



INFORMATION AND SERVICES FOR OLDER PEOPLE ACROSS LIMERICK

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USEFUL NUMBERS

Emergency Services

112 or 999

This will bring you through to a call centre where you can identify what service you need; Gardai, Fire brigade, Ambulance etc.

Shannondoc

1850 212 999

ESB Emergency Line

1850 372 999

Bord Gais Emergency Line

1820 20 50 50

Limerick City & County Council

Main Office

061 496000

Housing

061 407120

Roads

061 496575

Water

061 496326

Senior Case Officer

067 46470

(Contact for Elder Abuse)

Own numbers

SECTION ONE: BEING POSITIVE-ACTIVITIES INVOLVING OLDER PEOPLE

Active Retired Groups

At present, there are 28 Active Retirement groups across Limerick. Membership is open to retired and semi-retired men and women.

To join visit www.activeirl.ie for information on your local group

| | |
|--|--|
| Adare | Embury Close New Hall |
| Abbeyfeale | Adult Education Centre |
| Askeaton | Community Hall |
| Broadford & District | Broadford Day Centre |
| Caherdavin | The Scout Hall |
| Castletown/Ballyagran/Colmanswell | Castletown Community Hall |
| Clarina | Resource Centre, Ballybrown |
| County Limerick Civil Defence | De Bucket Pub, Ferrybridge, Kildimo |
| Feenagh Kilmeedy | Aras Ide ,Kilmeedy |
| Galbally | Galbally Community Centre |
| Janesboro (Our Lady Queen of Peace) | Janesboro Soccer Club |
| Kilfinane | Teach na Cellia Community Hall |
| Kilmallock | Pastoral & Resource Centre |
| Knocklong | Knocklong Resource Centre |
| Lansdowne | Holy Rosary Parish Centre, Ennis Road |
| Limerick Central | St. Saviour's Hall |
| Limerick City | St. Joseph's Hall |
| Limerick Holy Rosary | Parish Centre, Ennis Road, |
| Limerick North | UNITAS Hall High Road, Thomondgate |
| Marian Club Murroe | Muintir na Tire Hall |
| Monaleen/Milford | GAA Club |
| Newcastle West | Desmond Complex, Gortboy |
| Pallasgreen Limerick | Pallasgreen Community Centre |
| Patrickswell | Patrickswell Community Centre |
| Raheen | Millenium Hall, Raheen |
| St. Brigids & St. Patricks | St. Patricks and Dublin Road |
| Stonehall | The Community Centre |

PROBUS

A Probus Club provide regular gatherings of people who in retirement appreciate opportunities to meet others in similar circumstances and with similar interests. There are men's clubs, ladies' clubs and mixed gender clubs.

| | |
|--|---|
| Bobby Byrnes, O'Connell Avenue | Tuesday 10.15am weekly |
| Brownes Lounge, Parteen | Tuesday 11.00am, Weekly |
| Plassey House, University of Limerick | Tuesday 11am weekly |
| Greenhills Hotel | Monday 11am fortnightly Tuesday 11am weekly |
| Oakwood Arms Hotel | Mon, 11.00am, Weekly |
| South Court Hotel | Tuesday 10.45am weekly |
| Strand Hotel | Tuesday 11am fortnightly Wednesday 10.30am fortnightly |
| Woodfield House Hotel | Tuesday 11.00am weekly |

Courses and Activities

General Course Providers

Hospital FRC Offers a variety of courses to which older people are very welcome. Recent activities include Creative Writing, Basket Making and Furniture Restoration.

For more information Contact **061 383884**

Garryowen Community Centre Run a variety of courses including computer skills, art classes and more

For more information Contact **061 319883** for information

The Honeyfitz Community Centre, Bruff Offers computer classes art classes, set dancing and more
For more information Contact **061 385386**

Limerick Education and Training Board Run a wide variety of courses and community education programmes.
For more information Contact Sean O'Carroll on **063 20246**
 Visit www.limerickvec.ie

Northside Family Resource Centre Ballynanty Run a variety of classes from September to July including sewing, knitting, baking, gardening, yoga.
For more information Contact Mark Ryan on **061 326623**

Literacy Support Limerick Education Training Board gives support to people who would like to improve their reading and writing skills. Tuition can be 1:1 or in a small group.
To join Contact Sean O'Carroll at **063 20246**
 Email sean.ocarroll@lcerb.ie
 Visit www.limerickliteracy.ie for more information

Computer Skills Introductory courses Classes cover how to use a computer, use the Internet and send and receive emails, Skype etc.

| Course Providers | Contact |
|---|----------------|
| Mobile I.T. | 063 90952 |
| Hopsital FRC: Classes from September to May | 061 383884 |
| Galbally Centre | 062 37279 |
| Limerick College of Further Education | 061 414344 |
| The Honeyfitz Theatre | 061 385386 |

Men's Sheds

Men's sheds are a place where men of all ages can meet up and work on different projects, sharing and learning new skills. Typical activities include carpentry, furniture restoration, metalwork, horticulture etc. Meals and/or refreshments are provided also.

To join Contact **061 419388** for information

Limerick City Area

| | Venue | Time | Contact |
|-----------------------------------|---|--------------------------|---------------------------|
| Bedford Row Family Project | Bedford Row Limerick | Friday 12-4 | 061 315332 |
| Irish Wheelchair Mens Shed | Dunraven Centre LEDP, Roxboro | Varies | 061 317234 |
| Moyross | Community Centre | Tuesday 5pm | 086 7709194 |
| Northside FRC | St. Leila's Hall, Ballynanty | Wednesday afternoons | 061 326623 086 8866713 |
| Our Lady of Lourdes | Our Lady of Lourdes Community Centre | Thursdays 7-9pm | 087 9203089 |
| Southill | Southill Area Centre | Thursday 10am to 12pm | 061 440250 085 1250790 |
| St. Mary's Parish | 27 Nicholas Street | Monday 2-3.30 pm | 087 2890379 |

Limerick County Area

| | Venue | Time | Contact |
|-------------------------|-----------------------------|-----------------------------|---------------------------|
| Abbeyfeale | Old Tech | Monday 6pm | 087 6497671 |
| Bruff Men's Shed | Kirby O'Sullivan Centre | Wednesday Friday 10.30am | 10.30am 086 3375207 |
| Croom FRC | High Street, Croom | Tuesday 10.30am | 087 228 4475 |
| Dooradoyle | Address TBC | TBC | 089 4100898 |
| Galbally | Community Centre | TBC | 062 37237 087 9608764 |
| Hospital FRC | Knockuney Road, Hospital | Monday nights | 061 383884 087-2813341 |
| Newcastlewest | Enterprise Centre | TBC | 087 2216891 |

Women's Groups

Women's groups offer women of all ages an opportunity to meet up, chat and learn new skills. Typical activities include yoga, reflexology, art and craft and day trips. Refreshments are supplied also.

| | | |
|--|---|---------------------------|
| Ballyhoura | TBC | 087 6206951 |
| Ballinvreena | 2nd Tuesday of the month. | 087 9268483 063 88097 |
| Bedford Row | Monday afternoon Wednesday afternoon | 061 315322 |
| Caherconlish | Mondays Craft club 10am Wednesday Club 2pm Card Making Wednesdays 8pm | 061 351141 |
| Hospital FRC | Thursdays 10am | 061 383884 |
| Kilmallock | Time TBC | 063 120511 087 0612336 |
| Kilteely | Wednesday fortnightly at 10am | 061 388814 |
| Knockainey | Monday fortnightly 8pm | 061 382402 086 3442035 |
| Northside FRC Temperance Hall | Monday 2pm Thursday 2.30pm | 061 326623 |

Irish Countrywoman's Association

This is a women's association that offers opportunities to travel, socialise, cook and learn new crafts and skills. There are a number of groups in Limerick, of which anyone is welcome to join.

To join a local guild Contact Sharon McGrath on **086 2209585**

Get-Togethers and Craft Groups

Enjoy music, dancing, and activities - for example - painting, beauty, flowers, raffle, knitting, refreshments, bingo, guest speakers, rambling house etc. Groups also organise mini breaks, networking and day trips.

| | | |
|--|-------------------------------------|------------|
| Abbeyfeale Resource Centre | Wednesday 7pm | 068 31198 |
| Galbally Community Centre | 3rd Tuesday of the month 2pm | 061 383884 |
| Garryowen Community Centre | Thursdays 1pm | 061 319883 |
| Glin Cloverfield Centre | Tuesday 10.30am Wednesday 1.30pm | 068 26033 |
| Hospital FRC | 1st Tuesday of month 2pm | 061383884 |
| Kilteely, Cill Bhríde Centre | 4th Wednesday in month | 061 383884 |
| Knocklong Community Centre | Monday 10am | |
| Our Lady of Lourdes Club | 3rd Tuesday in month | 061 326623 |
| Newcastle West Community Centre | Tuesdays 7.30pm | 069 66298 |

Card Playing

| | Venue | Time | Contact |
|---------------------|------------------|-----------------|----------------|
| Ballinvreena | Community Centre | Monday night | 087 9268483 |
| Ballylanders | Day Centre | Wednesday night | 062 46719 |
| Galbally | Community Centre | Sunday night | 062 37279 |
| Glin | Community Centre | Tuesday night | 068 26033 |

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| | | | |
|--------------------|------------------|----------------|-------------|
| Hospital | Community Centre | Thursday night | 087 6804086 |
| Knockainey | Community Centre | Sunday night | 087 6803087 |
| Knockcarron | Community Centre | Tuesday night | 062 53448 |
| Knocklong | Cleeve House | Friday nights | 087 9776047 |

Bingo

| | Venue | Time | Contact |
|----------------------|------------------|--|----------------|
| Ballinvreena | Community Centre | Monday 9pm | 087 9268483 |
| Ballyhoura | Community Centre | Sunday 8pm | 087 2498222 |
| Bruff | GAA complex | Thursday 8.30pm | |
| Cappamore | Community Centre | Thursday 8.30pm | |
| Caherconlish | Millenium Centre | Monday 8.30pm | 061 351141 |
| Castleisland | Community Centre | Thursday 8pm | 087 2522402 |
| Fedamore | Community Centre | Wednesday 8.30 | 089 2466361 |
| Galbally | Community Centre | Wednesday (every 2nd week) | 062 37279 |
| Hospital | Community Centre | Monday 8.30pm | 087 6804086 |
| Limerick city | Shannon street | Wednesday 7.30 Friday 7.30pm Sunday 7.30pm | 061 419922 |
| Newcastlewest | Desmond Complex | Wednesday 8.30 monthly | 069 62757 |
| Newport | Community Centre | Tuesday 8.30 | 085-1579133 |
| Pallasgreen | Community Centre | Wednesday 8.30 | |
| Shanagolden | Community Centre | Tuesday 7pm | 087 2522402 |
| St.John's | CWMS Limerick | Tuesday Thursday | 061 416349 |

Music and Dancing

| | Time | Contact |
|--|--|----------------|
| Ballinvreena Rambling House | 2nd Wednesday night of the month | 087 9268483 |
| Ballylanders Irish Dancing Crossroads dancing | Tuesday nights (Winter) Sunday nights (Summer Months) | 062 46719 |
| Caherconlish Dancing Club | Tuesdays 8pm | 061 351141 |
| Knockainey Afternoon Tea Dancing | 2nd Sunday of month Oct to Apri | 087 6803087 |
| Knocklougha Rambling House | 3rd Tuesday of month | 068 31133 |
| Our Lady of Lourdes Centre | Tuesday night club | 061 228596 |
| Kilmallock Day Centre | 3rd Tuesday of month 8pm | 063 90491 |

Day Centres

These are centres where seniors can come and enjoy the company of their peers. The centres provide:

- home cooked meals
 - various activities such as bingo, card playing and arts and crafts
 - a chance to socialise and meet new people.
 - a nurse on hand to change dressings and take blood pressure readings etc.
 - Hairdressing and chiropody appts. often available upon enquiry also.
-

Abbeyfeale St. Ita's Day Care Centre

Open Monday to Friday 9.30 -3.30 pm

Cost €10 per day

Transport Bus provided for €2

Typical Day Tea and scones with four course meal later on. Prayers are said and gentle group exercises followed by music and dancing or card playing. Bingo is played for half an hour before afternoon tea.

To join Telephone 068 51850

Ballylanders Our Lady's Day Centre

Open Monday to Friday from 10-4pm

Cost €10 per day

Transport Mini bus provided

Typical Day Tea and scones followed by prayers, then gentle exercises, with bingo and card playing in the afternoon. Four course meal provided. Shower facilities available.

To join Telephone 062 46055

Broadford, Newcastlewest Broadford Day Centre

| | |
|--------------------|--|
| Open | Monday to Friday 10am to 4pm |
| Cost | €6.50 per day |
| Transport | No bus provided, but taxi can be arranged. |
| Typical Day | Tea and toast followed by three course lunch later on. Bingo and card playing are offered, as well as singalong sessions and gentle exercise sessions. |
| To join | Telephone 087 6448945 |

Cappamore Cappamore Day Centre

| | |
|--------------------|--|
| Open | Monday to Thursday 9-3pm |
| Cost | €5 |
| Transport | Bus provided for €5 to neighbouring areas |
| Typical Day | Breakfast scones and three course meal are provided, Gentle group exercises and games, Rosary and Holy Communion, bingo, flower arranging and music are offered. A TV room with daily newspapers is provided also. Shower facilities also. Hairdresser available Tuesday-Thursday. |
| To join | Telephone 061 381034 |

Castletroy Milford Care Centre, Co. Limerick

| | |
|--------------------|--|
| Open | Monday to Friday from 9.30am-3.30-pm |
| Cost | €13 per day |
| Typical Day | Meals, mass, physiotherapy, arts therapy, horticulture, reflexology, music choir |
| To join | Telephone 061 485800 |

Drombanna Drombanna Day Centre

| | |
|--------------------|--|
| Open | Tuesday-Thursday 10am-4.30pm |
| Cost | €10 |
| Transport | Local bus provided, another for city area |
| Typical Day | Tea and biscuits with four course meal in the afternoon. Choice of bingo, card playing and singing/dancing in the afternoon. Conservatory for reading or relaxing. Shower facilities available also. Chiropodist visits once a month and hairdresser every Thursday. |
| To join | Telephone 061 311262 |

Dromcollogher Dromcollogher Day Centre

| | |
|--------------------|---|
| Open | Tuesday to Thursday from 10-3.30pm |
| Cost | €10 |
| Transport | Bus provided |
| Typical Day | Tea and toast/biscuits followed by three course meal later on. Gentle exercises, physical activities, rosary, quizzes, bingo and live music are provided. Transport to chiropodist and local hairdresser is provided. |
| To join | Telephone 063 83415 |

Glin Cloverfield Day Centre

| | |
|--------------------|--|
| Open | Twice a month Thursday 12.30-4.30pm |
| Cost | €10, €2 extra for bingo |
| Transport | Rural bus operates to nearby areas for free |
| Typical Day | Meal followed by bingo and raffle. Live music also |
| To join | Telephone 068 26033 |

Kileely St. Munchins' Centre

| | |
|--------------------|--|
| Open | Monday to Friday 9.30-4 |
| Cost | €10 |
| Transport | Bus provided for local areas |
| Typical Day | Tea and four course meal provided. Raffle, bingo, prayers, singing and reading provided. |
| To join | Telephone 061 458651 |

Kilmallock Dawn Court Day Centre, 3 Dawn Court

| | |
|--------------------|---|
| Open | Monday to Friday 9.30am-4pm |
| Cost | €5 for meal |
| Transport | Enquiries can be made |
| Typical Day | Tea and two course lunch provided. Meals on wheels service provided from Monday to Thursday. Neighbours at 3 event every Thursday, includes bingo and afternoon tea. Sewing club takes place Friday afternoons (no fee) |
| To join | Telephone 086 8123905/ 063 90491 |

Limerick The Good Shepherd Day Centre, Pennywell Road

| | |
|--------------------|--|
| Open | Monday to Wednesday from 9.30-3.30pm |
| Cost | €8 per day |
| Typical Day | Provides meals, arts and crafts, flower arranging, baking, exercise, computer skills bingo and more. |
| To join | Contact 061 415178/061 41415 |

Newcastlewest Desmond Ability Centre, Gortboy

| | |
|--------------------|---|
| Open | Tuesday to Thursday 10-4.30pm |
| Cost | €10, €2 extra for bingo |
| Transport | Bus provided or coach house taxi. Rural bus goes one Wednesday a month from Askeaton area. |
| Typical Day | Tea, homemade buns and three course meal are provided. Social activities, bingo, live music from local bands on Tuesday and Thursday afternoons. Chiropodist, hairdresser and massage therapist services available two days a week. |
| To join | Telephone 069 62757 |

Newport Newport Day Centre, Church Road

| | |
|--------------------|---|
| Open | Monday to Friday 9.30-3.30pm |
| Cost | €10 per day |
| Transport | Bus provided for €2 extra |
| Typical Day | Tea with three course meal later. Activities include singalong sessions, gentle exercise sessions, bingo, card playing, arts and crafts and newspaper reading. Rosary and communion are provided also. Chiropodist calls once a month and the hairdresser twice a month for a fee of €20. Alternative therapies such as reflexology and reiki are offered for a small fee. |
| To join | Telephone 061 378566 |

Libraries

These are a great resource within the community with a range of activities to choose from. Book clubs, audio books, free online newspapers and more are offered. Check with your local library for current groups and events that are on.

| | Timetable | Contact |
|---------------------|--|---|
| Abbeyfeale | Monday Closed Tuesday 10am - 1pm and 2pm - 5pm Wednesday 1pm - 5pm and 6pm - 8pm Thursday 1pm - 5pm and 6pm - 8pm Friday 10am - 1pm and 2pm - 5pm Saturday 10am - 1pm and 2pm - 5pm | 068 32488 abbeyfealelibrary@limerick.ie |
| Adare | Monday Closed Tuesday 10am - 5pm and 6pm - 8pm Wednesday 10am - 5pm Thursday 10am - 5pm and 6pm - 8pm Friday 10am - 5pm Saturday 10am - 1pm and 2pm - 5pm | 061 396822 |
| Askeaton | Monday Closed Tuesday 11am - 1pm and 2pm - 4.30pm Wednesday 2pm - 4.30pm and 6pm - 8pm Thursday 2pm - 4.30pm and 6pm - 8pm Friday 11am - 1pm and 2pm - 4.30pm | 061 392256 askeatonlibrary@gmail.com |
| Caherconlish | Thursday 2pm - 4.30pm and 6pm - 8pm Friday 2pm - 4pm | 061 352314 caherconlishlibrary@limerick.ie |
| Cappamore | Monday Closed Tuesday 10am - 1pm and 2pm - 5pm Wednesday 10am - 1pm and 5pm - 8pm Thursday 10am - 1pm and 2pm - 5pm Friday 10am - 1pm and 2pm - 5pm | 061 381586 |
| Dooradoyle | Monday Closed Tuesday 10am-5pm Wednesday 10am-5pm Thursday 10am-8pm Friday 10am-8pm Saturday 10am-5pm | 061 496860 dooradoylelibrary@limerick.ie |

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| | | |
|--|--|---|
| Dromcollogher | <p>Monday Closed</p> <p>Tuesday 11am - 1pm and 6pm - 8pm</p> <p>Wednesday 1pm - 5pm</p> <p>Thursday 11am - 1pm and 6pm - 8pm</p> <p>Friday Closed</p> | <p>063 83011</p> <p>dromcollogher@limerick.ie</p> |
| Foynes | <p>Monday Closed</p> <p>Tuesday 10am—12.30pm and 2.30pm to 5pm</p> <p>Wednesday 10am-12.30pm and 4pm to 8pm</p> <p>Thursday 10 am to12.30pm and 2.30 pm to 5pm</p> <p>Friday 10am to 12.30 pm and 4pm to 8pm</p> | <p>069 65365</p> <p>foyneslib@eircom.net</p> |
| Galbally | <p>Wednesday 11am - 1pm, 6.30pm - 8.30pm</p> <p>Friday 2pm - 4pm</p> | <p>062 37100</p> <p>galballylibrary@limerick.ie</p> |
| Glin | <p>Monday Closed</p> <p>Tuesday 11am to 2pm and 6pm to 8pm</p> <p>Wednesday 11 am to 2 pm and 3-5 pm</p> <p>Thursday 11 am to 2pm and 6 pm to 8pm</p> <p>Friday 11am to 2pm and 3pm to 5pm</p> | <p>068 26910</p> <p>glinlibrary@limerick.ie</p> |
| Hospital | <p>Wednesday 2pm - 4pm and 6 - 8.30pm</p> <p>Friday 6pm - 8.30pm</p> | <p>061 383060</p> <p>hospitallibrary@limerick.ie</p> |
| Kilfinane | <p>Tuesday 2pm to 5pm</p> <p>Wednesday 2pm to 5pm</p> <p>Thursday 2pm to 5pm</p> | <p>063 91002</p> <p>kilfinanelibrary@limerick.ie</p> |
| Kilmallock | <p>Tuesday 10 am to 4.30 pm</p> <p>Wednesday 10 am to 4.30 pm</p> <p>Thursday 10am to 4.30 pm</p> | <p>063 20306</p> <p>kilmallocklibrary@limerick.ie</p> |
| Limerick City The Granary | <p>Monday 10am - 5.30pm</p> <p>Tuesday 10am - 5.30pm</p> <p>Wednesday 10am - 8pm</p> <p>Thursday 10am - 8pm</p> <p>Friday 10am - 8pm</p> <p>Saturday 10am - 1pm</p> | <p>061 407150</p> <p>granarylibrary@library.ie</p> |
| Limerick Studies Dooradoyle | <p>Research centre for the public and for requests from abroad.</p> <p>Monday to Friday 9.30 a.m. to 4.30 p.m.</p> | <p>061 496529</p> |

INFORMATION AND SERVICES FOR OLDER PEOPLE ACROSS LIMERICK

| | | |
|--------------------------|---|--|
| Newcastle West | Mondays at 10.30am-5pm Tuesdays from 10.30am to 8pm Wednesdays from 10.30am -5pm Thursdays from 10.30am-5pm Fridays from 10.30am to 8pm Saturdays from 10.30am-5pm | 069 62273 newcastlewestlibrary@limerick.ie |
| Rathkeale | Monday Closed Tuesday 9.30am - 1pm Wednesday 9.30-1pm, 1.30-5pm Thursday 9.30-1pm, 5.30-7.30pm Friday 9.30-1pm, .30-5pm | 069 64505 rathkealelibrary@limerick.ie |
| Roxboro | Monday Closed Tuesday to Friday 10- 1.30pm,2-5.30pm | 061 417906 |
| Watch House Cross | Tuesday 10am-5pm Wednesday 10am-8pm Thursday 10am-8pm Friday 10am-5pm Saturday 10am-5pm | 061 457726 |

Other Entertainment

**Friar's Gate Theatre
Kilmallock
Contact**

Hosts concerts, plays, live comedy, art exhibitions and more
Telephone **063 98727**
Website www.friarsgate.ie

Lime Tree Theatre

Contact

Hosts theatre, music, comedy, traditional arts and more
Telephone **061 774774**
website www.limetreetheatre.ie

Odeon Cinema Castletroy

Contact

Silver Screenings of old/released films on Wednesday and Thursday
€3 for ticket plus tea/coffee
Regular live streams of operas and plays
€12.50 per ticket
Telephone **061 330036**
Website www.odeoncinemas.ie

**Limerick Omniplex
Dooradoyle**

Telephone **061 305020**
website www.omniplex.ie

**Showtime Cinemas,
Ennis Road, Limerick**

Telephone **061 329288**
Website www.showtimecinemas.ie

**The Belltable Arts Centre
69 O Connell Avenue
Contact**

Hosts theatre shows and musical events for all ages
Telephone **061 315871**

University of Limerick

Contact

The concert hall holds regular events including concerts, pantomimes, comedy gigs and family events.
Telephone **061331549**
Website www.uch.ie

SECTION TWO: GETTING THERE - TRANSPORT OPTIONS

PLEASE NOTE: ALL THE SERVICES BELOW ACCEPT THE FREE TRAVEL PASS

| | |
|------------------|--|
| Rural Bus | Rural Bus connects communities who are off the main bus routes. It's available for everyone young and old. |
| To join | Anyone wishing to travel MUST sign up to be a member by contacting the rural bus office. Telephone 069 78040 / Email Kevin@ruralbus.ie |
| Timetable | Routes begin at 10am, and return from their destination around 1pm. Please phone or email to check routes and times. |
| Cost | €5 for a return journey for an adult. |

| | |
|------------------|---|
| Kelly Bus | Bus operates from Kilduff/Kilteely/Pallas line to Limerick city. Drop-off and collection point is Leavy's Shoes on William Street in Limerick City. |
| Contact | 061 384422 |
| Cost | €5 return journey to Limerick city |
| Timetable | Goes on a Tuesday and Saturday at times below: |

| Pick Up Point | Time | Time |
|---------------------------------|-------------|-------------|
| Kilduff | 09:40 | 10:40 |
| Barna | 09:45 | 10:45 |
| Old Pallas | 09:50 | 10:50 |
| Ryans Cross | 09:53 | 10:53 |
| Batemans Cross | 09:55 | 10:55 |
| Guerins Cross | 10:00 | 11:00 |
| Line Cross | 10:02 | 11:02 |
| Kilteely Cross | 10:05 | 11:05 |
| Line Cross | 10:06 | 11:06 |
| Coologue | 10:08 | 11:08 |
| Old Pallas | 10:10 | 11:10 |
| Nicker School Cross | 10:14 | 11:14 |
| Pallas (Cannon Lee Park) | 10:15 | 11:15 |
| Arrive Limerick | 10:40 | 11:40 |
| Depart Limerick | 13:15 | 15:15 |

- Bus Eireann** Please check online for local bus timetables across Limerick city and county.
- Contact** Telephone Colbert station at **061 334560** from 9am-5.30pm for more information.
visit www.buseireann.ie

Limerick City Services

- 301** Regional Hospital - City Centre - Westbury
- 302** Caherdavin - City Centre
- 303** Pineview - City Centre - O'Malley Park
- 304** UL - City Centre - Raheen - Ballycummin
- 304X** Raheen - UL Direct
- 305** St. Mary's Park - City Centre - Lynwood Park
- 306** Edward Street - City Centre - Ballynanty

Regional services

- 72** Tralee - Limerick - Birr - Athlone
- 313** Limerick - Ardnacrusha
- 314** Limerick - Askeaton - Foynes - Tarbert - Ballybunion and return
- 320** Limerick-Charleville and Return
- 321** Limerick - Rathkeale - Newcastlewest
- 322** Lorrha - Terryglass - Coolbawn - Nenagh
- 323** Limerick - Killaloe - Newport - Nenagh - Borrisokane - Birr and return
- 328** Limerick - Hospital - Galbally/Mitchelstown
- 329** Limerick - Bruff - Kilmallock - Kilfinane
- 332** Limerick - Newport - Rearcross - Cappamore - Dundrum
- 336** Limerick - Ennis - Kilrush - Kilkee
- 341** Shannon - Limerick - Newport - Cappamore
- 343** Limerick – Shannon – Ennis
- 343X** Limerick - Ennis
- 345** Scariff - Killaloe - Limerick
- 346** Limerick - Tulla - Scariff - Whitegate
- 347** Limerick - Tipperary

Limerick Taxi Services - Wheelchair accessible

- Castletroy Cabs** Telephone **061 332266**
- Treaty Cabs** Telephone **061 415566**

SECTION THREE: CARE AND SUPPORT SERVICES

Social supports and services

Home Visitation / Phonelink service

| | |
|---|--|
| Ballyhoura Rural Services | Telephone Eileen O'Keefe at 061 450077 |
| Friends of the Elderly Janesboro, Limerick | Telephone 061 414736 |
| Our Lady of Lourdes Childers Road | Telephone Mairead Kelly at 061 228596 |
| St. Munchins FRC, Ballynanty | Telephone 061 326623 |
| West Limerick Connects Phone Call Service | Telephone 069 66298 Glin area, telephone at 068 26033 |
| ROSE project | Contact Irene in West Limerick Resources at 069 66298 |

Meals on Wheels

| | Time | Cost | Contact |
|---|--------------------------------------|-------------|---|
| Childers Road | Monday to Friday | €3 | 061 228596 |
| Hospital | Monday, Wednesday and Friday | €3 | 087 6804086 061 383309 |
| Kilmallock | Monday to Friday | €5 | 063 90491 086 8123905 |
| Kilteely | Wednesday | €3 | 087 7451331 |
| Northside FRC Ballynanty Janesboro | Monday to Friday Monday to Friday | €3.50 €3 | 061 326623 087 1256619 61 481490 |

Support groups Carers

Carers Group The Carers Association is Ireland's national voluntary organisation for and of family carers in the home. visit www.carersireland.com to find local group
Freephone National Careline **1800 240724**

Caring for Carers Meet in Hospital FRC on second Wednesday of month.
Telephone **087 1339033**
or Limerick Carers Office at **061 469484**

Support groups Positive Mental Health

AWARE Support group for people experiencing depression, anxiety and related mood disorders, as well as for friends and families who are concerned for a loved one.

To join Meet Wednesday 8pm Pastoral Centre, Denmark Street
Contact Helpline **1890 303302**
email wecanhelp@aware.ie

GROW Offers group support for people in matters of mental health. Emphasis is on nurturing mental health and full recovery from mental illness.

To join Contact Infoline **1890 474 474** or visit www.grow.ie

LE CHEILE
3 Sexton Street Offers a supportive, friendly environment to help people develop their talents and coping skills

To join Contact 061 44678 or **087 2485742** for information

Schedule

| | |
|-----------------------------|-------------------------|
| WRAP Wellness Group | Wed 6.30pm - 8.30pm |
| Creative Writing | Wed 2.00pm - 4.00pm |
| Knitting and Crochet | 10 week classes |
| Art Session | Thurs 2.00pm - 4.00pm |
| Drop in session | Thurs 10.00am - 2.00 pm |
| Social Afternoon | Sun 2.00pm to 4.00pm |

Counselling Services

If you are experiencing stress or difficulty in your life – or would like to talk in confidence about any issue – counselling can help. You can discuss anything that is bothering you, for example stress, family difficulties, life changes, abuse, illness, addiction, bereavement or relationship problems.

Counselling in Primary Care

Counselling is available via the HSE for all medical card holders. Contact your GP or your local Health Centre for details.

Limerick Social Services

Offers counselling one day a week in Kilmallock Telephone **061 314111**

Bereavement Counselling

Available in Milford Hospice
Email info@milfordcarecentre.ie
Telephone **061 485800**

Support groups Addiction issues

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

To join

Telephone **061 311222/085 240 6867** for Limerick city
Telephone **087 9313134** for Limerick county

Al Anon

Helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend in an anonymous environment.

To join

Telephone **061 453562** for more information

Narcotics Anon

Offers recovery from the effects of addiction through working a twelve step program, including regular attendance at group meetings.

To join

Telephone **087 1386120**

Helplines

Adapt House

Support if you are experiencing domestic violence or are concerned about someone who may be.
Telephone **062 412354** or Email info@adaptservices.ie
Website: www.adaptservices.ie

Elder Abuse

If you are being abused, or are concerned that someone else may be contact the HSE information line 1850 24 1850

Samaritans

Provides confidential 24 hours support for people experiencing depression or despair, including those which could lead to suicide.
Call in 20 Barrington St, Limerick, 9am-10pm daily
Helpline Freephone **116 123**
Email jo@samaritans.org
Website www.limericksamaritans.org

Senior Helpline

A confidential listening service for older people by trained older volunteers
Line open from 10am to 10pm every day
Telephone **1850 440 444**

Practical support

Citizens Information

Provides free information on public services
Telephone **0761 07 5770**
Website www.citizensinformation.ie

St Vincent de Paul

Provides support to those experiencing poverty and social exclusion, by providing a wide range of services to people in need.
Telephone **061 317327**

SECTION FOUR: HEALTH CENTRES

Health Centres

| | |
|---|--------------------|
| Abbeyfeale Health Centre | 068 31309 |
| Adare Health Centre | 061 396442 |
| Annacotty Health Centre | 061 331710 |
| Askeaton Health Centre | 061 398233 |
| Ballylanders Health Centre | 062 46849 |
| Ballynanty Health Centre | 061 457100 |
| Ballycummin Health Centre | 061 464432 |
| Bruff Health Centre | 061 382218 |
| Bishop Street Health Centre | 061 417054 |
| Caherconlish Health Centre | 061 351899 |
| Cappamore Health Centre | 061 381371 |
| Castleconnell Health Centre | 061 377656 |
| Croom Health Centre | 061 397206 |
| Doon Health Centre | 061 380031 |
| Dooradoyle Health | 061 482600 |
| Dromcollogher Health Centre | 063 83404 |
| Foynes Health Centre | 069 65500 |
| Galbally Health Centre | 062 37072 |
| Glin Health Centre | 068 34305 |
| Hospital Health Centre | 061 383031 |
| Kilmallock Health Centre | 063 98192 |
| Kings Island Primary Care | 061 483020 |
| Limerick City Health Centre | 061 410988 |
| Bishop Street Centre | 061 417 054 |
| Milford Castletroy Health Centre | 061 338071 |
| Moyross Health Centre | 061 326 010 |
| Murroe Health Centre | 061 386 299 |
| Newcastle West Health Centre | 069 62155 |
| Oola Health Centre | 062 47845 |
| Rathkeale Health Centre | 069 64308 |
| Roxtown Health CentreCity | 061 417622 |

Hospitals

| | |
|---|-------------------|
| Barrington's Hospital | 061 490500 |
| Croom Hospital | 061 397276 |
| Limerick University Hospital | 061 301111 |
| St Camillus Hospital, Limerick | 061 326677 |
| St Ita's Newcastle West | 069 62311 |
| St John's, Limerick | 061 415822 |
| St Josephs' Psychiatric Hospital, Limerick | 061 416166 |

Help with Daily Living

Home Care

Home care providers aim to support older adults with a medium to high level of care requirements to continue to live at home independently. Professional caregivers can help with showering to getting dressed, to doing the weekly shopping to offering company and support on social outings.

Prices may vary according to whether the level of need is great enough to obtain financial support from the HSE. In many instances, home care is arranged privately for a higher fee.

Care providers

For information relating to an assessment

| | |
|---------------------------------|--|
| Bluebird Care | Telephone 061 481 208 |
| Care about You | Telephone 061 479003 / 086 307080 |
| CareBright Home Care | Telephone 061 383644 / 061 383863 |
| Comfort Keepers | Telephone 061 317712 |
| FRS Homecare | Telephone 1890 657585 |
| Home Instead Senior Care | Telephone 061 46207 |

Home Help

Home help is HSE funded care that is usually allocated if an older adult has personal care needs. A referral form must be filled in by a public health nurse whereby an assessment of need is made. To enquire about receiving home help, and depending on the location you live in Limerick, contact:

Dooradoyle **061 482602/482605**
Newcastlewest **069 62155**
Southill **061 410988**

Nursing Home Care

When the need of a person is too great to continue living independently, nursing home care is an option to consider. Below are the nursing homes in Limerick city and county

| Nursing Home | Address | Telephone |
|-----------------------------|---------------------|-------------------|
| Adare & District | Adare Road, Croagh | 069 64443 |
| Abbot Close | Askeaton | 061 601888 |
| Ard Na Ri | Bruff | 061 382286 |
| Beechwood House | NewCastle West | 069 62408 |
| Beechlodge | Bruree | 063 90522 |
| Cahermoyle House | Ardagh | 069 76105 |
| Caherass | Adarre Road, Croom | 061 600930 |
| Corbally House | Mill Road, Corbally | 061 343267 |
| Good Counsel | Kilmallock Road | 061 416288 |

INFORMATION AND SERVICES FOR OLDER PEOPLE ACROSS LIMERICK

| Nursing Home | Address | Telephone |
|----------------------------|--------------------------|--------------------|
| Killeline | NewCastle West | 069 22061 |
| Maria Goretti | Pronnts, Killmallock | 063 98983 |
| Milford Care Centre | Castletroy | 061 98983 |
| Millbrae | Newport Tipperary | 061 378933 |
| Roseville House | Killonan, Ballysimon | 061 333897. |
| St Anthony's | Pallagreen, Co. Limerick | 061 384104 |
| St Catherine's | NewCastle West | 069 61411 |
| St Gobnait's | Ballyagran | 063 82065 |
| St Paul's | Dooradoyle | 061 227749 |
| The Park | Castletroy | 061 201878 |
| Thorpes | Clarina | 061 353007 |
| Rosary Hill | Castleconnell | 061 377530 |
| St Michaels | Caherconlish | 061 450060 |

Mental Health Services

For a person struggling with mental health issues, there are services in Limerick that help people to recover. Older adult services are available for those

- **aged 65 and over,**
- **who have been referred from their GP**

Outpatient Services **St. Camillus' Hospital**, Shelbourne Road, Limerick
St. Ita's Hospital, Newcastlewest, Co. Limerick

Day Hospital

Seanoira Day Service, St. Camillus's Hospital

Active one day a week. Transport to and from the centre, meals, occupational therapy, arts therapy and medical support are offered.

St. Ita's Hospital, Newcastlewest, Co. Limerick

Active three days a week. Transport to and from the centre, meals, occupational therapy, arts therapy and medical support are offered.

Inpatient services

Acute Hospital Service

Unit 5B, Midwestern Regional Hospital,
Dooradoyle, Co. Limerick
061 301111 / 061 482219

Telephone

Non-Acute Hospital Services

Residential, short-stay intermittent care is provided including rehabilitation and respite.

- **St. Camillus Hospital** provides 21 beds for extended care and intervention for patients with dementia and associated behavioural and psychological disturbance.
Telephone: **061 326677**
- **St. Ita's Hospital** The service provides 10 respite, three convalescence and 75 continuing care beds for a total of 88 older adult residents, and the remaining 14 are admitted for assessment and rehabilitation requiring
- short-stay only.

SECTION FIVE: CARE AND SUPPORT FOR PEOPLE LIVING WITH DEMENTIA

For a person and for their loved ones faced with a diagnosis of dementia, it can seem difficult to know where to turn. However, there are services and supports available in Limerick that can help with guiding both the individual and their family through this process.

| | |
|--------------------|--|
| Information | Alzheimers society of Ireland Limerick branch at George's Quay House George's Quay, Limerick Telephone: 061 312605 |
| Resources | Memory Technology Library South Tipperary Dementia Project Rosehill, Glenconnor Road, Clonmel, Co. Tipperary Telephone: 087 0550050 E: info@southtipperarydementia.ie |

Care Facilities

Day Care

West Limerick

Adare Day Care Centre

| | |
|--------------------|---|
| Address | Rathkeale Road, Old Library, Adare |
| Time | Monday to Friday from 10-3.30pm |
| Cost | €15 per day |
| Transport | €5 |
| Typical day | Meals, music, singalongs, arts and crafts, bingo and chiropody are provided. Shower facilities available. |
| To join | Telephone 061 396917 |

Limerick city
Kilmurry Centre

Address Garryowen, Limerick
Time Monday to Friday from 10 a.m. to 3.30 pm.
Cost €10 per day
Transport €2 for bus
To join Telephone **061 313456**

East Limerick
Waterman's Lodge

Address Ballina/Killaloe, Co. Tipperary
Times Monday to Saturday 9.30am-4.30pm
Cost €20
Transport Bus provided locally
Typical Day Meals, Reminiscence therapy, quizzes, sonas activities, music and exercises. Shower facilities also available.
To join Telephone Catriona at **061 374888 / 086 1033050**

Respite Care

Respite care can last one week or longer depending on the carers request.

Dromcollogher Is a twenty-three bed residence offering short-term care for senior citizens for a reasonable fee
Contact Telephone **063 83934 / 063 83921**

Watermans Lodge

Cost €75 per night/ €550 for the week
Contact Telephone **061 374888/ 086 1033050**

Home Care

Offers support from carers trained in dementia specific care. Includes meal preparation and help with feeding, help with getting up, personal care, medication prompting and assisting with exercising and walking.

Contact Rose O'Donnell Home Care Co-Ordinator
 Email: rodonnell@alzheimer.ie
 Telephone: 061 312605/ 086 0271983

Nursing Homes with Dementia Specific Unit

| Name | Address | Telephone |
|--|---------------------------|--------------------|
| Abbot Close | Askeaton | 061 601 888 |
| Adare and District Nursing Home | Adare Road, Croagh | 069 64443 |
| Beech Lodge | Bruree | 063 90522 |
| Beechwood | Newcastlewest | 069 64208 |
| Killeline Nursing Home | Newcastlewest | 069 22061 |
| Millbrae Lodge | Newport | 061 378 933 |
| St Catherine's | Bothar Bui, Newcastlewest | 069 61411 |

Notes
