active Retirement Club or you would like more information, please contact the main office in Dublin on **01 873 3836** or visit the website **www.activeirl.ie**

Email: info@active

Laois Sports Partnership

Laois Sports Partnership is a leader in local sports development in Ireland. Laois Sports Partnership provide enhanced planning of sport at a local level and increase levels of participation amongst older people. Most courses are free or there can be a small fee in some courses.



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

For more information contact: Caroline Myers

Telephone: 057 867 1248 Email: info@laoissports.ie

Offaly Sports Partnership

Offaly Sports Partnership aims to achieve sustained increases in participation levels in physical activity, sport and active living in County Offaly. Our vision is of a county with a vibrant sports culture which is inclusive of all people; while our mission is to actively support inclusive measures to increase and sustain participation in sport and physical activity in county Offaly.



Offaly Sports Partnership cover older adult work through the Sports Inclusion Development Officer role, The Community Sports Development Officer role and through our 3 Sports Hubs around Offaly (Crinkle, Daingean and Mucklagh).

- Our Older Adult Boccia tournament takes place every year with over 100 older adults enjoying the competition over a 4/5 month period.
- We also deliver physical activity leadership training to active retirement groups. Last year we ran 3 'Good To Go' Workshops which give older adults the knowledge and skills to lead physical activity sessions within their own local weekly group gatherings.
- On request we attend Active Retirement groups to lead physical activity sessions

Crinkle Hub:

- Assist with older adult boccia training
- Provide equipment to local older adult groups
- Adapted exercise sessions for older adults from St Annes and St Cronans Day Care Centres

Daingean Hub:

- Strength and Conditioning Classes for Over 50s
- Pilates Classes

Mucklagh Hub:

- Activator Poles Classes
- Mens Coffee Morning with physical activity taster sessions
- Wednesday Walking Group
- Social dinners (physical activity included afterwards)

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

For more information contact:

Eamonn Henry, Co ordinator, Offaly Sports Partnership.

Telephone 086 794 8054

Denise Coghill, Community Sports Development Officer.

Telephone 086 791 2513

Email: sports@offalycoco.ie

parkrun

parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. parkrun 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**

Offaly

The Grand Canal Way, Callary Street, Tullamore.

Mountlucas Parkrun, Mount Lucas Wind Farm, R400, Ballycon, Co. Offaly.

Register online **www.parkrun.ie/thegrandcanalway** or just turn up.

Laois

Vicarstown Parkrun, Grand Canal Bank, Vicarstown, Portlaoise, Co Laois.

You can register online **www.parkrun.ie/vicarstown** or just turn up.

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



Laois Locations

- Portlaoise
- Portarlinton
- Mountmellick
- Mountrath
- Emo
- Baybroan

Offaly locations

- Tullamore
- Cloghan
- Clonbullogue

Download all available maps at

<https://irishheart.ie/yourhealth/our-healthprogrammes/healthycommunities/slainte/walkingroutes/>

True Fitness

True Fitness are partnered with the HSE and Laois Sports Partnership. They are a multi-disciplinary team who design and deliver evidence-based multi-modal physical activity and health education programmes for healthy ageing. Courses are mainly free.

Programmes include:

- Online exercise classes
- Laois Transformation
- “Prime Time of Life”
- Laois Fit
- Operation TransFARmation
- Fit Farmers
- Phase IV Cardiac Rehabilitation

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

For more information contact:

Dr Dianne Cooper, Kilbride, Portarlinton, Co Laois, R32 YP38

Telephone: 087 238 8748 / 086 105 5051 Email: info@truefitness.ie

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

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

For more information: **Phone: 01 209 6889** or **Email: info@sielbleu.ie**

We are also planning to organise fitness/balance classes for older people groups across Offaly and Laois.

For further information contact: Cormac Walsh

Email: cormac.walsh@sielbleu.ie Telephone: 087 744 0008

ExWell Medical Programme

ExWell Medical offers community-based supervised exercise classes, aimed at improving your overall strength, balance and fitness level. The Midlands ExWell programme is well established and venues include Mucklagh Community Centre, Co Offaly. Clara Family Resource Centre, Co Offaly and St. Marys Sports Hall, Portlaoise, Co. Laois. Your GP, consultant or public health nurse can refer you to Exwell.



For further Information and the medical referral form is available at:

<https://www.exwell.ie/about-5-6>



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 :

Offaly

Mucklagh Resource Centre, Clara Family Resource Centre

Laois

St Mary's Sports Hall, Portlaoise.

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>

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

Libraries

Offaly

Offaly Libraries has a network of eight branches across the county, offering books, computers, and a place to be for everyone.



Our friendly staff can help you find a book, select an audiobook, print a document or get set up to read and listen to books on your smartphone or home computer.

Libraries host book clubs, craft groups, and a variety of events that you are welcome to partake in. We have Magic Tables in Tullamore, Edenderry, Clara, Banagher and Ferbane libraries, which have interactive light games suitable for some older people - contact our branches for more information.

Our eight branches have Age-Friendly charters, demonstrating our commitment to supporting our older library users. There is always a great programme of events for Bealtaine, the national celebration of creativity for older people, and Positive Ageing Week in September. All year round, you'll find a comfortable chair, a helping hand, and a friendly face.

Find out more at: www.offaly.ie/Libraries or follow us on social media!

- Banagher - **057 915 1471**
- Edenderry - **046 973 1028**
- Birr - **057 912 4950**
- Ferbane - **090 645 4259**
- Clara - **057 933 1389**
- Kilcormac - **057 913 5086**
- Daingean - **057 935 3005**
- Tullamore - **057 934 6832**

Laois



Laois County Library Service! We are a network of 8 branch libraries, Library HQ and Local Studies, serving the library needs of Co. Laois and the surrounding area.

Laois libraries are a welcome space for everybody with free membership for all in our community. We have a fantastic range of fiction and non-fiction, large print and audio books, DVDs, magazines, newspapers and CDs and a host of materials for lending.

Laois Libraries have modern buildings and warm comfortable seating, toilet facilities and wheelchair accessibility, useful supports, e.g., a library trolley, magnifying glass and reading glasses to make your library experience a little easier and with helpful and trained staff who will assist in a professional manner.

Libraries provide free knitting clubs, book clubs, adult colouring, genealogy, literature groups and Irish conversation classes. We host book launches, local history, and heritage talks. Mindfulness and chair yoga sessions take place occasionally.

We offer computer classes, and one on one digital skills training in some libraries.

Libraries offer free internet access. We provide a printing, scanning and photocopying service. Access to online training, you can even sign up for a free course! You can visit our page to view all our online services available to you free of charge at **www.laois.ie/departments/libraries/online-resource**

Laois Libraries celebrates creativity in older age, with a programme of events during the month of May for the National Bealtaine Festival and for Positive Ageing Week in September.

Our library branches have an Age Friendly charter, and we are committed to supporting our older persons in all our libraries. We look forward to welcoming and serving you where you will find friendly staff and a warm welcome.

To find out what's on visit: **www.laois.ie/departments/libraries** or follow us on social media!

Laois & Offaly Education Training Board (ETB)



Laois and Offaly ETB provide a variety of educational opportunities, including full, part-time and evening courses in a broad range of subjects, interests and hobbies. Courses include art and crafts, photography, cookery and lots more. Many of these courses are free.

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

To find out more contact:

Portlaoise Office:

Mountrath Road, Portlaoise, Co. Laois, R32 XWY1.

Telephone: 057 862 1352 Email: info@loetb.ie

Tullamore Office:

Castle Buildings, Tara Street, Tullamore, Co. Offaly, R35 E9K8.

Telephone: 057 934 9400 Email: info@loetb.ie

MenPower Programme



MenPower is a 12-week training programme that encourages men to make positive changes to their lives.

Men are given the opportunity to develop their mental and physical abilities, to find purpose, to make connections, reduce stress and anxiety and improve their overall self-esteem.

The programme is delivered face to face and includes a mix of group work, individual work, physical activity, social space and signposting to external supports and services.

The programme runs over two mornings per week, Wednesday (10-1) and Thursday (10-2). It is open to any man over the age of 18.

Participation on this programme is free and social welfare benefits will not be affected. Refreshments and a light lunch are provided.

For further information please contact:

Aoife Kelly, MenPower Programme Coordinator

Telephone: 087 738 5989 Email: akelly@offalyldc.ie

Ballycommon Telework and Training Centre

Ballycommon Telework and Training Centre CLG is a community owned rural social enterprise which was established in 1999 in order to provide IT and Soft Skills Training to members of the local and wider community. We are located 11km from Tullamore. Since 1999 the centre has gone from strength to strength with three IT and Soft Skill Facilitator/Tutors forming part of the total of twelve employees currently employed by the centre.



All our tutors are accredited trainers. The centre is involved in the Advancement of Education, and Services for the Older Persons and is an ICDL Accredited test centre.

We also offer work Safety Training such as Safepass, Manual Handling and First Aid Responder courses as well as Door Security.

We have high speed broadband (BCP) and remote working, meeting rooms, and conferencing facilities available for short term or long-term hire.

We offer a free weekly IT Clinic to the community.

We also provide services for the older persons, Meals on Wheels, Weekly Activity mornings and Friendly Call Service.

Telephone: 057 935 3177 Email: www.ballycommonttc.com

Men's Shed

The Irish Men's Sheds Association has 450+ Sheds nationwide including eight sheds in County Laois and nine Sheds in County Offaly. Each Shed is as individual as the men who attend it. Sheds are welcoming, inclusive places for men of all ages to meet, connect, learn and share their skills, experiences and contribute to their Communities 'Shoulder to Shoulder'. The door is open and the kettle is always on. Men's Sheds operate in:



Laois

- Borris-in-Ossory
- Portlaoise Community
- Mountmellick
- Rathdowney
- Spink Knock Vintage Men's Shed
- Portarlinton
- Mountrath
- Laois Travellers Men's Shed

Offaly

- Tullamore
- Belmont
- Edenderry
- Birr
- Clara
- Kilcormac
- Banagher
- Pullough
- Ballycumber Hardy Boys Men's Shed

Contact the local Laois Irish Men's Shed Association (IMSA) representative Liam Stapleton on **087 132 9122** or **email liam.stapleton@gmail.com**

National Office Number: 01 891 6150

The main point of contact for Offaly Men's Shed is **www.menssheds.ie**

Women's Sheds

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.



Tullamore Women's Shed

Tullamore Women's Shed provides a safe place for women to gather to share skills learn crafts, reconnect with themselves and the wider community which promotes mental health. There is a €20 annual membership fee and €4 per week after that. Tea/coffee scones provided every week. Activities include Ukelele lessons, choir, walks, gardening etc.



Offaly - Tullamore: **089 617 6850**

Email: tullamorewomensshed@gmail.com

Laois - Portarlinton - National number **085 118 0182**

National email: Irelandswomenssheds@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.



Laois

If you are interested in joining or finding out more about the ICA in your area please contact one of the following Guilds or Contact Anne Payne, Laois Federation President.

Telephone: 087 792 8063 or Email: painanne76@gmail.com

ICA Guilds in Laois

Abbeyleix, Arles, Ballyroan, Ballylinan, Borris-in-Ossory, Camross, Castletown, Clonad, Clonaslee, Clough, Cullohill, Emo, Killabban, Killanure, Killameestia, Knockaroo, Mountmellick, Mountrath, Portlaoise, Portarlinton, Raheen, Ratheniska, Rosenallis, Spink, Stradbally and Timahoe.

Offaly

For information on Guilds in Co. Offaly, please contact, Carmel McConigley, FEDERATION PRESIDENT

Telephone: 086 074 6648 or Email: offalypresident@ica.ie

ICA guilds in Offaly

Tullamore, Rahan, Conbullogue, Clareen and Edenderry

Irish Farmers Association (IFA)

The IFA is Ireland's largest farming representative organisation. We have protected and defended the interests of Irish farmers in all sectors for more than 65 years.



We represent Irish farmers at home and in Europe, lobbying and campaigning for improved conditions and incomes for farm families.

We also provide representation, support and advice to members on an individual basis.

IFA is a democratic association, organised in branches, County Executive and National Committees. Through our democratic structure, each member can have their say

Contact Details

Irish Farmers Association, Irish Farm Centre, Bluebell, D12, D12 YXW5

Telephone: 01 450 0266 Email: info@ifa.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 Laois and Offaly, there are Social Prescribing projects.

To find out more contact:

Offaly Well Connected
Michelle Quinn on **087 747 0562**

Laois Partnership Company
Shauna Williams on **087 406 8095**



CHAPTER 10 - OTHER COMMUNITY SUPPORTS/SERVICES

This chapter provides information on other supports available to support people live well at home. These include befriending services, support organisations such as domestic violence support service, community alcohol and drugs service and St Vincent de Paul.

Befriending Services



ALONE's Support & Befriending Service matches older people who need support and extra social contact with volunteers and staff who can provide additional support required and companionship through visits and telephone calls.

Volunteers can also help with practical supports, such as helping to access information, filling out forms and with phone calls and appointments.

The Support & Befriending Service is designed to alleviate the negative impacts that loneliness has on mental and physical health. All ALONE volunteers are trained and supported by professional staff. If the older person's needs change, staff coordinate the additional supports the older person needs to enable them to remain living at home.

Call our national support line on **0818 222 024** from 8am-8pm 7 days a week.

Offaly



Ballycommon Friendly Call Service Offaly

A free and confidential service for Senior Members of the community. Phone calls are provided, at an agreed time, just for a friendly chat, or maybe to give information about what is happening in the area. Also offered is a Meals on Wheels Service and a Weekly Activities Morning for seniors.

To find out more

Ballycommon Friendly Call Service, Ballycommon Telework and Training Centre Ltd., Ballycommon, Tullamore, Co. Offaly, Ireland

Telephone: 057 935 3177 or 057 935 3441

Email: info@ballycommonttc.com

Website: **www.ballycommonttc.com**

ACCORD



ACCORD is Ireland's leading agency supporting marriage and relationships, nationwide through its 58 Centres. Our aim is to help couples prepare for, achieve and sustain their marriage and family relationships, offer ongoing support and assist them in times of difficulty or crisis.

For more information visit: **www.accord.ie**

Parish Centre Tullamore, **Telephone: 057 934 1831**

Parish Centre Portlaoise, **Telephone: 057 866 1581**

Domestic Violence Support Service

Domestic violence and abuse can happen to anyone. The HSE provides information on types of abuse and support available.



For further information, see their website: <https://www2.hse.ie/mental-health/life-situations-events/domestic-violence-and-abuse/>

Offaly Domestic Violence Support Service

For further information, see their website:

www.odvss.ie



To find out more you can contact:

Offaly HelpLine, **Telephone: 057 935 1886**

Office Line: 057 935 1796 Email: info@odvss.ie

Laois Domestic Abuse Service

This is a service for women experiencing domestic abuse. The approach is to seek to understand the experiences and difficulties of individuals. Support is provided to women to make their own decisions about their relationships/lives by providing impartial information and outlining possible options.



Options include: A Court Accompaniment Service, a Group Support Programme, a Counselling Service, a Complimentary Therapy Service and a Referral Service.

Laois Domestic Abuse Service, 3 Kellyville Court, Abbeyleix Road, Portlaoise.

Telephone: 057 867 1100

Monday-Friday 9.30am - 12.30pm and 2.30pm - 4.00pm

For further information, see their website:

www.laoisdomesticabuseservice.ie

To find out more you can:

Telephone: 057 867 1100

Email: mary@laoisdomesticabuseservice.ie

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.

Telephone: 01 662 4070 Email: info@oneinfour.ie

Website: **www.oneinfour.ie**

Male Advice Line



The National Male Advice Line (MAL) offers confidential phoneline advice and support to men who are/have experienced domestic abuse. MAL is open 365 days a year: Monday & Wednesday 10-6, Tuesday & Thursday 12-8 and Friday, Saturday, Sunday & Bank Holidays 2-6.

It is a confidential FREEPHONE service, staffed by six very experienced people who have been specifically trained in this area of work.

We also welcome calls from concerned family members and friends.

We would never say you called the wrong number, and we strive to give a non-judgmental space to anyone who calls the line.

Freephone: 1800 816 588

MEND (Men Ending Domestic Violence)



MEND (Men Ending Domestic Violence) 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 intimate partner relationships. The programme involves one-to-one assessment and pre-group sessions followed by 25 group sessions. MEND also provides an integrated Partner Support Service for the partners or ex-partners of the men on the programme.

For more information contact: **051 844 260/1**

Advice & Support for Male Victims of Domestic Abuse

Confidential Line: 051 876 8866. Laois/Offaly, Telephone: 087 716 8674

Gam-Anon

Telephone: 01 872 1133 Email: info@gamblersanonymous.ie

Support group for families/relatives of those with addiction issues.

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



Merchants Quay Ireland
Homeless & Drugs Services

MQI (Merchants Quay Ireland) DATS Project delivers a community-based drug & alcohol prevention & treatment support service to those over 18 years and families.

Service provides a range of interventions using a holistic approach to include family support & family support specialist services, community harm reduction, needle & syringe exchange programme, key working, interagency care planning and rehabilitation and aftercare service. The Service also provide an Open Access Service at its base location on Tullamore.

Funded by the Midland Regional Drug & Alcohol Task Force & HSE CADS (Community Alcohol & Drug Service), this free, confidential and holistic service works with all relevant agencies to ensure best possible outcomes for those engaged with the service.

To contact the service or make a referral:

MQI DATS Service Co-ordinator	Telephone: 086 793 4920 Email: dats@mqi.ie
Longford Drug & Alcohol Worker	Telephone: 086 411 3628
Westmeath Drug & Alcohol Worker	Telephone: 087 915 0329
Offaly Drug & Alcohol Worker	Telephone: 087 914 8782
Laois Drug & Alcohol Worker	Telephone: 087 292 5727
Open Access Worker Drug & Alcohol Worker	Telephone: 086 142 8492
Family Support Specialist	Telephone: 086 602 9012
Rehabilitation & Aftercare Worker	Telephone: 086 033 1312

HSE CADS (Community Alcohol Drugs Services)

CADS provides assessment and treatment in the community for Adults concerned with their own or another person's drug and/or alcohol use.



The overall purpose of our service is to seek to minimise drug and/or alcohol harm in order to have a positive impact on individuals, families and communities. The service also offers assessment and treatment for gambling addiction.

Services Provided:

- OST (Opiate Substitution Treatment) Programme
- Alternative Therapies
- Addiction Homeless Services - CMN1
- Longford/Westmeath **Telephone: 087 343 1017**
- Laois/ Offaly **Telephone: 087 451 8361**
- OST (Opiate Substitution Treatment) Programme CMN 1 Regional
Mobile: 087 125 2237
- Addiction Counselling
- Consultant Psychiatric Special interest in Substance Misuse (Longford/Westmeath only)

Contact details for CADS Primary Care Treatment Centres:

CADS Treatment Centre, St Mary's Healthcare Campus, Castlepollard Road, Mullingar, Co. Westmeath.

Telephone: 044 939 5200 Email: sec.cadsmullingar@hse.ie

CADS Treatment Centre, Midland Regional Hospital, Arden Road, Tullamore, Co. Offaly. **Telephone: 057 931 5801 Email: sec.cadstullamore@hse.ie**

CADS Treatment Centre, St Fintans Healthcare Campus, Portlaoise, Co. Laois
Telephone: 057 869 2516 Email: sec.cadsportlaoise@hse.ie

CADS Treatment Centre, Clonbrusk Primary Care, Athlone, Co. Westmeath
Telephone: 090 642 4820 Email: sec.cadsathlone@hse.ie

HSE CADS ADAPT (Adolescent Drug & Alcohol Prevention & Treatment) Service

The ADAPT service delivers a community based drug & alcohol prevention & treatment support service to individuals under 18 years and families across the midlands area.



The service provides support and treatment to those under 18 years who are experiencing difficulties in relation to their drug and/or alcohol use themselves or are affected by drug and/or alcohol misuse within families.

The service also provides education, information and support to service users and families. Service team will also support the delivery of a range of education and prevention programmes in line with best practice to the community, voluntary and statutory sectors.

Funded by HSE CADS & the MRDATF this free, confidential and holistic service works with all relevant agencies to ensure best possible outcomes for those engaged with the service.

To contact the service or make a referral:

Contact the Social Care Lead Sinead O’Shea

Telephone: 087 451 8358 Email: CADS.adapt@hse.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: **Telephone 01 884 8200 or Email: info@svp.ie or www.svp.ie**

Laois

- Abbeyleix **087 624 7868**
or **057 875 7345**
- Mountrath **086 661 6270**
- Portarlinton **087 764 0557**
or **057 864 3886**
- Portlaoise **057 866 0486**
- Stradbally **087 135 9382**
- Helpline **087 765 5793**
- Regional Office **051 350 725**

Offaly

- Tullamore **057 932 2072**
- Clara **089 245 8221**
- Banagher **057 911 1998**
- Edenderry **046 973 8845**
- Regional Office **061 317 327**

Laois Volunteer Centre



Laois Volunteer Centre was established in 2021 and it is a registered charity. The aim of our organisation is to promote Volunteerism in Co. Laois. We do this by recruiting members of the public for volunteering with not for profit/community organisations. Volunteers enable these organisations to carry out their day to day operations to benefit their service users and community. Volunteering not only benefits the organisation but also the individual as Volunteering can be a vehicle for a person to share their skills and talents, gain experience, broaden their social networks, alleviate loneliness and increase confidence etc. We work with a diverse range of organisations from Alone to Tidy Towns and everything in between so there is a Volunteering opportunity for everybody!

Please contact us on **info@volunteerlaois.ie** or on **087 249 9659**. You can learn more about us by visiting **www.volunteerlaois.ie**

To find out more contact Caitriona on **087 249 9659**
Unit 7, Bloom HQ, Mountrath, Co. Laois, R32 DT9F.

Offaly Volunteer Centre



Volunteers are involved in virtually every aspect of society including health, education, social services, youth, sports and recreation, culture, the arts, and the environment. There are countless ways to volunteer and thousands of organisations powered by volunteers, both across County Offaly and Ireland.

Offaly Volunteer Centre is an independent organisation (and registered Charity) working with volunteers and volunteer-involving organisations in Co Offaly.

We provide a range of services for volunteers and volunteer-involving organisations. For example, you can find out about volunteering opportunities without having to make a commitment, talk to someone on the how, why and where of volunteering, find volunteers to help your organisation flourish, get advice on any issues about taking on volunteers for the first time, review current procedures, and much more!

Contact Deirdre Fox

Telephone: 083 015 4668/9 Email: info@volunteeroffaly.ie

BURY QUAY, TULLAMORE, R35Y5V0.

Find us on Facebook and Instagram. Website: **www.volunteeroffaly.ie**

CHAPTER 11 - EMOTIONAL AND BEREAVEMENT SUPPORT SERVICES

This chapter provides information on various supports available if you need emotional support related to your health situation, in addition to supports available to you if you have lost a loved one.

Bereavement Support Services Laois/Offaly

If you were recently bereaved you self-refer to this service. It is not dependent on having a medical card. You will receive immediate counselling if needed, or are placed on a waiting list for counselling, depending on your need.



To find out more: **Telephone: 057 937 0605**

Cuisle Centre, Portlaoise

The Cuisle Cancer Support Centre provides emotional support to people affected by cancer, including those who provide care from the time of diagnosis, treatment and entire cancer journey. The service also provides bereavement supports for people affected by cancer. The service is confidential, professional, and non-judgmental and free.



For further information, see their website: **www.cuislecancersupport.com**

For more information:

Telephone: 057 868 1492 or **Email: info@cuislecancersupport.ie**

Dóchas Offaly Cancer Centre, Tullamore

Dóchas aims to provide the highest quality cancer support services to people, throughout the midlands, whose lives have been affected by cancer. Treatments provided by Dóchas will nurture your physical, mental, spiritual and emotional well-being. Services are open to those not only directly impacted by a cancer diagnosis but their family, friends and carers. Dóchas provides a multitude of services including Counselling, Complementary Services, Support Groups, Manual Lymphatic Drainage Therapy Clinic, Art Therapy, Survivorship and Rehabilitation Programmes and much more.



For further information, see their website: **www.dochasoffaly.com**

For more information contact: Teach Dochas, Offaly Street, Tullamore.

Telephone: 057 932 8658 (9.30am-5pm) **Email: info@dochasoffaly.ie**

Irish Hospice Foundation Bereavement Support Line



Bereavement Support Line, in partnership with the HSE, is there to provide connection, comfort and support. It is a national free phone service **1800 80 70 77** available from 10am to 1pm, Monday to Friday. It is open to any adult who has been bereaved, is concerned about somebody else who has been bereaved, is finding a previous bereavement difficult or wants to find out about guidance and resources their workplace can offer in relation to bereavement.

For further information, see their website:

<https://hospicefoundation.ie/our-supports-services/bereavement-loss-hub/bereavement-support-line/>

For more information:

Telephone 1800 80 70 77

Email: info@hospicefoundation.ie

Pieta Suicide Bereavement Liaison Service (Midlands)



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

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

To find out more contact: Midlands Centre, Sean Costello Street, Athlone.

Telephone: **090 642 4111** (Monday - Saturday)

Regional Support Coordinator: **0818 111 126**

Suicide Bereavement Liaison Officer Midlands:

Telephone: 086 418 0088

Email: bernie.carroll@pieta.ie

Portlaoise Parish Bereavement Support



Through a team of volunteers the Parish reaches out to support, to comfort and console those whose loved one has died. Facing the death of a loved one is a very painful experience and draws upon our deepest emotions, both mentally and spiritually. Whatever your bereavement be it the death of a parent, spouse, brother, sister, child relative or friend, we can help you in every way we can.

One to one support is available by making an appointment with a member of the Bereavement Support Team.

Telephone: 087 987 8300 Email: info@portlaoiseparish.ie

Tullamore Parish Bereavement Support



Facing the death of a loved one is a very painful experience and draws upon our deepest emotions, both mentally and spiritually. Whatever your bereavement be it the death of a parent, spouse, brother, sister, child relative or friend, we can help you in every way we can.

One-to-one Support for those who are experiencing the loss of a loved one
To find out more:

Telephone: 057 932 6604 Email: tullamoreparishsecretary@gmail.com

Anam Cara Parental & Sibling Bereavement Support

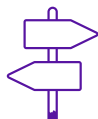


Anam Cara Parental & Sibling Bereavement Support - Anam Cara provide monthly online and face-to-face group meetings throughout the island of Ireland. These are open to all bereaved parents with an emphasis on peer support. We also facilitate additional online bereavement evenings with featured guest speakers who give an insightful talk about parental grief. If you are recently bereaved, these provide a gentle introduction to our services and we really hope you will consider attending one of our events in the future.

For more information visit: **www.anamcara.ie**

Telephone: 01 404 5378 Mobile: 085 288 8888

Email: info@anamcara.ie



See page 28 for HSE Counselling Services



Minding Your Wellbeing

Take a positive approach to your mental health



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

What does the programme consist of?

It consists of 5 video sessions (20 minutes 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 :



<https://www.hse.ie/eng/about/who/healthwellbeing/about-us/minding-your-wellbeing.html>

CHAPTER 12 - COMMUNITY / FAMILY RESOURCE CENTRES

This chapter provides information on community and family resource centres in your community. These centres identify needs and provide a range of supports and services to support families and individuals across Laois and Offaly. Specific supports and services available for Travellers through the Laois Traveller Action Group and Offaly Traveller Movement.

Portlaoise Family Resource Centre

Portlaoise Community & Family Resource Centre works with the local community to identify needs and develop appropriate responses. They provide a wide range of programmes, supports and services for families and individuals living in Portlaoise and the surrounding area.



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

To find out more contact: Harpur's Lane, Portlaoise, Co Laois

Telephone: 057 868 6151 Email: info@portlaoisefrc.ie

Mountmellick Youth and Family Resource Centre (MYFRC)

The vision of the MYFRC is that every family and child living in the Mountmellick area are afforded the supports and opportunities to reach their full potential. These supports include Youth Work, Family Support, Community Development, Support Groups and Counselling.



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

To find out more contact: **Telephone: 057 862 4601**

Tullamore Community & Family Resource Centre (FRC)

Tullamore Community & Family Resource Centre (FRC) is one of 121 family resource centres in the country. Tullamore FRC works in partnership with the community to identify needs and develop appropriate responses. We understand that all people need support from time to time and our door is open to all members of the community. We provide practical and emotional social supports and services across the life-course. Some of the services, programmes, and activities include:

- Family support - Parenting programmes, parenting support, Meitheal, information & referral
- Counselling & psychotherapy - low cost and affordable
- Play therapy for children
- Social support groups - Active Age Group, Wellness and Women's Groups, and Parent and Toddlers Group.
- Personal development and learning - developmental and lifelong learning opportunities
- Youth - summer camps, easter camps and workshops
- Community development - community participation, community events, access to rooms for groups, communication and awareness raising
- Drop in and administration - access to ICT, printing, forms, information, advocacy and referral.

Tullamore FRC is located in Arden View, Tullamore.

For more information **Telephone 057 932 0598** or **Email info@tfric.ie**

Clara Community & Family Resource Centre

Clara Community & Family Resource Centre (FRC) is one of 121 family resource centres in the country.

Clara FRC works in partnership with the community to identify needs and develop appropriate responses. We understand that all people need support from time to time and our door is open to all members of the community. We provide practical and emotional social supports and services across the life-course. Some of the services, programmes, and activities include:

- Family support - Parenting programmes, Parenting support, Meitheal, Information & Referral.
- Counselling & Psychotherapy - low cost and affordable.
- Play Therapy for children.
- Social support groups - Active Age Group, Men's Shed, Community Shed, Resource Shop, Wellness and Women's Groups, Intergenerational Projects and Parent and Toddlers Group.
- Personal development and learning - developmental and lifelong learning opportunities
- Youth - summer camps, Easter camps and workshops.

- Community development - community participation, community events, access to rooms for groups, communication and awareness raising.
- Drop in and administration - access to ICT, printing, forms, information and referral.

Clara FRC is located in Clara Parochial Hall, River St, Kilcoursey, Clara. For more information **Telephone 057 933 1928** or **Email: info@clarafrc.ie**

Laois Traveller Action Group



Laois Traveller Action Group is a Traveller specific project that was established in 1996 with the goal of representing, promoting, supporting, and empowering members of the Traveller Community.

Laois Traveller Action Group works to achieve

- Equality
- Better living conditions for members of the Travelling community
- Better health for Travellers
- The recognition of Traveller Culture and ethnicity

Our services

Primary Healthcare Programme: Primary Healthcare Team consists of 5 peer led Traveller Community Healthcare workers who deliver initiatives to their own community. They work to raise awareness on issues such as mental health, asthma and cardiovascular as well as raising awareness of health issues affecting families, for example vaccinations programmes. They deliver information in various ways such as outreach, visiting local Traveller families, social media, newsletters and information groups and workshops.

Public Health Nurse: The Primary Healthcare nurse works in partnership with Laois Traveller Action Group (LTAG) and is responsible for planning Traveller specific health programmes along with the Primary Healthcare Team in a culturally sensitive and appropriate manner to meet the health needs of the wider Traveller communities in Laois.

The work is based on five key performance indicators within Traveller health:

- mental health
- diabetes
- cardiovascular
- accommodation
- education

The social determinants health approach is an important guiding principle in the work. Their work includes outreach to families, design and distribution of Traveller specific health promotional documents, Inter-agency and committee work, Awareness Campaigns etc.

Community Development Team

Our Community Development Programme consists of two workers, one specific to the Women's Programme and the other to the Men's Programme. The Community Development Team work to develop relationships with Traveller families in Laois. The aim is to improve mental health and wellbeing, physical health and better living conditions for Traveller families. The Community Development Team advocate on behalf of Traveller individuals and families.

Accommodation Services

Laois Traveller Action Group Community Development Workers support and advocate for families and individuals on all housing issues. They work closely with Laois County Council and are members of the LTACC (Local Traveller Accommodation Consultative Committee). They work with families on housing applications and support them in accessing services. These supports can be offered in the client's home or in our offices in Portlaoise.

Traveller to Wellbeing Social Worker

Travelling to Wellbeing is a service set up by Offaly Traveller Movement. It is the only professional mental health service that is unique to Travellers in Ireland. The services provides a culturally appropriate Traveller specific mental health service to address the serious situation for Travellers. OTM have kindly extended the service into Laois until the end of 2023. Travelling to Wellbeing is an evidenced based, clinical/therapeutic, recovery focused model of local mental health service provision within a community development context. The Traveller to Wellbeing Social worker often visits families in their home.

Laois Traveller Action Group, Unit 7 Bridge Street,
Portlaoise, Co. Laois, R32 HDN4.

Office: 057 868 2210 Mobile: 089 604 1926

www.ltag.ie

Offaly Traveller Movement

Offaly Traveller Movement is a Traveller led community development organisation working to achieve full equality for the Traveller community throughout County Offaly.



With a team of staff made up of Travellers and non-Travellers we offer programmes and services in health promotion, mental health, accommodation, youth and education to advance the health and welfare of Travellers and to encourage active participation in society.

We provide opportunities for Travellers to develop their skills and knowledge and working in partnership to build the community's and service's ability to meet the needs of and improve outcomes for Travellers.

We support Travellers to reach their full potential and develop initiatives to tackle poverty, social exclusion, disadvantage and discrimination. Offaly Traveller Movement also contributes to the development of local and national policy for positive outcomes in the lives of Travellers.

Offaly Traveller Movement also contributes to the development of local and national policy for positive outcomes in the lives of Travellers. We offer individual, family and group support in OTM, in the persons home or in a mutually agreed space.

Our programmes include:

- Primary Healthcare Programme
- Public Health Nursing
- Community Development
- Accommodation Support
- Men's Health
- Men's Shed
- Women's Shed
- Horse Project
- St. Michael's Athletic
- Mental Health Support
- Social Work
- Counselling

Offaly Traveller Movement - **Telephone: 087 986 6805 / 057 935 2438**

Travelling to Wellbeing is a culturally appropriate mental health service for Travellers in Offaly, providing individual and group support

Email: mentalhealth@otm.ie

Offaly Traveller Movement, Harbour St, Tullamore, Co. Offaly, R35 Y470.

LAOIS AND OFFALY

Stop Smoking Community Service

QUIT
letting
fear
Win



Get the support you need to Quit Smoking for good

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, contact :

Laois

Helen Maher

087 3334223

helen.maher4@hse.ie

Amanda Caulfield

087 6076432

amanda.caulfield@hse.ie

Offaly

Caroline Brickland

087 4484728

caroline.brickland@hse.ie

Amanda Caulfield

087 6076432

amanda.caulfield@hse.ie



QUIT.ie
FREEPHONE 1800 201 203



CHAPTER 13 - COUNSELLING / LISTENING SERVICES

This chapter provides you with information on counselling services available in Laois and Offaly. Useful telephone numbers and websites cited below.

Accessible Counselling Tullamore (ACT)

Accessible Counselling Tullamore (ACT) is a community based counselling and psychotherapy centre based in Tullamore, Co. Offaly. The service is accessible to all over the age of 16. ACT will charge a €10 fee for assessment and seek a contribution towards the cost of each counselling session.



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

To find out more contact:
Access Counselling Tullamore (ACT)
Millennium House,
Main Street,
Tullamore,
Co. Offaly.

Telephone: 057 935 2789

Email: info@accessiblecounselling.ie

Samaritans



Freephone: 116 123

www.samaritans.ie

Email: jo@samaritans.ie

Midland Offices: Athlone, **Telephone: 090 647 3133**

Newbridge, Co Kildare **Telephone: 045 435299**

Listening Service/Emotional Support available 24hrs a day, 7 days a week.
It is a free non judgemental support.

Men's Development Network Counselling Service



Men's
Development
Network

The Men's Development Network counselling service offers 8 free sessions to men and women. We offer online as well as face-to-face counselling. We work closely with other programmes within MDN, including MEND and the National Male Advice Line. We also take self-referrals which can come through our Website or by phone. We aim to support and provide a safe space for anyone experiencing issues that affect their mental health.

See **www.mensnetwork.ie** for more info.

Connect Counselling

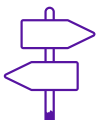


An anonymous professional telephone counselling service for survivors of physical, emotional and sexual abuse including former residents of Mother and Baby Homes.

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

To find out more you can telephone this Freephone **1800 477 477** (Lines are open Monday to Sunday from 6pm to 10pm)

Email: **admin@connectcounselling.ie**



See also Chapter one for additional information on HSE counselling services.

Aware

Support & Self-Care Groups



Aware Support & Self Care Groups offer an opportunity for people, aged 18 years and over, to talk openly about their experience of depression, bipolar disorder, and/or other related mood conditions. Peers share their experience, give and receive support, and understanding and offer an exchange of thoughts and techniques around self-care and resilience in a supportive, confidential and proactive environment.

Life Skills Group Programme

The Life Skills Group Programme is delivered over the course of six weeks in 90-minute sessions. With the help of a series of easy-to-follow worksheets and expert guidance from a trained facilitator at each session, you can learn how to better manage the stress of everyday life, recognise and manage unhelpful thoughts, learn new ways of thinking and ultimately begin the journey to a healthier and more confident life.

This programme is available online and in locations around the country, a number of times each year. You can choose the option that best suits you, and your own circumstances. Before signing up, we ask that participants are available to attend all six consecutive weeks of this programme. There is a refundable booking fee of €30 for this programme (or €10 if you are a student, unemployed, over 65 or hold a medical card). You can request a refund by emailing info@aware.ie upon completion of the programme.

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

Aware also provide a 'Support Line' and 'Support Mail' seven days a week. Support & Self Care Groups take place daily. Receive support if you experience anxiety or mild to moderate depression.

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

To find out more you can telephone this Helpline: **1800 80 48 48**
Helpline is open 10am-10pm 365 days a year.

Email Support: supportmail@aware.ie

Counselling in Primary Care (CIPC) Laois Offaly HSE

This is a short term one to one counselling service for medical card holders over the age of 18 years on referral by GP. There may be a waiting list and is free to medical card holders.



For details on how to access this service contact your local coordinator:
Sharon Cunningham, CIPC Counselling Coordinator
Unit 8A Burlington Business Park, Srah Avenue, Tullamore, Co. Offaly

Telephone: 057 937 0605

Website:

www.hse.ie/eng/services/list/4/mentalhealth-services/counsellingpc

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. Programmes include: Community based, peer support groups for anyone who is experiencing mental health issues. Programmes are ran throughout the Midlands.



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

To find out more contact: Michelle McCormick

Telephone: 086 418 3805 Email: michellemccormick@grow.ie

Pieta

Telephone and text-based support counselling for people who are suicidal or engaging in self-harm. Provides a range of counselling services for people who are suicidal, engage in self-harm or who are bereaved by suicide. Please see page for more information.



To find out more: **Freephone 1800 247 247** every day 24 hours a day.

Text HELP to 51444 - standard message rates apply.

www.pieta.ie

Seniorline

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



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

To find out more **Telephone: 1800 804 591**
(lines open from 10am - to 10pm every day).

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.

The sessions are presented by Dr Jim White, an internationally recognised expert in stress management, who has teamed up with the HSE. He works with the EU to develop mental health services across Europe using interventions, including Stress Control.

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

Shine

Shine is a national organisation providing information and support for people affected by mental health difficulties, their family members and others who support them. Shine provides the following supports to all those impacted by mental health:



- Individual support and recovery planning
- Peer support groups facilitated by people with lived experience for both family members and individuals experiencing mental health challenges
- Training and education led by people with lived experience of mental health difficulties or those who support them.

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

To find out more you can: **Telephone: 01 860 1610**

Email: support@shine.ie

Tullamore Rape Crisis Centre



- Face to face counselling for survivors of sexual abuse and rape from 14 upwards with parental consent.
- Provided by professional counsellors.
- Telephone helpline and face to face counselling provided by trained volunteers to supplement the work of the professional counsellors.
- S.A.T.U. accompaniment (Sexual Assault Treatment Unit at Midland Regional Hospital Mullingar)

- Education programme for senior cycle students
- Support and advocacy with medical and legal information
- Garda and Court accompaniment
- Support counselling to family and friends

Helpline: 0800 32 32 32 Email: info@tullamorerapeccrisis.ie

Address: 4 Harbour View, Store Street Tullamore Co Offaly.

Your Mental Health



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
- Opening hours

Please note Your Mental Health information line is not a counselling service. For further information, see their website: **www.yourmentalhealth.ie**

To find out more you can: **Freephone 1800 111 888**

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

50808

To find out more: Text HELLO to **50808**, anytime day or night.

Visit: **www.text50808.ie**

Turn2me.ie

Turn2me is a national mental health charity that was founded in 2009 by Oisín and Diarmuid Scollard, who lost their brother, Cormac, to suicide in 2003. Turn2me offers adult counselling and support group services to adults and young people aged 12 plus. Turn2Me has helped over 120,000 people since it was set up in 2009. Turn2Me offers up to six free counselling sessions to adults living in Ireland.



To sign up, go to **Turn2Me.ie**

Mental Health Ireland

Information and Mental Health Advice.



Telephone: 086 835 3387 - Finola Colgan, Regional Development Officer.

www.mentalhealthireland.ie

CHAPTER 14 - SECURITY AND SAFETY



Gardaí - Co. Laois

Abbeyleix Garda Station	057 873 0580	Open 24 hours
Arles Garda Station	059 914 7628	
Ballylinan Garda station	059 862 5112	
Borris-in-Ossory Garda station	0505 41122	
Clonaslee Garda Station	057 862 8022	
Durrow Garda Station	057 873 6113	
Mountmellick Garda station	057 862 4140	
Mountrath Garda Station	057 873 2236	
Portarlinton Garda Station	057 862 3112	
Portlaoise Garda Station	057 867 4100	Open 24 hours
Rathdowney Garda Station	0505 46122	
Stradbally Garda Station	057 862 5222	

Gardaí - Co. Offaly

Banagher Garda station	057 915 1310	
Birr Garda Station	057 916 9710	Open 24 hours
Clara Garda station	057 933 1100	
Cloghan Garda Station	090 645 7102	
Clonbullogue Garda Station	046 973 0002	
Daingean Garda Station	057 935 3042	
Edenderry Garda Station	046 973 1290	
Ferbane Garda Station	090 645 4302	
Kilcormac Garda Station	057 913 5002	
Kinnitty Garda Station	057 913 7002	
Rhode Garda Station	046 973 7002	
Shinrone Garda Station	0505 47122	
Tullamore Garda Station	057 932 7600	Open 24 hours

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

Eircode

Eircode is the new Postcode that was introduced to Ireland in July 2015. The new Postcode is a mix of Letters and Numbers and will be seven characters in length. The Eircode Postcode is divided into two parts a routing key and a unique identifier.

IT IS IMPORTANT TO KNOW YOUR POSTCODE IN THE EVENT OF AN EMERGENCY.

Ensure that you keep your Eircode beside your phone or somewhere you can access it quickly. If you do not know your Eircode, a member of staff in the Citizens Advice Office or in your local library can identify it for you.

You can also find it yourself online at www.eircode.ie

Eircode brings many benefits:

1. Makes it quicker and easier for medical emergency services to locate addresses.
2. Allows delivery and service companies to accurately identify addresses so deliveries get to the right location.
3. Makes it quicker and easier to shop online.
4. Helps to develop Irish businesses and facilitate better planning and delivery of public services.

Community Gardaí

The role of the local Community Garda 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 above.

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 traders 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, house holders can contact the Garda stations listed above. Genuine callers will supply their details. Do not let anyone into your house unless you are 100% satisfied as their legitimacy.

Bogus Callers

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 Gardaí 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 the car, direction of travel and description of caller.

'Message in a Bottle' Initiative

Laois: Telephone: 057 866 4107 Email: agefriendly@laoiscoco.ie

Age Friendly Programme Manager.

Telephone: 057 934 6800 Email: agefriendly@laoiscoco.ie

Offaly: Offaly County Council Community Section. **Telephone: 057 934 600**
Sgt. Willie Kirwan, Tullamore Garda Station. **Telephone: 057 932 7600**

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 the 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 that is 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.

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 Garda Station or the stations listed above who will advise you about your nearest Neighbourhood Watch (Towns) or Community Alert (Rural Areas).

For further details please contact the Garda Stations listed above or your local Garda Station

Older Person's Register

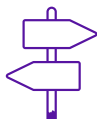
Older Person's Register Garda Stations hold and maintain an Older/Vulnerable Person's Register. The Register assists Gardaí identify vulnerable people, who may need support, particularly in time of crisis, such as bad weather. Interested persons within County Laois/ Offaly are invited to register their details with An Garda Síochána. Details can be submitted by the individual themselves, their Assisted Decision Maker or Next of Kin. In all cases the consent of the person concerned will be required.

For further information phone Sergeant William Kirwan - Tullamore Garda Station **057 932 7600** or Sergeant Jason Hughes in Portlaoise Garda Station **057 867 4100**

Carers Emergency Card

www.hse.ie/eng/services/list/3/carerssupport/

Carers might consider carrying the Carers 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.



See page 13 for additional information on monitored personal alarms.

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January 2024

