



The Age Friendly Guide

A Directory of Supports and Services for
Older People in Cork City and County



Port of Cork

Welcome to this HSE Age Friendly Guide – A Directory of supports and services for older people in Cork City and County

This publication has been produced by the HSE Community Work Department Cork to address the need for more information on services and supports for older people across Cork City and County in one easy to use booklet.

The directory intends to:

- publicise the ever-increasing services and activities for older people in our community.
- increase awareness in the local community of the health services that are available to you locally and regionally.
- support professionals working in Cork City and County, who may be in a position to recommend, or refer to, the services listed.
- serve as a useful resource for the general public including newcomers who are relocating to Cork City and County areas.

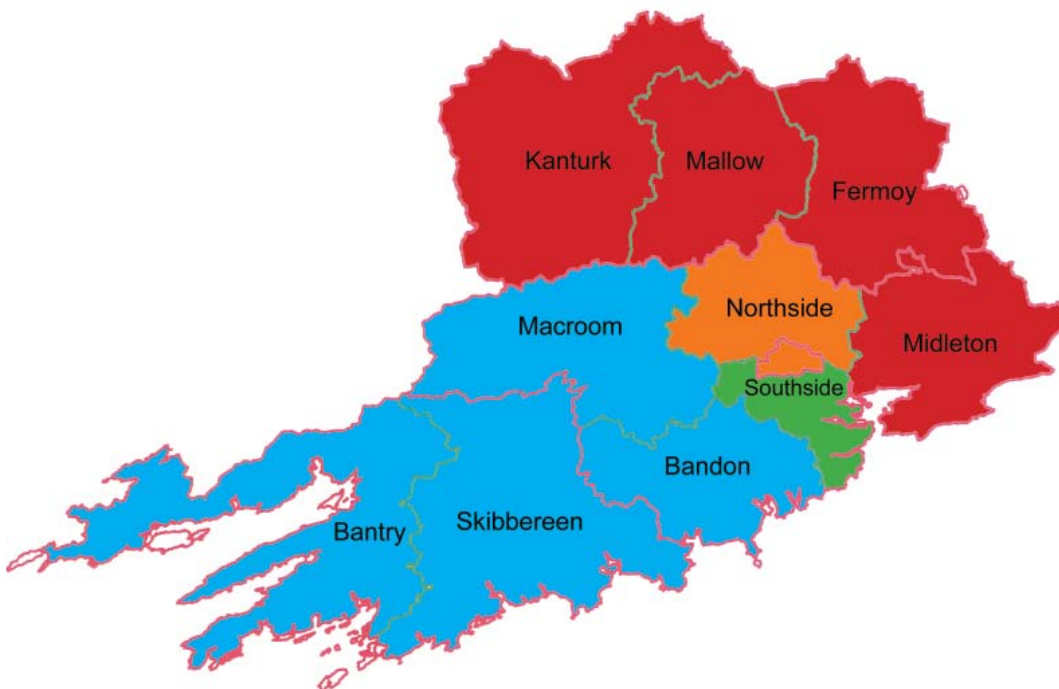
We have made every effort through a wide ranging consultation to ensure that the information is both accurate and appropriate.

I would like to take the opportunity to thank:

- The Cork Age Friendly City Alliance & Older Persons' Forum
- The Cork Age Friendly County Alliance & Cork County Older Peoples Council
- The members of the sub-committee charged with overseeing this directory: -
 - Triona Healy, Community Worker.
 - Stephen Murphy, Community Health Worker.
 - Tony Fitzgerald, Community Support Worker.
 - Brendan Scahill, Community Worker.
- HSE Community Workers in Cork South and Cork North.
- HSE Community Work Administration staff - Catherine Murphy, Carol O Shea and Jane Young.
- Vicki O Donoghue, Business Manager, Older Persons Non-Residential Services, for her dedication in gathering and checking health information on our behalf.
- Patrick Aherne of High Quality Printing.
- And above all - the many groups who participated and are represented in the booklet.

We hope this resource will be of interest and support to you.

Best wishes,
Ronnie Dorney / Aidan Warner
(*Principal Community Workers, Cork*)



The Directory has been developed in order to allow readers source information that is relevant and easy to find. With this in mind we have employed a colour coded format that divides the county and city into different coded colours so that each local area has it's own colour.

The Directory begins with a list of health services that are provided in the Cork area. Following this are two sections on key statutory and voluntary services. The vast majority of community and voluntary services will be listed in the local community sections, which forms the main body of the Directory.

Each colour coded section will have a comprehensive summary of eldercare services and groups that are located in that area.

The Directory also contains a 'Useful Number' section that we hope will be invaluable in steering readers to information that may not be available in their own areas such as relevant national organisations.

We sincerely hope this document will be of assistance to you.

Tony Fitzgerald

Brendan Scahill

Triona Healy

Stephen Murphy

(HSE, Steering Group for this Project)

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Useful Numbers

134

This directory is available to view online at:
www.hse.ie/hseagefriendlyguide

In developing this directory, the Community Work Department liaised with other key groupings and local community Network groups in order to ensure that all local eldercare groups are included. It does not claim to be an exhaustive trawl, but every effort has been made to include appropriate material. Also, every effort has been made to ensure that the information available is accurate and up to date. Inclusion in this directory does not imply any endorsement or guarantee of services provided.

HEALTH SERVICES INFORMATION

Within this section, we have gathered a comprehensive listing of health services that we believe will be particularly relevant to older people. These services have been categorised into a number of sections. These are:

Key Services for Older People, Medical / Clinical / Hospital, Community Healthcare Services / Mental Health Services and Schemes.

The services in each section have been alphabetically arranged.

It is worth noting that the services listed below will have their own unique referral process. Your local Public Health Nurse and your GP will also offer advice in gaining access to individual services.

We have included a new HSE electronic information resource HSELive at the end of the section. This is a signposting service and also includes a Live Chat function.

KEY HEALTH SERVICES FOR OLDER PEOPLE

Cork Falls Prevention Service

(Specialist & Community)

Falls Clinic Cork, Assessment & Treatment Centre,

St Finbarrs Hospital,

Douglas Road,

Cork.

Tel: 021-4923352

Email: fallsclinic.sfh@hse.ie

Opening Hours:

Monday to Friday 9am – 5pm

What is Available:

Fall prevention clinics are held to assess and help people over the age of 65, who have fallen or have a fear of falling.

Referral Criteria:

Referrals are in respect of those who have a history of falls, fear of falling, who live in the community and who are aged 65 years or older. Referrals are accepted from the Community Public Health Nurse/ Occupational Therapist/ Physiotherapist, /GP/A&E /Consultants.

Health Promotion & Improvement (HP&I)

What is Available:

The HSE Health Promotion & Improvement services aim to enable people to increase control over, and to improve, their health and well-being. It focuses on preventative health measures and messages in models of health service delivery and in the settings where people are born, live, learn, socialise and work. HP&I provides knowledge, expertise, advice and training on the application of evidence-based programmes associated with the agreed priority policy areas such as tobacco, healthy eating, active living, obesity, sexual health, mental health and alcohol. Health Promotion & Improvement also provides access to a wide range of printed leaflets and patient support publications which can be ordered online – visit: www.healthpromotion.ie

Health and Well being Department

Priscilla Lynch, Health & Wellbeing
Cork & Kerry Community Healthcare,
Health Service Executive South Coolnagarrane / Skibbereen
Co. Cork. P81 E279

Tel: 028 40407 Ext: 55407 / Mob: 087 3290160

Email: Priscilla.lynch@hse.ie

The Health and Well being Department oversees a number of initiatives including:

- Develop & Implement a Flu plan to increase uptake with particular emphasis on people aged 65 & over.
- Dementia Understand Together. Support the building of a network of local and national partnerships to increase awareness and create compassion for people with Dementia and their carers. Review and revise current positive aging initiatives e.g. Dementia Cafe with a view to implementing QIPs.
- Healthy Eating & Active Living (HEAL) Support roll out of CARE pals training for staff working in residential and Day Care services for older people. Explore additional health promotion activities for older persons and to devise and implement an action plan.

Home Care Support Service

Contact your local Public Health Nurse at your Local Health Centre

What is Available:

The Home Care Support Service aims to provide a person centred, home care service to ensure a positive experience for the service user and meet the goal of maintaining people at home for as long as possible.

Services are provided directly through its own home care service or through approved private home care providers. The focus of the service is to support service users and their families through the provision of essential personal care. The supports provided depend on the needs that are identified through assessment by a public health nurse and are provided within the resources that are available.

Referral Criteria:

You may self-refer or a referral can be made on your behalf to the Public Health Nurse. Referrals are then assessed by the Public Health Nurse who will determine the clinical priority of your application.

DAY CARE CENTRES

Day Care Centres for Older Persons

Contact Information:

See Page 10

The list on Page 10 is divided into Day Care Centres in North Cork, North Lee, South Lee and West Cork

What is Available:

The main objectives of Day Care Centres are:

- To provide a service such as a midday-meal, a shower, physiotherapy, occupational therapy, chiropody, laundry where necessary and hairdressing.
- To promote social contact among the elderly and prevent loneliness.
- To provide day respite for caring relatives.
- To provide social stimulation in a safe environment for elderly people with mild forms of dementia.

People attending a Day Care Centre are generally active, but may require assistance in some activity of daily living, such as preparing food, bathing or washing clothes. The development of Day Care Centres include centres exclusively managed by the HSE, managed in partnership with voluntary agencies and other centres exclusively managed by voluntary organisations. There is variation in the staffing of these centres and in the services they provide.

North Cork

Alzheimer's Day Care Centre, <u>Conna</u>	Tel: 058 - 59739
Alzheimer's Day Care Centre, <u>Mallow</u>	Tel: 022 - 43322
Alzheimer's Day Care Centre, <u>Mitchelstown</u>	Tel: 025 - 84530
Cluain Dara Day Care Centre, <u>Fermoy</u>	Tel: 025 - 33315
Mallow Day Care Centre, <u>Mallow</u>	Tel: 022 - 22398
Millstreet Day Care Centre, <u>Millstreet</u>	Tel: 029 - 70926
Tearmonn Ui Chaoimh Day Care Centre, <u>Mitchelstown</u>	Tel: 025 - 84530

North Lee

Alzheimer's Day Care Centre, <u>Midleton</u>	Tel: 087 - 9060767
Ard na Rí Day Care Centre, <u>Farranree</u>	Tel: 021 - 4396794
Br. Jerome Day Care Centre, <u>Sheare's Street</u>	Tel: 021 - 4222206
Cobh Day Care Centre, <u>Cobh</u>	Tel: 021 - 4816054
McAuley Day Care Centre, <u>Midleton</u>	Tel: 021 - 4631116
St. Francis Garden's Day Care Centre, <u>Blackpool</u>	Tel: 051 - 840287
Teach Mhuire Day Care Centre, <u>Mayfield</u>	Tel: 021 - 4506338

South Lee

Alzheimer's Day Care Centre, <u>Bessboro</u>	Tel: 021 - 4972504
Alzheimer's Day Care Centre, <u>Bandon</u>	Tel: 021 - 4972504
Ballyphehane Day Care Centre, <u>Ballyphehane</u>	Tel: 021 - 4311698
Bandon Day Care Centre, <u>Bandon</u>	Tel: 023 - 8852029
Carrigaline Day Care Centre, <u>Carrigaline</u>	Tel: 021 - 4373730
Kinsale Day Care Centre, <u>Kinsale</u>	Tel: 021 - 4709625
St. Luke's Day Care Centre, <u>Mahon</u>	Tel: 021 - 4536542
Turners Cross Day Care Centre, <u>Turners Cross</u>	Tel: 021 - 4323436
Westgate Day Care Centre, <u>Ballincollig</u>	Tel: 021 - 4873648

West Cork

Alzheimer's Day Care Centre, <u>Skibbereen</u>	Tel: 086 - 8830577
Bantry Day Care Centre, <u>Bantry</u>	Tel: 027 - 52455
Day Care Centre, <u>Castletownbere</u>	Tel: 027 - 70737
Clonakilty Day Care Centre, <u>Clonakilty</u>	Tel: 023 - 8834606
Dunmanway Day Care Centre, <u>Dunmanway</u>	Tel: 023 - 8845621
Skibbereen Day Care Centre, <u>Skibbereen</u>	Tel: 028 - 40454

Integrated Care Team

Floor 1, Block 23, St Finbarrs Hospital, Douglas Road, Cork.

Tel: 021-4923937

Email: integratedcarecork@hse.ie

Opening Hours:

Monday to Friday 9am – 4.30pm

What is Available:

Integrated Care provides an assessment and treatment service including nursing, physiotherapy and occupational therapy for frail elderly clients over 75 years living in Cork City. The aim of this service is to support clients during an episode of illness in hospital, where their doctor feels they can be safely looked after at home with the assistance of the Integrated Care Team. Clients are supported in their own home with visits for a period of 7-14 days. Referral Criteria:

All clients must be reviewed by a consultant physician in geriatric medicine before consideration for the Integrated Care (ICT) Service. A phone call from the Geriatrician/Registrar to the Case Manager with a suitable referral and relevant information. The Case Manager will liaise with nurse manager on the ward confirming the client's acceptance of the service; he/she will also establish the client's existing support services and request completion of the referral form, consent and other necessary documentation.

Materials / Medical Equipment Collection

North Cork Addresses & Contact Details:

Unit 3, Quartertown Ind. Est., Mallow, Co Cork.

Tel: 022-54190

Opening Hours: Mon to Fri 10am – 12.30pm 2pm - 4pm

Hospital Grounds, Kanturk, Co Cork.

Tel: 029-20256

Opening Hours: Thur only 10am – 12.20pm 2pm - 4pm

Rathealy Road, Fermoy, Co Cork.

Opening Hours: Fri's only 10am - 12.30pm 2pm - 4pm

North Lee / South Lee Address & Contact Details:

Unit 24/25 Doughcloyne Industrial Estate, Cork.

Tel: 021-4928280

Opening Hours: Mon to Fri 10am - 12noon 2pm - 4pm

Sarsfield Road, Wilton, Cork.

Tel: 021-4928269 (Incontinence Queries)

What is Available:

Location for collection of prescribed / approved medical equipment / aids & appliances.

Public Health Nursing

What is Available:

Public Health Nurses (PHN) are specially trained nurses employed by the HSE to provide nursing service in the community setting. They are based at Local Health Centres and/Primary Care Centres and their caseload covers a defined geographical area. The Public Health Nursing service is both preventative and curative. The range of services is tailored to the needs of the individual and includes nursing care in the home or clinic setting. The PHN has involvement in the care of clients throughout their life span. The Public Health Nurse provides a comprehensive and standardised service within available resources. The PHN service plans and delivers care to all client groups including older adults, persons with Physical and Sensory Disabilities and persons requiring palliative or end of life care. They offer advice and a comprehensive range of services including Wound Management, Day Centre Referral, Continence Assessment, Home Help Assessment and many other community based services.

Referral Criteria:

You can contact your local Public Health Nurse at your local health centre.

HEALTH CENTRES / PRIMARY CARE CENTRES

Health Centres / Primary Care Centres

Your local Health Centre is often your first contact point with HSE Community Services. It is the base for the Primary Care Team and some network services.

Contact Information:

See Page 13. The list on Page 13 is divided into Health Centres in North Cork, South City, North City and West Cork

What is Available:

Health Centres provide a wide range of primary and community care services in towns and villages across Cork City and County. The services that you can access vary from centre to centre and include: Public Health Nursing, Child Health Services, Chiropody, Ophthalmic Clinics, Speech & Language Therapy, Physiotherapy and Occupational Therapy. The larger Primary Care Centres also provide a base for other services such as Mental Health Services, Dental Services, etc. and co-exist with GP and other visiting services.

North Cork

Buttevant	Tel:	(022) 23388	
Charleville	Tel:	(063) 33920	(063) 33923
Doneraile	Tel:	(022) 71040	
Fermoy	Tel:	(025) 49781	(025) 49782
		(025) 49787	(025) 49789
		(025) 49774	
Kanturk	Tel:	(029) 20704	(029) 20707
		(029) 20705	
Living Health Centre, Mitchelstown	Tel:	(025) 52470	
Mallow Primary Health Care	Tel:	(022) 58645	(022) 58648
Millstreet	Tel:	(029) 70142	
Newmarket	Tel:	(029) 60457	

Cork - South City

Ballincollig	Tel:	(021) 4872626	
Ballyphehane	Tel:	(021) 4921880	
Bandon	Tel:	(023) 8866925	

Blackrock Hall	Tel: (021) 4233138
Carrigaline	Tel: (021) 4372535
Douglas	Tel: (021) 4893581
Kinsale	Tel: (021) 4779801
Viaduct	Tel: (021) 4341208

Cork - North City

Baile Bhuirne	Tel: (026) 45341
Blarney	Tel: (021) 4385220
Carrigtwohill	Tel: (021) 4883367
Castlemartyr	Tel: (021) 4667354
Cloyne	Tel: (021) 4652436
Cobh	Tel: (021) 4814314
Grattan St	Tel: (021) 4921765
Macroom	Tel: (0761) 084014
Mayfield	Tel: (021) 4504886
Midleton	Tel: (021) 4631436
Riverstown	Tel: (021) 4822307
Rylane	Tel: (021) 7430899
St. Mary's, Gurrabraher	Tel: (021) 301076
Youghal	Tel: (024) 82512

West Cork

Bantry	Tel: (027) 55150
Bere Island	Tel: (027) 75003
Oileán Cléire	Tel: (028) 39109
Castletownbere	Tel: (027) 70353
Clonakilty	Tel: (023) 8832763
Dunmanway	Tel: (023) 8856158
Eyeries	Tel: (027) 74374
Leap	Tel: (028) 33255
Schull	Tel: (028) 27353
Skibbereen	Tel: (028) 40400

Safeguarding Team

Block 22, St Finbarrs Hospital, Douglas Road, Cork.

Tel: 021-4923967

Email: safeguarding.cho4@hse.ie

Opening Hours:
Monday to Friday 8.30am – 4.30pm

What is Available:
Investigates concerns of abuse in respect of vulnerable adults
(persons over 65 or persons over 18 with a disability)

Referral Criteria:
Consultation and advice 021 4923967
Referral electronically only on standard referral for to safeguarding.
Email: cho4@hse.ie

MEDICAL / CLINICAL / HOSPITAL

Assessment and Treatment Centre (A&TC)

St. Finbarrs Hospital, Douglas Road, Cork.
Tel: 021 – 4923298

Opening Hours:
Mon-Thur 8am-6pm, Friday 8am - 4.30pm

What is Available:
The A&TC provides for assessment, diagnosis, treatment and rehabilitation of older adults from Cork City and Cork County. A comprehensive assessment and individual treatment plan is facilitated by Consultant Physicians in Geriatric Medicine supported by a multi-disciplinary team which includes medical, nursing, physiotherapy, occupational therapy, speech therapy, podiatry and administration. GP's can refer into one of the specialist clinics; Memory, Movement Disorders (e.g. Parkinson's), Falls & Syncope and Incontinence. While under the care of a Consultant Geriatrician, patients may access therapy, dexta-bone densitometry, blood transfusion, iron infusions, anticoagulation, memory support, stroke follow up and complex case management. The A&TC offers a person centred, holistic approach supporting frail older adults with complex health issues in the community.

Referral Criteria:
A referral letter from your GP is required to access the service.

Bantry General Hospital

Carrignagat, Bantry, Co. Cork.

Tel: 027-50133

What is Available:

Bantry General Hospital has over 120 inpatients and day case beds providing acute general hospital services to the people of West Cork. In addition, it provides, Medical Services, Day Surgical Services, Women & Children's Services, Outpatient Services and Diagnostics. It also has an Injury Unit and a Medical Assessment Unit.

Referral Criteria:

Contact your GP for further information on accessing services at Bantry General Hospital. The specific referral requirements for the Injury Unit and Medical Assessment Unit are as follows;

Injury Unit:

Open seven days a week from 8am to 8pm, last registration at 7.30 p.m. The Injury Unit treats adults and children over five years of age with minor injuries such as a suspected broken bone, a sprain, a facial injury or a minor scald or burn. Staff can take x-rays and apply plaster casts and stitches. You can go yourself to the Injury Unit or your GP (doctor) or SouthDoc can refer you.

Medical Assessment Unit:

Open Monday to Friday from 9am to 4.30pm. The Medical Assessment Unit accepts referrals from GPs or Southdoc for people who have recent onset of symptoms such as breathlessness, chest pain or blackouts. For patients suffering from medical conditions, your GP can also admit you directly to the Hospital 24/7 outside of the opening hours if necessary.

Cork University Hospital

Wilton Road, Cork.

Tel: 021-4922000

What is Available:

Cork University Hospital is the largest university teaching hospital in Ireland and the only Level 1 Trauma centre in the country due to the presence of over 40 different medical and surgical specialties

on the campus. The Emergency Department (A&E) at Cork University Hospital is the busiest in Ireland with all specialities on site.

Referral Criteria:

Contact your GP for information on how to access services in CUH.

Mallow General Hospital Medical Assessment Unit

Limerick Road, Mallow, Co. Cork.

Tel: 022-30302

What is Available:

Mallow General Hospital is a 54 bed hospital based in North Cork. The services provided at Mallow General Hospital include: General Medicine and Day Surgery, Endoscopy Unit, Medical Assessment Unit, Local Injury Unit, Radiology, Out-Patient Department.

Referral Criteria:

A referral letter from your GP is required to access this service.

Mercy University Hospital Geriatric Out-Patient Clinic (OPD)

OPD Central Appointments Office, MUH, Grenville Place, Cork.

Tel: 021-4271971

Email: opdgpreferrals@muh.ie

Opening Hours:

Tuesday morning & Thursday afternoon

What is Available:

Mercy University Hospital provides two general geriatric outpatient clinics. These clinics are provided by Consultant Physicians in Geriatric Medicine, providing expertise in the identification of medical, physical and cognitive issues in older people. There are a number of other off-site out-patient services that are often linked into by the consultants. The following services are provided:

Movement Disorder Clinic / Rehabilitation /Inpatient Rehabilitation in St. Finbarr's Hospital/ Complex Falls and Blackout Clinic / Memory Clinic / Assessment & Treatment Centre.

Referral Criteria:

A referral letter from your GP is required to access the service.

Mercy University Hospital

Specialist Acute Inpatient Ward (St. Mary's Ward) for Older Patients

St. Mary's Ward, Mercy University Hospital, Grenville Place, Cork.

Tel: 021-4271971

Email: stmarys@muh.ie

What is Available:

St. Mary's Ward is a dedicated Acute Medical admission ward for older adults. It is part of the broader Geriatric Medicine Service in MUH. St. Mary's Ward links in with the Emergency Department and the Acute Medical Unit to support the care of the older adult in MUH. The care delivered to each patient is provided by an inter-disciplinary team and nursing staff are specialist in their area.

Referral Criteria:

As an acute admissions ward, the majority of referrals come directly from the emergency department of the Mercy University Hospital.

St. Finbarr's Hospital Care of the Elderly

St. Finbarr's Hospital, Douglas Road, Cork.

Tel: 021-4966555

What is available:

St. Finbarr's Hospital has 71 Rehabilitation Beds, 89 Residential Beds and 4TB Specific Beds

Referral Criteria:

Admission to the Rehabilitation Unit is offered through the Nurse Liaison Office, St. Finbarr's Hospital, following Geriatrician referral. The Residential Units are managed by the same team.

St. Francis Transitional Care Unit

St. Francis Transitional Care Unit, St. Mary's Health Campus, Gurrabraher, Cork.

Tel: 021-4926921

What is Available:

St. Francis Transitional Care Unit is an 18 bedded unit located in St. Mary's Health Campus in Gurrabraher. Patients who are medically fit for discharge from the acute inpatient hospital care are admitted to this unit, but continue to require a further period of short term medical care and/or Occupational Therapy or Physiotherapy support to optimise recovery.

Referral Criteria:

Internal referral process for suitable patients being discharged from the Mercy University Hospital.

COMMUNITY HEALTHCARE SERVICES

Clinical Psychology Services

Please contact your GP or area service hereunder to confirm what psychology services are available in your area:

South Lee: 021 4779808 North Lee: 086-7871716 North Cork:
022 58740

What is Available:

Primary Care Psychology Services offers support for adults, aged 18 years and older to develop and maintain overall health and well-being, with particular attention to mental health (e.g. anxiety, depression, stress, relationship problems, panic attacks, self-care, support with carer stress, phobias, bereavement, anger, self-esteem, adjustment to recent traumatic events, loss of employment, illness or chronic pain.)

Brief, short-term, focused intervention is offered to support and help at the early stages of people's difficulties.

The service also runs courses such as Stress Control and gives talks on mental health topics to community groups.

These services are not specific to older adults.

Referral Criteria:

Referrals are received from General Practitioners.

The following might be recommended after referral:

- Attendance at courses and lectures on mental health topics.
- Advice about community or other HSE services which may be helpful.
- Providing reading materials, DVDs, websites etc. which may guide coping skills.
- Telephone consultation & advice.
- Individual short-term work with a psychologist to understand and deal with difficulties.

Community Dietitian Service

To contact ask your GP for the contact details of your local Dietitian.

What is Available:

This service offers one to one appointments. The Dietitian can help you to better understand how food can affect your health and keep you well. People attend the Dietitian for many different reasons. These are some of the conditions that the Dietitian can help you with e.g. weight management, high cholesterol, high blood pressure, Type 2 diabetes, poor appetite, bowel conditions such as constipation, irritable bowel syndrome, Crohn's disease & ulcerative colitis and coeliac disease.

People with type 2 diabetes can attend the free X-PERT course which will help you to look after your health. X-PERT runs over 6 weekly sessions each lasting 2 ½ hours in various local community venues several times a year.

Referral Criteria:

All appointments are FREE of charge for everyone whether you have a medical card or not. Ask your GP about seeing your local Community Dietitian. For more information on X-PERT course ask your GP / call 1850 24 1850 or register at www.hse.ie/xpert

Community Physiotherapy Services

North Lee South Lee Physiotherapy Office,

Block 34, St Finbarr's Hospital, Cork.

Tel: 021 4923145

West Cork Physiotherapy Office,
Coolnagarrane, Hospital Grounds , Skibbereen,
Co. Cork.
Tel: 028 40595

North Cork Physiotherapy Office
Mallow Primary Centre, Mallow, Co. Cork.
Tel: 022 58645

What is Available:

Community Physiotherapy Services for Older Persons in Cork is a service provided by qualified healthcare professionals concerned with helping to restore wellness to people following injury, pain or disability. Community Physiotherapists in Cork provide services to individuals and populations to develop, maintain and restore maximum movement and functional ability throughout the lifespan. This includes providing services in circumstances where movement and function are threatened by ageing, injury, pain, diseases, disorders, conditions or environmental factors.

Using knowledge from our extensive scientific background of human anatomy and physiology, Chartered Physiotherapists can help to:

- Assess, diagnose and treat injuries and conditions that affect peoples movement ability in all ages and social groups eg low back pain, osteoarthritis, Parkinson's Disease, Stroke. Community Physiotherapists are very involved in the prevention of falls amongst older persons in Cork.
- Assist a patient to prevent injuries and falls.

Promote healthier lifestyles for all Physiotherapists are experts in movement throughout the lifespan - from birth right through to old age. If you have trouble with any aspect of body movement, a Physiotherapist has the expertise to find out why. Their training and expert knowledge of how the body works allows them to help people - whether ill, injured, disabled or healthy - to exercise and to regain or improve their function. Exercise is a very effective intervention often used by Community Physiotherapists to promote healthy aging for all patients.

Community Physiotherapy services are often provided to an area from a clinic in the local Primary Care Centre. Patients can be seen as outpatients , inpatients , while at day care or while inpatients in Community hospitals .

Referral Criteria:

Referrals are accepted from GPs, Consultants, Public Health Nurse/
Occupational Therapist/ Physiotherapists

Community Podiatry Service

Address for North Lee & South Lee Clients:
Grattan Street Health Centre, Grattan St, Cork.
Tel: 021-4921752

Opening Hours:
9am-1pm 2pm to 5pm

Address for North Cork Clients:
Cork Kerry Community Healthcare, Floor 2,
Mallow Primary Care Centre, Gouldshill, Mallow, Co. Cork.
Tel: 022-58730

Opening Hours:
Monday to Friday 9am-5pm

What is Available:

The Community Podiatry Service only accepts referrals from GPs, Public Health Nurses or other Health Care Professionals. It is a High Risk Service offering assessment and treatment to those at greatest risk of developing foot complications due to any underlying medical conditions which can have an adverse effect on the blood supply and/or nerves of the foot and lower limb and which pre disposes the individual to developing complications such as ulceration, infection and/or gangrene.

Referral Criteria:

Referral only from General Practitioners, Public Health/ Practice Nurses or Health Care Professionals.

Nursing Home Support Office *(Fair Deal Applications)*

Health Service Executive,
Floor 1 Arás Sláinte,
Wilton Rd., Cork.
Tel: 021- 4923536 / 4923537 / 4923538 / 4923539 / 4923540 / 4923541
Opening Hours:

Monday to Friday 9.00am to 17.00pm

What is Available:

The Nursing Home Support Office processes the Nursing Home Support Scheme (Fair Deal) in respect of Cork and Kerry.

Primary Care Occupational Therapy

Cork City Clients - Address: Primary Care Occupational Therapy, B134, St. Finbarr's Hospital, Douglas Rd., Cork.

Tel: 021- 4923194

Phone Lines Open:

Monday to Friday 9.30am to 3.30pm

Please note:

The Service does not have a drop in desk without appointment. If an assessment is required contact the above number to discuss any difficulties and get referred to the appropriate service or Occupational Therapist for your area.

North Cork Clients:

Mallow Primary Healthcare Building.

Tel: 022 58700

Newmarket Primary Healthcare Building.

Tel: 029 22603

Mitchelstown Living Well Centre.

Tel: 025 52470

Fermoy Health Centre.

Tel: 022 58603

What is Available:

Occupational Therapy aims to promote people's health and wellbeing through their everyday activities. An occupational therapist can identify problem areas that patients may have in their everyday lives, such as dressing or getting to the shops, and will help them to work out practical solutions. By using techniques to improve

someone's ability or by changing the environment or equipment they are using, they allow that person to regain or improve their independence. Occupational therapists will examine people's day to day routines, in a holistic way and see how their physical, home and social lives can be improved. They are involved in rehabilitation for a variety of conditions including stroke and arthritis.

Referral Criteria:

If you are having difficulties with activities of daily living as described above you need an assessment. At home referrals can be made to the service by writing or phoning: Public Health Nurses or GPs normally will refer people in to the service but self-referrals are also accepted.

Speech and Language Therapy in Primary Care, Cork.

Opening Hours:

8.30 am – 5.30pm

North Lee Speech and Language Therapy Dept.,

Eye Ear & Throat Hospital, Cork.

Tel: 021 4921601

South Lee Speech and Language Therapy Dept.,

City General Hospital, Infirmary Rd., Cork.

Tel: 021 4927801

West Cork Speech and Language Therapy Dept., Coolnagarrane,
Skibbereen, Co. Cork.

Tel: 028 40433

North Cork Speech and Language Therapy Dept.

Tel: 022 58615

Email:

vickie.murphy@hse.ie (North Lee) or

speechtherapy.sl@hse.ie (South Lee)

What is Available:

Speech and Language Therapists see adults with communication difficulties and/or swallowing difficulties. These difficulties can occur due to a variety of different medical conditions such as: Stroke, Multiple Sclerosis, Parkinson's disease, Dementia and so on. The Speech and Language Therapist will provide an assessment of the swallow and/or communication difficulties. This will be in your local clinic or may be provided in the home if you are not well enough to attend the clinic. Following the assessment the Speech and Language Therapist will discuss any recommendations with you and may suggest some regular Speech and Language Therapy sessions if needed.

Referral Criteria:

Any medical practitioner can refer you to this service, e.g. GP, Public Health Nurse, Physiotherapist. There is no upper age limit to access the service. You do not need to have a medical card to be eligible for the service.

MENTAL HEALTH SERVICES

Acute Mental Health Services for Older Adults – Cork City South Lee West

Department of Old Age Psychiatry, Le Cheile,
St. Finbarr's Hospital, Douglas Road, Cork.

In case of Emergency:
CUH on 021-4546400

Opening Hours:
Monday to Friday 9.30am to 16.00pm

What is Available:

South Lee (West) Mental Health Service provides mental health assessment and support for people aged 65 years and over who reside in Bandon, Kinsale and Ballincollig. These mental health issues mostly commonly arise from depression, psychotic illnesses, addiction, anxiety and memory difficulties. People already in contact with a General Adult service will continue to be supported by that team. We assess patients in clinics which are based in Bandon, Kinsale and St. Finbarr's Hospital (Douglas).

Referral Criteria:

Patients can be referred to the service, from letter, by their GP

Mental Health Service for Older Adults – West Cork

Department of Old Age Psychiatry,
Centre for Wellness & Recovery, Bantry Mental Health Service,
Bantry General Hospital, Bantry, Co. Cork.

In case of Emergency:
027-52985

Opening Hours:
Monday to Friday
9.30am to 16.00pm

What is Available:

West Cork Mental Health Service for Older Adults covers people from West Cork who reside in Community Hospitals and nursing homes. The service provides mental health assessment and support for people aged 65 years and over with mental health issues arising most commonly from depression, psychotic illnesses, addiction, anxiety and memory difficulties. We will carry out the assessment in the nursing home or community hospital.

People already in contact with a General Adult service will continue to be supported by that team.

Referral Criteria:

Patients can be referred to the service by letter, from their GP

Mental Health Service for Older Adults – Cork City North Lee

Older Adult Mental Health Team, Block 3,
St Mary's Orthopaedic Hospital, Cork City.

Tel: : 021 4921222

Opening Hours:

Five days a week service. Office hours Monday to Friday. Outside of these hours contact your GP, Southdoc or your Local A&E Dept. in Mercy University Hospital or Cork University Hospital to see if referral to the on call psychiatry service is required.

What is Available:

We are a multidisciplinary Consultant led team who provide a specialist mental health service to those aged over 65 in the North Lee area of Cork City. We see people who have a new onset psychiatric illness over 65 years of age. Examples of such illnesses include mood disorders, anxiety and disorders of thought and emotion. We also see patients who have behavioural or psychiatric symptoms secondary to Dementia. The OAMHS (Older Adult Mental Health Team) is a community based service that offers prompt treatment either in the person's home or in a clinical setting as required.

Referral Criteria:

For those living at home referrals are made by their G.P. For those in the catchment area of the service, referrals may be made by Geriatricians and Hospital Consultants. All referrals are written.

SCHEMES

Blind Welfare Allowance

Floor 2, Mallow Primary Healthcare Centre, Gouldshill, Mallow, Cork
Tel: 022-58732

Opening Hours:

Monday to Friday	9.00am to 17.00pm
Closed at lunchtime	between 13.00 -14.00pm

What is Available:

Blind Welfare Allowance (BWA) is part of special services for blind persons under the Blind Persons Act, 1920. Guidelines referring to BWA were issued to the Health Boards in 1979. It is a means tested Health Service Executive supplementary payment which is paid to eligible persons who are blind or visually impaired in addition to an existing Department of Social Protection income maintenance payment or equivalent type Social Security payment for another country or to eligible persons whose income is below the combined Blind Pension rate and Blind Welfare Allowance rate. The allowance is paid to eligible persons from 18 years of age.

Referral Criteria:

Self-Referral or via National Council for the Blind

Dental Service

Dental Department, St. Finbarr's Hospital, Douglas Road, Cork.
Tel: 021-4923248

Opening Hours:

Mon to Fri	8.45am -16.30pm
Closed at lunchtime	13.00 -13.30pm

What is Available:

Routine dental services including fillings, extractions and dentures are available to all medical card holders, from their local dentist, through the medical card dental scheme.

Disabled Driver's Tax Concessions / Primary Medical Cert

North & South Lee:

Grattan Street Health Centre, Grattan Street, Cork.

Tel: 021-4273087

North Cork:

Floor 2, Mallow Primary Healthcare Centre, Gouldshill, Mallow, Cork.

Tel: 022-58700

West Cork:

Hosp. Grounds, Coolnagarrane, Skibbereen, Co. Cork.

Tel: 028-40400

Opening Hours:

Mon to Fri 9am-1pm and 2pm-5pm

What is Available:

Primary Medical Certificate / Disabled Driver's Tax Concession.

Medical assessment carried out by the HSE for disabled drivers and passengers based on criteria set out by Revenue. This is a Revenue based scheme which allows disabled drivers / passengers access to Motor Tax exemptions, fuel allowance, VAT off adaptation of vehicles etc. Following medical assessment, a decision for approval (issue of a Primary Medical Certificate) or refusal is issued by post to applicant for follow up with Revenue to access this tax scheme.

EHIC – European Health Insurance Card

North & South Lee:

Block 38, St. Finbarr's Hospital, Douglas Road, Cork.

Tel: 021-4923248

North Cork:

Mallow Primary Healthcare Centre, Gouldshill, Mallow, Co. Cork.

Tel: 022-58700

West Cork:

Hospital Grounds, Coolnagarrane, Skibbereen, Co. Cork.

Tel: 028-40400

Opening Hours:

Mon to Fri 9am-1pm and 2pm-5pm

What is Available:

The EHIC allows the holder to get healthcare services through the public system in countries of the European Union, the European Economic Area or Switzerland, if you become ill or injured while on a temporary stay there. You can apply in person by completing an application form at your Local Health Office. You can also apply online or renew your old EHIC online at hse.ie. Applications for the EHIC should be made at least ten working days prior to travel. There is no charge for the EHIC card.

Long Term Illness Scheme (LTI)

Floor 2, Mallow Primary Healthcare Centre, Gouldshill, Mallow, Cork.
Tel: 022-58734

Opening Hours:

Mon to Fri 9am-1pm and 2pm-5pm

What is Available:

Persons who suffer from a designated Long Term Illness are entitled to obtain prescribed drugs, medicinal and surgical appliances, in relation to that condition, free of charge.

Referral Criteria:

Self-Referral / General Practitioner / Consultant / Pharmacist.

Medical Cards / Doctor Visit Cards

All applications managed by the PCRS – Primary Care Reimbursement Scheme.

Tel: 1890 252 919

Email: clientregistration@hse.ie

All general enquiries regarding Doctor Visit Cards/Medical Cards should be made with PCRS – by telephone or email. Queries regarding medical cards – emergency circumstances (terminally ill, receiving end of life care/urgent on-going care requiring medical card eligibility to receive such care) contact the local health office.

Orthotics Scheme

Floor 2, Mallow Primary Healthcare Centre, Gouldshill, Mallow, Cork.
Tel: 022-58642

Opening Hours:

Queries by telephone Monday to Thursday

Scheme Applications: Postal Applications Only**

What is Available:

Funding toward the provision of clinically urgent footwear and orthotics for medical card and LTI card holders and who live in CHO 4 (Cork / Kerry)

Referral Criteria:

Referral by GP or Primary Care Team to a Primary Care Therapist (e.g. Podiatrist, Physiotherapist)

Voluntary Organisation Disability Teams (e.g. COPE, Enable Ireland)

Specialist Multi-disciplinary Teams (Hospital Consultant led team)

Prosthetics Scheme

Floor 2, Mallow Primary Healthcare Centre, Gouldshill, Mallow, Cork.
Tel: 022-58642

Opening Hours:

Queries by telephone Monday to Thursday

Scheme Applications: Postal Applications Only**

What is Available:

Funding toward the provision of clinically urgent prosthetic limbs for amputees that hold a medical card/ LTI card and who live in CHO 4 (Cork/ Kerry)

Referral Criteria:

Referred by POLAR Unit Specialist Multi-disciplinary, Rehabilitation Consultant led team. Hospital Consultants following multidisciplinary (physiotherapy, occupational therapy) team assessment. GP, on behalf of established users, with appropriate quotation from prosthetic service provider.

Your Electronic Guide to navigating the Health Service.

We know that it's not always easy for our service users to know where to turn to for guidance or support when navigating the healthcare system.

Sometimes they can find it confusing and have many questions about our health system, often during times of emotional distress when they or their loved ones are ill.

This is why today the HSE formally launched **HSELive** to the public, and is seeking to raise awareness of the support available from the HSELive team, through an advertising campaign that also commenced today.

HSELive is the new multi-platform public information and sign-posting service from the HSE, offering a customer-focused and responsive service, letting people know where to go and what to do in order to get the services they need for themselves and for their families.

HSELive has been designed with the end user in mind, to provide information and signposting on health services for the public in a way that works for them. Accordingly, HSELive includes a LiveChat function on HSE.ie as well as responding to questions from the public on Twitter @HSELive.

The **HSELive** team is available six days a week and is well versed in navigating the health service, explaining about entitlements and how best to access services and supports locally.

Get in touch with **HSELive**
8am-8pm Monday to Friday
& 10am-5pm Saturdays:

Telephone:

From a landline Callsave 1850 24 1850
or from a mobile call 041 6850300

LiveChat:

Visit HSE.ie and click on the chat icon in the
bottom right hand corner of the screen

Twitter:

Tweet us @HSELive and we'll get back to you
or just join the conversation

Email:

Send us your query to hselive@hse.ie and
we'll email you back as soon as we can

Note: HSELive does not offer clinical or medical advice. For any queries relating to medical issues please contact a health professional, your GP, or in an emergency dial 999.

KEY REGIONAL SERVICES

EMERGENCY SERVICES

All Emergency Services: 999
from Mobile Phones: 112

Board Gais Emergency:
1850 205 050

Fire Brigade: 021 – 4966333

Head Garda Stations:
Anglesea St: 021 - 4522000
Bandon: 023 - 8852200
Fermoy: 025 - 82100

South doc: 1850 335999

Cork City Council:
021 - 4924000

Cork County Council:
021 - 4276891

ESB Emergency Number:
1850 372 999

AN GARDA SÍOCHÁNA

Services Cork City & County

Use of community transport available from An Garda Síochána can be accessed by contacting the particular Garda Station and booking the community bus in advance.

Please note:

Community Transport
- Community Gardaí is not available in all areas. Please enquire at your local station.

CORK CITY

ANGLESEA STREET DISTRICT

Anglesea Street Station, 24 hr.

Tel: 021 4522000

Community Gardaí:

Tel: 021 4522069

Bridewell Station, 24 hr.

Tel: 021 4943330

Blackrock Station

Tel: 021 4536690

MAYFIELD DISTRICT

Mayfield Station, 24 hr

Tel: 021 4558510

Watercourse Road Station

Tel: 021 4558206

Glanmire Station

Tel: 021 4821002

GURRANABRAHER DISTRICT

Gurranaברהher Station, 24 hr.

Tel: 021 4946200

Ballincollig Station

Tel: 021 4871222

Blarney Station

Tel: 021 4385111

Carrignavar Station

Tel: 021 4884222.

TOGHER DISTRICT

Togher Station, 24 hr

Tel: 021 4947120

Douglas Station

Tel: 0214891115

Bishopstown

Tel: 021 4541012

Carrigaline

Tel: 021 4372222

Crosshaven Station

Tel: 021 4831222

The stations without the opening hours outlined are generally open during the day 10am -12pm and from 2-5pm. This will depend on the availability of staff and will vary from time to time.

CORK COUNTY

MACROOM DISTRICT

Macroom Garda Station, 24 hr.

Tel: 026 20590

Schemes for Macroom Garda Station

Macroom Neighbourhood Watch.

Clondrohid Community Alert.

Ballinagree Community Alert.

BANDON GARDA STATION

Tel: 023 8852200, 24 hr.

Schemes for Bandon Garda Station

2 Neighbourhood Watch Schemes,

1 in Bandon, 1 in Kinsale.

16 Community Alert Schemes, as follows:

Ballineen, Timoleague,

Gaggin, Castletown Kenneigh,

Laragh, Newcestown,

Innishannon

(including Crossbarry),

Kilbrittain, Ballyfeard,

Ballinhassig, Clontead,

Dunderrow, Killeady,

Ballinspittle, Barryroe, Ahiohill,

KINSALE DISTRICT

Kinsale Garda Station

Tel: 021 4772302

Schemes for Kinsale Garda Station

Kinsale Neighbourhood Watch

Ballfeard Community Alert

Ballispittle Community Alert

Clontead Community Alert

Dunderrow Community Alert

BANTRY DISTRICT

Bantry Garda Station, 24 hr.
Tel: 027 20860

Schemes for Bantry Garda

Station :

Text Alert Scheme, Community Alert: Mealagh Valley, Gortnacloona, Coomhola, Kealkill, Durrus, Drimoleague Neighbourhood Watch, Business Watch.

NORTH CORK DISTRICT

Fermoy Garda Station, 24 hr.
Tel: 025 82100

Mitchelstown Garda Station
Tel: 025 84833

The following Garda Stations post opening hours on a weekly basis. These stations are covered by Fermoy and Mitchelstown when the local Garda is not on duty.

Rathcormac	025 36102
Watergrasshill	021 4889102
Kilworth	025 27101
Kildorrery	022 25162
Ballynoe	058 59100
Castletownroche	022 26161

Schemes running within District/ Sub District

Text Alert has a high number of subscribers and is administered by Fermoy.

Community Alert has an active committee and promotes the installation of alarms

for vulnerable residents. It is operated through the Avondhu Blackwater Partnership (info@avondhublackwater.com).

Millstreet Garda Station

Tel: 029 70002

*Millstreet Garda Station is in a hub with Rathmore, Ballydesmond & Boherbue Garda Stations and is under Macroom 24hour Station
Tel: 026 20590.*

Community Alert & Text Alert operational in this area.

Rathmore Garda Station

Tel: 064 7758002

*Rathmore is in a hub with Millstreet, Ballydesmond & Boherbue Garda Stations and is under Macroom 24hour Station
Tel: 026 20590.*

Ballydesmond Garda Station

Tel: 064 7751102

*Ballydesmond is in a hub with Millstreet, Rathmore & Boherbue Garda Stations and is under Macroom 24hour Station
Tel. 026 20590.*

Boherbue Garda Station

Tel: 029 76002

*Boherbue is in a hub with Millstreet, Rathmore & Ballydesmond Garda Stations and is under Macroom 24hour Station
Tel: 026 20590.*

Community Alert & Text Alert operational in this area.

COUNCILS

Cork City Council.

Cork City Council offices are located on Anglesea Street, Cork City.

Office opening hours are from 9am to 5pm

Public Counters

Opening Hours:

Cash Desk - 9am - 4pm

Planning Public Counter:

10am - 4pm

Traffic Public Counter:

10am to 4pm

Housing Public Counter:

10am to 4pm

Switchboard

(021) 496 6222, 492 4000

Emergency and Night Calls

(021) 496 6512

Drinking Water and Waste

Water Service Requests

24 hours: (1890) 278278

Email:

housing@corkcity.ie,

housingmaintenance@corkcity.ie

rapid@corkcity.ie

housingallocation@corkcity.ie

If you know the extension you require, you may dial 492 followed by the extension number to dial direct Senior Citizen Supports

Cork County Council

County Hall,

Carrigrohane Road,

Cork.

Tel: 021 4276891

Out Of Hours Emergency Number:

5pm - 9am & Weekends & Public Holidays

Tel. 021-4800048

Emergency No. for Water & Wastewater Services:

5pm - 9am & Weekends & Public Holidays

Tel. 1850 278 278

Bantry:

Tel: 027 50058

Castletownbere:

Tel: 027 70017

Clonakilty

Tel: 023 8833347

Dunmanway

Tel: 023 8845209

Schull

Tel: 028 28128

Skibbereen
Tel: 028 21299

Kanturk
Tel: 029-50040

Newmarket
Tel: 029-60018

Millstreet
Tel: 029-70026

Charleville
Tel: 063-81348

Fermoy
Tel: 025-31947

Mitchelstown
Tel: 025-24944

Mallow
Tel: 022-30427

TRANSPORTATION

CORK LOCAL LINK

Local Link Cork is the Transport Coordination Unit for County Cork, one of 18 such units nationwide operating under the auspices of the National Transport Authority.

•Cancer Connect

– a free, flexible and confidential transport service to Cork hospitals for people receiving cancer treatments (radiotherapy, chemotherapy

etc.). The service runs every day (Monday to Friday) at times to suit passengers. It is provided as a voluntary service by a team of volunteer drivers.

•Link Ring

– A telephone contact and information service for people living alone or who may not have the opportunity to meet people on a regular basis.

•Driver Training

– Driver CPC Training and Minibus Driving Lessons & Test Preparation.

•Passenger Assistant Training

– PA Training, Minibus Evacuation and First Aid Training.

Contact Us:

For more information on routes and timetables, contact Local Link Cork in our Bantry office (027 52727) or the Fermoy office (025 51454), or visit our website

www.locallinkcork.ie

Bus Eireann

www.buseireann.ie

Community Welfare Services Clinics

Intreo Centre

Hanover Street
Tel: 021 - 4806800
www.welfare.ie

Community Welfare Services Clinics – Supplementary Welfare Allowance

The Community Welfare Service hold daily morning clinics on the First Floor where a ticket system is in operation. These clinics serve the North side of the city.

Intreo Centre

Abbeycourt House, George's Quay – Community Welfare Service Clinics – Supplementary Welfare Allowance.

The CWS hold daily morning clinics on the Second Floor where a ticket system is in operation. Clinics are from 9.30 to 11.30 but can often run past this time. These clinics serve the South side of the city.

There is a clinic in Ballincollig which serves Ballincollig and surrounding areas every week.
c/o 021 4806800

10am – 11.30pm in Glen

Intreo Centre

Abbeycourt House,
George's Quay, Cork.

Tel: 021 - 4943100

Rent Supplement

This is now a centralised unit which operates from the 3rd floor in Abbeycourt House. An enquiry counter is open all day, every day and through lunch. Appointments to make an application are taken at this desk.

In addition, the Rents Officers deliver local clinics in the following locations:

Ballincollig Health Centre
Bandon Health Centre
Cobh Intreo Centre
Kinsale
Midleton (Hospital Grounds)
Youghal
Carrigaline
Intreo Centre, Ballea Road.

For clinic times: 021 4943100

Cork City Libraries

A service of Cork City Council
Contact Central Library:
021 4924900 or
www.corkcitylibraries.ie

Cork City Libraries provide a resource for all — for Life & Learning, for Culture & the Imagination, and for Children & Young People.

Cork City Libraries provide a range of library and information services to the people of Cork; providing books, CDs, DVDs, videos, and audio books, for use within the library or for home use. We also provide computers with fast Internet access throughout our network of branches and in our Central Library.

Enquiries can be made in person, by telephone, letter, or e-mail and are welcome from everybody; whether members or not.

Opening times of all libraries are shown on the relevant library web page. On Saturdays & Mondays of bank-holiday weekends, all our libraries are closed.

You can view our online Local Studies service at Cork Past and Present.

Cork County Library & Arts Service

County Library Building,
Carrigrohane Road, Cork.
Tel: 0214546499

www.corkcoco.ie/library

Check website for individual branch and mobile times

www.facebook.com/Corkcocolibrary

What is Available:

The Library service operates through a network of 28 branches and 4 mobile libraries throughout Cork County. It is free of charge and very easy to join: just bring a proof of identity and proof of address along to your local branch or mobile library. Branches, mobile library service stops and opening times are all detailed on the library website: www.corkcoco.ie/library

We offer a full range of services, lending adult and children's materials as well as a comprehensive reference and local studies service. You can also borrow dvd's, books on CD, large print editions as well as access to a wide range of e-books, e-audiobooks, e-magazines and a huge variety of courses and language learning sources. We also offer free wifi, as well as internet access computers.

Many of our Branches offer regular bookclubs, writers' groups, art and crafts groups. Some service points also offer computer classes and language circles.

KEY REGIONAL VOLUNTARY SERVICES

Age Action

Information Service

Unit 14, Melbourne Business Park,
Model Farm Road, Cork

Tel: 021 – 2067399

E-mail:

ageactioncork@ageaction.ie

What is Available:

A telephone based service based in Dublin but servicing all areas. A professional and confidential Information Service on services and entitlements for older people and their families. Trained Information Officers are available to assist with a wide variety of issues including benefits and entitlements, elder abuse, employment, health, housing, leisure, safety & security.

Age Friendly City Programme

Chris Dorgan

Cork Age Friendly City

Programme Coordinators

Cork City Council, City Hall ,

Anglesea Street, Cork City.

Tel: 021 4924076

Email: chris_dorgan@corkcity.ie

The Cork Age Friendly City Programme is committed to creating a physical and social urban environment that promotes healthy and active ageing and a good quality of life for the older residents of Cork City.

What is Available:

The Age Friendly Forum is a group of individuals and representatives of community organisations which meets quarterly to feed back its opinions and recommendations to the Cork Age Friendly City Alliance. It is open to all individuals living in Cork City over the age of 50 years. Please phone the contact number above or email Chris Dorgan if you are interested in receiving notice of the next forum meeting.

The Alliance is an interagency partnership comprising of senior personnel in public sector agencies, and community organisations that promote a positive approach to ageing, and includes representatives of the Cork Older People's Forum.

Alzheimer Café

Activity Centre, St Finbarr's
Hospital, Douglas Rd., Cork.

Tel: 085 1485800

Email: corkalzheimercafe@
hotmail.com

What is Available:

The Alzheimer Cafe is a monthly support group for individuals affected by memory loss. The drop-in service is open to those with suspected memory problems or diagnosed with

dementia, and their carers. The café style provides a relaxed supportive environment for social interaction and peer support. Healthcare professionals and informed volunteers are present to provide information and offer advice regarding services. In addition to tea and cakes, the afternoon may include a topic for discussion or an activity such as music or art to facilitate meaningful engagement.

AOSTA (Association of Services to the Aged)

c/o: Bridie Millward,
Mohera, Castlelyons, Co Cork.
Tel: 029 60167/025 36949
Email: bridiemilward@gmail.com

What is Available:

- Social and information activities for older people.
- Annual conference/ focus on health issues.
- Jamborees/Autumn + Spring.
- Network for older people's groups in North Cork.

Arthritis Ireland

C/O John O'Flynn
Tel: 086-8118489
www.arthritisireland.ie
Email: joflynn@arthritisireland.ie

What is Available:

Walking Group (Cork City) for

people with Arthritis.
Contact Pauline 086 3353170

Walking Group (Clonakilty) for people with Arthritis.
Contact Charlotte 086 1785943

Support & Information events
Contact John 086 8118489

Self-management courses on how to improve your life, living with arthritis .
Contact Office 1890 252846

ASI Bessboro Day Care Centre

Alzheimer Society of Ireland
Bessboro Day Care Centre
Bessboro, Blackrock, Cork.
Tel: 021 4972504
www.alzheimer.ie
Email:
southernregion@alzheimer.ie

Opening Hours:

Monday – Friday 10am - 4pm

Cork Age Friendly Programme

Aileen Hurley
Executive Planner / Cork Age Friendly County Coordinator
Planning Policy Unit
Floor 13, County Hall
Cork City.
Tel: 021 – 4285900
E-mail: aileen.hurley@corkcoco.ie / Mairead.mccarthy@corkcoco.ie
www.Corkagefriendly.ie

What is Available:

The Cork Age Friendly strategy is a framework plan to help make County Cork a great place in which to live and grow old. The strategy is intended to provide a structure for interagency cooperation which is essential to improve the quality of life for older people in the County with the support of older people through the Cork County Older People's Council, statutory, community, voluntary and private sectors.

Cork Stroke Support Group

Cork Stroke Support Group,
Activity Centre, St Finbarr's
Hospital, Douglas Rd., Cork.
Tel: 087 3569555
Email: CSSGcork@gmail.com

What is Available:

The Cork Stroke Support Group (CSSG) aids recovery post stroke.

The aims of the group are to:

- Facilitate opportunities for sharing information.
- Provide support and encouragement in an open and relaxed environment.
- Organise activities with emphasis on enjoyment and enablement.
- Encourage independence and social engagement

The group of stroke survivors, family members of those affected, healthcare professionals and informed volunteers meet on

the last Wednesday of each month. Guest speakers cover informative topics.

The monthly programme also includes a range of activities such as boccia, yoga, tai-chi, art, music and day trips. There are opportunities to join the CSSG choir or participate in hydrotherapy sessions in COPE foundation facilitated by a Physiotherapist. CSSG provides a telephone advisory service and information is available from the Cork Stroke Support Website and Facebook.

The Crystal Project, North Cork

Memory Resource Room,
Mallow Primary Healthcare
Building, Mallow, Co. Cork.

Tel: 022 78700

Email: info@crystalproject.ie

What is Available:

The Crystal Project is a community based project, led by the HSE North Cork Occupational Therapy Department. It is a collaboration between the HSE, Alzheimer's Society of Ireland, Family Carer's Ireland, families affected by Dementia, UCC, local community groups and GP's. It offers support and services to people affected by Dementia living in North Cork.

Getting Started Computer Classes for over 55s

Unit 14 Melbourne Business Park
Model Farm Rd., Cork.

Tel: 021-2067399,

Text: 087 1956026

www.ageaction.ie

Email:

gettingstartedcorkadmin@ageaction.ie

What is Available:

One-on-one tuition in digital technology for senior beginners, led by dedicated, patient volunteer tutors in a friendly, relaxed atmosphere.

(Wifi provided.)

Learner-driven tuition/mentoring on a digital device of the learner's choice and or PC/laptop. Helping seniors to remain 21st Century citizens and have access to all services, communication methods and information available to them on the web, to stay in touch with family and friends and to save money.

LINC – Advocating for Lesbian and Bisexual Women in Ireland

11a White St.,
Cork.

T12 D36W

Tel: 021-4808600

www.linc.ie

Email: info@linc.ie

What is Available:

LINC is a city centre resource centre open to the public as a drop in and support service for lesbian and bisexual women and their family members. Open some evenings for peer support groups and social activities. One to one support and subsidised counselling is available.

Muintir na Tire

8 Sidney Place

Wellington Road, Cork.

Tel: 021 4500688

www.muintircork.com

Email: admin@muintircork.com

What is Available:

Our Community Care Programme is aimed at all sections of the community. It involves working with local communities to promote positive physical and mental health outcomes for individuals and communities. Cork County Federation Muintir na Tire feels that information on health matters can best be given directly to elderly people in their own communities. That is why we work closely with communities and networks to promote positive health outcomes.

Post Polio Support Group

Unit 319 Chapel Building,

Mary's Abbey, Dublin.

DO7 DNP6

Tel: 01-8898920

www.ppsg.ie

Email: info@ppsg.ie

What is Available:

Depending on assessed need, financial circumstances and availability of funds the following services and supports are available to Polio survivors in Cork:

Information advice and support from office. Aids and appliances. Therapies e.g.: Physiotherapy and occupational therapy. Respite breaks. Heating grant to members at risk of Hypothermia. Stair lifts. Peer telephone support services. Social support groups. Survivor magazine published 3-4 times per year.

Seniors Alert Scheme (Personal Alarms)

Tel: 01 - 5117222

Email: onlinesupport@pobal.ie

What is Available:

This scheme is designed to enable older persons to live securely in their homes by providing a free personal monitored alarm. It is administered by community and voluntary groups from your area. Older people get a free personal alarm pendant. The alarm can

be worn as a pendant or around the wrist like a watch. When pressed it sends a call to a 24 hour monitored centre.

To get an alarm, contact a local community or voluntary group that operate the scheme in your area and they will apply on your behalf.

The list of organisations to contact is available on the Pobal website: www.pobal.ie Seniors Alert Scheme.

A person will be eligible if he or she is:

- Aged 65 years or older.
- Of limited resources or means.
- Living alone, living with another person who meets the eligibility criteria.
- Resides within the geographical area of the relevant registered organisation.
- Able to benefit from the equipment supplied.
- Prepared to maintain contact with the registered organisation.

The Cork Gay Project

4 South Terrace, Cork.

Tel: 021 430430

www.gayprojectcork.com

What is Available:

Social supports and advocacy for gay and bisexual men and their families.



Youghal Lighthouse

NORTH & EAST CORK



**Mitchelstown / Fermoy /
Rathcormac / Kilworth /
Glanworth**

ASI Conna Day Care

Conna Community Centre,
Conna,
Co. Cork.
Tel: 022 43322
www.alzheimer.ie
Email:
Dympna.howard@alzheimer.ie

Charge for service:

Price on Application

What is Available:

Person centred Dementia
specific Day Care.
Specific Day Care.
Lunch.
Transport Available.

ASI Mitchelstown Day Care

Tearmonn Ui Chaoimh,
Day centre, James street,
Mitchelstown
Co. Cork.
Tel: 022 43322
www.alzheimer.ie
Email:
dympna.howard@alzheimer.ie

Charge for service:

Price on Application

What is Available:

Person centred Dementia
specific Day Care.

Specific Day Care.
Lunch.
Transport Available .

**Avondhu Blackwater
Partnership**

The Mill,
Castletownroche,
Co. Cork.
Tel: 022 46580
www.avondhublackwater.com
Email:
info@avondhublackwater.com

Charge for service:

Price on Application

**Avondhu Blackwater
Community Connect Service**

Avondhu Blackwater
Partnership CLG,
The Mill,
Castletownroche,
Co. Cork.
Tel: 022 46580 or 022 46584
www.avondhublackwater.com
Email:
mary@avondhublackwater.com

Charge for service:

Price on Application

What is Available:

Friendly telephone calls service.
Handyman service.
Housekeeping service.
Personal monitored alarms.
Computer courses.

Ballyhooly Senior Citizens

Noreen O'Keeffe
12 Barrack Street
Ballyhooly
Co. Cork.
Tel: 087 9533897

Charge for service:

Price on Application

What is Available:

We hold a bi-weekly social afternoon on a Wednesday with a variety of activities and entertainment.

We hold regular outings/social evenings.

Chiropody.

Exercises/afternoon tea.

Christmas party.

Ballynoe Community Council

Ballynoe Community centre
Main Street,
Ballynoe,
Tel: 087 9473131 or 058 59915
Email: ballynoecc@gmail.com

Charge for service:

Price on Application

What is Available:

Provide support to a range of community groups.

Provide meeting facilities / space.

Organise social events such as Older Person's Christmas Party. Summer BBQs.

Facilitating Rural Transport initiative.

Exercise initiatives for older people.

Ballyhoura Helping Hands

Community Handyman service
Ballyhoura Development
Tel: 061 – 387040

Charge for service:

Price on Application

What is Available:

Helping Hands offers a low cost service providing minor repairs and maintenance jobs to the elderly, people with disabilities and carers. Our service includes gardening, power washing, painting, hedge and grass cutting. All work is undertaken by skilled handymen who have been fully Garda checked. All work is fully insured with no call out charge.

Castlelyons Community Care

Mary Fenton
Deerpark Villa,
Castlelyons,
Cork.
Tel: 025 36568

Charge for service:

Price on Application

What is Available:

Day trips/social outings.
Weekly social mornings
– Thursdays.
Bingo.
Keep fit classes.
Guest Speakers.

Castletownroche AOSTA

Katherine Hogan
Close Road,
Castletownroche,
Co. Cork.
Tel: 022 26693

Charge for service:

Price on Application

What is available:

Monthly Chiropody Service.
Attend social events.
Attend AOSTA events including
conferences and jamborees.

Conna Community Care

Christine Dineen
Monagown,
Conna,
Co. Cork.
Tel: 058 59206

What is Available:

Monthly social mornings.
Guest speakers.
Support Alarm Installation.
Setting up text alerts in
association with An Garda
Síochána.
Outings/Autumn tour.

**Conna Community Housing for
the Elderly**

Michael Joyce
Aghern, Conna,
Co. Cork.
Tel: 058 39822

Charge for service:

Price on Application

What is Available:

Provision of two days of Day
Care Service for older people.
Provision of one day Dementia
service for older people.
Lunches for Day Care service
and general lunch on a Thursday.
Housing for the elderly.
Outings/trips.

Fermoy Active Retirement Group

Fermoy Youth Centre,
Ashe's Quay,
Fermoy, Co. Cork.
Tel: Josephine Quirke, Secretary
025 31463, 086 4032916
Email: johnyqcork@gmail.com

Charge for service:

Price on Application

What is Available:

Group meetings twice monthly
first and third Wednesday at
2.30pm in Youth Centre, with
guest speakers and cup of tea,
outings, holidays, classes, art, tai
chi, pilates and light exercises.
Visits to Theatre, cinema.

Fermoy Carers Association

Highland View,
Barnahash, Rathcormac,
Co. Cork.
Tel: 086 8331342
Email:
kathleenkearney1@yahoo.ie

Charge for service:

Price on Application

What is Available:

A monthly meeting second Wednesday of every month @ 7.30pm in the Resource Centre, Fermoy.

A chat and a cup of tea, it's a support group, it offers support to people caring for their loved ones, old, young or with special needs.

Fermoy Geriatric Association

Cluain Dara Day Centre,
Duntahane Road, Fermoy,
Cork.
Tel: 025 33315
Email:
cluaindaradaycentre@eircom.net

Charge for service:

Price on Application

What is Available:

Sheltered housing – 20 units (some buy in/some rental).
Provision of Day Care Centre service.
Transport to Day Centre.

Fermoy Community Health Project

Community Resource Centre
42 McCurtain Street,
Fermoy.
Tel: 085 8742320
www.fermoyresourcecentre.com
Email: chpfermoy@gmail.com

Charge for service:

Price on Application

What is Available:

Community Health Worker supporting local health projects and services i.e.
Mental Health / Suicide prevention.
Older person's initiatives.
Schools Projects.
Health and Well being – Walking Group.
Community health.
Parenting supports.

Fermoy Men's Shed

David Gahan
122 Beechfield Est,
Fermoy,
Co. Cork.
Tel: 086 0337680
Email:
Mensshedfermoy@gmail.com

Charge for service:

Price on Application

What is Available:

Provision of informal/social environment for local men to

meet, socialise and get involved in tasks, projects, often with local community.
Bi-annual outings.

Fermoy Meals on Wheels

42 McCurtain Street,
Fermoy, Co Cork P61T267
Tel: 025 32962
www.fermoyresourcecentre.com
Email:
info@fermoyresourcecentre.com

Charge for service:

Price on Application

What is Available:

We provide hot nutritional meals for people within our community, there are many reasons for individuals to receive Meals on Wheels. A number of clients receive meals for a short period while they are recuperating from an illness. Others avail of the service for a longer period as it has become too difficult to prepare hot meals on a daily basis. This service enables individuals to remain independent and continue to live in their own home for as long as possible.

Fermoy Men's Club

Knockanahing, Fermoy, Co Cork.
Tel: 087 1874566
Email:
secfermensclub@hotmail.com

Charge for service:

Price on Application

What is Available:

A social group made up of men that holds monthly meetings with invited guest speakers and monthly day trips to places of interest. Activities include: walking, singing, debating, card playing and board games.

Fermoy Senior Citizens Care and Entertainment Association

Tel: Frances Linihan
025 82759 / 086 8762355

Charge for service:

Price on Application

What is Available:

Regular social evenings in the Fermoy/Avondhu area.
Outings for members including four day summer holidays.
AOSTA Jamboree.
Christmas party.

Fermoy Widow's Group

Highland View,
Barnahash, Rathcormac,
Co. Cork.
Tel: Noreen Condon 025 32162
www.fermoyresourcecentre.com

Charge for service:

Price on Application

What is Available:

Fermoy Widow's Association is formed since 1972. We meet once a month on the third Wednesday of the month at 8.15 p.m. at Fermoy Community Resource Centre. We have a talk and demonstration and we also have a cup of tea and chat. We have an annual mass for deceased and present members, a dinner at Christmas and an outing to various places. The association is open to all widows and friends.

Glanworth Community Council

Pauline O'Dwyer
Moneen, Glanworth,
Co. Cork.
Tel: 087 7999073
www.glanworth.eu
Email:
odwyerpauline@gmail.com

Charge for service:

Price on Application

What is Available:

Chiropody service.
Support work of Active Retirement Group.
Support maintenance/upkeep of community centre.
Tidy Towns activities.
Rural transport support.
Text Alert.

Glanworth Active Retirement Group

Catherine Williams
Rahard,
Ballyhooly,
Co. Cork,
Tel: 086 2538631
Email:
Catherinewilliams4@gmail.com

Charge for service:

Price on Application

What is Available:

Social gatherings bi-monthly.
Bingo/music/comedy/guest speakers.
Regular day trips and outings.
Summer tour.
Club social evenings.
AOSTA conference.
Christmas party.

Kilworth Active Retirement Group

Heaphy Grove,
Kilworth,
Co. Cork.
Tel: 025 27423 (Peig)
Email: peigsheedy@gmail.com

Charge for service:

Price on Application

What is Available:

Regular coffee mornings/
Social mornings.
Guest speakers.
Bingo.

Kildorrery Senior Citizens

Killdorrery,
Co. Cork.
Tel: 022 25492

Charge for service:

Price on Application

What is Available:

Social event se.g. outings.
Regular social events in North
Cork area.
Christmas party.
Summer outings.
Chiropody services.

Mitchelstown Allotments

Church Road,
(Across from Church)
Mitchelstown.
Tel: 086 - 3374648
Email: Verlingf@gmail.com

Charge for service:

Price on Application

What is Available:

Provide community gardening
plots – Various sizes.
Also provide water on site.
Container for storage of tools.

Mitchelstown Senior Citizens Project

Tramonn Uí Chaoimh,
James Street, Mitchelstown,
Co. Cork.
Tel: 087 2759387
Email: mkingseefin@gmail.com

Charge for service:

Price on Application

What is Available:

Sheltered Housing for the elderly.
Day Care service two days a
week for older people.
Transport to and from Day Care
Centre.
Friendship group on a Thursday.

Rathcormac Social Initiative

Community Centre,
Rathcormac,
Co. Cork.
Tel: 086 - 8407164
Email:
kathleenrathcormac@gmail.com

Charge for service:

Price on Application

What is Available:

This group provides regular
social outings, community social
gatherings, plays, dramas,
Christmas party, Community
Alert Group.

Thursday Club Mitchelstown

Tel: Delia Tobin – 087 0927878

Charge for service:

Price on Application

What is Available:

Social Day out at Tearmon Uí
Chaoimh centre, James Street,
Mitchelstown.

Mid Day Meal provided.
Activities.
Meals service to those who are
living alone.

Society of St. Vincent De Paul Mitchelstown

Margaret Sheehy,
c/o St. Vincent De Paul,
Thomas Street,
Mitchelstown,
Co. Cork.
Tel: 025 84733
Email:
svpmitchelstown@gmail.com

Charge for service:
Price on Application

What is Available:
Support to Mitchelstown Active
Retirement Group who organise
weekly social meetings in the
Town Hall – including Bingo, Arts
+ Crafts, outings, guest speakers,
cards, support to local chiropody
service.

Millstreet / Macroom / Ballyvourney / Ballydesmond

Millstreet Active Retirement As- sociation

c/o Lyregoune,
Rathmane, Co. Kerry.
Tel: 086 8337779
Annabelle O'Sullivan

Charge for service:
Price on Application

What is Available:
Dancing, swimming, aerobics,
knitting, Tai Chi, outings.

Millstreet Day Care Centre

Carmen O'Donovan Centre
Clara Road, Millstreet,
Co. Cork.
Tel: 029 709926
Email: milldaycentre@eircom.net

Charge for service:
Price on Application

What is Available:
Day care facilities, mid-day
meals, meals on wheels,
transport, nursing services,
chiropody, physiotherapy,
hairdressing, social activities,
laundry service.

Aghinagh Active Retirement Group

Coolalta, Macroom, Co. Cork.
Tel: 087 9393295

Charge for service:
Price on Application

What is Available:
Wheelchair friendly,
Parking facilities,
Open to group social visits.

Castlemartyr Family Carers and Disability Support Group

Old School House,
Mogeely Road,
Castlemartyr, Co. Cork.
Tel: 021 4623884
Email: davymaddo@gmail.com

Charge for service:
Price on application

What is Available:
The group provides a space to meet and befriend others in the community and provide advice and support to members – The group also organises a monthly guest speaker on topics relevant to the group.

Castlemagner Sinsir Club
Sally's cross, Kanturk, Co. Cork.
Tel: 086 8521808
Email:
Kathleenmoylan1@gmail.com

Charge for service:
Price on Application

What is Available:
Weekly social gathering.

Activities i.e. exercises and yoga.
Guest speakers.
Dawn chorus event is also organised annually.
Regular day trips including cookery school pilgrimages, bus tours.
Annual Christmas party at Springfort Hall Hotel.
Drama and musical productions such as OICHE Chiuin, Sinsir Talent Exhibition, Big Maggie, Moll, The Real McCoy.
The group also stages a Bealtaine Festival concert each year and organises a culture night annually.

Coachford Active Retirement Association

c/o Nadind, Coachford,
Co. Cork.
Tel: Ann McCarthy 021 7334473

Charge for service:
Price on Application

What is Available:
Yoga, dancing, bowling, Art,
Irish language classes, outings.

Foiloighig Development Association

The Olde School House,
Foyle, Ballydesmond,
Co. Cork.
Tel: Philomena Cremin
064 7751370

Charge for service:
Price on Application

What is Available:
Dancing, Zumba, cards,
A.A. meetings.

**Ballydesmond Sheltered
Housing Ltd.**

Ballinahulla,
Ballydesmond, Co. Cork.
Tel: 064 7751954
Mary O’Riordan

Charge for service:
Price on Application

What is Available:
Day care service, twice a week.
Meal service, twice a week.
Chiropody.

Cuan Alainn Day Centre

Cuan Alainn,
Ballydesmond, Co. Cork.
Tel: 064 7751954
Email: oriordanmary@eircom.net

Charge for service:
Price on Application

What is Available:
Morning Tea and Home Baking.
Gently exercises.
Freshly cooked 3 course lunch.
Cards / Bingo / Sing Song.
Occasional PHN visits.
2 monthly Chiropody.
Hairdresser on request.

**Newmarket / Kanturk /
Donoughmore**

**Boherbue Active Retirement
Group**

Parish Hall,
Boherbue,
Mallow,
Co. Cork.
Tel: 087 3174559 Maureen Martin
Email: knocknacoln1@me.com

Charge for service:
Price on Application

What is Available:
Social and recreational
activities.
Organise day outings to places
of interest.
Holidays within Ireland.
Tea dances and waltzing
competition.
Provide personal alarms for
households.
Christmas party.
Advocate on behalf of
members if required.

**Newtownshandrum Care
Association**

Newtownshandrum
Charleville, Co. Cork.
Tel: 063 70031 or 087 2528046
Margaret O’Mullane (Chiarperson)
Email: timomullane@yahoo.ie

Charge for service:
Price on Application

What is Available:

Exercises.
Talks on different topics.
Flower arranging (at Christmas)
Quizes.
Regular outings, one in June,
Sept. and November.
High tea in the local hotel.
Monday morning walks around
the local GAA pitch.
Meetings in the hall, all finish
with tea and some sandwiches,
cakes etc.

**Newmarket and District
Men's Shed**

29 Castlecourt,
Newmarket,
Co. Cork.
Tel: 029 60910
Email: hovisal@gmail.com

Charge for service:

Price on Application

What is Available:

Meeting Place.
Workshop (projects).
Computer lessons.
Friendship.
Social events.

Care & Repair Duhallow

IRD Duhallow,
Newmarket,
Co. Cork.
Tel: 029-60633
www.ageaction.ie
Email: duhallow@eircom.net

Charge for service:

Price on Application

What is Available:

Volunteers carry out small DIY
jobs free of charge for older
people who find it difficult to
do these jobs themselves. Jobs
include; minor carpentry jobs,
changing light bulbs, minor
decorating, hanging curtains,
installing smoke alarms, small
gardening jobs, etc.

A Friendly call service is also
available where volunteers will
phone a client on a daily or
weekly basis for a chat.

**Donoughmore Active
Retirement Association**

Cummeen,
Donoughmore,
Co. Cork.
Tel: Nora O'Connor 087 9892825
Email:
noraandon@eircom.net

Charge for service:

Price on Application

What is Available:

Monthly meetings for retired
people to meet for social,
educational and entertainment
purposes.

Dromtariffe Active Retired Club

Meenskehy, Cullen,

Mallow, Co. Cork.
Tel: 087 2408363
Email: maryosull@gmail.com

Charge for service:
Price on Application

What is available:
Weekly sessions of varied physical activities.
Occasional social outings, shopping trips etc.
Annual summer and Christmas hotel breaks.

Duhallow Carers

James O'Keeffe Institute
Newmarket, Co. Cork.
Tel: 029 60633
www.irdduhallow.com
Email:
Duhallow@irdduhallow.com

Charge for service:
Price on Application

What is Available:
Support group for family and voluntary carers.
We meet on the first Thursday of every month.

Duhallow Community Food Services Ltd.

James O Keefe Institute
Newmarket, Co.Cork.
Tel: 029 -76375
www.foodinduhallow.com
Email:

duhallowfoods@eircom.net

Charge for service:
Price on Application

What is Available:
Duhallow Meals on Wheels Service in the northern and western Duhallow.
Link into elder care groups for delivery of meals.
Link into public health nurses in the community.

Freemount Thursday Club

Knocknaeglass,
Freemount,
Charleville,
Co. Cork.
Tel: 086 3657599
Email: emc1952@gmail.com

What is Available:
Hold fortnightly gatherings for Senior Citizens.
Bingo.
Summer outings.
Provide social activities.
Easter celebrations, Bealtaine celebrations.
Christmas party.
Gramophone nights.

Kanturk Active Retirement Association

Coolacoosane,
Millview,
Kanturk,
Co. Cork.
Tel: 029 50879 Nora Field

Email: norafield@eircom.net

Charge for service:

Price on Application

What is Available:

Meeting once a forth night.

Talks on various subjects.

Yoga.

Dancing.

Bingo, tea and a chat.

**Kanturk and Lismire Senior
Citizen's Association**

Mercy House,
Church Street,
Kanturk,
Co. Cork.
Tel: 029 51161

Charge for service:

Price on Application

What is Available:

Daily meals in house / meals on wheels.

Social activities e.g. outing's occasional parties, chiropody.

Advisory service re health, security etc.

In-house social activities e.g. bingo, flower arrangements.

**Kilcorney Community
Development Association Ltd.**

Brookpark,
Rathwall, Mallow,
Co. Cork.

Tel: 086 2307317

Email:

Donal.howard@icloud.com

Kathleenmoylan1@gmail.com

Charge for service:

Price on Application

What is Available:

Sheltered housing.

Social centre.

Meeting room.

Recreational activities.

Walks.

Function room.

Meelin Active Retirement Group

Community Hall,
Meelin,
Newmarket,
Co. Cork.
Tel: 029 68034

Charge for service:

Price on Application

What is Available:

Social gathering once a week.

Day trips.

Shopping tips.

Chiropodist comes about once a month.

Christmas party in December.

Glanmire / Glenville / Watergrasshill

Carrignavar ICA Guild

Carlom,
Ballyhesta,
Carrignavar,
Co. Cork.
Tel: 087 8071218
Email:
mrlomasney18@hotmail.com

Charge for service:

Price on Application

What is Available?

Monthly Meeting 8pm.
Monthly demo and talk.
Art classes.
Keep fit classes.
Cater for senior citizens
annually on December 11th.
Group walks in local area.

Carrigtwohill Tuesday Club

Community Centre,
Main street,
Carrigtwohill,
Co. Cork.
Tel: 086 3225229
Email:
Annette.p.lane@gmail.com

Charge for service:

Price on Application

What is Available:

Each Tuesday social afternoon.
outings.

Dance classes.
Exercise classes.
Talks with guest speakers.

Glanmire and District Active Retirement Association

Sarsfield Hurling Club,
Riverstown,
Glanmire,
Co. Cork.
Tel: 021 4866529
Email:
Patandmariemackey@eircom.net

Charge for service:

Price on Application

What is Available:

Weekly meetings. Talks every
month, dancing monthly,
exercise (Pals), one outing every
month, parties, music each
month.
A weekly dancing group (night)
at €4.00 non profit.
A weekly painting group
(Thursday morning).
Short holiday (3/ 4 days in
Ireland).
Walking group.
Book club.

Glanmire & Riverstown Senior Citizen's Tuesday Club

Glanmire Area Community
Association,
Old School House,
Riverstown, Glanmire,

Co. Cork.
Tel: 021 4827333
www.glanmireareacork.com
Email:
info@glanmireareacork.com

Opening times:
2pm – 4pm Tuesday

What is available:
Weekly meeting Tuesday 2-4pm.
Chiropody Service every second
Tuesday by appointment.
½ day outings and visits to other
clubs.
Trips to theatre shows.
Art and crafts exhibition during
heritage week.
Bingo sessions during Tuesday
meeting.

**Glenville Parish Community
Care Group**
Mullinabouree,
Glenville, Co. Cork.
Tel: 087 9958892 or 086 8509543

Charge for service:
Price on Application

What is available:

- Social Outings to neighbouring groups.
- Social nights in Glenville.
- Day Trips Killarney.
- Chiropody services.
- Advice on security and services available.

Glounthaune Meals on Wheels

Killahora
Glounthanue,
Co. Cork.
Email:
walshpauline@hotmail.co.uk

Charge for service:
Price on Application

What is available:
Freshly prepared soup and main
course delivered to people's
homes three times per week.
Recipients may include the
elderly living alone, those with
disabilities or people recovery
from surgery or illness.

**Upper Glanmire Active
Retirement**
Community Centre,
Upper Glanmire,
Cork.

Charge for service:
Price on Application

What is available:
Social activities,
outings and light exercise.

Upper Glanmire ICA Guild
Tel: 087 2341187 Mary

Charge for service:
Price on Application

What is Available:

Monthly speakers.
Social craft sessions.
Summer walks.
Visits to theatre and shows.
Outings away.
Quiz teams.

Knockraha Active Age Group

Lower Maryville,
Knockraha,
Co. Cork.
Tel: 021 4822510

Charge for service:

Price on Application

What is Available:

Monthly meetings in local community centre.
Weekly progressive 45 drive
October – May (Tuesday nights)
Club socials and attending social held by other active age group: day trips and overnight tours.

Knockraha ICA

Aghaduff,
Knockraha, Co. Cork.
Tel: 021 4822483 \ 086 3184162
Email: kathobrien60@gmail.com

Charge for service:

Price on Application

What is Available:

Meeting of women from Knockraha and surrounding

areas.

Meetings first Wednesday night of every month in Knockraha Community Centre and on some other Wednesday nights for crafts and chat.

Seanoiri Group

Glounthaune Church Centre,
Glounthaune,
Cork.
Tel: 087 7786357
Email:
mfmotherway@eircom.net

Charge for service:

Price on Application

What is Available:

Trained exercise tutors guide chair exercises.
Musical entertainment.
Outdoor gym visited when weather permits.
Keep people in contact with others.
Chiropodist subsidised.
Outings for lunches etc.

Whitechurch and Waterloo Active Retirement Association

Whitechurch Community Association,
School Road,
Whitechurch,
Co. Cork.
Tel: 086 219 4864
Email:
Normamulcahy54@gmail.com

Charge for service:
Price on Application

What is Available:

Social and recreational activities.
Educational and training activities i.e.
-historical talks / poetry readings.
Guest speakers on varied topics.
Exercise to music, yoga, dancing, entertainment.
Outings.
Chiropody service with 30% subsidy.

Watergrasshill Community Care

Ann O'Regan
Condonstown,
Watergrasshill,
Cork.
Tel: 086 0826607
Email: Joan.cahill@hotmail.com

Charge for service:
Price on Application

What is Available:

Bi weekly social afternoons on Wednesdays.
Music/Arts & crafts/Bingo/Talks/Refreshments.
Regular outings/Exercises
Transport provided.
Monthly Chiropody Service.

Youghal / Cobh / Middleton

ASI Midleton Day Care

Edmund Rice Parish
Pastoral Centre,
Midleton, Co. Cork.
Tel: 087 9060767
www.alzheimer.ie
Email: jocalnan@alzheimer.ie

Charge for service:
Price on Application

What is Available:

Person centred Dementia specific Day Care.
Specific Day Care
Lunch.
Transport available.

Care & Repair Midleton

SECAD
Midleton Community and Enterprise Centre,
Midleton, Co. Cork.
Tel: 021-4613432
www.ageaction.ie
Email: fburke@secad.ie

Charge for service:
Price on Application

What is Available:

Volunteers carry out small DIY jobs free of charge for older people who find it difficult to do these jobs themselves. Jobs include; minor carpentry jobs,

changing light bulbs, minor decorating, hanging curtains, installing smoke alarms, small gardening jobs, etc.

A list of reliable tradesmen is available to provide quotations for larger jobs.

Care & Repair Cobh

Cobh Family Resource Centre,
Park House, Cobh,
Co. Cork.

Tel: 021-4908174

www.ageaction.ie

Email:

commdev.cfrc@gmail.com

Charge for service:

Price on Application

Waiting Time:

Waiting period can range from one day to two weeks.

What is Available:

Volunteers carry out small DIY jobs free of charge for older people who find it difficult to do these jobs themselves. Jobs include; minor carpentry jobs, changing light bulbs, minor decorating, hanging curtains, installing smoke alarms, small gardening jobs, etc.

A list of reliable tradesmen is available who can provide quotations for larger jobs.

Care & Repair Youghal

Cumann na Daoine
Catherine St.,

Youghal, Co. Cork.

Tel: 024-91900

www.ageaction.ie

Email:

mariaCumannnaDaoine@gmail.com

Charge for service:

Price on Application

Waiting Time:

Waiting period can range from one day to two weeks.

What is Available:

Volunteers carry out small DIY jobs free of charge for older people who find it difficult to do these jobs themselves. Jobs include; minor carpentry jobs, changing light bulbs, minor decorating, hanging curtains, installing smoke alarms, small gardening jobs, etc.

Youghal Community Health Project

C/o Youghal Family centre,
Blackwater Heights,
Youghal, Cork.

Tel: 086 4668484

Email: youghalcommunityhealth@hotmail.com

Charge for service:

Price on Application

What is Available:

Happy Feet Walking Group meet every Monday morning.

Low cost counselling.

Low cost massage therapy.

Carers Support Group.

Monthly peer support group.

Range of wellbeing programmes incl:

Just for Men, Being Well, Taking control etc.

Information, advocacy and support with health and well being issues.

Midleton Meals on Wheels

Fr Murphy Youth Club,
Youghal Road, Midleton,
Co. Cork.

Tel: 021 4633260 or 087 2542231

Charge for service:

Price on application

What is available:

A two course meal consisting of:

Summer - main and desert

Winter – soup and main.

65-70 persons avail of this service.

A Christmas party is held every year where a four course meal is provided for up to 100 people, all due to our dedicated volunteers.

ICA Midleton

Shanagarry,
Midleton, Co. Cork.

Tel: 087 7906285

Charge for service:

Price on Application

What is Available:

Meetings with a speaker, once a month.

Outings to concerts, gardens, & historic places.

Killeagh /Inch Monday Club

C/o Finbarr Motherway Park,
Youghal, Co. Cork.

Tel: 024 972010 or 086 8379102

Email:

mfmotherway@eircom.net

Charge for service:

Price on Application

What is Available:

Monthly get together (average 45/50 persons), speaker, dance performances and tea and social exchange.

Regular classes / activities - four sessions P.A.

Craft, health, technical, dance.

Travel: full day trips ½ day /

evening trips four day.

Tours in Ireland and Britain.

Co -ordination re rural transport scheme etc.

Youghal Community Health Project

Youghal Family Centre,
Blackwater Heights,
Youghal, Co. Cork.

Tel: 086 4668484

Charge for service:

Price on Application

What is Available:

Happy feet walking group,
Low cost counselling,
Low cost massage therapy,
Carers support group,
Range of wellbeing programmes.

Youghal Social Café

Youghal Community Health
Project, Blackwater Heights,
Youghal, Co.Cork.

Tel: 086 4668484

Email:

youghalcommunityhealth@
hotmail.com

Charge for service:

Price on Application

What is Available:

A once monthly social café
for local people living with
dementia, alzheimers and other
Dementias.

Aghada Senior Citizens

Ballyvoloon,
Whitegate,
Co. Cork.

Tel: 021 4661690 or

Eileen O'Driscoll on 086 8639097

Charge for service:

Price on Application

What is Available:

Two tours during the year.
one social evenings in the year.
Christmas party.

**SWELS Active Retirement
Association**

4 Carrignafey Terrace,
Cobh, Co. Cork.

Tel: 086 8109034 - Freda

Email:

fredamcdowall@yahoo.co.uk

Charge for service:

Price on Application

What is Available:

Weekly meetings.
Yoga, aqua, fitwalking, choir,
dance classes.
Day trips, lunch dates, annual
holidays .

Youghal Senior Citizens Co Ltd.

Kilcoran Park,
Youghal, Co. Cork.

Tel: 024 92764

Email:

Tinacoleman9@gmail.com

Charge for service:

Price on Application

What is Available:

Meals three days a week,
delivered to family homes varies
between 25-35 peoples mostly
elderly. Chiropody service on a
six week rota, part funded.

**Mallow / Charleville /
Buttevant**

**Charleville Sheltered Housing
Services**

Retirement Village,
Church View, Charleville,
Co. Cork.
Tel: 063 89593 / 063 89507 or 087
2737029
www.icsh.ie
Email:
celestinefarrissey@eircom.net

Charge for service:
Price on Application

What is Available:
30 Housing units in a
retirement setting consisting of
accommodation, care support
and daily lunch.
Higher Dependency residents
have option of all meals daily.

Churchtown Wednesday Club
C/o Liz Hennessy
Ballinaboul,
Churchtown, Mallow, Co. Cork.
Tel: 085 1416588

Charge for service:
Price on Application

What is Available:
Weekly Two hour meeting – Tea
& biscuits.
Activities can include –

mindfulness course , art classes,
bingo, chair yoga.
six day trips to gardens,
museums, films or as decided by
the group.

**Doneraile Active Retirement
Association**

Awbeg House,
Castletownroche,
Co. Cork.
Tel: 022 25925
Email: trevellyroad@iolfree.ie

Charge for service:
Price on Application

What is Available:
Meetings.
Exercise programme.
Outings.
Speakers.
Demonstrations.
Arts and crafts.

Dromina Community Centre
No. 5 Marian Tce
Dromina,
Charleville, Co Cork.
Tel: Mary Buckley 063 70286

Charge for service:
Price on Application

What is Available:
Chiropody.
Christmas party.
Garda text.
Rural bus.

ICA Newtownshandrum Charleville

Newtownshandrum,
Charleville,
Co. Cork.
Tel: 063 70043

Charge for service:

Price on Application

What is Available:

Lessons in arts and crafts.
Making wearable's for poor countries.
Volunteering.
Contact Catherine for social occasions.

Killavullen Community Council

Killavullen Community Hall,
Killavullen,
Co. Cork.
Tel: 086 3985397
Email:
killhallbookings@gmail.com

Charge for service:

Price on Application

What is Available:

Active Retirement Coffee
Morning – monthly.
Senior citizens Christmas party annually.
Cards.
Hall may be rented by any group.

The Crystal Project

Memory Resource Room,
Mallow Primary Health Care
Centre,
Mallow, Co. Cork.
Tel: 022/58700 086/7871818
Email: info@crystalproject.ie

Charge for service:

Price on Application

What is Available:

The Crystal Project is a community Dementia project. It involves collaboration between the HSE, The Alzheimer Society of Ireland, Family Carers Ireland, families affected by dementia, UCC, local community groups and GPs. We provide assistance to people who may be concerned about their memory, people with a diagnosis of dementia and people who have a relative with dementia. Services we offer are provided on a one to one basis and in group settings and are social, educational and informative. We also link in with different community groups to promote awareness of dementia across the community.

Le Chéile Mallow Men's Shed

The Youthreach Building,
Ballyellis,
Mallow,
Co. Cork.
Tel: 087 248 6143

www.lecheilemallowmensshed.
weebly.com
Email:
lecheilemallowmensshed@
gmail.com

Charge for service:

Price on Application

What is Available:

We are a social club for men of 18 years and over. We meet on Tuesday, Wednesday and Thursday nights from 7 – 9pm in The Youthreach Building, Ballyellis, Mallow. We have the use of facilities such as woodwork, woodturning, metalwork, welding, pottery, computers and cooking. There is no fee to join, we ask for a voluntary contribution towards the upkeep of the shed.

Liscarroll Social Satellite

Liscarroll,
Mallow,
Co. Cork.
Tel: 086 1691191

Charge for service:

Price on Application

What is Available:

Meet every second Tuesday.
2pm – 4pm.
Exercises , tea, chat, Bingo.

Lombardstown ICA

Barbara Allshire,
Riverside,
Lower Gortroe,
Lombardstown, Co. Cork.
Tel: 022 47400

Charge for service:

Price on Application

What is Available:

Monthly group meetings for ladies.
Interesting speakers.
Outings.
Activities and crafts.

Mallow Active Retirement Group

Parish Centre,
Main Street,
Mallow,
Co. Cork.
Tel: 087 3670242

Charge for service:

Price on Application

What is Available:

List of activities and outings for older people.

Mallow Day Care Centre

Court View,
New Road,
Mallow,
Co. Cork.
Tel: 022 22398
www.mallowdaycare.com
Email: mallowdcc@gmail.com

Charge for service:

Price on Application

What is Available:

OPID, chiropody, physiotherapy, aromatherapy, hairdressing, reflexology, exercise programmes, lunch, birthday parties, card games, transport to and from the centre.

Mallow Community Health Project

Le Cheile Family Resource Centre,
Mallow Community Campus,
Fair St,
Mallow, Co. Cork.

Tel: 087-4335047 or 022-42439

Email:
communityhealthworker@lecheilefrc.ie

Charge for service:

Price on Application

What is Available:

Fitness: Walking Group/ Social Group.

Health information and advocacy: information, advice and support for individuals and families in relation to community health and health services in the area.

Workshops and Training: Training on specific health related topics will be delivered throughout the year.

Mallow Sheltered Care Ltd.

Summerhill,
Mallow,
Co. Cork.

Tel: 022 43484

Email:
mallowshelteredcare@eircom.net

Charge for service:

Price on Application

What is Available:

Provide sheltered accommodation for 23 elderly people capable of independent living and dinner six days a week.

Mallow Social Services Council

New Road,
Mallow, Co. Cork.

Tel: 022 22225

Email:marycokeeffe@gmail.com

Charge for service:

Price on Application

What is Available:

Meals on Wheels Service.
Sit down meal service in the centre.

McAuley Day Centre Ltd.

Main Street,
Charleville, Co. Cork.

Tel: 087 6172720

Sec: Sr M Rose Murphy
Email: danieljahern@gmail.com

Charge for service:
Price on Application

What is Available:

Social activities for elderly people 12-4pm on Mondays and Wednesdays.
Time to chat, pray, to dance, exercises.
Cup of tea and sandwiches etc.
Games.
Outings.
Chiropody.
Meals on Wheels deliver to homes five days per week.

Buttevant Mercy Centre

Richmond Street,
Buttevant,
Cork.
Tel: 083 1186488

Charge for service:
Price on Application

What is Available:

Meals on Wheels 5 Day's service.
Showers if needed.
Chiropody.
Social day.
Outing.

Women for Women

Woodview Community Centre,
Kennel Hill, Mallow,
Co. Cork.
Tel: 086 3362184
womenforwomenmallow.com

Charge for service:
Price on Application

What is Available:

We are a support group for woman providing courses decided by members e.g. personal development, physical development and talks on relevant subjects.

**Milford Community Hall
(Chiropody)**

Milford Community Hall,
Milford,
Charleville,
Co. Cork.
Tel: 087 2135741 Pat Murphy

Charge for service:
Price on Application

What is Available:

Chiropody service provided by Chris Burton.
Chiropodist , Dromcolloguer, Co Limerick .
Chris attends to the elderly in her own clinic or in their homes in Milford.

Ballyhoura Rural Services

Market House,
Churchtown,
Mallow,
Co. Cork.
Tel: 022 59984
Email:goconnor@
ballyhouraruraservicesorg.

Charge for service:
Price on Application

What is Available:

Ballyhoura rural services provides a be friendly / visitation service to community members who would appreciate a social call in their own home. We assist people with form filling, shopping, accompany people for a walk. We also provide support to family carers giving them an opportunity to take a break for a few hours.

Rockchapel Young At heart

1 Lord Dungarvan,
Rockchapel,
Co. Cork.
Tel: 029 69977

Charge for service:
Price on Application

What is available:

Social activities and meals for the elderly.





NORTHSIDE



Mayfield / Glen / Montenotte / Ballyvolane

Baile An Aoire, Good Shepherd Sisters

Baile An Aoire,
Leycesters Lane,
Montenotte, Cork.
Tel: 021 4551200
Email: ritabaileaoire@eircom.net

Charge for service:
Price on Application

What is Available:

We provide a safe secure environment for vulnerable women, with quality single unit accommodation encouraging independent living.

Our vision is to enhance the quality of life for our residents by encouraging harmony and respect for the individual.

Glenfields Community Childcare

1a Glenfields Park,
Ballyvolane,
Cork.
Tel: Helena O'Sullivan
Email:
glenfieldcreche@gmail.com

Charge for service:
Price on Application

What is Available:

Eldercare group meet every

Wednesday from 2.30 – 4.30pm for musical movement , yoga, tea/coffee and companionship. Widowers / Widows group meet every Tuesday from 1.30 – 3.30pm for support, relaxations methods , tea and coffee.

Mayfield Health Action Zone Project HSE

Mayfield Community Health Worker(CHW),
New Roseville House,
Old Youghal Rd,
Mayfield,
Cork City.
Tel: 087 6534419 or (021)4928370
Email: Patricia.O'Brien4@hse.ie

Charge for service:
Price on Application

What is Available:

Initiatives to support health and well being including walking groups, dance, yoga, art and the 'Meet 'n' Greet social group.

The community health worker can also provide health information, advocacy & signposting to various community health initiatives and certain HSE services in your area.

The Glen Health Action Zone Project HSE

The Glen Community Health Worker (CHW),
C/O Glen Resource and Sports Centre,
Glen Avenue,
The Glen, Cork.
Tel: 087 688 3495 or (021)4928370
Email: Bernard.twomey@hse.ie

Charge for service:

Price on Application

What is Available:

Initiatives to support health and wellbeing including walking groups, food focus growing group, physical activity health & aging classes & The Fathers & Sons Fishing Trips.

The community health worker can also provide health information, advocacy & signposting to various community health initiatives and certain HSE services in your area.

Lotamore Family Resource Centre

20 Lotamore park,
Mayfield, Cork.
Tel: 021-4503066
Email: lotamorefrc@yahoo.ie

Charge for service:

Price on Application

What is Available:

Coffee morning held every second wednesday.
Group outings.
Information, advocacy and support on all age and health related matters.
Chiropodist by appointment.
Links to relevant community and statutory services in the area.

Mayfield Integrated Community Development Project

328 Old Youghal Road,
Mayfield,
Cork.
Tel: 021 4508562
www.mayfieldcdp.ie
Email: Mayfieldcdp@eircom.net

Charge for service:

Price on Application

What is Available:

Community Garden
Men's Shed & Resource Centre.
Computer room.
Massage (by appointment)
Monday pm friday am.
Over eaters anonymous
(Wednesday, Thursday evening).

St. Brendan's The Glen Senior Citizens Ltd

1 Imaal Court,
The Glen, Cork City.
Tel:
Email:
stbrendansdaycentre@eircom.net

Charge for service:

Price on Application

What is Available:

Regular courses i.e. Yoga, singing, dancing, art, craft, walking group, relaxation for healing.

Weekly bingo group, a monthly mass.

Chiropodist and a fortnightly alternative health therapist.

Bus outings of varying lengths.

Annual BBQ.

Christmas party which is held outside the centre.

Visits from the local services and Gardaí.

St. Joseph's Active Retirement Club Mayfield

St. Joseph's Community Assoc.
Old Youghal Road, Mayfield,
Cork.

Tel: 021 4500538

Charge for service:

Price on Application

What is Available:

Meetings every Tuesday
afternoon 2. 30 to 4.30pm.

Games.

Afternoon of music and song.

Storytelling.

Guest speakers visit our club to discuss different topics.

St. Patrick's Meals on Wheels Mayfield

C/O Dan Williamson

2 Murmont Court,

Mayfield, Cork.

Tel: 021 4500859 or 087 6791079

Charge for service:

Price on Application

What is Available:

Meals delivered to people's homes. Three days per week.

Mon two meals. Wed three

Meals. Sat two Meals.

Farranree / Fairhill**Farranree Family Centre**

Close's Green,

Farranree, Cork.

Tel: 021 4301030

Email:

farranreefamcen@yahoo.com

Charge for service:

Price on Application

What is Available:

Moving Age is a network of services for older people.

Weekly sessions and home visits.

Holidays.

Outings.

Farranree Sheltered Housing Association

Ard Na Ri, Close's Green,

Farranree, Cork.

Tel: 022 4220832

Charge for service:
Price on Application

Farranree/Fairhill Health Action Zone Project HSE

Farranree/Fairhill Community Health Worker (CHW),
HSE Community Work Dept. Office,
Old Library, St. Mary's Rd,
Cork City.
Tel: 086 787 2265 or 021 4928370
Email:
Joanne.McNamara3@hse.ie

Charge for service:
Price on Application

What is Available:

Initiatives to support health and wellbeing including Nashes Boreen Walking Group, Indoor Bowls Group, Beginners Gym Group & the Meet & Greet Morning Social Group. The community health worker can also provide health information, advocacy & signposting to various community health initiatives and certain HSE services in your area.



Gurrabraher / Churchfield

Gurrabraher Meals on Wheels

Parochial Hall,
Gurrabraher,
Cork.
Tel: 021 4303655
Email:
Ascensionparish123@gmail.com

Charge for service:
Price on Application

What is Available:

Meals on Wheels

Gurrabraher Churchfield Health Action Zone

Gurrabraher Churchfield Health Action Zone Project HSE,
Gurrabraher Churchfield Community Health Worker (CHW),
HSE Community Work Dept. Office,
Old Library,
St Mary's Rd,
Cork City.
Tel: 087 981 4803 or
(021)4928370
Email: stephend.murphy@hse.ie

Charge for service:
Price on Application

What is Available:

Initiatives to support health and wellbeing including Walking Group, Gurrabraher

Churchfield Men's Group, yoga, Men's Swim Group, & indoor bowls.

The community health worker can also provide health information, advocacy & signposting to various community health initiatives and certain HSE services in your area.

Gurrabraher Senior Citizens

The Hut Gurrabraher/
Churchfield Youth & Community Resource Centre,
Gurrabraher,
Cork.
Tel: 021 4308975 Marie Finnegan

Charge for service:

Price on Application

What is Available:

Gurrabraher Senior Citizens Group organise various fun and social activities for all of the community including a Sewing Group, Knitting Group, Beginners Bowling, Bingo and the occasional day trip.

Cork City Partnership Monthly Sunday Tea Dance

C/O 6 Imaal Court,
The Glen,
Cork.
Tel: 021-4550943
Email: Along@partnershipcork.ie

Charge for service:

Price on Application

What is Available:

The Sunday Tea Dance takes place once a month on a Sunday afternoon from 3pm to 6pm in Gurrabraher Churchfield Youth & Community Centre (The Hut). There is no charge for the event. We provide refreshments, music, sing-song and dancing.

Gurrabraher Churchfield Men's Group

Parochial Hall,
Knockfree Ave,
Churchfield,
Cork City.
Tel: 087 9814803
Stephen Murphy

Charge for service:

Price on Application

What is Available:

The group meets every Thursday from 2pm to 4pm. Taking part in activities such as having cup of tea and a chat, pool, cards, pitch and putt, talks on health and wellness, and day long outings during the summer

Knocknaheeny / Hollyhill

NICHE Community Health Initiative

HSE Building,
Harbourview Road,
Knocknaheeny,
Cork.

Tel: 021 4300 135

Email: info@nicheonline.ie

www.nicheonline.ie

Charge for service:

Price on Application

What is Available:

NICHE organise weekly groups who meet to socialise and take part in activities such as Singing for Health, Tai Chi and Art Therapies, NICHE garden group, Men's group: the 'Men's Tool Box'.

Niche also provide Health Advocacy Service, and NICHE supports Counseling in Primary Care (CIPC), Public Health Nurse Clinics, chiropody and Arc House support services.

St. Mary's Senior Citizens Club Knocknaheeny

Senior Citizens Day Centre,
Foyle Ave,
Knocknaheeny,
Cork.

Tel: 021 4399120

Email: Smcitizens@gmail.com

Charge for service:

Price on Application

What is Available:

Bingo, dance classes, rings tournaments & Indoor bowling. Singing classes with NICHE. Art classes. Meals on Wheels & Daily meals.

(Cork City Partnership) Senior Alert Scheme

Knocknaheeny Community Building, Foyle Avenue,
Knocknaheeny,
Cork.

Tel: 021-4399503

Email:

norma.kenny@partnershipcork.ie

Charge for service:

Price on Application

What is Available:

The Seniors Alert Scheme is provided under funding by the Department of the Environment, Community and Local Government. The scheme is administered by Pobal in cooperation with a registered community group and Cork City Partnership is one of those groups.

It is available to people over 65 living alone or living with another qualifying person. For further information or to complete an Grant Application Form contact Cork City Partnership.

Cork City Partnership Knocknaheeny Over 60's Tea Dance

Knocknaheeny Community
Building,
Foyle Avenue,
Knocknaheeny,
Cork.
Tel: 021-4399503

Charge for service:
Price on Application

What is Available:

The Tea Dance includes refreshments, music and dancing and takes place quarterly. The venue changes from time to time subject to availability. It takes place on a week day afternoon from 2pm to 5pm. There is no charge for the event. The activity is supported/facilitated by St. Vincent's Hurling & Football Club and The Rock Steps Community Centre.



Shandon / Blackpool / North City Centre

Cork Community Art Link

The Lido,
Watercourse Road,
Blackpool,
Cork.
Tel: 021 4553747
www.corkcommunityartlink.
com
Email:
info@corkcommunityartlink.com

Charge for service:
Price on Application

What is Available:

Arts workshop.
Facilitation.
Consultancy.
Cinema programme.

Eason's Hill Community Centre

Eason Hill,
Shandon,
Cork.
Tel: Chairperson 087 9137859

Charge for service:
Price on Application

What is Available:

Friendship Club.
Men's Group.
Community activities.
Health Care Services.

Mount Cara Ltd.

Redemption Road,
Cork.
Tel: 021 4395737
Email: carahouse@eircom.net

Charge for service:

Price on Application

What is Available:

Residential facility for 25 elderly people.
Respite care.
Convalescent care.
Low to medium dependency.

Boyces Street Community Association

11 Suan Ti,
Boyces Street,
Cork.
Tel: 021 4305041

Charge for service:

Price on Application

What is Available:

Bingo.
Outings.
Activities.
Rooms used by agencies for Community Information meetings.

Coffa House Social Centre for the Elderly

21 Church Street,
Cork.
Tel: Lillian O'Leary 086 0816214

Mary Hickey 087 9342906
Email: lillianoleary@hotmail.com

Charge for service:

Price on Application

What is Available:

Bingo Monday night 8 – 9.45pm
Social once a month, Thursday night 7.30 to 10pm
Dinner and Bingo on Tuesday 1 to 3pm
Annual events-Summer outing.
Annual mass and social carol concert.
Christmas party, Bumper Bingo.
Three Bus outings per year.
Pamper Day on Tuesday.

ICA St. Lukes

St. Lukes,
Cork.
Tel: 086 0665719 Anne
086 0593632 Therese

Charge for service:

Price on Application

What is Available:

We meet on the 1st and 3rd Thursday of the month – meeting room at the rear of Holy Family Church Military Road.
Friendship.
Social gathering.
Guest speakers.
Musical & craft evenings.
Followed by refreshments, new members always very welcome.

Middle Parish MOW

1 Peter Street,
Cork.
Tel: 021 4273934

Charge for service:

Price on Application

What is Available:

Meals delivered Monday to Saturday.
Sunday meal can be provided.
Meals also available in dining room: Monday to Saturday.

Sacred Heart Parish Senior Citizens

Sacred Heart Parish,
Western Road, Cork.
Tel: 086 6183332

Opening times:

Monthly socials – September to May.
Chiropody every six weeks.
Exercise weekly Thursday 2.30 pm. – 4.00 pm.

Charge for service:

Price on Application

What is Available:

Monthly socials.
Chiropody.
Pilgrimage to Knock (overnight) in May.
Exercise for the elderly.

Share Independent Living

Share,
Clochan Barra,
43 Shears Street,
Cork.
Tel: 021 4273977
Sharecork.org
Email: sharecork@gmail.com

Charge for service:

Price on Application

What is Available:

Independent living with social interaction and support.
Maintenance and laundry service.
Seven complexes , totalling 150 plus apartments.

Share Br Jerome Kelly Day Care Centre

Br Jerome Kelly Day Care Centre,
Clochan Barra,
43 Sheares Street,
Cork.
Tel: 021 4222260
Sharecork.org
Email:
Daycare.catherine@gmail.com

Charge for service:

Price on Application

What is Available:

Medical Services – Blood pressure recording.
Nursing services – Dressing.
Blood sugar monitoring.
Assisted bathing.

physiotherapist, hairdressing, hot meals, activities such as art, crafts, bingo, quiz, baking, daytrips, music.

Blackpool/Shandon Health Action Zone Project HSE

Blackpool/Shandon Community Health Worker (CHW),
HSE Community Work Dept.
Office,
Old Library,
St. Mary's Rd, Cork City.
Tel: 087 787 2372 or (021)4928370
Email: Martin.Aherne@hse.ie

Charge for service:

Price on Application

What is Available:

Initiatives to support health and well being including Women's Friendship Club, Gym and Swim Group, Shandon Men's Group, Age Health & Physical Activity Classes, & Singing/Choir Group.

The community health worker can also provide health information, advocacy & signposting to various community health initiatives and certain HSE services in your area.

Blarney / Tower

Blarney Care of the Aged and Meals on Wheels

18 Castleowne,
Blarney, Co Cork.

Service:

Convent Hall, Blarney, Co Cork.
Tel: 087 7372706
Email:
Brendan.murphy@
corktrainingcentre.ie

Charge for service:

Price on Application

What is Available:

Meals on Wheels service and installation of alarms.

Blarney Active Retirement Association

Bridget Harrington
30 Castle Close Drive,
Blarney,
Co. Cork.
Tel: 021 4385424
Email: curracbui@tinet.ie

Charge for service:

Price on Application

What is Available:

Weekly social meetings.
Go for Life exercises/arts + crafts.
Pitch and Putt.
Day trips.
Swimming.
Gardening (group allotment).

Blarney Men's Shed

Donal Hayes
The Mills,
Blarney,
Co. Cork.
Tel: 086 2347934
Email:
blarneymensshed@gmail.com

Charge for service:

Price on Application

What is Available:

Men's Shed on-going projects.
Renovation of shed.
Restoration of old bicycles, carts
Participation in St. Patrick's Day
Parade.
Social interaction.
Promoting local community
projects and events.

Blarney Irish Country Women's Association (I.C.A. Guild)

Carmel Burke,
13 Castle Owen,
Blarney,
Co. Cork.
Tel: 087 2384147

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many
activities from drama to keeping
fit, arts and crafts, gardening and
flower arranging and at times
involved with local community
projects. Social activities include
table quiz, entering various

competitions and organised
outings. Guest speakers are
often invited regarding topics
of interest to members of the
I.C.A. Guild. Friendship and
social activities are basis for all
activities.

Donoughmore Active Retirement Association

Cummeen,
Donoughmore,
Co. Cork.
Tel: 087 9892825 Nora O'Connor
Email: noraandon@eircom.net

Charge for service:

Price on Application

What is Available:

Monthly meetings for retired
people to meet for social,
educational and entertainment
purposes.

St. Senan's Friendly Society

Kilclough,
Vicarstown,
Co. Cork.
Tel: 021 7332015 / 087 9977701
Email: cliffcall@hotmail.com

Charge for service:

Price on Application

What is Available:

Socials monthly at Tower Hall.
Weekly bus, shopping, leader
funding.

Day bust trips, sight seeing.
Alarms, panic buttons, organised
Talks and contact with
Community Liaison Guard.
Fitness/exercise session monthly.





St. Finbarrs Cathedral

SOUTHSIDE



Bishopstown / Ballincollig / Ovens / Farran

Bishopstown Meals on Wheels

C/o Wilton Park House,
Bishopstown,
Cork.
Tel: 021 4543757
Email:
wiltonparkhouse@gmail.com

Charge for service:

Price on Application

What is Available:

Providing hot nutritious meals to members of the public, who are not in a position to cook meals for themselves. Areas covered are Bishopstown and surrounding areas.

Bishopstown Men's Shed

Wilton Park House,
Bishopstown,
Cork.
Tel: 086 3540039 (Bill Egar) or 086 022259 (Michael Dowling)
Email: bishopstownmenssheds@gmail.com

What is Available:

A place for men to gather to enhance their health and mental wellbeing by participating in meaningful projects and social activities including:
Woodwork/wood turning,
gardening, bowling,

Computer/mobile phone lessons. Maintaining Glasheen Stream and walkways.

Bishopstown Senior Social Centre

Wilton Park House,
Bishopstown,
Cork.
Tel: 021 4348595
bishopstownseniors@gmail.com

Charge for service:

Price on Application

What is Available:

A place to meet and socialise, guest speakers, card games (45), dancing and music, computer classes, exercise classes, a befriending service, take part in organised social outings, advocacy service available, access to care and repair service for senior citizens and a chiropody clinic.

Bishopstown Hill Walking & Orienteering Club

Model Farm Road,
Cork.
Tel: 021 4546194
Email:
bishopstownhc@gmail.com

What is Available:

Hill walks, forest walks, marked trail walks, orienteering days, family days.

Wilton Wanderers Active Retirement Group

Wilton Road,
Cork.
Tel: 087 3216909 (Ann)
Email: Bernajohn27@gmail.com

Charge for service:

Price on Application

What is Available:

Mild exercise.
Trips and outings.
Chat and cup of tea.

Wilton Bishopstown Active Retirement Club

Tel: 086 0526710

Charge for service:

Price on Application

What is Available:

Trips and outings. Places of interest.
Weekly Meetings (Thursday).
Monday Walking Group.
Holidays.

Ballineaspig Bridge Club

Wilton Road,
Cork.
Tel: 021 4543687

Charge for service:

Price on Application

What is Available:

Game of Bridge.

Bishopstown Irish Country Women's Association (I.C.A.)

C/o Wilton SMA Community Centre,
Wilton,
Cork.
Tel: 026 43703 (Brenda Dennehy)

Charge for service:

Price on Application

What is Available:

Arts and craft demonstrations.
Guest speakers.
Christmas dinner.
Summer outings.
Social evenings.
Weekly meetings.

Active Retirement Group

Wilton,
Cork.
Tel: 087 3216909 (Ann)
Email:
Bernajohn27@gmail.com

Charge for service:

Price on Application

What is Available:

Mild exercise.
Trips and outings.
Chat and cup of tea.

Heartthrobs – Bishopstown Cardiac Support Group

C/o Bishopstown Library,
Wilton, Cork.
Tel: 087 2874106

Email:mccarthycurraheen@gmail.com

Charge for service:

Price on Application

What is Available:

The support group aims to provide the cardiac patient with educational support, psychological support and peer support. Our professional guest speakers give upto date information on all aspects of heart disease. It is an informal and friendly gathering and new members are always welcome.

Ballincollig Active Retirement

Floor 3,
Castle West Shopping Centre,
Ballincollig, Co. Cork.

Tel: 083 8608324

Email:
activeretirementballincollig@gmail.com

Charge for service:

Price on Application

What is Available:

Varied activities.

Ballincollig Community Catering Meals on Wheels

West Gate Foundation,
West Village,
Ballincollig,
Co. Cork.

Tel: 021 4873648

www.westgatefoundation.ie

Email:

westgatefoundation@gmail.com

Charge for service:

Price on Application

What is available:

Providing hot nutritious meals to members of the public, who are not in a position to cook meals for themselves. Areas covered are Ballincollig and surrounding areas.

Westgate Foundation

Westgate Foundation,
West Village,
Ballincollig,
Co. Cork.

Tel: 021 4863272

www.westgatefoundation.ie
Email:
westgatefoundation@gmail.com

Charge for service:

Price on Application

What is available:

Day Care.
Community Transport.
Community Counselling.
Community Catering.
Social and Active Retired Club.
Social Work Service.
Sheltered Housing Programme (36 houses).

Ballincollig Men's Shed

Sonass House,
Station Road,
Ballincollig.
Tel: 089 2166400

Charge for service:

Price on Application

What is Available:

Socialising and various projects that benefit the local community.

Ovens / Farran Active Circle

Knockanemore,
Ovens,
Co. Cork.
Tel: 087 6474186

Charge for service:

Price on Application

What is Available:

A variety of activities: talks, bingo, table quizzes, exercises, music etc. Also social outings, and Tea dances.

John A. Wood Sports & Social Club

Barnagore,
Ovens,
Co. Cork.
Tel: 021 4874155
www.johnawoodsandsclub.ie

Charge for service:

Price on Application

What is Available:

Tennis
Peter 087 4111212
Pitch and Putt
Pat 086 4677658
Soccer
Fergus 086 8875605
Badminton
Bill 087 2726075
Snooker 021 4874155
Hire of Hall
& Bar Area 021 4874155
Hire of Astro
Turf Pitch 021 4874155

Ballyphehane / Togher / Turners Cross

Ballyphehane Togher Community Development Project

Community Resource Centre &
Creche,
Lower Friar's Walk,
Ballyphehane.
Tel: 021-4319085
Email: Siobhan@btcdp.ie

Charge for service:

Price on Application

What is Available:

Community Health Groups &
Classes.
Community development
support for groups/networks.
Arts & Health programmes.
Community education.
Community administration.

Ballyphehane Family Carers

Tel: 021 4541048 or 087 6160003
Email: bridie.gildea@icloud.com

Charge for service:

Price on Application

What is Available:

Support Group meetings.

Ballyphehane Irish Country Women's Association (I.C.A.)

Tel: 021 4317591

Charge for service:

Price on Application

What is Available:

Activities include:
Bus outings.
ICA Business meetings.
Guest Speakers/Demonstrations/
Crafts.
Meeting for a sing song, exercise
or old story telling.

Ladie's Club Ballyphehane

C/o Ballyphehane Community
Centre,
Tory Top Road,
Ballyphehane,
Cork.
Tel: 021 4961910

Charge for service:

Price on Application

What is Available:

Meeting every week for tea and
chat.
Social outings.
Guest Speakers.

Ballyphehane Meals on Wheels

Ballyphehane Community
Centre, Tory Top Road,
Ballyphehane, Cork.
Tel: 021 4965339
www.ballyphehanecommunity.com
Email:
ballyphehanecommunitycentre
@eircom.net

Charge for service:
Price on Application

What is Available:

Providing hot nutritious meals to members of the public, who are not in a position to cook meals for themselves. Areas covered are Ballyphehane and surrounding areas.

Ballyphehane Over 55's Club

Ballyphehane Community Centre,
Tory Top Road,
Ballyphehane, Cork.
Tel: 021 4965339 or 021 4318608

Charge for service:
Price on Application

What is Available:

Socialising with a cup of tea and cake, playing bingo and the occasional music evening with dancing.

Ballyphehane Art & Craft / Crochet Groups

C/o Ballyphehane Community Centre,
Tory Top Road,
Ballyphehane.
Tel:021 4319085

C/o Ballyphehane Togher C.D.P.
Lower Friars Walk,
Ballyphehane.
Tel: 021 4965339

Charge for service:
Price on Application

What is Available:

Art & Craft Groups are available in Ballyphehane Community Centre and Ballyphehane Togher Community Development Project. Crochet Group is available in Ballyphehane Togher Community Development Project.

Ballyphehane Men's Shed

C/o Ballyphehane Community Centre,
Tory Top Road, Ballyphehane,
Cork.
Tel: 021 4965339 or 086 8902583

Charge for service:
Price on Application

What is Available:

A place for men to gather to socialise and participate in projects, including gardening, woodwork, card games, etc.

Togher Bereavement & Counselling Services

Togher Parish Office,
Togher, Cork.
Tel: 087 6653600

What is Available:

- Bereavement programmes.
- Living with Loss.
- Suicide Prevention.
- Psychotherapy counselling.

Togher Meals on Wheels

Togher Community Centre,
Togher Road, Cork.
Tel: 021 4964041

Charge for service:

Price on Application

What is Available:

Providing hot nutritious meals to members of the public, who are not in a position to cook meals for themselves. Covered area is Togher Parish area.

Togher Community Centre

Togher Community Centre,
Togher Road, Togher, Cork.
Tel: 021-4321002

Charge for service:

Price on Application

What is Available:

Programmes are offered throughout the year:
Women's Active Group incl. Bowls, Women's Group, Retired Gent's Club.

Togher Family Centre

6, Maglin Grove,
Deanrock Estate,
Togher.
Tel: 021-4316766

Charge for service:

Price on Application

What is Available:

Programmes are offered throughout the year:
Women's Active Group,
Art Group,
Craft Group,
Computers.

O'Connell Court

Doughcloyne,
Togher Cross,
Cork.
Tel: 021 4316076
www.oconnellcourt.ie
Email: oconnellcourt@gmail.com

Charge for service:

Price on Application

What is Available:

Supported Social Housing.

Turners Cross Active Retirement

Social Services Centre,
Capwell Road,
Cork City.
Email:
deirdrebrennan4@eircom.net

Charge for service:

Price on Application

What is Available:

Weekly meetings.
Guest Speakers.
Dance/exercise/Tai Chi classes.
Various outings.
Yearly holiday.

South City Centre / The Lough / South Parish

The Lough Community Catering (Meals on Wheels)

C/o Lough Community Centre,
Green Street,
The Lough,
Cork.

Tel: 021 48963251 Monday to
Friday 8:30am - 1pm

Charge for service:

Price on Application

What is Available:

Providing hot nutritious meals to members of the public, who are not in a position to cook meals for themselves. Areas covered are the Lough and St. Finbarr's parishes including the Lough, Glasheen Road, Magazine & College Road, Western Road, Greenmount, Douglas Street area, Capwell Road and Southern Road.

Celtic Stick Makers

C/o The Lough Scout Hall,
The Lough,
Cork.

Tel: 086 3590078

Charge for service:

Price on Application

What is Available:

The Club is dedicated to promoting traditional stickmaking and to sharing the skills, ideas and techniques of beginning and experienced stickmakers alike.

We regularly organise workshops in various locations throughout the country, featuring the skills of both local and international experts.

"Tea or Coffee" Programme for Older Members of the Polish Community

17 Georges Quay,
Cork City.

Tel: 021 49667743

www.together-razem.org

Email: info@together-razem.org

Charge for service:

Price on Application

What is Available:

Created in 2011 to bring together the older members of the Polish community for a variety of thematic meetings in Together Razem Centre. The group promotes Polish culture and creates positive relations with the Irish community.

Oakdene House

Prosperity Square,
Off Barrack Street,
Cork.
Tel: 021 4316196
Email:
oakdenehouse@gmail.com

Charge for service:

Price on Application

What is Available:

Supported Social Housing.

South Parish Community Centre

Sawmill Street,
Cork.
Tel: 021 4317780

Charge for service:

On Application

What is Available:

Rooms to let at reasonable prices.
Retired Network Group meeting.

South Parish Old Folk's Club

C/o South Parish Community Centre,
Sawmill Street,
Cork.
Tel: 086 1225886 (Liz O Donovan)

Charge for service:

Price on Application

What is Available:

Social evening every Friday night.
Summer outings.
Christmas party.
Guest speaker/Talks on various topics of interest.
Meeting with other social groups.

Care & Repair Cork City, Suburbs and Surrounding Areas

Age Action,
Unit 14 Melbourne Business Park,
Model Farm Rd.,
Cork.
Tel: 021-2067399
www.ageaction.ie
Email: aac@ageaction.ie

Charge for service:

Price on Application

What is Available:

Volunteers carry out small DIY jobs free of charge for older people who find it difficult to do these jobs themselves. Jobs include; minor carpentry jobs, changing light bulbs, minor decorating, hanging curtains, installing smoke alarms, small gardening jobs, etc.
For bigger jobs, details of reliable tradesmen can be provided for professional quotations.
The Service is available in Cork City and suburbs including surrounding area such as Ballincollig, Passage West, Glanmire, etc.

Douglas Meals on Wheels

Douglas Community Centre,
Church Road,
Douglas,
Cork.
Tel: 021 4362289

Charge for service:
Price on Application

What is Available:

Providing hot nutritious meals to members of the public, who are not in a position to cook meals for themselves. Areas covered are Douglas and surrounding areas.

Young at Heart, Douglas Seniors

Douglas Community Centre,
Church Road.
Douglas,
Cork.
Tel: 087 2987161
Email:
philgoodman01@gmail.com

Charge for service:
Price on Application

What is Available:

Services and activities for older people's health and well being, such as personal pendant alarms.
Care-Ring, the friendly phone service.
Activities available include

Tai Chi, bingo, indoor bowls, rings, knitting, crochet, computer classes, kurling, the intergenerational quiz, social activities, dancing and guest speakers discussing health issues.

Douglas Bowls Club

Canon Packham Hall,
Douglas,
Cork.
Email: bcjohn1@eircom.net

Charge for service:
Price on Application

What is Available:

Indoor bowls played. Open to community in area at Canon Packham Hall, Douglas.

Douglas Old Folk's Housing Association Ltd.

Lion House,
Church Street,
Douglas,
Cork.
Tel: 087 7851082
Email: douglaslions@gmail.com

Charge for service:
Price on Application

What is Available:

We provide Social Housing to people in reduced circumstances and don't own their own homes and qualify for

rent allowance.

Douglas G.A.A. Bowls Club

Douglas G.A.A. Club,
Douglas,
Cork.
Tel: 087 2386305
Email: Rhiansean@yahoo.co.uk

Charge for service:

Price on Application

What is Available:

Indoor short mat bowls.

Douglas Community Association

Douglas Community Centre,
Church Road,
Douglas,
Cork.
Tel: 021 4894955

Charge for service:

Price on Application

What is Available:

Douglas Tidy Towns.
Various community activities.

Douglas and District Cardiac Support Group

Lion House,
Douglas,
Cork.
Email: douglaslions@gmail.com

Charge for service:

Price on Application

What is Available:

The support group aims to provide the cardiac patient with educational support, psychological support and peer support. Our professional guest speakers give up to date information on all aspects of heart disease. It is an informal and friendly gathering and new members are always welcome.

Grange/ Frankfield Active Retirement Group

Grange/Frankfield,
Cork.
Tel: 087 2330601
Email:
aheffernan67oaks@yahoo.ie

Charge for service:

Price on Application

What is Available:

Exercise class.
Dancing class.
Art class.
Morning coffee.
Occasional day trips.

Ballinlough / Blackrock / Mahon

Ballinlough Meals on Wheels

C/o Ballinlough Community Centre,
Ballinlough Road,
Ballinlough,
Cork.
Tel: 085 1615360
Email: noeloshea@hotmail.com

Charge for service:

Price on Application

What is Available:

Providing hot nutritious meals to members of the public, who are not in a position to cook meals for themselves. Areas covered are Ballinlough and surrounding areas.

Ballinlough Community Association

Ballinlough Community Centre,
Ballinlough Road,
Ballinlough,
Cork.
Tel: 085 1665707

Charge for service:

Price on Application

What is Available:

Ladie's Retirement Club.
Gents Club.
Bingo.
Card games.

Tea dances.
Police Forum meetings.
Christmas events.

Blackrock (Mahon) Meals on Wheels

35, Convent Road.
Blackrock,
Co. Cork.
Tel: 021 4291603 (Chairperson)

Charge for service:

Price on Application

What is Available:

Hot meal delivered to your home.

Blackrock Community Association

Convent Road,
Blackrock,
Cork.
Tel: 087 4155862
Email:
carmelhatchell@hotmail.com

Charge for service:

Price on Application

What is Available:

Dance and exercise classes.
Tai Chi & Pilates.
Crochet/Knitting.
Arts & Crafts.
Line dancing.
Social evenings.
Summer social outings.
Christmas dinner.

Mahon Family Carers Support Group

C/o Mahon Family Resource Centre,
Mahon,
Cork.
Tel: 021 4317887

Charge for service:

Price on Application

What is Available:

Support group for anyone caring (unpaid) for a family member with a disability, mental health problem, life threatening illness or old age.

Mahon Family Centre Ltd.

Mahon Drive,
Mahon,
Cork.
Tel: 021 4358866
Email: info@frcentre.ie

Charge for service:

Nominal

What is Available:

Crochet.
Retired residents meeting.
Art.
Aromatherapy.
Zumba Gold (depending on numbers).
Citizens Information drop-in clinic.

Mahon Community Development Project

Unit 7,
Avenue de Rennes,
Mahon,
Cork.
Tel: 021 4359070
Email: lynda@mahoncdp.com

Charge for service:

Price on Application

What is Available:

- Development Worker dedicated to working with older people in the community.
- Wide range of activities to enhance physical, mental and social wellbeing.
- Coffee morning.
- Computer classes.
- Men's Art Group.
- Chair exercises.
- Relaxation sessions.
- Cooking classes for men.
- Intergenerational Projects.
- Mini bus outings.
- Large social events.

Mahon CDP- Age Link Befriending Service

Unit 7,
Avenue de Rennes,
Mahon,
Cork.
Tel: 021 4359070
Email: lynda@mahoncdp.com

Charge for service:

Price on Application

What is Available:

- Development Worker dedicated to working with older people in the community.
- Home visitation service for older people who live alone or feel alone.
- Volunteer visits for one a week in the older person's home.

Mahon Bowling Club

C/o Mahon Community Centre,
Mahon,
Cork.
Tel: 021 4357372/ 087 0697982

Charge for service:

Price on Application

What is available:

Indoor Bowling Club- All welcome.

Monkstown / Passage West / Ringaskiddy**Monkstown Meals on Wheels**

C/o Mr. George Reynolds,
Carrigmahon Villa,
Monkstown,
Co. Cork.
Tel: 087 6631767

Charge for service:

Price on Application

What is Available:

Providing hot nutritious meals to members of the public, who are not in a position to cook meals for themselves. Areas covered are Monkstown, Raffeen, Shanbally, Ringaskiddy, Currabinny and Haulbowline.

Passage West Meals on Wheels

Main Steet,
Passage West,
Co. Cork.
Tel: 021 4863272

Charge for service:

Price on Application

What is Available:

Providing hot nutritious meals to members of the public, who are not in a position to cook meals for themselves. Areas covered are Passage West and surrounding areas.

P.A.C.E
**(Passage West Association
for Care of the Elderly)**

Main Steet,
Passage West,
Co. Cork.
Tel: 021 4863272

Charge for service:
Price on Application

What is Available:
Meals on Wheels.
Arts and Crafts.
Cards. Bowling.
Chiropody. A.A. meetings.

Passage West Men's Shed

Fr. Collin's Centre,
Passage West,
Cork.
Tel: 086 9351779

Charge for service:
Price on Application

What is Available:
A place for men to gather to
socialise and participate in
projects, including woodwork,
card games, etc.

Pfizer Indoor Bowls

6 Calderwood Cross,
Douglas,
Cork.
Tel: 087 2610739
Email:
leerosemary2@hotmail.com

Charge for service:
Price on Application

What is available:
Indoor Bowls to help people,
both young and older, through
exercise and friendship.

**Ringaskiddy Active
Retirement Group**

Ringaskiddy,
Co. Cork.
Tel: 087 6174696 or 021 4378069

Charge for service:
Price on Application

What is Available:
Social events.
Exercise.

Carrigaline / Crosshaven

Carrigaline Men's Shed

Rosehill,
Carrigaline,
Co. Cork.
Tel: 087 2203547
www.mensheds.ie
Email:
Roger.morrissey@eircom.net

Charge for service:
Price on Application

What is Available:
A place for men to gather to enhance their health and mental wellbeing by participating in meaningful projects and social activities:
Woodwork, mechanical workshops, polytunnel.

Carrigaline Meals on Wheels/ Community Catering

Carrigaline Day Centre,
Mountrivers Estate,
Carrigaline,
Co. Cork.
Tel: 087 3961369 / 021 4373730

Charge for service:
Price on Application

What is Available:
Providing hot nutritious meals to members of the public, who are not in a position to cook for themselves. Area covered

is Carrigaline (and surrounding area).

Carrigaline Senior Citizen's Association

Carrigaline,
Co. Cork.
Tel: 021 4371326

Charge for service:
Price on Application

What is Available:
Social evenings.
Day outings.
Christmas dinner.
Midweek breaks.
Day Care Centre (HSE)

Carrigaline Indoor Bowls Club

Carrigaline G.A.A. Club,
Crosshaven Road,
Carrigaline,
Co. Cork.
Tel: 021 4372674 (John Noonan)

Charge for service:
Price on Application

What is Available:
Indoor bowling and competitions within Cork zone (60 clubs).

Care & Repair Carrigaline

Carrigaline Family Support Centre,
Carrigaline Lions Youth Centre,
Church Rd.,

Carrigaline,
Co. Cork.
Tel: 021-4919299
www.ageaction.ie
Email: cfsicc@gmail.com

Charge for service:

Price on Application

What is Available:

Volunteers carry out small DIY jobs free of charge for older people who find it difficult to do these jobs themselves. Jobs include; minor carpentry jobs, changing light bulbs, minor decorating, hanging curtains, installing smoke alarms, small gardening jobs, etc.

We also keep a list of reliable tradesmen who can provide quotations for larger jobs.

A befriending service is also available where volunteers visit clients on a weekly basis.

Crosshaven Meals on Wheels

Tel: 087 3240445

Charge for service:

Price on Application

What is Available:

Providing hot nutritious meals to members of the public, who are not in a position to cook for themselves. Area covered is Crosshaven (and surrounding area).





Mizen Head.

WEST CORK



**Bandon / Gaggin /
Newcestown / Kilbrittain**

**Alzheimer Society of Ireland
Bandon Day Care**

Deerpark Community Centre,
Deerpark,
Bandon,
County Cork.
Tel: 087 9060767
www.alzheimer.ie
Email: Jocalnan@alzheimer.ie

Charge for service:

Price on Application

What is Available:

Person centred Dementia
specific Day Care.
Specific Day Care.
Lunch.
Transport available.

**Bandon Meals on Wheels
St. Michael's Centre (Bandon
Geriatric & Community Council)**

St. Michael's Centre,
South Main Street,
Bandon,
Co. Cork.
Tel: 023 8841681
Email:
stmichaelscentreoffice@gmail.
com

Charge for service:

Price on Application

What is Available:

Providing hot nutritious meals
to members of the public, who
are not in a position to cook for
themselves. Areas covered -
Bandon town and suburbs.

Bandon Friends Together

Bandon Friends Together, Parish
Centre, Bandon,
Co. Cork.
Tel: Margaret Buckley 023
8844819

Charge for service:

Price on Application

What is Available:

Social & recreational activities
including guest speakers,
community education, outings,
games, dancing, music and
conversation.

Gateway Club Bandon

The Gateway, Bandon, Co.
Cork.
Tel: Joy Scanlon 086 3842966

Charge for service:

Price on Application

What is Available:

Social & recreational activities
including guest speakers,
community education, outings,
games, dancing, music and
conversation – every fortnight.

St. Micheal's Centre (Bandon Geriatric & Community Council)

South Main Street,
Bandon,
Co. Cork.
Tel: 023 8841681
Email:
stmichaelscentreoffice@gmail.com

Charge for service:

Price on Application

What is Available:

Information and signposting, visiting and friendly phone calls. Care and repair and odd jobs, Meals on Wheels, support groups such as Family Carers, Dementia and Parkinson's. Social and recreational activities, support to the active retirement groups and physical activities.

Bandon Allotments Ltd.

Cloughmacsimon,
(Off Relief Road, closer to the Secondary School)
Bandon,
Co. Cork.
Tel: 086 8546717
Email: Ivan697@gamil.com

Opening times:

Site is open to members only, visits can be arranged.

Charge for service:

Price on Application

What is Available:

Plot of ground for growing vegetables.
Water/manure free on site.
Communal polytunnel for indoor growing.
Toilet facilities.
Storage/canteen facilities in development.
Social gatherings for members.

Bandon Men's Shed

Weir Street,
Bandon,
Co.Cork.
Tel: 087 7532221 (Tom Mc Cleary)
086 3354581 (Dermot Hegarty)
Email:
dermothegarty2005@hotmail.com

Charge for service:

Price on Application

What is Available:

Bandon Men's Shed works toward 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.

Castlelack Irish Country Women's Association (I.C.A. Guild)

Castlelack,
Bandon, Co. Cork.
Tel: 087 2374688
Email: hiremefirst@eircom.net
www.ica.ie

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Bandon Cardiac Support Group

Town Hall,
Bandon,
Co.Cork.

Charge for service:

Price on Application

What is Available:

The support group aims to provide the cardiac patient with educational support, psychological support and peer support. Our professional guest speakers give up to date information on all aspects of heart disease. It is an informal and friendly gathering and new members are always welcome.

Care & Repair Bandon

St. Michael's Centre,
South Main St.

Bandon,
Co. Cork.

Tel: 023-8841681

Email:
stmichaelscentreoffice@gmail.com;
www.ageaction.ie

Charge for service:

Price on Application

What is Available:

Volunteers carry out small DIY jobs free of charge for older people who find it difficult to do these jobs themselves. Jobs include; minor carpentry jobs, changing light bulbs, minor decorating, hanging curtains, installing smoke alarms, small gardening jobs, etc.

Gaggin Irish Country Women's Association (I.C.A. Guild)

Gaggin,
Co. Cork.

Tel: 086 3681815

www.ica.ie

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at time's

involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Newcestown Friendship Group

Newcestown,
Co. Cork.

Tel: 021 7338015 or 087 7779983

Email: cairdenuis@gmail.com

Charge for service:

Price on Application

What is Available:

The group meet once a week socially.

Kilbrittain Young at Heart

Kilbrittain,
Co. Cork.

Tel: 023 8849751

Email: cchap@eircom.net

Charge for service:

Price on Application

What is Available:

General meeting, chat, music, dancing.

Some talks i.e.: Citizens Advice.

Innishannon / Ballinhassig / Ballinora

Ballinhassig Parish Social and Active Retirement Group

Ballinhassig,
Co. Cork.

Tel: 087 7546818 or 021 4888213

What is Available:

Socials.

Outings.

Christmas party.

Ballinora Retired Men's Club

Ballinora,
Waterfall,
Cork.

Tel: 087 7565645

Email:

michael.galvin49@gmail.com

Charge for service:

Price on Application

What is Available:

Contact point shared by retired and elderly men in Ballinora Parish.

Weekly indoor bowls.

Men's choir/ fun singing.

Occasional guest speakers on issues relevant to club member's

Weekly social gathering for tea/ coffee and chat.

Ballinora Irish Country Women's Association (I.C.A. Guild)

Ballinora,
Co. Cork.
Tel: 087 9941615
Email: cecily.lyons@gmail.com
www.ica.ie

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times are involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Innishannon Irish Country Women's Association (I.C.A. Guild)

Innishannon Parish Hall,
Innishannon,
Co. Cork.
Tel: 086 8300742

Charge for service:

Price on Application

What is available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Innishannon/Knockavilla Friendship Group

Knockavilla, Innishannon, Co. Cork.

Tel: Kathleen Moynihan
0877613184

Charge for service:

Price on Application

What is Available:

Social & recreational activities including guest speakers, community education, outings, games, dancing, music and conversation.

Clonakilty / Kilmeen / Ballinascarty / Darrara

Clonakilty Friendship Club (ARI)

Grace Centre, Sand Square,
Clonakilty, Co. Cork.
Tel: 087 6929024 / 086 8934638
Email: bernieoshea@gmail.com

Charge for service:

Price on Application

What is Available:

Social gathering for men and women over 55 years, with various activities such as bingo, cards, guest speakers, outings and Go for Life exercises.

Ardfield/Rathbarry Active Retirement Group

Galley Head, Castlefreke,
Clonakilty, Co. Cork.
Tel: 086 0813909
Email: bettykenneally@gmail.com

Charge for service:

Price on Application

What is Available:

Group activities such as Bingo, meeting for tea and a chat, guest speakers when available, and music on occasions.

Clonakilty Cardiac Support Group

Emmet Hotel, Clonakilty,
Co. Cork.

Charge for service:

Price on Application

What is Available:

The support group aims to provide the cardiac patient with educational support, psychological support and peer support. Our professional guest speakers give up to date information on all aspects of heart disease. It is an informal and friendly gathering and new members are always welcome.

Ballinascorthy Social Club for Older People

Ballinascorthy, Clonakilty,
Co. Cork.
Tel: 087 2414787
Email:
hennessybetty@gmail.com

Charge for service:

Price on Application

What is Available:

Social evening, Whist drive, Bowls, will be notified about bus outings.
Social Alarms provided to people living alone.

Ballinascorthy Irish Country Women's Association (I.C.A. Guild)

Ballinascorthy, Clonakilty,
Co. Cork.
Tel: 087 7736767
www.ica.ie

Charge for service:
Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times are involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Kilmeen Social Club

Bealad, Rossmore,
Clonakilty, Co. Cork.
Tel: 086 8951915
Email:
johnhelenhayes@gmail.com

Charge for service:
Price on Application

What is Available:

Help to families in need (coal, food, oil, etc.) social outings during the year and a Christmas party.

Kilmeen Irish Country Women's Association (I.C.A.)

Bealad, Rossmore,
Clonakilty, Co. Cork.

Tel: 086 8951915 (Helen Hayes)

Charge for service:
Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Darrara Active Retirement Association

C/o Darrara Community Centre,
Clonakilty, Co. Cork.
Tel: 086 3903597
Email: maryfanglin@gmail.com

Charge for service:
Price on Application

What is Available:

Provides a meeting place for senior citizens.
Go for Life exercises.
Beginners computer classes.
Guest speakers regarding various topics.
Group outings.
Meeting for tea and socialising.

**Kinsale / Tracton /
Minane Bridge / Ballinspittle /
Ballymartle / Dunderrow**

Kinsale Active Retirement Association (K.A.R.A)

Ms. Eileen O'Brien, Chairperson,
6 Chairmans Lane,
Kinsale, Co. Cork.
Tel: 086 1248160 (Ann Corcoran)

Charge for service:

Price on Application

What is Available:

Social activities, day trips,
annual trips, guest speakers.

Crusaders Toastmaster's Club

Eastern Road, Kinsale, Co. Cork.
Tel: 021 4772619
www.crusaders.ie

Charge for service:

Price on Application

What is Available:

Developing public speaking
skills, offers communication
and leadership opportunities,
help speakers to develop self
confidence.

Dunderrow Irish Country Women's Association (I.C.A. Guild)

Tel: 087 8739345

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many
activities from drama to keeping
fit, arts and crafts, gardening
and flower arranging and at
times are involved with local
community projects. Social
activities include table quizzes,
entering various competitions
and organised outings. Guest
speakers are often invited
regarding topics of interest to
members of the I.C.A. Guild.
Friendship and social activities
are basis for all activities

Kinsale Meals on Wheels

Tel: 087 1509996
Email: kinsalemow@gmail.com

Charge for service:

Price on Application

What is Available:

Provision of nutritious meals to
those in the Kinsale community.

Kinsale Cardiac Support Group

Havenbay Care Centre,
Kinsale,
Co. Cork.

Charge for service:

Price on Application

What is Available:

The support group aims to provide the cardiac patient with educational support, psychological support and peer support. Our professional guest speakers give up to date information on all aspects of heart disease. It is an informal and friendly gathering and new members are always welcome.

Kinsale Men's Shed

The Glen, Kinsale,
Co. Cork.

Tel: 083 4685059

Email:

kinsalemensshed@gmail.com

www.kinasale-mens-shed.com

Charge for service:

Price on Application

What is Available:

A venue where men can find activity, geniality and companionship with their peers. Activities include carpentry, wood turning, pool, board games and debate.

Minane Bridge Irish Country Women's Association (I.C.A. Guild)

Tracton G.A.A. Community Hall,
Minane Bridge,
Co. Cork.

Tel: 086 3773509

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Ballyfeard Community Alert

Ballyfeard, Minane Bridge,
Co. Cork.

Tel: 021 4887148

Charge for service:

Price on Application

What is available:

Personal Alarms.

Smoke Alarms.

Ballinspittle Active Retirement Group

Ballinspittle Community Hall,
Ballinspittle, Co. Cork.

Tel: 087 2673836

Charge for service:

Price on Application

What is Available:

Social & recreational activities including guest speakers, community education, outings, games, dancing, music and conversation.

Ballinspittle Irish Country Women's Association (I.C.A. Guild)

Ballinspittle, Co. Cork.
Tel: 087 9062679
www.ica.ie

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times are involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Ballymartle Irish Country Women's Association (I.C.A. Guild)

C/o Riverstick Community Centre, Co. Cork.
Tel: 086 3623020

Email: jimangfoley@gmail.com

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Tracton Active Retired Association

Tracton Arts and Community Centre,
Knocknamanagh,
Minane Bridge, Co. Cork.
Tel: 086 3773509

Charge for service:

Price on Application

What is Available:

Bingo.
Go for Life exercise/ Yoga.
Social outings.
Various guest speakers and demonstrations.
Music, sing song and storytelling.

Skibbereen / Schull /
Timoleague / Drinagh / Goleen
/ Myross / Castlehaven /
Ballydehob / The Islands

Aughadown Irish Country Women's Association (I.C.A. Guild)

Aughadown,
Skibbereen, Co. Cork.
Tel: 028 38260

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times are involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Aughadown Active Retirement Group

GAA pitch,
Aughadown, Skibbereen,
Co. Cork.

Charge for service:

Price on Application

What is Available:

The Community Centre in Aughadown GAA pitch is the venue for the group's weekly meeting which features Bingo, bowls and outings. In addition, there is a social activity-based element, which includes attendance at a local Sports Centre, Yoga classes, aqua aerobics and other outings.

Ladie's Craft Class

Cara House, Main Street,
Skibbereen, Co. Cork.
Tel: 087 6155462

Charge for service:

Price on Application

What is Available:

Tuition in various crafts i.e. crochet, lace making, knitting and making seasonal gifts such as for Christmas or Easter. Social atmosphere and warm welcome.

Skibbereen Geriatric Society (Cara House Luncheon Club)

Cara House, Main Street,
Skibbereen, Co. Cork.
Tel: 028 22269

Charge for service:

Price on Application

What is Available:

The organisation provides sheltered housing for older

people, meals on wheels service and a social outlet through its Luncheon Club service, based in Cara House in Market St.

The Meals on Wheels service operates six days a week (Mon to Sat), the Luncheon Club runs two days a week (Tues and Thurs) and the organisation provides 32 housing units that are heated, maintained and seen to by the organisation's care taker.

Skibbereen Active & Social Club

The Abbey, Skibbereen,
Co. Cork.

Tel: 028 21719

Email: fcbuck1@gmail.com

Charge for service:

Price on Application

What is Available:

Short mat bowling.

Supervised gym and exercises.

Talks, demonstrations, yoga, crafts or tea/coffee and a chat take place at Heron Court Family and Community Resource Centre.

Alzheimer's Society of Ireland. Skibbereen Day Care

Cara House,
Skibbereen, Co. Cork.

Tel: 086 8830577

www.alzheimer.ie

Email: moshea@alzheimer.ie

Charge for service:

Price on Application

What is Available:

Person centred Dementia.

Specific Day Care.

Lunch.

Transport available.

Goleen & District Community Council Social Centre

Boullasallagh,

Goleen, Co. Cork.

Tel: 086 3174606

Email:

collinsmike68@eircom.net

www.goleen.info

Charge for service:

Price on Application

What is Available:

The Community Council run a social centre.

Goleen & District Meals on Wheels

Boullasallagh,

Goleen, Co. Cork.

Tel: 086 3174606

Email:

collinsmike68@eircom.net

www.goleen.info

Charge for service:

Price on Application

What is Available:

The Goleen and District Community Council working

with Schull Social Centre are now providing a hot nutritious meal to members of the public who are not in a position to cook for themselves. Areas covered - Schull and Goleen.

Goleen Irish Country Women's Association (I.C.A.)

Tel: 086 1998035

Email:

oreganclare020@gmail.com

www.ica.ie

Charge for service:

Price on Application

What is Available:

Talks of various interests each month.

Baking.

Arts and Crafts.

Quiz nights.

Annual outings.

Friendly atmosphere ending with a cup of tea and cake.

West Cork Arts Centre

Uillinn,

West Cork Arts Centre,
Skibbereen, Co. Cork.

Tel: 028 22090

Email:

justine@westcorkartscentre.com

Charge for service:

Price on Application

What is available:

Arts for Active Mind- Workshop.
Arts for Health- art programme for people residing in a community hospital or attending a day care centre in West Cork.

Drinagh Active Retirement

Killinga,

Leap, Co. Cork.

Tel: 086 3180713 (Anne Deane)

Email:

annedeane20@hotmail.com

Charge for service:

Price on Application

What is Available:

Meeting place for the over 55's.

Have a cup of tea and a chat.

Guest speakers and demos on different topics.

Christmas meal.

Social outings during the summer months.

Various crafts on occasions.

Myross Castlehaven Union Hall Active Retired

Shepperton,

Skibbereen, Co. Cork.

Tel: Chairperson: 028 33328

Secretary: 028 33125

Email:

eilymayconnolly@gmail.com

Charge for service:

Price on Application

What is Available:

Exercise, music, talks, tea and scones.

Open to anybody over 50 years.

Schull Satellite Centre

Ardmanagh,

Schull,

Co. Cork.

Tel: 086 3159719

Email:

nualahegarty@hotmail.com

Charge for service:

Price on Application

What is Available:

Morning coffee and newspapers.

Bingo, cards and singing.

Lunch (three courses, tea and biscuits).

Schull Community Care Meals on Wheels

Ardmanagh,

Schull,

Co. Cork.

Tel: 086 3159719 and Local PHN

Charge for service:

Price on Application

What is Available:

Providing a hot nutritious meal to members of the public who are not in a position to cook for themselves. Areas covered - Schull and Goleen.

Chleire Active Retirement Association (CARA)

Oiléan Chleire,

Skibbereen, Co. Cork.

Charge for service:

Price on Application

What is Available:

From September to June this group meets every second week in the Community Centre. Activities include painting, creative writing, bingo, and outings.

Bus Chléire/ Sherkin Bus

Trá Chiaráin,

Oiléan Chléire,

An Sciobairín, Co. Corcaí.

Tel: Cape Clear 086 3836759/

Sherkin Island 086 0431956

Email: buschleire@hotmail.com

Charge for service:

Price on Application

What is Available:

Daily bus service to and from ferries, mass, doctor's clinic, chiropodist clinic, (CARA) Cape Active Retirement Association activities.

Tours off the islands also provided.

Bus also acts as an ambulance service available to the HSE.

West Cork Older People's Network

Tel: 028 40427

Email: kathleen.harnedy@hse.ie

Charge for service:

Price on Application

What is Available:

West Cork Older People's Network is a network of representatives from groups such as Active Retirement, Social Centres, Day Care Centres and interested individuals in West Cork. Meetings are held approximately four times a year. The meetings provide a forum for sharing ideas, information and developments in the wider community. The committee receives support from the HSE Community Work Department.

Timoleague Active Retirement Association

Community Hall,

Timoleague, Co. Cork.

Tel: 023 8846858

Email:

mike.paulinebean@gmail.com

Charge for service:

Price on Application

What is Available:

Refreshments, health & welfare talks, slide shows, outings, meals, general chats, Dominoes, boules.

Dunmanway / Bantry /
Drimoleague / Glengarriff
/ Beara / Castletownbere /
Eyeries / Allihies

Acorn Project

BEDA Hall,

Ballineen,

Co. Cork.

Tel: 023 8841681

Charge for service:

Price on Application

What is Available:

Social & recreational activities including guest speakers, community education, outings, games, dancing, music and conversation.

Beara West Family Resource Centre

4 The Courtyard,

Bank Place,

Castletownbere,

Co. Cork.

Tel: 027 70998/ 083 1599748

Charge for service:

Price on Application

What is Available:

Senior Alert Scheme.

Personal Security Alarms.

Care Ring Service -Telephone support line.

Bereavement support.

Bantry Active Retirement Association

Bara House,
61 Glengarriff Road,
Bantry,
Co. Cork.
Tel: 027 50014 - Secretary
Email: bantryara@gmail.com

Charge for service:

Price on Application

What is Available:

Hosting monthly meetings with guest speakers.

Art classes, outings, holidays, sunday lunch (occasionally), social events, whist, swimming, pilates, movement to music.

West Cork Carer's Association

Bridge Street,
Bantry, Co. Cork.
Tel: 027 53848
Email:
westcorkcarers@eircom.net
www.westcorkcarers.ie

Charge for service:

Price on Application

What is Available:

Information and support services including:
Regular local support groups.
Support line service.
Quarterly newsletter for members.
Seminars.
Practical carer courses.

Respite funding.
Relaxation, recreational and social activities/events.
Support with I.T. and communications.
Information provision.

Bantry Cardiac Support Group

C/o Christian Fellowship Church,
Tower Street,
Bantry, Co. Cork.
Email:
bantrycardiacgroup@gmail.com

Charge for service:

Price on Application

What is Available:

Support service for people with heart health problems such as heart attack, stents, open heart surgery, etc.

Support offered for the families, partners and carers.

Guest speakers on related topics such as blood pressure, cholesterol, diabetes, diet and exercise.

Support group organise and encourage walking events.

Muintir Bharie Social Club

Black Gate,
Kilcrohane,
Bantry,
Co. Cork.
Email:
muintirbhariecc@gmail.com

Charge for service:

Price on Application

What is Available:

A ladies group and a men's that meet in a social setting.

Bantry Meals on Wheels

1 Árd Mhuire,
Hospital Road,
Bantry,
Co. Cork.

Tel: 085 7300454

Email:

bantrycarefortheaged@gmail.com

Charge for service:

Price on Application

What is Available:

Providing hot nutritious meals to members of the public, who are not in a position to cook meals for themselves. Areas covered are Bantry and surrounding areas.

Bantry Care for the Aged C.L.G.

1 Árd Mhuire, Hospital Road,
Bantry, Co. Cork.

Tel: 085 7300454

Email:

bantrycarefortheaged@gmail.com

Charge for service:

Price on Application

What is Available:

Providing accommodation in their 17 single unit houses in two locations; eight houses at Árd Mhuire and nine houses are at Cuan Mhuire. The day care centre is owned by Bantry Care for the Aged but is run by the HSE Day Care services include hairdressing, chiropody, activities and a meal.

Coomhola/Borlin Development Association

Anne Harrington

Tel: 0861012029

Charge for service:

Price on Application

What is Available:

Regular social gatherings/meal.
Outings/activities.
Men's group:
Regular gatherings, meals, outings, courses, crafts.

The Caha Family Resource Centre

Adrigole,

Beara,

Co. Cork,

Tel: 027 60909

Email: thecahacentre@gmail.com

Charge for service:

Price on Application

What is Available:

Older person support worker.
Health and wellbeing promoting events.
Weekly Bingo.
Workshops.
Low cost counselling service.
Men's group.
Coffee mornings.

Castletownbere Active Retirement Group

Friends Forever Crèche,
Castletownbere, Co. Cork.
Tel: 027 74112

Charge for service:

Price on Application

What is Available:

Weekly meetings: Active life
Yoga, occasional health talks,
tea, chat and social outings.

Adrigole Community Alert Group

Adrigole Family Resource
Centre,
c/o The Caha Centre,
Beara,
Co. Cork.
Tel: 027 60226 or 086 1760721

Charge for service:

Price on Application

What is available:

Social outings.
Information evenings.
Crime prevention information.

Bere Island Active Retirement Group

Community Centre,
Ballinakilla,
Bere Island,
Co. Cork.
Tel: 027 75099
Email: timbipg@gmail.com

Charge for service:

Price on Application

What is Available:

Coffee Mornings.
Guest speakers.
Indoor Bowling.
Bingo.
Organised social outings.

Care & Repair Bere Island Community Centre

Bere Island.
Co. Cork.
Tel: 027-75099
Email: timbipg@gmail.com
www.ageaction.ie

Charge for service:

Price on Application

What is Available:

Volunteers carry out small DIY jobs free of charge for older people who find it difficult to do these jobs themselves. Jobs include; minor carpentry jobs, changing light bulbs, minor decorating, hanging curtains, installing smoke alarms, small gardening jobs, etc.

Drimoleague Irish Country Women's Association (I.C.A. Guild)

The Parish Hall, Main Street,
Drimoleague, Co. Cork.

Tel: 028 32662

www.ica.ie

Email:

beverleybutton54@gmail.com

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times are involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Dunmanway Meals on Wheels

Tonafora,
Dunmanway,
Cork.

Tel: 023 8868110

Charge for service:

Price on Application

What is Available:

Meals delivered in the

Dunmanway, Drimoleague and Ballineen/Enniskean areas three days/week.

Social centre offering classes, meals and companionship one day each week.

Dunmanway Irish Country Women's Association (I.C.A. Guild)

Dunmanway,
Co. Cork.

Tel: 086 2128095

Email: Aodeden444@gmail.com

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times are involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

West Cork Counselling and Supports Service

Ross House, Main St.,
Dunmanway Co. Cork.

Tel: (023)8856852

Charge for service:

Price on Application

What is Available:

Life Event Counselling is available to individuals over the age of eighteen seeking support in relation to stressful life issues such as bereavement and loss, family and relationship challenges, isolation and loneliness, coping with illness, job loss, low self-esteem, etc. The service offers low cost and accessible counselling to people across West Cork. A tiered fee structure operates.

Eyeries Community Care

Eyeries,

Beara,

Co. Cork.

Tel: 087 6260450

Email: caitbatt@eircom.net

What is Available:

Bingo, yoga, knitting, cookery,

Art classes,

Three socials per year.

**Glengarriff Irish Country
Women's Association
(I.C.A. Guild)**

Glengarriff,

Co. Cork.

Tel: 087 9405314

www.ica.ie

Charge for service:

Price on Application

What is Available:

The I.C.A. is involved in many activities from drama to keeping fit, arts and crafts, gardening and flower arranging and at times are involved with local community projects. Social activities include table quizzes, entering various competitions and organised outings. Guest speakers are often invited regarding topics of interest to members of the I.C.A. Guild. Friendship and social activities are basis for all activities.

Allihies Men's Shed

The Back Road,

Allihies,

Beara,

Co. Cork.

Tel: 086 8185615 (David) or

083 1032324 (Mark)

Email: allihiesmsp@gmail.com

Charge for service:

Price on Application

What is Available:

Providing a warm, welcoming atmosphere & meeting place for men over 18 years of age, who are in need of a chat/companionship or wish to share projects/learn/teach each other. To combat social exclusion and also be a venue for holding courses, etc.

**Macroom / Coachford /
Ballyvourney / Crookstown**

**Aghinagh Active Retirement
Group**

Coolalta,
Macroom,
Co. Cork.
Tel: 087 9393295

Charge for service:
Price on Application

What is Available:
Wheelchair friendly.
Parking facilities.
Open to group social visits.

Coachford Care of the Aged

Coolacullig,
Coachford,
Co. Cork.
Tel: 087 7940011
Email:
Coachfordcareofaged@gmail.
com

What is Available:
Home visits for sick and elderly.
Meals on Wheels assistance.
Provision of house alarms / smoke
alarms including installation of
same.
Assistance in completing forms /
census.

**Coachford Active Retirement
Association**

Old Orchard,
Clonmoyle,
Coachford,
Co. Cork.
Tel: 021 7334462

Charge for service:
Price on Application

What is Available:
Bowls, Bridge, water Aerobics,
walking, Art, book club, outings.

Coiste Tithe Uibh Laoire Teo

Kilmore,
Ballingeary,
Macroom,
Co. Cork.
Tel: 086 3557522

What is Available:
Community Centre Cuan Barra.
Social Housing in rural transport.
Community groups.
Meals on Wheels.

**Comhlacht Tithe Soisialta agus
Forbairt an tSulain Teoranta Ltd.**

Ionad Lae Day Centre,
Ballyvourney,
Co. Cork.
Tel: 026 40999
Email: moceall@yahoo.com

Charge for service:
Price on Application

What is Available:

Social Housing units – Bus Service
Scoraiocht - Music dance.
Bingo, Art classes, chiropody,
social activities, outings.
Meals provision in both centres
and Meals on Wheels.
Visitations to isolated older
people.

**Macroom Senior Citizens /
Active Retired**

Sullane Haven,
Lucey Lane,
Macroom,
Co. Cork.
Tel: 026 41698
Email:
macroomseniortcitizens@eircom.net
www.macroomsc.ie

Charge for service:

Price on Application

What is Available:

Daily lunch Monday / Sunday.
Meals on wheels Monday /
Sunday.
Care and repair service.
Chiropody Thursday 11am to
4pm by appointment.
Weekly Bingo Thursday @ 8.30pm
Annual group holiday in May.
Art and Craft classes Monday
@11am.
Sheltered Housing.

Care & Repair Macroom

Macroom Senior Citizens'
Housing Development,
Sullane Lane,
Macroom,
Co. Cork.
Tel: 026-41698
Email:
macroomseniortcitizens@eircom.net
www.ageaction.ie

Charge for service:

Price on Application

What is Available:

Volunteers carry out small DIY
jobs free of charge for older
people who find it difficult to
do these jobs themselves. Jobs
include; minor carpentry jobs,
changing light bulbs, minor
decorating, hanging curtains,
installing smoke alarms, small
gardening jobs, etc.

A list of reliable tradesmen is
available to provide quotations
for larger jobs.

**Comhlacht Tithe Soisialta agus
Forbairt an tSulain Teoranta Ltd.**

Cois Cille Day Centres,
Kilnamartyra,
Co. Cork.
Tel: 026 40999
Email: moceall@yahoo.com

Charge for service:

Price on Application

What is Available:

Social Housing units – Bus service
Scoraiocht - Music dance.
Bingo, Art classes, chiropody,
social activities, outings.
Meals provision in both centres
and Meals on Wheels.
Visitations to isolated older
people.



Crookstown Social Group

Crookstown Hall,
Crookstown, Co. Cork.
Tel: 087 7864577
Mary Mullins, Chairperson

Charge for service:

Price on Application

What is Available:

Social & recreational activities
including guest speakers,
community education, outings,
music and conversation.



Useful Numbers

Active Retirement Ireland

A National network of local Active Retirement Associations that stand up for older people, empower them and support them to get the most from their retirement .

124 The Capel Building,
Mary's Abbey, Dublin 7.
Phone: 01-8733836
Email: info@activeirl.ie
Website: www.activirl.ie

Age and Opportunity

Age and opportunity is the National not for profit organisation promoting opportunities for greater participation by older people. Programmes include Go For Life (more info. in Key Services section), Age Wise Equality workshops, Bealtaine – National Arts Festival.

Marino Institute of Education,
Griffith Avenue, Dublin 9.

Tel: 01 8057709

E-mail: [info@](mailto:info@ageandopportunity.ie)

ageandopportunity.ie

Website: www.ageandopportunity.ie

www.ageandopportunity.ie

Age Action South

Age Action provides practical programmes, training, information and advocacy for older people and promotes

positive ageing and seeks to improve the quality of life for older people and their carers.

Unit 14, Melbourne Business Park, Model Farm Road, Cork.

Tel: 021-2067399

E-mail:

ageactioncork@ageaction.ie

Alzheimers Society of Ireland (Cork)

Alzheimers Society of Ireland is a national voluntary organisation with an extensive network of branches throughout the country. It provides support for people with all forms of Dementia and their families to maximise their quality of life.

C/o Besboro Day Care centre,
Besboro,
Blackrock,
Cork.

Tel: 021-4972504

E-Mail

Website: www.Alzheimer.ie

AMEN

AMEN aim to break the stigma around domestic abuse towards men. We believe that domestic abuse against men is a crime, which is continuously overlooked and ignored in our society. We provide information and support to men or their friends or family that seek it.

St. Anne's Resource Centre,
Railway Street,
Navan,
Co. Meath.
Amen Helpline: 046 9023 718
Email: info@amen.ie

Aontas (National Learning Network)

Aontas is the National Adult Learning Organisation, which supports the provision of a quality and comprehensive system of adult learning and education which is accessible to and inclusive to all.
2nd Floor, 83 -87 Main Street.
Ranelagh,
Dublin 6.
Tel: 01-40682201
Email: mail@aontas.com

Arthritis Ireland

Ireland's only arthritis charity provides education and support programmes especially designed to give people with arthritis the information and skills they need to take back control of their disease and their life.
1, Clanwilliam Sq,
Grand Canal Quay, Dublin 2.
Tel: 1890252846
Email: helpline@arthritisiireland.ie

Aware

A non-directive listening service for people who experience depression.

72 Lower Leeson St., Dublin 2.
Tel: 1890 303302
E-Mail: info@aware.ie
Web: www.aware.ie

CARD (Centre for Ageing, Research and Development in Ireland)

CARDI is a not for profit organisation established to support research and play a part in planning and demographic change.
5th Floor, Bishop's Square,
Redmond's Hill,
Dublin 2.
Tel: 01 4786308
Email: info@cardi.ie

Carers Association

The Carers Association is Ireland's national voluntary organisation for and of family carers in the home. Family Carers provide high levels of care to a range of people including frail older people, people with severe disabilities, and the terminally ill.
9 Tuckey Street, Cork City.
Tel: 021 - 4806397
Email: carerscork@eircom.net
Web: www.carersireland.com

Citizen Information Services

Provides free, confidential and impartial information, advice, advocacy on rights and entitlements in Ireland.

80 South Mall,
Cork City.

Tel: 0761076950

Email: cork@citinfo.ie

Competition and Consumer Protection Commission

We provide information on consumer rights, for instance if you have a problem with a product or service. We provide information on pricing, for instance if you are buying a car or a home. We also have a Scams section highlighting some of the most common scams and what to do if you think you've been scammed.

Contact Parnell House, 14

Parnell Square, Dublin 1

Helpline: Lo Call – n1890 432 432

Helpline National: 01 4025555

Cork Centre for Independent Living

Our aim is to empower and enable people with disabilities to achieve independent living, choice and control over their lives and to achieve full participation as equal citizens in society.

First Floor,
Lawley House,
Monahan Rd., Cork.
Tel: 021 – 4322651
Email: info@corkcil.ie

Cork City Library

The central Library on Grand Parade is home to the city libraries' largest collection of books, periodicals, CD's, DVDs and other materials for adults and children.

Cork City Libraries, 57-61 Grand Parade,
Cork.

Tel: 021-4924900

Email: libraries@corkcity.ie

Cork Education and Training Board (CETB)

21 Lavitt's Quay, Cork.

Tel: 021 – 4273377

E-Mail: info@corketb.ie

Cork City Partnership

Aim to support the development of an inclusive and just society in Cork city where each person is encouraged and enabled to reach their full potential through the provision of education, employment and community development initiatives.

Heron House,
Blackpool Retail Centre, Cork.

Tel: 021-4302310

Email: info@partnershipcork.ie

Cork Advocacy Service

Cork Advocacy Service (CAS) is an independent, volunteer-resourced advocacy project developed and operated by the Social and Health Education Project. We support people around accessing their rights and entitlements.

4 Carriglee,
Western Road, Cork.
Tel: 021 4666180

Cork Mental Health Foundation and Housing Association

Cork Mental Health Foundation and Housing Association provides education and awareness on mental health. The Housing Association provides housing to people with mental health difficulties.

Contact office, Nore House,
Bessboro Rd, Blackrock, Cork.
Tel: 021 – 4511100
E:mail admin@
corkmentalhealth.com

Cork Volunteer Centre

Cork Volunteer centre is a not for profit agency assisting volunteers to find opportunities and organisations to find volunteers. 13 North Main Street, Cork.
Tel: 021-421572
Email: info@volunteercork.ie

Department of Health and Children

Hawkins House, Hawkins Street,
Dublin 2.
Tel: 01 6354000

Department of Social Protection

Purpose is to advise Government and formulate appropriate social protection and inclusion policies. It also designs and delivers effective and cost efficient income supports, activation and employment services and provides comprehensive, accurate information to all it's customers; controls fraud and abuse in relation to social welfare payments.
Hanover St. Cork.
Tel. 021-4806800

Diabetes Federation of Ireland

Aims to provide a quality service in improving the lives of people affected by diabetes, and working with others to prevent and cure diabetes.
Enterprise House,
36, Mary St.,
Cork.
Tel: 021-4313033

Disabled Driver's Association

The Disabled Driver's Association plays a vital role in highlighting the issues which affect all its members. They aim to highlight issues affecting disabled people

in their everyday lives and their capacity and right to participate fully and equally in society.

Mahon Point S.C.,
Cork.

Tel. 021-4313033

Department of Consumer Affairs

The Area Managers' office has overall responsibility for Consumer Affairs in the HSE South. It incorporates the following functions: complaints handling, consumer participation, data protection requests, freedom of information requests, Ombudsman requests, Ombudsman for children requests, record management.

HSE Office Ground Floor,
East Model Business Park,
Model Farm Rd.
Cork.

Tel. 021-4928703

Freedom of Information

Freedom of Information Officer
Cork City Council,
City Hall, Cork.

Tel: 021 – 4924037

E-Mail: foi@corkcity.ie

Ophthalmology – CUH – HSE

Tel: 021 – 4922655 / 021 4922635

Friends of the Elderly Ireland

Friends of the elderly is an Irish charity that brings friendship and social opportunities to

older people who live alone, especially those with mobility problems.

25 Bolton Street,
Dublin 1 Ireland.

Phone: +353 (0) 1 873 1855

Email: info@friendsoftheelderly.ie

GARDAI

In an emergency Dial 999/112
Traffic Watch – 1890 205805
Confidential Line – 1800 666111
(Allows people to call with information relating to matters of crime or other activities)

Crimestoppers – 1800 250025
(is a partnership between private industry and An Garda Síochána). It is aimed at people who have information on crime. It guarantees anonymity and offers cash rewards for information.

Information on local Garda stations included in main booklet – Main number Anglesea Street is 021 - 4522000

GROW

Grow is a mental health organisation which helps people who have suffered, or are suffering, from mental health problems.

Wilton S.M.A. Parish Centre,
(Between Church & Shopping Centre);

Date & Time: Thursday -7.30 pm.

Contact: 021-4277520

Irish Country Women's Association

Every ICA Guild encourages the Guild members to get involved in a variety of activities of the Guild such as Arts and Crafts, amateur dramatics, Irish language.

South: Margaret O'Reilly

086 3773509

margaretoreilly111@gmail.com

Irish Association of Older People

Seeks to create an environment in which the values and capacity of older people are recognised both by the community and by older people themselves and so promote independence, dignity and purpose for older people.

Tel: 01 4750013

E-Mail iaop@oceanfree.net

B15 University College,

Earlsfort Terrace,

Dublin 2.

Irish Centre for Social Gerontology

Develop and promote the social and economic aspects of ageing in Ireland for the purpose of supporting a balanced and holistic view of ageing; and to act as a resource for all involved in ageing in Ireland.

Institute for Lifecourse & Society,

Corrib Village,

NUI Galway, Ireland.

PH +353 91 495461

Email: icsg@nuigalway.ie

Irish Senior Citizen's Parliament

A representative organisation of older people in Ireland. The Parliament is a non-partisan political organisation working to promote the views of older people in policy development and decision-making.

90 Fairview Strand, Dublin 3.

Tel: 01 8561243

Irish Traveller Movement

A national network of organisations and individuals working within the Traveller community. The Irish Traveller Movement consists of a partnership between Travellers and settled people committed to seeking full equality for Travellers in Irish society.

ITM 4/5 Eustace St. Dublin 2.

Tel: 01-6796577

E-mail trav@indigo.ie

Irish Wheelchair Association

A national organisation which provides a range of services to people with disabilities and other mobility impairments in their own homes and communities.

Norr House First Floor,

Bassboro Rd,

Blackrock,

Cork.

Tel: 021-4350282

E-mail cork@iwa.ie

The Lantern Project

The Lantern Project welcomes a wide variety of people from all walks of life. Their approach helps people who are experiencing loneliness, isolation and exclusion. The Project helps build confidence with a wide variety of community education courses available such as Personal Development, Health and WellBeing, Writers group, New Beginnings Group, Creative arts. Mens' drop in support service is also available. Nano Nagle Centre, Douglas Street, Cork City.
Tel: 021 – 4322370
Email: info@lanternproject.ie

MABS (Money Advice and Budgeting Service)

The State's money advice service, guiding people through dealing with problem debt for more than twenty years. MABS is free, confidential and independent. If you have problem debt in any area, including mortgage arrears, bank loans, overdrafts, utilities or credit cards, MABS will work with you to find a solution.
Cork Mabs 101, North Main St., Cork.
Tel: 076-1072090

Mna Feasa Domestic Violence Project

Mna Feasa provides supports such as counselling, advisory services, helpline, court accompaniment and Support Group for those affected by domestic violence.
St. Mary's Orthopaedic Hospital, Bakers Rd.,
Cork City.
Tel: 021 - 4212955
Helpline: 021 - 4211757

National Adult Literacy Agency (NALA)

An independent charity committed to making sure people with literacy and numeracy difficulties can fully take part in society and have access to learning opportunities that meet their needs.
Sandford Lodge,
Sanford Rd. Dublin 6.
Tel: 01-4127900
National Centre for Protection of Older People
E-mail: info@hse.ie
HSE Information Helpline 1850 241850 Mon-Sat-8am-8pm.

National Council on Ageing and Older People

The centre is funded by the Health Service Executive to undertake a programme of research into elder abuse in Ireland and to contribute to

the development of policy, practice, and education. The NCPOP website is a resource for all those working with or having contact with older people.

22 Clanwilliam Square,
Grand Canal Quay,
Dublin.

Tel: 01 - 6766484

National Council for the Blind

The national sight loss agency. We are a not for profit charity, which offers support and services to people of all ages who are experiencing difficulties with their eyesight.

1, Emmet House,
Barrack Square,
Ballincollig,
Cork.

Tel : 021-4214962

Older and Bolder campaign

An alliance of seven non-governmental organisations in the ageing sector in Ireland. Members of Older and Bolder are committed to a joint campaign for the implementation of the Government's promise to develop a National Positive Ageing Strategy (NPAS) for Ireland.

Jervis House,
Jervis Street,
Dublin, Ireland

Tel: (01) 878 3623

Order of Malta

One of Ireland's largest voluntary organisations. With nearly 4,000 members volunteering their time to provide first-aid medical services at national and local community events, training in life-saving skills and delivering community care initiatives.

Centre Park Rd.,

Cork. Tel: 085-7252490

OSS

OSS Cork is an inter-agency approach to domestic violence. OSS Cork is a one stop shop that provides information on a broad range of issues including legal, financial and housing issues.

94 South Main Street,
Cork City.

Freephone – 1800 497 497

Email: advice@osscork.ie

Patient Focus

Mercy Hospital,
Cork.

Tel: 021-4271971

Email: enquiries@muh.ie

People with Disabilities Ireland

Aim to provide easy access to a comprehensive on-line information service for people with disabilities.

Email: Disability.ie

Respond

Was founded in Waterford in the early 1980s from Franciscan roots and membership. Respond is an approved housing association by the Department of the Environment, Community and Local Government since 1984.

5th Floor St. Frances Gardens,
Thomas Davies St.,
Blackpool, Cork.

Tel: 051-840200

Email: info@respond.ie

Saint Vincent De Paul

The Society of St. Vincent de Paul aims to fight poverty in all its forms through the practical assistance to people in need. They offer direct, personal assistance that is non-judgemental and based on the need of the individual or family. They provide services for vulnerable people through our local offices, shops, resource centres, housing, daycare and holiday schemes amongst other things.

2 Tuckey St.,
Cork.

Tel: 021-4270444

Samaritans

Work to alleviate emotional distress and reduce the incidence of suicide feelings and suicidal behaviour.

7 Coach St.,
Cork.

Tel: 021-4271323/ free call
116123

Email: jo@smartins.org

Senior Helpline
Social Policy and Ageing
Research Centre

SAGE

Support and Advocacy Service
for Older people.

To promote and protect the rights, freedom and dignity of older people and adults who may be vulnerable through the development of support and advocacy services to address individual and systemic issues.

24 – 26 Upper Ormond Quay,
Dublin 7.

Tel: 01 – 5367330

E-Mail:

info@sage.thirdageireland.ie

Information and Advice /

Rapid response service

Tel: 1850 71 94 00

Senior Helpline National Office

The Senior Helpline is a confidential listening service for older people run by older people, available for the price of a local call. The helpline operates from 10am – 4pm and from 7pm – 10pm every day.

Tel: 046 – 955776 / Helpline: 1850
440 444

Web: www.seniorhelpline.ie

The Social Health and Education Project (SHEP)

SHEP is an Irish, not-for-profit, community-based training and development organization. key areas of work include: a unique training programme based on experiential group-work approaches, low-cost counseling and an advocacy; providing specialist supports to community-based organizations.

Social Health Education Project
Village Chambers,
The Village Centre,
Station Road,
Ballincollig, Co.Cork.
Tel: 021 - 4666180

Traveller Organisations, Cork

In Cork city and County a number of traveller organisations offer a range of supports to the traveller community including older members of their communities. Such groups include

Travellers of North Cork (TNC),
Riverside, Doneraile Tel: 022-71035

Traveller Visibility Group, (TVG),
25 Lower Cork Street, Cork City
Tel: 021 – 450 3786

West Cork Travellers (WCT),
Murphy's Garage, Western
Road, Clonakilty, Tel: 023 –
8835039

Cork Traveller Women's Network
(CTWN), Triskel Arts Centre, Tobin
Street, Cork Tel: 086 7777651

Each organisation have community health initiatives that work with people either individually or in family groups and help them identify what services and supports they need and how to access those services.

Southdoc

An out of hours family doctor service for urgent medical needs.

Kinsale Rd., Blackpool.

Tel: 1850-335999

Email: info@southdoc.ie

Third Age Foundation

A national voluntary organisation celebrating the third age in life when people may no longer be in paid employment, but can remain healthy, fulfilled and continue to contribute to society. Third Age recognises and celebrates the fact that older people are a diverse group with different needs, abilities, backgrounds and experiences.

Summerhill,
Co. Meath.

Tel: local 1850-440-444

E-mail: info@thirdage-ireland.com

www.thirdagefoundation.ie

Threshold

Southern Region Advice Centre,
22 South Mall,
Cork.
Tel: 021-4278848

Women's Aid

The national organisation supporting women experiencing domestic violence in Ireland. They work to make women and children safe, offer support, provide hope and act for justice and social change.

Kyril's Quay,
Cork.
Tel: 021 4277698

West Cork Women Against Violence

Provides a free and confidential support, listening and information service to women and their children living in West Cork who are experiencing domestic violence.

Tel: 027 – 53847 / 1800203136
www.westcorkwomensproject.ie

YANA

YANA is a domestic violence support service for women in North Cork.

27 - 28 Bank Place,
Mallow.
Tel: 022 - 53915

Every effort has been made to ensure that the information given in this book is accurate.

Users should note, however, that there is the possibility of mistakes or omissions.

For these we apologise in advance and ask you to let us know so they can be corrected in the next/online edition.

Please return this sheet to:
Age Friendly Guide,
HSE Community Work Department,
Old Library Building,
St. Mary's Road,
Cork City.

Name of Service:

What is Available?

Contact Details:

Phone Number:

Address: _____

The Age Friendly Guide

Welcome to our new Directory for older people. We hope that this information guide will assist you in sourcing information on older people's supports and services in Cork City and County.

The Directory has been developed in order to allow readers source information that is relevant and easy to find.

Key information is provided on HSE health services. Information is also provided on statutory, community and social supports across the city and county.

In addition, we hope that this Directory will be of assistance to health practitioners in guiding patients and clients to relevant services and supports in local areas.

We sincerely hope this document will be of assistance to you.

Ronnie Dorney

(Principal Community Worker, HSE)

Aidan Warner

(Principal Community Worker, HSE)



Comhairle Cathrach Chorcaí
Cork City Council



Cork
County Council
Comhairle Contae Chorcaí



This directory is available to view online at:
www.hse.ie/hseagefriendlyguide