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your HSE guide

Cavan/Monaghan

Cavan and Monaghan PCCC Centre
Rooskey, Monaghan
Tel: (047) 30470



INTRODUCTION AND WELCOME

Welcome to your guide to Primary, Community and Continuing Care Services.

The overall purpose of the Health Service Executive (HSE) is to “enable people to live healthier and more fulfilled lives”. It is your health and the healthcare team is working both with and for you. Our priorities are to provide a local point of access to a range of health and personal social services in the community by providing timely care in appropriate settings.

Our Primary Community and Continuing Care (PCCC) Services are responsible for all health and personal social services that you and your family require provided in a community setting, in partnership with the Voluntary and Community sector, including Primary Care, Mental Health Services, Child Care, Disability Services, Social Inclusion Services, Elderly/Nursing Home Provision, Dental Services and Palliative Care. A range of allowances and schemes (i.e. Medical Cards and GP Visit) are also administered and delivered through our Local Health Offices.

These services are delivered through a budget in excess of €100 million and 2,350 staff directly employed by HSE for PCCC services (1,150 in Cavan and 1,200 in Monaghan). The population of Cavan and Monaghan in 2006 is 120,000 people living in 40,584 households. This is an increase of over 10,000 people (10%) from 2002. 88% of our staff are resident within counties Cavan and Monaghan – so they and their families are our customers too.

We have ambitious plans to establish a wide range of additional services and facilities over the coming years. We are looking at ways to improve our current service response and are committed to taking responsibility for what we do and how we do it.

I hope that you find this Guide of use in informing you about services in your area and nearby.



Leo Kinsella
Local Health Manager, Cavan and Monaghan

The Health Service Executive has produced this publication using plain English Guidelines.

The Health Service Executive will not accept liability for any error, omission, misrepresentation or misstatement in this publication, whether negligent or otherwise, and the statements contained therein are not intended to impose any legal obligation or duty on the Health Service Executive, its servants or agents, in favour of any particular person or class of persons.

HSE INFOLINE: CALLSAVE 1850 241 850

The Health Service Executive provides a national information service, the HSE infoline, which offers everyone in Ireland easy access to information on over 110 health and social service topics, all for less than the cost of a local call.

The service can provide confidential information on a wide range of queries, like:

- Medical Cards
- GP Visit Cards
- European Health Insurance Card
- Drugs Payment Scheme
- Long-Term Illness Scheme
- Back to School Clothing and Footwear Scheme
- Home Help Services
- Nursing Home Subvention
- Health Promotion literature.

The HSE infoline can also advise on health services, entitlements, eligibility, application forms and contact details for services across the country.

Information is also made available via email or fax, and the infoline offers a sigma text-pad facility for people with a hearing impairment.

The HSE Infoline operates from 8.00am-8.00pm Monday to Saturday.

YOU CAN CONTACT THE HSE INFOLINE ON:

Callsave: 1850 241 850

Fax: (041) 685 0330

Email: info@hse.ie

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HOW TO USE THIS GUIDE

This Guide aims to provide you with information on HSE Primary, Community and Continuing Care Services in your area and nearby. The Guide is divided in to two parts – information on health entitlements and information on health and personal social services. Information on Customer Services is provided on pages 8-10.

Part 1 – Your Guide to Health Entitlements gives you information on a range of useful health schemes and entitlements and tells you how you can apply.

Part 2 – Your Guide to Health and Personal Social Services gives you information on local and regional health and personal social services including a description of the service, how to access the service and contact details. This part is divided into a number of sections to help you find the information that you need quickly and easily:

- **Primary Community and Continuing Care Services**

This section provides information on health and personal social services that are available for all age groups and how to access the services.

- **Services for Children and Families**

This section provides information on health and personal social services that can be accessed by children and their families and how to access the services.

- **Services for Adults**

This section provides information on health and personal social services for adults and how to access the services.

- **Services for Older People**

This section provides information on health and personal social services for people over the age of 65 years and how to access the services.

Within each of these sections services are listed alphabetically.

Also included at the end of the Guide is a list of other useful contacts such as other state agencies and non governmental organisations. These are categorised according to the service provided and listed in alphabetical order with a short description and contact details.

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CUSTOMER SERVICES

Healthcare services can only improve by listening to and learning from you, the customer. If you are not satisfied with a service, you feel improvements could be made or you wish simply to acknowledge a genuinely positive service experience you should in the first instance make contact with the local service involved.

If, however, you are still not satisfied you should use the formal appeals and complaints procedures outlined below.

APPEALS

We have an appeals process if you are unhappy with a decision made about your application.

What decisions can I appeal?

You can appeal decisions in the following areas:

- Basic Supplementary Welfare Allowance
- Mortgage Supplements
- Back to School Footwear and Clothing Allowance
- Rent Allowances
- Exceptional Needs Payments
- Domiciliary Care Allowances
- Mobility Allowance
- Medical Card and GP Visit Card Application
- Diet Allowance
- Motorised Transport Grant

Who can appeal?

The person who made an application can appeal or also a person whom you have given permission to do so on your behalf, such as a family member, a local politician or a legal representative.

How do I make an appeal?

You must complete an appeals registration form. You can get this form from your local PCCC Centre (see page 26) or the Appeals Office, HSE Dublin North East, Kells, Co. Meath (046) 928 0551. The completed form should be returned to the Appeals Office. The Appeals Office will send you a letter to say they have received your appeals registration form. The Appeals Officer may contact you by phone or arrange a meeting with you to get more information. When the decision is made, you will be notified of the decision. If you wish to get an update on your appeal, contact (046) 928 0521.

HSE COMMENTS AND COMPLAINTS POLICY

If you are unhappy about any aspect of our service, if you have a suggestion for improvement or wish to make a comment, please:

- Tell a staff member or complaints officer (see below for contact information) and they will try to help you solve any problem immediately.
- Send a letter or fax details of your experience of our services to a complaints officer.
- Email the details of your experience to yoursay@hse.ie
- Complete a 'Your Service, Your Say' form available in local PCCC Centres (see page 26) and either leave it in the comment and complaints boxes (if provided), give it to a member of staff, or send it to a complaints officer.
- We will acknowledge any written complaint within 5 working days of receipt.
- We will investigate all complaints within 30 working days. If the process takes longer we will keep you updated every 20 working days.
- We will issue a clear written response to every formal written complaint.

Cavan and Monaghan PCCC Complaints Officers

Below are the HSE Complaints Officers for Cavan and Monaghan:

Tom Murtagh, Senior Administrative Officer

PCCC Services, HSE Dublin North East, Lisdarn, Cavan.

Tel: (049) 436 1822

Fax: (049) 436 1877

Brendan Casey, Care Group Manager - Disability Services

PCCC Services, HSE Dublin North East, Rooskey, Co. Monaghan.

Tel: (047) 30458

Fax: (047) 84320

Gerry Lowry, Child Care Manager, PCCC Services

HSE Dublin North East, Rooskey, Co. Monaghan.

Tel: (047) 30475

Fax: (047) 30796

Millie Kierans, Co-ordinator for Services for Older People

St. Felim's Hospital, Cavan.

Tel: (049) 436 0443

Fax: (049) 437 1803

Margaret Caulfield, Administrator Mental Health Services

St. Davnet's Hospital, Monaghan.

Tel: (047) 77400

Fax: (047) 81527

FREEDOM OF INFORMATION

In most circumstances you can access your own personal information routinely from the HSE by requesting it in writing. The Freedom of Information Acts 1997 and 2003 give you a legal right:

- To seek access to both personal and non-personal records held by a public body.
- To have your personal records amended or deleted where the information is incorrect, incomplete or misleading.
- To seek reasons for decisions of that body that affect you.

These rights extend to your own personal records and in specific circumstances, to those of your children and deceased relatives.

For more information or to make a request for a record to be released under this Act, contact Consumer Services Regional Office/Freedom of Information, Data Protection, St. Felim's Hospital, Cavan. Tel: (049) 436 0462

DISABILITY DATABASE

The Intellectual Disability Database is a set of information on the specialised health services currently received or required by individuals with an intellectual disability. The database provides accurate information that identifies the service needs of individuals with intellectual disability and their families.

A similar database exists for people with physical or sensory disabilities.

If you have any questions about the database, please contact the Disability Database Office. Tel: (047) 30459

PART 1

YOUR GUIDE TO HEALTH ENTITLEMENTS

HEALTH SERVICES – WHAT AM I ENTITLED TO?

We all need to use the health service at some point in our lives. The Health Service Executive (HSE) runs all of Ireland's public health and personal social services, including hospitals, health centres, community services for older people and much much more.

Who is eligible for Health Services in Ireland?

Everyone who is ordinarily resident in Ireland is eligible for public health services. This means people who have been living here for a minimum of one year or intend to live here for a minimum of one year.

Do I have to pay for Health Services?

Ireland has a government funded public health service, where all people living here are entitled to certain services either free of charge or at a reduced cost.

These services include:

- Visits to a Public Hospital Consultant, when referred by your GP.
- Stays in a Public Hospital, where the only charge to you will be a nominal inpatient charge, for up to the first 10 nights. Medical Card holders are exempt from these charges.
- Accident and Emergency Departments do charge a fee for walk in visits, but if you are referred by your GP or you hold a current Medical Card, your visit is free.
- All schoolchildren can receive free dental checks and care up to the age of 14 years, and all children can avail of their required childhood immunisations free of charge from a GP.
- All expectant mothers are entitled to free Maternity Care and Post Natal visits up to six weeks after a baby is born, including Public Health Nursing following the birth of a child. Developmental checks are also provided for all infants and young children.
- GP services are free in Ireland for those who hold either a Medical Card or a GP Visit Card. Other patients must pay a consultation fee.

There are other health and personal social services provided by the HSE to you and your family. The following pages outline the main schemes and benefits available, and the second part of this booklet gives you contact details for all the essential HSE services in your area.

MEDICAL CARDS AND GP VISIT CARDS



Medical Card holders are entitled to GP services, community services, dental services, prescription medicine costs, hospital care and a range of other benefits free of charge. People can qualify for a Medical Card:

- On the basis of their income.
- In some cases if a particular medical condition means their basic medical costs are very high.
- All people aged over 70 are entitled to a full Medical Card regardless of means.

GP Visit Card holders are entitled to the services of a GP free of charge. The income guidelines are 50% higher than the Medical Card.

Who can apply?

Anyone can apply for a GP Visit Card or a Medical Card – families, single people, even those working full time.

Is it means tested?

Yes, but for GP Visit Card and Medical Card applications, the HSE now considers your income after tax and PRSI is deducted, rather than total income. We also make generous allowances for your expenses on childcare, on rent and mortgage costs and on travel to work.

We can also grant Medical or GP Visit Cards to individuals or families who exceed the income guidelines, but who have particular circumstances, for example, chronic illness, that mean medical costs would result in undue hardship.

How do I apply?

You must complete an application form. Application forms available from:

- Your local Primary, Community and Continuing Care Centre (see page 26)
- Your Community Welfare Officer (see page 82)
- Our website: www.hse.ie
- Or call the HSE infoline on Callsave: 1850 241 850

One application form is now used for both Medical Cards and GP Visit Cards, and the HSE will assess each application for a full Medical Card in the first instance and then for a GP Visit Card.

We have set up a handy calculator on our website – www.hse.ie. It allows you to enter your details and will give you a guide to your eligibility for a GP Visit Card or a Medical Card. You can confirm this by then making a full application at any Health Centre or local Primary Community and Continuing Care Centre (see page 26).

DRUGS PAYMENT SCHEME



What is the Drugs Payment Scheme?

With a Drugs Payment Scheme (DPS) card, an individual or family in Ireland only has to pay a maximum amount monthly for approved prescribed drugs, medicines and certain appliances. As of September 2006, the maximum amount a family must pay is €85. Please check our website, www.hse.ie or your local Primary Community and Continuing Care Centre (see page 26) for any changes to this amount.

Who should apply?

Everyone in Ireland who does not have a Medical Card should apply for a DPS card. This scheme is aimed at those who normally have to pay the full cost of their medication. It also applies to those who have a GP Visit Card. Anyone ordinarily resident in Ireland can apply to join the scheme, regardless of family, financial circumstances or nationality. Being ordinarily resident in Ireland means that you have been living here for a minimum of one year or that you intend to live here for a minimum of one year.

If a family combines a Drugs Payment Scheme card with a GP Visit Card, it could mean they would pay no more than €20 per week for GP Visits or prescriptions. See the previous page for information on GP Visit Cards.

How do I apply?

- You can get a registration form from your pharmacy or your local Primary, Community and Continuing Care Centre (see page 26).
- Fill in the details of all your family members.
- Send it to your local Primary, Community and Continuing Care Centre and you will be sent a card for each member of your family.
- You do not have to register with a particular Pharmacy for the DPS but for convenience it is advisable to use the same pharmacy in a particular month if you wish to avoid paying more than the maximum amount per month.
- You must present your card each time you attend before a prescription can be dispensed.

If you lose or misplace your Drugs Payment Scheme card, contact your local Primary, Community and Continuing Care Centre (see page 26).

You can also call the HSE infoline: 1850 241 850, for more information.

EUROPEAN HEALTH INSURANCE CARD



The card that covers EU.

What is the EHIC?

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

Is the EHIC free of charge?

Yes. *There is no charge to apply for or renew an EHIC.* The HSE accepts renewals and applications for EHIC cards at all HSE local Primary Community and Continuing Care Centres, and on the HSE managed website www.ehic.ie.

What do I do if I become ill or injured in another member state?

To obtain healthcare with the Card, go to the nearest public system doctor, public hospital, or other public treatment centre and present your Card. Treatment in a private setting is not covered by the Card.

Do I need private insurance in addition to the Card?

Public healthcare systems vary from country to country. The Card does not cover the cost of repatriation and in addition, illness or an accident abroad may mean extra travel and accommodation costs. You may therefore wish to take out private insurance for your trip. You will find out more about your entitlements in particular countries at your local Primary Community and Continuing Care Centre or on www.ehic.ie.

How long will it take to get a Card?

You will receive your Card within approximately 10 working days of receipt of your application.

What if I don't have time to get a Card before I travel?

You can get a Temporary Replacement Certificate, which gives you the same entitlement as the Card, but for a shorter period, and can be issued by your local Primary Community and Continuing Care Centre (see page 26). One Temporary Replacement Certificate is issued per person.

How do I apply?

Application forms are available from:

- Your local Primary Community and Continuing Care Centre (see page 26).
- Our website: www.ehic.ie
- You can also call the HSE infoline: 1850 241 850, for more information.

IMMUNISATION



What is immunisation?

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

Is immunisation free?

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

Are vaccines safe?

The vaccines used in Ireland are safe. All medicines can cause side effects, but with vaccines these are usually mild, like a sore arm or leg or a slight fever. Serious side effects to vaccines are extremely rare.

Research from around the world shows that immunisation is the safest way to protect your child's health. Your doctor or nurse can discuss the risks with you before giving your child their vaccines.

All the recommended vaccines used to protect children in Ireland are licensed by the Irish Medicines Board or the European Medicines Evaluation Agency. They are allowed to be used only after they have been shown to be both effective and safe.

Where can I get my child immunised?

We recommend that all parents bring their children for immunisation, which is free from your GP.

If you have any more questions or need more information:

- You can visit the HSE website: www.immunisation.ie
- Speak to your GP.
- Your Public Health Nurse in your Local Health Centre (see page 84).

You can also call the HSE infoline: 1850 241 850, for more information.

AGE TO IMMUNISE	TYPE OF VACCINE
BIRTH	BCG tuberculosis vaccine (usually given in maternity hospitals)
2 MONTHS <i>Free from your GP</i>	5 in 1: Diphtheria, Tetanus, Whooping Cough (Pertussis), HiB (Haemophilus influenzae B), Polio (Inactivated poliomyelitis) Men C (Meningococcal C)
4 MONTHS <i>Free from your GP</i>	5 in 1: Diphtheria, Tetanus, Whooping Cough (Pertussis), HiB (Haemophilus influenzae B), Polio (Inactivated poliomyelitis) Men C (Meningococcal C), Diphtheria
6 MONTHS <i>Free from your GP</i>	5 in 1: Diphtheria, Tetanus, Whooping Cough (Pertussis), HiB (Haemophilus influenzae B) Polio (Inactivated poliomyelitis) Men C (Meningococcal C)
12 TO 15 MONTHS <i>Free from your GP</i>	MMR: Measles, Mumps, Rubella HiB Booster (Haemophilus influenzae B)
4 TO 5 YEARS <i>Free in School</i>	4 in 1: Diphtheria, Whooping Cough, Tetanus, Polio MMR: Measles, Mumps, Rubella
11 TO 12 YEARS <i>Free in School</i>	MMR: Measles, Mumps, Rubella (not necessary if two doses have already been given)
10 TO 14 YEARS <i>Free in School</i>	BCG (if not already protected)
11 TO 14 YEARS <i>Free in School</i>	Td: Tetanus, Diphtheria

NURSING HOME SERVICES AND SUBVENTION



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

The simplest way to enquire about or access these services is to speak to either your GP, or to ask at your local Health Centre to speak to the Public Health Nurse (see page 84).

In 2008, the government will introduce A Fair Deal, a new Nursing Home Support Scheme for people who wish to access long-term nursing home care.

Anyone who is assessed as needing long-term nursing home care will be able to apply for support under the scheme. This scheme is designed so that nursing home care will be affordable to each person and fair to all, as it will ensure that everyone who needs nursing home care, public or private, pays a fair portion of their income as a contribution towards the cost of their care. The HSE will pay the balance of the cost of their care (if any), based on the dependency and the means of the applicant.

How do I apply?

You can apply for funding towards the cost of your care to the Nursing Home Care Scheme Support Office, St. Felims Complex Cavan.
Tel: (049) 436 0446/0451

Further Information

For more information on this scheme, contact your local Nursing Home Care Scheme Support Office, or the HSE infoline: 1850 241 850

LONG-TERM ILLNESS SCHEME



What is the Long-Term Illness Scheme?

If you have certain long-term illnesses or disabilities, you can apply to join the Long-Term Illness Scheme.

How do I qualify?

You must be ordinarily resident in Ireland and hold a PPSN. You qualify if you have one of the illnesses or disabilities listed below:

- Acute Leukaemia
- Cerebral Palsy
- Cystic Fibrosis
- Diabetes Insipidus
- Diabetes Mellitus
- Epilepsy
- Haemophilia
- Hydrocephalus
- Mental handicap
- Mental Illness (in a person under 16 years of age)
- Multiple Sclerosis
- Muscular Dystrophies
- Parkinsonism
- Phenylketonuria
- Spina Bifida
- Conditions arising from the use of Thalidomide

There is no income requirement or means test. If you have a medical condition that is not listed above, you should consider applying for a Medical Card or a GP Visit Card.

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

How do I apply?

- You must complete a Long-Term Illness Scheme application form.
- Application forms are available from your local Primary, Community and Continuing Care Centre (see page 26).
- Your doctor or consultant will sign the form to confirm your condition and list your medication.

You can also call the HSE infoline: 1850 241 850, for more information.

DENTAL SERVICES



We provide Dental Services to preschool children and children attending Primary School, to Medical Card holders and to EU residents for emergency treatment. We have a dental public health function which involves measuring levels of oral health in the general population. We also have a role in the monitoring of fluoridation of public water supplies.

What Dental Services are available for children?

Pre-school children can be referred for Dental Treatment from a child health service or following a routine school visit. Children attending primary school are screened and referred for treatment if necessary to the local dental clinic. Emergency services are also available to all school going children. The service aims to target annually two to three classes in primary schools (1st, 4th, 6th). Emergency dental treatment is available to children and adolescents up to their 16th birthday.

What if my child needs braces?

Children are generally assessed in 6th class, according to treatment guidelines from the Regional Orthodontic Unit. Treatment is provided free on a prioritised basis. Referrals from the Cavan area are made to the Regional Orthodontic Unit, Navan, whilst those from the Monaghan area are made to the Regional Orthodontic Unit, Dundalk.

What Dental Services are provided for Medical Card holders?

Medical Card holders can get a list of participating Private Dental Practitioners from their Local Health Office or HSE Dental Clinic. Once the dentist has accepted you as a patient you must bring your Medical Card with you when attending on your first visit. The following treatments are available with a Medical Card: fillings, cleaning/polishing, extractions, dentures and root canal treatment.

If I do not hold a Medical Card?

If you do not have a Medical Card and have to pay for dental services from a private practitioner, you may claim tax relief for certain specialised dental treatments. The form is called Med 2 and can be obtained from the Tax Office. You may also avail of the Treatment Benefit scheme. Under this scheme, contributions made by people through PRSI can be accessed to repay some of the cost of dental treatment. Ask your Dentist for more information.

Special Care/Needs

Children with special needs or those who have medical conditions where dental disease can cause a risk to their general health are seen upon request for prevention and treatment as necessary. They are usually referred by a variety of health professionals

Oral Health Promotion

The oral health promotion team supports the dental services in the promotion of oral health in the general population as follows:

- Up-to-date information for the general public
- Oral Health Training to various groups such as community groups, parents, teachers, health professionals
- Oral Health presentations
- One-to-One information sessions
- Oral Health resources
- Information stands.

Further Information

Contact your local PCCC Centre (see page 26),
The Dental Department, Cavan General Hospital, Lisdarn, Cavan.
Tel: (049) 437 3204
Fax: (049) 436 1877 or (049) 436 1065

or Department of Social and Family Affairs
Local: 1890 662 244.

BACK TO SCHOOL CLOTHING AND FOOTWEAR ALLOWANCE



What is the Back to School Clothing and Footwear Allowance?

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

How do I qualify?

To be eligible for the Back to School Clothing and Footwear Allowance, the parent or guardian must meet one of the following conditions:

- In receipt of a social welfare payment (including Family Income Supplement) or a HSE payment
- Taking part in an approved employment scheme
- Taking part in a recognised education or training course
- Involved in an Area Partnership Scheme
- Attending a FÁS, Fáilte Ireland or LES training scheme.

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

Is the allowance means tested?

Yes, the HSE Community Welfare Office in your Local Health Centre will assess your income and decide if you are eligible. Your total household income means your main social welfare or HSE payment and any other income you may have including wages, before tax but excluding PRSI and reasonable travel expenses.

Any income you get by way of rent or mortgage interest supplement, Family Income Supplement, Blind Welfare Allowance, Rehabilitative Training Allowance, rehabilitative employment (up to €120 per week), Home Help, Domiciliary Care Allowance and Mobility Allowance is not counted.

How do I apply?

You should apply to the Community Welfare Officer (CWO) at your Local Health Centre (see page 82).

Further information

You can call one of the following for more information:

Cavan Community Welfare Services Office	(049) 436 2403
Monaghan Community Welfare Services Office	(047) 71922
HSE infoline	1850 241 850

SUPPLEMENTARY WELFARE ALLOWANCE



What is Supplementary Welfare Allowance?

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

What types of payments are made under the scheme?

BASIC PAYMENTS

If you have no income you may be entitled to basic Supplementary Welfare Allowance. If you have claimed a social welfare payment but it has not yet been paid, and you have no other income, you may qualify for Supplementary Welfare Allowance while you are awaiting payment.

SUPPLEMENTS

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

EXCEPTIONAL NEEDS PAYMENTS

These are paid to assist with essential, once-off expenses in exceptional circumstances. This is at the discretion of the HSE, and depending on your circumstances, may be paid to assist with the cost of essential household equipment, funeral expenses or any other unforeseen large expenses.

URGENT NEEDS PAYMENTS

This payment is considered for all applicants where a situation of urgent needs arises (even those normally excluded). This could be due to fire or flooding where a person may require emergency accommodation, food, clothing and finance because they cannot provide for this out of their own resources at the time of the crisis.

RENT AND MORTGAGE INTEREST SUPPLEMENTS

The HSE can also assist with rent or mortgage interest payments for people on very low incomes. This may depend on the following:

- The size of your accommodation and your family size
- If you have applied for or have been refused Local Authority housing
- The cost of your accommodation
- Whether you are sharing your accommodation.

How do I apply?

You should apply to the Community Welfare Officer (CWO) at your Local Health Centre (see page 82).

Further information

You can call one of the following for more information:

Cavan Community Welfare Services Office	(049) 436 2403
Monaghan Community Welfare Services Office	(047) 71922
HSE infoline	1850 241 850

PART 2

YOUR GUIDE TO HEALTH AND PERSONAL SOCIAL SERVICES

PRIMARY, COMMUNITY AND CONTINUING CARE SERVICES

Primary Community and Continuing Care is the focus of all health and personal social services provided outside of hospital, in your community. Services available through your local Primary, Community and Continuing Care Centre (PCCC Centre) and Health Centres include:

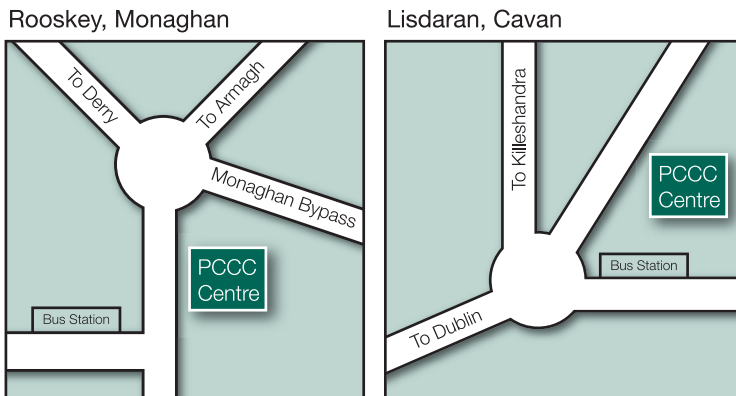
- Public Health Nursing
- Medical Cards and GP Visit Cards
- Environmental Health
- Health Promotion
- Child and Adolescent Psychiatry
- Community Welfare Services
- Disability Services
- Family Support, Child Protection and Children in Care Services
- Services for Older People
- Addiction Counselling and Treatment
- Mental Health Services and more.

LOCAL PRIMARY COMMUNITY AND CONTINUING CARE CENTRE

Cavan PCCC Centre, Lisdaran, Cavan.
Tel: (049) 436 1822

Monaghan PCCC Centre, Rooskey, Monaghan.
Tel: (047) 30400

Location of PCCC Centres



GENERAL PRACTITIONER SERVICES

There are a large number of GPs working in the area, and your Local PCCC Centre can help you to find a GP, or can advise on entitlements such as a Medical Card or GP Visit Card. For a list of GPs in our area contact your Local PCCC Centre (see page 26).

See also page 13 for information on how to apply for a Medical Card or GP only visit card.



NEDOC GP OUT-OF-HOURS SERVICE

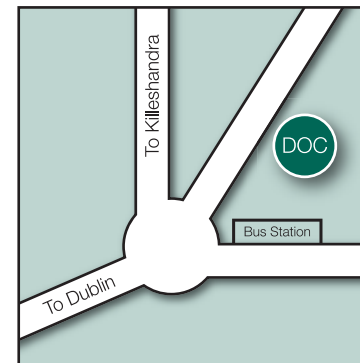
North East Doctor-on-Call (NEDOC) is an urgent Out-of-Hours GP service. It is a service to provide you and your family with access to family doctor services outside of normal surgery hours. The service operates from 6.00pm-8.00am Monday to Friday, and 24 hours Saturday, Sunday and Bank Holidays.

What should I do if I have an urgent medical complaint?

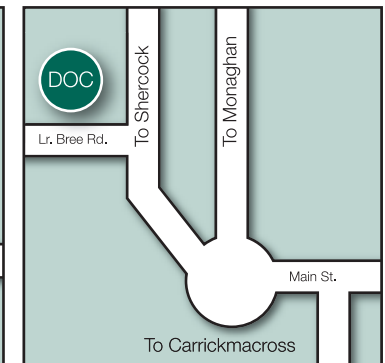
- Contact NEDOC Callsave: 1850 777 911
- A specially trained person will answer your call and ask for information including your name, address, date of birth, telephone number, Medical Card number and symptoms
- This information will be passed to a doctor
- The doctor will promptly call you back and advise on the most appropriate course of action:
 - Immediate medical advice over the telephone.
 - Invite the patient to attend the nearest treatment centre for further examination and treatment.
 - Visit the patient in their own home.

Location of NEDOC

Cavan General Hospital



Lower Bree Road, Castleblaney





ACUTE HOSPITALS

Local, Regional and National Hospitals are listed here. Unless you are attending A+E in an emergency, most people visit their GP for advice and referral, before attending hospital. Outside of office hours, you can access GP services through NEDOC GP Out-of-Hours Services (see page 27).

Cavan General Hospital, Cavan	(049) 437 6000
Monaghan General Hospital, Monaghan	(047) 38800
Louth County Hospital, Dundalk	(042) 933 4701
Our Lady of Lourdes Hospital, Drogheda	(041) 983 7601
Our Lady's Hospital, Navan	(046) 902 1210
St. James's Hospital, St. James's Street, Dublin 8	(01) 410 3000
Tallaght Hospital, Dublin 24	(01) 414 2000
Mater Misericordiae University Hospital, Eccles Street, Dublin 7	(01) 803 2000
Beaumont Hospital, PO Box 1297, Beaumont Road, Dublin 9	(01) 809 3000 or (01) 837 7755
Connolly Hospital Blanchardstown, Dublin 15	(01) 646 5000
Our Lady's Hospital for Sick Children, Crumlin, Dublin 12	(01) 409 6100
National Children's Hospital, Tallaght, Dublin 24	(01) 414 2000
Children's University Hospital, Temple Street, Dublin 1	(01) 878 4200
Coombe Women's Hospital, Dolphin's Barn, Dublin 8	(01) 408 5200
National Maternity Hospital, Holles Street, Dublin 2	(01) 637 3100
The Rotunda Hospital, Parnell Street, Dublin 1	(01) 873 0700



COMMUNITY WELFARE SERVICE

Community Welfare Officers work from Health Centres in the area, and can give financial support to those in need, in the form of rent supplement, supplementary welfare allowance or Back to School Clothing Allowance. They also advise on entitlement and complete financial assessments for Medical Cards and GP only Visit Card. They provide information in relation to HSE schemes and Social Welfare schemes and may refer you to other state agencies or voluntary agencies if it is appropriate to your needs.

How do I access the service?

- Contact:
 - your local Community Welfare Officer (see page 82).
 - Cavan Community Welfare Services Office. Tel: (049) 437 9170
 - Monaghan Community Welfare Services Office. Tel: (047) 71922
- You can either discuss your query by telephone or see the Community Welfare Officer at their clinic.

Where can I see my local Community Welfare Officer?

You can see your local Community Welfare Officer at your local health centre. See page 82 for a full list of clinic times and contact information.



ENVIRONMENTAL HEALTH

The aim of the Environmental Health Service is to protect public health by enforcing and promoting legislation relating to food safety, tobacco control and the environments in preschools and nursing homes. The service also has an important role in other areas such as housing and the quality and safety of drinking water. In all of these areas environmental health officers are happy to provide advice where necessary.

How do I contact the service?

Cavan: The Arcade, Main Street, Cavan.
Tel: (049) 437 3416

Virginia: The Old Health Centre, Bailieborough Road, Virginia, Co. Cavan.
Tel: (049) 854 7085

Monaghan: 14 Church Square, Monaghan.
Tel: (047) 77087



HEALTH PROMOTION

Health Promotion is a process of enabling people to maintain and promote their own health and wellbeing. Its function encompasses developing personal skills, creating supportive environments, strengthening community action, building healthy public policy and reorienting the health services.

A range of programmes are delivered under a strategic framework embracing three interlinked approaches:

- **Topics** – Smoking prevention, tobacco management, nutrition, physical activity, alcohol, substance misuse, cancer prevention, road safety and home safety, mental health promotion and suicide prevention
- **Population Groups** – men, women, children, older people, ethnic minorities, people with disabilities and Travellers
- **Settings** – Home, community, schools, workplace and sports clubs.

Further Information

Information or further details can be obtained by calling:

Monaghan: (047) 77042/43 or 77852

Navan: (046) 907 6400



NATIONAL LOTTERY FUNDING

The HSE allocates National Lottery Funding to community based groups and voluntary organisations under the following terms:

- Respite Care Grant Scheme
- National Lottery Grant Scheme.

Applications are invited annually from groups and organisations involved in the provision of health and personal social services for once off funding for viable projects which can be completed within a reasonable period of time.

Further information

Office of the General Manager, Rooskey, Monaghan.

Tel: (047) 30400

Web: www.hse.ie



REGISTRATION SERVICES – BIRTHS, DEATHS AND MARRIAGES

BIRTHS

Parents must sign the register of births in respect of their child's birth. The hospital or in the case of a home birth, the midwife, will advise you further.

MARRIAGES

New requirements and procedures are now in place for registration of marriage. You, as a couple, are obliged to give the Registrar three months notice of your intention to marry in person. You must sign declarations of no impediment to marriage and obtain a Marriage Registration Form in advance of the ceremony. This will be issued after you have completed the necessary notification procedures and the Registrar is satisfied that you are free to marry. It is now possible for civil marriages to be held at venues other than Registry Offices, if the venue has been inspected and approved by the HSE in advance of the marriage ceremony and a Registrar is available. There is no residency requirement for civil marriages to take place.

DEATHS

The nearest relative present at death, or in some cases the hospital, should inform the office of the Registrar of Births, Deaths and Marriages. The informant must produce to the Registrar a medical certificate of the cause of death signed by a registered medical practitioner.

STILLBIRTHS

A parent may register a stillbirth at the Office of the Registrar of Births, Deaths and Marriages within 42 days of birth. A stillbirth certificate may be obtained at the time of registration.

How do I get a Certificate of Birth, Death or Marriage?

This may be obtained from your local Registrar or from the General Registrar Office, Joyce House, 8/11 Lombard Street East, Dublin 2.

Further Information

Information on Birth, Deaths and Marriages can be obtained by calling:

Cavan: Lisdaran, Cavan.

Tel: (049) 437 1709

Monaghan: Rooskey, Monaghan.

Tel: (047) 30443/30444

SERVICES FOR CHILDREN AND FAMILIES



AREA MEDICAL TEAMS

The Area Medical Teams are made up of senior medical officers and medical officers. We provide the BCG vaccination service for counties Cavan and Monaghan in the local health centres. We also visit schools to give the BCG and Tetanus vaccinations.

Senior Medical Officers work with Public Health Nurses to check on a child's development from birth onwards, through a series of standard checks.

Medical Officers carry out the medical assessments on allowance applications such as the Domiciliary Care Allowance and Primary Medical Certificate. Senior Medical Officers also play a role in managing outbreaks of illness like measles and mumps.

Further Information

You can contact the Medical Officers at:

Cavan: (049) 437 3149 **Monaghan:** (047) 30484



AUDIOLOGY/HEARING SERVICE

The primary focus of the children's audiology service is to detect children who have permanent hearing loss. At present, the clinic is held in Cootehill Health Centre.

All children suspected of having a hearing loss are given a hearing test, suited to their developmental age. If a loss is detected, their parents/guardians are given a diagnosis as to the type and severity of the hearing loss. Management of cases may involve giving advice and information, onward referral and provision of hearing aids.

I think my child has a hearing problem, what do I do?

Contact one of the following people for a referral:

- Your local Public Health Nurse (see page 84)
- Your GP
- Other health professional with whom your child is in contact.

I need to change my appointment / I missed my appointment, where do I contact?

Audiology Department Cavan and Monaghan.
Tel: (047) 30491



CHILD AND ADOLESCENT PSYCHIATRY SERVICES

The Child and Adolescent Psychiatry Service provide assessment and treatment of children who are presenting with severe mental health problems – for example, anorexia nervosa and eating disorders, suicidal behaviour, depression, psychotic disorders, psychosomatic problems, severe anxiety disorders, Obsessive Compulsive Disorder (OCD), Attention Deficit Hyperactivity Disorder (ADHD), severe emotional/behavioural problems and severe parent-child relationship problems. Members of the team include consultant child and adolescent psychiatrists, a social worker, clinical nurse specialists and a clinical psychologist.

How do I access the service?

A referral to the service can be made by one of the following:

- Your local GP
- Paediatrician
- Adult Psychiatrist
- Area Medical Officer
- Other medical doctors.

Further Information

For further information contact:

Cavan: (049) 437 7344 **Monaghan:** (047) 74220



COMMUNITY PAEDIATRICIAN SERVICE

A Consultant Paediatrician with a special interest in Community Child Health and his supporting staff provides a Community Paediatrician Service. This service is part of a number of PCCC teams, including the HSE Child Development Team, Early Intervention Services Team (see Disability Services page 34), Public Health Nurses Bedwetting Clinic (see page 39), and Child Protection Services Team (see page 35). This service is free of charge to all children attending these teams.

Where do I contact the Community Paediatrician?

The Community Paediatrician works as part of a team (see above). A member of the team can advise you regarding the provision of this service.

Further Information

For further information on community paediatrician services contact a member of your child's team or contact:

Tel: (049) 437 6474



DISABILITY SERVICES

The aim of our service for children with intellectual disabilities, physical or sensory disabilities and autism is to promote and maintain better health both in the child with a disability and their carer. We deliver respite care, home support and interventions provided by occupational therapists, speech and language therapists, social workers, physiotherapists, clinical psychologists and community nursing, through the Early Intervention Services Team and the Child Development Team.

How do I access the service?

Contact one of the following for a referral to the correct team:

- Your GP
- Your local Public Health Nurse (see page 84)
- The Service Manager, Child Development. Tel: (047) 74262

I need to change my appointment/I missed my appointment where do I contact?

- Early Intervention Services Team (Enable Ireland):
Cavan: (049) 432 6990 **Monaghan:** (047) 82238
- Child Development Team. Tel: (047) 74262

I need crisis/emergency respite, what should I do?

Contact the Service Manager, Child Development. Tel: (047) 74262

Assessment of Need for Children Under 5

On June 1 2007, Part 2 of the Disability Act 2005 became law for children under 5 years of age. Under Part 2 of this Act, children with disabilities have a right to:

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

Any parent who feels that their child under 5 may have a disability can apply for an assessment. An application can also be made by a guardian or a personal advocate assigned by the Citizen's Information Board (call 1890 777 121 or check out www.citizensinformation.ie). Your first point of contact is your local Assessment Officer who is responsible for your child's assessment. They can assist you with your child's application and help and support you through the process. The Assessment Officer is responsible for issuing your child's assessment report.

The assessment is independent, based solely on your child's disability needs, and is carried out regardless of the cost or availability of service. Applications must be made in writing on a standard form. This is available from your local PCCC Centre (see page 26) and returned to your local Assessment Officer.

If you are not happy with the assessment or service statement, you can make a complaint to the HSE who will arrange for your case to be reviewed.

Further information

Assessment Officer, PCCC Centre, Rooskey, Monaghan.

Tel: (047) 30400

Domiciliary Care Allowance

This is a monthly allowance for children 0-16 years who are living at home and who have a severe disability that requires continual care and attention more than that normally required by a child of the same age. The condition must be likely to last for at least one year. It is subject to a needs assessment and means test.

To apply for the allowance you must complete a Domiciliary Care Allowance Form. This form is available from your local PCCC Centre (see page 26).



FAMILY SUPPORT, CHILD PROTECTION AND CHILDREN IN HSE CARE SERVICES

Child Protection Services provide assessment and helping services to children and families who may have experienced serious emotional, physical, sexual abuse or neglect. We support families where serious child welfare issues have been identified. We work in multidisciplinary teams made up of social workers, clinical psychologists, social care leaders and family support workers.

Contact the duty social worker on:

Cavan: (049) 437 7305 **Monaghan:** (047) 30426

Children First Information Officer

We provide an information service to voluntary and statutory organisations to help them develop best child protection and welfare practice within their organisations.

Cavan and Monaghan: (047) 30475

We provide, through non governmental organisations, services when young people and their parents have been identified as requiring extra support including:

- Family Welfare Conferencing Service provided by Barnardos
59 Moneymore, Drogheda. Tel: (041) 984 1868
- One-to-One & Group Support provided by Extern in Cavan

- One-to-One Youth Advocacy Services in Monaghan
- Neighbourhood Youth Project in Monaghan
- 2 Project Workers for families in Cavan provided through the County Child Care Committee
- Tearmann Domestic Violence Services in Cavan and Monaghan (see page 73).

Children in HSE care

The Children in Care Team provide services to children in the care of the HSE. We are also responsible for the recruitment, assessment and training of all new foster carers. The team is made up of social workers, clinical psychologists, social care leaders and family support workers.

If you have any queries, contact The Children in Care team:

Cavan: (049) 437 7305 **Monaghan:** (047) 30426

Pre-school Inspection Service

We inspect all community and private Pre-school Services in Cavan and Monaghan. The service is provided by a Public Health Nurse and an Environmental Health Officer. All private and community pre-schools must be notified to the HSE by the pre-school providers. Each service is inspected by the HSE to ensure they comply with the Pre-school Regulations. We also fund a development post for child-minding services through the County Child Care Committee to improve the quality of child minding services in Cavan and Monaghan.

If you have any queries, contact the pre-school inspection service:

Tel: (047) 30400



OCCUPATIONAL THERAPY

Occupational Therapy Department provides services to children whose daily lives have been disrupted by illness, trauma or developmental problems. We aim to assist each individual to maximise their independence in the activities of daily living in their own environment. We also aim to solve practical problems by using selected methods or equipment to help individuals master tasks essential to life roles at home, work or in leisure.

We work in a number of services throughout Cavan and Monaghan including Primary Care Services, Disability Services, Palliative Care, Child Development, Mental Health Services and Acute Hospital Services. We provide our services in clinics and in the client's home.

Who can access the service?

We can provide equipment if you are diagnosed with a terminal illness, hold a long-term illness card or a Medical Card. An advisory service is available (depending on need) if you are not a Medical Card holder.

How do I access the service?

Contact one of the following people for a referral:

- Your local Public Health Nurse (see page 84)
- Your GP
- Other health professional with whom you are in contact.

Referrals should be made on the Occupational Therapy referral card with all information required completed. As there is a large demand for the service there is a priority waiting list in operation.

Further Information

For further information contact:

Cavan: (049) 436 1822 **Monaghan:** (047) 30400



OPHTHALMOLOGY SERVICES

The Community Ophthalmology service cares for medical conditions of the eye. Children are seen at clinics in St. Davnet's Monaghan, Virginia Primary Care Unit and Cavan General Hospital. Squint and Amblyopia treatment includes care from both Orthoptist and Ophthalmologist. We provide follow-up treatment for some conditions in the community and some post-operative care.

Services are provided by Community Ophthalmic Physicians and Orthoptists employed by the Health Service Executive and appliances are dispensed by private opticians at a range of locations.

Who can access this service?

We provide ophthalmic treatment and optical appliances free of charge for the following:

- Children under the age of six years in respect of defects noticed at school health clinics
- Pupils attending national schools in respect of defects noticed at school health examinations or through their General Practitioner.

How do I access the service?

A letter of referral should be sent from your GP, Area Medical Officer (see page 32), your local Public Health Nurse (see page 84) or other professionals.

Further Information

For further information contact the community ophthalmology service:

Cavan: (049) 437 3124/3121 **Monaghan:** (047) 30412/00



PHYSIOTHERAPY

Cavan and Monaghan Physiotherapy Department provides assessment and treatment programmes to children with a disability, and to children suffering from pain, decreased strength or decreased mobility following an illness or injury.

Each child is assessed by a physiotherapist. An individual treatment and management programme is then designed for each child, based on the findings of the assessment. This may involve treatment techniques carried out by the physiotherapist as well as a home management programme being carried out by the child's parent or carer. It may also involve a visit by the physiotherapist to the child's home or school. In some cases children may also be assessed and provided with equipment to improve their mobility or function.

Physiotherapy services are provided at a number of outpatient clinics throughout Cavan and Monaghan.

How does my child access the service?

Contact your GP, Public Health Nurse or other health professional with whom your child is in contact for a referral to Physiotherapy.

Further Information

For further information contact the Physiotherapy Department:

Cavan: (049) 437 6208 **Monaghan:** (047) 38849



PUBLIC HEALTH NURSE SERVICE

The Public Health Nurse provides a range of services free of charge to all pre-school and primary school going children. Some of these services will be automatically provided for example child health visits and school visits, however, additional support can be requested by contacting your local Public Health Nurse.

Following the birth of your baby

The Public Health Nurse will visit you within 48 hours of discharge from Hospital following the birth of your baby. She will continue to visit you during the pre-school period. During these visits she will provide advice and guidance in relation to:

- Food and diet including breastfeeding, bottlefeeding and weaning
- Immunisations
- Safety.

She also carries out developmental screening and carries out the heel prick test if it is not already carried out in the hospital.

BREASTFEEDING CLINICS

The breastfeeding clinics provide support and advice for breastfeeding mothers. Contact your local Public Health Nurse for your nearest breastfeeding clinic.

SCHOOL AGE CHILDREN

The school nurse visits all schools and carries out vision and hearing screening for all primary school going children.

BEDWETTING

If your child is between the ages of 5 and 16 and still wets the bed, you can contact your local Public Health Nurse or your GP who will advise you on how to help you and your child. Depending on the progress of the treatment and symptoms of your child, your Public Health Nurse or GP may refer your child to the Eneuresis Clinic, if your child is between the age of 7 and 16. The Eneuresis Clinic is run by the Public Health Nurses and supported by the Community Paediatrician and is held once a month in Cavan town and once a month in Clones.

Where do I contact my local Public Health Nurse?

Public Health Nurses work from local health centres. You can contact your local health centre by telephone between 9.30am and 10.30am Monday to Friday if you wish to speak to the Public Health Nurse. Page 84 provides a full list of health centres and contact information.

Further Information

For further information on public health nursing contact the Public Health Nursing Department:

Cavan: (049) 437 3126 **Monaghan:** (047) 30477



SPECIALIST PALLIATIVE CARE SERVICES

Specialist Palliative Care refers to treatment and care that is given to people with life threatening illnesses. Palliative Care specialists help to improve quality of life for patients and their families. The Specialist Palliative Care team try to help patients with their symptoms. For example some patients may suffer from pain, nausea, vomiting and other problems. The team works with patients and their primary care team so that patients and their families can enjoy the best quality of life possible.

Who needs Specialist Palliative Care?

Most people in Ireland receiving Specialist Palliative Care have cancer. However, people with other diseases such as heart disease, lung disease and Multiple Sclerosis may also benefit from Specialist Palliative Care.

I would like to be seen by the Specialist Palliative Care Team.

How do I organise this?

If you or a relative would like to be referred to the Specialist Palliative Care Team, then you should contact your GP. He or she can make the referral directly and arrange for you to be seen as quickly as possible.

If you are in hospital, you may be seen by the Specialist Palliative Care Team. In order for this to be arranged, you must be referred by the consultant looking after you.

Further information

Cavan and Monaghan Specialist Palliative Care Services,
St. Christopher's Unit, Loreto Road, Co. Cavan.
Tel: (049) 437 5523



SPEECH AND LANGUAGE THERAPY

The Speech and Language Therapy service aims to provide support, guidance and therapy to families who have a child with communication difficulties. These difficulties may include:

- **Speech:** family and friends sometimes don't understand what the child is saying
- **Understanding language:** child has difficulty understanding what you are saying to him/her or following directions
- **Expressive language:** child has difficulty expressing himself/herself and putting words together in a sentence
- **Fluency:** stammering
- **Voice:** hoarseness or loss of voice
- **Social use of language:** social skills.

We also try to support local preschools through language training and support services.

I think my child has a speech and/or language difficulty, what do I do?

If you are concerned about your child contact your General Practitioner/Family Doctor or your Public Health Nurse (see page 84).

What happens when I bring my child to Speech and Language Therapy?

A Speech and Language Therapist will assess, diagnose and if necessary provide therapy sessions with you and your child. Together we will decide on the best type of therapy for your child which, may include; parent training, small group work, individual work, school or home programmes.

Further information

You can contact the Speech and Language Therapy Department at

Cavan: (049) 437 3127 **Monaghan:** (047) 30400

SERVICES FOR ADULTS



ADDICTION SERVICES

The aim of the services is to empower those whose lives have been and are affected by addiction related problems in a confidential non-judgmental manner. The service provided includes individual counselling, a drop-in centre, assessment and intervention advice, information and education to addicts and concerned others in relation to alcohol, drugs and gambling, ongoing support and follow up care, drug screening facility.

The drop-in centre is located in the Addiction Resource Centre, St. Davnet's Complex, Rooskey, Monaghan and is open Monday to Friday 9.30am–5.00pm

Outreach clinics are located in Monaghan Town, Castleblayney, Carrickmacross, Ballybay, Cavan Town, Kingscourt, Cootehill and Virginia.

How do I access the service?

You can contact the service by phone, letter or in person. Health or other professionals or a concerned person may also refer you to the service.

An appointment is then made with you for an assessment interview with a member of the addiction team.

Further Information

Addiction Resource Centre, St. Davnet's Complex, Rooskey, Monaghan.
Tel: (047) 72100
Fax: (047) 72444



AUDIOLOGY/HEARING SERVICE

The primary focus of the adult hearing service is to test adults who have permanent hearing loss and prescribe them with a suitable hearing aid. At present, the clinic is held in Cootehill Health Centre.

Who can access this service?

Adults who hold a current Medical Card.

I think I have a hearing problem, what do I do?

Contact your GP for a referral.

I need to change my appointment/I missed my appointment, where do I contact?

Audiology Department Cavan and Monaghan.
Tel: (047) 30491



CHIROPODY/PODIATRY SERVICES

Why would I need to see a chiropodist?

The most common conditions that a chiropodist/podiatrist will treat are foot ulceration, infected lesion on foot, ingrown toe nail, thickened or deformed nails, corns and callus (hard skin).

Who can access the service?

You can avail of the service if you have diabetes and your GP is enrolled in the Diabetes Watch Programme.

How do I access the service?

If you have diabetes contact your GP to find out if a chiropodist attends the practice.

Further Information

For further information contact Chiropody/Podiatry Manager.
Tel: (049) 437 6137



DISABILITY SERVICES

The aim of our service for people with intellectual disabilities and physical or sensory disabilities is to promote and maintain better health both in the person with a disability and their carer. We deliver day services, respite care, residential services, home support and interventions provided by occupational therapists, speech and language therapists, social workers, physiotherapists, clinical psychologists and community nursing through the Adult Intellectual Disability Team and Adult Physical and Sensory Team.

How do I access the service?

Contact one of the following for referral to the correct service:

- Your GP
- Your Public Health Nurse (see page 84)
- Service Manager, Adult Intellectual Disability. Tel: (047) 72133
- Service Manager, Adult Physical and Sensory. Tel: (047) 30458

I need to change my appointment/I missed my appointment, where do I contact?

- Adult Intellectual Disability Team. Tel: (047) 72133
- Adult Physical and Sensory Team. Tel: (047) 30458

I need crisis/emergency respite, what should I do?

Contact:

- Service Manager, Adult Intellectual Disability. Tel: (047) 72133
- Service Manager, Adult Physical and Sensory. Tel: (047) 30458

ASSESSMENT OF NEED

The Disability Act 2005 commenced implementation on a phased basis in 2007 and adults will have access to Assessment of Needs not later than 2011 (see page 34 for more information).

BLIND WELFARE ALLOWANCE

This is a means tested allowance for persons who are blind or visually impaired. To apply you must be 18 years or over and be in receipt of a Blind Pension from the Department of Social and Family Affairs or in receipt of another Department of Social and Family Affairs payment. You can apply through your local Community Welfare Officer (see page 82).

If you are not registered with the National Council for the Blind, a qualifying certificate of visual impairment from an ophthalmic surgeon or physical must be submitted.

MOBILITY ALLOWANCE

This is a means tested allowance to persons with a severe disability who are unable to walk or use public transport and is intended to allow them to benefit from a change in surroundings. To apply you must be between 16 and 66 years old. You must be unable to walk, even with the use of artificial limbs or other suitable aids, and this must be likely to continue for at least one year. Your condition must be such that moving you is not forbidden on medical grounds and you would benefit from a change in surroundings.

To apply for the allowance you must complete a Mobility Allowance Form. This form is available from your local PCCC Centre (see page 26). You must also provide Medical Certification from your GP.

MOTORISED TRANSPORT GRANT

This is a means tested grant towards the purchase of a vehicle and/or adaptations to a vehicle by a person with a disability where a vehicle is essential for him or her to retain employment (including self employment). To apply you must be between 17 and 66 years of age. If you are not capable of driving or have been medically advised not to drive, you are eligible to apply provided you will be driven by another person to and from your place of employment. In exceptional circumstances, you may also be considered for the grant, if you live in very isolated circumstances but are not in employment.

To apply for the allowance you must complete a Motorised Transport Grant Form. This form is available from your local PCCC Centre (see page 26). You must also provide Medical Certification from your GP.

PRIMARY MEDICAL CERTIFICATE

This is a certificate issued by the HSE which certifies that a person is a severely disabled and permanently disabled person for the purposes of Disabled Drivers and Disabled Passengers Regulations 1994. Some of the benefits of this certificate are that you may qualify for a refund of Vehicle Registration Tax, VAT and Excise Duty if you buy a new or second hand car. You may also qualify for exemption of road tax and a refund of VAT on motor fuel up to certain limits.

You must meet one following criteria to be issued the Certificate:

- Be wholly or almost wholly without the use of both legs
- Be wholly without the use of one leg and almost wholly without the use of the other leg such that you are severely restricted as to the movement of the lower limbs
- Be without both hands or without both arms
- Be without one or both legs
- Be wholly or almost wholly without the use of both hands or arms and wholly without the use of one leg
- Have the medical condition of dwarfism and have serious difficulties of movement of the lower limbs.

To apply for the Primary Medical Certificate you must complete an application form. This form is available from your local PCCC Centre and should be returned to same (see page 26). You will then receive an appointment for an assessment with a Medical Officer.



INFECTIOUS DISEASES MAINTENANCE ALLOWANCE

The infectious diseases maintenance allowance is payable to you if you are unable to make reasonable and proper provision for yourself or maintenance of your dependents because you are undergoing treatment for one of the following infectious diseases:

- Acute Anterior Poliomyelitis
- Diphtheria
- Dysentery
- Tuberculosis
- Typhoid and paratyphoid fevers
- Typhus and viral haemorrhagic diseases (including lassa fever and Marburg disease).

To be eligible for the allowance you must be over 16 years of age and satisfy a means test. To apply for the allowance you must complete an application form. This form is available from your local PCCC Centre and should be returned to same (see page 26).



MENTAL HEALTH SERVICES

Cavan and Monaghan Adult Mental Health services are provided through 4 multidisciplinary teams – community mental health teams in Cavan and Monaghan, Community Rehabilitation and Mental Health Services for the Elderly teams. The range of services available through these teams is medical, nursing, behavioural therapy, psychology, occupational therapy, social work and family therapy.

Who is eligible for our services?

The population of Cavan and Monaghan over the age of 18 years. There is no charge for services provided on an out patient/domiciliary basis. The charges for acute inpatient admissions are €60 per day to a max of €600 in a year (this applies to non Medical Card holders only). Charges for stays in extended care and community based residences are raised in line with the requirements of the Health (Charges for In-patient Services) Regulations 2005.

How do I access the services?

Cavan and Monaghan Adult Mental Health services are accessed by referral through GP.

Service Location

The services are located in a number of facilities throughout Cavan and Monaghan. The administrative centres for the services are:

- Department of Psychiatry, Cavan General Hospital. Tel: (049) 437 6232
- St. Davnets Complex, Monaghan. Tel: (047) 77400



OCCUPATIONAL GUIDANCE SERVICE

The Occupational Guidance Service provides people with disability with information, advice and support to identify training and occupational options that suit their needs. The service is free and confidential and available to anyone aged between 18 and 65 years with:

- Intellectual disability
- Physical disability
- Sensory impairment
- Mental illness
- Autistic spectrum disorder
- Life changing illnesses such as heart attack and stroke.

How do I access the service?

You, a family member, someone working in your school, training or work service, or anyone working in the health or social services can contact the Occupational Guidance Service. Tel: (047) 83674



OCCUPATIONAL THERAPY

Occupational Therapy Department provides services to adults whose daily lives have been disrupted by illness, trauma, developmental problems or the aging process. We aim to assist each individual to maximise their independence in the activities of daily living in their own environment. We also aim to solve practical problems by using selected methods or equipment to help the individual master tasks essential to life roles at home, work and in leisure.

We work in a number of services throughout Cavan and Monaghan including Primary Care Services, Disability Services, Palliative Care, Mental Health Services and Acute Hospital Services. We provide our services in clinics and in the client's home.

Who can access the service?

We can provide equipment if you are diagnosed with a terminal illness, hold a long-term illness card or a Medical Card. An advisory service is available (depending on need) if you are not a Medical Card holder.

How do I access the service?

Contact one of the following people for a referral:

- Your local Public Health Nurse (see page 84)
- Your GP
- Other health professional with whom you are in contact.

Referrals should be made on the Occupational Therapy referral card with all information required completed. As there is a large demand for the service there is a priority waiting list in operation.

Further Information

For further information contact:

Cavan: (049) 436 1822

Monaghan: (047) 30400



OPHTHALMOLOGY

The Community Ophthalmology service cares for medical conditions of the eye. Adults are seen at clinics as well as the General Hospital. Squint and Amblyopia treatment includes care from both Orthoptist and Ophthalmologist. We provide follow-up treatment for some conditions in the community and some post-operative care. Eye testing and refraction for eligible adults and the supply of glasses is provided by contractual arrangement with Opticians.

Who can access the service?

We provide ophthalmic treatment and optical appliances free of charge for you and your dependants if you have a full Medical Card.

If you have a full Medical Card you can also apply for the Health Board Community Ophthalmic Services Scheme (HBCOSS). This scheme allows you to make a private appointment with an ophthalmologist or optician of your choice. You can get an application for this scheme from the community ophthalmology service (contact information below). The complete application form should be returned to the Optical Department, Primary Care Services, Railway Street Navan, Co. Meath. Tel: (046) 907 6432.

If you pay or have paid full PRSI contributions you may be entitled to optical benefit from the Department of Social and Family Affairs. This benefit may be available to you and your dependant spouse if your income is below certain limits.

How do I access the service?

A letter of referral should be sent from your GP, Area Medical Officer (see page 32), your local Public Health Nurse (see page 84) or other professionals.

Further Information

For further information contact the community ophthalmology service:

Cavan: (049) 437 3124/3121

Monaghan: (047) 30412/00



PHYSIOTHERAPY

Cavan and Monaghan Physiotherapy Department provides assessment and treatment programmes to adults with a disability, and to adults suffering from pain, decreased strength or decreased mobility following an illness or injury.

Each client is assessed by a physiotherapist. An individual treatment and management programme is then designed for each client, based on the findings of the assessment. This may involve treatment techniques carried out by the physiotherapist as well as a home management programme being carried out by the client or their carer. In some cases clients may also be assessed and provided with equipment to improve their mobility or function. Physiotherapy services are provided at a number of outpatient clinics throughout Cavan and Monaghan.

How do I access the service?

Contact your GP, your local Public Health Nurse (see page 84) or other health professional with whom you are in contact for a referral to Physiotherapy.

Further Information

For further information contact the Physiotherapy Department:

Cavan: (049) 437 6208

Monaghan: (047) 38849



PUBLIC HEALTH NURSE SERVICE

If you are under 65 years of age, have a Medical Card and require nursing care including:

- Post hospital care
- Dressings
- Injections.

Contact your GP who will refer you to your local Public Health Nurse. See page 84 for your local Public Health Nurse.

Further Information

For further information on public health nursing contact the Public Health Nursing Department.

Cavan: (049) 437 3126

Monaghan: (047) 30477



RIAN COUNSELLING SERVICE

FOR ADULTS WHO HAVE EXPERIENCED CHILDHOOD ABUSE

Rian Counselling Service is a professional service for adults (over 18 years of age) who have experienced physical, emotional, sexual or neglectful abuse during childhood. Rian Counselling Service is a confidential service and is free of charge. All counsellor/therapists working with Rian Counselling are professionally trained and have counselling/therapy accreditation.

Counselling is available from our offices at:
Town Hall Street, Cavan and Rooskey, Monaghan.

Making an appointment

Counselling is by appointment only. To make an appointment:
Freephone: 1800 234 117
Fax: (046) 67016
Email: rian@maile.hse.ie



SOCIAL INCLUSION AND COMMUNITY DEVELOPMENT

The social inclusion and community development programme aims to:

- Improve access to mainstream services
- Target services to marginalised groups
- Address inequalities in access to health services
- Enhance the participation and involvement of socially excluded groups and local communities in the planning, design, delivery, monitoring and evaluation of health services.

Groups identified include homeless people, minority ethnic communities, travellers, illicit drug users, those from the lesbian, gay, bisexual, transsexual/transgender communities, people with problematic or dependent alcohol use and people with HIV/AIDS.

TRAVELLERS SERVICES

Services for Travellers are provided by non governmental organisations with support from the HSE. These services include:

- Community development work to support Traveller Representation in relation to health and other issues provided by Triskele Community Training and Development, Carrickmacross workhouse, Shercock Road, Cavan
- Development of primary health and social care training for Travellers to become community health care workers provided by Extern 1 Tower Hamlet, Farnham Street, Cavan. Tel: (049) 437 7054

- An Employment co-ordinator is available to Travellers wishing to train or become employed within the health services provided by Extern 1 Tower Hamlet, Farnham Street, Cavan. Tel: (049) 437 7054

SERVICES FOR HOMELESS PERSONS

Services for people who are homeless are provided by non governmental organisations with support from the HSE:

- Overnight accommodation for homeless persons in Cavan provided by The St. Vincent DePaul Society Night Shelter, Riverside, Cavan. Tel: (049) 433 2740
- Housing for individuals and families who are homeless provided by The Castleblaney Trust Parish Centre, Castleblaney, Co. Monaghan. Tel: (042) 974 0909
- Accommodation and support for single persons following treatment for addiction provided by Cuan Mhuire Teoranta, Corfad, Ballybay, Co. Monaghan. Tel: (042) 974 8533
- Information and support services for women and children who are or have experienced domestic abuse provided by Tearmann Domestic Violence Service (see page 73).

SERVICES FOR ASYLUM SEEKERS

A range of services including Community Welfare Services (see page 28), Public Health Nursing (see pages 38, 49 and 60) and Mental Health Services (see page 46) are providing services on an outreach basis to asylum seekers in St. Patrick's Reception Centre, Monaghan.

Further information

Contact the Manager of Social Inclusion and Community Development Services
1 Tower Hamlet Farnham Street, Cavan.
Tel: (049) 437 7053



SPECIALIST PALLIATIVE CARE SERVICES

Specialist Palliative Care refers to treatment and care that is given to people with life threatening illnesses. Palliative Care specialists help to improve quality of life for patients and their families.

The Specialist Palliative Care team try to help patients with their symptoms. For example some patients may suffer from pain, nausea, vomiting and other problems. The team works with patients and their primary care team so that patients and their families can enjoy the best quality of life possible.

Who needs Specialist Palliative Care?

Most people in Ireland receiving Specialist Palliative Care have cancer. However, people with other diseases such as heart disease, lung disease and Multiple Sclerosis may also benefit from Specialist Palliative Care.

I would like to be seen by the Specialist Palliative Care Team.

How do I organise this?

If you or a relative would like to be referred to the Specialist Palliative Care Team, then you should contact your GP. He or she can make the referral directly and arrange for you to be seen as quickly as possible.

If you are in hospital, you may be seen by the Specialist Palliative Care Team. In order for this to be arranged, you must be referred by the consultant looking after you.

Further information

Cavan and Monaghan Specialist Palliative Care Services,
St. Christopher's Unit, Loreto Road, Co. Cavan.
Tel: (049) 437 5523

SERVICES FOR OLDER PEOPLE



AUDIOLOGY/HEARING SERVICE

The primary focus of the adult hearing service is to test adults who have permanent hearing loss and prescribe them with a suitable hearing aid. At present, the clinic is held in Cootehill Health Centre.

Who can access this service?

Adults who hold a current Medical Card.

I think I have a hearing problem, what do I do?

Contact your GP for a referral.

I need to change my appointment/I missed my appointment, where do I contact?

Audiology Department. Tel: (047) 30491



BOARDING OUT SERVICES

This service is for mobile older people who, for social reasons, no longer can or wish to live at home. People are placed as closely as possible to their own home or local areas to ensure they can continue self-care and maintain independence and social inclusion. The number of people in each house varies from one person per house to six people per house.

How do I access the service?

Contact your local Public Health Nurse (see page 84) or your GP.



CARERS SUPPORT GROUPS

Where are the support groups located?

Castleblayney	087 683 2742
Bunnoe	087 778 5435
Ballybay	087 683 2742
Killeshandra	087 778 5435
Carrickmacross	087 683 2742
Cavan Town	087 778 5435
Monaghan	087 683 2742
Baillieborough	087 778 5435
Kilnaleck	087 778 5435

A drop in centre for all carers is available for support, information and training in 'The Lodge', St. Mary's Hospital, Castleblayney, Co. Monaghan.
Tel: (042) 975 4856

Further information

Contact Project Manager's Office:
Tel: (049) 436 0437



CHIROPODY/PODIATRY SERVICES

Why would I need to see a chiropodist?

The most common conditions that a chiropodist/podiatrist will treat are foot ulceration, infected lesion on foot, ingrown toe nail, thickened or deformed nails, corns and callus (hard skin).

Who can access the service?

You can avail of the service if:

- You are a resident in:
 - Lisdarn Unit for the Elderly, Cavan
 - Sullivan Memorial Home, Cavan
 - Brefni Care Unit, Ballyconnell
 - Virginia Health Care Unit, Virginia
 - St. Mary's Hospital, Castleblayney
- You attend the Day Care Centre in:
 - St. Felims Hospital, Cavan
 - Virginia Health Care Unit, Virginia
 - Darley Unit, Cootehill
 - St. Mary's Hospital Castleblayney
 - Oriel House Monaghan
- If you have diabetes and your GP is enrolled in the Diabetes Watch Programme.

How do I access the service?

- Speak to the nursing staff in your residential unit or day centre
- The nurse will complete the referral form
- The chiropodist will assess and treat you at the residential centre or day-care centre
or
- If you have diabetes contact your GP to find out if a chiropodist attends the practice.

Further Information

Contact the Chiropody/Podiatry Manager:
Tel: (049) 437 6137



DAY CARE CENTRES (VOLUNTARY)

Day care centres provide meals, hygiene/bathing, laundry services, hairdressing and chiropody services. They also promote social contact among older people and help prevent loneliness. For carers and relatives, it provides respite in caring for people during the day.

How do I access the service?

Contact Project Manager's Office (049) 436 0437 or see page 77 for the full list of Day Care Centres in Counties Cavan and Monaghan with contact details.



DAY HOSPITAL SERVICES

ACUTE HOSPITAL

A day hospital service is available in the Acute Hospital on both an in-patient and/or an out-patient. It is led by a Consultant in Geriatrics and provides an assessment and diagnostic service for people over 65 with particular emphasis on dementia.

How do I access the service?

One of the following people can refer you to the service:

- Your GP
- Your Public Health Nurse (see page 84)
- Acute Hospital Inpatient services
- Acute Hospital Outpatient services
- Your residential service.

TEAM LED REHABILITATION DAY HOSPITAL SERVICES

This Day Hospital service is provided in St. Mary's Hospital Castleblayney, Brefni Care Unit, Ballyconnell and Virginia Community Health Centre. The service is led by a team to provide a comprehensive range of assessment, treatment and rehabilitation services to older people living at home. The team approach includes chiropody, occupational therapy, physiotherapy, nursing, and hair dressing and has a strong emphasis on health promotion. The team may also complement the community based services by providing some outreach services where required, thus providing a continuum of care. For access to the Day Hospital the older person must required the services of two disciplines or more.

How do I access the service?

One of the following people can refer you to the service:

- Your local Public Health Nurse (see page 84)
- Your GP
- Acute hospital inpatient services
- Out patient clinics
- Your residential service.



HOME SUPPORT

The aim of the Home Support Service is to enable vulnerable people in the community to stay at home for as long as possible. The Home Support Worker helps with tasks that you are unable to carry out for yourself or you do not have relatives or friends who can help with such tasks. These tasks may be personal care such as washing, dressing and other activities of daily living or they may be practical care such as housework duties, preparing and cooking meals. The level of support provided will vary according to the needs of the individual and these needs will be reassessed on a regular basis.

How do I apply for the service?

Contact your Public Health Nurse (see page 84) who will carry out an assessment or contact the Home Support Office:

Cavan: (049) 436 0445/0447/0448/0449/0450

Monaghan: (047) 30455



HOUSING

SPECIAL HOUSING AID SCHEME FOR THE ELDERLY

Under this scheme the HSE arranges for the essential renovations and repairs to be carried out to houses of elderly people living alone (or with another elderly person) in order to improve their living conditions.

What does the scheme cover?

Work such as minor roof repairs, dry lining, and window replacement is carried. The scheme is not means tested but a contribution towards the cost of the work is requested from those who have the ability to pay. A grant towards the cost of providing automated heating is also available.

How do I apply for the Service?

For further information contact:

Cavan: (049) 436 1822 **Monaghan:** (047) 30400

SOCIAL HOUSING

The development of Social/Sheltered Housing is promoted in a partnership approach between the voluntary Housing Associations, Department of Environment and local Government, Local Authorities and the Project Manager of Services for Older People.

How do I access the service?

Contact the Projects Manager:

Tel: (049) 436 0437

RENT SUPPLEMENT

See Supplementary Welfare Allowance (page 23)



MEALS ON WHEELS

At present the Meals On Wheels service is provided by Voluntary Organisations, supported by the HSE.

How do I access the service?

Contact the Projects Manager:

Tel: (049) 436 0437



MENTAL HEALTH SERVICES

Cavan and Monaghan Adult Mental Health services are provided through 4 multidisciplinary teams – community mental health teams in Cavan and Monaghan, Community Rehabilitation and Mental Health Services for the Elderly teams. The range of services available through these teams is medical, nursing, behavioural therapy, psychology, occupational therapy, social work and family therapy.

Who is eligible for our services?

The population of Cavan and Monaghan over the age of 18 years. There is no charge for services provided on an out patient/domiciliary basis. The charges for acute inpatient admissions are €60 per day to a max of €600 in a year (this applies to non Medical Card holders only). Charges for stays in extended care and community based residences are raised in line with the requirements of the Health (Charges for In-patient Services) Regulations 2005.

How do I access the services?

Cavan and Monaghan Adult Mental Health services are accessed by referral through GPs.

Service Location

The services are located in a number of facilities throughout Cavan and Monaghan. The administrative centres for the services are:

- Department of Psychiatry, Cavan General Hospital. Tel: (049) 437 6232
- St. Davnets Complex, Monaghan. Tel: (047) 77400



OCCUPATIONAL THERAPY

Occupational Therapy Department provides services to adults whose daily lives have been disrupted by illness, trauma, developmental problems or the aging process. We aim to assist each individual to maximise their independence in the activities of daily living in their own environment. We also aim to solve practical problems by using selected methods or equipment to help the individual master tasks essential to life roles at home, work and in leisure.

We work in a number of services throughout Cavan and Monaghan including Primary Care Services, Disability Services, Palliative Care, Services for Older People, Mental Health Services and Acute Hospital Services. We provide our services in clinics and in the client's home.

Who can access the service?

We can provide equipment if you are diagnosed with a terminal illness, hold a long-term illness card or a Medical Card. An advisory service is available (depending on need) if you are not a Medical Card holder.

How do I access the service?

Contact one of the following people for a referral:

- Your local Public Health Nurse (see page 84)
- Your GP
- Other health professional with whom you are in contact.

Referrals should be made on the Occupational Therapy referral card with all information required completed. As there is a large demand for the service there is a priority waiting list in operation.

Further Information

For further information contact:

Cavan: (049) 436 1822 **Monaghan:** (047) 30400



OPHTHALMOLOGY

The Community Ophthalmology service cares for medical conditions of the eye. Adults are seen at clinics as well as the General Hospital. Squint and Amblyopia treatment includes care from both Orthoptist and Ophthalmologist. We provide follow-up treatment for some conditions in the community and some post-operative care. Eye testing and refraction for eligible adults and the supply of glasses is provided by contractual arrangement with Opticians.

Who can access the service?

We provide ophthalmic treatment and optical appliances free of charge for you and your dependants if you have a full Medical Card.

If you have a full Medical Card you can also apply for the Health Board Community Ophthalmic Services Scheme (HBCOSS). This scheme allows you to make a private appointment with an ophthalmologist or optician of your choice. You can get an application for this scheme from the community ophthalmology service (contact information below). The complete application form should be returned to the Optical Department, Primary Care Services, Railway Street Navan, Co. Meath. Tel: (046) 907 6432

If you pay or have paid full PRSI contributions you may be entitled to optical benefit from the Department of Social and Family Affairs. This benefit may be available to you and your dependant spouse if your income is below certain limits.

How do I access the service?

A letter of referral should be sent from your GP, Area Medical Officer (see page 32), your local Public Health Nurse (see page 84) or other professionals.

Further Information

For further information contact the community ophthalmology service:

Cavan: (049) 437 3124/3121 **Monaghan:** (047) 30412/30400



PHYSIOTHERAPY

Cavan and Monaghan Physiotherapy Department provides assessment and treatment programmes to older people suffering from pain, decreased strength or decreased mobility following an illness or injury.

Each client is assessed by a physiotherapist. An individual treatment and management programme is then designed for each client, based on the findings of the assessment. This may involve treatment techniques carried out by the physiotherapist as well as a home management programme being carried out by the client or their carer. In some cases clients may also be assessed and provided with equipment to improve their mobility or function.

Physiotherapy is provided in HSE residential units for older people, Day Hospitals and at various outpatients clinics throughout Cavan and Monaghan.

How do I access the service?

Contact your GP, Public Health Nurse or other health professional with whom you are in contact for a referral to Physiotherapy.

Further Information

For further information contact the Physiotherapy Department:

Cavan: (049) 437 6208 **Monaghan:** (047) 38849



PUBLIC HEALTH NURSE SERVICE

The Public Health Nurse provides home and clinic nursing care to persons over 65 years who have a Medical Card (you are automatically entitled to a medical if you are over 70 years of age). Services include post hospital care, Dressings, Injections, referral to respite and day care and assessment for Nursing Home Subvention, home support, nursing aids and appliances.

POST HOSPITAL CARE

If you require nursing care on discharge from hospital, your Public Health Nurse will be notified by the hospital.

DRESSINGS AND INJECTIONS

Contact your GP who will refer you to the Public Health Nurse.

SUPPORTS FOR THE OLDER PERSON

If you require any of the following, contact your local Public Health Nurse (see list below):

- Referral to respite services or day care services
- Assessment for Nursing Homes Subvention
- Assessment for Home Support
- Assessment for Nursing Aids and Appliances.

Where do I contact my local Public Health Nurse?

Public Health Nurses work from local health centres. You can contact your local health centre by telephone between 9.30am and 10.30am Monday to Friday if you wish to speak to the Public Health Nurse. Page 84 provides a full list health and contact information.

Further Information

For further information on public health nursing contact the Public Health Nursing Department:

Cavan: (049) 437 3126 **Monaghan:** (047) 30477



REHABILITATION SERVICES

The Pathways centre provides a multi-disciplinary approach to rehabilitation. This involves a team made up of nurses, physiotherapists, occupational therapists, a speech and language therapist, a dietician, care attendants, a doctor and a chiropodist. The aim of the centre is to promote the individual's independence and autonomy in preparation for community living.

How do I access the service?

- Prior to referral a doctor must deem you medically fit for active rehabilitation
- Your residential service or the acute hospital can refer you to the service
- You are then assessed by the team and a decision is made about admission
- Your family/carer must commit to be involved by attending therapy sessions, assisting with home visits and discharge.

Further Information

Contact the Pathways Co-ordinator. Tel: (049) 437 3196



RESIDENTIAL SERVICES

ASSESSMENT & REVIEW

A period of assessment is provided to give the multi-disciplinary team an opportunity to observe/identify the potential of individual clients to remain at or return to a level of independence within the community and to identify areas of dependency, which may respond to intervention.

CONVALESCENT CARE

Short term residential medical nursing and allied health care is provided facilitating the early discharge of patients from Acute Hospitals, while ensuring that they receive the necessary care prior to returning home.

CONTINUING CARE

Residential Care is provided for those patients who have become dependent to the extent that they are no longer capable of being maintained in their home environment. This service includes medical, nursing and allied health services, and aims if at all possible to restore the patient's independence to the extent that they may return home.

DEMENTIA SPECIFIC CARE

Specialised care is provided for clients who have a dementia related illness and includes Day Care provided by the Alzheimer Society of Ireland and Respite and Continuing Care provided in the HSE's residential units.

REHABILITATION

Rehabilitation is an active process by which those disabled by injury or disease achieve a full recovery, or if a full recovery is not possible, realise their full optimal physical, mental and social potential and are integrated into the environment most appropriate to their level of need.

RESIDENTIAL RESPITE CARE

Short term residential nursing care, on a planned basis is provided for those who are being cared for at home. This service is regarded as essential in assisting carers in their task of caring, by providing them with short term breaks from their efforts in maintaining their elderly relatives in the home environment

How do I access any of the above services?

Contact your Public Health Nurse (see page 84).



SPECIALIST PALLIATIVE CARE SERVICES

Specialist Palliative Care refers to treatment and care that is given to people with life threatening illnesses. Palliative Care specialists help to improve quality of life for patients and their families.

The Specialist Palliative Care team try to help patients with their symptoms. For example some patients may suffer from pain, nausea, vomiting and other problems. The team works with patients and their primary care team so that patients and their families can enjoy the best quality of life possible.

Who needs Specialist Palliative Care?

Most people in Ireland receiving Specialist Palliative Care have cancer. However, people with other diseases such as heart disease, lung disease and Multiple Sclerosis may also benefit from Specialist Palliative Care.

I would like to be seen by the Specialist Palliative Care team. How do I organise this?

If you or a relative would like to be referred to the Specialist Palliative Care Team, then you should contact your GP.

He or she can make the referral directly and arrange for you to be seen as quickly as possible. If you are in hospital, you may be seen by the Specialist Palliative Care Team. In order for this to be arranged, you must be referred by the consultant looking after you.

Further information

Cavan and Monaghan Specialist Palliative Care Services, St. Christopher's Unit, Loreto Road, Co. Cavan. Tel: (049) 437 5523



SPEECH AND LANGUAGE THERAPY

The Speech and Language Therapy service aims to provide support, guidance and therapy to older people who have a communication difficulty. This may be required if the older person has had a stroke or has any other progressive illness that may affect communication. These difficulties may include:

- **Speech:** family and friends sometimes don't understand what the person is saying
- **Understanding language:** person has difficulty understanding what you are saying to him/her or following directions
- **Expressive language:** person has difficulty expressing himself/herself and putting words together in a sentence



SOCIAL CLUBS

Social clubs are an important part of services for older people to support people at home, to assist those caring for elderly relatives and to reduce unnecessary admissions to institutional care. Social clubs play a valuable role in providing for the social and recreational needs of older people. They are organised and managed by voluntary groups.

Where can I get information social clubs in my area?

- Contact your nearest social club (see page 80 for a list of social clubs)
- Contact Projects Manager. Tel: (049) 436 0437



SOCIAL WORK

The objective of the social work service for older people for Cavan and Monaghan is to enable and assist older people to live with as much dignity and independence as possible in their own communities. It has a specific role in the protection of vulnerable older adults who may be experiencing abuse.

How do I access the service?

Contact one of the following for a referral:

- Your GP
- Your local Public Health Nurse (see page 84)
- Your residential service
- The Social Work Department. Tel: (049) 436 0444

- **Fluency:** stammering
- **Voice:** hoarseness or loss of voice
- **Social use of language:** social skills
- **Swallowing difficulties:** this occurs when the person has difficulty feeding, eating, drinking or swallowing.

What happens when I go to Speech and Language Therapy?

A Speech and Language Therapist will assess, diagnose and if required, provide therapy sessions. Together with the older person and their family, we will decide on the best type of therapy programme which may include; family training, small group work, individual work or home programmes.

How do I access the service?

Contact your General Practitioner/Family Doctor, your Public Health Nurse (see page 84) or your consultant to make a referral.

You can also contact the Speech and Language Therapy Manager at

Cavan: (049) 437 3127 **Monaghan:** (047) 30400



TRANSPORT TO DAY CARE SERVICES

Transport Support is available to all Voluntary Day Care Centres in Cavan and Monaghan.

How do I apply?

Each Voluntary Day Care Committee must contact the Transport Manager, for a 'Passenger List Form' and on this identify all the people who require Transport support. An Individual who wishes to avail of this service should first make contact with a Day Care Centre in their area (List available on Page 77)

Further information

Contact the Transport Manager, St. Felim's, Complex, Cavan.

Tel: (049) 436 0437

Contact your local Voluntary Day Care Committee

OTHER USEFUL CONTACTS

ADDICTION

ALCOHOLICS ANONYMOUS

Fellowship of men and women who are alcoholics.

Tel: 1890 412 412

5.00pm-10.00pm Monday to Friday, 10.00am-10.00pm Saturday and Sunday.

Tel: (01) 453 8998

9.30am-5.00pm Monday to Friday.

Web: www.alcoholicsanonymous.ie

CAVAN DRUG AWARENESS

This is a community based project which aims to address the issue of drug and alcohol misuse through the provision of information, support, training and services to individuals families and the wider community.

Cavan Drug Awareness, Henry Street, Bailieborough, Co. Cavan.

Tel: (042) 966 6983

Family Support Worker: 087 135 7103

Project Worker: 087 418 5852

Email: cdatrust@eircom.net

CUAN MHUIRE

Cuan Mhuire, Corfad, Ballybay provides a range of addiction rehabilitation services on a residential and non residential basis.

Tel: (042) 974 8533

DRUG AWARENESS PROGRAMME

DAP aims to provide quality drug education, training and support services which develop knowledge and skills in order to enhance competencies and capacities in a variety of settings and sectors. This includes education and training programmes for services users, parent training on preventing drug and alcohol problems, telephone helpline, counselling and referral and advocacy. An online confidential chat service is provided at www.dap.ie

The Drugs Awareness Programme, Clonliffe College, Drumcondra, Dublin 3.

Tel: (01) 836 0911

Fax: (01) 836 0745

Text: name of drug to 51900 for Confidential info on drugs

NORTH EAST FAMILY SUPPORT NETWORK

Family support is peer support based on the shared experiences and learning of family members living with or affected by drug/alcohol use in the family. It is where a number of people with common issues come together and talk with each other. It is a place where those affected by drug/alcohol use in the family can become empowered and gain strength to deal with their issues more effectively.

There are the following family support groups in the North East Region:

Co. Cavan, CDA Family Support, Bailieboro	087 135 7103
Co. Fermanagh, Drugwiser, Enniskillen	0044 (0) 774 969 9243
Co. Louth, Pillar FS, Drogheda	086 840 4395
Co. Louth, Footsteps, Muirhevna Mor, Dundalk	087 317 9654
Co. Meath, SMR & SMA FS, Trim	086 408 1511
Co. Meath, Navan FS, Navan	086 395 9545

BEREAVEMENT

CAVAN FAMILY RESOURCE CENTRE

Cavan Family Resource Centre offers the following services:

Cruse

Local help for those who are finding it hard to cope with the death of a loved one. This is a free and confidential service. Trained counsellors are available to meet you privately in Cavan, Clones, Monaghan, Carrickmacross.

Tel: (049) 437 2999

Counselling Services

If you are struggling with relationships, marriage, family problems, stress, mid-life crisis, the effects of abuse or other traumatic experience, depression or any personal problem you can access our professional service in strictest confidence.

Tel: (049) 437 1363

Rainbows

Rainbows is a 12 week programme that fosters emotional healing among children, adolescents and adults who are grieving a significant loss through death, separation or divorce. It is run in schools and other centres throughout Cavan, Monaghan and Leitrim.

Tel: (049) 437 1363

Beginning Experience

This programme offers help and hope to those who have lost a husband/wife through death and to those caught up in the traumatic aftermath of separation. Through this programme those who find themselves alone are enabled to process their grief and begin to live again fully.

Tel: (049) 437 1363

CONSOLE

Console provides Professional Counselling, Support and Helpline Services to those Bereaved through Suicide.

Console Dublin: (01) 857 4300

Console Galway: (091) 537 333

Console Limerick: (061) 306 792

Freephone Helpline: 1800 201 890

Web: www.console.ie

CARERS

CARERS ASSOCIATION

National Voluntary organisation of family carers who provide high levels of care to frail older people, people with severe disabilities and terminally ill people. Information, in-home respite, advice and support are available through the organisations 16 resource centres.

Helpline: 1800 240 724

Web: www.carersireland.com

CHILDREN AND FAMILIES (INCLUDING MARRIAGE)

ACCORD

ACCORD offers marriage preparation courses to assist couples as they start the journey of their future married life. It also offers a counseling service for those who are experiencing difficulties in their marriage or close relationship. Other services that ACCORD offers include: Fertility Awareness and Sexual Therapy, as well as a limited education programme for primary schools in the local area.

Cavan: (049) 437 5004

Office Hours: 10.00am-12.30pm (Monday-Friday).

Email: cavanaccord@eircom.net

Monaghan: (047) 83359

Office Hours: 10.00am-2.00pm (Monday-Friday).

Email: accord.monaghan@eircom.net

Web: www.accord.ie

BARNARDOS' FAMILY WELFARE CONFERENCE SERVICE

This service is for any family who has a concern about a child or young person. It provides families with a way to find a solution to the issue involving all members of the family. It provides the structure for a family to take control of a difficult situation, find solutions and prevent difficulties in the future. This free and confidential service is a simple and effective way of coming up with the solutions for your own issues.

For further information contact:

Barnardos: (041) 984 1868 or
the Cavan and Monaghan Co-ordinator. Tel: (049) 437 7052

CARI

Provides post-assessment therapy and counselling to children, families and groups who have been affected by child sexual abuse, to support and assist in their recovery in the North East area. We also provide advice appointments to anyone who has a concern in relation to child sexual abuse. The service is based in Navan and operates on each Monday 9.00am-5.00pm.

Helpline: 1890 924 567

CASTLEBLAYNEY COMMUNITY CHILDCARE LTD

This is a community crèche service for 3 months to 3 years, a preschool service for 3-4 years and an after school programme for 4-12 years. Please check www.iontascastleblayney.ie for further information.

Tel: (042) 975 3420

COMMUNITY GAMES

Provides an opportunity for children aged 7-16 years to experience a range of over 40 sporting and cultural activities.

Cavan: County Secretary. Tel: (043) 83193

Monaghan: County Secretary. Tel: (047) 85138

COUNTY CHILD CARE COMMITTEES

The County Childcare Committee promotes the development and delivery of accessible and affordable, high quality, early childhood care and education services which assist the overall developmental needs of children and supports parents and childcare service providers throughout the county.

Cavan: County Childcare Committee. Tel: (049) 952 9882

Monaghan: County Childcare Committee. Tel: (047) 72896

MONAGHAN NEIGHBOURHOOD YOUTH PROJECT:

Monaghan NYP is a community based project which enables and supports young people in need aged 10-18 years to fulfil their potential through planned personal development programmes and activities.

Other projects offered by the NYP are:

- Garda Youth Diversion Project which aims to divert young people from anti-social behaviour
- Teenage Health Initiative which is a personal development and Sexual Education Programme for young people age 13-17 years
- M.A.D.E Cross Border Project which seeks to develop positive solutions to needs of young people and their communities in Armagh & Monaghan
- Drug Education Initiative which aims to promote health and well being of young people through fostering a community based approach to drug education
- Big Brother Big Sister which is a mentoring programme that matches an adult volunteer to a young person. Friendships are formed which promote positive development of young people.

Tel: (047) 71663

Email: monaghannyp@eircom.net

COMMUNITY DEVELOPMENT**BORDER ACTION**

This is a partnership between Pobal and Combat Poverty to implement measures of the European Union Special Support Programme for Peace and Reconciliation in the border region of Ireland and on a cross border basis. It is also involved in the implementation of measures of the Interreg IIIA Programme as well as the Peace Programme. Border Action adopts developmental, inclusive and partnership approaches to addressing social, cultural and economic disadvantage in the border region as well as on a cross-border basis.

Border Action, European Union House, Monaghan.

Tel: (047) 71340

Fax: (047) 71341

CRIME**GARDA SIOCHÁNA**

Confidential Helpline	1800 666 111
Monaghan	(047) 82222
Carrickmacross	(042) 966 1222
Cavan	(049) 433 1300
Ballyconnell	(049) 952 6102
Baillieboro	(042) 966 5102

DISABILITY

BRAINWAVE – IRISH EPILEPSY ASSOCIATION

Brainwave provides information and support to people with epilepsy, their families and carers and professionals working with people who have epilepsy. One to one support is available with the community resource officer in the Dundalk office or at outreach sessions in Navan, Cavan or Monaghan.

Education and Awareness presentations are available to schools, groups, agencies and organisations who work with people/person who have epilepsy. Other events, such as seminars and workshops are held on a regular basis.

The Community Resource Officer can be contacted on:

Tel: (042) 933 7585

Email: brainwavedk@eircom.net

Web: www.epilepsy.ie

DISABILITY FEDERATION OF IRELAND

This is a national support organisation and advocate for voluntary organisations and/or non statutory agencies in Ireland which provide services to people with disabilities and disabling conditions.

Contact: Joan O'Donnell Support Officer North East.

Tel: (01) 454 7978

ENABLE IRELAND

Enable Ireland provides early services in Cavan and Monaghan in partnership with the HSE. Services are provided to Children aged 0-6 years, who live in Cavan and Monaghan Community Services areas and who have a physical, sensory, intellectual disability and/or developmental delay, and/or a diagnosis of autistic spectrum disorder or who present with several features of autistic spectrum disorder and who require ongoing team based interventions.

The Enable Ireland Team provide a range of therapy of therapy and support services. We aim to enable children and their families to take part in their local communities to a level of their choice. Some of our sessions are home based, while others will be centred based, preschool or school. Individual and group sessions are provided.

Cavan: (049) 432 6990 **Monaghan:** (047) 82238

Email: admin.cavan@enableireland.ie

Web: www.enableireland.ie

IRISH WHEELCHAIR ASSOCIATION

This is a national organisation of people with limited mobility. Its goal is the full inclusion of people with physical disabilities in the community. Advocates for change, carries out research, develops and pilots new concepts of service delivery, delivers service in partnership with state agencies.

Tel: (049) 437 1212

MS IRELAND

Aims to facilitate people with MS to control their lives, to live with dignity and to provide support for the family and carers.

Tel: Carrickmacross (042) 966 4410

Email: northeast@ms-society.ie

Helpline: 1850 233 233

MUSCULAR DYSTROPHY IRELAND (MDI)

Provides support to persons affected by muscular dystrophy and their families through the provision of a range of support services such as family support, information respite, youth activities, summer camps and transport.

Tel: (01) 872 1501

Freephone: 1800 245 300

Email: info@mdi.ie

NATIONAL ASSOCIATION FOR DEAF PEOPLE

The Association provides services to deaf and hard of hearing people, and their families. It promotes equality for all, and encourages the development of services by others.

Tel: (042) 933 2010

Fax: (042) 938 9186

Text: (042) 938 9186

Videophone: (042) 935 7277

NATIONAL COUNCIL FOR THE BLIND OF IRELAND – WORKING FOR PEOPLE WITH SIGHT LOSS

NCBI is a not for profit charitable organisation which offers support and services nationwide to people experiencing difficulties with their eyesight. Services include: community resource work, low vision service, independent living skills, mobility training, national braille, audio and large print library, counselling, employment advice and technology assistance.

NCBI, 14 Jocelyn Street, Dundalk, Co. Louth.

Tel: (042) 933 2010

Fax: (042) 938 9186

Email: info@ncbi.ie

Web: www.ncbi.ie

NEUROFIBROMATOSIS ASSOCIATION OF IRELAND

Our primary objective is to provide a forum of information, liaison and support for persons suffering from this genetic disorder Neuro - fibroma - tosis. Aims to stimulate interest in the condition through promoting awareness and to bring families and patients together to help overcome the feeling of isolation.

Contact: Paddy Griffin CEO, Neurofibromatosis Association of Ireland
Carmichael Centre, North Brunswick Street, Dublin 7.
Tel: (01) 872 6338 Mobile: 087 237 3269
Email: nfaireland@eircom.net Web: www.nfaireland.ie

POST POLIO SUPPORT GROUP

The Post Polio Support Group focuses on maintaining the independence and dignity of Polio Survivors supporting them at work, in the home and otherwise. Polio Survivors help each other to cope with the challenges presented by the condition and this is structured through regular gatherings and other contacts which are organised on a national basis or by the smaller regional groups. We help many members, and non members alike, by providing assistive technology, aids and appliances and services such as occupational therapy, physiotherapy, respite care breaks and chiropody.

Post Polio Support Group, Unit 319
Capel Building Mary's Abbey Dublin 7.
Tel: (01) 889 8920 Fax: (01) 889 8924
Email: info@ppsg.ie Web: www.ppsg.ie

REHAB GROUP

An independent, not for profit organisation that delivers training, employment, social care and commercial services to people with disabilities, older people and others that are marginalised at 200 centres throughout Ireland and the UK. In Ireland services are co-ordinated by National Learning Network; Rehab Enterprises and RehabCare.

Cavan:

RehabCare Cavan Sheltered Workshop, Drumalee, Cootehill Road, Cavan	(049) 433 1161
RehabCare Resource Centre Bailieboro	(049) 433 1161
RehabCare Supported Accommodation Cavan	(049) 433 1161

Monaghan:

RehabCare Monaghan Resource Centre, Mall Road, Tirkeenan, Monaghan	(047) 81115
RehabCare Home Support Services (Carelink) Monaghan	(047) 81115
RehabCare Monaghan Supported Accommodation	(047) 81115
National Learning Network, The Diamond, Monaghan	(047) 83670
National Learning Network, Cootehill Road, Cavan	(049) 433 1544

DOMESTIC VIOLENCE**AMEN**

Confidential helpline, support and advice service for men and children who are victims of domestic abuse. We provide a range of services including court accompaniment, group meetings Tuesday evenings 8.00pm-10.00pm and individual meetings by appointment.

Amen, St. Annes Resource Centre, Railway Street, Navan, Co. Meath.
Tel: (046) 902 3718
Email: info@amen.ie
Web: www.amen.ie

MOVE IRELAND – MEN OVERCOMING VIOLENCE

This is a voluntary organisation offering a group work programme to men who are violent and abusive in their intimate relationships with women.

Tel: (01) 872 4357

TEARMANN DOMESTIC VIOLENCE SERVICE

Tearmann is a community based information and support service funded by the HSE, providing a range of services to women and children who are or have experienced domestic abuse, in Counties Monaghan and Cavan.

Helpline: (047) 72311

EATING DISORDER**BODYWHYS - THE EATING DISORDERS ASSOCIATION**

Bodywhys is a national organisation that offers support, information and understanding for people affected by eating disorders including families and carers. We work to ensure support, awareness and understanding of eating disorders amongst the wider community as well as advocating for the rights and healthcare needs of people affected by eating disorders.

Helpline: 1890 200 44
Web: www.bodywhys.ie

EDUCATION, TRAINING AND EMPLOYMENT

FÁS – THE TRAINING AND EMPLOYMENT AUTHORITY

Aims to increase the employability, skills and mobility of job seekers and employees to meet labour market needs, thereby promoting competitiveness and social inclusion.

Cavan: 49 Church Street. Tel: (049) 433 1767

Monaghan: Market Street. Tel: (047) 81511

LESBIAN AND GAY

DUNDALK OUTCOMERS

Dundalk Outcomers are a social and befriending group for gay men, lesbians and bisexuals. Our drop in centre has been open for over 9 years it is located in the centre of Dundalk we offer some light refreshments, a chat and access to information regarding your health & wellbeing. Free gay and lesbian literature is also available.

We are open five nights a week for specific target groups to include Lesbian Night, Gay Men's Night and Youth Night. We also host outreach meetings in Cavan and Monaghan. For further information contact our office.

Dundalk Outcomers, 8 Roden Place, Dundalk Co. Louth Ireland.

Tel: (042) 932 9816 Fax: (042) 932 9816

Email: info@outcomers.org Web: www.outcomers.org

Helpline: (042) 935 3035

HOUSING AND HOMELESS

CAMCAS LTD

This is a community owned company operating through the Community Service Programme which provides housing refurbishment in Cavan and Monaghan. It repairs and maintains houses occupied by older people, people with disabilities and people who are experiencing disadvantage. It also provides a building and maintenance service to local community and voluntary groups.

Tel: (049) 437 2812

CASTLEBLANEY TRUST FOR HOMELESS, NEEDY AND UNEMPLOYED

This service provides accommodation for homeless families and single people.

Tel: (042) 974 0909

INCOME SUPPORT AND FINANCIAL ADVICE

MONEY ADVICE AND BUDGETING SERVICE (MABS)

Free Confidential Service

The service aims to assist individuals or families with Debt problems:

- By assisting with Budgeting and Money Management
- By Preparing Financial Plans and Financial Statements
- By Negotiating with Creditors with regard to outstanding debts
- By Providing information on Benefits and Entitlements.

Cavan: MABS at 1st Floor, Elm House, Cavan

Tel: (049) 436 2900

Email: cavan@mabs.ie

Monaghan: MABS at Main Street, Castleblaney

Tel: 1800 474 247 or (042) 974 9189

Email: monaghan@mabs.ie

Web: www.mabs.ie

INFORMATION

CITIZENS INFORMATION CENTRE

Citizens Information Centre (CICs) provide free, impartial and confidential information. They provide integrated information across the full range of state services and entitlements as well as local services and supports. There is also a citizens information website which provides information on a wide range of subjects in 14 separate categories, including employment rights, buying a home, moving abroad and education – www.citizensinformation.ie

You can call into your nearest Centre, or contact them by phone or email.

Cavan: CIC, Dublin Road Cavan

Monday to Friday: 9.15am-1.00pm and 2.00pm-5.00pm

Legal Advice: 2nd Monday each month 6.00pm-7.00pm

Consumer Affairs: 1st Friday each month 10.00am-1.00pm

Tel: (049) 433 2641 Fax: (049) 433 2749

Email: cavan.cic@comhairle.ie

Monaghan: CIC, 23 North Road, Monaghan

Monday to Friday 9.00am-3.45pm

Legal Advice: 1st Thursday each month 7.00pm-9.00pm

Freefone: 1800 474 777 Fax: (047) 77964

Email: monaghan.cic@citizensinformation.ie

OUTREACH

Outreach is provided at the following locations:

Birch Court, Ballybay	
Open Wednesday 9.30am-12.30pm	(042) 974 8090
Iontas Centre, Castleblayney. Open Tuesday 9.30am-12.30pm	(042) 975 3400
Farney Resource Centre, Old Workhouse, Carrickmacross	(042) 966 4051
Open Monday to Friday 9.00am-1.00pm and 2.00pm-5.00pm	
Clones Forum Office, The Diamond, Clones	(047) 52997
Open Monday to Friday 9.30am-12.30am	
Market House, Main Street, Arva	087 249 6013
Open Friday 2.30pm-4.00pm	
Bailieborough Library, Market Street, Bailieborough	087 249 6013
Open Thursday 9.30am-11.00am	
Community Employment Office, Bridge Street, Cootehill	087 249 6013
Open Friday 10.00am-11.30am	
Tourist and Information Centre, Main Street, Kingscourt	087 249 6013
Open Thursday 11.30am-1.00pm	

There is also a citizens information website which provides information on a wide range of subjects in 14 separate categories, including employment rights, buying a home, moving abroad and education: www.citizensinformation.ie

MENTAL HEALTH**AWARE**

Supports people with depression/mood disorder through the provision of support groups, a helpline and educational programmes.

Tel: (046) 903 1193

Helpline: 1890 303 302

GROW

GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. Its principal strength is the support members give to each other from their own experience in matters to do with mental health. GROW's unique Group Method, 12 Step Program, and its Caring and Sharing Community, benefit its members in many ways.

Tel: Virginia (049) 854 7337

Email: pandr@grow.ie

IRISH ADVOCACY NETWORK

Irish Advocacy Network, an Island wide, service user run and led mental health organisation, delivers a peer advocacy service. It provides information, support and choice for those for who have experienced difficulties with their mental health and wellbeing. The peer advocate attends the approved centres on a weekly basis.

Irish Advocacy Network, c/o Health Care Unit, Rooskey, Monaghan Town.

Tel: (047) 38918 or you can contact the advocate on 087 125 2561

OLDER PEOPLE**THE ALZHEIMER SOCIETY OF IRELAND**

The Society provides a range of services and information to support people with Alzheimer's disease/dementia and their families and carers. Support Groups operate around the country for carers. Full details on Society services and support groups can be obtained from the National Helpline or the North East Regional Office. The National Helpline is a free and confidential service which provides information and support, it operates Monday to Friday, 10.00am-4.00pm.

National Helpline: 1800 341 341

Regional Office: (049) 437 1975

Email: info@alzheimer.ie

Web: www.alzheimer.ie

DAY CARE CENTRES

Day care centres provide services such as meals, hygiene/bathing, laundry, hairdressing and chiropody. They promote social contact among the elderly and prevent loneliness. They also provide respite for carers and relatives caring for older people during the day.

Active Virginians, 'The Wood', Rahardrum, Virginia, Co. Cavan (049) 854 8232

Advanced Peoples Club, Stadone, Co. Cavan (049) 433 0148

Ardaghey Social Services, Rathwallace, Monaghan (047) 85165

Arva Day Care Centre Arva, Co. Cavan (049) 433 5237

Aghabog Day Care Centre, Dernaroy, Aghabog Co. Monaghan (047) 54287

Bailieboro Day Care Centre, Avandale, Bailieboro, Co. Cavan (042) 966 6570

Ballinagh Senior Citizens, Ballinagh, Co. Cavan (049) 433 0213

Ballybay Social Services, Clones Road, Ballybay (042) 974 1918

Ballyhaise Day Care Centre, Ballyhaise, Co. Cavan (049) 433 8132

Ballyjamesduff Social Services, Lismeen, Ballyjamesduff (049) 854 4133

Belturbet Community Council, Creevy, Belturbet, Co. Cavan (049) 952 2785

Broomfield Housing Development Ltd, Agheeshil, Broomfield, Co. Monaghan	(042) 9743758
Bunroe Day Care Centre, Corcora, Lisboduff, Cootehill, Co. Cavan	(049) 555 3192
Butlersbridge Day Care Centre, Urney, Butlersbridge, Co. Cavan	(049) 433 2407
Castleblayney 55 Club and Social Services, Tullynacrunat, Castleblayney	(042) 974 0853
Cavan Social Services, St. Clare's, Cavan	(049) 433 1134
Clones Day Care, Carn Dun, Clones, Co. Monaghan	(047) 52271
Clones Active Retirement, Analore Road, Clones, Co. Monaghan	(047) 51071
Caoga Senior Citizens Social Club, Lisglasson, Clontibret, Co. Monaghan	(047) 80726
Cootehill Senior Citizen's Association, Cootehill, Co. Cavan	(049) 555 2153
Cootehill Widows, Station Road, Cootehill	(049) 555 8803
Corlough Day Care, Corlough, Co. Cavan	(049) 952 3187
Cornafean Day Care, Coolbawn, Corlesmore, Co. Cavan	(049) 433 7902
Denn/Crosskeys Day Care, Monery, Crossdoney, Co. Cavan	(049) 433 7168
Doohamlet Day Care Centre, Rossullus, Castleblayney	(042) 974 0762
Drumcor Day Care, Monery, Crossdoney, Co. Cavan	(049) 433 7168
Drumkill Day Care, Lisnashannagh, Monaghan	(042) 974 4824/2418
Drumlane Social Services (Milltown), Milltown, Belterbet, Co. Cavan	(049) 952 2258
Drung Day Care Services, Cornacarrow, Drung, Co. Cavan	(049) 555 3397
Golden Oldies Tullacmongan, Tullacmongan Resource Centre, Killymooney Drive, Cavan	(049) 437 2730
Gowna Day Care Centre, Dernafest, Gowna, Co. Cavan	(043) 84018
Killeshandra Day Care Services, Resource Centre, Killeshandra, Co. Cavan	(049) 433 4983
Kilnaleck Social Services, Church Road, Kilnaleck, Co. Cavan	(049) 433 6395
Kingscourt Social Services, St. Ernan's Hill, Kingscourt, Co. Cavan	(042) 966 7735
Knockbride, Knocknashammer, Tunnyduff, Bailieboro, Co. Cavan	(042) 966 0863
Laragh Senior Social Club, Tonnyconnolly, Poles, Co. Cavan	(049) 433 0191
Latton Social Services and Development, Drumbannor, Latton PO, Monaghan	(042) 974 1653

Lavey Social Services Derryglen, Carrickaboy, Co. Cavan	(049) 433 0516
Maudabawn Community Alert, Gallonreagh House, Maudabawn, Cootehill Co. Cavan	(042) 555 2239
Monaghan St. Vincent de Paul, Glaslough Street, Monaghan	(047) 82198
Mullagh/Cross Friendship Club, Corlatt, Mullagh, Co. Cavan	(046) 42204
Mullahoran Senior Social Club, Drumcor, Loughduff, Co. Cavan	(043) 83234
Mullyash Day Care Centre, Drumacrib, Castleblayney	(042) 974 6128
Munterconnaught Active Retirement Association, Knocktemple, Virginia, Co. Cavan	(049) 854 8149
North Monaghan Social Services, Emyvale, Co. Monaghan	(047) 87175
Older Men's Organisation, c/o St. Felim's Hospital, Cavan	(049) 433 1900
Older Women's Network, c/o St. Felim's Hospital, Cavan	(049) 433 1900
Positive Age	(049) 436 0434
Redhills Day Care Centre, Treehoo, Redhills, Co. Cavan	087 962 2676
Scotstown Day Care Centre, Augherakilton, Scotstown, Co. Monaghan	(047) 89668
Shercock Day Care, Shercock	(042) 966 9152
Swanlinbar Day Care Centre, Swanlinbar, Co. Cavan	(049) 952 1130
Templeport Social Services, Gowlagh, Bawnboy, Co. Cavan	(049) 952 3322
Tuesday Club, 78 Killyconnigan, Monaghan	(047) 77941
Virginia (St. Vincent de Paul Society), Raffoney, Virginia, Co. Cavan	(049) 854 7672

SOCIAL CLUBS

These clubs play a valuable role in providing for the social and recreational needs of older people.

Positive Age, St. Felim's Hospital Cavan	(049) 436 0434
Older Men's Organisation, St. Felim's Hospital Cavan	(049) 436 0441
Older Women's Network, St. Felim's Hospital Cavan	(049) 436 0433
Advanced Peoples Club, Stradone, Co. Cavan	(049) 433 0148
Clones Active Retirement, Analore Road, Clones, Co. Monaghan	(047) 51071
Corlough, Corlough, Co. Cavan	(049) 952 3187
Drumlane Social Services, Milltown, Belturbet, Co. Cavan	(049) 952 2258
Knockbride Positive Age, Tunnyduff Lane, Baillieboro, Co. Cavan	(042) 966 0521
Latton Social Services Development, Drumbannor, Co. Monaghan	(042) 974 1653

PREGNANCY

CURA

Cura Crisis Pregnancy Services provides information and support to anyone dealing with a crisis pregnancy. CURA also provides post abortion counselling. Services are available to men also, CURA provides a school awareness programme in local schools.

CURA Monaghan, 8 The Grange, Plantation Walk, Monaghan.

Monday and Saturday 11.00am-1.00pm and Thursday 7.00am-9.00pm

No appointment necessary. Free and Confidential Service.

Tel: (047) 83600

Helpline: 1850 622 626

SUICIDE

SAMARITANS

Samaritans is a charity that provides completely confidential, non judgmental emotional support 24 hours a day throughout Ireland.

Samaritans vision is for a society where fewer people take their own lives by suicide. It wants to help create a society where people are able to talk about their feelings openly and people are able to respect the feelings of others.

Helpline: 1850 609 090

Email: jo@samaritans.org

Web: www.samaritans.org

TRANSPORT

RURAL TRANSPORT SERVICE

A door to door rural transport service is available from the following services:

South West Cavan Rural Transport Initiative	(049) 437 4851
Bawn and Latton Rural Transport Initiative	(042) 974 2916/1202
Rural Lift (covering West Cavan)	(071) 964 3933
Flexibus Service (covering East Cavan)	(046) 907 4830

APPENDIX 1

COMMUNITY WELFARE SERVICE

You can see your local Community Welfare Officer at each of the following health centres during the clinic times listed:

Monaghan

Ballybay Health Centre Wednesday 11.00am-12.00pm	(042) 974 8096
Castleblayney Health Centre Tuesday and Thursday 10.00am-11.30am	(042) 974 9506
Church Square, Monaghan Tuesday and Thursday 10.00am-11.30am Wednesday 10.00am-12.00pm	(047) 71922
Clones Health Centre Monday and Wednesday 10.00am-12.00pm	(047) 52297
Clontibret Health Centre Tuesday 12.15pm	(047) 80884
Emyvale Health Centre Tuesday 10.00am-11.00am	(047) 86204
Glaslough Health Centre Tuesday 9.30am-9.45am	(047) 71922
Newbliss Health Centre Monday 3.00pm	(047) 71922
Rockcorry Health Centre Wednesday 10.00am-10.45am	(042) 974 2418
Scotstown Health Centre Tuesday 11.30am-12.00am	(047) 89866
Smithboro Health Centre Wednesday 2.00pm	(047) 57438

Cavan

Arva Health Centre Wednesday 2.00pm	(049) 437 9170
Bailieboro Health Centre Tuesday 10.00am-12.00am	(042) 966 6480
Ballinagh Health Centre Thursday 2.00pm	(049) 433 7217
Ballyconnell Health Centre Wednesday 10.30am	(049) 952 6331

Ballyjamesduff Health Centre Wednesday 11.00am-12.00pm	(049) 854 4386
Ballyhaise Health Centre Thursday 10.00am	(049) 437 9170
Belturbet Health Centre Tuesday 10.30am	(049) 952 9830
Bunnoe Community Centre Thursday 11.00am	(049) 437 9170
Corlough Health Centre Monday 10.30am	(049) 437 9170
Darley Health Centre Cootehill Monday 11.00am (Bank holidays Wednesday 2.00pm)	(049) 555 2555
Gowna Health Centre Tuesday 2.00pm	(043) 83254
Kilcogy Health Centre Tuesday 3.00pm	(049) 437 9170
Killeshandra Health Centre Wednesday 12.00pm	(049) 433 4767
Kingscourt Health Centre Monday 9.45am-11.00am (Bank holidays Friday 9.45am-11.00am)	(042) 966 8328
Mountainlodge Health Centre Thursday 12.00pm-1.00pm	(042) 966 6480
Mullagh Health Centre Wednesday 12.00pm-1.00pm	(046) 924 289
Realtog Centre, Kilnaleck Thursday 11.00am-12.00pm	(049) 433 6494
Shercock Health Centre Thursday 9.30am-10.30am	(042) 966 9931
Stradone Health Centre Wednesday 2.15pm	(049) 854 8253
Swanlinbar Health Centre Wednesday 2.15pm	(049) 437 9170
Termon Health Centre Monday 12.00pm-1.00pm (Bank holidays Tuesday 12.00pm-1.00pm)	(049) 854 4826
Unit 20, Church View, Cavan Tuesday and Thursday 9.30am-11.00am	(049) 437 9170
Virginia Primary Care Unit Tuesday 10.00am-11.30am	(049) 854 8253

APPENDIX 2

PUBLIC HEALTH NURSE SERVICE

Public Health Nurses work from local health centres. You can contact each of the following health centres by telephone between 9.30am and 10.30am Monday to Friday if you wish to speak to the Public Health Nurse. The list below gives contact number of each of the local health centres in Cavan and Monaghan.

Monaghan

Ballybay Health Centre	(042) 974 8266/8274/1825
Castleblayney Health Centre	(042) 974 0462
Clones Health Centre	(047) 51207
Clontibret Health Centre	(047) 80884
Emyvale Health Centre	(047) 86203
Monaghan PCCC Centre	(047) 30471/30476/30440
Rockcorry Health Centre	(042) 974 2418
Smithboro Health Centre	(047) 57438
Scotstown Health Centre	(047) 89657

Cavan

Bailioboro Health Centre	(042) 966 6089
Ballinagh Health Centre	(049) 433 7217
Ballyconnell Health Centre	(049) 952 5510
Ballyhaise Health Centre	(049) 433 8132
Ballyjamesduff Health Centre	(049) 854 4386
Belturbet Health Centre	(049) 952 2288
Darley Health Centre, Cootehill	(049) 555 6521
Killeshandra Health Centre	(049) 433 4767
Kilnaleck Health Centre	(049) 433 6494
Kingscourt Health Centre	(042) 966 8443
Lough Gowna Health Centre	(043) 83254
Lynnton House, Cavan Health Centre	(049) 436 8096/8098/8095
Shercock Health Centre	(042) 966 9003
Stradone Health Centre	(049) 433 0722
Swanlinbar Health Centre	(049) 952 1574
Town Hall Street, Cavan	(049) 437 7107
Virginia Primary Care Unit	(049) 854 6233