

# *Where to From Here?*



## ***Galway City and County***

Information for young people with a disability and their families when considering post school options.

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## Introduction

Welcome to the HSE Galway Disability Day Services information booklet.

We hope that this booklet will support you and your family as you prepare to leave school and perhaps move into Further Education and Training or Adult Disability Day Services. This book provides an overview of disability services and supports that are currently being offered in Galway City and County.

## Where to Start?

- Leaving school can be both an exciting and anxious time. We hope that the information in this book will help answer some of your questions and direct you to some other helpful information sources.
- Your Career Guidance Counsellor and/or Teacher will also support you to think about what you might like to do when you leave school.
- If you would like support to explore HSE funded services that are listed in this book or would like guidance about further education and training, complete a referral form and send to: [disabilityday-services.cho2@hse.ie](mailto:disabilityday-services.cho2@hse.ie)
- You can contact either of the Day Opportunities and Guidance Officers; details contained in the contact information page.

## What services are available?

Services are based across Galway City and County. Services to consider are:

- Education
- Rehabilitative Training (RT)
- Vocational Support
- Day Services

## What is a Day Service

Day Services are not all the same with many different models in place to meet people's varied needs. Irrespective of the day service model, all embrace **New Directions** which is the HSE's approach to supporting people with disabilities who use day services in Ireland.

You can find more information on the HSE website at

<https://www.hse.ie/newdirections>



You can watch the video about New Directions for more information:

<https://vimeo.com/404984113>

## Discovering what is important to me

Person-Centred Planning is about your hopes and dreams, the things that are important to and for you while utilising the supports available to you to realise those goals.

The National Framework for Person-Centred Planning guides how Person-Centred Planning is carried out and all providers of day services should have a Person-Centred Planning policy.

More information including a suite of resource materials for people supported by Day Services, their families and the general public is available in both easy to read and written format on the HSE website at <https://www.hse.ie/eng/services/list/4/disability/newdirections/person-centred-planning/>

You can watch the HSE Person-Centred Planning Introductory Video (*3 min explainer video*) <https://youtube/KmuvBPM4Rro>.

## How will I know which one is right for me?

You will have the opportunity to visit a service or view a service model.

- Some services offer an Open Day. The Day Opportunities and Guidance staff will inform you of the dates and times.
- An Information Fair is held in October each year; where you will get an opportunity to meet staff from the various services.
- Some services offer sampling, where you can spend some time taking part in the programme they offer.
- You will have a Day Service and Guidance staff linked to you and your family who will support your decision making process.

## Where can I access information?

- This booklet will provide you with examples of services that are located in Galway City and County.
- You will find contact information for each service throughout the book.

## What happens next?

Referral is completed

- The referral form is completed by you/ parent/ family representative/ guardian/ Teacher/ Multidisciplinary Team.
- Referrals are completed in early summer before you start your final year in school.
- It is sent to the Day Opportunities and Guidance Service Team.

Referral is received

- The referral is reviewed and acknowledged.
- The Day Opportunities & Guidance Officer will be in contact with you/your family member and the person who sent the referral.

Meet with Day Opportunities & Guidance Officer

- We will arrange to meet with you and your parent/guardian.
- We will explore options such as further education, day services or training.
- We will explain the process in detail.

If you are eligible and decide that you would like to pursue a Day Service or a Rehabilitative Training place:

The School Leaver Process can be deferred

- If you would like to explore alternative options other than a HSE-funded day service, a post-guidance deferral can be arranged. This gives you an option to re-engage within 5 years if required.

A Support  
Needs  
Meeting is  
planned

- A Support Needs Meeting takes place with you, your family member/guardian, school staff and other relevant personnel.
- We aim to have this completed by Christmas or early January of your final year in school.

Sampling /  
Visits

- You may have the opportunity to visit services of interest to you.
- Some services also require you to sample their service. This ensures that you can gather the necessary information to make an informed choice and also for the service to know if it can meet your needs.

Application  
to services

- You, alongside your family member, and possibly other people that are supporting you through the Children's Disability Network Team, will support you to complete an application to your chosen service.
- Exchange of information takes place and transition planning begins.

Funding &  
assignment  
of Service  
Provider

- In early summer of the school-leaving year, the HSE will allocate funding to the Service Providers.
- The Service Provider will offer a Day Service or Training (RT) programme place to you and will commence the development of your person-centred plan.

Day Service  
or RT com-  
mences

- In early autumn of the year you finish school, (providing you are 18 years of age) your Day Service or Training (RT) programme begins.

## Contact Information

**Central email address:** [Disabilitydayservices.cho2@hse.ie](mailto:Disabilitydayservices.cho2@hse.ie)

**Contact:** Anne Silke  
**Phone:** 087 3656377  
**Email:** [anne.silke@hse.ie](mailto:anne.silke@hse.ie)  
**Address:** Day Services Opportunities & Guidance Service,  
Disability Services,  
25 Newcastle Road,  
Galway.

**Contact:** Fiona Brannelly  
**Phone:** 087 3699080  
**Email:** [Fiona.Brannelly@hse.ie](mailto:Fiona.Brannelly@hse.ie)  
**Address:** Day Services Opportunities & Guidance Service,  
Disability Services,  
The Grove,  
Vicar Street, Tuam, Co. Galway

**Contact:** Disability Day Services  
**Phone:** 091 546310  
**Email:** [Disabilitydayservices.cho2@hse.ie](mailto:Disabilitydayservices.cho2@hse.ie)  
**Address:** Disability Day Service,  
Community Health Care West,  
25 Newcastle Road,  
Galway.  
H91 RW28



Training (RT) Centres		
St Joseph's Training Services	Ability West	Galway City Tuam
Apple Tree	BOCSI - Galway	Loughrea
Blue Teapot Theatre Company	Brothers of Charity & Ability West Galway City	Galway City
Compass	RehabCare	Galway City
National Learning Network	NLN	Galway City

# St. Joseph's Training Services



## Who do we support?

Ability West operates St. Joseph's Training Services which currently provides a Rehabilitative Training (RT) programme in Galway City and Tuam (\*service locations may vary and are dependent on enrolment numbers for that year).

- We support young adults who have left school
- We support those who want to learn and develop a range of independent living and social skills
- We support people who express an interest in further education and training at QQI levels 1 and 2
- We support individuals who wish to develop their social communication skills through our Communication for Life Programme
- We support individuals who may have an interest in developing employment skills through our Work Experience/Job Coach Programme
- We support individuals who are striving towards a more independent self with a tailored Person Centred Programme with QQI levels 1 and 2 certification
- We support those who wish to explore their potential to benefit from our programmes in a holistic and person-centred manner

## How do we support?

- Each trainee has an annual review and an Individual Training Plan to guide their training time with Ability West





- Trainees are matched to programmes based on their individual preferences, needs and ability
- Our training is QQI accredited and rehabilitative in focus
- The rehabilitative training programmes are funded by the HSE
- The course is full-time, Monday to Friday, 30 hours per week over 3 years
- Trainees receive 30 annual leave days
- We support individuals via a team of instructors in various subject areas to achieve nationally recognised QQI certification
- We operate a total communication environment to support trainees' speech, language and communication needs
- We support people to access opportunities to further education within the local community
- We work closely with local businesses to deliver a work experience programme with the assistance of job coaches
- In addition to the QQI courses we also offer trainees opportunities to enhance their learning, therapeutic and health and social gain by way of various in-house and community activities
- We offer a comprehensive social skills curriculum based around elements including video modelling and role playing with the overall aim of generalisation across different social environments

**For more information:**

**Contact:** Matthew Ellis, Manager, St. Joseph's Training Services  
**Phone:** 091 522113 or HQ - 091 540900  
**Email:** [matthew.ellis@abilitywest.ie](mailto:matthew.ellis@abilitywest.ie)  
**Address:** Ability West, Blackrock House, Salthill, Galway, H91 R254  
**Website:** [www.abilitywest.ie](http://www.abilitywest.ie)

**Get social with us:**



# Apple Tree Loughrea

## Who do we support?

School-leavers with intellectual disability



## How do we support?

The centre offers a 4-strand programme:

1. Formal Education: QQI programmes leading towards certification in General Learning (level 2) and Employability Skills (level 3); Community-based education through Galway and Roscommon Education and Training Board (GRET B) and Galway Rural Development (GRD); and supported on-line learning through National Adult Literacy Agency (NALA)
2. Community Integration: Incorporating personal development and social connectedness
3. Independent Living: Practical skill development including personal safety
4. Work Skills: including project work and work experience

## Where are we located?

- Loughrea Town

## For more information:

**Contact:** Apple Tree RT Service  
**Phone:** 091 842405  
**Email:** [Appletree@bocsi.ie](mailto:Appletree@bocsi.ie)  
**Address:** Millennium House 1<sup>st</sup> Floor,  
West Bridge, Loughrea, Co.  
Galway



# Blue Teapot Theatre Company

Blue Teapot Theatre Company is an award winning Theatre Company, Performing Arts School and Community Theatre programme for people with intellectual disabilities. Our mission is to empower freedom of artistic expression and unlock diverse creative potential through inclusive theatre practice.

## Who do we support?

Adults and teenagers with mild to moderate intellectual disability



## How do we support?

Blue Teapot has three programme strands, each offering a pathway to a fully realised creative life for people with an intellectual disability:

**Theatre** – professional ensemble of actors who work to radically transform theatre practices by telling stories through the lens of disability- paving the way for inclusive practices to become the norm.

**Performing Arts School** – accredited provider of a three-year performing arts training programme that leads to certification in QQI Levels 2 and 3. Our ethos is to give learners quality arts experience of equal importance to that of required learning outcomes. Tutors are subject matter experts with a wealth of knowledge in creative arts. In addition to performing arts modules we also provide classes in Literacy/ IT and Life Skills. Recruitment for the programme is on an annual basis.

**Community Theatre Programme** – there are two strands to this programme: Bright Soul, which caters for adults, and Sparkle for teenagers. All participants are curious about performance and the opportunity to participate in fun and fearless creative workshops.

## For more information:

**Phone:** 091 520 977 or 087 652 01 46

**Email:** [training@blueteapot.ie](mailto:training@blueteapot.ie) or [info@blueteapot.ie](mailto:info@blueteapot.ie)

**Website:** [www.blueteapot.ie](http://www.blueteapot.ie)

**Social Media:** Facebook: [blueteapottheatrecompany](https://www.facebook.com/blueteapottheatrecompany)

Instagram: [blueteapottheatre](https://www.instagram.com/blueteapottheatre)



# Compass

## Who Are We?

Compass Outreach Services



## Who Do We Support?

A Person Centred Support Service for individuals with a diagnosis of autism spectrum disorder (Level 1). Compass is an acronym for Community Partnership Asperger Support Service

## How Do We Support?

Compass is aimed at adults with Level 1 autism spectrum disorder (ASD) who would benefit from targeted short-term supports. Compass provides supported access to community and local resources; it is not a social care service. It aims to build capacity and independence and is underpinned by New Directions policy. Participants avail of the project for 18 months.

Compass engages participants using a person centred approach. It facilitates people with level 1 ASD who are marginalised supporting them to participate in their local community in line with their choices, aspirations and needs. Compass aims to see the world through the individual's ASD lens. Through this perspective we can better support individuals navigate social and personal challenges. This enables us to jointly set goals and prioritise areas of support, so that people maximise their social capability, personal potential and quality of life.

## For More Information:

**Contact:** Mervyn Swords (Community Service Manager)

**Phone:** 087 3671311

**Email:** [Mervyn.Swords@rehabcare.ie](mailto:Mervyn.Swords@rehabcare.ie)

**Address:** COMPASS, ILAS, Upper Newcastle Road, Galway (H91 C7DK)

**Website:** [www.rehabcare.ie](http://www.rehabcare.ie)

## Plans For Me & Explore

# National Learning Network

Investing in People, Changing Perspectives

### Who do we support?

National Learning Network (NLN) provides a range of flexible training courses and support services for people who need specialist support (job seekers, un-employed, people with an illness or disability) in 50 centres around the country. The SOLAS courses and HSE programmes, all of which include work experience, offer nationally recognised qualifications including QQI, ECDL, and ensuring that students are ready to take the next step in getting a job or to go on to further education.

### How do we support?

We promote equality by providing world-class training, education and employment access services, and by actively influencing the creation of a more inclusive society.

### For more information:

**Contact:** Patrick Hannon - Area Manager  
**Phone:** 091 756650 / 086 0432617  
**Email:** [galway@nlh.ie](mailto:galway@nlh.ie)  
**Address:** NLN Horizon Business Park, Ballybrit, Galway H91XHY2  
**Website:** [www.nln.ie](http://www.nln.ie)

**More detailed information about the courses NLN offer are detailed below and on the following pages.**

### Plans for Me Programme (Level 2)

Personal Development & Person-Centred Planning. This programme is designed to provide students with opportunities to learn the skills, knowledge and attitudes needed to develop personal effectiveness and self-advocacy skills, become more independent in social & vocational situations, operate in a supported community situation and progress onto further training or education.

**Contact:** Sheila Forde or Orla Turley – Instructors

**Phone:** 086 0200021    **Email:** [orla.turley@nl.n.ie](mailto:orla.turley@nl.n.ie)

### **Explore Programme**

The Explore programme is a person centred outreach support service for school leavers over the age of 18 who have a diagnosis of Autism Spectrum Disorder (ASD). Explore provides community supports for life, vocational and social goals. Support is provided by an Autism Outreach Support Worker and is guided by the person's individual needs and level of support required.

**Referrals:** Referrals are made through the HSE Day Services Opportunities and Guidance Service.

**Contact:** Patrick Hannon - Area Manager

**Phone:** 091 756650 / 086 0432617    **Email:** [patrick.hannon@nl.n.ie](mailto:patrick.hannon@nl.n.ie)

**For more detailed information about the courses NLN offer is available through our QR code or padlet Link below**



<https://padlet.com/nlnfreetrainingcoursesgalway/Bookmarks>

City Based Day Services	
Croílár	Ability West
Slí Eile	Ability West
Arts Alive	BOCSI – Galway Services
ARC, Amber & Áthas	BOCSI – Galway Services
Asha Day Service	BOCSI – Galway Services
Avoca	BOCSI – Galway Services
Bloom	BOCSI – Galway Services
Blossom	BOCSI – Galway Services
Carra	BOCSI – Galway Services
The Docks	BOCSI – Galway Services
Meadowview	BOCSI – Galway Services
Raleigh Row	BOCSI – Galway Services
Shalom/St Paul's	BOCSI – Galway Services
Slí Beatha	BOCSI – Galway Services
Woodgrove	BOCSI – Galway Services
School Leaver Service (Galway)	Irish Wheelchair Association
Galway Resource Centre	RehabCare
Oasis	RehabCare
Rise Service	RehabCare

Resilience Healthcare Galway	Resilience Healthcare
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# Croílár Adult Day Service



## Who do we support?

- We support adults who have left school, 18 years of age and above.
- We provide services to adults with an Intellectual Disability presenting with various ability levels and co-morbidities.
- We support individuals who wish to develop their social and independent living skills who are striving towards a more independent self through our holistic and Person Centered programmes.

## How do we support?

Croílár hub provides a base through which people can plan their future with the support of their key workers. This is supported through accessing further education, work experience and social opportunities.

Each person is supported to make individual choices based on their needs and abilities to achieve social role valorisation in collaboration with New Directions 12 supports. Through this, people are supported in increasing their independence by developing their life skills and connections with the local community.

## For more information:

**Contact:** Bridget Donnellan  
**Phone:** 091 755031/ 087 3639034  
**Email:** [ndg2@abilitywest.ie](mailto:ndg2@abilitywest.ie)  
**Address:** Tuam Road Retail Centre H91 YH34  
**Website:** [www.abilitywest.ie](http://www.abilitywest.ie)

Get social with us:



# Slí Eile Day Service

## Who do we support?

This is a complex needs specialised service. We support school leavers and service users aged between 18-65 who have a moderate intellectual disability with Autism, complex needs, and behaviours that challenge, with additional medical needs. This is an individualistic, innovative and progressive day programme, which focuses on supporting young adults living in Galway to be independent and to work towards their own goals and achievements.

It comprises a range of social inclusion, table top activities, life skills development, learning, recreation and leisure activities and individual supports leading to enhanced quality of life and is based on the core values of New Directions, which are community inclusion, active citizenship, person-centredness and quality services

## How do we support?

Sli Eile Day service supports individuals in line with the Vision and Mission statement of Ability West and is based on the core values of New Directions, which include community inclusion, active citizenship, person-centeredness and quality services Our mission is to provide an individual and holistic service to each person availing of the service, with each person supported and valued within an environment which promotes their overall autonomy, health and wellbeing.

We operate a total communication environment to support service users tailor made for people living with Autism.

- We support people with speech, language and communication needs, cookery, art, music, and exercise.
- Support can be provided in accessing local amenities, supporting independent living skills, travel training, goal planning, personal skills and wellbeing. Including personal safety thus enables a wide range of social and leisure activities. We also have provided a sensory gross motor room to accommodate OT and other needs.

## For more information:

**Contact:** Patrick Mulrooney, Manager  
**Phone:** 087 6862079 or HQ - 091 540900  
**Email:** [patrick.mulrooney@abilitywest.ie](mailto:patrick.mulrooney@abilitywest.ie)  
**Website:** [www.abilitywest.ie](http://www.abilitywest.ie)



# Arts Alive



## Who We Are:

Arts Alive Galway is a vibrant, community-based arts programme in the heart of Galway city. We offer an inclusive and person-centred programme, where young adults can explore both personal growth and artistic expression.

## Who do we support?

We support adults with mild to moderate intellectual disability.

## How do we support?

Our innovative programme combines artistic development with key life skills, empowering participants to explore their creativity, enhance their self-development and connect meaningfully with the wider community.

- **Creative Exploration:** Participants engage in a wide variety of art forms, including visual arts, performance and multi-media tailored to individual interests and needs.
- **Collaborative Projects:** We work as an ensemble to produce high-quality performances and exhibitions in collaboration with professional artists, ensuring strong, visible voices within Galway's arts scene.
- **Personal Growth:** The programme supports self-development, decision-making and the acquisition of skills for independent living, health and fitness, lifelong learning, developing and maintaining friendships and community inclusion.
- **Community Engagement:** We foster active citizenship by supporting participants to access volunteer roles, work experience, paid employment, education and social opportunities in their community.

## For more information:

**Contact:** Richard Humphreys  
**Phone:** 091 755231  
**Email:** [Richard.Humphreys@bocsi.ie](mailto:Richard.Humphreys@bocsi.ie)  
**Address:** Fáilte House, Ballybane, Galway



# Arc, Amber, Áthas

## Who do we support?

Adults with a moderate to severe intellectual disability including individuals on the autism spectrum.

## How do we support?



- ARC stands for “Advocating Real Choice”
- ARC, Amber and Áthas supports individuals to exercise their choices, access their local community and to explore opportunities through Personal Outcome Measures.
- There is a focus on encouraging independent living skills and exploring opportunities for new experiences.
- ARC, Amber and Áthas provide a variety of activities to each individual such as: swimming, horse riding, computer skills, massage, physiotherapy, arts and crafts, and work experience in different community settings, music sessions and access and engagement with all of the facilities in the local community.

These services are currently located in Ballybane area of Galway City.

## For more information:

**Contact:** Orla Murphy Team Leader  
**Phone:** 091 738176  
**Address:** John Paul Centre, Ballybane, Galway  
**Email:** [Orla.Murphy@bocsi.ie](mailto:Orla.Murphy@bocsi.ie)  
**Website:** <https://west.brothersofcharity.ie/>

# Asha Day Service

## **Who We Are:**

We are a community-based day service, predominantly aimed at school leavers.

**Who Do We Support:** We support individuals with a mild intellectual disability.

**How Do We Support:** We offer an alternative option of supports to that of your traditional day service, under Fáilte Community Services. Each person supported has a dedicated key worker who will work with you and support you to live a life of your choosing; through individual goal-setting and a vision for your life. In line with your skills, needs and wishes, this may be achieved through leisure activities, on-site and community-based learning and further education, accessing volunteer and work opportunities, social activities, skills teaching and building and many more.

Operating under the guidance of New Directions policy, and using a rights-based approach, Asha is an individualised tailored approach to support, whereby the person supported (you) are at the centre of your supports; owning your own person-centred plan and directing elements of your life and supports.

Your key worker/support worker will aim to meet you very regularly in accordance with your support agreement. All people supported choose the meeting place, which is likely to be within your community and somewhere familiar to you. You also have the option to meet your keyworker in our “hub” in Atlanta House, Dominic Street, or in Fáilte House, Ballybane.

In the beginning you will work on your Person Centred Plan, developing goals and start thinking about what “A Good Life” looks like for you. Then your support meetings will involve continuously reviewing your goals, skills building, planning, learning and review. The most important thing is that it’s all about you!

## **For more information:**

Contact: Niamh Noone  
Phone: 087 2592150  
Email: [niamh.noone@bocsi.ie](mailto:niamh.noone@bocsi.ie)  
Address: Unit 3, Atlanta House, 36 Dominic Street  
Lower, Galway. H91 WF7H



## Who do we support?

Adults with a moderate to severe intellectual disability including individuals on the autism spectrum.

## How do we support?

Avoca supports young adults who have completed school or rehabilitative training. Avoca supports individuals to exercise their choice, access their local community and to explore opportunities through Personal Outcome Measures. There is a focus on encouraging independent living skills and exploring opportunities for new experiences. Individuals can part take in the 'Let's get to Work' initiative.

Avoca provides a variety of activities to each individual such as: horse riding, computer skills, independent living skills, arts and crafts, physio and occupational therapy, swimming, massage and other therapies. Each day service encourages individuals to liaise with various local community groups regarding different projects and joint initiatives that may interest them.

This model of service is currently located in the Headford Road area.

## For more information:

**Contact:** Orla Murphy

**Phone:** 091 738176

**Address:** Abbey Day Service, Cairéal Mór, Headford Road

**Email:** [Orla.Murphy@bocsi.ie](mailto:Orla.Murphy@bocsi.ie)

**Website:** <https://west.brothersofcharity.ie/>



# Bloom

## Who Do We Support?

Bloom Service supports young adults with moderate to severe intellectual disability and complex behavioural needs, including individuals on the autism spectrum.

## How Do We Support?

The service find way to actively encourage individuals to exercise control over their own choices, access their local community and to explore opportunities through Personal Outcomes Measures. We focus on encouraging independent living skills and exploring opportunities for new life experiences.

Bloom provides a variety of activities in a variety of community settings based on individual preferences such as swimming, outdoor pursuits, massage, arts and crafts, music sessions and access and engagement with all of the facilities in the local community. We actively pursue community based social activities in order to create opportunities to build friendships and wider social circles for those we support.

Our services are located in Ballybane, Galway city.

## For more information:

**Contact:** Helen Lawrence

**Phone:** 087 6727601

**Address:** John Paul Centre, Ballybane, Galway.

**Email:** [helen.lawrence@bocsi.ie](mailto:helen.lawrence@bocsi.ie)

**Website:** <https://west.brothersofcharity.ie/>



# Blossom

## Who Do We Support?

Blossom Service supports adults with mild to moderate intellectual disability.

## How Do We Support?

We empower individuals to make choices, connect with their community and explore opportunities using Personal Outcomes Measures.

At Blossom, programmes are person-centred, designed around each individual's goals, preferences and participation in community life. We focus on:

- Encouraging independent living skills
- Creating new experiences
- Supporting self-directed lives
- Embedding the values of social role valorisation

We promote a positive, supportive environment where each person can grow, explore their interests and build on their skills. Participants can engage in a wider range of activities and skill-building modules of their choice, including:

- Life skills and independent living
- Further education and personal development
- Arts, crafts and creative projects
- Work skills, horticulture and social farming
- Music and physical exercise programmes

This model of service is currently located in Woodlands, Renmore, Galway

## For more information:

**Contact:** Helen Lawrence or Marcella Kennedy

**Phone:**

**Address:** Ballintemple, Castlegar, Galway

**Email:** [helen.lawrence@bocsi.ie](mailto:helen.lawrence@bocsi.ie)

**Website:** <https://west.brothersofcharity.ie/>





# Carra

## Who do we support?

We support school leavers or RT graduates who have a moderate to severe intellectual disability with additional medical and/or physical needs.

## How do we support?

Carra is a community-based service located in the heart of Knocknacarra. The service supports people to make friends and has a strong focus on supporting people to participate in their local community. Each person is supported through arts and education to “Saol Beo”. People attending Carra are supported with regards to Advocacy and work towards living as independently as possible.

Carra is an accessible building equipped to support the individual needs of each person. Trained staff support people with physical therapy, Bounce Therapy and people have access to a hydro pool. It also has an accessible sensory garden that is developed and nurtured by the people attending the day service.

Each person has their own personal plan and can enjoy various activities and programmes such as cookery, art, music, exercise and many other learning experiences. The buildings are equipped to support the individual participation of each person.

## For more information:

**Contact:** Brigeen Dolan

**Address:** Carra Day Service, Brooklawn House, Knocknacarra, Galway

**Email:** [brigeen.dolan@bocsi.ie](mailto:brigeen.dolan@bocsi.ie)

**Phone:** 091 721 499



# The Docks

## Who are we?

The Docks is a community outreach programme operating under the umbrella of Fáilte Community Services - BOCSI

## Who do we support?

We support adults with mild intellectual disability living in the community in Galway City and County.

## How do we support?

The Docks is a Community Outreach Programme providing a range of community focused supports and day supports for adults with a mild intellectual disability. The Service aims to promote independence, through the New Directions policy, so adults can strive to live full, active and safe lives in their local community. Supports will focus on access to community-based education, community based work & leisure activities and other community day services. The Docks Services are person-centred, individualised and versatile in responding to the needs of people supported. The Service provides access to a community support worker. Access to social workers, psychologists and psychiatry is based on a person's individual needs at the time of referral. Should a person's needs change, a referral to such disciplines can be made.



The Docks Services recognises each person as an individual, an equal citizen with equal rights. We support each person to live their lives based on their vision, choices and identity. People supported select their personal goals in life and develop their own personal plan to achieve those goals with the support of a keyworker.

Community residential services or respite are not provided by The Docks Services.

## For more information:

**Contact:** John Moorcroft  
**Phone:** 0871254524  
**Email:** [john.moorcroft@bocsi.ie](mailto:john.moorcroft@bocsi.ie)



# Meadowview

## Who we are?

Meadowview Day Service caters to the needs of adults with a moderate to severe intellectual disability including individuals with autism spectrum disorder.

## How do we support?

Meadowview supports young adults who have completed school and now attend full time day services in the John Paul Centre. Meadowview supports individuals to access their local community, express their choice in daily routine and explore new opportunities through Personal Outcome Measures including taking part in work experience and looking for employment opportunities. There is a focus on building independent living skills and exploring opportunities for new experiences.

There is a wide range of activities such as swimming, hydrotherapy, trips to the cinema, concerts, bounce discos, spa days, horse connect, reflexology, rebound therapy, accessing local gym and various other day trips and activities as they arise. The individuals in Meadowview are an active group and enjoy a wide variety of activities. Each person has their own individual plan and choice of activity each day, facilitated through using PECS or other communication devices.

### For more information:

**Contact:** Andrea Fox

**Phone:** 087 7198300

**Address:** Meadowview, John Paul Centre, Ballybane

**Email:** [andrea.fox@bocsi.ie](mailto:andrea.fox@bocsi.ie)



## Raleigh Row

### Who we are?

Raleigh Row is an innovative and progressive day programme which focuses on supporting young adults living in Galway City to be independent and to work towards their own goals and achievements. They are supported to access education, training, voluntary roles and work experiences, with the view to gain employment if desired. Liaising with colleges, universities and other educational agencies such as GRETB, is a strong focus. They also link with community groups and employers in order to explore all the opportunities that are available in the local area.

### How do we support?

The programme is aimed at those who want a more flexible and person centred service and works towards developing their strengths and passions. Activities of interest include, but are not limited to, Technology, Literacy, Visual Arts, Drama, Music, Health and Fitness and Horticulture.

Raleigh Row provides an opportunity to build links, develop friendships and relationships, and encourages personal development.

The young people are supported and empowered to take a lead in their own future planning and are given the tools and skills to work towards an independent life. This includes managing their own finances, employment and learning to run their own home if they choose.

*In 2024, a new progression programme will be opened under the same management, in a new building, to facilitate further personal development. It will have a strong focus on gaining employment, educational and training qualifications and supporting people to live an independent and self-directed life. Name of new service to be confirmed.*

### For more information:

**Contact:** Kevin Bolger (Team Leader)  
**Address:** Roxboro House, Raleigh Row, Galway.  
**Email:** [kevin.bolger@bocsi.ie](mailto:kevin.bolger@bocsi.ie)  
**Phone:** 087 628 7979



## Atlanta Row

### Who we are?

Atlanta Row is a new day service, set up in the heart of Galway City, near Dominick Street. We support young adults who wish to specifically focus on developing their independence, through further education, employment and community engagement.

### How do we support?

The programme empowers our People Supported to liaise with local businesses in order to acquire meaningful work, incorporating Social Role Valorisation, through strong community links, creating opportunities and pathways towards independent living

With an ethos of social growth, personal development, and learning skills needed to maintain and expand strong social networks, the Atlanta Row Program will incorporate interests in Technology, Literacy, Visual Arts, Drama, Music and Health and Fitness.

### For more information:

**Contact:** Kevin Bolger (Team Leader)  
**Address:** Roxboro House, Raleigh Row, Galway.  
**Email:** [kevin.bolger@bocsi.ie](mailto:kevin.bolger@bocsi.ie)  
**Phone:** 087 628 7979



## Shalom/St Paul's

### Who we are?

Shalom/St. Paul's support individuals who have a moderate to severe intellectual disability with additional medical and/or physical needs

### How do we support?

Shalom/St Paul's day services are located in the John Paul Centre in Ballybane. The service supports people to participate in their local community. Shalom is a large accessible building equipped to support individuals with physical disabilities. St Paul's is a smaller building suitable to those who are ambulant. Both services have access to many facilities on campus such as hydrotherapy pool, rebound therapy and a sensory garden.

We use Personal Outcomes Measures to enhance the lives of the people we support to ensure each person has a full and meaningful life. Each person has an individualised programme tailored to their needs. We focus on exploring opportunities for new experiences for each individual using the New Directions model of service including employment and volunteering opportunities.

### For more information:

**Contact:** Rita McHugh  
**Address:** John Paul Centre, Ballybane Galway  
**Email:** [Rita.McHugh@bocsi.ie](mailto:Rita.McHugh@bocsi.ie)  
**Phone:** 087 7073794



## Slí Beatha

### Who do we support?

Slí Beatha is a community day service based in Galway City supporting young adult school leavers with a moderate to severe intellectual disability.

### How do we support?

The day service offers a varied and stimulating day programme for young adults providing new opportunities to continue with their education in a positive and supportive environment. We promote personal development and growth by offering a service with a variety of activities of people's choosing, encouraging independence and new experiences

Our service is carried out in line with New Directions which encourages each individual to develop their abilities and talents to their full potential.

We support the young adults to work towards their own goals and achievements whether that be in supporting them with education and training, work experience, exercising their rights, making choices or exploring opportunities in the local community. We offer a variety of programs such as PEERs Programme, independent living and cookery skills, transport training, sports and recreation, digital accessibility, personal development, arts and crafts which enables the young adults to develop skills in areas of their interest.

### For more information:

**Contact:** Helen Lawrence or Marcella Kennedy

**Phone:** 087 6727601

**Address:** Liosbán Business Park, Tuam Road, Galway

**Email:** helen.lawrence@bocsi.ie

**Website:** <https://west.brothersofcharity.ie/>



## Woodgrove

### Who we are?

Woodgrove supports young adults who have completed school, who have a moderate to severe intellectual disability with additional medical and physical needs.

### How do we support?

Woodgrove supports individuals with an individual plan and provides opportunities to explore new experiences through Personal Outcomes measures, supporting individuals to access their local community and to build skills in making choices and other life skills that interest them.

Activities provided include rebound therapy, massage, music therapy, art programmes and skill building along with sessional physiotherapy and hydrotherapy.

Woodgrove is a large bright building which is fully accessible and equipped to support the individual needs of each person. Woodgrove has access to an outdoor space and also a sensory garden in the John Paul Centre with a wheelchair swing and poly tunnels.

### For more information:

**Contact:** Máire Higgins

**Address:** Woodgrove Day Service, John Paul Services, Ballybane, Galway

**Email:** [maire.higgins@bocsi.ie](mailto:maire.higgins@bocsi.ie)

**Phone:** 091 -7835600





# Irish Wheelchair Association



## **Who are we?**

**Irish Wheelchair Association (IWA)** is Ireland's leading representative organisation and service provider for people with physical disabilities.

## **School Leaver Service**

School Leaver Services provides support to young adults and comprises a range of social inclusion, life skills development, accredited training, recreation and leisure activities and individual supports leading to enhanced quality of life. The school Leaver Service is based in Tuam, Loughrea and Briarhill Galway.

IWA is increasingly aware of school leavers and Rehabilitative Training graduates who do not access services or engage in work, and as a result are at risk of becoming isolated from their communities. We provide a new model of service in line with HSE's New Directions Interim Standards that supports people to make choices about how they wish to engage in everyday activities in their communities, which is essential for a person's health and well-being.

## **Who can this service support?**

This service is for school leavers or RT graduates with physical and sensory disabilities or acquired brain injury. In some instances where the person may have a secondary intellectual disability along with their primary physical disability they will be assessed on an individual basis to identify can these supports be met. Participants will be referred to Irish Wheelchair Association via HSE Day Opportunities & Guidance Service.

## **Aim**

School Leaver Service aims to provide:

- Individualised Services and Supports
- Effective Services and Supports

- Safe Services and Supports
- Effective Leadership, Governance and Management
- A Responsive Workforce
- Correct Use of Resources
- Proactive Use of information

## **Objectives**

IWA is committed to supporting each individual to enhance their quality of life through opportunities and supports to engage with community services and facilities including:

- One to one planning and support for making choices and plans
- Taking part in a range of social and leisure activities
- Taking part in QQI accredited and informal training programmes
- Developing daily living skills and increasing independence
- Accessing public services and facilities
- Maintaining and improving general health and wellbeing
- Accessing employment and volunteering opportunities

Model of Service: School Leaver Service can provide opportunities and support services to people with limited mobility, so they can lead full, active and independent lives in their own communities. The programme supports independence and social inclusion through a person-centred approach with each person having the opportunity to perform a fulfilling role in their wider community. Wherever possible, participants are encouraged to become self-supporting in accessing local facilities, travelling, advocating for themselves and other life skills. The service can operate from local hubs providing a platform from which participants can begin to access their local communities and plan the kind of service and activities in which they wish to partake. The service can also operate through an Outreach Model where IWA staff support a person through their own community utilising technology to aid with the process (i.e. Skype, Zoom etc). Further information can be found in the IWA Community Engagement Model document. Participants are free to access programmes and services in any of these two hubs, if they choose to, in addition to activities in their local communities. We have a strong focus on creating links and partnerships with other local community and disability services. People are supported to utilise mainstream supports such as public transport, educational services, vocational training, independent living training and employment services. Each participant meets regularly with their Individual Support Person, an IWA staff member who works

closely with the participant to identify and work towards personal goals, and to decide how best to deal with any barriers or challenges they may face in achieving these goals. The purpose of this support is to develop decision-making skills, promote individual choice and increase confidence.

**For more information:**

**School Leaver Service Galway:**

**Phone:** Allen Martyn – *Service Co-ordinator* – 0871403612  
Susan Hanley – *Service Support Officer* – 0858549042

**Email:** allen.martyn@iwa.ie  
susan.hanley@iwa.ie

**Address:** 39a Briarhill Business Park, Ballybrit, Galway

**Website:** [www.iwa.ie](http://www.iwa.ie)

# Galway Resource Centre



**Who are we?** Galway Resource Centre

## **Who do we support?**

Adults over 18 and under 65 with an intellectual disability, autism and/or a physical or sensory disability.

## **How do we support?**

The Galway Resource Centre is a day service, which supports each person to achieve a meaningful and valued life in their community.

Support is offered both in the local community and at our centre in Liosbán Industrial Estate, Galway. We begin by getting to know the individual - their interests, strengths and support needs.

We provide supports in areas such as

- Wellbeing
- Social and personal development
- Accessing education and training
- Exploring employment opportunities
- Other areas identified by the person and their families/supporters.

## **About RehabCare**

RehabCare is the provider of a variety of person-centred, health and social care services that facilitate people who are disadvantaged to participate in the life of their local community in ways that match their choices, aspirations and needs.

## **For more information:**

**Contact:** Ita O'Connor (Community Services Manager)

**Phone:** 087 3811796

**Email:** [ita.oconnor@rehabcare.ie](mailto:ita.oconnor@rehabcare.ie)

**Address:** Unit 9b, Liosbán Business Park, Tuam Road, Galway

**Website:** [www.rehabcare.ie](http://www.rehabcare.ie)

## Oasis Service

### Who Are We?

O.A.S.I.S. Community Outreach Service  
Galway City/County Community Outreach Service



### Who do we support?

Adults over 18 with a diagnosis of autism (ASD) or physical or sensory disability.

### How Do We Support?

The Community Outreach Service is a community-based service which provides supports that link the individual to opportunities within their own community. This is achieved by using a person-centred approach to get to know the individual, their needs and goals.

Support is provided on a one-to-one basis as well as through group workshops. This support can be delivered either in the community or in our Hub, which is centrally located in Galway city.

Depending on the individual, support can be provided in accessing local amenities, supporting independent living skills, travel training, goal planning, personal skills, wellbeing, social skills and accessing employment or academic opportunities.

### About RehabCare

RehabCare is the provider of a variety of person-centred, health and social care services that facilitate people who are disadvantaged to participate in the life of their local community in ways that match their choices, aspirations and needs.

### For More Information:

**Contact:** Mervyn Swords (Community Service Manager)

**Phone:** 087 3671311

**Email:** [Mervyn.Swords@rehabcare.ie](mailto:Mervyn.Swords@rehabcare.ie)

**Address:** RehabCare, Unit 8 Áras Guaire, Bóthar Bhreandáin Uí Eithir, Galway.

**Website:** [www.rehabcare.ie](http://www.rehabcare.ie)

## Rise Service

### Who are we?

Rise Service



### Who do we support?

We support adults aged 18 to 65 with an intellectual disability, autism and/or a physical or sensory disability.

### How do we support?

Rise Service is a community-based service that helps individuals become more connected, active and included in their communities. Each person is supported by a Community Support Worker who takes the time to understand their unique needs, goals and interests. Supports are provided in both English and Irish Sign Language.

Support is delivered through one-to-one sessions and group workshops held in various community locations, tailored to each individual's preferences

We offer assistance with:

- Accessing local amenities
- Developing independent living skills
- Travel training
- Goal setting and planning
- Personal development and wellbeing
- Social and communication skills.

RehabCare provides a wide range of person-centred health and social care services. We support people who are disadvantaged to take part in their local communities in ways that reflect their own choices, aspirations and needs.

### For More Information:

**Contact:** Ita O'Connor (Community Services Manager)

**Phone:** 087 3811796

**Email:** [ita.oconnor@rehabcare.ie](mailto:ita.oconnor@rehabcare.ie)

**Address:** Westside Resource Centre, Seamus Quirke Road, Galway.

**Website:** [www.rehabcare.ie](http://www.rehabcare.ie)

## Resilience Healthcare Galway

### Who do we support?

We support adults aged 18 to 65 with a range of abilities who have completed school or transitioned out of rehabilitative training programmes.

**Resilience**  
Healthcare

### How do we support?

We are proud to have been early adopters of the New Directions approach, which provides a framework for day services that are person centred, community based and focused on active citizenship and quality outcomes.

Resilience Healthcare delivers supports that enable adults to reach their full potential through meaningful roles and participation in their communities. Support is provided throughout the week, with flexible scheduling aligned to individual goals and routines.

Examples of activities and programmes our service users engage in include:

### Education:

- Participation in Gaisce: *The President's Award*
- Online learning via NALA, covering topics such as decision making, communication, and personal effectiveness
- Life skills development using Concept 7 coaching and training resources
- Development of daily living and social skills, including shopping, budgeting, personal care, cooking, managing appointments, using public transport, and preparing for the driver theory test
- Individualised support to access adult literacy, further education, and community based training opportunities
- Use of digital resources and assistive technology to promote independence, communication, and access to online learning

### **Leisure and Recreation:**

- Collaboration with third level institutions to access recreational facilities and inclusive sports programmes
- Engagement in physical and creative activities such as swimming, gym sessions, horse riding, arts and crafts, walking groups, music and movement, and bowling
- Participation in local wellbeing initiatives, seasonal events, and community led activities

### **Volunteering and Employment:**

- Supported volunteering with local organisations including Tidy Towns, seasonal event organisations, charity shops, equestrian centres, hospitality venues, and environmental projects
- Exploration of employment pathways through partnerships with local employers, social enterprises, and employment support services
- Opportunities to engage with sports and hobby clubs in a voluntary or participant role to build transferable skills and community connections

### **Strengths of Our Service:**

- We deliver highly individualised supports aligned with each person's goals, interests, and developmental needs: No two journeys are the same.
- People are placed at the centre of all planning and decision making, with support to understand their rights, make informed choices, and engage in self-advocacy.
- Emotional wellbeing is prioritised through the use of mindfulness, wellness activities, and self-regulation strategies embedded in daily routines.
- We maintain strong, consistent communication with families, carers, and professionals, ensuring transparent support.
- Our services are rooted in community, with strong partnerships including community centres, local businesses, higher education providers, and social farms.
- We promote positive risk-taking within a strong safeguarding and risk management framework.
- Support workers are carefully matched to individuals based on skills, interests, and local knowledge to ensure meaningful, sustainable engagement.
- Feedback, co-design, and continuous improvement are central to how we operate.



- Progress, big or small, is recognised and celebrated, with a clear focus on personal growth and community inclusion.

**For more information:**

**Contact:** Catherine Sheerin

**Phone:** 086 8103254

**Email:** [Catherine.sheerin@resilience.ie](mailto:Catherine.sheerin@resilience.ie)

**Website:** [www.resilience.ie](http://www.resilience.ie)

County based Day Services		
Avondale Hub	Ability West	Creggs
Críost Linn	Ability West	Clifden
Headford Hub	Ability West	Headford
Meitheal	Ability West	Moycullen
Mountbellew Day Services	Ability West	Mountbellew
Portumna Hub	Ability West	Portumna
Turas Nua	Ability West	Tuam
Tús Nua	Ability West	Tuam
Athrú Day Service	BOCSI	Clarinbridge
Ionad Dúrling/RITE programme	BOCSI	Casla
Sona Cois Cuain	BOCSI	Carraroe
Céim Eile	BOCSI	Ballynahown
Annagh/Abbey	BOCSI	Claregalway/Corrandulla
Cairde	BOCSI	Ballinasloe
CARO	BOCSI	Ballinasloe
Four Seasons & Aisling Centre	BOCSI	Claregalway
The Harvest Studios	BOCSI	Gort
Orchard Day Service	BOCSI	Gort
The Dolmen Centre	BOCSI	Kinvara
Limelight Creative Arts	BOCSI	Oranmore
NASC	BOCSI	Furbo
Reidhlean Day Service	BOCSI	Athenry
Suas Services	BOCSI	Ballinasloe
Sovereign and Connexions Centre Loughrea	BOCSI	Loughrea
Swan Centre	BOCSI	Athenry
Skylark Services	BOCSI	Athenry
Starling Centre	BOCSI	Loughrea

TOPE	BOCSI	Ballinasloe
IWA Loughrea	Irish Wheelchair Association	Tuam Loughrea
Casla Resource Centre	RehabCare	Casla

# Avondale Hub



## Who do we support?

Avondale Hub is located in Creggs, Co Galway. Avondale Hub provides a service to adults with an Intellectual Disability through a person centred approach in line with New Directions, Ability West's vision and mission statement and Strategic Plan. This hub includes a group of individuals of similar ages, working with their own personal schedules supported by staff. The day programme comprises of a range of social inclusion, life skills development, learning, recreation, leisure activities and individual supports leading to an enhanced quality of life.

## How do we support?

- Our mission is to provide an individual and holistic service to each person availing of the service, with each person supported and valued within an environment which promotes their overall autonomy, health and wellbeing.
- We aim to ensure that each person is given opportunities to live as full a life as possible as active participants within their community.
- We aim to ensure that each service user will have opportunities to continually enhance their independence.
- We offer service users opportunities to enhance their learning, therapeutic, health and social gain by way of various in-house and community activities.
- We endeavour to protect the human rights of each individual..
- We provide a total communication environment to support service users speech, language and communication needs.
- We work in partnership with families, staff, volunteers and community in delivering the service.

## For more information:

**Contact:** Caroline McHugh

**Phone:** 0881918799 / Avondale Hub. 091 749233  
Head Office 091 540900

**Email:** [caroline.mchugh@abilitywest.ie](mailto:caroline.mchugh@abilitywest.ie)

**Address:** Avondale Hub, Cregg's Rugby Club, The Green, Creggs, Co Roscommon

**Website** [www.abilitywest.ie](http://www.abilitywest.ie)

# Críost Linn



## Who do we support?

Críost Linn provide services to adults with intellectual disability from West Connemara. This is delivered through a person centred ethos in line with the Vision and Mission statement of Ability West. It is based on the core values of New Directions, which are community inclusion, active citizenship, person-centredness and quality services. Our mission is to provide an individual and holistic service to each person availing of the service, with each person supported and valued within an environment which promotes their overall autonomy, health and wellbeing.

## How do we support?

- To support people to access local amenities, to develop independent living skills and travel training.
- To support people to develop goals and personal skills
- To ensure each individual's wellbeing and mental health is maintained by accessing appropriate supports, advice and attending medical and community appointments.
- Support the development of care plans (where needed) to provide holistic and person centered service.
- To facilitate supported employment/work experience and external courses.

## For more information:

**Contact:** Noel Downes  
**Phone:** 095 21057  
**Email:** [criostlinnservices@abilitywest.ie](mailto:criostlinnservices@abilitywest.ie)  
**Address:** Carriageway House, Clifden, Co. Galway  
**Website:** [www.abilitywest.ie](http://www.abilitywest.ie)

## Get social with us:



# Headford Hub



## Who do we support?

Headford Hub is under the New Direction guidelines and provide services in line with Ability West's Vision and Mission Statements and Strategic Plan in providing comprehensive quality supports and service to people with an intellectual disability. Our mission is to provide an individual and holistic service to each person availing of the service, with each person supported and valued within an environment which promotes their overall autonomy, health and wellbeing.

- We support adults who have left school, 18 years of age and above.
- We provide services to adults with a primary diagnosis of an Intellectual Disability presenting with various ability levels and co-morbidities.
- We support individuals who wish to develop their social communication skills and who are striving towards a more independent self through our holistic and Person Centered Programmes.
- We support individuals who may have an interest in developing employment skills through our local work experience programme.

## How do we support?

- The hub provides a base though which our young people can plan their future with the support of their key workers. This is supported through accessing further education, employment and social opportunities within their local community.
- Individual timetables are developed with support workers which are person centred and are reviewed on a regular basis.
- We provide a total communication environment to support service users' speech, language and communication needs.
- We aim to ensure each person will have opportunities to continually enhance their independence.

## For more information:

**Contact:** Sandra Qualter  
**Phone:** 087 2840958 / 093 70450  
**Email:** [sandra.qualter@abilitywest.ie](mailto:sandra.qualter@abilitywest.ie)  
**Address:** The Square, Headford, Co. Galway H91 P8H4

# Meitheal



## Who do we support?

Meitheal Centre provides service to adults with an intellectual disability from the age of 18 years upwards.

This Hub includes a group of individuals of similar ages, working with their own personal schedules supported by staff where required.

- Gaining experience and developing a vision for their own life including valued roles in education, vocation, living arrangements and relationships.
- Individual support for developing living skills for a full life: including health, money, travel etc.
- Timetables are developed individuals with support workers based on the discovery process and are reviewed on a regular basis.

## How do we support?

### Objectives:

- To enable and empower persons with an intellectual disability to integrate into society and to reach their full potential in a just, caring and safe environment as is possible
- To ensure that each person is given opportunities to live as full a life as possible as active participants within their community and that their will and preferences are met. We will do this through each individual's person centered plan and taking an active part in the life of the community insofar as possible
- To ensure that each Service User will have opportunities to continually enhance their independence
- To ensure each individual's mental health is maintained as required by accessing appropriate supports and advice, including mainstream services and supports

### For more information:

**Contact:** Caoimhe Conlon  
**Phone:** Meitheal: 0877682360  
Head Office: 091540900  
**Email:** caoimhec@abilitywest.ie

# Mountbellew Day Services



## Who do we support?

Mountbellew Day Services is made up of two locations within the town of Mountbellew; Mountbellew Resource Centre and Mountbellew Hub. Mountbellew Day Services provides services through a person centred ethos in line with the Vision and Mission statement of Ability West and is based on the core values of New Directions.

- We support adults who have left school, 18 years of age and above.
- We provide services to adults with a primary diagnosis of an Intellectual Disability presenting with various ability levels and co-morbidities.
- We support service users who express an interest in further education to access further education opportunities.

## How do we support?

- Each service user is supported to develop their own Person Centred Plan to support their growth and development as an adult.
- Each service user has a keyworker who facilitates an annual case review and Circle of Support meeting to support the person's hopes, dreams and choices.
- We provide a total communication environment to support service users speech, language and communication needs
- We work closely with local businesses to deliver a work experience programme with the assistance of a job coach funded through the Galway Rural Development Schemes.
- Our day services are open Monday to Friday with closures on bank holidays and set times throughout the year. A list of all our closures are provided to families for the year ahead.

## For more information:

**Contact:** Aoife Murray, Manager, Mountbellew Day Services.  
**Phone:** 090-9623751 / 090-9623380 or Head Office: 091-540900.  
**Email:** [mountbellewds@abilitywest.ie](mailto:mountbellewds@abilitywest.ie)  
**Address:** Ability West, Mountbellew Resource Centre, Bovinion, Mountbellew, Co. Galway, H53 FX96.



# Portumna Hub



## Who do we support?

Ability West operates a number of Adult Day Services around Galway City and County, including Portumna Hub Services which is made up of two locations within the town of Portumna; Portumna Day service and Portumna Hub.

- We support adults who have left school, 18 years of age and above.
- We provide services to adults with a primary diagnosis of an Intellectual Disability and Autism presenting with various ability levels and co-morbidities.
- We support service users who express an interest in further education to access further education opportunities.
- We support individuals who may have an interest in developing employment skills through our local work experience programme.

## How do we support?

- Each Service user is supported to develop their own Person Centred Plan to support their growth and development as an adult.
- Each service user has an annual case review and Circle of Support meeting to support their will and preference and choice.
- We provide a total communication environment to support service user's speech, language and communication needs
- We work closely with local businesses to deliver an education programme which is funded through the GRETB.
- Our day services are open Monday to Friday with closures on bank holidays and set times throughout the year. A list of all our closures are provided to families for the year ahead.
- Our day services are funded by the HSE.

## For more information:

**Contact:** Manager TBC St, Dympna's Adult Day Services.  
**Phone:** 090 9741377, 087 418 3139 or HQ 091-540900.  
**Email:** [stdympnasads@abilitywest.ie](mailto:stdympnasads@abilitywest.ie) [portumnahub@abilitywest.ie](mailto:portumnahub@abilitywest.ie)  
**Address:** St. Dympna's ADS, Shannon Road, Portumna, H53YV05  
**Website:** [www.abilitywest.ie](http://www.abilitywest.ie)

# Turas Nua



## Who do we support?

Our mission is to provide an individual and holistic service to each person availing of the service, with each person supported and valued within an environment which promotes their overall autonomy, health and wellbeing. We aim to maintain each Service Users' individuality by ensuring they continue to maintain contacts with their families and the community.

- We support adults who have left school, 18 years of age and above.
- We provide services to adults with a primary diagnosis of an Intellectual Disability presenting with various ability levels and co-morbidities.
- We support individuals who wish to develop their social communication skills and who are striving towards a more independent self through our holistic and Person Centered programmes.

## How do we support?

The hub provides a base through which our young people can plan their future with the support of their key workers. This is supported through accessing further education, employment and social opportunities within individual timetables are developed with support workers which are person centred and are reviewed on a regular basis. We provide a total communication environment to support service users' speech, language and communication needs. We offer service users opportunities to enhance their learning, therapeutic, health and social gain by way of various in-house and community activities. We aim to ensure each person will have opportunities to continually enhance their independence. We endeavour to work in partnership with families, staff, volunteers and the community in delivering on these aims and objectives.

## For more information:

**Contact:** Martina O'Dwyer, Manager  
**Phone:** 087 6279050 / 093 72470  
**Email:** [martina.o'dwyer@abilitywest.ie](mailto:martina.o'dwyer@abilitywest.ie)  
**Address:** Turas Nua, The Glebe, Tuam, Co Galway. H54 TW08  
**Website:** [www.abilitywest.ie](http://www.abilitywest.ie)

# Tús Nua



## Who do we support?

Our mission is to provide an individual and holistic service to each person availing of the service, with each person supported and valued within an environment which promotes their overall autonomy, health and wellbeing. We aim to maintain each Service Users' individuality by ensuring they continue to maintain contacts with their families and the local Tuam community.

- We support adults who have left school, 18 years of age and above.
- We provide services to adults with a primary diagnosis of an Intellectual Disability presenting with various ability levels and co-morbidities.
- We support service users who express an interest in further education to access further education opportunities.
- We support individuals who may have an interest in developing employment skills through our local work experience programme.

## How do we support?

The hub provides a base through which our young people can plan their future with the support of their key workers. This is supported through accessing further education, employment and social opportunities within their local community. It is a flexible service through which each person is supported in their individual choices, needs and abilities to achieve a valued social role in collaboration with the New Directions 12 supports. Through this, people are supported in increasing their independence by developing their life skills and their connection in their local community. Individual timetables are developed with support workers which are person centred and are reviewed on a regular basis. We provide a total communication environment to support service users' speech, language and communication needs. We offer service users opportunities to enhance their learning, therapeutic, health and social gain by way of various in-house and community activities. We aim to ensure each person will have opportunities to continually enhance their independence. We endeavour to work in partnership with families, staff, volunteers and the community in delivering on these aims and objectives.

## For more information:

**Contact:** Martina O'Dwyer, Manager

**Phone:** 087 6279050 / 093 70450

**Address:** Tús Nua, 5 Demense Cottages, Tuam, Co. Galway. H91 PXF3

# Athrú

## Who do we support?

Athrú is a day service based in Kilcornan in Clarinbridge. We have been established since 2017 and we support people with an intellectual disability and autism.



## How do we support?

As autism is a lifelong condition, its impact is likely to change throughout the person's lifetime. While they often share common characteristics, every person with autism is unique. Each has particular strengths and individual requirements for support to enhance their wellbeing, improve life skills and boost self-esteem. The key to providing this support lies in taking the time to get to know the person, understanding their challenges and how they impact on learning and behaviour. In Athrú, we focus on the individual's personal and developmental needs.

Within our service we build a positive and encouraging environment, nurture camaraderie and team spirit and promote learning and development.

Educational needs are supported by teachers from GRET B in classes such as Photography, Art, Music, Massage, Literacy and Numeracy.

We also partake in local and national community events.

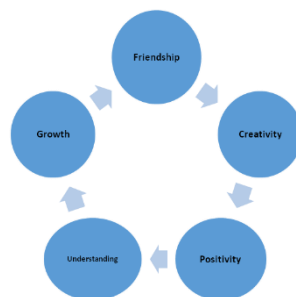
## For more information:

**Contact:** Triona Kelly

**Phone:** 091 721500

**Email:** [triona.kelly@bocsi.ie](mailto:triona.kelly@bocsi.ie)

**Address:** Clarin Services, C/O Brothers of Charity,  
Clarinbridge, Co. Galway



**Website:** <https://west.brothersofcharity.ie/>

# Ionad Duirling/RITE Programme

## Who do we support?

Young adults with intellectual disability who are graduating from school.



## How do we support?

Tá Ionad Duirling faoi chúram Sheirbhísí Bruach na Mara i gConamara Theas. Cuirtear an clár seo ar fáil do dhaoine le míchumas intleachta os cionn 18 mbliana d'aois.

This Programme supports school leavers in their development to becoming young adults. Programmes and supports focus on the priorities that each person wishes to pursue. These priorities are identified through the Personal Outcomes process. Programmes may include:

- Personal Development,
- Identifying and pursuing leisure activities,
- Physical and Emotional Wellbeing,
- Community participation,
- Specific skill based training, for example travel training,
- Communication, Literacy, Numeracy, Computer Skills, some of which may be accredited by QQI levels 1-2.

Educational needs are supported on site by teachers from Galway Roscommon Education and Training Board (GRETB).

## For more information:

**Contact:** Claire Barry

**Phone:** 091 506865

**Address:** Duirling, Aonad 10, Eastát Tionsclaíochta, Casla, Co. na Gaillimhe H91 E76C

**Email:** [RT\\_bnm@bocsi.ie](mailto:RT_bnm@bocsi.ie)

**Website:** <https://west.brothersofcharity.ie/>



## Sona Cois Cuain

### Who do we support?

Adults with intellectual disability including Individuals on the autism spectrum.

### How do we support?

Cois Cuain day service was established in 2000 for individuals with a severe to profound intellectual disability and to provide supports to those who may have high medical needs. Cois Cuain day service is in the heart of Carraroe village, South Connemara. The day service provides a variety of activities to each individual we support, including swimming, horse riding, rebound therapy, massage, physiotherapy, arts and crafts, music sessions with local musicians, a sensory herb garden and access and engagement with all of the facilities in the local community. There is a focus on encouraging independent living skills and exploring opportunities for new experiences.

Sona Cois Cuain was established in 2014 for adults with an intellectual disability including individuals on the autism spectrum. The day programme is designed to meet the needs of each individual we support and focuses on the transition from school age to early adulthood. Some of the opportunities and activities available include woodwork, GRET B support with further educational needs, building independent living skills, nights away, concerts, cinema, use of the local gym with access to a personal trainer and an individualised programme. Sona Cois Cuain offers each individual we support opportunities to make more choices and have new experiences.

### For more information:

**Contact:** Michelle O'Neill  
**Phone:** 091 869 682/ 087 254976  
**Address:** Cois Cuain/ Sona Day Programme,  
Bruach na Mara Services, Carraroe, Co. Galway  
**Email:** [michelle.oneill@bocsi.ie](mailto:michelle.oneill@bocsi.ie)  
**Website:** <https://west.brothersofcharity.ie/>



# Céim Eile

## Who do we support?

We support young adults with an intellectual disability who have completed school transition into adult services.

## How do we support?

Céim Eile operates in alignment with the New Directions Standards for day services. We support individuals using a Personal Outcomes Model and a person-centred approach, ensuring that services are tailored to each individual's choices, needs, and aspirations. Each person supported receives an individualised programme, reflecting their unique goals and preferences.

Our service promotes:

- community inclusion and social belonging
- purposeful and engaging activities
- empowering individuals to pursue their hopes and dreams
- a holistic approach to individual development
- building independence skills
- advocacy and personal decision making
- employment through our Let's Get to Work programme
- further education, including QQI-accredited learning opportunities and courses provided by GRET B
- use of the Irish language, if that is a person's preference

Our approach promotes independence and overall well-being by encouraging participation in a wide range of interest-based activities.

## For More Information:

**Contact:** Josephine Lee, Team Leader

**Address:** Upper Ros a' Mhíl, Ballynahown, Galway, H91 K60F

**Email:** ceimeilegalway@bocsi.ie

**Website:** <https://west.brothersofcharity.ie/>



## Annagh/Abbey

### Who do we support?

We support young adults with a moderate to severe intellectual disability and complex behavioural needs, including individuals on the autism spectrum.

### How do we support?

- Annagh / Abbey support young adults from Claregalway, Corrandulla, Turloughmore and the surrounding area.
- The service finds ways to actively encourage individuals to exercise control over their own choices, access their local community and to explore opportunities through Personal Outcome Measures.
- We focus on encouraging independent living skills and exploring opportunities for new experiences.
- Annagh / Abbey provides a variety of activities to each individual such as: swimming, horse riding, computer skills, massage, physiotherapy, arts and crafts, work experience in a variety of community settings, music sessions and access and engagement with all of the facilities in the local community.
- We actively pursue community based social activities in order to create opportunities to build friendships and wider social circles for those we support.

Our services are located in Corrandulla Village.

### For more information:

**Contact:** Orla Murphy Team Leader

**Phone:** 091 738176

**Address:** Annagh Day Service, Corrandulla Nursing Home, Corrandulla, Co. Galway

**Email:** Orla.Murphy@bocsi.ie

**Website:** <https://west.brothersofcharity.ie/>





# Cairde

## Who Do We Support?

We support adults with a moderate intellectual disability including individuals with complex and high needs.

## How Do We Support:

We support individuals through our Personal Outcomes model to deliver an inclusive person-centred service, to meet the individual choices and needs of all who attend Cairde.

We support individuals to build key skills to increase independent living skills and gain access to community resources and amenities based on individual choices.

We support individuals to create links in the local community to develop and build friendships and enhance inclusion according to the individuals' chosen goals.

Projects we are involved in:

- Make Way Campaign
- Social Services Ballinasloe
- Ballinasloe Life Magazine distribution
- Caltra Fitness Programme
- Soccer Club
- Social Dancing
- Music Projects
- Operation Transformation



## For more information:

**Contact:** Mary Hazlett, Area Manager

**Phone:** 09096 42766

**Email:** [mary.hazlett@bocsi.ie](mailto:mary.hazlett@bocsi.ie)

**Address:** Brothers of Charity Services Ireland – West Region,  
85 Upper Brackernagh, Ballinasloe, Co. Galway.

**Website:** <https://west.brothersofcharity.ie/>

## Caro

### Who Do We Support?

We support adults with mild to moderate intellectual disability including individuals with complex and high needs on the autism spectrum.

### How Do We Support?

CARO stands for Choices and Real Outcomes.

Individuals are supported through a person-centred approach to participate in their local community to achieve their hopes and dreams.

Our programmes are individualised and include leisure activities such as gym, swimming, soccer, horse-riding, music, work experience, volunteering, grocery shopping and other identified social outings locally and nationally.

We also provide centre based activities, which aim to develop independent life skills such as baking, cookery, personal care, horticulture and woodwork.

In CARO we work as part of a multi-disciplinary team including speech and language therapy, psychology, psychiatry, occupational therapy and social work.

### For more information:

**Contact:** Mary Hazlett, Area Manager

**Phone:** 09096 42766

**Email:** [mary.hazlett@bocsi.ie](mailto:mary.hazlett@bocsi.ie)

**Address:** Brothers of Charity Services Ireland – West Region,  
85 Upper Brackernagh, Ballinasloe, Co. Galway.

**Website:** <https://west.brothersofcharity.ie/>



## Four Seasons & Aisling Centre

### Who do we support?

We support young adults with severe to moderate intellectual disability all of whom have additional support needs such as medical supports, physical supports or who are on the autism spectrum.

- Four Seasons & the Aisling Centre are based in Claregalway, Co Galway.
- Our model is delivered in a community based location where each person is supported to build links and form friendships and acquaintances in their local area.
- The service is aimed at supporting people to be active participants in their local community through involvement in the Arts and by utilising all local amenities in their area.
- Each person helps to develop their own personal plan which is based on their preferred chosen activities.
- We support people to have opportunities to engage in a variety of other activities and programmes such as cookery, art, music, exercise and other learning experiences that they may never have had the opportunity to experience before. The building is equipped to support the individual participation of each person.

### For more information:

**Contact:** Maura Kealy Team Leader  
**Address:** Four Seasons, Montiagh Road, Cahergowan, Claregalway  
**Email:** [Maura.kealy@bocsi.ie](mailto:Maura.kealy@bocsi.ie)  
**Phone:** 091 500254



# The Harvest Studios

## Who are we?

The Harvest Studios located on Bolands Lane, Gort, Co Galway, with the Hidden Gem Social Enterprise located on Bridge St in the town centre.



## Who do we support?

We support adults with an intellectual disability attending day programme in the following areas:

- Let's get to work programme (LGTW): providing support to individuals to access meaningful work experiences, employment skills and paid employment within their community network  
Voluntary roles are sourced within the local community supporting individuals to become valued members of their local community.
- Further Education opportunities are accessed using GRET B resources in Gort and surrounding areas in culinary skills, computing, art/design, and personal effectiveness.
- Micro Enterprises are supported within The Hidden Gem including attendees been provided with ongoing staff support and mentoring in experiencing work in the café craft shop area.
- Independent Living Skill Building to enable participants to gain knowledge and confidence in achieving personal goals to living independently by following a series of modules in the following areas:
  - Cookery
  - Accessing public travel
  - Budgeting/Money Management skills
  - Advocacy and Decision Making



## How do we support?

- Using Personal Outcome Measures, individuals are supported to be involved in community life through meaningful activities and to achieve their own personal goals.
- LGTW in house training provided by staff to ensure success in employment skills to all participants

- Individuals in The Harvest Studios day programmes are supported in achieving QQI accredited modules at levels 2 and 3 if they so choose, with support from the local GRETB resources
- ASDAN and Educoot training courses are sourced to meet additional training needs in modules such as budgeting and community living skills
- Links with Galway Rural Development to access additional resources for participants in Harvest Studios.
- All of our services operate under the New Directions Standards for Day Services.

**For more information:**

**Contact:** Teresa Mannion Day Service Team Manager Orchard Services  
**Phone:** 087 691 7770  
**Email:** [Teresa.Mannion@bocsi.ie](mailto:Teresa.Mannion@bocsi.ie)  
**Address:** Queen St. Gort Co Galway  
**Or**



**Contact:** Margaret Kearney Area Manager BOCSI Orchard Services  
**Email:** [Margaret.Kearney@bocsi.ie](mailto:Margaret.Kearney@bocsi.ie)  
**Address:** Orchard Services, Queen Street Gort, Co Galway  
**Website:** <https://west.brothersofcharity.ie/>

# Orchard Day Service

## **Who Are We?**

Orchard Day Service, based in Gort, is part of the Brothers of Charity Services, West Region. We provide day service support services for adults with intellectual disabilities and are part of a larger network committed to empowering individuals to live meaningful and self-directed lives within their communities. Our service follows a person-centred philosophy, tailoring support plans to each individual's unique goals, interests, and abilities. We operate in line with the national New Directions policy and the Council on Equality and Leadership (CQL) framework, ensuring choice, dignity and inclusion are at the core of everything we do.

## **Who Do We Support?**

We support adults with intellectual disabilities who are seeking opportunities for personal growth, increased independence and community participation. Our participants come from diverse backgrounds and have varying needs and abilities. Whether someone is preparing for transition from school to adult services or looking to maintain and develop new skills, Orchard Day Service provides a welcoming and supportive environment designed to meet those needs.

## **How Do We Support?**

At Orchard Centre, we offer a wide range of activities and programmes aimed at promoting independence and social engagement. These include life skills training, support for independent living, creative arts and exercise. Many participants also benefit from job-coaching and gain practical work experience through horticulture projects and community placements. We actively collaborate with local community groups to help individuals build meaningful connections and participate fully in social life.

Our support is delivered by a multi-disciplinary team of instructors, support workers, occupational therapists, social workers, psychologists, physiotherapists, nursing staff and other professionals who work together to provide holistic and personalised care. Additionally, we partner closely with the STEPPS Community Programme to offer outreach support that helps individuals live fulfilling and independent lives beyond the day service. As part of the Brothers

of Charity's broader mission, Orchard Day Service is committed to high standard of rights-based support, inclusion and quality care, enriching the lives of those we serve.

**For more information:**

**Contact:** Christine McMahon  
**Phone:** 087 3641313  
**Email:** [christine.mcmahon@bocsi.ie](mailto:christine.mcmahon@bocsi.ie)  
**Address:** Queen St. Gort Co Galway  
**Or**



**Contact:** Margaret Kearney Area Manager BOCSI Orchard Services  
**Email:** [Margaret.Kearney@bocsi.ie](mailto:Margaret.Kearney@bocsi.ie)  
**Address:** Orchard Services, Queen Street Gort, Co Galway  
**Website:** <https://west.brothersofcharity.ie/>

# The Dolmen Centre

## **Who Are We?**

The Dolmen Centre, located in the picturesque village of Kinvara, Co. Galway, is a day service, run by the Brothers of Charity Services, West Region. We provide a supportive and welcoming environment for adults with intellectual disabilities. Our approach is centred on each person's individual needs, goals and interests, ensuring that everyone receives the personalised care that helps them feel valued, empowered and included.

## **Who Do We Support?**

We support adults with intellectual disabilities from a range of backgrounds and life stages. Whether someone is moving from school to adult services, or looking to build on existing skills and independence, the Dolmen Centre offers a space where individuals can grow, learn and connect with others. Our participants have diverse needs and aspirations and we tailor our support to help each person reach their full potential.

## **How Do We Support?**

At the Dolmen Centre, we provide a variety of activities designed to promote independence, personal development and social engagement. These include life skills training, creative arts, music, photography, puppetry and IT skills. We are active in community projects such as Tidy Towns and run a weekly stall at the Kinvara Market. We also run a coffee shop and second-hand bookshop as part of our micro social enterprise, offering valuable work experience and fostering a sense of responsibility. Our dedicated team of professionals works closely with each participant to provide holistic and person-centred support. We also collaborate with local community groups to create opportunities for participants to engage with the wider community and enjoy an active social life. Our support is delivered by a multidisciplinary team of instructors, support workers, occupational therapists, social workers, psychologists, nursing staff and other professionals who work together to provide a holistic and personalised care.



**For more information:**

**Contact:** Christine McMahon  
**Phone:** 087 3641313  
**Email:** [christine.mcmahon@bocsi.ie](mailto:christine.mcmahon@bocsi.ie)  
**Address:** Queen St. Gort Co Galway  
**Or**



**Contact:** Margaret Kearney Area Manager BOCSI Orchard Services  
**Email:** [Margaret.Kearney@bocsi.ie](mailto:Margaret.Kearney@bocsi.ie)  
**Address:** Orchard Services, Queen Street Gort, Co Galway  
**Website:** <https://west.brothersofcharity.ie/>

# Limelight Creative Arts

## Who we are?

Limelight Creative Arts is a creative arts programme based in the heart of the village of Oranmore in County Galway.



## Who do we support?

This programme is suited to those with intellectual disability and who may also have autism and who have an interest in performing and visual arts.

## How do we support?

- The focus of Limelight is to foster creativity, independence and well-being through performing and visual arts and outreach programmes for people with intellectual disabilities.
- There is a strong emphasis on support, personal development, life-skills including health and well-being, which are all vital components of the success of the programme for the individual.
- There are sensory and quiet spaces in the centre where individuals can have time out when they need a break during their busy day.
- Limelight Creative Arts has established local connections and is working on future projects with community based groups. Funding and Partners to date: Arts Council of Ireland, CREATE, Galway Co Council, Creative Ireland, GRETB.
- We have a diverse team of dynamic professional artists and educators supporting this initiative. The team have years of experience and are well placed to empower the individual to strive to reach their preferred outcomes and desires.

## For more information:

**Contact:** Aoife Morris

**Phone:** 0874018976

**Email:** [aoife.morris@bocsi.ie](mailto:aoife.morris@bocsi.ie)

**Website:** <https://www.limelightcreativearts.ie/>



# Nasc



## Who do we support?

We support young adults who have completed 2<sup>nd</sup> level education or RT. NASC supports individuals who have a mild intellectual disability in their own community.

## How do we support?

- NASC is a community based outreach programme which supports young adults within the South Connemara area. It enables individuals to access opportunities for education, volunteering, work experience and work opportunities.
- NASC can provide support to young adults transitioning from school to further education, work environments or training programmes depending on the person's wishes and future aspirations. The programme is very much lead by the person themselves.
- NASC is also an ongoing support programme which promotes independence, confidence and autonomy. It aims to encourage people to build relationships and enhance social skills and networks

## For more information:

**Contact:** Eimear Canny  
**Phone:** 091 897616/0874131486  
**Email:** [eimear.canny@bocsi.ie](mailto:eimear.canny@bocsi.ie); [nasc@bocsi.ie](mailto:nasc@bocsi.ie)  
**Address:** Oifig C1, An Chéad Urlár, Dún Éibhir, Na Forbacha,  
Co na Gaillimhe H91 11C6.



## Reidhlean Day Service

### Who do we support?

We support young adults in the Athenry area with a mild to moderate primary diagnosis of intellectual disability who have left school or have recently completed an RT programme.

### How do we support?

We support people to make individualised choices on a daily basis. We tailor timetables for each person based on their needs and wishes following an initial induction period.

We offer a wide range of programmes horse riding, swimming, gym, soccer training, art, woodwork, up cycling, cooking, "That's Life" programmes and work experience. Education needs are supported by tutors through the GRETB in Loughrea and Athenry.

We prepare the people we support to develop independent living and practical life skills. We develop links within our community to enhance the interdependence between the people we support and the wider community.

In this regard we encourage and support the utilisation of local amenities to enhance the skills and experience of the people we support as well as making them key stakeholders in the life of the locality.

### For more information:

**Contact:** Caroline Coffey  
**Phone:** 0877947831  
**Email:** [caroline.coffey@bocsi.ie](mailto:caroline.coffey@bocsi.ie)  
**Address:** Barrack Street, Athenry, Co.Galway



# SUAS

## Who do we support?

We support adults with intellectual disability living in Ballinasloe and surrounding areas.



## How do we support?

- SUAS Services is a Community Outreach Programme with a multi-disciplinary team based in the Ballinasloe town centre.
- SUAS promotes well-being and prioritises people's independence, choices, safety and opportunities using a person centred approach.
- The service supports people to be recognised as valued members of their community, feel equal and be treated fairly.
- We provide access to Community Support Workers, Psychologists, Social Workers and Psychiatrists based on a person's individual needs and goals.

## For more information:

**Contact:** Geoff Quinlan  
**Phone:** 0909646400  
**Email:** [geoff.quinlan@bocsi.ie](mailto:geoff.quinlan@bocsi.ie)  
**Address:** Sarsfield Road, Ballinasloe  
**Website:** <https://west.brothersofcharity.ie/>



## Sovereign and Connexions Centre Loughrea



### Who do we support?

Adult school leavers / R.T. programme graduates, with a mild-moderate learning disability/autism spectrum disorder who will commit to growing their independence and their active engagement with the small & broader aspects of learning to live an independent life of their choosing. We support young adults to grow their confidence to make independent choices, and enable each individual to direct the support which they receive. We tailor individualised support programmes to the needs, choices, and goals of the person and this is built on a foundation of independent travel, personal budgeting & financial control, further education, employment, and independent living skills.

### How do we support?

Working within the New Directions Framework our service is aimed at individuals who want a flexible, individualised, and dynamic service which supports individuals to set and achieve high standards and goals. This is facilitated through our strong ties with the local community, further educational providers including the GRETB, GRD, Employability & others, and a focus on work experience & employment. Similarly, strengthening existing and building new support networks is a main focus of ours as these can enable the individual to create long term natural supports and resources which can greatly enhance their independent control of their life. Family/Carer involvement in our service is promoted, according to the choice of the individual, and this includes the development of community & friendship ties. Overall, our service supports the individual to create and direct a tailored support structure which addresses the identified needs and goals of the individual.

## Programme overview:

- **Independent living skills:** social skills, community engagement, cooking, time management, well-being, understanding & growing social networks, Personal Outcomes.
- **Money management:** budgeting, spending & saving, debit card management (Revolut).
- **Independent travel:** supported, semi-supported, and independent engagement with local and greater community public transport.
- **Further education:** independent attendance with GRETB; GTI; GRD. QQI level 1, 2 and 3.
- **Employment:** work experience, preparation for work & independent engagement with Galway Employability Service & GRD Workability Service.
- **Health and safety**
- **Reaching personal goals**

## For more information:

**Contact:**           **Team Leader:** Patrick Mir  
**Phone:**           091 880355/ 0871990681  
**Email:**           [patrick.mir@bocsi.ie](mailto:patrick.mir@bocsi.ie)  
**Address:**       **Sovereign Centre**, Old Galway Road, Loughrea  
                  **Connexions Centre**, Athenry Road, Cosmona, Loughrea



## Swan Centre

### Who do we support?

We support young adults who have left school or have completed RT programme in Athenry.

### How do we support?

We support people to make individualised choices on a daily basis. We tailor timetables for each person based on their needs and wishes. We offer a wide range of programmes horse riding, swimming, gym, soccer training, art, woodwork, up cycling, cooking, “That’s Life” programmes and work experience. Education needs are supported by tutors through the GRETB in Loughrea and Athenry.

We prepare the people we support to learn independent living, practical life skills. We link with our community and use local amenities such as restaurants, hairdressers, beauticians and transport services. We support and promote people to have opportunities and to make their own choices and to have normal life experiences.

### For more information:

**Contact:** Rebecca Whelan  
**Phone:** 091 877396 / 087 7472175  
**Email:** [rebecca.whelan@bocsi.ie](mailto:rebecca.whelan@bocsi.ie)  
**Address:** Old Church Street, Athenry, Co.Galway





## Skylark Centre

### Who do we support?

We support young adults in the Athenry area with a primary diagnosis of intellectual disability who have left school or have recently completed an RT programme.

### How do we support?

Skylark day service was established in 2004 and it provides for individuals with moderate to profound intellectual disabilities. Skylark is focused on using Personal Outcome Measures and New Directions standards.

We support people to make personal choices to achieve their own goals through meaningful activities and programmes. People who attend have access to a wonderful multi-disciplinary team.

Based in Athenry Co. Galway, there is a strong emphasis on community involvement. Some examples of the programmes and activities we offer are, swimming, art and crafts, literacy skills, gardening, soccer, local employment and music sessions. Skylark supports and encourages daily living skills and the building of friendships. We are fortunate to have a wonderful staff team who are dedicated in supporting all the people who attend Skylark day service.

### For more information:

**Contact:** Martina Murphy

**Phone:** 087 1142459 /091 850139

**Email:** [martina.murphy@bocsi.ie](mailto:martina.murphy@bocsi.ie)

**Address:** Skylark day service, Brothers of charity, Raheen, Athenry  
Co. Galway H65Y103



# Starling Centre

## Who Do We Support?

Adults over 18 years with moderate to profound intellectual disability, many of whom have complex needs.

## How Do We Support:

Our mission is to provide a high quality day service, that centres around each individual attending Starling, promoting their health and wellbeing while providing new and valued experiences. Each person will be supported to enjoy an individualised programme designed, using a person-centred approach, to meet their interests and needs.

Those attending Starling are supported to take part in a range of centre-based activities such as art and sensory activities, baking and cooking programmes, daily living skills. ASDAN programme, physiotherapy and rebound therapy.

There is also a strong emphasis on social inclusion and community outings. We support individuals to visit local shops, cafés, amenities and to join local groups.

Our facilities include a large garden with a wheelchair accessible swing, trampoline and nest swing, a relaxation room and fully-equipped rebound therapy room.

In Starling we work closely with those who attend the centre and their support network to achieve the best possible outcomes.

## For more information:

**Contact:** Eimear Shields

**Phone:** 087 1990679

**Email:** [Eimear.Shields@bocsi.ie](mailto:Eimear.Shields@bocsi.ie)

**Address:** Starling Centre, Mount Pleasant, Loughrea, Co, Galway.

**Website:** <https://west.brothersofcharity.ie/>



## TOPE Services

### Who are we?

TOPE (Training Options & Personal Education) Services is a part of Brothers of Charity Services Ireland (BOCSI) West Region, located at:

- TOPE Resource Centre, Cul na Canalach, Poolboy, Ballinasloe, H53 A306
- TOPE Oakglen Centre, 12 Oakglen, Poolboy, Ballinasloe, H53 VY01
- TOPE Hub, Jubilee Street, Ballinasloe, H53 Y058

### Who do we support?

We support adults with an intellectual disability in our day programme locations and those who are graduating from second level education.

### How do we support?

**TOPE Resource Centre:** Individuals are supported in a person-centred way to participate in their local community. The individuals are supported and encouraged to explore and develop independent life skills through meaningful activities in line with their interests and capabilities. People supported have an opportunity to participate in varied activities including Numeracy & Literacy, Art, Drama, Music, Advocacy and training. Leisure activities such as Aqua Fit, swimming, gym, soccer, golf, tennis, rugby are just a few of the activities the group are involved in. Some individuals are supported in employment and work experiences. Individuals are supported to attend GRET B classes and training opportunities locally to further develop their skills.

**TOPE Oakglen:** People are supported in a person-centred way to participate in their community and to develop life skills. We offer a wide range of activities such as cookery, personal care, money management, IT skills and AAC options, numeracy & literacy, leisure activities such as Aqua Fit, gym, soccer, Arts and Crafts and horticulture, all while keeping in line with their own personal interests and capabilities. The programme is also supported by the GRET B.

**TOPE Hub:** The hub offers scheduled arts-based programmes to individuals on a timetabled basis. These classes include drama, dance, science, sensory exploration, yoga, print and design, painting and craft. People supported are given the opportunity to explore, develop and learn new skills in a person-centred way, while keeping in line with their own personal interests and capabilities.

**For more information:**

**Contact:** Niamh Sheppard, Team Leader BOCSI TOPE Services

**Phone:** 09096 44677

**Email:** [niamh.sheppard@bocsi.ie](mailto:niamh.sheppard@bocsi.ie)

**Or**

**Contact:** Mary Hazlett, Area Manager BOCSI, Deerpark Services

**Phone:** 09096 42766

**Email:** [Mary.Hazlett@bocsi.ie](mailto:Mary.Hazlett@bocsi.ie)



# Irish Wheelchair Association

## Who are we?

**Irish Wheelchair Association (IWA)** is Ireland's leading representative organisation and service provider for people with physical disabilities.



## School Leaver Service

School Leaver Services provides support to young adults and comprises a range of social inclusion, life skills development, accredited training, recreation and leisure activities and individual supports leading to enhanced quality of life. The school Leaver Service is based in Tuam, Loughrea and Briarhill Galway.

IWA is increasingly aware of school leavers and Rehabilitative Training graduates who do not access services or engage in work, and as a result are at risk of becoming isolated from their communities. We provide a new model of service in line with HSE's New Directions Interim Standards that supports people to make choices about how they wish to engage in everyday activities in their communities, which is essential for a person's health and well-being.

## Who can this service support?

This service is for school leavers or RT graduates with physical and sensory disabilities or acquired brain injury. In some instances where the person may have a secondary intellectual disability along with their primary physical disability they will be assessed on an individual basis to identify can these supports be met. Participants will be referred to Irish Wheelchair Association via HSE Day Opportunities & Guidance Service.

## Aim

School Leaver Service aims to provide:

- Individualised Services and Supports
- Effective Services and Supports
- Safe Services and Supports

- Effective Leadership, Governance and Management
- A Responsive Workforce
- Correct Use of Resources
- Proactive Use of information

## **Objectives**

IWA is committed to supporting each individual to enhance their quality of life through opportunities and supports to engage with community services and facilities including:

- One to one planning and support for making choices and plans
- Taking part in a range of social and leisure activities
- Taking part in QQI accredited and informal training programmes
- Developing daily living skills and increasing independence
- Accessing public services and facilities
- Maintaining and improving general health and wellbeing
- Accessing employment and volunteering opportunities

Model of Service: School Leaver Service can provide opportunities and support services to people with limited mobility, so they can lead full, active and independent lives in their own communities. The programme supports independence and social inclusion through a person-centred approach with each person having the opportunity to perform a fulfilling role in their wider community. Wherever possible, participants are encouraged to become self-supporting in accessing local facilities, travelling, advocating for themselves and other life skills. The service can operate from local hubs providing a platform from which participants can begin to access their local communities and plan the kind of service and activities in which they wish to partake. The service can also operate through an Outreach Model where IWA staff support a person through their own community utilising technology to aid with the process (i.e. Skype, Zoom etc). Further information can be found in the IWA Community Engagement Model document. Participants are free to access programmes and services in any of these two hubs, if they choose to, in addition to activities in their local communities. We have a strong focus on creating links and partnerships with other local community and disability services. People are supported to utilise mainstream supports such as public transport, educational services, vocational training, independent living training and employment services. Each participant meets regularly with their Individual Support Person, an IWA staff member who works

closely with the participant to identify and work towards personal goals, and to decide how best to deal with any barriers or challenges they may face in achieving these goals. The purpose of this support is to develop decision-making skills, promote individual choice and increase confidence.

**For more information:**

**School Leaver Service Tuam:**

**Phone:** Allen Martyn – *Service Co-ordinator* – 0871403612  
Susan Hanley – *Service Support Officer* – 0858549042

**Email:** allen.martyn@iwa.ie  
susan.hanley@iwa.ie

**Address:** The Glebe, Tuam, Co Galway

**Website:** [www.iwa.ie](http://www.iwa.ie)

**School Leaver Service Loughrea:**

**Phone:** Allen Martyn – *Service Co-ordinator* – 0871403612  
Susan Hanley – *Service Support Officer* – 0858549042

**Email:** allen.martyn@iwa.ie  
susan.hanley@iwa.ie

**Address:** Plas De Burgo, Athenry Road,  
Loughrea, Co Galway.  
H62 X285

**Website:** [www.iwa.ie](http://www.iwa.ie)

## Casla Resource Centre

### Who are we?

Casla Resource Centre



### Who do we support?

We support adults aged 18 to 65 with an intellectual disability, autism and/or a physical or sensory disability.

### How do we support?

Casla Resource Centre is a bilingual (Irish and English) day service that supports each person in leading a meaningful and valued life in their community. Support is offered both in the local community and at our centre in Casla. We begin by getting to know the individual - their interests, strengths and support needs.

We provide support in areas such as

- Wellbeing
- Social and personal development
- Accessing education or training
- Exploring employment opportunities
- Other goals identified by the person and their families or supporters.

### About RehabCare

RehabCare provides of a wide range of person-centred health and social care services. We support people who are disadvantaged to take part in their local communities in ways that reflect their choices, aspirations and needs.

### For more information:

**Contact:** Ita O'Connor (Community Services Manager)

**Phone:** 087 3811796

**Email:** [ita.oconnor@rehabcare.ie](mailto:ita.oconnor@rehabcare.ie)

**Address:** Unit 3k, Casla Industrial Estate, Casla, Co. Galway

**Website:** [www.rehabcare.ie](http://www.rehabcare.ie)



Education and Training	
Atlantic Technological University Disability and Learning Support Service	ATU
Galway and Roscommon Education & Training Board	GRETB
Galway City Community Training Centre	GCCTC
Galway Community College	GCC
Galway Technical Institute	GTI
National Learning Network	NLN
Quest Brain Injury Services	NLN



## **Atlantic Technological University**

### **Disability and Learning Support Service**

#### **Who do we support?**

At ATU Galway-Mayo we support students with a range of Disabilities, including, but not limited to, Autism, ADHD, Blind or visually impaired, Deaf or Hard of Hearing, DCD, mental health difficulties, neurological disorders including acquired brain injuries, physical or mobility difficulties, specific learning disorders, speech and language communication disorders and significant ongoing illnesses.

#### **How do we support?**

We support students but providing them with the relevant assistance and support, which may include Learning Support, notetaking assistance, reasonable accommodations in classes and lectures, ISL Interpreters, assistive technology, reasonable accommodations in exams and assessments, Educational Support Workers, reading software/readers, etc.

#### **For More Information:**

**Contact:** Deirdre O Connor (Disability and Learning Support Officer)

Rachel Byrne (Disability and Learning Support Administrator)

**Phone:** 091-74 2499

**Email:** [disabilitysupport.galwaymayo@atu.ie](mailto:disabilitysupport.galwaymayo@atu.ie)

**Address:** ATU Galway Mayo, Dublin Road, Galway

**Website:** [www.atu.ie](http://www.atu.ie)



**gretb**

Bord Oideachais agus Oiliúna  
na Gaillimhe agus Ros Comáin  
*Galway and Roscommon  
Education and Training Board*

## **Galway and Roscommon Education and Training Board (GRETb)**

### **Who are we?**

Galway and Roscommon Education and Training Board (GRETb) is an official education authority dedicated to driving education, training, and lifelong learning. We operate Community National Schools, Post-Primary Schools, Further Education and Training Colleges, and Adult Education Centres. We provide learning pathways for everyone, from early education, music and outdoor education to apprenticeships, youth services, and community education. No matter where you are on your learning journey, GRETb has a pathway for you.

### **Who do we support?**

GRETb Further Education and Training Department (FET) supports young people and adults, offering inclusive education and training opportunities on a full-time or part-time basis.

### **How do we support?**

We provide a variety of services to help you access our FET programmes, including:

- Guidance, Information and Recruitment Services
- Learner Support and Inclusion Service



### **Guidance, Information and Recruitment Service:**

- We provide a free, impartial, and confidential guidance on education and training options, both locally and nationally.
- We help you choose the right programme based on your interests, needs, abilities and career goals.
- The service is available throughout Galway City, County Galway and County Roscommon.

### **Learner Support and Inclusion Service:**

When you are registered as a FET learner on one of our GRET B programmes we can offer free, confidential support to help you succeed in your programme of study. Register with us if you:

- Have specific learning needs and need support.
- Need help accessing a laptop or other device.
- Require counselling support.
- Need access to the learner assistance fund.
- Are unsure what support you need and want to discuss your options.
- This service is available throughout Galway City, County Galway, and County Roscommon.

### **What courses do we offer?**

Further Education and Training includes: Apprenticeships, Traineeships, Tertiary programmes, National Learning Network as well as centres offering full-time and part-time programmes (QQI Levels 1-6) spread right across the geographical regions of Galway and Roscommon from Bakery, Beauty, Business, Hairdressing, Nursing, Welding, Sports, Science, and many more...

### **How to Contact Us:**

<b>Website:</b>	<a href="http://www.gretb.ie">www.gretb.ie</a>
<b>Freephone:</b>	1800 140 242
<b>Guidance:</b>	<a href="mailto:guidance@gretb.ie">guidance@gretb.ie</a>
<b>Learner Support:</b>	<a href="mailto:learnersupport@gretb.ie">learnersupport@gretb.ie</a>

You can also keep up to date by following us on social media: **@GRETBofficial**



**Who are we?**

Galway City Community Training Centre

**Who do we support?**

Early school leavers 16-21 years old.

**How do we support?**

Through the following ways:

- Practical and hands on experience of the work environment with highly experienced instructors
- A recognised qualification (Major Award)
- A training allowance and six weeks annual leave
- A progression plan which supports learners to access employment, further training and education
- Training within a supportive and structured environment
- Opportunities to sample real working situations through work experience
- Learner tracking for 6 months to provide support

**For more information:**

**Contact:** Blaze Aylmer/ Eleanor O'Boyle

**Phone:** 091 753849

**Email:** [recruit@galwayctc.ie](mailto:recruit@galwayctc.ie)

**Address:** 3-4 Liosbán Industrial Estate, Tuam Road, Galway

**Website:**



## Galway Community College

### Who do we support?

Learners on QQI Level 5 & 6 courses.

### How do we support?

- In Galway Community College (GCC), there are a broad range of level 5 & 6 courses on offer in six specialist Departments: Social Care, Business Secretarial and Multimedia, Science, Design & Technology, Music Theatre & Film, Sport and Horticulture.
- While studying in GCC you can expect a friendly inclusive environment, and we have a strong reputation for excellent tutoring with fantastic progression opportunities. We have an ideal location close to the city with career guidance, modern facilities, a café and free parking.
- On completion of a PLC course, a maximum of 390 points can be achieved for your progression to third level education. Successful completion and certification of a QQI level 5 course allows you to apply through the CAO system for any course up to 390 points. Close ties with industry in Galway City and County and a focus on third level education are key factors in what has made the PLC College at GCC a centre of excellence.
- Applications are taken online and we will have an Open Day this year - a date to be determined, usually early March. Please check PLC section on our website for details.

### For more information:

**Contact:** Disability Officer - Claire Quinn, [claire.quinn@gretb.ie](mailto:claire.quinn@gretb.ie)

**Phone:** 091 755464

**Email:** [gcc@gretb.ie](mailto:gcc@gretb.ie)

**Address:** Galway Community College, Wellpark Road, Galway

**Website:** [www.galwaycc.ie](http://www.galwaycc.ie)



## **Galway Technical Institute (GTI)**

### **How do we support learners?**

We provide QQI Level 5 & 6 courses to over 1,100 learners annually. At GTI, courses are designed to be of immediate and practical use in the workplace or as a stepping stone to further study and higher qualifications. We offer comprehensive careers and progression information, including a counselling service and academic project support. We also have an active disability service which provides guidance, direction and information regarding additional resources for learners who present with additional needs.

We offer over 50 different courses across a range of departments which include: Applied Health & Social Sciences, Art & Design, Business, Fashion, Hairdressing & Beauty, Computing & Engineering, Media, Sport & Recreation, Technology – Design & Engineering and General Studies.

Our Applied Learning approach is designed to enable students to learn more effectively in real-life situations. Applied Learning provides our students with learning experiences that involve solving problems based on real-life situations. GTI's underlying philosophy is about learning collaboratively and applying it to life. This is driven by learner centred activity, a comprehensive assessment schedule managed by a dedicated class teacher and critically, learning to learn.

Facilities at GTI include recording studios, creative digital media laboratories, hairdressing and beauty salons, furniture design workshops, fashion studios, sporting facilities plus a wide range of specialist IT facilities.

Our European Links provide work placements abroad for over 100 GTI students annually. Students currently travel to France, Portugal, Spain, Finland, Italy, Scotland and the Canary Islands. These placements are fully funded and afford students the opportunity to gain valuable work related training in institutions and enterprises throughout Europe.

Graduates of GTI are certified and accredited by nationally and internationally recognised examining and professional bodies. These include: QQI, DES, ITEC, CIBTAC, CIDESCO, City and Guilds and FAI Ireland. Students with disabilities are supported through resources available through the HEA and GTI staff.

"Excellent progression opportunities exist to a wide range of courses in Higher Education Institutions". ([www.cao.ie](http://www.cao.ie)).

Many students also enter the workplace directly with the qualifications achieved.

**For more information:**

**Phone:** 091 581342

**Address:** Fr Griffin Road, The Claddagh, Galway

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

**Website:** [www.gti.ie](http://www.gti.ie)



# National Learning Network

Investing in People, Changing Perspectives

## Who do we support?

National Learning Network (NLN) provides a range of flexible training courses and support services for people who need specialist support (job seekers, unemployed, people with an illness or disability) in 50 centres around the country. The SOLAS courses and HSE programmes, all of which include work experience, offer nationally recognised qualifications including QQI, ECDL, and ensuring that students are ready to take the next step in getting a job or to go on to further education.

## How do we support?

We promote equality by providing world-class training, education and employment access services, and by actively influencing the creation of a more inclusive society.

## For more information:

**Contact:** Patrick Hannon - Area Manager  
**Phone:** 091 756650 / 086 0432617  
**Email:** [galway@nlm.ie](mailto:galway@nlm.ie)  
**Address:** NLN Horizon Business Park, Ballybrit, Galway H91XHY2  
**Website:** [www.nlm.ie](http://www.nlm.ie)

## Skills For Life - Introductory Skills Training (IST) (Level 3)

This QQI level 3 programme provides learners aged 18 to 23 with personal, social and work related skills that will enable them to progress to greater levels of employment readiness. Learners will learn to identify their strengths and goals for the future as well as exploring employment or further training opportunities through work experience at a host company. Practical skills training will be delivered using a mix of structured directed training, self-direction and one to one coaching. Training will be tailored to meet individualised training and development needs through individual action planning.

**Contact:** Breda Reidy – Instructor  
**Phone:** 087 6032351 **Email:** [breda.reidy@nlm.ie](mailto:breda.reidy@nlm.ie)

### **Fresh Start (Tús Nua) - Introductory Skills Training (Level 4)**

This programme provides learners with an environment to achieve greater levels of personal development and vocational exploration, to develop IT and business skills and to explore employment or further education opportunities. Learners will be supported in progressing to higher level programmes within National Learning Network or onto further education or training of their choice. Certification at QQI level 4 is available for all learners.

**Contact:** Dave Scully – Instructor  
**Phone:** 087 6800926 **Email:** [dave.scully@nln.ie](mailto:dave.scully@nln.ie)

### **Horticulture / Landscaping Specialist Skills Training (SST) (Level 4)**

This QQI Level 4 Programme will provide students with the opportunity to develop the skills and knowledge required to pursue a career of choice in the horticulture industry. The first year of the programme will concentrate on modules designed to give you a solid foundation in horticulture skills, while Year 2 will facilitate you in specialising in a preferred area such as Landscape/Garden Maintenance, Garden Centre Operations, Nursery Operations, Market Gardening or Turf Maintenance.

**Contact:** Bob Reilly - Instructor  
**Phone:** 086 0455506 **Email:** [bob.reilly@nln.ie](mailto:bob.reilly@nln.ie)

### **Employer Based Training (EBT) – Specialist Skills Training (SST) (Level 4)**

This Employer Based Training is a QQI Level 4 Employment Skills. A flexible course that enables students to acquire practical skills with a host company in a skill area of their career choice. The course is a blend of on-the-job training three days per week and in-centre training for two days per week. The EBT co-ordinator will support both student & employer while the student is in placed employment. The objective of the course is to support the student to secure employment.

**Contact:** JJ Byrne – EBT Co-ordinator  
**Phone:** 086 0433304 **Email:** [jj.byrne@nln.ie](mailto:jj.byrne@nln.ie)

## **IT & Business Studies – Specialist Skills Training (SST) (Level 5)**

A flexible programme providing students with the opportunity to achieve Information Technology and Business Administration qualifications to QQI level 5. This programme combines centre-based learning with home-based learning and work experience, where students are provided with the necessary information technology, office and personal effectiveness skills to obtain and retain employment or move on to further education. This is supported by home visits, online tutorials, hub and centre based training. All equipment is supplied on loan to the students.

**Contact:** Kevin Fitzgerald - Instructor

**Phone:** 086 0432801 **Email:** [kevin.fitzgerald@nlm.ie](mailto:kevin.fitzgerald@nlm.ie)

**For more detailed information about the courses NLN offer is available through our QR code or padlet Link below**



<https://padlet.com/nlnfreetrainingcoursesgalway/Bookmarks>

**CURRENTLY LOOKING FOR EXPRESSION OF INTEREST FOR A NEW FRESH START PROGRAMME TO COMMENCE IN TUAM IN 2025.**

**Fresh Start (Tús Nua) - Introductory Skills Training (Level 4)**

This programme provides learners with an environment to achieve greater levels of personal development and vocational exploration, to develop IT and business skills and to explore employment or further education opportunities. Learners will be supported in progressing to higher level programmes within National Learning Network or onto further education or training of their choice. Certification at QQI level 4 is available for all learners.

**Contact:** Dave Scully – Instructor  
**Phone:** 087 6800926    **Email:** [dave.scully@nln.ie](mailto:dave.scully@nln.ie)

**For more detailed information about the courses NLN offer is available through our QR code or padlet Link below**



<https://padlet.com/nlnfreetrainingcoursesgalway/Bookmarks>

Acquired Brain injuries occur almost every day (following road traffic accidents, sporting injuries, assaults, and falls. Or stroke, brain tumour, haemorrhages, and infection.) Survivors can make a good physical recovery.

What's left are subtle hidden problems, memory issues, impaired thinking, emotional changes, tiredness. Feeling less efficient than before. People can become isolated or withdrawn, as a result of not knowing how to deal with these problems.

Quest Brain injury services can provide assistance with rehabilitation of these issues. Call us to find out more on 091 778850 or email [quest@nln.ie](mailto:quest@nln.ie) to find out more.

[For further information on Acquired Brain Injury click on link below of scan QR code below.](#)



<https://padlet.com/QuestBrainInjuryServices/qvavp8jvr4pv855x>

## **Quest Head Injury Family Information Services**

The Quest Family Support Service (QFSS) is available to all carers of clients known to the service across Galway, Mayo and Roscommon; it provides education information and support through family workshops and information days. The service aims to provide advice and information whilst creating a positive environment to meet others for shared support and shared experiences

**Contact:** Patrick Hannon - Area Manager  
**Phone:** 091 778850 / 086 0432617  
**Email:** [quest@nln.ie](mailto:quest@nln.ie)

### **Who do we support in centre?**

This specialised service is designed to meet the needs of an Acquired Brain Injury (ABI) survivor. The main causes of an ABI include road traffic accidents, sporting injuries, physical assaults, and falls, or as a result of illnesses and diseases, such as strokes, brain tumours, brain haemorrhages, hypoxia, and encephalitis, age 18-65 years.

### **How do we support?**

The service addresses such areas as: Brain Injury Management, Cognitive Function (General Cognitive Skills, Attention and Memory), Activities of Daily Living, Personal & Social Development, Health & Well Being, Information Technology, Home & Communication, and Vocational Exploration.

The Quest Team aim to assist individuals to re-acclimate themselves post injury, often enabling a return to work, education, maximisation of independence, and an overall improvement in general function.

**Contact:** Patrick Hannon - Area Manager  
**Phone:** 091 778850 / 086 0432617  
**Email:** [quest@nl.n.ie](mailto:quest@nl.n.ie)  
**Address:** 9a Liosbaun Business Park, Tuam Park, Galway, H91WP9A  
**Website:** [www.nln.ie](http://www.nln.ie)

[Further Information on Quest Brain Injury Services & application forms are available for download via the link or QR code below](#)



<https://padlet.com/QuestBrainInjuryServices/qvavp8jvr4pv855x>

# Quest Outreach Brain Injury Services

## Who do we support in outreach?

This specialised service is designed to meet the needs of an Acquired Brain Injury (ABI) survivor. The main causes of an ABI include road traffic accidents, sporting injuries, physical assaults, and falls, or as a result of illnesses and diseases, such as strokes, brain tumours, brain haemorrhages, hypoxia, and encephalitis, age 18-65 years.

## How do we support?

The service addresses such areas as: Brain Injury Management, Cognitive Function (General Cognitive Skills, Attention and Memory), Activities of Daily Living, Personal & Social Development, Health & Well Being, Home & Communication, and Vocational Exploration.

The Quest outreach Team aim to assist individuals to re-acclimate themselves post injury, often enabling a return to work, education, maximisation of independence, and an overall improvement in general function.

Currently Quest outreach provides services in a variety of locations across Mayo, Roscommon and Galway County. If you require any further information on our outreach service please don't hesitate to contact us.

**Contact:** Patrick Hannon - Area Manager

**Phone:** 091 778850 / 086 0432617

**Email:** [quest@nln.ie](mailto:quest@nln.ie)

**Address:** 9a Liosbaun Business Park, Tuam Park, Galway H91WP9A

**Website:** [www.nln.ie](http://www.nln.ie)

[Further Information on Quest Brain Injury Services & application forms are available for download via the link or QR code below](#)



<https://padlet.com/QuestBrainInjuryServices/qvavp8jvr4pv855x>

## Further Information and Services available in Galway

Ability West	Ability West
BOCSI – West Region - Galway Services	Brothers of Charity Services Ireland – Galway Services
Independent Travel Support	Bus Éireann
Chime	The National Charity for Deafness and Hearing Loss
Citizens Information Service	Citizens Information
Employability	Department of Social Protection
Workability Project	Forum Connemara
Galway Centre for Independent Living	Galway Centre for Independent Living
Galway Rural Development	Department of Rural & Community Development and the Department of Social Protection
GAP	Galway Autism Partnership
Independent Living Ireland	Independent Living Ireland
Intreo	Department of Employment Affairs and Social Protection



National Advocacy Service	National Advocacy Service
What Works For Me Programme	Spina Bifida & Hydrocephalus Ireland
Vision Ireland	NCBI Group

# Ability West



## Who do we support?

Ability West provides a wide range of disability support services to people with complex intellectual, physical and multiple disabilities. The organisation is committed to working in partnership with the Health Service Executive in providing supports and services, and empowering the lives of the people we support to ensure that they live their best lives.

Ability West was founded 62 years ago, by families who wanted better support for their children with intellectual disabilities and comorbidities. Over 600 children and adults' avail of our services and the organisation operates more than 60 centres located across Galway City and County.

Ability West is also proud to be patron of four special schools St. Joseph's Special School, Galway City, Tigh Nan Dooley, Carraroe, St. Oliver's Special School, Tuam, and St. Teresa's Special School, Ballinasloe.

Today, Ability West employs more than 630 people across Galway City & County.

## How do we support?

Underpinned by a person centred planning approach, Ability West empowers people with disabilities to live self-directed lives in an equal and inclusive society. Each person is supported and valued within the environment which promotes their overall autonomy, health and well-being and enables them to reach their potential.

Some of the services we provide to adults who attend our service include:

- *Outreach Programmes*
- *Short Breaks:* including centre-based respite, home-sharing and community supports (application for respite in Adult Services is made by parents/guardian and allocation of respite is prioritised according to need)
- *Self-directed supported living*
- *Multi-disciplinary Supports:* service users are referred to the relevant discipline and are prioritised according to need
- *Volunteers*

Services and supports are provided on a needs basis and prioritisation system, as identified through the admission process.

**For more information:**

**Phone:** 091 540900

**Email:** [enquiries@abilitywest.ie](mailto:enquiries@abilitywest.ie)

**Address:** Ability West, Blackrock House, Salthill, Galway, H91 R254

**Website:** [www.abilitywest.ie](http://www.abilitywest.ie)

**Get social with us:**





## **Brothers of Charity Services Ireland (BOCSI) – West Region - Galway Services**

### **Who do we support?**

The Brothers of Charity Services Ireland – West Region - Galway Services provide a wide range of services to people with intellectual disability and their families in Galway City and County.

### **How do we support?**

We support people to be valued citizens in their local community, to have ordinary life experiences and to be closely connected to family and friends. We are committed to supporting people to make choices about their lives and to the provision of quality services that meet people's needs. Our services range from early intervention for young children through to school age services and a variety of programmes for adults, devised according to the level of support that individuals require and priorities that they identify. Services include educational, day, residential, respite, family support, a range of multidisciplinary support services and supports to individuals who live independently. We aim to support people to lead self-directed lives (SSDL) and to embed the values of social role valorisation (SRV). The core values and principles of New Directions are grounded in our day services.

We provide a range of day services throughout the County in various locations including; Galway City, Costello, Carraroe, Spiddal, Athenry, Ballinasloe, Clarenbridge, Claregalway, Kinvara, Gort, Loughrea and Oranmore.

### **For more information:**

**Phone:** 091 721400

**Email:** [contact.west@bocsi.ie](mailto:contact.west@bocsi.ie)

**Address:** Woodlands Centre, Renmore, Galway, H91 KN20

**Website:** <https://west.brothersofcharity.ie/>



**Who Do We Support:** We assist passengers with additional needs to use public transport independently. The Independent Travel Support (ITS) service assists passengers with additional needs aged 18 years and over to develop skills to use the Transport For Ireland (TFI) public transport network independently. This service operates in Dublin, Cork, Limerick, Galway and Waterford.

**How Do We Support:** An ITS assistant will travel with you and train you how to travel independently, until you are confident to travel alone.

In Galway ITS is managed by Bus Éireann on behalf of the NTA and operates on TFI services operated by Iarnród Éireann, Bus Éireann, City Direct and TFI Local Link.

**For More Information:**



Phone: 0818 294015

Email: [independent.travel@buseireann.ie](mailto:independent.travel@buseireann.ie)





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**For More Information:**

Phone: 0818 294015

Email: [independent.travel@buseireann.ie](mailto:independent.travel@buseireann.ie)

**Who Do We Support?**

Chime provides a range of specialist supports and services to Deaf and Hard of Hearing (DHH) people and their families. This also includes young people who need additional supports in the area of technology and communication.

**How Do We Support?**

We seek to support and work in partnership with other organisations and service providers to make their services fully accessible to DHH people. Our qualified team can communicate through the preferred language of our service user, either Irish Sign Language or English.

We provide a range of supports to individuals, families, and organisations. This includes family support, general information, advice services, assistive technology, hearing aid service and Deaf and Hearing Awareness Training (DAHAT). This is provided through one-to-one assessments, case work or group work.

### **Explore Mentoring Programme**

Chime launched the Explore Mentoring Programme in 2021. This programme provides mentoring support for DHH adults who are seeking to access employment and improve their job readiness skills.

The programme Mentors use a person-centred approach to inform, guide, and map out pathways to reaching, one's goals and aspirations for the future.

They also provide assistance and advice to the many stakeholders that DHH people will engage with along the way e.g. the education sector; vocational training bodies; professional agencies; employers; community & voluntary sector; residential and day service providers.

For further information or to make a referral please contact your local Chime office. See details below.

- Chime, 9a St. Francis Street, Galway. 091 564871 / 086 864 8659 or [galway@chime.ie](mailto:galway@chime.ie)
- Explore Mentoring Programme: 086 203 3440 or [explore@chime.ie](mailto:explore@chime.ie)

## **South Connacht Citizens Information Service CLG**

Citizens Information Services (CISs) provide face-to-face services to the public. Galway Citizens Information Service provide free, impartial and confidential information, advice and advocacy services to the public including rights and entitlements in relation to Social Welfare, Health, Consumer, Employment Law, Immigration, Family Law, Education, Taxation and a wide range of other topics.

### **Galway Locations**

#### **Galway City CIC**

##### **Galway CIC Office Contact Details**

Telephone: **0818 07 7600** Email: [galway@citinfo.ie](mailto:galway@citinfo.ie)

Augustine House, St Augustine Street, Galway, H91Y7XH

#### **Reception Desk for Galway City**

Open: Monday to Friday 9.30am to 5.00pm (closed for lunch 1.00 to 2.00pm). Call in to our office to pick up a form or information booklet and find out more about our information, advice, and advocacy services.

#### **Drop-in Clinic for Galway City**

##### **Drop-in Clinic**

Open: Monday 10.00am - 1.00pm.

Tuesday 10.00am -1.00pm and 2.00pm -4.30pm.

Wednesday 10.00am - 1.00pm.

Thursday 10.00am -1.00pm and 2.00pm -4.30pm.

Friday 10.00am - 1.00pm (the last drop-in can be seen at 12.30pm). Call in to our office for a short discussion (generally 20 mins) with a member of our team about your situation and to explore your options. No appointment necessary, however access may be limited during peak times.

#### **Tuam CIC Office Contact Details**

Telephone: **0818 07 7740** Email: [tuam@citinfo.ie](mailto:tuam@citinfo.ie)

Centre for Education and Development Building (CED)  
Brú Bhríde, Church View, Tuam Co. Galway. H54 EY24



### **Reception Desk**

Open: Tuesday 10am to 1pm and 2-4.30, Wednesday and Thursday 10am to 1pm call in to our office to pick up a form or information booklet and find out more about our information, advice, and advocacy services.

### **Drop-in Clinic**

Open: Tuesday 10am to 1pm and 2-4.30, Wednesday and Thursday 10am to 1pm call in to our office for a short discussion (generally 20 mins) with a member of our team about your situation and to explore your options. No appointment necessary, however access may be limited during peak times.

### **Rosmuc CIC**

Tel: 0818 07 7600 Email: rosmuc@citinfo.ie

Rosmuc Innovation Centre, Rosmuc, Ionad Fiontair

Rosmuc, Co. Galway. 996G+289 Keeloges Old, County Galway

### **Reception Desk**

Open: Friday 9.30am - 1.00pm and 1.45 - 5.00pm Call in to our office to pick up a form or information booklet and find out more about our information, advice, and advocacy services.

### **Drop-in Clinic**

Drop-in Clinic

Friday 9.30am - 1.00pm and 1.45 - 5.00pm Call in to our office for a short discussion (generally 20 mins) with a member of our team about your situation and to explore your options. No appointment necessary, however access may be limited during peak times.

### **Clifden CIC**

Tel: 0818 07 7600 Email: clifden@citinfo.ie

Station House Courtyard, Clifden, H71 EF68

### **Reception Desk**

Open Thursday 11am - 1.00pm / 2pm - 5pm. Open Friday 9.30-1pm / 2-5pm. Call in to our office to pick up a form or information booklet and find out more about our information, advice, and advocacy services.

### **Drop-in Clinic**

Open Thursday 11am - 1.00pm / 2pm - 5pm. Open Friday 9.30-1pm / 2-5pm. Call in to our office for a short discussion (generally 20 mins) with a

member of our team about your situation and to explore your options. No appointment necessary, however access may be limited during peak times

### **Outreach services**

#### **Loughrea Outreach**

Loughrea Family and Community Resource Centre

Pigott's Street

Loughrea

Co. Galway

Tel: 091 871 149

Wheelchair-accessible: No

Opening Hours: Loughrea Outreach is open once per month on a Thursday. It is by appointment only, appointments can be made through the Loughrea Family and Community Resource Centre by phoning 091 871 149 or emailing [info@loughreafamilyresourcecentre.ie](mailto:info@loughreafamilyresourcecentre.ie).

#### **Ballinasloe Outreach**

Family Resource Centre

Ballinasloe

Co. Galway

H53 Kc98

Tel: 0818077740

Wheelchair-accessible: No

Opening Hours: Ballinasloe Outreach is one per month via appointments only. Appointments can be made by calling the Tuam Citizens Information Service on 0818 07 7740 on Tuesday, Wednesday or Thursday / or via email at [tuam@citinfo.ie](mailto:tuam@citinfo.ie).

## Specialist Service Information



### Free Legal Advice Centre:

SCCIS provide access to FLAC through a telephone appointment service on Weds 7-9pm. Contact Galway CIS or your CIC to speak to an Infor-

mation officer to make an appointment. (By appointment only.)



### Other Information:

Ombudsman - Monthly Clinic, 10am-1.00pm and 2pm - 4pm on the following dates in 2025 August: 26th

September: 23rd

October: 28th

November: 25th

December: 23<sup>rd</sup>

Citizens Information Phone Service: **0818 07 4000**

Website: [www.citizensinformation.ie](http://www.citizensinformation.ie)



### **Who do we support?**

EmployAbility Galway is a not for profit company funded by the Department of Social Protection. We support job-seekers with disabilities, mental health difficulties and people in recovery from illness or injury in the Galway City and County area to find and maintain employment. We also support employers to integrate people with disabilities into their workplaces.

Entry criteria: Clients must be willing and able to work a minimum of 8 hours per week, be able to progress to independent employment by the end of a 12 month period, and be between the ages of 18 years and 65 years. Clients are required to be job ready, as our goal is to support you in finding a paid job, and help you become independent in that role so you are able to work independently without our support. Job readiness is defined by the Department of Social Protection as having the necessary training, motivation, education and ability to progress to work.

### **How do we support?**

We provide a four stage support service

1. Profiling and Career Planning
2. Job Search
3. Employed with Support
4. Working Independently

### **For more information:**

**Contact:** Peter McWilliams  
**Phone:** 091 781231 / 086 3800444  
**Email:** [peter@employabilitygalway.ie](mailto:peter@employabilitygalway.ie)  
**Website:** [www.employabilitygalway.ie](http://www.employabilitygalway.ie)



## Who Are We?

### Forum Connemara CLG- Workability Project



## Who do we support?

We work towards creating inclusive workplaces by supporting people with disabilities or mental health conditions together with local employers. The project works with eligible participants aged 16+ years.

## How do we support?

The **WorkAbility** Inclusive Pathways to Employment Programme is co-financed by the EU Employment, Inclusion, Skills & Training Programme (EIST) 2021-2027 and the Department of Social Protection (DSP)

The programme helps people with disabilities, particularly those who are not ready & most distant from the labour market.

We build confidence, skills and foster independence to access and maintain employment / self-employment.

The programme will observe the labour market and support employers' engagement with participants.

The programme can:

- Encourage and support participants to gain employment / work experience / volunteering opportunities.
- Improve employment options through education and training.
- Support local employers to provide employment for people with disabilities.
- Provide workplace mentoring and support.

The programme will run from **January 2024 - December 2028**

**Please see the website for more information and contact details**

**Website:** <https://www.forumconnemara.ie/workability>



Rialtas na hÉireann  
Government of Ireland



Arna chomhchistiú ag  
an Aontas Eorpach  
Co-funded by the  
European Union



government supporting communities

*This project is co-funded by the Government of Ireland, through the Department of Social Protection, and the European Union.*



## **Supporting Independent Living Across Galway City & County**

### **Who We Support**

We support adults with physical and/or sensory disabilities living in Galway City and County.

### **How We Support**

Galway Centre for Independent Living CLG (GCIL) is a not-for-profit organisation with over 30 years of experience providing services on behalf of the HSE. We provide professional, person-centred services that empower individuals to:

- Live independently in their own homes
- Participate fully in their communities
- Make choices and take control of their lives

### **Educational Support Service**

We provide Educational Support Assistants to help people with disabilities pursue education and training.

Support may include:

- Attending lectures and taking notes
- Assisting with projects and research
- Navigating campus
- Personal care (e.g. hygiene, meals)

Support is directed by the Service User and tailored to their goals.

### **Personal Assistant Service**

Our Personal Assistant (PA) Service is the foundation of independent living.

- PAs assist with daily living tasks, from personal care to social, educational, or work activities
- Support is provided at the direction of the Service User, giving them full control
- Each PA role is tailored to the individual's needs
- GCIL is the employer, but the Service User acts as the PA's day-to-day manager, overseeing tasks and training.

### **Home Care Services**

We offer flexible, person-centred home care, including:


- Personal care (e.g. getting out of bed, dressing, hygiene)
- Housekeeping
- Meal preparation
- Medication prompting
- Running errands
- Organising household matters

All GCIL staff are fully trained and Garda vetted. Services are designed around your needs, wishes, and choices.

### **Accessible Transport Service**

We offer a subsidised, door-to-door transport service for people with disabilities or mobility issues in Galway City and County.

- Available to Transport Club Members
- Operates most weekdays, 9am–5pm (subject to availability)
- Friendly, professional drivers who are fully trained and Garda vetted
- Rates vary by journey—contact us for details

 To join the Transport Club or learn more, call 085 848 4868

### **Get in Touch**

For more information about any of our services:

- Phone: 091 773910
- Email: [mail@gcil.ie](mailto:mail@gcil.ie)
- Address: Unit 53, Briarhill Business Park, Briarhill, Galway
- Website [www.gcil.ie](http://www.gcil.ie)



## **Galway Rural Development**

### **Who are we?**

Galway Rural Development was established in July 1994. It is a limited company and its directors represent statutory agencies, social partners, business, farming, community and voluntary sectors. Our staff are based in Athenry and several other locations throughout the county.

### **Who do we support?**

Galway Rural Development supports groups and individuals who experience social exclusion, marginalisation and discrimination by providing the opportunity for training, education and employment.

### **How do we support?**

Galway Rural Development offers a number of programmes including:

#### Social Inclusion and Community Activation Programme (SICAP)

SICAP is the Social Inclusion and Community Activation Programme. The current programme began on 1 January 2024 and will run until the end of 2028. It replaced SICAP 2018–2023.

SICAP aims to reduce poverty and promote social inclusion and equality. It does this through Programme Implementers, agencies and companies, who work with the most disadvantaged and the hardest to reach in communities.

The programme is aimed at:

- People living in disadvantaged communities
- People impacted by educational disadvantage
- People living in jobless households or households where the primary income source is low-paid and/or precarious
- People who are long-term unemployed



- People with a criminal history
- Refugees
- International Protection Applicants
- Disabled People/People with Disabilities
- Heads of One-parent Families
- Travellers
- Roma
- Island residents

## LEADER

The LEADER programme accepts applications based on projects which improve:

- rural tourism
- enterprise development
- broadband
- basic services targeted at hard-to-reach communities
- rural youth
- protection and sustainable use of water resources
- local biodiversity
- renewable energy

The LEADER programme is administered at a local level by 29 local action groups, which contain local representatives from the community, public and private sector. Each group is responsible for selecting and awarding LEADER funding to projects within their geographical area.

## Rural Social Scheme

The Rural Social Scheme (RSS) is aimed at low-income farmers and fishermen/women. To qualify for the RSS, you must be getting a social welfare payment. Participants under the scheme work 19.5 hours per week and receive a top up on their payments. In return, people participating in the RSS provide services that benefit rural communities. If permission is given by the herd owner, then partners, sons and daughters who are also in receipt of any of the above payments may also qualify. Please note that the herd number may only be used once.

## Tús

Tús is an activation initiative for those who are unemployed and aims to provide short-term quality working opportunities for a year, while at the same time car-

rying out beneficial work within the community. The Department of Social Protection will identify and contact persons on the Live Register who satisfy the criteria and offer them the opportunity to be considered for placement. GRD maintains a panel from which people will be matched and recruited as placement opportunities arise.

### Community Employment Scheme

The CE Scheme is designed to help people who are in receipt of a social welfare payment for one year or more to re-enter the active workforce. One of the main features of the CE Scheme is that it offers participants the opportunity to engage in accredited training, while at the same time partaking in useful work for Community Groups.

### WorkAbility Programme 2024-2028:

The WorkAbility Programme is aimed at people with disabilities above 16 years old who are distant from the labour market and interested in getting work ready. We use a person-centred approach to provide progressive pathways into education, training, and employment for participants. Our 1:1 supports include CV & interview skills, personal development skills, workshops & training and education pathways. We also provide work placement/shadowing opportunities, access to Community Employment schemes, information for potential full-time/part-time positions and signposting to further supports.

Our aims include:

- We support people with disabilities to develop a career path and find work.
- We help Employers to create inclusive, progressive working environments for all.
- We build partnerships between people with disabilities, disability services, employment services and employers.

### **For more information:**

**Phone:** 091 844335

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

**Address:** Mellows Campus, Athenry, Co Galway.

**Website:** [www.grd.ie](http://www.grd.ie)

## **Galway Autism Partnership**

### **Who do we support?**

Galway Autism Partnership is a community-based charity which provides services and support to autistic people and their families living in Galway city and county. Our membership consists of autistic children and adults, parents, family members, teachers, volunteers and those working in partnership with the autistic community.



### **How do we support?**

- Social clubs and activities for children, teens and adults
- A full schedule of summer and midterm clubs and camps for children and teens
- Family and peer support
- Wellbeing Programmes for parents & guardians
- Therapeutic supports for individuals and families
- Weekly Parent & Carer support group
- Phone, email and in-person support
- Information and advice for parents, guardians & individuals
- Community Events and Family Days including Easter, Summer & Christmas events
- Organisational Training & Awareness Building
- Primary & Secondary School Presentations & Information Talks
- Workplace & Corporate Training

### **For more Information:**

**Contact:** Galway Autism Partnership  
**Phone:** 091588899  
**Address:** Tigh Ronáin, 36 Laurel Park, Newcastle, Galway  
**Email:** gm@galwayautismpartnership  
**Website:** <https://galwayautismpartnership.com>  
**Events Page Link:** <https://www.gapsummercamps.com/>



## **Independent Living Ireland Ltd.**

### **Who do we support?**

People of all ages with physical and intellectual disabilities/ the elderly/ dementia sufferers.

### **How do we support?**

We provide assistive technology and telecare services to enable people to live more independently. Modern technologies can improve mobility, health and well-being and provide safety and security in and around the home.

Mobile systems encourage activity outside the home and also improve links to the wider community. We assess the property to ascertain what equipment or supports are needed along with the family/individual. Once the assessment is complete a plan is drawn up and assistive technology installed that will alert family/carers in the case of an emergency.

Alongside our technology supports, our Amicitia social hub provides a space for participatory initiatives to take place. This hub includes a community garden, markets, a plastics recycling centre and our new pottery workshop opened in partnership with the Vision Arch Club. Contact us to get involved in projects from the hub.

### **For more information:**

**Contact:** Billy Mulvihill  
**Phone:** 091-877007  
**Mobile:** 087 927 2308  
**Email:** [billy@independentlivingireland.ie](mailto:billy@independentlivingireland.ie)  
**Address:** Old Church Street, Athenry, Co. Galway  
**Website:** [www.independentlivingireland.ie](http://www.independentlivingireland.ie)

**Who are we?**

Intreo, is the Irish Public Employment Service and is part of the Department of Social Protection.

**Who do we support?**

All citizens.

**How do we support?**

Intreo is a single point of contact for all employment and income supports. Intreo provides a streamlined approach to employment and income supports available from the Department. Intreo offers practical, tailored employment services and supports for both jobseekers and employers. Intreo also provides access to a range of supports for people with disabilities who are seeking employment and/or returning to education.

**For more information:**

Contact: Mary Coll Burke

Designated Disability Employment Personal Advisor

Mobile: 087 1044946

Email: [mary.coll-burke@welfare.ie](mailto:mary.coll-burke@welfare.ie)

Contact: Yvonne Kenny

[Employer Relations Officer](#)/ Equality Diversity Inclusion Officer

Mobile: 086 8371004

Email: [Yvonnex.kenny@welfare.ie](mailto:Yvonnex.kenny@welfare.ie)



## **National Advocacy Service for People with Disabilities**

### **Who do we support?**

People with disabilities.

### **How do we support?**

The National Advocacy Service (NAS) for People with Disabilities provides an independent, confidential and free representative advocacy service that works exclusively for the person using the service and adheres to the highest professional standards. NAS works to ensure that when life decisions are made, due consideration is given to the will and preference of people with disabilities and that their rights are safeguarded.

### **For more information:**

**Phone:** 0818 07 3000.

**Address:** National Advocacy Service - Western Region,  
Westside Resource Centre,  
Seamus Quirke Road,  
Galway



## What Works For Me Programme

**Who We Are:** Spina Bifida Hydrocephalus Ireland (SBHI) is a voluntary organisation, with an elected Board of Directors, made up of voluntary members and parents, in addition to Branches, in some areas, which are run by groups of local volunteers. The association has thousands of members nationwide, consisting of those with spina bifida and/or hydrocephalus, their parents, siblings, family, friends and carers. Our members have a wealth of knowledge and experience which is invaluable to the association and its future development.

**How Do We Support:** The What Works For Me Programme is an initiative of SBHI to support its members to move closer to their goals of gaining employment. The What Works For Me team consists of dedicated staff to support members in the areas of upskilling and job readiness. The programme aims to support members to build confidence in their own abilities and to recognise their potential. This is achieved through upskilling support, mentorship and coaching, job readiness, interview preparation and employment rights awareness. The programme also aims to support employers to adopt an inclusive approach within their recruitment and employment processes and creates awareness of the supports available to them. This programme is only made possible through the valuable contributions of the European Social Fund, Pobal and the Government of Ireland under the WorkAbility: Inclusive Pathways to Employment Programme.

**For more information contact:**

Zoe Cole Education and Learning Co—Ordinator

Phone: 0873483268 Email [zcole@sbhi.ie](mailto:zcole@sbhi.ie)

Karen Chadwick Employment Co-Ordinator

Phone 0871889941 Email [kchadwick@sbhi.ie](mailto:kchadwick@sbhi.ie)

Mary Aylward Peer Mentor

Phone: 087 1908095 Email: [maylward@sbhi.ie](mailto:maylward@sbhi.ie)

Claire Mc Cormack What Works For me Programme Manager

Phone: 0871364532 Email [cmccormack@sbhi.ie](mailto:cmccormack@sbhi.ie)



Rialtas na hÉireann  
Government of Ireland



Arna chomhchistiú ag  
an Aontas Eorpach

Co-funded by the  
European Union



*This project is co-funded by the Government of Ireland, through the Department of Social Protection, and the European Union.*





# Vision Ireland

## **Who are we?**

Vision Ireland (the new name for NCBI) is the national sight loss organisation, working for people with sight loss. We provide practical and emotional support, rehabilitation services and other training designed to help people with sight loss to live independently.

We work with children and adults across the country with a range of programmes all designed to ensure the individual can live life confidently and independently.

We aim to support and empower people and push for breakthroughs in public mind-sets and structures to ensure people living with sight loss can live to their full potential. Our suite of services are available face-to-face, over the phone or online in a group or individual setting. We work with anyone who is having difficulty with their vision.

## **How do I make a referral to Vision Ireland?**

Anyone can make a referral to Vision Ireland through our online referral system on the Vision Ireland website [www.vi.ie](http://www.vi.ie). If you would like more information about the referral process please contact the Vision Ireland Infoline for further details.

## **For more information:**

**Vision Ireland Infoline:** 1800 911 250 (Office hours: Mon-Fri 9am-5pm)

**Website:** [www.vi.ie](http://www.vi.ie)

**Services Leaflet:** [www.ncbi.ie/services-booklet/](http://www.ncbi.ie/services-booklet/)

## Glossary of terms

**HSE West & Northwest:** Supports people in the western and north western region, involving Galway, Mayo and Roscommon.

**Day Services Team:** Is the name of the group of people who are employed by the HSE to support people with a disability to find the training or support service that will meet their needs. The Team work closely with Service Providers across Galway City and County.

**Day Services Opportunities and Guidance Service (DSOGS):** The HSE Day Services Opportunities and Guidance Service helps people with a disability to find the training option or support service that best suits their needs.

**Rehabilitative Training (RT):** are training courses funded by the HSE to develop life skills, social skills, and basic work skills for people with intellectual disabilities, autism, or people with physical disabilities. The courses usually last from two to three years. These courses can be a stepping stone to more mainstream education, training options or day services.

**Day Services:** are HSE funded programmes which provide a person centred approach governed by New Directions. Day Services are available to people over the age of 18, with intellectual disabilities, autism, or people with physical and sensory disabilities. The programmes assist people to make choices and plans and to be an active, independent member of the community. Service Providers have individual service entry criteria which your DSOGS can assist you with.

**New Directions:** is the HSE's approach to supporting adults with disabilities who use day services in Ireland. New Directions sets out twelve supports that should be available to people with disabilities using 'day services'. It proposes that 'day services' should take the form of individualised outcome-focussed supports to allow adults using those services to live a life of their choosing in accordance with their own wishes, needs and aspirations

**A Support Needs Meeting:** The "Understanding My Support Needs" process has been developed to determine the supports that an individual will need in

order to avail of a HSE funded Day Service or Rehabilitative Training (RT) place in 2024.

**Multidisciplinary Team:** This may include Physiotherapist, Occupational Therapist, Psychologist, Nurse, Behaviour Support Therapist, Social Worker, Speech and Language Therapist that you may have linked with and are currently supporting you.

**Children's Disability Network Team (CDNT):** This team includes various health and social care professionals, who deliver therapeutic services for children with disabilities (0-18years).

**Service Provider:** organisations that provide services (in this context) to people with disabilities (i.e. Ability West, RehabCare, Brothers of Charity Services Ireland, Irish Wheelchair Association, Resilience Healthcare etc.).

## Some Helpful Information

- **National Council for Special Education (NCSE)**

<https://ncse.ie/>

Post-School Education and Training: Information on Options for Adults and School Leavers with Disabilities. Pamphlets

<https://ncse.ie/information-booklets-pamphlets-2>

- *Information on Post-School Options for School Leavers and other Adults with Disabilities: [Further Education and Training](#)*
- *Information on Post-School Options for School Leavers and other Adults with Disabilities: [Higher Education](#)*
- *Information on Post-School Options for [Rehabilitative Training and Adult Day Services](#)*

### **FETCH (Further Education and Training Course Hub)**

- **Purpose:** FETCH is an online portal that provides information about further education and training courses in Ireland. It helps students, including those with disabilities; find vocational training, apprenticeships, and lifelong learning opportunities to prepare for employment or further education. **Website:** <https://www.fetchcourses.ie/>
- **Qualifax** is Ireland's National Learners' Database. It is the "one stop shop" for learners and the public and is maintained and managed by QQI. Qualifax offers comprehensive information on further and higher education and training courses available in Ireland and further afield. Qualifax also provides information to assist students, jobseekers, parents, guidance professionals and graduates to make informed choices about options in education, training and career pathways. <https://www.qualifax.ie/>
- **Careers Portal** – a web-based guidance resource – <https://careersportal.ie/>

- **AHEAD**, the Association for Higher Education Access and Disability is an independent non-profit organisation working to promote full access to and participation in further and higher education for students with disabilities and to enhance their employment prospects on graduation. AHEAD provides information to students and graduates with disabilities, teacher, guidance counsellors and parents on disability issues in education - <https://www.ahead.ie/>
- **The Disability Access Route to Education (DARE)** is a third level alternative admissions scheme for school-leavers whose disabilities have had a negative impact on their second level education. DARE offers reduced points places to school leavers, who as a result of having a disability; have experienced additional educational challenges in second level education. – <https://accesscollege.ie/dare/>
- **The Fund for Students with Disabilities** – The Fund for Students with Disabilities allocates funding to further and higher education colleges for the provision of services and supports to full-time students with disabilities. The fund aims to ensure that students can participate fully in their academic programmes and are not disadvantaged by reason of a disability. <https://hea.ie/funding-governance-performance/funding/student-finance/>
- **eCollege** is a Solas-funded online training facility that provides a range of high quality interactive learning courses available any time through broadband internet access for those who wish to learn at their own pace. <https://www.ecollege.ie/>
- **Galway Recovery College** is based at the Institute for Lifecourse & Society Building (ILAS), University of Galway, North Campus. Galway Recovery College offers recovery education to everyone. The college aims to support, maintain and promote positive mental health in the community and to foster hopeful positive conversations about human distress and the challenges associated with poor mental health. Their mission is to advance personal recovery through vibrant adult education. <https://www.recoverycollegewest.ie/galway/>

- **AsIAm, Irelands National Autism Charity**

AsIAm helps autistic students transition from school to further education or employment, offering resources on navigating social challenges, employment support, and transitioning to adult services.

**Website:** <https://www.asiam.ie/>

- **Down Syndrome Ireland** - Provides information, support, and resources for students with Down syndrome and intellectual disabilities, offering programmes to help with education, transitioning from school, and employment.

**Website:** <https://downsyndrome.ie/>



This information booklet was developed and produced by HSE West & North West in partnership with Day Service and Rehabilitative Training providers in Galway – Brothers of Charity Services Ireland, Irish Wheelchair Association, RehabCare, National Learning Network, Ability West, Resilience Healthcare.

The information contained in this booklet is accurate as of September 2025 and will be updated periodically.

