



Information Guide to Services for Older People in County Wexford



Introduction

Age Friendly Ireland is the organisation responsible for the National Age Friendly Programme, affiliated to the World Health Organization's [WHO] Global Network of Age Friendly Cities and Communities.

In each local authority area, an Age Friendly Alliance is established, involving senior decision-makers from Public (Local Authority, HSE, An Garda Síochána etc.), Commercial and Not-For-Profit organisations. Through the establishment of an Older People's Council in each participating local authority area, older people exercise a strong, guiding influence on Age-Friendly local development. Age Friendly Alliances plan and implement strategies and oversee progress in each county.

Many thousands of practical steps have been taken at local level under the guidance of these Alliances and this Directory of Services for Older People is one such positive result of such collaboration.

This Directory provides information on many of the essential services (listed alphabetically) available for older adults in Wexford County. It includes contact phone numbers for HSE and other public services, community and voluntary organisations, and some community based older adult social groups across the county.

The need for this Directory was identified in the 2022 Wexford Age Friendly Alliance County Strategy and Action Plan. The Directory is facilitated by HSE Healthy Ireland, Wexford County Council, Wexford Older People's Council, National Clinical Programme for Older People and a range of other Wexford Age Friendly stakeholders. The information contained in this Directory came from various services, organisations and individuals. We are conscious that it is by no means all-inclusive and is based on the information available to us in October 2022.

Please check also with Wexford ALONE, Wexford Libraries and Citizens Information Wexford for additional specific interest information.

You can access this information guide on Wexford County Council Age Friendly <https://www.wexfordcoco.ie/community/age-friendly>

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INFORMATION & ADVICE

■ Citizens Information Centre

There are Citizen's Information Centres in Gorey and Wexford. They provide free, independent, impartial information, advice and advocacy on social rights, entitlements and responsibilities.

National Citizen's Information Phone Service 0818 07 4000
(Monday to Friday 9.00am to 8.00pm)
Web address: www.citizensinformation.ie

● Wexford

Wexford Citizens Information
28-29 Henrietta Street
Wexford
Tel: 0818 07 6720
Email: wexford@citinfo.ie

● Gorey

Gorey Citizens Information
Unit 3
The Palms
The Avenue
Gorey
Tel: 0818 07 6700
Email: gorey@citinfo.ie

■ MABS—Money Advice & Budgeting

The Money Advice and Budgeting Service is the State's money advice service, guiding people through dealing with debt and helping them to manage their money.

Helpline : 0818 07 2000
Website: www.mabs.ie

● Wexford MABS, Stonebridge

Email: wexford@mabs.ie
Address: 98/100 South Main Street, Stonebridge, Y35 EY05
Tel: 0818 07 2780

Wheelchair Access: Yes

Opening Hours: Monday - Friday 9:00am - 12:45pm, 1:45pm - 5:00pm
(closed during lunch)

■ Eircode

Eircode is the new Postcode that was introduced to Ireland in July 2015. The new Postcode is a mix of Letters and Numbers and will be seven characters in length. The Eircode Postcode is divided into two parts a routing key and a unique identifier. **IT IS IMPORTANT TO KNOW YOUR POSTCODE IN THE EVENT OF AN EMERGENCY**. Ensure that you keep your Eircode beside your phone or somewhere you can access it quickly.

If you do not know your Eircode, a member of staff in the Citizens Advice Office or in your local library can identify it for you. You can also find it yourself online at www.eircode.ie.

Eircode brings many benefits:

1. Makes it quicker and easier for medical emergency services to locate addresses.
2. Allows delivery and service companies to accurately identify addresses so deliveries get to the right location.
3. Makes it quicker and easier to shop online.
4. Helps to develop Irish businesses and facilitate better planning and delivery of public services.

Future Planning

■ Plan your important decisions ahead

The best step to safeguard your important future decisions is to plan in advance. Start by talking with your most trusted family member, or friend and / or professional. Choose someone who you would like to act on your behalf, and have your preferences recorded for them to follow. This brings peace of mind to you and clarity for family and professionals.

■ Enduring Power of Attorney

An Enduring Power of Attorney (EPA) means discussing your affairs with a person (or more than one person) who you choose, and appointing them with legal authority to make your financial, property and personal welfare decisions if in the future you no longer have decision making capacity. An EPA is a legal document so to make one you must make an appointment with a Solicitor and work with them. If you need financial assistance with legal fees, you may qualify for legal aid.

■ Decision Support Service (DSS)

The Assisted Decision Making (Capacity) Act 2015 is changing the way that adults who have difficulty making decisions without help are supported. The Decision Support Service has been set up at the Mental Health Commission.

You can find information about the Decision Support Service on the website:
www.decisionsupportservice.ie

Address

Decision Support Service , Waterloo Exchange, Waterloo Road, Dublin 4

Eircode: D04 E5W7

Tel: (01) 211 9750

Email: queries@decisionsupportservice.ie

■ Making of a Will

A Will is a legal document that sets out what you want to happen to your money and property – called your ‘estate’ – after you die. It is important to make a Will to make sure your wishes are known and followed, and that you maximise the benefits of your estate. It is important to make a will to ensure that your wishes are carried out. It also makes it easier and less costly to administer your estate after your death. Professional advice is advisable, especially if your estate is large. There are a number of ways to access information on this.

- Your local Citizen’s Information Centre provides information on ‘Making a Will’. See contact details for the offices in Gorey and Wexford on page 2.
- Seek advice from a solicitor. Your solicitor can also advise you about drafting an Enduring Power of Attorney when you draw up your Will.

■ Think Ahead Forms

The Irish Hospice Foundation launched a booklet called “Think Ahead”. This booklet encourages you to gather your thoughts about your financial and legal affairs. It gives you a chance to write down your personal wishes for future medical and personal care. Forms are available from your local Citizen’s Information Service and can be downloaded at www.thinkahead.ie

■ **Toilet Access**

One of the main challenges of the physical environment identified by older people is access to toilets. Public toilets are available in Libraries, Courthouses and other public buildings for your use. Other private buildings, public houses, restaurants and coffee shops, which provide toilet facilities for their customers, will usually allow older people to use their facilities if approached.

List of Public Toilets

Bunclody Town - Bunclody Public Library Millwood Carrigduff Bunclody	Gorey Town Gorey Public Library, Gorey Civic Square, The Avenue
Courtown Harbour	Morriscastle Beach
Enniscorthy Town -Automatic Public Convenience Parnell Road (In Car park)	Ballyconnigar Beach
Curracloe Beach	Changing Places Facility & Accessible WC Facility, The Irish National Heritage Park, Ferrycarrig, Co. Wexford
Wexford Town “Automatic Public Convenience” Redmond Square (beside transport hub)	Wexford Town Wexford Public Library, Mallin Street, Wexford
Wexford Town "Automatic Public Convenience" Crescent Quay Carpark	Rosslare Strand Beach
Carne Beach	Our Lady's Island, (Across the road from Island Bar) Eardownes, Co. Wexford
Kilmore Quay Marina	Duncannon Beach
New Ross Town - The Tholsel, New Ross	New Ross Town New Ross Public Library, Barrack Lane, New Ross Yes
New Ross Town," Dunbrody Famine Ship Experience" New Ross	New Ross Town The Peoples Park”, New Ross

■ **Information on Public Toilets, Accessible (Disabled) Toilets and Changing Places facilities**

The policy of locking the accessible public toilets with the Abloy Universal Key is to prevent misuse, damage and to maintain a standard of cleanliness.

Notices are posted on each toilet as to the local arrangements where to get the Abloy Universal Key which at beach locations can also be obtained from the beach lifeguards on duty (during the summer months).

You can purchase an Abloy Universal Key at a cost of €14.50 directly from J.Williams Locksmithes, 12 Bow Lane East, Mercer Street, Dublin 2 01 4746307

ENTITLEMENTS

■ The State Pension

The State Pension (Contributory), previously called the Old Age (Contributory) Pension, is payable to people aged 66 and over who have worked and paid enough social insurance contributions.

The State Pension (Non-Contributory) previously called the Old Age Non-Contributory Pension is a means-tested payment available to people in Ireland aged 66 and over.

■ Apply for a State Pension

You can get an application from your local post office and your Intreo Office or Social Welfare Branch. You should apply for the State Pension three months before you turn 66. If you paid social insurance contributions in more than one country, you should apply 6 months before you turn 66.

To apply, please fill in the application form (available on www.gov.ie)

You can also get this form from your local:

- **Intreo Office or social welfare branch office**
- **Local Post office**
- **Citizens Information Office**

Send your completed application to:

Department of Social Protection
College Road
Sligo
F91 T384
Tel: (071) 915 7100 or 0818 200 400
Email: state.con@welfare.ie

PRSI Records
Department of Social Protection
McCarter's Road
Ardaravan
Buncrana
Donegal
Tel: (01) 471 5898 or 0818 690 690

■ Living Alone Increase

The Living Alone Increase is a supplementary payment for people on social welfare pensions who are living alone.

■ Intreo Offices (Department of Social Protection)

Department of Social Protection Staff, also known as Community Welfare Officer (CWO), are based in your local Intreo Office. Wexford has Intreo Offices in Enniscorthy, Gorey, New Ross and Wexford towns. The Intreo Service is a single point of contact for all income supports.

For more information on Department of Social Protection services and supports, contact one of the local offices.

● **Enniscorthy:**

Department of Social Protection,
Captain Weafer Hall, Springvalley,
Enniscorthy, Co Wexford
Tel: 053 9242900

● **Gorey:**

Department of Social Protection,
Thomas Street, Gorey, Co Wexford
Tel: 053 9430040

● **New Ross:**

Department of Social Protection,
Cross Street, New Ross, Co Wexford
Tel: 051 420586

● **Wexford:**

Intreo, Department of Social Protection,
Anne Street, Wexford Town, Co Wexford
Tel: 053 9165400

■ Free travel in Ireland

Everyone aged 66 and over living permanently in Ireland is entitled to travel free of charge on public transport. People under 66 on certain social welfare payments are also entitled to free travel. Find out more about free travel in Ireland and the Senior SmartPass which allows you to travel for free on public transport in Northern Ireland.

■ Fuel Allowance

Fuel Allowance is a payment to help with the cost of heating your home during the winter months. You can get Fuel Allowance, if you are getting a long-term social welfare payment to help with the cost of heating your home.

■ Telephone Support Allowance

This Allowance is a supplementary payment for people on certain social welfare payments who are also getting both the Living Alone Increase and the Fuel Allowance.

■ House Hold Benefits Package

The Household Benefits Package helps you with the costs of running your household. It includes electricity and gas allowances and a Free Television Licence. It is paid to people over 70 and to people under 70 in some circumstances.

* Some of the allowances may be subject to means testing. More information is available from your Local Citizens Information Services/ALONE

■ Medical Cards

The Medical Card Scheme entitles certain people to free public health services. To be eligible, your income must be below a certain level. If you do not qualify for a card on income grounds you may get a GP Visit Card.

There are different guidelines for the means test depending on whether you are under or over 70 years of age. In the case of a couple, the assessment is based on the age of the older person.

■ Emergency Medical Cards

An emergency medical card is a medical card that is issued without a means test in certain emergency situations.

You can get an emergency medical card if you:

- Have a terminal illness and have been told you have 24 months or less to live or
- Are receiving end-of-life treatment or
- Need urgent ongoing care and urgently need a medical card

Where to apply for a medical card:

Client Registration Unit
4th Floor
HSE PCRS
Finglas
Dublin 11

(Postal applications)
P.O Box 11745
Finglas
Dublin 11
D11 XKF3

Tel: (051) 595 129

Locall: 0818 22 44 78

Homepage: www.medicalcard.ie

Email: clientregistration@hse.ie

Client Registration Unit

■ Long-Term Illness Card

If you have a medical condition covered by the Long-Term Illness Scheme, you can get free drugs, medicines and medical and surgical appliances for the treatment of that condition.

The Long-Term Illness Scheme does not depend on your income or other circumstances. You may also be eligible for a Medical card or GP visit card, depending on your circumstances.

The medical conditions that qualify under the Long-Term Illness Scheme are:

- Intellectual disability
- Diabetes insipidus
- Diabetes mellitus
- Haemophilia
- Cerebral palsy
- Phenylketonuria
- Epilepsy
- Cystic fibrosis
- Multiple sclerosis
- Spina bifida
- Muscular dystrophies
- Hydrocephalus
- Parkinsonism
- Acute leukaemia
- Conditions arising from use of Thalidomide

■ Drugs Payment Scheme

Under the Drugs Payment Scheme, you and your family only have to pay a maximum of €80 each month for approved prescribed drugs and medicines, and certain appliances. This includes incontinence wear.

■ Treatment Benefit Scheme

Treatment Benefit is a scheme run by the Department of Social Protection (DSP) to provide a limited financial contribution towards dental, optical and aural services. The Treatment Benefit Scheme is available to retired people who have the required number of PRSI contributions.

Under the Treatment Benefit Scheme, you may qualify for:

- Dental benefit (free dental exam every year)
- Optical benefit (free eyesight test, once every 2 years).
- Hearing aids (up to €500 per hearing aid or €1000 for both every 4 years)
- Hair piece or wig (hair loss from disease or treatment of disease)

HEALTH

The HSE provides a range of Health and Social Services for Older People. They provide an Information Telephone Line, which provides information on Medical Card Information, the Nursing Home Support Scheme (Fair Deal), Covid 19 vaccinations and Home Support. If you would like more information please contact the HSE Live on 1800 700 700 (open from 8am – 8pm Mon – Fri and 9am -5pm on Sat & Sun)

You can also contact the HSE at Wexford Primary Care Centre, Grogans Road, Wexford and by phone on (053) 9123522.

■ **Wexford General Hospital**

The purpose of Wexford General Hospital is to provide a high quality acute hospital service to enable the people we serve to live healthier and more fulfilled lives. It is managed by Ireland East Hospital Group. There is an Accident & Emergency Service and Day Hospital for Older Persons.

Hospital Contact Details:

Tel: (053) 91 53000 **Address:** Newtown Road, Carricklawn, Wexford, Ireland

■ **WEXICOP—Wexford Integrated Care of the Older Persons Team**

WEXICOP is a new service that provides assessment and support of older people who are becoming more frail, falling or experiencing a change in their ability to carry out activities of daily living You can ask your GP, RPHN or health care professional to refer you to WEXICOP

■ **WEXMASS—Wexford Memory Assessment & Support Service**

WEXMASS is a new service that provides assessment, diagnosis and support to people who are developing memory or cognitive issues. You can ask you GP to refer you to WEXMASS Contact details for WEXICOP/WEXMASS— St. John’s Day Hospital, Munster Hill, Enniscorthy, Co. Wexford, Y21 N902 **TEL:** 053 9232786

■ **Waterford University Hospital**

You may also be referred to Waterford University Hospital for your care.

The hospital provides specialty services to the population of the south east c. 500 000 in the following areas of clinical practice:

Cardiology (including Interventional Cardiac Procedures), Trauma Orthopaedics, Ophthalmology, Neurology, Nephrology, Rheumatology, Urology, Vascular Surgery, ENT and Neonatology, Radiology, Pathology and Microbiology.

The hospital is the designated cancer centre for the south east, providing rapid access assessment for Breast, Prostate, Lung and Skin cancers. Cancer surgery is centralised at UHW. Haematology, Medical Oncology and Palliative Care is provided through our

inpatient and day care facilities. Hospital Contact Details: **Tel:** (051) 848 000 **Address:** Dunmore Rd., Waterford Hospital Contact Details: University Hospital Waterford, Dunmore Road, Waterford. **Tel:** (051) 848000

■ **Community Intervention Team (CIT)**

A Community Intervention Team (CIT) is a specialist, health professional team which provides a rapid and integrated response to a patient with an acute episode of illness who requires enhanced services/acute intervention for a defined short period of time. This may be provided at home, in a residential setting or in the community as deemed appropriate, thereby avoiding acute hospital attendance or admission, or facilitating early discharge. GP/Hospital referral

Health Centre/ Primary Care	Status	Contact Number	Full Address
Adamstown (GP Only)	Health Centre	053 9240623	Jamestown, Enniscorthy, Co. Wexford. Y21 TE82
Bannow (GP only)	Health Centre	051 560633	Graigue, Duncormick, Co. Wexford Y35N8XY
The Ballagh	Health Centre	053 9136411	The Ballagh, Co. Wexford Y21 AY61
Bridgetown	Health Centre	053 9135142	Common, Bridgetown, Co. Wexford. Y35 P2PD
Bunclody	Health Centre	053 9377285	Church Rd, Newtown- barry, Bunclody, Co. Wexford. Y21 Y861
Campile	Health Centre	051 388821/24	Portobello, Campile, Co. Wexford Y34 HY79
Clonroche (GP only)	Health Centre	053 9244252	HSE, Naomh Lucas Health Centre, Clonroche, Co. Wexford. Y21 Y674
Castlebridge	Health Centre GP only	053 9159728	Castlebridge, Co. Wexford
Enniscorthy	Primary Care Centre	053 923 2018	Quarry Park, Enniscor- thy Y21 T8W7
Ferns Primary Care	Health Centre	053 9366400	Coolbawn, Ferns, Co. Wexford. Y21 D893
Gorey Health Centre	Health Centre	053 9430100	Gorey, Wexford Y25 N5K6
Gorey (The Palms)	Primary Care Centre	053 9481600	The Avenue, Gorey, Co. Wexford Y25C7Y3
Gorey (Conal House)	Primary Care Centre	053 942 1303	Conal House, St. Michael's Road, Mill Lands, Gorey, Co. Wexford. Y25K2N0 Dr. Brian O'Doherty Premises
New Ross	Health Centre	051 440200	Hospital Grounds, New Ross, Wexford Y34 WY18
Rosslare	Health Centre	053 9133314	St Martin's Rd, Ballygillane Big, Rosslare Harbour, Co. Wexford. Y35 X244
Taghmon Health Centre	Health Centre	053 913 44 92	Main St, Poulmarl, Taghmon, Co. Wexford. Y35 H9WC
Wexford Primary Care Centre, Grogans Rd.	Primary Care Centre	053 9114201	Grogan's Rd, Slippery Green, Wexford. Y35 DA39
Georges St.	Office Buildings	053 9123522	Georges St. Wexford Y35 AW96

■ **Care Doc**

Care Doc is the GP Out of Hours Service that operates in Wexford. Local doctors in your area and neighbouring areas have organised this service for patients with urgent medical problems who need to contact a doctor after surgeries close.

Tel: 0818 300 365 or 059 913 8100

■ **Chiropody Service**

Please contact your local Health Centre, Day Centre for details of local chiropody service. Chiropody is not free under the medical card scheme in Wexford.

■ **Dietitian**

Good nutrition is an important part of keeping well as we age.

If you are underweight or have lost weight without meaning to do so you may benefit from talking to a Dietitian, who can provide individual advice to help you. Dietitians may also have specific suggestions for certain medical issues or difficulties you may encounter. Ask your GP, PHN, or health care professional to refer you to a Dietitian.

■ **Memory Technology Resource Room (MTRR)**

This Occupational Therapy service supports the person with memory loss and their carer. Advice can be given about equipment that assists the person, such as pendant alarms, phones, medication reminders and strategies to maximise independence.

■ **Occupational Therapy**

Occupational Therapy is a healthcare profession offering support to people with physical, psychological and social problems to enable them to live life to the fullest. Occupational Therapists help people to do their everyday activities they want and need to do when faced with illness, injury, disability or challenging life circumstances or events. You can ask your GP, PHN, or health care professional to refer you to an Occupational Therapist.

■ **Physiotherapy**

Physiotherapy can help you to be active and independent at any stage in life.

Physiotherapists provide individual exercises and advice to maximise your own abilities. Physiotherapists can help with a range of problems such as pain, stiffness, weakness, mobility difficulty, reduced balance, falls and reduced confidence. You can access physiotherapy through your GP, public health nurse or any member of your local primary care team.

■ **Podiatry**

Adult Diabetes Podiatry service in Co. Wexford support patients with diabetes in the community. Podiatrists are medical professionals who specialize in treating conditions related to the foot, ankle and lower leg. You can access podiatry through your GP.

■ **Public Health Nurse (PHN)**

Registered Public Health Nurses provide a range of health care services in the community. You can contact your local Public Health Nurse at your local Primary Care Centre this may be your first contact with the health services. The Public Health Nursing Service provides home and clinic nursing to patients who have a full medical card. Services includes general nursing care to patients who are chronically ill, continence management, wound care, post hospital discharge, referrals to respite/day services, assessment for home supports, nursing aids and appliances and advice in relation to other relevant Community Agencies.

■ **Speech and Language Therapy (SLT)**

Speech and Language Therapists can help adults with communication difficulties, including speech, language or voice problems and those with eating, drinking and swallowing difficulties. Speech & Language Therapists provide life improving treatment, support and care through education and exercises to maintain strong effective communication skills and safe swallowing. You can be referred by any medical or health care professional including your GP, PHN, Physio, OT or Dietitian.

■ **Social Workers**

Social Workers support older people and their families where there are difficulties like social isolation, relationship breakdown, concerns about carer stress or abuse issues. Social Workers help older persons and their families by providing support and advice, e.g. advice on community supports, future planning and entitlements.

Safeguarding Social Workers assess concerns about abuse or neglect of vulnerable adults. **South East Community Healthcare HSE Safeguarding and Protection Team Freephone number – (0818) 101 101** - Monday to Friday 9am to 5pm—if any professional or member of the public has concerns in relation to possible abuse of a vulnerable adult (over 65 years or an adult with a diagnosed disability) The duty social worker will speak to you about your concern, a possible referral to the Safeguarding and Protection service or they will offer advice, support and signposting to other support services as relevant

■ **Substance Misuse Team**

St. Johns Hospital, Enniscorthy, Co Wexford

Tel: 053 9259825

The HSE Substance Misuse Team operates under the Social Inclusion Department of the HSE. In Wexford the Team consists of a coordinator, two Addiction Counsellors and one Liaison Nurse. This team offers counselling and detox services. Team members can also access resi-dential services in the Aisling Centre for those requiring this service.

■ Home Support Service

The HSE Home Support Service (formerly called the Home Help Service or Home Care Package Scheme) aims to support older people to remain in their own homes for as long as possible and to support informal carers.

The Home Support Service provides you with support for everyday tasks including:

- getting in and out of bed
- dressing and undressing
- personal care such as showering and shaving

The support you will receive depends on your individual needs. These supports will be provided by the HSE or by an external provider, approved by the HSE. To access a Home Support Service, you can be referred by your GP, PHN or health care professional and an assessment will be carried out.

■ Nursing Home Support Scheme Office (NHSS)

NHSS, HSE Offices, George's Street, Wexford Tel: 0539123522

■ Home Support Agencies (Private)

Professional private Home Support Workers provide a variety of non-medical services that supports older people to remain at home. These services may include meal preparation, companionship, personal care, shopping and assistance, caring for special conditions including dementia. Unlike the HSE Home Help, private providers can provide laundry and cleaning service. You may claim tax relief on private home help provided. The list below is only some of the private support agencies.

■ Wexford Private Home Support Services

Home Instead

Office R9 Clonard Village Centre,
Clonard Village Centre
Wexford
053 918 4042
homeinstead.ie

Blue Bird Care

19 Trinity St, Maudlin-
town Wexford
bluebirdcare.ie
(053) 915 3933

KarePlus

John Barry House, Cres-
cent Quay, Wexford
053 915 2726
wexford@kareplus.ie

Senior Care Plus

Unit 2.1, Enterprise &
Technology Center,
Milehouse Road, En-
niscorthy, Co. Wexford,
Y21 D8W6
(053) 923 7408

■ Respite Care

Respite Care for Older People is a resource that provides a temporary break for a family or an informal carer. The primary care team or public health nursing service can help you to access respite services in your area. Respite is usually for 7 days and is usually in one of the following facilities:

St John's Hospital	0539233228	Munster Hill, Enniscorthy, Co Wexford
Gorey Community Hospital (HSE)	0539421102	Gorey, Co Wexford
New Haughton Nursing Home (HSE)	051421266	New Ross, Co Wexford.

■ Day Centres for Older People

Day Centre for older people are **community based services** that provide care and/or health-related services and/or activities specifically for older people who are disabled and/or in need. Attendance can be for a whole or part of a day and cover any number of days. They offer older people the opportunity to socialise and can offer respite to their carers.

New Ross Day Care Centre	Healthy Living Centre, Hospital Grounds, New Ross, Co. Wexford	051 440236
Grantstown Priory Day Care Centre	Grantstown, Wellingtonbridge, Co Wexford	051 561016
St. Aidan's Day Care Centre	Millands, Gorey Co. Wexford	053 9421092
St. Bridgets Day Care Centre	Clifford Street, Wexford	053 9140870
St Johns Community Hospital Day Centre	St Johns Hospital, Munster Hill, Enniscorthy, Co Wexford.	053 9232790
St. Louis Day Care Centre	Ramsgrange, New Ross, Co Wexford	051 389509
St. Mary's Day Care Centre	Tagoat, Co Wexford	053 9132624
Bunclody Day Care	St Mary's, Ryland, Bunclody, Wexford	053 9376552

■ Nursing Homes

A nursing home is a facility for the residential care of older people with significant care needs. Nursing Homes are often referred to as Long-Term Care Facilities. The vast majority of older people are able to live in their own homes with some support from their families, neighbours and the health and community care services. A number of people every year however find they cannot continue to live at home and need to go into long-term care.

■ Nursing Home Support Scheme Office (Wexford)

NHSS, HSE Offices, George's Street, Wexford Tel: 0539123522

■ Nursing Homes Wexford

Castlebridge Manor Nursing Home	0872543768	Ballyboggan Lawn Castlebridge Y35 C526
Castlegarden Nursing Home	0539235566	Drumgoold Enniscorthy Co Wexford
Cherrygrove Nursing Home	051388060	Priesthaggard Campile Co. Wexford
Kerlogue Nursing Home	0539170400	Kerlogue Co. Wexford
Knockeen Nursing Home	0539143600	Knockeen Barntown Co. Wexford
Lawson House Nursing Home	0539233945	Glenbrien Enniscorthy Co. Wexford
Middletown House Nursing Home & Retirement Village	0539425451	Courtown Hbr Gorey. Co. Wexford
SignaCare Nursing Home	051447200	Newtown Commons New Ross Co Wexford.
New Ross Community Hospital	051421305	Hospital Road New Ross Co. Wexford.
Oakfield Retirement and Nursing Home	0539425679	Courtown Gorey Co. Wexford
SignaCare Nursing Home	053 937 6222	SignaCare, Bunclody, Co. Wexford, Y21 E8V0
Valentia Nursing Home	0539383125	Camolin Co. Wexford
Wygram Nursing Home	0539184491	Davitt Road Wexford.

■ HSE Nursing Homes

St John's Hospital	0539233228	Munster Hill Enniscorthy Co Wexford
Gorey Community Hospital (HSE)	0539421102	Gorey Co Wexford
New Haughton Nursing Home (HSE)	051421266	New Ross Co Wexford.

■ Nursing Homes Support Scheme (Fair Deal)

A Nursing home is a facility for the residential care of older people with significant care needs. Nursing Homes are often referred to as Long-term Care facilities.

You can apply for financial support to help pay for the cost of care in a nursing home through the Nursing Homes Support Scheme, also known as the Fair Deal scheme. The Fair Deal scheme is managed by the Health Service Executive (HSE). You cannot apply for the Nursing Home Support Scheme until you have been approved to medically require a long-term care bed in a Nursing Home. In order to apply for a nursing home, you will be referred by your GP or health care professional.

For more information on this scheme or help with your application form visit your local Citizen's Information Centre. You can also contact your local Nursing Home Support Scheme office for advice and information.

■ Mental Health Services in Wexford

Mental health problems are common and can range from a low period to more serious depression, to a small number of people who will experience very severe issues. If you feel persistently sad, have trouble sleeping or experience unexplained aches and pains, you should visit your GP for advice. If you are worried about yourself or someone you know, it is important to get help as soon as possible.

■ Psychiatry of Later Life Team (HSE)

The Psychiatry of Later Life Multi-Disciplinary Team provides specialist mental health services to people over sixty five. They work in partnership with local GPs, acute hospitals and other local health care and social services.

The Gorey, Enniscorthy, Rosslare and Wexford Town areas are covered by Psychiatry of Later Life, Selskar House, Wexford. Tel: 053 9157800.

The New Ross, Hook peninsula and Taghmon areas are covered by Psychiatry of Later Life, Iona Lodge, St Otteran's Hospital, John's Hill, Waterford. Tel: 051842172

Wexford Mental Health Services, Administrative HQ, Ross Rd, Enniscorthy
Tel: 053 9243200

Selskar Community Nursing Unit, Old Hospital Rd, Wexford
Tel: 053 9157800

HOUSING

■ Wexford County Council Housing Department

Wexford County Council's Housing Department provides confidential support services for older people and people with disabilities who are in need of housing or who need to improve the accessibility of their homes. For more information you can contact Wexford County Council on 053 919 6000, email customerservice@wexfordcoco.ie or visit our website www.wexfordcoco.ie

■ Housing Aid for Older People

The scheme is available to assist older people (over 66 years of age) living in poor housing conditions to have essential repairs or improvements carried out such as re-wiring, re-roofing, and the provision of central heating (where none exists). The availability of the grant is means tested and the level of grant is determined on the basis of gross income of each member of the household over 18 years of age (over 23 if a full-time student) for the previous tax year. The maximum grant available is €8,000 of the approved cost of proposed works.

■ Mobility Aids Housing Grant

The Mobility Aids Housing Grant Scheme is available to fast-track grant aid to cover a basic suite of works to address mobility problems, primarily, but not exclusively, associated with ageing. This Scheme is also for the disabled person who is a member of the household. An Occupation Therapist's report is required outlining recommendation of proposed works. The availability of the grant is means tested and the level of grant is determined on the basis of gross income of each household member over 18 years of age (over 23 if a full-time student) for the previous tax year. The maximum grant available is €6,000 or 100% of the approved net cost of proposed works. Gross income of household members must not exceed €30,000. Refund on the VAT amount can be recouped from the Revenue Commissioners when payment has been issued by the Council.

Contact Wexford County Council on 053 919 6000 for more information for all above.

■ Housing Adaptation Grant

The Housing Adaptation Grants Scheme for disabled people is available to assist in the carrying out of works that are necessary for the purposes of rendering a house more suitable for the accommodation of a disabled person who is a member of the household.

An Occupational Therapist's report is required outlining recommendation of proposed works. The availability of the grant is means tested and the level of grant is determined on the basis of gross income of each member of the household over 18 years of age (over 23 if a full-time student) for the previous tax year.

Grant allocation is calculated on approved net cost of the proposed works. The maximum grant available is €30,000. Refund on the VAT amount can be recouped from the Revenue Commissioners when payment has been issued by the Council.

Contact Wexford County Council on 053 919 6000 for more information for all above.

HOME SERVICE SUPPORTS & MAINTENANCE

■ Better Energy Warmer Homes Scheme

The Scheme is administered by SEAI. A variety of energy efficiency upgrades are available under the Scheme. The type of upgrades that will be recommended for a home will depend on many things, including the age, size, type and condition of the property and the availability of the Work(s) through the Scheme. A Surveyor will determine which upgrades can be installed and funded under the Scheme. Upgrades available pursuant to the Scheme include:

- attic insulation
- cavity wall insulation
- external wall insulation
- internal wall insulation
- other secondary measures such as lagging jackets, draught proofing & energy efficient lighting and in some cases, heating upgrades and/or window replacements may also be recommended.

For more information on this scheme contact the Better Energy Warmer Homes Scheme Customer Service Team on 1800 250 204 or visit www.seai.ie

■ Homeowners

'Little Jobs Scheme' - Wexford Local Development
Contact : Susan Finnerty 087 1707347

■ Local Authority Tenants only

For emergency Housing maintenance issues,
the out of hours contact number is
053 9196000

SAFETY & SECURITY

■ Emergencies

At some point in your life, you may need to call the emergency services such as fire, police, or medical personnel. By being prepared for calling the emergency services, you can get the help you need much more quickly which can often make a big difference. In Ireland we have two emergency numbers, 999 and 112.

112 also works in all EU countries and from any phone, free of charge. Remember when calling 112 (or 999), 'stay calm, stay focused and stay on the line' and if possible give the Eircode of the house so that the emergency services can easily find you. Further useful information on www.garda.ie.

■ The Seniors Alert Scheme

The Seniors Alert Scheme is financed by Pobal and provides a grant for the supply of equipment and Personal Pendant Alarms. The pendant alarm is worn on the wrist or around the neck and when activated in cases of emergency, it provides immediate contact with the people you have chosen to be on your emergency list. This enables older people to continue to live securely in their own homes. The grant assistance is made available through community and voluntary groups registered with Pobal.

To be eligible you must be:

- Aged 65 or over and have limited means or resources.
- Living alone or with someone who also meets the eligibility criteria.
- Living in the area covered by the community group administering the grant support.
- Able to benefit from the equipment being supplied.
- Willing to maintain contact with the community group.

For more information contact Pobal on 01 511 7222 or visit www.pobal.ie.

■ Garda Stations in County Wexford

There are twenty one Garda stations that cover the County Wexford area. Four are opened 24 hours a day: Wexford, 053 9165200; New Ross, 051 426030; Enniscorthy, 053 9242580; and Gorey, 053 9430690.

■ **Crime Prevention Officer**

Crime Prevention Officers (CPOs) are trained to encourage, promote and advise on crime prevention to private and business community. There is one CPO for the County of Wexford, further details contact 053 9165200.

■ **Older Person's Register**

Garda Stations hold and maintain an Older/Vulnerable Person's Register. The Register assists Gardaí identify vulnerable people, who may need support, particularly in time of crisis, such as bad weather. Interested persons within County Wexford are invited to register their details with An Garda Síochána. Details can be submitted by the individual themselves, their Assisted Decision Maker or Next of Kin. In all cases the consent of the person concerned will be required.

■ **Bogus Caller Cards**

The cards were launched following an increase in the number of bogus callers and tradesmen calling to vulnerable people. Householders can ask any traders or workmen calling to homes requesting to carry out work to supply their details on the card. If there is any doubt as to the true legitimacy of the person, householders can contact your local Garda Station or 999/112. The genuine caller will supply their details. If a caller is unknown to you "if in doubt keep them out".

■ **The "Message in a Bottle" Initiative**

The "Message in a Bottle" Initiative is free to all who need it and is aimed at older adults whose medical details are written on a page, placed inside the plastic bottle and kept in the fridge where the emergency services will find it. It will save the emergency services valuable time identifying someone in difficulty and will quickly provide his or her emergency contacts. All First Responders i.e. the emergency services, HSE ambulance teams, Fire Brigade, and the Gardaí support the initiative. If called to an emergency, upon seeing the stickers, they will immediately collect the vital information from the fridge. Further details on this initiative available by contacting The Lions Club Ireland, at 01 6613788 or at www.lionsclubs.ie or your local Garda station.

Local Contact is ;

Emily O'Rourke

086 8456639

Emilyors@gmail.com

■ Neighbourhood Watch/Community Alert

Neighbourhood Watch and Community Alert are crime prevention programmes aimed at getting local communities working in partnership with the Gardaí and becoming actively involved in observing and reporting suspicious activities to help create a better environment in which to live. They will be in a position to advise you on home safety and work with the Gardaí on Text Alert notices and other security initiatives. Contact your local Garda Station or you're local 24 hour Garda Station, who will advise you about your nearest Neighbourhood Watch (Towns) or Community Alert (Rural Areas).

■ Crime Prevention Advice

Home Security

Fit a door viewer and a door chain/limiter. These will allow you to safely check callers and retain control over security. Front and rear doors and windows should be kept locked day and night. Whether you are at home or going out, remember to turn on some lights. Keep a list of emergency numbers that you can refer to quickly, if required, e.g. family, neighbours, Gardaí, medical or fire service.

If you have a mobile phone, ensure that you have emergency contact numbers recorded under the ICE (In Case of Emergency) system.

■ Crime Prevention Advice

Property

- Mark your property and record serial numbers where appropriate. UV markers and/or special etching tools can be used. Use a unique reference number such as your initials and date of birth. Seek advice about marking high value property e.g. antiques, paintings etc.
- It is also a good idea to photograph your property. Photograph items such as jewellery against a ruler or some other common household item (for size reference).

Safer Shopping

- Take extra care when using a cash point or chip and pin.
- Don't let anyone see your pin number, never write down your pin number.
- If you carry a handbag, keep your purse at the bottom.
- Never keep your wallet in your back pocket.
- Keep your handbag zipped at all times – crowded shopping areas are very popular with pickpockets.
- Don't leave your handbag in the shopping trolley while you shop.
- Thieves can target car parks; avoid leaving shopping bags in vehicles for prolonged periods.

Fraud/Scams

- If you are contacted by persons stating that they have your personal details and/or looking for bank account details you should not engage or provide any personal information. State agencies, such as An Garda Síochána, the Health Service Executive, The Revenue Commissioner's will not cold call you looking for personal information such as PPS numbers or bank account details.
- DO NOT engage with the caller - DO NOT click on any links in emails or text messages - Screenshot the email, text message or other communication.
- Talk to your family and friends and only pass on information from credible and legitimate sources.
- If you realise you have revealed your bank details to a fraudster, contact your bank immediately, inform them and seek advice on securing the funds in your accounts. If you have revealed your PPS number, contact the Department of Social Protection.

Cash/Financial Security

- Do not keep large amounts of cash in your home. Use banks, building societies, credit unions, post offices etc.
- Keep all credit/debit cards in a secure location as well as financial statements, records etc.
- Out-of-date cards should be destroyed.
- When out and about, avoid carrying large sums of money.

■ Smoke Alarms

Smoke alarms are very important for early warning – smoke will not wake you up in fact it will make you sleep more deeply. Smoke alarms buy you time to allow you and your family to get safely out of the house. At least two smoke alarms should suit a standard two-storey dwelling. These should be located on the landing of each floor. Alarms must be positioned at the highest point and as close to the centre of the ceiling as possible. They should be tested weekly by pressing the test button.

■ Carbon Monoxide Detectors (CO)

A carbon monoxide detector or CO detector is a device that detects the presence of the carbon monoxide (CO) gas in order to prevent carbon monoxide poisoning. CO is a poisonous colourless, tasteless and odourless gas given off by any appliance which burns a fossil fuel such as gas, coal or oil. It can enter your home if your appliance is faulty, or the room is not properly ventilated, or if the chimney or flue is blocked. They are readily available in any hardware store.

■ General Fire Safety In Your Home - Fire Prevention Key Points

- Take extreme care when cooking chips / fried food. Never leave a chip-pan unattended.
- Check electric blankets regularly for wear and tear / damage and ensure they are used according to instructions.
- Use an effective spark guard on open fires especially before going to bed.
- Do not leave newspapers, clothes or material too close to a fire or heaters.
- Switch off and unplug all non-essential appliances when not in use.
- Provide large, stable ashtrays in the event of smoking – a burning cigarette end can smoulder for hours before igniting and spreading.
- Never smoke in bed.
- Check all leads and plugs for fraying or burning and replace if necessary. Do not overload sockets.
- Get a qualified electrical contractor to carry out installation and repairs to electrical appliances and fittings. Don't take chances.

County Wexford Garda Stations	
WEXFORD	053 9165200
ENNISCORTHY	053 9242580
GOREY	053 9430690
NEW ROSS	051 426030
BUNCLODY	053 9377102
BALLYCULLANE	051 562740
BLACKWATER	053 9127142
CARRICK ON BANNOW	051 561122
CARRICKBYRNE	053 9240542
CASTLEBRIDGE	053 9159221
CLONROCHE	053 9244102
COURTOWN HARBOUR	053 9425102
DUNCANNON	051 389102
FERNS	053 9366104
GLYNN	053 9128142
KILMORE QUAY	053 9129642
OULART	053 9136102
OYLEGATE	053 9138132
ROSSLARE HARBOUR	053 9133204
ROSSLARE STRAND	053 9132103
TAGHMON	053 9134102

SOCIAL & LEISURE ACTIVITIES

■ Clubs and Associations

There are many clubs and associations in Co. Wexford such as senior citizens groups, art groups, flower and garden clubs, vintage clubs, women's groups, knitting and craft groups, dancing groups, whist & bridge card clubs, community choirs and bingo. You will find information and contact details for the groups and clubs in your area on the Community Pages of the local newspapers e.g. The Wexford People, New Ross Standard, Enniscorthy Echo or Gorey Guardian or on notice boards in local shops, community centres or churches .

■ Active Retirement

Active Retirement Associations in County Wexford are all affiliated to Active Retirement Network Ireland. They were established to enable retired people of any age to enjoy a full and active life and to advocate for them. At local level, Active Retirement Associations arrange social events, educational options and activities which encourage and support retired people to remain healthy and active. Many Active Retirement Association members are also involved with other local organisations, providing much needed volunteers in a variety of activities.

There are 20 Active Retirement groups in Co. Wexford. If you would like to join an Active Retirement Club or you would like more information please contact the main office in Dublin on 01 873 3836 or visit the website www.activeirl.ie

Below are the Active Retirement Associations in County Wexford as listed on the Active Retirement Ireland website.

Blackwater A.R.A., Circle of Friends Kilmuckridge A.R.A., Enniscorthy A.R.A., Ferns & District A.R.A., Ferns Bowls A.R.A., Gorey A.R.A., Hear our Voices New Ross A.R.A., Kilmore A.R.A., Kilmuckridge (Women Together) A.R.A., Kilmuckridge 79 Club A.R.A., Kilrane/Rosslare Harbour A.R.A., Monageer A.R.A., New Ross A.R.A., Oulart & District, Piercestown/Murrintown A.R.A., Raheen Co. Wexford A.R.A., Rosslare Strand A.R.A., Taghmon Camross A.R.A., The Ballagh and District A.R.A. (Ballaghkeen), Wexford A.R.A.

■ Walking

Walking pathways:

There are many pathways developed for walking in Co. Wexford including Wexford Quay, Min Ryan Park, Johnstown Castle, Enniscorthy river walk, Gorey town park, Peoples park New Ross, Tintern Abbey, Kilmore Quay and the JFK Arboretum.

To find walking groups in your area contact: Get Ireland Walking. Tel: 01 625 1109 or visit www.getirelandwalking.ie

■ Wexford Sports Active

Sports Active Wexford (Wexford's Local Sports Partnership) aim to increase physical activity and sport across Co. Wexford organising programmes for various groups to help provide opportunities for increased physical activity. Sports Active Wexford organise several initiatives in Wexford for older people in our communities such as Activators, walking, scooch tournaments, Strong and Steady classes and Go for Life games. Sports Active Wexford also establish inter-agency links such as; Wexford County Council, the HSE or community groups to run specifically designed programmes for example COPD, EOPD or Wexford Mental Health services.

Contact Sports Active Wexford for information on these programmes.

Tel: (053) 9196557 or sports.active@wexfordcoco.ie

■ Exercise classes

There are many exercise classes in Co. Wexford suitable for older people. Details can be found in local newspapers, community, resource and health centres. Examples of some of the exercise classes in Co. Wexford are below:

Exwell Wexford run a medically led group exercise programme twice weekly in Clonard Community Centre at 11am. Classes involve a mixture of aerobic work, strength work and balance. The cost is €80 per month. Anyone can take part no matter what your health status. For more information contact Niamh Breen on (087) 7518227

Chair Yoga is on in Coolcotts Community Centre every Friday morning at 11am. Contact Eileen on (087) 6804279

Chair Yoga is also available in the Astro Active Complex, Enniscorthy (053) 9236678

Forever Fit exercise classes are on in Murrintown, Duncannon, Glynn, Kilmore, Kilrane, Taghmon, Clonard, Oulart, Screen, Rosslare Strand. Contact Amanda on (087) 9713339

There are also a range of online classes e.g. Siel Bleu provide online classes for people living with chronic conditions at www.sielbleu.ie

■ Swimming Pools and Leisure Centres

A Community leisure centres and swimming pools can be found in many towns including:

Wexford Swimming Pool and Leisure Centre, Ferrybank, Wexford (053) 9185256

The Waterfront Pool and leisure Centre, Enniscorthy, Co. Wexford (053) 9234443

Courtown Adventure and Leisure Centre, Courtown harbour, Gorey, Co. Wexford (053) 9424849 The Apex, Bosheen, New Ross, Co. Wexford (051) 445522

These centres run exercise classes and aqua-aerobics. Many local hotels have swimming pools and gyms that are open to the public.

■ Irish Country Women's Association (ICA)

The ICA is the largest women's association in Ireland with more than 10,000 members and over 500 guilds across the country. The ICA was founded in Bree, Co. Wexford by Anita Lett in 1910. Wexford ICA's activities include crafts, community work, cookery, art, computers, set dancing and more. Regular guild meetings provide fun, friendship and learning.

If you are interested in joining or finding out more about the ICA in your area please contact: Breda Cahill, Federation President on (087) 6828402 or wexfordpresident@ica.ie
Anne Murphy, Federation Secretary on wexfordica@gmail.com

There are 27 guilds in Wexford including Adamstown, Ballyanne, Ballyfad, Ballyoughter, Boolavogue, Bree, Camross, Castlebridge, Davidstown, Duncannon, Enniscorthy, Gorey, Horeswood, Inch, Kilanerin, Killinick, Kilmore Quay, Kilmyshall, Kilrane/Rosslare Harbour, Maudlins, Monaseed, Oulart, Oylegate, Taghmon, Wexford Town.

■ Training & Education (ETB)

The Waterford and Wexford Education & Training Board provides a range of adult and further education and training opportunities for life-long-learning. WWETB's Adult Guidance & Information Service can provide information on all local and national courses, on education grants, rights and entitlements. The ETB Learning for Living/Basic Education programme offers free tuition to adults who would like to improve their skills in reading, writing, spelling, and numbers. Introductory courses in using computers may also be available.

For more information on any of these programmes contact the relevant office or visit www.waterfordwexford.etb.ie

Wexford Adult Education Centre (053) 9146188

Enniscorthy Further Education and Training Centre (053) 9237224

Gorey Further Education and Training Centre (053) 9421791

New Ross Further Education and Training Centre (051) 425034

Bunclody Further Education and Training Centre (053) 937 7326

■ Mobile Library Service

For information on locations and times for the Mobile Library Service, please contact the below numbers:

Mobile Library North (087) 4175810

Mobile Library South (087) 4176014

■ **Libraries**

Wexford Libraries provide a wide range of free services in our branches. Why not visit your warm and comfortable local library, find a cosy spot and read a newspaper or a magazine. You can join the library for free and borrow a wide variety of books, large print books, talking (audio) books, DVDs and CDs. Talk to one of our trained age-friendly ambassadors who will help you get started with listening or reading books directly from your mobile phone or tablet.

We provide free internet access and cheap printing and scanning facilities. We provide regular free computer and technology device classes for beginners. There are lots of opportunities to meet other people through reading groups, conversation classes and a programme of regular talks and events on a variety of topics ranging from local history to gardening and everything in between. Selected libraries hold social sessions on our interactive touch magic tables. Please check your local library for details.

■ **Book Call Service**

There is also a Book Call Service for homebound citizens where the library will deliver books directly to your door. Phone your local library in Co. Wexford.

Wexford Library	(053) 9196760	wexfordlib@wexfordcoco.ie
Gorey Library	(053) 9483820	goreylib@wexfordcoco.ie
Enniscorthy Library	(053) 9236055	enniscorthylib@wexfordcoco.ie
New Ross Library	(051) 421877	newrosslib@wexfordcoco.ie
Bunclody Library	(053) 9375466	bunclodylib@wexfordcoco.ie

■ **Wexford Social Prescribing**

Wexford Social Prescribing is a service provided by Wexford Local Development and is available to anyone over the age of 18. It is for anyone who is feeling isolated or lonely or needs some support in finding out information and activities that are local to them. In Co. Wexford the Social Prescribing service is available in Wexford Town, Enniscorthy Town, Oilgate and Taghmon.

You can contact the service via socialprescribing@wld.ie or on (087) 2124244

■ **BirdWatch Ireland**

Birdwatch Ireland is the largest most active conservation organisation in Ireland, dedicated to conserving Ireland’s birds, habitats and biodiversity. The Wexford Wildfowl Reserve is open daily from 9am to 5pm. There is a Visitor Centre with wheelchair access, toilets and an audio visual display. There is a wildfowl collection. From the Visitor Centre it is a short walk to an observation tower overlooking the Sloblands. There are also two observation hides, the Pump House hide and Pat Walsh hide, which overlook parts of the reserve. Information boards are provided at the Visitor Centre. For more information, contact Dominic Berridge on (076) 1002661 Ext 8661

■ Historical Societies

Wexford Historical Society holds monthly lectures relating to local, county and national topics. The best way to join or find out about the society is to attend a lecture on the third Wednesday of the month in Wexford's Whites Hotel, running from September to April. There are a number of other historical societies in the county including North Wexford Historical Society in Gorey, Bannow Historical Society and the Ui Cinnseallaigh Society in Enniscorthy.

■ Wexford Soroptimist Club

Soroptimist Wexford is a vibrant club that offers fun and friendship to all women whilst engaging in many activities including wellbeing, fund raising for local charities and embracing issues faced by women and girls, locally, nationally and internationally. Meetings are held the first Tuesday of each month at 7pm in the Riverbank Hotel, Wexford. To find out more visit www.soroptimistireland.com or call Sue Karran on (087) 4388856.

■ Lions Club

Membership of a Lions Club provides people with the opportunity to meet and work with other individuals in a spirit of fellowship, striving toward the common goal of helping those in need. There are Lions Clubs in Wexford, Enniscorthy and Gorey. For further information contact wexfordlionsclub@gmail.com.

■ Rotary Club

Rotary Club Wexford brings together people who want to use their expertise for good and to give back to their communities forming lifelong friendships in the process. Together, we empower youth, improve health, promote peace, and advance our communities in all corners of the globe.

Rotary Club Wexford meet every Monday at the Riverbank House Hotel, Ferrybank, Wexford from 1pm, please contact if you would like to attend, as it is by appointment. Tel: (053) 9144835 or e-mail info@rotarywexford.com

■ Men's Sheds

The Irish Men's Shed Association works towards a future where all men have the opportunity to improve and maintain their health and well-being by participating in a community Men's Shed. A Men's Shed is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities. Men's Sheds are open to all men regardless of age, background or ability and are a place to share skills and knowledge while maintaining or enhancing the well-being of the participants.

The following are the Men's Sheds in Co. Wexford. For more information contact (01) 8916150 or visit www.menssheds.ie or contact Wexford County Men's shed co-ordinator: Jonathan King (089) 4972664 or email jon16king@gmail.com

Ballycanew	Brendan Coffee Donnacha Murphy	0852352694 0877012356
Ballyhogue	John Carr	085 1422189
Bridgetown	Stephen Heffernan	087 2289102
Bunclody	Jonathan King	089 4972664
Caim	Paddy Buckley	087 6341532
Courtnucuddy	Caroline Redmond	087 1340775
Enniscorthy	Richie Healey	087 6691952
Gorey	Niall Taffe	085 731 8927
Kilendarin	David Coates	087 84141947
Kilmuckridge	Tony Brady	089 4500836
Kilrane	Jim Rawson	087 3563091
Kiltealy	Dee Banville	053 9256650
New Ross	Brian Delaney	083 1169816
Our Lady's Island	Paul Kehoe	087 0698299
Ramsgrange	Tom Connery	087 2604524
Rosslare Strand	Jim Fortune	087 6815029
Raheen/Shamrock	John Walsh	087 6884035
Taghmon	Ray O'Brian	086 3893277
Wexford	Martin Haughton	087 2407725

■ Wexford Women's Sheds

Tomhaggard:

Community Group where women meet each Monday from 10-1 in Tomhaggard S.C. to learn new skills, share own skills, make friends while enjoying a cuppa and chat. For information, please contact tomhaggardwomensshed@gmail.com

Kilmuckridge:

The Kilmuckridge Women's Shed meet in The Family Resource Centre every Tuesday evening from 7-9 p.m. Those who are interested in attending can message or call Sandra on (087) 6802449

Ballymitty:

The Ballymitty Women's Shed meet in the Ballymitty Hall every Monday morning 10-12am
Ballymittyhall@gmail.com

■ Storytelling

Scattered across Wexford, typically a little out of the way, up a mountain road or tucked away in a rural village, you'll find the Storytelling Houses of Wexford. Held on various nights throughout the month, the evening rotates across the county, ensuring no matter what night you choose, you'll find one happening somewhere! There is no obligation to join in and tell a story or sing a song, but should you be so inclined, all are welcome to join in! Entry is free, and refreshments are provided. Storytelling Houses can be found in the following locations: Ballindaggin, Ballyduff, Boolavogue, Bunclody, Clonegal, Crossabeg, Glenbrien, Oulart
For more information, please contact (087) 2114157.

■ Wexford Civil Defence

Wexford Civil Defence is a volunteer based organisation that supports the frontline emergency services in dealing with severe weather, flooding, major accidents and searching for missing people. Civil Defence supports hundreds of community events throughout the year. These include concerts, festivals, sports events and parades. Training is provided to volunteers in the following areas: Medical Response, Search and Rescue, Emergency Response, Radiation Monitoring, Community Assistance, Communications

If you have free time and would be interested in learning new skills and giving to your Community contact Local Civil Defence Officers, Mr. Peter O'Connor (087) 2857940/(053) 9196391 or Ms. Sinead Furlong on (087) 0680963 for recruitment details.

■ Singing

Wexford Festival Singers

Wexford Festival Singers is a classical music mixed-voice choir who rehearse on Wednesday evenings from 7.30pm to 10.00pm in the Friary Hall Meeting Room, School Street, Wexford from September to June.

For more information, contact (087) 7110073.

■ Singing

Wexford Male Voice Choir

Wexford Male Voice Choir is an amateur TTBB (1st Tenors, 2nd Tenors, Baritones, Basses) choir, based in Spawell Road, Wexford Town. Rehearsals take place between 8pm and 10pm on Thursday nights. For more information contact Mr Terry Byrne on (087) 648 3509 or (053) 9177749.

Cantabile Community Choir

Cantabile Community Choir is a mixed voice choir based in Gorey Co Wexford. Rehearsals take place on Tuesdays at 7.45pm upstairs in the Coach House Gorey. For information, please contact cantabilechoir47@gmail.com

Voice Studio Wexford Choir

The VSW Choir is a mixed voice adult choir. We sing songs from popular genres and are working towards performances. Rehearsals take place weekly at 7.30pm on Tuesdays in High Meadows Community Hub, Wexford Town or you can also join us online via Zoom. For more information, contact Sinead Furlong on 083 162 8773

Silvertones Choir, Enniscorthy

This is a choir for seniors covering light music from the musicals and similar. Rehearsals every Friday 2-3.30 pm in Belfield GAA clubhouse, Enniscorthy. There is a weekly subscription. For more information contact (087) 2465250

New Ross Singers

New Ross Singers are a community based mixed voice choir under the direction of Connie Tantrum that have been to the forefront of choral singing in New Ross, presenting an annual Christmas Concert and singing at various local events. Rehearsals take place at St. Mary's School, Irishtown on Mondays at 7.30pm. For more Information, please contact (051) 421766

Other choir information for the county of Wexford can be found by contacting Sing Ireland on (061) 234823

■ Wexford Beaches

With 250km of Wexford coastline there are many beaches to explore from Morristown which is Europe's longest unbroken strand to the hidden coves of south Wexford. Not only is there an abundance of Blue Flag beaches but there are 13 Green Coast beaches as well. Most beaches have good access points and toilet facilities.

■ Accessibility Beach Wheelchairs

Wexford has a number of beaches which provide Beach Wheelchairs during the summer months. Booking is recommended.

Please find list of beaches and contact details below:

Beach	Collection point	Telephone	Availability
Carne	Carne Beach Caravan park	(053) 9131131	June to August
Curracloe (White Gap)	Chad Murphy	(083) 3040242	June to August
Duncannon	Duncannon Tourist Office	(051) 389530	June to August
Morriscastle	Lawler's shop	(053) 9130334	June to August
Rosslare Strand	Centra, Strand rd, Rosslare	(053) 9173060	June to August
Kilmore Quay	Stella Maris Centre	(053) 9129922	June to August
Ballinesker	Curracloe Holiday villas, Ballinesker	(053) 9137241	June to August

■ Wexford Community Gardens

These are a good way for people of all ages, backgrounds and levels of gardening experience to take part in a shared interest. They are ideal places to join if you enjoy gardening with other people, or you only have a couple of hours to spare but want to do something productive outdoors. For more information on community gardens please visit the Community Garden Network website www.cgn.ie or www.wexfordcoco.ie

■ Wexford Garden Trail

Wexford Garden offers 17 public and privately owned gardens and garden centres open at different times throughout the year for people to visit. Please visit www.wexfordtourism.ie or www.wexfordgardentrail.com to find out more.

■ Wexford Volunteers

Wexford Volunteer Centre has many different volunteering opportunities with various organisations throughout Co. Wexford. For more information, please contact (053) 9006639.

■ Access 2000 Wexford

Access 2000 Wexford CLG is a Community Development organisation, whose aim is the delivery of community education and training programmes as a means for people to enter into education and develop progression routes into further education or employment. Our aim is to provide programmes and workshops which are interesting, diverse and inclusive. We are committed to the principles of community education and development and strive to meet the needs of the local community, by offering accredited and unaccredited training.

Address: 2 Green Street Wexford Y35XH66

For more information, please call (053) 9121201/ (087) 1609145 or
email: access2000info@gmail.com

■ Bealtaine Festival

Celebrating creativity in older age, the Wexford Bealtaine Festival is run by Age and Opportunity. Bealtaine Festival encourages participation by older people in the arts and culture and presents a varied programme of arts events throughout the County during the month of May. Events take place in various venues. Contact your local library for more details.



TRANSPORTATION

■ Local Link

Local Link provides safe secure and reliable Public Transport services in local and rural areas of Wexford. The service operates from rural areas to all the towns in Wexford Open 9.00am to 5.00pm, Monday to Friday Scheduled services and door-to-door Demand Responsive services Free Travel Pass accepted. Pre-book door-to-door services with Local Link Wexford. Whitemills Industrial Estate, Clonard Rd, Wexford, Y35 FT89.

Tel: 053 919 6276 Email: wexford@locallink.ie.

■ Train Station County Wexford

Iarnród Éireann

Gorey

Co. Wexford

(053) 94 211 05 or (01) 836 6222

Iarnród Éireann,

Wexford Station,

Co. Wexford

(053) 91 225 22 or (01) 836 6222

■ Bus Services

Bus Éireann

1850 836 611

www.buseireann.ie

Wexford Bus

Rosslare Road, Drinagh, Wexford,

Y35 ARR3

Tel:0539142742

Email: info@wexfordbus.com

■ Free Travel and Public Services Card

The Government has introduced a Public Services Card which will allow people to access a range of government services and payments. The Public Services Card will eventually replace the Free Travel Pass. If you are entitled to free travel, when you are issued with your new Public Services Card it will also be your Free Travel Card. The card will have FT printed in the top-left-hand corner of the card. You may also be entitled to Free Travel plus a companion. The card will have FT + C printed in the top-left hand corner of the card. You must show your Public Services Card to the travel operator when you are using public transport. If you are aged 66 or over and are getting a social welfare pension, the Free Travel Card will be issued automatically if you have registered for your Public Services Card. If you have not registered for a Public Services Card, you will be asked to register before your Free Travel Card is issued to you.

Contact your local Social Welfare Office for an appointment to get your new Public Services/Free Travel Card. You must attend in person in order to have your photograph taken. Bring Passport/ Driving Licence as proof of identity and a current Utility Bill as proof of address.

■ **All Ireland Free Travel Scheme**

This scheme allows a Free Travel cardholder to travel free of charge on all bus and rail services within Northern Ireland.

Free Travel cardholders wishing to avail of the All Ireland Free Travel scheme within Northern Ireland must first get a Senior Smart-Pass card. Application forms for the Senior Smart-Pass are available from your local Citizens Information Centre or your local Department of Social Protection Office.

For more information on any of these schemes or for help with application forms please contact the Free Travel Section of the Social Welfare Services Office in Sligo: Tel: 071 915 7100 Lo-call: 1890 500 000 Website: www.welfare.ie You can also contact your local Citizens Information Centre for more information.

■ **Disabled Person’s Parking Permit or Card**

(Also known as European Parking Cards or Disabled Parking Badge)

This is available to people living in Ireland with certain disabilities and those who are registered blind, whether they are drivers or passengers. The parking card can be used by a disabled person in any vehicle in which he or she is travelling. This means that a disabled person who is being driven at different times by different people can bring the parking card with himself or herself and display it in the appropriate vehicle. The parking card is valid for 2 years from date of issue and costs €35.

Contact Disabled Drivers Association on (094) 936 4054 or Irish Wheelchair Association on (045) 893094/5

■ **Tax Relief for Drivers & Passengers with Disabilities**

Under the Disabled Drivers and Disabled Passengers Tax scheme qualified applicants can claim repayment of VRT and VAT (on purchase price and adaptation price) on vehicles. Qualified applicants may also be exempt from annual motor tax and road toll fees, and receive a fuel grant. To qualify, the person with a disability must hold a Primary Medical Certificate.

Contact your local Citizens Information Centre for further information.

LOCAL SUPPORT GROUPS

■ Alzheimer's Society

The Alzheimer's Society of Ireland works across the country in local communities providing dementia specific services and supports and advocates for the rights and needs of all people living with dementia and their carers. They also operate the Alzheimer National Helpline offering information and support to anyone affected by dementia on 1800 341341 (Mon – Fri 10am-5pm, Sat 10am-4pm).

The Wexford Alzheimer's Society supports a Dementia Home Care Service – Mary Conroy Thomas, Home Care Co-ordinator, Mob: 0877003595. Online family carer supports, online family carer training, online Alzheimer Café last Tuesday of the month 11-12pm, National Dementia choir every Thursday, online Engaging Dementia Virtual Rainbow Café last Friday of every month for older LGBT persons and allies.

A Dementia Advisor Laurence Collins 087 3500312 Laurence.collins@alzheimer.ie is accessible through a GP/Health profession referral or self-referral.

There is also a mobile information bus which can be requested to attend events and public venues.

■ Arthritis Ireland

Provides a helpline and online support which is a confidential service that can provide you with support on a whole range of issues. Whether you are looking for information on arthritis or an Arthritis Ireland service or event. If its emotional support you require, or if you just need someone to talk to, the helpline is there for you. You will be able to speak to someone who has experience of living with arthritis themselves, or caring for someone living with the condition.

The team's extensive knowledge is enhanced further as they are updated on new developments daily. Even if there is something in the news that you want to ask about, they will be able to help. Our helpline staff are fully trained and will treat your call and your information with the strictest confidence. For more information contact 01 6618188, 0818 252846

■ Fáilte Isteach

Fáilte Isteach is a community project which trains volunteers to welcome migrants through English conversation classes. The programme provides necessary language skills to new migrants in a student centered, welcoming and inclusive manner, while involving volunteers and recognising their skills, expertise and contribution to the community. In Wexford, Fáilte Isteach classes are listed - Enniscorthy St Senans primary school, Vinegar Hill lane, Templeshannon. Y21 EV70

Contact Suzanne to register as a learner by email enniscorthyfailte@gmail.com

Gorey Adult Learning Centre, Civic Centre, Gorey, Co Wexford
Wednesdays 7-9 pm. Please contact the local coordinator for enquiries for September 2022 term. Contact Karen Pratt by email karenelizabethpratt@gmail.com 0876750907

■ Family Carers

Family Carers Ireland is Ireland's national voluntary organisation for family carers. Family Carers Ireland provides a variety of supports and services throughout Wexford, which include support groups, workshops, advocacy, training and respite in the home. Wexford's branch can be located at 24 Henrietta Street Wexford Y35 WC59, 053 9140511. A confidential Free-Phone Care-line on 1800 240 724 is also available which offers advice and support to families who are caring for a loved one.

■ Family Resource Centre

Family Resource Centres promote and support health, wellbeing and quality of life for families and individuals in the communities through social, recreational and educational activities.

In Wexford, Family Resource Centres can be located in the following areas:

- South End Family Resource Centre: Hantoon Rd, Maudlintown: 053 9126027
- Raheen/Clonroche Family Resource Centre: 051 428805
- South West Family Resource Centre: Ramsgrange: 051 389418
- Kilmuckridge Community and Family Resource Centre: 053 9130393
- Taghmon Family Resource Centre: 053 9134465,
- Gorey Family Resource Centre: 053 9489017

■ Irish Wheelchair Association (IWA)

Irish Wheelchair Association provides homecare for older people on behalf of the HSE, as well as for private clients. This service typically caters for people over 65 years and is offered for people with and without disabilities.

You might need this service if:

- You wish to continue living at home instead of a nursing home or residential care.
- You need support at times when your family cannot visit.
- Conditions associated with aging mean that you find some tasks difficult.
- You're recovering from an accident or adapting to a new diagnosis or condition.
- You might be widowed and need support and companionship at home.

Our homecare staff place your wishes at the heart of the service, carrying out the tasks and activities you wish to do with care, respect, and kindness. Support can range from personal care to practical tasks and companionship. How does it work?

Your local HSE health centre can advise or support you on how to apply for an older person's homecare package. The number of hours of support you are allocated is agreed between you and the HSE. On receiving the service, homecare workers will be assigned to come to your home each day or week for a number of hours allocated by the HSE to support you with your individual needs.

Call our dedicated support team at 01 8186400 or email info@iwaathome.ie

Website www.iwa.ie

■ Meals on Wheels

Meals on Wheels can organise delivery of a midday meal to your home if you are living alone or are incapacitated. There is a nominal cost per meal. Contact your Public Health Nurse for information on the areas in which this service operates.

■ National Council for the Blind Ireland (NCBI)

At our Resource Centres we take a varied approach to providing day opportunities. We are in the heart of our local communities and ensure we have connections in our service users community for their benefit. We offer an impressive range of activities designed to engage, motivate and challenge those we support. This can include sessions on; technology, health & wellbeing, social discourse, community integration and many more sessions according to the needs and goals of individuals we support.

Our three pathways will help our service users to achieve the skills needed for individuals to accomplish their goals, independence and have a fulfilled life in their local community – all supported by skilled, specialist staff.

About the Individual

Our day services are fully compliant with HSE New Directions and the services we offer are tailored to the individual needs of each and every service user.

We have links within the community to enable our service users to play a fulfilling and engaging role within their local community; whether that be for employment, work experience or recreational and social activities.

Engage, Enable & Empower

NCBI Resource Centres are here to provide assistance to anyone who is affected by sight loss. “Engage, Enable and Empower” forms our guiding principles and we are here to aid our service users to achieve their goals and to play a valuable role in their local community.

Contact Details:

If you would like further information on NCBI day services, please contact National Day & Hub Services Manager Maggie Richardson on Maggie.richardson@ncbi.ie or 083 028 01 37

■ Parkinson’s Association Wexford Branch

Do you have a relative or friend with Parkinson’s disease, who would like to chat to other people with the condition or who would like to obtain more information? Or perhaps you would like to get involved with some of their activities? We give support & information to those living with Parkinson’s & their families and provide education & advice from Parkinson’s Nurse. We have local classes/activities i.e. Coffee Mornings, Chair Yoga Classes & Singing for Health Classes. It is vital for people with Parkinson’s disease to stay active and the branch strives to encourage members to do this through the classes provided. The social aspect of activities is also very important to members who are encouraged not to give up on life after diagnoses. Support Line 1800 359 359 www.parkinsons.ie

Chairperson Pat Lacey wexfordchairperson@parkinsons.ie
 Treasurer Breda Kennedy wexfordtreasurer@parkinsons.ie
 Secretary Betty Sweeney wexfordsecretary@parkinsons.ie

ORANISATIONS FOR OLDER PEOPLE

■ Age Action Ireland

A charity which promotes positive ageing and better policies and services for older people across the country. Age Action provides services including Care and Repair, computer training and information, and also campaigns for older people at national level.

For more information Tel: 01 475 6989 or visit their website: www.ageaction.ie

■ Age & Opportunity

Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Their aim is to enable the best quality of life for us all as we age, where we can be more active, more visible, more creative, more connected and more confident. For more information on activities in Wexford.

Tel: 01 805 7709 or visit their website: ageandopportunity.ie

■ ALONE

Helping older people in need ALONE is a national organisation that enables older people to age at home. Their work is for all older people and aims to improve physical, emotional and mental wellbeing. They have a national network of staff and volunteers who provide an integrated system of support coordination, practical supports, befriending, a variety of phone services, social prescribing, housing with support and assistive technology. They use individualised support plans to address health, financial benefits and supports, social care, housing, transport and other arising needs using technology and harness other services.

National support & referral line: 0818 222 024 from 8am - 8pm, seven days a week.

Email: hello@alone.ie

■ Third Age

Third Age is a national voluntary organisation celebrating the third age in life when people may no longer be in paid employment, but remain healthy, fulfilled and continue to contribute to society. The organisation runs a Senior Helpline which is a confidential telephone listening service for older people provided by trained older volunteers.

Contact: 046 9557766.

■ Social Inclusion Office

The HSE Social Inclusion Office funds the following posts to work with Roma, Refugee and LGBTI community members in Co. Wexford.

- Roma Health Advocate - Alex Petrovics, Available Monday - Friday 10am—6pm
Email : alex.petrovics@fdys.ie
- Community Mental Health Nurse for Refugees (P/T post) - Jacinta Kenny. Available Monday and Wednesday. Email : jacinta.kenny@fdys.ie
- LGBTI Health Worker - David Clark. Available Tuesday mornings, Wednesday until 4pm and all day Thursday. email : david.clark@fdys.ie

■ SAGE Advocacy

Nothing about you /without you

Sage Advocacy is a National Organisation that provides free, independent advocacy and support services to older people, adults who may be vulnerable and healthcare patients.

Our team throughout the country will support you to ensure your voice is heard, to express your views and wishes, and to participate in decisions that affect you.

Our Work involves: Supporting people to return home from hospitals and nursing homes in accordance with their wishes. Supporting decision-making and people's capacity to make decisions about their own lives.

Advocating for adequate home care and support to enable people live, and die, in the place of their choice.

Providing patient advocacy to people who have complaints about healthcare and with any subsequent internal or external reviews or inquests.

Advocating with and for people with intellectual disabilities to develop a life with activities which are meaningful for them as they move from an institution to the Community.

Challenging unnecessary restrictions on people's liberties in acute and congregated care settings and the use of convenience medication and incontinence wear.

Promoting public and professional awareness of resources for self-advocacy such as 'Think Ahead' and organising workshops on capacity and decision making, enduring power of attorney and advance healthcare directives.

Promoting advocacy champions within congregated care settings and supporting them when complex issues arise and independent advocacy is required.

Assisting people to maintain control of their income, benefits or property when others seek to take advantage of them and making contact with other professionals on their behalf to assist them in putting their affairs in order.

Facilitating meetings of service users in residential and day care settings.

Providing information and support to people who find health, social care, social protection and financial services complex and frustrating.

To contact us call (01) 5367330 or our Rapid Response Service on 0818 719 400.

Email us at info@sageadvocacy.ie

■ Pavee Point

Pavee Point's mission is to contribute to improvement in the quality of life, living circumstances, status and participation of Travellers & Roma through working innovatively for social justice, greater solidarity, development, equality and human rights.

North Wexford Traveller Community Health Project

Wexford Local Development—Email: lmyles@wld.ie Laura Myles Phone: 087 131 1855

South Wexford Traveller Community Health Project

Wexford Local Development -Phone: 087 097 5828

OTHER USEFUL NUMBERS

Wexford Community Supports

Further Assistance can be given by Citizens Information/ ALONE about Services if needed

- **Forde Counselling and Psychotherapist Services**, St Bridges Centre, 12 Roche's Rd, Wexford 053– 9123086, www.theforde.ie
- **Pieta House**, 14 Francis St, Wexford 053-9122787
24/7 Suicide Helpline 1800 247 247, Text 'Help' 51444
- **Counselling in Primary Care (CIPC)** Referral is through your GP or member of your Primary Care Team
- **Irish Farmers Association (IFA) - Support for Farmers** on farm related issues which maybe causing anxiety/stress
Contact: IFA Enniscorthy 053-9233090
- **Anam Cara Parental & Sibling Bereavement Support**—01 404 5378
- **Samaritans**— Freephone 116 123
- **Barnardos Helpline**—01 453 0355
- **AWARE Helpline**—1800 804848, supportmail@aware.ie
- **Senior Helpline**— 1800 80 45 91—Open 10am– 10pm
- **Wexford Womans Refuge**— 1800 220 444 Helpline
Refuge, Advocacy Counselling, Support & Advice
- **Mens Aid**—01 554 3811 Helpline
To support men, their children and families experiencing domestic violence
- **Alcohol Anonymous**— 01 842 0700
- **Narcotics Anonymous**—01 6728000
- **Gamblers Anonymous**— 087 185 0294

- **Bodywhys
(Eating Disorders Association)**
01 2107906
- **Cancer National Helpline**
1890 200 700
- **HOPE Cancer Support Enniscorthy**
053 923 8555
- **National Helpline
(Sexual Abuse)**
Helpline: 1800 77 8888
- **Connect Adult Abuse
Counselling Service**
1800 477 477
- **Childline**
1800 666 666
- **Drugs/HIV Helpline**
1800 459 459
- **Garda Confidential Line**
1800 666 111
- **Gay Switchboard**
01 872 1055
- **LGBT Helpline**
01 685 9280
- **BeLonG to (Gay, Lesbian,
Bisexual & Transgendered)**
01 670 6223
www.belongto.org
- **One Parent Families Support
Helpline**
01 662 9212
- **ParentLine**
01 873 3500
- **HSE Information Helpline**
1851800 700 700
- **Missing Persons Helpline**

1800 911 999
- **Mental Health INFORMATION &
SUPPORT WEBSITES**

<https://www.wexfordcypsc.ie>
www.yourmentalhealth.ie
www.reachout.com
www.nosp.ie
www.mentalhealthireland.ie
- **Mental Health Support**

GROW— 0818 474 474

Recovery College
086 7812951
Email [recoverycollegesouth
east.com](mailto:recoverycollegesoutheast.com)

Falls Prevention

Falls are common as you get older. Preventing a fall can help you to remain confident and independent.

Many falls are preventable. Having a fall does not mean loss of independence.

Top tips for preventing falls:

- Wear well-fitting shoes with a good grip. Try to wear shoes rather than slippers during the day.
- Keep active. Move around regularly indoors. Don't sit for long periods.
- Try to walk outdoors regularly, aim for 5 times a week.
- Try to keep your house clutter free.
- Make sure your house is well lit. Turn on the light before you get out of bed at night.
- Eat well, try to have a balanced varied diet. If you are under weight or losing weight talk to your doctor or nurse.
- Monitoring or personal alert systems and services can help you maintain your independence and provide peace of mind for you and your family.

Strength and balance exercise is recommended to stay strong and steady on your feet. Contact your local health centre to find out what is available in your area.

If you have lost confidence and are afraid of falling talk to your doctor or nurse to be linked in with your local falls service.

DEMENTIA SERVICES WEXFORD

These are some KEY CONTACTS that can provide confidential advice and services

Recommended First Contact If you have any concerns, talk to your GP who can refer you to the relevant services and give you the advice you need.

- **Dementia Advisor** can
Meet with you to understand your needs Help to plan your next step
 - Provide information about dementia and coping with changes
 - Help you plan for the future • Show you services and supports in your areaCall 087 350 0312 Email Laurence.collins@alzheimer.ie

- **The Alzheimer Society of Ireland (ASOI) National Helpline** Log onto www.understandtogether.ie to find out more information about dementia supports and services in your area.
Call the Freephone Helpline on 1800 341 341 Mon-Fri 10am-5pm, Sat 10am-4pm where experienced advisors and trained volunteers are available to talk to you in confidence.

- **WEXMASS—Wexford Memory Assessment & Support Service**
WEXMASS is a new service that provides assessment, diagnosis and support to people who are developing memory or cognitive issues.
You can ask you GP to refer you to WEXMASS, St. John's Day Hospital, Munster Hill, Enniscorthy, Co. Wexford, Y21 N902 Call 053 9232786

- **Registered Public Health Nurse (RPHN)** • Your Public Health Nursing service can provide home supports/information. • Contact your local Nursing Office Call 053 9123522

- **Memory Technology Resource Room New Ross** • This Occupational Therapy service supports the person with memory loss and their carer. Advice can be given about equipment that assists the person with memory loss and their carer. Equipment such as pendent alarms, phones and medication reminders are available. These can promote independence, safety and quality of life. Call 087 9498079

- **Alzheimer's Society of Ireland Home Care Coordinator** can Provide information and support about Home Care Services
Call 087 700 3595 Email mary.conroythoms@alzheimer.ie

- **Wexford Family Carers Ireland** Support family carers and those that they care for. They promote the health, wellbeing and quality of life of the carer, and the people they care for. Call 086 045 0991 OR 053 914 0511

Wheelchair Parking spaces

This Information was provided by Wexford County Council. Last updated in 2016

Number of spaces	Address
4	Gorey Courthouse Carpark 34 The Avenue, Gorey corporation lands, Co. Wexford
3	Market Square, Gorey corporation lands, Gorey, Co. Wexford
2	St Michaels Car Park, The Pastoral Centre, St Michael's Rd, Mill Lands, Gorey, Co. Wexford
1	St Michael's Pl, Mill Lands, Gorey, Co. Wexford
9	Train station car park Railway Rd, Knockmullen, Gorey, Co. Wexford
6	Knockmullen Retail Park, Knockmullen, Gorey, Co. Wexford, Y25 A2F9
9	Gorey Shopping Centre, The Avenue, Knockmullen, Gorey, Co. Wexford
2	Eire St, Gorey corporation lands, Co. Wexford
1	Cluainín, Gorey corporation lands, Co. Wexford
2	Ashdown Hotel, The Coach Road Gorey, Co. Wexford
1	Gorey Civic Centre, The Avenue, Gorey corporation lands, Gorey, Co. Wexford
1	Gorey Library, The Avenue, Gorey corporation lands, Gorey, Co. Wexford, Y25 WK37
2	St Michael's Rd, Mill Lands, Co. Wexford
4	Aldi Gorey Bridge, County Wexford
2	The Avenue, 10, Gorey, Co. Wexford
3	Main St, Gorey corporation lands, Gorey, Co. Wexford
1	8 Thomas St, Gorey corporation lands, Co. Wexford
1	The Palms Centre, Block B, The Avenue, Gorey corporation lands, Gorey, Co. Wexford
1	St Michael's Rd, Goreybridge, Co. Wexford
1	4 McDermott St, Gorey corporation lands, Gorey, Co. Wexford, Y25 E3V1
5	3 Charlotte St, Ferrybank South, Wexford
2	3 Selskar Ct, Ferrybank South, Wexford, Y35 F97N

Number of spaces	Address
1	1 Market Square, Ballinapark, Bunclody, Co. Wexford
1	10 Church St, Bowling Green, New Ross, Co. Wexford, Y34 FX32
2	10 Pine Ridge, Slippery Green, Wexford, Y35 H9N4
1	10, Marian Row, Green St, Slippery Green, Wexford
1	114 S Main St, Whitewell, Wexford, Y35 E4AE
1	1-2 North St, New Ross, Co. Wexford, Y34 H732
1	13 Market Square, Templeshannon, Enniscorthy, Co. Wexford, Y21 K449
1	14 Slaney St, Enniscorthy, Co. Wexford, Y21 F6T7
1	14, Convent View, Bride St, Whitewell, Wexford
2	15 Rafter St, Wexford
1	15 South St, New Ross, Co. Wexford, Y34 AW96
1	16 High Hill St, Bowling Green, New Ross, Co. Wexford, Y34 NC80
1	17 Belvedere Rd, Townparks, Wexford
1	19-1 Talbot Green, Slippery Green, Wexford
1	2 Parklands, Townparks, Wexford, Y35 F6K7
1	2 St Johns Road, Enniscorthy, Co. Wexford
1	2 The Haven, Bearlough, Rosslare, Co. Wexford, Y35 WK79
1	22 Skeffington St, Ferrybank South, Wexford
4	24 The Quay, New Ross, Co. Wexford, Y34 PF79
1	25 N Main St, Ferrybank South, Wexford, Y35 X978
2	25 Templeshannon, Enniscorthy, Co. Wexford, Y21 F6T7
1	26 Bullawn, Bowling Green, New Ross, Co. Wexford, Y34 A668
1	26 Faythe Ln, Maudlintown, Wexford
1	3 Slaney Pl, Enniscorthy, Co. Wexford
2	3 The Quay, New Ross, Co. Wexford, Y34 PF79
1	3-1 N80, Ballinapark, Co. Wexford
1	34 The Avenue, Gorey corporation lands, Co. Wexford
1	38 St Aidan's Cres, Slippery Green, Wexford, Y35 A5V2
1	39 Duffry Gate, Enniscorthy, Co. Wexford, Y21 V1H7

Number of spaces	Address
1	49 High St, Slippery Green, Wexford, Y35 P6C2
1	5 Devereux Villas, Slippery Green, Wexford, Y35 W6X4
2	5 Selskar St, Selskar, Wexford, Y35 TH64
1	5 Slaney Pl, Templeshannon, Enniscorthy, Co. Wexford, Y21 FE81
1	57 Upper John Street, Townparks, Wexford
1	58 Lower John St, Slippery Green, Wexford, Y35 N8R9
1	6 Anne St, Ferrybank South, Wexford, Y35 XD66
1	6-4 Green St, Slippery Green, Wexford
1	65 John St, Bowling Green, New Ross, Co. Wexford, Y34 HW63
1	7 Bridge St, New Ross, Co. Wexford, Y34 K795
1	7 The Quay, New Ross, Co. Wexford
1	7, The Bungalows, Irishtown, Reddysland, New Ross, Co. Wexford
1	77 S Main St, Whitewell, Wexford, Y35 F5PR
1	8 Rowe Street Lower, Ferrybank South, Wexford
4	Abbey Centre Car Park, Enniscorthy, Co. Wexford, Y21 E4W5
1	Abbey Quay, Templeshannon, Enniscorthy, Co. Wexford
1	Abbey St, Ferrybank South, Wexford
2	Anne St, Ferrybank South, Wexford
2	Pierce Court, Paul Quay, Whitewell, Wexford
4	Arklow Road, Gorey, Co. Wexford
2	Ballinesker, Curracloe Co. Wexford
1	Ballygillane Big, Cliff Road, Co. Wexford
2	Loreto, Ballynagee, Co. Wexford
2	Beach, Curracloe, Co. Wexford, Y21 DV52
1	Barrack Ln, Pondfields, New Ross, Co. Wexford, Y34 NW56
1	Creche, Strand Rd, Bearlough, Co. Wexford
2	Block A, County Hall, Spawell Rd, Townparks, Wexford
2	Car park, Duffry Gate, Enniscorthy, Co. Wexford, Y21 D8H3
4	Carricklawn, Co. Wexford

Number of spaces	Address
1	Bowling Green, New Ross, Co. Wexford
1	Bride St Car Park, Whitewell, Wexford
3	Cathedral St, Templeshannon, Enniscorthy, Co. Wexford, Y21 CH96
2	Cemetery Car Park Summerhill, Blackstoops, Enniscorthy, Co. Wexford, Y21 H5V0
1	Centra, 56 Trinity St, Whitewell, Wexford, Y35 HK22
1	Charles St, New Ross, Co. Wexford, Y34 KF83
5	Clonard Retail Park, Killeens, Wexford, Y35 HF30
2	Common Quay St, Ferrybank South, Wexford, Y35 F856
2	Convent Rd, Enniscorthy, Co. Wexford, Y21 X889
2	Coolrainey, Co. Wexford
2	Costa Coffee, Wexford Retail Park, Wexford
5	Crescent Quay Car Park, Ferrybank South, Wexford
1	Cross St, New Ross, Co. Wexford
1	Crossfarnoge, Kilmore, Co. Wexford
3	Crosstown, Co. Wexford
1	Distillery Rd, Whitewell, Wexford
2	Doogans Warren, Rosslare, Co. Wexford
1	Duncannon Rd Roundabout, Wexford Retail Park, Wexford
4	Dunnes Car Park Redmond Rd, Ferrybank South, Wexford, Y35 FC79
4	Ferrybank Car Park, Ferrybank, Co. Wexford
2	Ferrybank South, Wexford, Y35 XD95
1	9 Rowe Street Lower, Ferrybank South, Wexford, Y35 EC85
1	Friary Pl, Templeshannon, Enniscorthy, Co. Wexford
1	Government Offices, Cross St, New Ross, Co. Wexford
2	High Street Car Park High St, Slippery Green, Wexford
3	Irish National Heritage Park Ferrycarrig, Co. Wexford
1	Irish St, Enniscorthy, Co. Wexford
2	Island Rd, Templeshannon, Enniscorthy, Co. Wexford

Number of spaces	Address
1	JQVG+84, Seamount, Courtown, Co. Wexford
1	Lidl, White Mill Rd, Whitemill South, Wexford, Y35 XOWX
4	Maher's Car Park, South St, Ireland, Co. Wexford
1	Mary St, New Ross, Co. Wexford, Y34 K535
2	McCauley's, 7 Redmond Square, 4-7 Redmond Square, Wexford, Y35 CYD2
3	Murrintown Community Centre Car Park, Twentyacres, Wexford
2	North Pier, Seamount, Co. Wexford
5	Parnell Road Car Park Parnell Rd, Enniscorthy, Co. Wexford
4	Paul Quay, Ferrybank South, Wexford
2	The Quay, Southknock, New Ross, Co. Wexford
1	Community Hall, Grahormack, Tagoat, Co. Wexford
1	6 Roche's Rd, Slippery Green, Wexford
2	Redmond Square Car Park, Ferrybank South, Wexford
2	Riverside Park Hotel, The Promenade, Enniscorthy, Co. Wexford, Y21 T2F4
1	Rosbercon, New Ross, Co. Wexford
1	Rosslare Europort, Rosslare Harbour, Co. Wexford, Y35 PH4X
1	Rosslare Harbour, Ballygillane Big, rosclare, Co. Wexford
3	Saint Aidan's Shopping Centre, St Aidan's Rd, Slippery Green, Wexford
1	Saint Anthony's, Lower John St, Slippery Green, Wexford
10	Seamount Car Park, Co. Wexford (near playground)
5	Seamount Car Park, Co. Wexford
2	Seamount, Courtown, Co. Wexford
1	Seaview, Kilmore Quay Harbour, Crossfarnoge, Wexford
1	Seaview, wexford
1	Shore Coffee, Seamount, Courtown, Co. Wexford, Y25 H7W1
1	South St, New Ross, Co. Wexford
2	Springfield House, Hill St, Townparks, Wexford
1	St. Iberius, St Iberius, Co. Wexford
1	St Michael's Pl, Mill Lands, Gorey, Co. Wexford

Number of spaces	Address
2	St. Martins GAA club, Quanstown, Co. Wexford, Y35 TXW2
1	Stonebridge Ln, Whitewell, Wexford
2	Strandfield, Co. Wexford
2	Templeshannon, Enniscorthy, Co. Wexford, Y21 X3H0
24	Tesco Ramstown Lower, Gorey, Co. Wexford, Y25 PN70
1	The Bawn, Pearse St, Gorey corporation lands, Gorey, Co. Wexford
1	The Ford Studio, Cosher, Kilmuckridge, Co. Wexford, Y25 A2C1
1	The Mill Centre, Barrack St, Enniscorthy, Co. Wexford
1	The Parochial House, Pollsallagh, Co. Wexford
1	The Pastoral Centre, St Michael's Rd, Mill Lands, Gorey, Co. Wexford
4	The Quay, New Ross, Co. Wexford, Y34 Y225
1	The Quay, Southknock, New Ross, Co. Wexford
2	The Quay, Whitewell, Wexford, Y35 FP9P
1	Tk Maxx Stonebridge, Paul Quay, Ferrybank South, Wexford, Y35 CD71
2	Townparks, Wexford
1	Trinity St, Maudlintown, Wexford
1	Unit 4, Phase 2 Clonard Retail Park, Wexford
1	Unit 9, /10, Redmond Square Car Park, Ferrybank South, Wexford
2	Waterfront leisure 2 Castle St, Templeshannon, Enniscorthy, Co. Wexford, Y21 H262
6	Weafer St, Enniscorthy, Co. Wexford, Y21 K0F2
12	Wexford County Council, Carricklawn, Wexford
2	Wexford Retail Park, Clonard, Wexford, Y35 E440
1	Wexford Sub Aqua Club, Crossfarnoge, Kilmore Quay, Co. Wexford, Y35 T973
2	Wexford swimming pool Wexford Bridge, Ferrybank South, Wexford
1	Wexford Town Library, Mallin St, Ferrybank South, Wexford, Y35 AY20
2	Wexford Train Station, Ferrybank South, Wexford
9	White Mill Rd, Whitemill Industrial Estate, Wexford
1	Y21X4Y1, Main St, Camolin, Co. Wexford
2	Kiltennell, Co. Wexford

This Information was provided by Wexford County Council. Last updated in 2016

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Wexford Services Working Together
To Service The People Of Wexford



YOU'RE NOT ALONE



Sláintecare.
Healthy
Communities



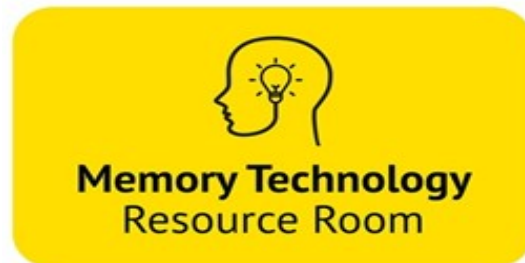
Healthy
Wexford



Coiste um Fhorbairt Pobail Áitiúil
Loch Garman
Wexford Local Community Development
Committee



THE Alzheimer
SOCIETY OF IRELAND



An Garda Síochána
Ireland's National Police & Security Service



Happy to Chat Benches – Gorey Town Park



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