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

## your HSE guide

*South Tipperary*

South Tipperary Community Services  
Western Road, Clonmel, Co.Tipperary  
Tel: (052) 77000



The Local Health Office is the central focus of all Health Service Executive primary, community and continuing care services in your local area. South Tipperary Local Health Office provides a wide range of services, either from the Local Health Office, or from the Health Centres and other locations listed in this booklet.

## Welcome

I am the Local Health Manager for South Tipperary and I am delighted to introduce the HSE Guide.

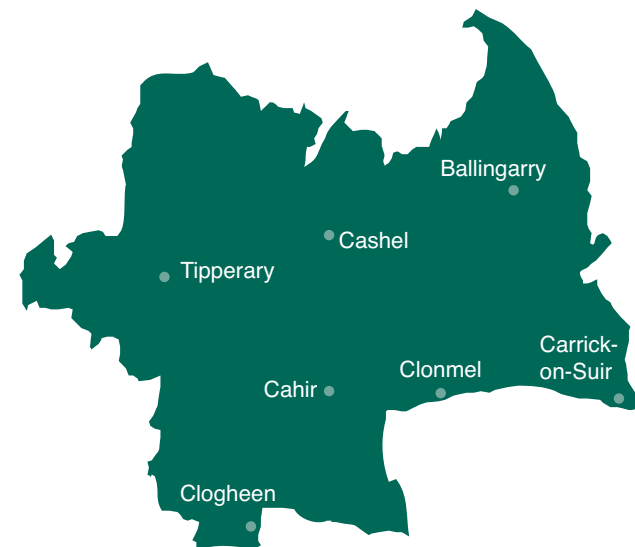
This guide has been published to provide you with a full list of the HSE Primary, Community and Continuing Care Services in our area and nearby.

Primary Community and Continuing Care (PCCC) Services include all the health services that you and your family require outside of the hospital setting, in your community — from Public Health Nurses visiting new parents and babies, to Dental checks in primary school, to the provision of long term residential care for our older people.

This booklet 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 health services in this area work for you, and to also 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.

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## 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 may receive free dental checks and care up to the age of 16 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

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 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.

## 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?

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 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 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.

### A Fair Deal – The Nursing Home Care Support Scheme

The Minister for Health and Children has announced plans for a significant change in how nursing home care is provided and paid for. From January 1, 2008, the current subvention and public nursing home schemes will be replaced by a new Nursing Home Care Support Scheme, which is designed to ensure that everyone who enters a nursing home, public or private, pays a fair portion of their income as a contribution towards the cost of their care. For more information on this scheme, contact your Local Health Office, or the HSE Infoline on: 1850 24 1850.

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

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

### Emergency dental treatment

Emergency dental treatment for relief of pain or trauma is available to all children up to age 16 years in HSE dental clinics. Clinics are open from 9am to 5pm but patients should telephone in advance for appointment time.

### Routine dental treatment

Routine dental treatment is provided to schoolchildren in target classes in primary schools. Children are called for examination and treatment to their local dental clinic on the basis of class lists provided by schools.

### Orthodontic treatment

Orthodontic services are provided by a consultant-led team. School dental clinics refer patients for treatment. The waiting time following assessment can vary but is currently approximately eighteen months. Orthodontic guidelines issued by Department of Health in 1985 are used to determine eligibility for this service. These guidelines are clinical and based on the severity of need.

### Adult services

People aged 16 years and over with a current medical card are eligible for HSE dental services. These services are generally provided by contracted private dental practitioners. The list of participating dentists is available in dental clinics.

#### For further information please contact:

Clonmel: (052) 77233  
 Tipperary: (062) 82118/82119  
 Cashel: (062) 70431  
 Carrick-on-Suir: (051) 645 188

## 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 F S, F ilte Ireland or LES training scheme.

The child/student must also be aged between 2 and 17 years before 1st October of the year you apply and must be a dependant on your social welfare or scheme income. A student aged 18-22 may also qualify where they are in full-time education at a recognised school or college, and is as dependant on your social welfare or scheme income.

### 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.

You may be considered for an Exceptional Needs Payment under Supplementary Welfare Allowance should your income be in excess of the standard guidelines, based on your overall circumstances.

### How do I apply?

You should apply to the Community Welfare Officer (CWO) at your Local Health Centre. Community Welfare South Tipperary FREEPHONE 1800 60 30 10  
 Note that application forms issue automatically to previous year's applicants. You can also call the HSE infoline: 1850 24 1850, for more information.

## Supplementary Welfare

### What is Supplementary Welfare Allowance?

Supplementary Welfare Allowance are means-tested payments to persons with no or insufficient income to meet their needs. A basic weekly allowance is paid to eligible people who have little or no income in a particular week and who meet certain criteria.

In addition, payments can also be made in respect of supplementing ongoing needs, such as Rent or Mortgage Interest. There is also provision for a once off payment towards urgent or essential exceptional needs.

Supplementary Welfare Allowance is not normally payable to persons in full-time employment, full-time education or to strikers — apart from dependants.

### What types of payments are made under the scheme?

#### Basic Payments

If you have no or insufficient income in any week, you may be entitled to basic Supplementary Welfare Allowance, provided you are living in and habitually resident in the state, satisfy a means test, applied for any other benefits you may be entitled to and are genuinely seeking work, if unemployed. For example, if you have claimed a social welfare payment but it has not yet been decided, and you have no other income, you may qualify for Supplementary Welfare Allowance while you are awaiting payment.

#### Supplements

If your income, whether Supplementary Welfare Allowance or other social welfare payment, is too low to meet certain special needs, you may be granted a weekly supplement, in addition to your income. These needs may include rent /mortgage interest payments or exceptional heating expenses due to ill-health. The amount of any supplement will be decided by the Health Service Executive based on guidelines and your own circumstances.

#### Exceptional Needs Payments

These are payments made 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 local authority assessing you as having a housing need (Rent only)
  - the size of your accommodation and your family size
- ¥ if you have applied for or have been refused Local Authority housing (Rent Only)
- ¥ 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. Information Booklets on the above are available at your local Health Centre. Community Welfare South Tipperary FREEPHONE 1800 60 30 10  
You can also call the HSE infoline: 1850 24 1850, for more information.

## An Introduction to our Community Services

Your Local Health Office is the focus of all health and personal social services provided outside of the hospital, in your community. Services available from your Local Health Office and Health Centres include GP services, Public Health Nurses, Social Work and Child Protection Services, Medical Cards, GP Visit Cards, Child Health Services, Community Welfare, Disability Services, Older People Services, Chiropody, Ophthalmic, Speech Therapy, Addiction Counselling And Treatment, Physiotherapy, Occupational Therapy, Psychiatric Services, Home Help and more

### Local Health Office

South Tipperary Community Services  
Western Road, Clonmel  
Tel: (052) 77000

Through our Community Services Offices, in Western Road, Clonmel provides a wide range of services either directly or through the Health Centres and other locations listed in this booklet.

## Health Centres in South Tipperary

The Health Centre is in or near every community, where you can access a wide range of HSE services.

Ardfinnan	(052) 66134
Ballymacarbry	(052) 36456
Ballyporeen	(052) 67487
Ballysloe, Thurles	(056) 883 4341
Bansha	(062) 54263
Cahir	(052) 41044
Cappawhite	(062) 75126
Carrick-on-Suir — Community Welfare Officer	(052) 640 783
Carrick-on-Suir — Dental	(051) 645 188
Carrick-on-Suir — PHN	(052) 645 191

Carrick-on-Suir — Physiotherapists	(052) 645 202
Carrick-on-Suir — Social Workers	(052) 640 344
Carrick-on-Suir — Speech & Language	(052) 645 192
Cashel	(062) 61022
Clogheen	(052) 65315
Clonea, Carrick-on-Suir	(051) 646 212
Clonmel	(052) 77000
Emly	(062) 57200
Fethard, Tipperary	(052) 31251
Killenaule	(052) 56481
Kilsheelan	(052) 33541
Mullinahone	(052) 53287
New Inn, Cahir	(052) 62416
Newcastle, Clonmel	(052) 36182
Primary Health Care Centre, Cashel	(062) 70600
St. Vincent's Health Centre, Tipperary Town	(062) 51825

### GP Out-of-Hours Service, Caredoc: 1850 334 999

This is a service to provide you and your family with access to family doctor services outside of normal hours. This service operates from 6p.m. to 8a.m. Monday to Friday, and from 12pm on Saturday until 8am Monday and on Bank Holidays.

### 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. Public health Nurses are frequently your first point of contact with the HSE. They provide support and advice on care, feeding and development to a parent or parents following the birth of a baby. Public health nurses also provide advice and a child health screening service to pre-school and school children and administer immunisations in schools with doctors. They provide aftercare to people who have been discharged from hospital. They co-ordinate and provide nursing and support services to the elderly and persons with disabilities in the home. They are also involved in providing a range of health promotional activities. Contact your Public Health Nurse at your Health Centre, or call (052) 77338 or (052) 77288.

### 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. 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.

Tel: (052) 77302 or (052) 773 034

### 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. You can contact the Area Medical Officers at (052) 77221 or (052) 77338/7288.

### 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:

### 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. Here is a list of GPs in our area:

### GP Visit Cards and Medical Cards

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. Here is a list of GPs in our area:

Name	Address	Telephone
Barrett, Dr. Gerard	Main Street, Cashel, Co. Tipperary	(062) 62132
Beckett, Dr. J	Freshford, Co. Kilkenny	(056) 32207
Browne, Dr. Joseph	St. Michaels Street, Tipperary, Co. Tipperary	(062) 51657
Carey, Dr. John	54 Queen Street, Clonmel, Co. Tipperary	(052) 21348

Carey, Dr. Michael	The Gables, Old Waterford Rd. Clonmel, Co. Tipperary	(052) 22963
Carey, Dr. Rosaleen	54 Queen Street, Clonmel, Co. Tipperary	(052) 21348
Carroll, Dr. Conor	Kyle Court Clinic, Tipperary, Co. Tipperary	(062) 51983
Cheasty, Dr. Judith	12 Mary Street, Clonmel, Co. Tipperary	(052) 21288
Condon, Dr. Carmel	Market Yard Surgery, Cahir, Co. Tipperary	(052) 41364
Curtin, Dr. John	Health Centre, Ballingarry, Thurles, Co. Tipperary	(052) 54208
Davern, Dr. Patrick	Kyle Court Clinic, Tipperary	(062) 51470/51687
Downey, Dr. John	Pearse Square, Carrick-on-Suir, Co. Tipperary	(051) 640 542
Dunne, Dr. Philip	Health Centre, Cappawhite, Co. Tipperary	(062)-75040
Durack, Dr. Bernard	Health Centre, Clogheen, Co. Tipperary	(052) 65503
Farrell, Dr. John	Market Yard Surgery, Cahir, Co. Tipperary	(052) 41364
Fitzpatrick, Dr. Ed.	Gortnahoe, Thurles, Co. Tipperary	(056) 34166
Gannon, Dr. Lucia	Killenaule Surgery, Killenaule, Co. Tipperary	(052) 56134
Healy, Dr. John	The Mall, Thurles, Co. Tipperary	(0504) 21296
Keenan, Dr. Lorcan	Cahir Road, Cashel, Co. Tipperary	(062) 61715
Kelly, Dr. Kevin	Western House Medical Centre, Western Road, Clonmel	(052) 25312
Lynch, Dr. Patrick,	7 Upper Irishtown, Clonmel, Co. Tipperary	(052) 24756
McCarthy, Dr. John J.	John Street, Cashel, Co. Tipperary	(062) 61129
McCarthy, Dr. John M.	Convent Road, Cahir, Co. Tipperary	(052) 41825
Mc Morrow, Dr. James	Medicentre, Davis Street, Co. Tipperary	(062) 52655
Meagher, Dr. Liam	Health Centre, Killenaule, Co. Tipperary	(052) 56134

O Connor, Dr. Caroline	St. Michael s Street Surgery, Tipperary Town	(062) 516 572
O Donovan, Dr. Timothy	17 Kickham Street, Carrick-on-Suir	(051) 641 059
O Donovan, Dr. William	Ballymacarbry, Co. Waterford	(052) 36161
O Dwyer, Dr. Kieran	Health Centre, Dundrum, Co. Tipperary	(062) 71270
Owens, Dr. Molly	The Square, Fethard, Co. Tipperary	(052) 31690
Quirke, Dr. Michael	46 Gladstone Street, Clonmel, Co. Tipperary	(052) 22894
Roche-Nagle, Dr. Richard	Ballyhest House, Rathgormack Co. Tipperary	(051) 646 003
Roche-Nagle, Dr. James A.	Ballyhest House, Rathgormack, Co. Waterford	(051) 646 003
Roche-Nagle, Dr. Kathleen A.	Ballyhest House, Rathgormack, Co. Waterford	(051) 646 003
Rochford, Dr. Bernadine	12 Mary Street, Clonmel, Co. Tipperary	(052) 21288
Rouse, Dr. J. Martin	Western House Medical Centre, Western Road, Clonmel	(052) 25312
Rouse, Dr. Marie B.	Western House Medical Centre, Western Road, Clonmel	(052) 25312
Ryan, Dr. William Joseph	Deerpark Road, Cashel, Co. Tipperary	(062) 62166
Sharpe, Dr. Damian	The Gables, Old Waterford Rd. Clonmel, Co. Tipperary	(052) 22963
Spillane, Dr. Dominic T.	Mount Anglesby, Clogheen, Co. Tipperary	(052) 65116
Sullivan, Dr. Gerard	12 Mary Street, Clonmel, Co. Tipperary	(052) 21288
Underhill, Dr. Denis R	Bansha, Co. Tipperary	(062) 54224
Wallace, Dr. John	St. Michael Street, Tipperary	(062) 51983
Walsh, Dr. R. Coleman	12 Mary Street, Clonmel, Co. Tipperary	(052) 21288

### 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 (052) 77282.

### 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: (052) 77249, (052) 77250, (052) 77251 or (052) 77375.

### Occupational Therapy

These services are provided to people who through illness or disability are in need of support or changes to their lifestyle to enable them to achieve their optimum level of independence. Occupational Therapists can advise on any changes that may be needed in the home, school or work, and on activities or strategies that will help a person to attain maximum independence. Call the OT Department on (052) 22838.

### Ophthalmology Services

A full Medical Eye Service is provided by Medical Eye Doctors to eligible people. Medical Card Holders, Diabetics, All Hepatitis C patients are eligible for Adult Services and access is through the G.P or Consultant Hospital Doctor. All Preschool and Primary children identified with a medical eye problem, are eligible. School Vision Screening targets Children an entry and exit from school. Children are referred to the Medical Eye Services by Public Health Nurse, Area Medical Health Doctor, G.P., Hospital Consultant. Further information call (052) 77215/77217.

### Eye Sight Testing Scheme

The testing of Adults for changes in Spectacles is accessed through the Optometrist/Optician and Medical Card holders are eligible for a regular eye test and change of Spectacles (usually every 2 years). This service is accessed directly through the local Optometrist /Optician.

### 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 (052) 77210.

### Speech and Language Therapy

Services are provided for children and adults who present with Speech, Language, Voice or Swallowing Disorders. All children are eligible. Eligible adults are: In-patients in STGH, Post Stroke/Neurological illness, with a Laryngectomy and all Medical Card holders. In addition there is some eligibility to other adult groups as follows: Adults with ENT disorders, ie. Voice Disorders are eligible if they are Primary referrals from Public ENT Consultant clinics held in South Tipperary. Adults with a stammer, if they were in the local SLT service as children are re-admitted as adults. Tel: (052) 77281.

### 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.

### Transitional Living Unit and Day/Outreach Rehabilitation Service for Persons with an Acquired Brain Injury

#### Service Provided:

Rehabilitation Service for Persons with an Acquired Brain Injury.

#### Transitional Living Unit Services HSE South

Transitional Living Unit Service, 17 New Toberaheena, Clonmel

Tel: (052) 80489

Email: [breda.hahessy@maila.hse.ie](mailto:breda.hahessy@maila.hse.ie)

[transitional.livingunit@maila.hse.ie](mailto:transitional.livingunit@maila.hse.ie)

The Transitional Living Unit Service is based in Clonmel, South Tipperary. The service opened in 1999 to cater for the needs of people with an Acquired Brain Injury e.g. as a result of a fall, road traffic accident, assault, anoxia, brain haemorrhage, stroke, tumor or infection of the brain. It is a therapeutic unit that can accommodate up to three people.

### Day and Outreach Service

The Day and Outreach Service also based in Clonmel was set up as a further development of the Transitional Living Unit Service. The service aims to enable people who have an Acquired Brain Injury to achieve, personal development, social integration, and vocational placement. We aim to empower each individual to achieve his/her potential and to restore physical, psychological, social and vocational well-being.

A supportive environment is provided by both services where rehabilitation programmes are developed and maintained for persons with Acquired Brain Injury — age 16 years or above. The service works in partnership with service users and their families.

The team work directly with — Senior Clinical Neuropsychologist. The Service has access to a multidisciplinary team, which includes for example Speech & Language, Occupational Therapy, Physiotherapy and Liaison Nurses.

#### Referrals are made by:

Regional Team, Liaison Nurses, Multidisciplinary Team, Local General Practitioner, Self Referrals and National Rehabilitation Hospital.

### Damien House Services

Damien House Services provides day, residential services to adults with a diagnosis of moderate and severe intellectual disabilities. The service is committed to a person centred approach, and the provision of a service of excellence. For further information contact Mary Morgan, Director of Nursing Tel: (087) 980 6757.

(052) 77643

(052) 82199 (after 6pm)

(087) 656 7605

(087) 052 2558

(052) 232 477 Day Services

### Disability Services

Children & Adults with an Intellectual, Physical or Sensory disability are entitled to the general HSE services and in addition may require specific disability services such as:

- ¥ Specialist assessment and therapeutic services;
- ¥ Respite & home support services;
- ¥ Day or rehabilitative training services;
- ¥ Residential services.

These services may be delivered directly or in partnership with a wide range of voluntary service providers. Initial contact may be made with the Local Health Office at (062) 64902 or (052) 77357 or 77337.

### Psychology Services

Offer assessment and intervention services to the people of South Tipperary, with the aim of improving psychological health and well-being. It provides clinic and home based interventions, education/training, parenting groups. The Psychology Drop In Clinic can be accessed without prior appointment. Tel: (052) 77911.

### Community Child and Adolescent Psychiatry Services

The Child and Adolescent Psychiatry Services are currently based at 34 Queen St., Clonmel. Tel: (052) 29774. Referrals to the service are via Family Doctor. The service will be moving to a new, purpose built premises in the near future.

### Registration Services – Births, Deaths & Marriages

Civil registrations records are computerised and certificates are available from any Office, Nationwide. Community Care Centre, Clonmel office has a credit card facility therefore the customers can make the orders over the telephone with their credit card details.

Lo-call Information Line	1890 247 847
Community Care Centre, Western Road, Clonmel	(052) 77204
Community Care Centre, Western Road, Clonmel	(052) 77205
Health Centre, Pill Road, Carrick on Suir	(051) 645 263
Health Centre, The Green, Cashel	(062) 70477
Health Centre, St. Vincent s Hospital, Tipperary Town	(062) 82114

### 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 GP Out-of-Hours Services on 1850 334999.

#### Acute Hospitals

South Tipperary General Hospital, Clonmel	(052) 77000
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#### District Hospitals

St. Brigids District Hospital, Carrick On Suir	(051) 640 025
St. Theresa's Hospital, Clogheen	(052) 65205

### Hospice Care

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 GP Out-of-Hours Services on 1850 334 999.

### Counselling

Comhar Adult Service for those who have experienced childhood abuse.  
Tel: 1800 234 118

## Services for Older People

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

### Hospitals and Homes for Older Persons

This is a list of the public nursing homes and long stay facilities in the area. There are also a large number of private nursing homes registered with the HSE.

For a list of the registered private nursing homes in the area call (052) 77283. You can also register any comments or complaints about a nursing home at this number.

St. Patrick's, Hospital, Cashel  
Tel: (062) 61100

Cluain Arainn, Tipperary  
Tel: (062) 52186

St. Anthoneys, Clonmel  
Tel: (052) 77480

### Day Care Centres in our area include:

St. Vincent's Day Care Centre, Tipperary	(062) 82105
Vee Valley Day Care Centre, Clogheen	(052) 65477
Fethard Day Care Centre, Fethard	(052) 32917/31000
Cahir Day Care Centre, Cahir	(052) 45480
Carrick Day Care Centre, Carrick on Suir	(051) 640 085
Clonmel Day Care Centre, Clonmel	(052) 24882
Cashel Day Care Centre, Cashel	???
Cappawhite Day Care Centre, Cappawhite	(062) 75071

## 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, to a small number who 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. Michael's Unit, Clonmel  
Tel: (052) 77000

St. Luke's Hospital, Clonmel  
Tel: (052) 77000

### Community Child and Adolescent Psychiatry Services

The Child and Adolescent Psychiatry Service are currently based at 34 Queen Street, Clonmel  
Tel: (052) 29774

Referrals to the Service are via Family Doctor. The Service will be moving to a new, purpose built premises in the near future.

## Addiction Services

The South Tipperary Substance Misuse Service is located at 11 — 12 Peter Street, Clonmel and has been in operation since 2000. Its sister Service, The Mental Health Addiction Service, located in Coolgreaney House Clonmel has been in operation since 1992. These Services offer low threshold, easy access to a wide range of responses in an effort to assist individuals and/or their families, as well as the wider Community in general, in dealing with the issues of Alcohol/Substance Misuse.

### Among the key services provided are:

- ¥ Substance Misuse Counselling for adults and adolescence;
- ¥ Information on treatment;
- ¥ Information on, and access to Drug Education Training;
- ¥ Development of Substance Misuse Policies;
- ¥ Parenting Programmes;
- ¥ Drug Facts Presentations;
- ¥ Satellite Clinics (in Tipperary Town, Cashel, Carrick-on-Suir, Mullinahone);
- ¥ Drop in Clinic (Clonmel Tuesday mornings);
- ¥ Drop in Service for Polish and Russian speaking foreign nationals (Tuesday evenings 5pm - 8pm).

For further information contact the secretary at (052) 77900

## Environmental Health

The Environmental Health Officers provides food control services on contract to the Food Safety Authority of Ireland in a wide range of food premises e.g. Hotels, Restaurants, Retailers, Manufacturers, Licensed Premises. This would include auditing, sampling and hygiene training. In addition EHOs are members of the Nursing Home and Preschool Inspection Teams. They are also responsible for tobacco control legislation. Other duties include special housing aid for the elderly, cosmetics products regulations, poisons regulations and monitoring of leisure centres.

Tel: (052) 77262 or (052) 77263

## Freedom of Information

Freedom of Information Acts 1997 & 2003 establish three statutory rights:

- ¥ A right to access records held by Public Bodies;
- ¥ A right to have personal information in a record amended where it is incomplete, incorrect or misleading;
- ¥ A right to obtain reasons for decisions affecting the person.

These rights are subject to certain exemptions which are set out in the Acts. If you require further information please contact:

### The Freedom of Information Unit

Office Complex, Kilcreene Hospital, Kilkenny

Tel: (056) 778 5598 Fax: (056) 778 5549

Email: [foi\\_sea@maila.hse.ie](mailto:foi_sea@maila.hse.ie)

## Health Promotion (Forbairt Sláinte)

St. Catherine's, St. Luke's Hospital, Clonmel  
Tel: (052) 77327

## Money Advice Budgeting Service

MABS Clonmel

No 5 Printers Lane, Market Street, Clonmel, Co. Tipperary

Tel: (052) 29313

Freephone: 1800 302 402

Email: Clonmel@mabs.ie

MABS Tipperary

19 Davis Street, Tipperary

Tel: (062) 33410

Email: Tipperary@mabs.ie

## Regional Services

Adoption Service, 2 St. Andrew's Tce, Waterford	(051) 860 048
Community Child Centre	(051) 842 691
Drugs Co-ordination Office	(051) 846 720
MABS	(051) 857 929
Regional Appeals Office, 8 O'Connell Street, Clonmel	(052) 25758
Sexual Assault Treatment Unit	(051) 842 157
Sexually Transmitted Diseases Clinic	(051) 842 646
Substance Misuse Office	(051) 301 201
Suicide Resource	(051) 874 013
Wexford Healthcare Supplies, Ardcavan Business park, Wexford	(053) 917 4300

