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

## your HSE guide

### *Longford/Westmeath*

Longford/Westmeath Local Health Office  
Primary Care Unit, St. Loman's Hospital  
Mullingar, Co. Westmeath  
(044) 939 5506

Longford Community Services  
Dublin Road, Longford  
(043) 50169

Westmeath Community Services  
Longford Road, Mullingar  
(044) 934 0221

Primary Care Unit  
St. Loman's Hospital  
(044) 938 4444



The Local Health Offices are the focus of all community health and personal social services in your local area. Through our Community Services Offices, the Longford/Westmeath 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 Longford/Westmeath. I am delighted to introduce this HSE 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 services like Medical Cards, GP visit cards, Nursing Home Care and more.

My job is to make sure that the community health services in this area work for you, and 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 acute 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 safe in your home, so that if a need arises, it will be at hand with the information you need.

Most importantly, do not hesitate to phone or to call to our public offices if you need information or services. We will make sure you get to where you need to be.

Jim Reilly  
Local Health Manager

## HSE infoline: Callsave 1850 24 1850

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 to 8.00pm Monday to Saturday.

### YOU CAN CONTACT THE HSE INFOLINE ON:

**Callsave: 1850 24 1850**

**Fax: (041) 685 0330**

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

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## 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 in-patient 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.

Hundreds of other health and personal social services are 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 either on the basis of their income, or 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.

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

### How do I apply?

It is easy and very simple to apply. 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.

The HSE has set up a handy calculator on our website – [www.hse.ie](http://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 Health Office.

Contact the HSE today to see if you can get a GP Visit Card or a Medical Card. You can pick up an application form from your local Health Office, from our website, [www.hse.ie](http://www.hse.ie), or call the HSE infoline on callsave: 1850 24 1850.

## 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](http://www.hse.ie) or your Local Health Office for any changes to this amount.

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 pages for information on GP Visit Cards.

### How do I apply?

You can get a registration form from your pharmacy or Local Health Office. Fill in the details of all your family members. Send it to your Local Health Office 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 Health Office. You can also call the HSE infoline: 1850 24 1850, for more information.

## European Health Insurance Card

### 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 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?

*There is no charge to apply for or renew an EHIC.* The HSE accepts renewals and applications for EHIC cards at all HSE Local Health Offices, and on the HSE managed site – [www.ehic.ie](http://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 more about your entitlements in particular countries at your Local Health Office or on [www.ehic.ie](http://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 Health Office. One Temporary Replacement Certificate is issued per person.

### How do I apply?

Applying for the card is very easy. Application forms are available from local HSE Health Centres, from your Local Health Office or from our website, [www.ehic.ie](http://www.ehic.ie). You can also call the HSE infoline: 1850 24 1850, for more information.

### 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?

The HSE recommends 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](http://www.immunisation.ie), or speak to your GP or your Public Health Nurse in your Local Health Centre.

You can also call the HSE infoline: 1850 24 1850, for more information.

## Childhood Immunisations

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.

The HSE also pays a subvention, or a subsidy, toward the cost of a private nursing home beds. The subvention is designed to help with nursing homes costs and is subject to a means test, and a dependency test – meaning how much care the person needs.

You can apply for Nursing Home Subvention from your Local Health Office. The HSE will then carry out a means test and an assessment of dependency. The dependency assessment is carried out on behalf of the HSE by a doctor, nurse, occupational therapist or physiotherapist. The applicant's medical condition is taken into account and the assessment also includes an evaluation of their ability to carry out the tasks of daily living and of the level of social support available to the person. The kinds of factors assessed might include: mobility, ability to care for oneself, communications, quality of memory etc.

The nursing home regulations also permit the HSE to take account of a person's assets and income in determining entitlement to nursing home subvention. Where a person has assets they may have to use these to fund nursing home care.

## 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 booklet 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?

The Long-Term Illness Scheme application form is available from your Local Health Office. Your doctor or consultant will sign the form to confirm your condition and list your medication.

You can also call the HSE infoline: 1850 24 1850, for more information.

## Dental Services

The HSE provides Dental Services to children under 6 and children attending Primary School, to Medical Card holders and to EU residents for emergency treatment. Some services are provided by dentists employed by the HSE, and some by private dentists.

### What Dental Services are available for children?

Pre-school children attending primary schools can be referred for Dental Treatment from a child health service or following a routine school visit. Children attending primary school are screened in 2nd, 4th and 6th class and are referred for treatment if necessary to the local dental clinic. Emergency services are also available to all school going children.

### 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.

### What if my child needs braces?

Some children where necessary are referred onto their Orthodontic Clinic for further treatment. This referral is from the Principal Dental Surgeon in the health centre and Orthodontic Treatment is free.

### Can I get tax relief on dental expenses?

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.

### Can my PRSI help pay for dental treatment?

Treatment Benefit is a scheme in Ireland operated by the Department of Social and Family Affairs. 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.

To learn more about Dental Services in your area, contact your Local Health Office. You can also call the HSE infoline: 1850 24 1850, for more information.

## Back to School Clothing and Footwear Allowance

### What is the Back to School 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. You can also call the HSE infoline: 1850 24 1850, for more information.

## Supplementary Welfare

### 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 Health Service Executive 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.

#### 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 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

### When and how do I apply?

You can apply to the Community Welfare Officer at your local Health Centre. You can also call the HSE infoline: 1850 24 1850, for more information.

## An Introduction to our Community Services

The following are some of the main services that are managed for you by your Local Health Office.

### Local Health Office

Primary Care Unit, St. Loman's Hospital, Mullingar  
Tel: (044) 938 5506

### MIDOC GP Out of Hours Service: 1850 302 702

This is a service to provide you and your family with access to family doctor services outside of normal hours. This service operates from 6pm to 8am Monday to Friday, and on a 24-hour basis on Saturday, Sunday and Public Holidays.

### GP Visit Cards and Medical Cards

Longford: (043) 50174 Westmeath: (044) 934 0221

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: Longford (043) 46211; Westmeath (044) 934 0221.

### 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 entitlements and can help with filling in forms like the Medical Card, GP Visit Card etc. Contact your Local Health Centre. Tel: Longford (043) 50150; Westmeath (044) 933 6063

### 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 Local Health Centre.

### 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's 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.  
Tel: Longford (043) 50157; Westmeath (044) 939 5006/1

### 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 period of time each day to help with housework, shopping, or sometimes may provide more personal care like help with dressing, bathing etc. You can access this service through your Public Health Nurse at one of the Health Centres. Tel: Longford (043) 50179; Westmeath (044) 934 0221

### Social Work

The Social Work Department incorporates Social Workers, Family Support Workers and Community Child Care Leaders. The service assesses child protection and welfare concerns and assists in meeting the support needs of children and families. The service is also responsible for meeting the care needs of children in residential and foster care, while working closely with their families to assess the possibility of the child returning home.

The Fostering and Adoption Social Work Service completes assessments of potential foster carers and provides on-going support to approved foster carers. Assessments of adults seeking to adopt are also completed and post adoption support is provided as appropriate.

Tel: Longford (043) 50584; Westmeath (044) 938 4450/(090) 648 3100

### Family Support Services/Family Welfare Conference Service

The Family Welfare Conference Service under the direction of The Family Support Services Manager offers families and professionals the opportunity to meet together in an equitable manner, sharing equal responsibility in planning and decision-making in the best interest of the welfare and protection of children and in support of families in need. Tel: (044) 938 4374

### Chiropody Services

These services are available for Medical Card holders and appointments can be arranged through your public health nurse.  
Tel: Longford (043) 50157; Westmeath (044) 939 5078/9

### Ophthalmic

Medical Card holders are entitled to Ophthalmic or Eye Testing Services.  
Tel: Longford (043) 46211; Westmeath (044) 934 0221

### Audiology

Audiological service for all children is provided from infants to 18 years of age, and also to adults with medical cards. The service comprises assessment of hearing, counselling with regard to hearing impairment and fitting of an appropriate hearing aid. Audiology clinics are held in Athlone Health Centre and in the Midland Regional Hospital at Mullingar for County Westmeath area, Tel: (044) 939 4506 and in Longford Health Centre for County Longford area, Tel: (043) 50169.

### 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.  
Tel: Longford (043) 46 211; Westmeath (044) 934 0221

### Occupational Therapy

Occupational Therapy services are provided to people who through illness or disability are in need of support or changes to their lifestyle. Occupational Therapists can advise on any changes that may be needed in the home to support a person with special needs, and on activities that will help a person to regain their independence.  
Tel: Longford (043) 50103; Westmeath (044) 933 8576

### Speech and Language Therapy

Services are provided for children and adults in Health Centres in Athlone, Ballymahon, Longford, Moate, Mullingar and at the Midland Regional Hospital at Mullingar. Speech and Language Therapists assess, diagnose and treat disorders of communication that include speech, language understanding and expression, voice, stammering, eating, drinking and swallowing difficulties. Services are provided to children and adults of all ages. Referral can be made directly by a patient and/or parent/carer. Contact your Local Health Centre Tel: Sec. (043) 50166; Longford (043) 50163/4; Mullingar (044) 938 4288; Athlone (090) 648 3115/6

### Psychology

The Longford/Westmeath Psychology Service aims to improve the psychological health and well-being of the people of Longford and Westmeath. The service provides psychological assessment and intervention services, provides education and training to community groups and conducts projects and research studies. Tel: Longford (043) 50170; Westmeath (044) 933 9580

### Dental Services

#### Emergency dental treatment for the relief of pain

Emergency dental treatment (for the relief of pain) is generally available to all schoolchildren under the age of 16 yrs.

#### Routine dental treatment

Routine dental treatment will be provided to schoolchildren in target classes in Primary Schools. These children will be called for examination and treatment to the local dental clinic from school lists provided by the schools.

Tel: Longford (043) 50 107; Westmeath (044) 934 0221

### Orthodontic Services

The HSE provides an orthodontic service by qualified specialist staff that is free of charge. The HSE schools dental clinics refer patients for orthodontic treatment. Clinics are located in the dental clinics in Athlone, Mullingar, and Longford. There is normally a waiting list for treatment of approximately three months. Tel: Longford: (043) 50 718 Mullingar: (044) 939 5053 Athlone: (090) 648 3172

### Orthodontic criteria

Orthodontic guidelines were issued in 1985 by the Department of Health and Children. Children are classified by severity of need. Category A means you require immediate treatment. You are in this category, for example, if you have a congenital abnormality such as cleft lip and palate. Category B patients who have less severe problems but need treatment are put on the waiting list. Discussions are currently under way to introduce a new method of categorising need.

### Health Centres in Longford Westmeath

Athlone	(090) 647 5301
Ballinalee	(043) 23212
Ballymahon	(090) 643 2384
Ballymore	(044) 935 6274
Ballynacargy	(044) 937 3104
Castlepollard	(044) 966 1170
Castletown Geoghegan	(044) 922 6432
Colehill	(044) 935 7522
Delvin	(044) 966 4256
Drumlish	(043) 24440
Edgeworthstown	(043) 71157
Granard	(043) 86068
Killashee	(043) 41341
Killucan	(044) 937 4120
Kinnegad	(044) 937 5289
Lanesboro	(043) 21832
Longford	(043) 50169
Moate	(090) 648 1165
Mullingar, Longford Rd	(044) 934 0221
Legga Health Centre Aughnaccliffe	(049) 433 5195
Newtowncashel	(043) 25445
Smear Health Centre Aughnaccliffe	(043) 84158

## Registration Services – Births, Deaths & Marriages

Athlone: (090) 647 5301

Longford: (043) 32226 or (043) 32227

Mullingar: (044) 934 0221

## Home Care (Palliative) Nursing

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.

Longford	(043) 45851
Mullingar	(044) 937 6260
Athlone	(090) 647 5301

## 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

Tel: 1800 234 113

### Crisis Pregnancy Service

Tel: 1800 200 857

### Midland Suicide Bereavement Support Service

Tel: 086 815 7320

### Addiction Counselling

Tel: (044) 934 1630

## Services for Older People

### Hospitals and Homes for Older Persons

Initial contacts for Older Persons Services can be made through the appropriate Local Health Centre.

Loughloe House, Athlone	(044) 933 6050
St. Joseph's, Dublin Road, Longford	(043) 46211
St. Mary's, Mullingar	(044) 934 0221
St. Vincent's, Athlone	(090) 647 5301

## 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. Loman's Hospital Mullingar	(044) 934 0191
Community Mental Health Centre Mullingar	(044) 939 4540
Day Centre Grace Road Athlone	(090) 649 2969
Community Mental Health Centre Ré Nua Athlone	(090) 648 3190
Community Mental Health Centre Longford	(043) 46992
Child & Adolescent Psychiatry Services	(044) 939 4219
Psychiatry for Later Life	(044) 938 4363
Suicide Resource Office	(057) 866 4513

## Addiction Services

Provides assessment and addiction counselling for persons who are concerned about their alcohol and/or drug use, and assessment and counselling for concerned persons of alcohol and drug users. Access to the service is through self-referral, GPs and other sources. In addition to service centres in Athlone, Longford and Mullingar, clinics are provided in Ballymahon, Granard, Kinnegad and Moate.

CADs, Ré Nua, Athlone	(090) 649 1305
CADs, Bishopsgate St., Mullingar	(044) 934 1630

## Children and Families' Services

Social Work and Child Protection Services can be contacted through your Local Health Office.

Child & Family Resource Centre, Mullingar	(044) 934 4877
Childhood Abuse and Neglect	1800 234 113
Adoption Services	(057) 932 8036
Pre-school services	(057) 932 8110
Children First	(057) 935 7842

## Social Inclusion Services

Homelessness Liaison Officer	(043) 44062
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### Traveller Health Service

The Traveller Health Unit works in partnership with Travellers to provide culturally appropriate healthcare for Travellers. Since 1999, many Traveller health initiatives, including peer led approaches, have been rolled out in the midlands. The Primary Healthcare for Traveller projects see Travellers themselves qualified as Community Health Workers working to improve Travellers uptake of health services. The Traveller Health Strategy continues to direct the work of the designated HSE staff who work in Traveller Health.

Traveller Health Unit	(057) 935 7810
Designated Public Health Nurse for Travellers	(086) 380 1130
Longford Primary Health Care Project	(043) 46989

## 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.

Intellectual and 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

Tel: (057) 935 9919

### Residential Centres

Lough Sheever Centre, Mullingar

Tel: (044) 938 4372

St. Peter's Centre, Castlepollard

Tel: (044) 936 1115

### Day Centres

Mullingar Resource Centre

Tel: (044) 938 4358

Springfield Resource Centre, Mullingar

Tel: (044) 938 4485

Blyry Therapy Centre, Athlone

Tel: (090) 648 6745

Cedar Centre, St. Vincent's

Tel: (090) 6483114

Phoenix Centre, Longford

Tel: (043) 32 477/497

## Environmental Health

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

Athlone: (090) 648 3195  
 Longford: (043) 50182  
 Mullingar: (044) 938 4890

## Health Promotion

The Health Promotion Service aims to enable individuals and communities to take control of their health by making the healthy choice an easier choice. Such choices include a healthy diet, regular exercise and not smoking.

Unit 4, Clonminch, Tullamore  
 Tel: (057) 935 7800

No 6 Church Street, Longford  
 Tel: (043) 42031/44088

Community Nutrition and Dietetic Service, Mullingar  
 Tel: (044) 934 8590

## Population Health

Population Health is responsible for promoting and protecting the health of the entire population and target groups, with particular emphasis on health inequalities. It is responsible for immunisations, infection control and the environmental health office and at local level its functions are organised through the LHOs and Hospital Networks.

Department of Public Health  
 Tel: (057) 935 9891

## Freedom of Information

The HSE is covered by the Freedom of Information Act 1997 and 2003, 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. To make a request for a record to be released under this Act, contact:

Freedom of Information Office Decision Maker,  
 HSE, Dublin Mid-Leinster,  
 Unit 4, Clonminch, Tullamore, Co. Offaly  
 Tel: (057) 935 7876

## Hospitals

Local, Regional and some of the major 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 GP out of Hours MIDOC: 1850 302 702.

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

<b>Midland Regional Hospital at Portlaoise</b>	<b>(057) 862 1364</b>
A&E	(057) 869 6028
Patient Accounts	(057) 869 6057
Radiology	(057) 869 6457
Physiotherapy	(057) 869 6557
Out-Patients Department	(057) 869 6191

<b>Midland Regional Hospital at Tullamore</b>	<b>(057) 932 1501</b>
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

## General Practitioner Services

There are a large number of GPs working in the area and your Local Health Office can help you to find a GP or can advise on entitlements such as a Medical Card or GP Visit Card.

### Longford GMS GPs

Dr. S. S. Ali	Longford Medical Centre, Dublin Road	(043) 31973
Dr. P. Trueick	St. Joseph's Hospital	(043) 46211/087 223 8332
Dr. P. Breslin	2, Dublin St., Longford/ Health Centre, Drumlish	(043) 41879/24452
Dr. S. Breslin	2, Dublin St., Longford/ Health Centre, Drumlish	(043) 41879/24452
Dr. M. Cahill	Earl Street, Longford Health Centre, Lanesboro	(043) 45223/21832
Dr. N. Donohoe	Granard, Longford	(043) 86584
Dr. C. Farrell	Health Centre, Lanesboro, Earl Street, Longford	(043) 21832/45223
Dr. K. Flanagan	College Medical Centre, 1 Ballinalee Road	(043) 48884
Dr. M. Gorman	College Medical Centre, 1 Ballinalee Road	(043) 45182
Dr. P. McGarry	College Medical Centre, 1 Ballinalee Road	(043) 41207
Dr. D. McGivney	Ballymahon	(044) 57530 or (090) 643 2146
Dr. S. Moran	Aughnaclyffe	(043) 84027
Dr. A. Rogers	New Street, Longford	(043) 45910

Dr. B. Sharkey	Edgeworthstown	(043) 71157
Dr. Ravi	St. Joseph's Hospital	(043) 46211
Dr. E. Hardiman	New Street, Longford	(043) 45910
Dr. P. Trueick	Shopping Centre	(043) 45055
Dr. N. Walsh	Lanesboro, Co. Longford Longford Shopping Centre	(043) 21240/41394

### Westmeath GMS GPs

Dr. J. Bannon	Health Centre, Castletown-Geoghegan	(044) 932 6078
Dr. D. Brennan	Health Centre, Killucan/Kinnegad	(044) 937 4120/5289
Dr. A. Butler	College Street, Mullingar	(044) 41 987
Dr. R. Campbell	Medical Centre, Kilbeggan	(057) 933 2444
Dr. D. Brennan	Millmount Medical Centre, Millmount, Mullingar	(044) 939 0033
Dr. G. Clyne	Tyrrellspass	(044) 932 3812
Dr. N. Cogan	Castlepollard	(044) 936 1235
Dr. Geraldine Sarah	Cuffe Health Centre, Athlone	(090) 647 5301
Dr. P. Cullen	Coole, Co. Westmeath	(044) 936 1104
Dr. M. Curran	Medical-Centre, Moate	(090) 648 1130
Dr. L. D'Alton	College Street, Mullingar	(044) 934 1987
Dr. Moria Fagan	Block J, Market Point, Medical Park, Patrick St, Mullingar	(044) 934 2480
Dr. Owen Fagan	Block J, Market Point, Medical Park, Patrick St, Mullingar	(044) 934 2480
Dr. W. Fox	Milltownpass	(044) 932 2116
Dr. K. Gaine	Mary Street, Mullingar	(044) 934 0408
Dr. G. Kearon	Garden Vale, Athlone	(090) 647 2337
Dr. P. Kelly	Ballymore	(044) 935 6230
Dr. R. Kirby O'Hanlon	The Batteries, Athlone	(090) 649 4110
Dr. F. Lee	Medi-Centre, Moate	(090) 648 1130
Dr. T. Lowry	1, Newtown Terrace, Athlone	(090) 647 2075
Dr. L. Lowry	1, Newtown Terrace, Athlone	(090) 647 2075
Dr. G. Lynch	Medi-Centre, Moate	(090) 648 1130
Dr. B. Mahon	Health Centre, Delvin	(044) 936 4405/4256
Dr. M. McCormick	Garden Vale, Athlone	(090) 647 2337
Dr. A. McGarry	Auburn Village, Mullingar	(044) 934 0792
Dr. M. McGrath	Garden Vale Court, Athlone	(090) 647 2172

Dr. F. McKenna	Austin Friars Street, Mullingar	(044) 934 8146
Dr. T. Meagher	Ballymahon Road, Athlone	(090) 647 2715
Dr. T. Moore	Health Centre, Killucan	(044) 937 4120/4683
Dr. M. O'Driscoll	Medical Centre, Kilbeggan	(057) 933 2444
Dr. J. O'Flynn	Medical Centre, Kilbeggan	(057) 933 2444
Dr. P. O'Kelly	Ballynacargy	(044) 937 3104
Dr. R. O'Leary	Bonavalley Medical Centre, Athlone	(090) 647 4428
Dr. M. O'Mahony	Health Centre, Glasson	(090) 648 5122
Dr. P. O'Meara	Garden Vale Court, Athlone	(090) 647 2172
Dr. U. O'Neill	Retreat Road, Athlone	(090) 647 2543
Dr. J. Rice	Garden Vale Court, Athlone	(090) 647 2172
Dr. E. Ruane	Mary Street, Mullingar	(044) 934 4722
Dr. C. Ryan	Health Centre, Killucan	(044) 937 4120/4683
Dr. B. Thornton	Parke, Kinnegad	(044) 937 5110