

your health guide
Laois / Offaly

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Laois Community Services Office
Dublin Road, Portlaoise
Tel: (057) 862 1135
Offaly Community Services
Arden Road, Tullamore
Tel: (057) 934 1301



The Local Health Offices are the focus of all community health and personal social services in your local area. Through our two Community Services Offices, in Portlaoise and Tullamore, Laois Offaly Local Health Office provides a wide range of services either directly or through the Health Centres and other locations listed in this booklet.

Welcome

I am the Local Health Manager for Laois/Offaly.

I am delighted to introduce the Health Service Executive Guide, which we have produced to make sure that you have all the information you need about the health services in our area.

This booklet gives you a full list of the health and personal social services in our area and nearby. It also gives you useful information on how to access services, and guides you to your entitlements to things like Medical Cards, the new GP visit cards, Nursing Home Care and more.

My job as the manager of the LOCAL HEALTH OFFICE is to make sure that the community health services in this area work for you, and to also to work closely with other HSE services in nearby areas and across the country, so that the people living in this area can access the services they need when they need them.

We also work closely with the hospitals in the area, so that people can when they need to move easily between the community and hospital system.

I hope that you find the HSE Guide of use, and that you keep it somewhere safely in your home, so that if an occasion arises, it will be at hand with the information you need.

Liam O'Callaghan
Local Health Manager

An Introduction to our Community Services

The following are some of the main services that are managed for you by your Local Health Office. Full contact details for all our services come in the pages that follow, and in the second half of this booklet, you will find useful details on entitlements and services that you may be able to access.

GP Out of Hours Midoc

This is a service to provide you and your family with access to family doctor services outside of normal hours. **This service operates from x to x, on Friday, and from x to x on Saturday, Sunday and Bank Holidays.**

Tel: 1850 302 702

Public Health Nursing

There are Public Health Nurses working from every Health Centre in our area, who provide a range of services to people in their homes. They are often your first contact with the HSE, as they visit new mothers to check on them and their babies, and provide advice on care, feeding and development. They also provide aftercare to people who have been discharged from hospital and a range of other services. Contact your Public Health Nurse at your Health Centre, or call us on: Laois: (057) 862 1135 Offaly: (057) 934 1301

Social Work

The Social Work team in the Local Health Office is responsible for providing support to children and families in this community. This involves Family Support Services, and care for older people. In cases where children are at risk of harm through abuse, Child Protection Social Workers have an important role in providing care, assessment and follow up to those children and their families, through the Fostering and Child Protection Teams. Laois/Offaly: (057) 932 2488

Child Health

Area Medical Teams visit schools in the area to give vaccinations like the MMR, Meningitis C, Rubella etc. They also work with Public Health Nurses to check on a child development from birth onwards, through a series of standard regular checks. Area Medical Officers also play an important role in managing outbreaks of illness like measles or mumps in the area. You can contact the Area Medical Officers at: Laois: (057) 862 1135 Offaly: (057) 934 1301

Chiropody Services

Chiropody Services are available for medical card holders, appointments can be arranged through your public health nurse.

Laois: (057) 862 1135 Offaly: (057) 934 1301

Community Welfare

Community Welfare Officers work from Health Centres in the area, and can give financial support to those in need, in the form of rent supplement or supplementary welfare allowance. They also advise on entitlement and can help with filling in forms like the Medical Card, GP Visit Card etc. Contact your Health Centres below or phone Community Services:

Laois: (057) 862 1135. Offaly: (057) 934 1301

Disability Services

The Local Health Office works with a range of voluntary services in the area to provide care, training and development for children and adults with learning or physical disability. See page 13 for contact details.

General Practitioner Services

There are a large number of GPs working in the area, and your Local Health Office can help you identify a GP of your choice, or can advise on entitlements such as a Medical Card or GP Visit Card. For a list of GPs in Co. Offaly, call (057) 934 1301, and for Co. Laois (057) 862 1135.

Dr. A. Bergin	Patrick St., Mountmellick	(0502) 24299
Dr. M. Carroll		
Dr. P. Farrell	Ballylinan	(059 86) 25108/38538
Dr. S. Fitzgerald	Borris-in-Ossory	(0505) 41198
Dr. L. Fullam	Portarlinton	(0502) 23333
Dr. N. Gallagher	Dublin Street, Ballickmoyler	(0503) 47636/33313
Dr. C. Grimes	Main Street, Stradbally, Co. Laois	
Dr. A. Gullane	Stradbally Road, Portlaoise.	(0502) 20371
Dr. A. Hanson	O'Moore Street, Mountmellick	(0502) 24340
Dr. D. Hickey	Medical Centre, Anfield Terrace, Dublin Road, Portlaoise	(0502) 22200

Dr. A. Honan	Medi-Centre, Portarlinton	(0502) 23138
Dr. D. Honan	86 Main St.Portlaoise	(0502) 62929
Dr. J. Lyons	Health Centre, Mountrath	(0502) 32203
Dr. J. Madden	Health Centre, Ballinkill	(0502) 31772
Dr. P. McDermott	Ballickmoyler, Carlow	(0503) 47636/33313
Dr. F. McKeagney	Portarlinton	(0502) 23183
Dr. N. O'Doherty	Rathdowney, Co. Laois	(0505) 46117
Dr. P.P. O'Dwyer	Health Centre, Mountrath	(0502) 32203
Dr. F. O'Hara		
Dr. G. McDonagh	Health Centre, Abbeyleix.	(0502) 31359
Dr. D. Rabinowicz	Durrow, Co. Laois	(0502) 36585
Dr. M. Sheehan	Clonaslee, Co. Laois	(0502) 48170
Dr. G. White	Abbeyleix Road, Portlaoise	(0502) 22101
Dr. N. Whelan	Court Square, Stradbally	(0502) 25106
Dr. J. White	Portarlinton	(0502) 23138
Dr. L. Gavin	Rhode, Co. Offaly.	(0405) 37003
Dr. V. Harkins	Health Centre, Banagher	(0509) 51247
Dr. A. Keane	Harbour St., Tullamore	(0506) 51225
Dr. G. Kidney	St. Kyran's St., Tullamore	(0506) 51497
Dr. B. Lee	3, Cormac Street, Tullamore	(0506) 21060
Dr. A. Mansoor	Kilbeggan Bridge, Tullamore	(0506) 51004 or Clara 31298
Dr. P. McAuliffe	Green Street, Birr, Co. Offaly	(0509) 21356
Dr. P. McGovern	Seffin, Birr	(0509) 20181
Dr. G. Murphy	Health Centre, Ferbane	(09064) 54117
Dr. D. O'Brien	Wilmer Road, Birr	(0509) 20037
Dr. D. O'Hare	Oxmanstown Mall, Birr	(0509) 20391
Dr. J. O'Hare	Oxmanstown Mall, Birr	(0509) 20391
Dr. M. O'Kelly	Harbour St., Tullamore	(0506) 51225
Dr. J. Quinlan	St. Kyran's St., Tullamore	(0506) 51497
Dr. A. Quinlan	St. Kyran's St., Tullamore	(0506) 51497
Dr. J. Ryan	Grove Street, Roscrea, Co. Tipperary	
Dr. D. Scanlon	Church Street, Tullamore	(0506) 21170
Dr. H. Stokes	Clara Road, Tullamore	(0506) 41297
Dr. B. Scully	Medi-Centre, Greenfields, Clonminch, Tullamore	(0506) 52868
Dr. M. Twomey	Daingean, Co. Offaly 21 Church St., Tullamore	(0506) 53068/21181

Home Help

Home Helps work with vulnerable people in the community, who through illness or disability are in need of help with day to day tasks. A home help might visit for a couple of hours per day, to help with housework, shopping, or sometime may provide more personal care like help with dressing, bathing etc. You can access this service through your Public Health Nurse or call:
Laois: (057) 862 1135 Offaly: (057) 934 1301

GP Visit Cards and Medical Cards

Your Local Health Office looks after applications for Medical Cards, GP Visit Cards and a range of other schemes. If you would like to apply or need help in making an application, or if you just want to know what is available to you, call the Medical Card Section on: Laois: (057) 862 1135 Offaly: (057) 934 1301

Occupational Therapy

These services are provided to people who through illness or disability are in need of support or changes to their lifestyle. Occupational Therapists can advise on any changes that may be needed in the home to support a person with special needs, and on activities that will help a person to regain their independence. Call the Occupational Therapy Department on:
Laois: (057) 862 1135 Offaly: (057) 934 1301

Ophthalmic

Medical Card Holders are entitled to Ophthalmic or Eye Testing Services, which you can access by calling: Laois: (057) 862 1135 Offaly: (057) 934 1301

Physiotherapy

Community Physiotherapy services are provided from the Local Health Office, helping people who have suffered an injury or illness to regain their health or mobility through exercise and movement. To contact the Physiotherapy Service call: Laois: (057) 862 1364 Offaly: (057) 932 1501

Speech and Language Therapy Services

Speech and Language Therapy Services are provided for children and adults who need help developing their speech or who have had difficulty in this area. Laois: (057) 862 1135 Offaly: (057) 934 1301

Dental Services

All Children under 12 are given dental checks and follow up if required, from the local Dental Clinic. This service is usually accessed in the first place through a routine school visit.

Abbeyleix	(057) 863 1273
Ballylinan	(057) 25031
Birr	(057) 916 9756
Edenderry	(046) 973 3517
Ferbane	(090) 645 4915
Mountmellick	(057) 862 4527
Mountrath	(057) 863 2953
Portarlinton	(057) 862 3423
Portlaoise Dental (base)	(057) 869 2625
Portlaoise Ortho	(057) 692 738/9
Rathdowney	(0505) 46276

Health Centres in Laois/Offaly

Abbeyleix	(057) 873 1649
Ballylinan	059 862 5108
Banagher	(057) 915 1247
Birr	(057) 912 0486
Blueball	(057) 935 4044
Borris-in-Ossory	(0505) 41172
Clara	(057) 933 1242
Cloghan	(090) 645 7119
Clonaslee	(057) 864 8033
Clonbullogue	(0469) 730 9109
Cloneygowan	(057) 934 3552
Cloughjordan	(0505) 42307
Daingean	(057) 935 3142
Durrow	(057) 873 6133
Edenderry	(046) 973 3517
Emo	(057) 864 6575
Ferbane	(090) 645 4916
Glasson	(090) 648 5122
Graigecullen	(059) 914 3651
Kilcormac	(057) 913 5030
Kinnity	(057) 913 7061
Moneygall	(0505) 45272
Mountmellick	(057) 862 4343
Mountrath	(057) 873 2203
Portarlinton	(057) 862 3479
Portlaoise, Dublin Road	(057) 862 1135
Rathdowney	(0505) 46276
Rhode	(046) 973 7162
Shinrone	0505 47312
Stradbally	(057) 86 25415

Registration Services – Births, Deaths & Marriages

Offaly: (057) 934 1301 Laois: (057) 862 1135

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 for urgent cases through the Midoc GP out of Hours service on 1850 302 702

Midland Regional Hospital at Mullingar	(044) 934 0221
Creditor Accounts	(044) 939 4154
Administration (FOI)	(044) 939 4144
VHI Office	(044) 939 4148
Patient Accounts	(044) 939 4158
Admissions	(044) 939 4175

Midland Regional Hospital at Portlaoise	(057) 862 1364
A&E	(057) 869 6028
Patient Accounts	(057) 869 6(057)
Radiology	(057) 869 6457
Physiotherapy	(057) 869 6557
Out-Patients Department	(057) 869 6191

Midland Regional Hospital at Tullamore	(057) 932 1501
General Administration	(057) 935 8075
A&E Triage	(057) 935 8024
Nursing Administration	(057) 935 8489
Radiology Department	(057) 935 9045
Regional Oncology/Haematology Day Ward	(057) 935 9021

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 3000/837 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

Hospice Care

Hospice Care is provided to people and families in the last days of their lives. It is a sensitive and holistic service, delivered either in a hospice or at home and designed to give comfort and dignity. For details of this service, contact the Director of Public Health Nursing in your county:
Offaly: (057) 934 1301 Laois: (057) 862 1135

Counselling

Our Counselling Services provide support and assistance to people in crisis. Services are free of charge.

The Arches Adult Counselling Service for:-

Adult Survivors of Childhood Abuse and Neglect	1800 234 113
Crisis Pregnancy Service	1800 200 857
Midland Suicide Bereavement Support Service	(057) 866 4513

Services for Older People

Community Nursing Units

Initial contacts for Older Persons Services can be made through the appropriate Local Health Office – see page 7.

Services for Older People	(044) 933 6050
Abbeyleix District Hospital	(057) 873 1204
Birr, Community Nursing Unit	(057) 912 3200
Ofalia House, Edenderry	(046) 973 3506
St. Brigid's, Shaen, Portlaoise	(057) 874 6717
St. Vincent's Mountmellick	(057) 862 4211

Mental Health

It is estimated that one in four of us will experience some mental health problems in our lifetime, from a low period, to more serious depression, and then a small number will experience severe mental health problems. If you feel persistently sad, have trouble sleeping or experience unexplained aches and pains, you should visit your GP for some advice. Most people are treated by the GP alone, unless more support, for example, therapy services, is required, in which case you may be referred to some of the following day and hospital services.

St. Fintan's Hospital, Portlaoise	(057) 862 1364
St. Loman's, Mullingar	(044) 934 0191
Community Mental Health Centres Birr	(057) 912 0540
Community Mental Health Portlaoise	(057) 862 2925
Community Mental Health Tullamore	(057) 935 1019
Child and Adolescent Psychiatry Services	(057) 869 6152
Psychiatry for Later Life	(057) 867 0245
Suicide Resource Office	(057) 866 4513

Addiction Services

Laois/Offaly Community Drug and Alcohol Services.
Tel: (057) 869 2516

Children and Families' Services

Social Work and Child Protection Services can be contacted through your Local Health Office: See page 7.

Child and Family Resource Centre, Portlaoise	(057) 869 2567
Family Support/Le Cheile	(057) 869 2564
Adoption Services	(057) 932 8036
Pre-school services	(057) 932 8110
Children First	(057) 935 7842

Orthodontic Service

Block Road, Portlaoise, Co. Laois
Tel: (057) 869 2738

Disability Services

Physical and sensory disability services are delivered directly and in partnership with a wide range of voluntary service providers. Initial contacts should be made with the Local Health Office

Disabilities Service Office	(057) 935 9919
Residential Centre, Alvernia House, Portlaoise	(057) 869 2834
Respite Centre, Clochan House, Tullamore	(057) 935 9607
Day Centre, Arus Eoghain, Portlaoise	(057) 862 0411

Environmental Health

HSE Environmental Health Officers monitor a range of issues, such as Food Safety, Tobacco Legislation, Pest Control etc.

The Old Maltings, Portlaoise	(057) 866 4564
Community Nutrition and Dietetic Service, Portlaoise	(057) 866 7514

Health Promotion

The Old Maltings, Portlaoise	(057) 866 4564
Community Nutrition and Dietetic Service, Portlaoise	(057) 866 7514

Population Health

Department of Public Health	(057) 935 9891
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Freedom of Information

The HSE is covered by the Freedom of Information Act 1997, meaning that records held by the HSE can be applied for, and if a range of criteria are met, can be released to the public. Personal Information, like medical records, can ONLY be released to that person alone. To make a request for a record to be released under this Act, contact FOI, HSE, Unit 4, Clonminch, Tullamore, Co. Offaly or telephone (057) 935 7878.

European Health Insurance Card Information Line

Freephone: 1800 201 698