The Age Friendly Guide
A Directory of Supports and Services for Older People in Cork City and County
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: -
  - Tríona 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 Aheme 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 Domey / 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
(HSE, Steering Group for this Project)
North and East Cork

- Mitchelstown / Fermoy / Rathcormac / Kilworth / Glanworth 48
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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.
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, Conna Tel: 058 - 59739  
Alzheimer’s Day Care Centre, Mallow Tel: 022 - 43322  
Alzheimer’s Day Care Centre, Mitchelstown Tel: 025 - 84530  
Cluain Dara Day Care Centre, Fermoy Tel: 025 - 33315  
Mallow Day Care Centre, Mallow Tel: 022 - 22398  
Millstreet Day Care Centre, Millstreet Tel: 029 - 70926  
Teamonn Ui Chaoimh Day Care Centre, Mitchelstown Tel: 025 - 84530

**North Lee**

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

**South Lee**

Alzheimer’s Day Care Centre, Bessboro Tel: 021 - 4972504  
Alzheimer’s Day Care Centre, Bandon Tel: 021 - 4972504  
Ballyphehane Day Care Centre, Ballyphehane Tel: 021 - 4311698  
Bandon Day Care Centre, Bandon Tel: 023 - 8852029  
Carrigaline Day Care Centre, Carrigaline Tel: 021 - 4373730  
Kinsale Day Care Centre, Kinsale Tel: 021 - 4709625  
St. Luke’s Day Care Centre, Mahon Tel: 021 - 4536542  
Tumers Cross Day Care Centre, Tumers Cross Tel: 021 - 4323436  
Westgate Day Care Centre, Ballincollig Tel: 021 - 4873648
West Cork
Alzheimer’s Day Care Centre, Skibbereen Tel: 086 - 8830577
Bantry Day Care Centre, Bantry Tel: 027 - 52455
Day Care Centre, Castletownbere Tel: 027 - 70737
Clonakilty Day Care Centre, Clonakilty Tel: 023 - 8834606
Dunmanway Day Care Centre, Dunmanway Tel: 023 - 8845621
Skibbereen Day Care Centre, Skibbereen 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

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
<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Blackrock Hall</td>
<td>(021) 4233138</td>
</tr>
<tr>
<td>Carrigaline</td>
<td>(021) 4372535</td>
</tr>
<tr>
<td>Douglas</td>
<td>(021) 4893581</td>
</tr>
<tr>
<td>Kinsale</td>
<td>(021) 4779801</td>
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<tr>
<td>Viaduct</td>
<td>(021) 4341208</td>
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<tr>
<td><strong>Cork - North City</strong></td>
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<tr>
<td>Baile Bhuime</td>
<td>(026) 45341</td>
</tr>
<tr>
<td>Blamey</td>
<td>(021) 4385220</td>
</tr>
<tr>
<td>Carrigtwohill</td>
<td>(021) 4883367</td>
</tr>
<tr>
<td>Castlemartyr</td>
<td>(021) 4667354</td>
</tr>
<tr>
<td>Cloyne</td>
<td>(021) 4652436</td>
</tr>
<tr>
<td>Cobh</td>
<td>(021) 4814314</td>
</tr>
<tr>
<td>Grattan St</td>
<td>(021) 4921765</td>
</tr>
<tr>
<td>Macroom</td>
<td>(0761) 084014</td>
</tr>
<tr>
<td>Mayfield</td>
<td>(021) 4504886</td>
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<tr>
<td>Midleton</td>
<td>(021) 4631436</td>
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<tr>
<td>Riverstown</td>
<td>(021) 4822307</td>
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<tr>
<td>Rylane</td>
<td>(021) 7430899</td>
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<tr>
<td>St. Mary’s, Gurranabraher</td>
<td>(021) 301076</td>
</tr>
<tr>
<td>Youghal</td>
<td>(024) 82512</td>
</tr>
<tr>
<td><strong>West Cork</strong></td>
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<tr>
<td>Bantry</td>
<td>(027) 55150</td>
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<tr>
<td>Bere Island</td>
<td>(027) 75003</td>
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<tr>
<td>Oileán Cléire</td>
<td>(028) 39109</td>
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<tr>
<td>Castletownbere</td>
<td>(027) 70353</td>
</tr>
<tr>
<td>Clonakilty</td>
<td>(023) 8832763</td>
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<tr>
<td>Dunmanway</td>
<td>(023) 8856158</td>
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<tr>
<td>Eyeries</td>
<td>(027) 74374</td>
</tr>
<tr>
<td>Leap</td>
<td>(028) 33255</td>
</tr>
<tr>
<td>Schull</td>
<td>(028) 27353</td>
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<tr>
<td>Skibbereen</td>
<td>(028) 40400</td>
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**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 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, dexamethasone densityometry, 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, Gurranabraher, 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 Gurranabraher. 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 e.g. 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 predisposes 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 Arása 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, Bl34, 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.
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.
**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:
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.
HSELive

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
Gurranabraher 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,
Laraugh, Newcestown,
Innishannon
(including Crossbarry),
Kilbrittain, Ballyfeard,
Ballinspittle, 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
Ballinspittle 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) 278 278

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,
Carraigrohane 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
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](http://www.locallinkcork.ie)

**Bus Eireann**
[www.buseireann.ie](http://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.
What is Available:
The Age Friendly Forum is a group of individuals and representatives of community organisations which meets quarterly to feedback 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.

**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.

**Alzheimer Café**
Activity Centre, St Finbarr’s Hospital, Douglas Rd., Cork.
Tel: 085 1485800
Email: corkalzheimercafe@hotmail.com

What is Available:
The Alzheimer Café 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, Castletlyons, 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: gettingstartdcorkadmin@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

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.
DO 7 DNP 6
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 the 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.
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 Mitchellstown Day Care**
Teamonn 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.

**Avondhu Blackwater Partnership**
Tel: 022 46580
www.avondhublackwater.com
Email: info@avondhublackwater.com

**Charge for service:**
Price on Application

**Avondhu Blackwater Community Connect Service**
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.

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**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.

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**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.

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**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.

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.

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.

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, Rathcornac, 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: cluain dara daycentre@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.femoyresourcecentre.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
Fermoy Meals on Wheels
42 McCurtain Street,
Fermoy, Co Cork P61T267
Tel: 025 32962
www.femoyresourcecentre.com
Email:
info@femoyresourcecentre.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

Fermoy Senior Citizens Care and Entertainment Association
Tel: Frances Linihan 025 82759 / 086 8762355

**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 Widow’s Group
Highland View,
Bamahash, Rathcormac, Co. Cork.
Tel: Noreen Condon 025 32162
www.femoyresourcecentre.com
Email:
secfermensclub@hotmail.com

**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.
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**  
Kildorrery,  
Co. Cork.  
Tel: 022 25492

**What is Available:**  
Social event e.g. outings.  
Regular social events in North Cork area.  
Christmas party.  
Summer outings.  
Chiropody services.

**Charge for service:**  
Price on Application

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

**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.

**Charge for service:**  
Price on Application

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

**What is Available:**  
Provide community gardening plots – Various sizes.  
Also provide water on site.  
Container for storage of tools.

**Charge for service:**  
Price on Application

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

**What is Available:**  
Social Day out at Teamonn Ui Chaoimh centre, James Street, Mitchelstown.

**Charge for service:**  
Price on Application

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**Thursday Club Mitchelstown**  
Tel: Delia Tobin – 087 0927878

**What is Available:**  
This group provides regular social outings, community social gatherings, plays, dramas, Christmas party, Community Alert Group.
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.

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**Millstreet / Macroom / Ballyvourney / Ballydesmond**

**Millstreet Active Retirement Association**  
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
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.

**Castlemagner Sinsír Club**
Sally’s cross, Kanturk, Co. Cork.
Tel: 086 8521808
Email: Kathleenmoylan1@gmail.com

**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.

**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:**
Wheelchair friendly, Parking facilities, Open to group social visits.
**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: knocknacolan1@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 (Chairperson)
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.

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Duhallow Carers
James O’Keefe 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.

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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.

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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.

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Kanturk Active Retirement Association
Coolacoosane,
Millview,
Kanturk,
Co. Cork.
Tel: 029 50879 Nora Field
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:
Meeting once a forth night.
Talks on various subjects.
Yoga.
Dancing.
Bingo, tea and a chat.

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

Charge for service:
Price on Application

What is Available:
Sheltered housing.
Social centre.
Meeting room.
Recreational activities.
Walks.
Function room.

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.

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:
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.
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,
Killahora Meals on Wheels
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.

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
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: Nomamulcahy54@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**
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.

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: yougahlcommunityhealth@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

**SWELS Active Retirement Association**
4 Carrignafoy Terrace, Cobh, Co. Cork.
Tel: 086 8109034 - Freda
Email: fredamcdowall@yahoo.co.uk

**Charge for service:**
Price on Application

**What is Available:**
Two tours during the year.
One social evenings in the year.
Christmas party.

**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.
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: trevelyroad@iolfree.ie

Charge for service: Price on Application

What is Available:

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:
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.

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**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.

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**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.

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**Mallow Social Services Council**
New Road,
Mallow, Co. Cork.
Tel: 022 22225
Email:maryc okeeffe@gmail.com

**Charge for service:**
Price on Application

**What is Available:**
Meals on Wheels Service. Sit down meal service in the centre.

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**McAuley Day Centre Ltd.**
Main Street,
Charleville, Co. Cork.
Tel: 087 6172720
Sec: Sr M Rose Murphy
Email: danieljahem@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:

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@ ballyhoura.ruraservices.org.
**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.
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.OBrien4@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’ Greets 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

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.

Charge for service:
Price on Application

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

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

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.

Charge for service:
Price on Application

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 Mummont 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
**Gurranabraher / Churchfield**

**Gurranabraher Meals on Wheels**
Parochial Hall, Gurranabraher, Cork.
Tel: 021 4303655
Email: Ascensionparish123@gmail.com

**Charge for service:**
Price on Application

**What is Available:**
Meals on Wheels

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**Gurranabraher Churchfield Health Action Zone Project HSE**
Gurranabraher Churchfield Health Action Zone Project HSE, Gurranabraher 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 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.
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.

**Gurranabraher Senior Citizens**
The Hut Gurranabraher/ Churchfield Youth & Community Resource Centre, Gurranabraher, Cork.
Tel: 021 4308975 Marie Finnegan

**Charge for service:**
Price on Application

**What is Available:**
Gurranabraher 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 Gurranabraher Churchfield Youth & Community Centre (The Hut). There is no charge for the event. We provide refreshments, music, sing-song and dancing.

**Gurranabraher 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:**  
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 weekday 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: cara@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.

Boyes Street Community Association
11 Suan Ti, Boyes 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: liliano@eircom.net

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.
Frienship.
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.

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**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.

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**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.Aheme@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.

**Blamey / Tower**

**Blamey Care of the Aged and Meals on Wheels**
18 Castleowne,
Blamey, Co Cork.

**Service:**
Convent Hall, Blamey, 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.

**Blamey Active Retirement Association**
Bridget Harrington
30 Castle Close Drive,
Blamey,
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: blameymensshed@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.

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**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.

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**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.

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**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, sightseeing.
Alarms, panic buttons, organised
Talks and contact with Community Liaison Guard.
Fitness/exercise session monthly.
**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,

**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.
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.

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.

Heartthrobs - Bishopstown Cardiac Support Group
C/o Bishopstown Library, Wilton, Cork.
Tel: 087 2874106
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.

**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.

**Westgate Foundation**
Westgate Foundation,
West Village,
Ballincollig,
Co. Cork.
Tel: 021 4863272
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
Sonas 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
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

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.

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**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.

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**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.

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**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.

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**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.
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:
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.

 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:
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.

 Celtic Stick Makers
C/o The Lough Scout Hall, The Lough, Cork.
Tel: 086 3590078

 Charge for service: Price on Application
**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.

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**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.

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**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.

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**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.
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**
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: aheffeman67oaks@yahoo.ie

**Charge for service:**
Price on Application

**What is Available:**
Exercise class.
Dancing class.
Art class.
Morning coffee.
Occasional day trips.
**Ballinlough Mea ls 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:**
Lady's Retirement Club.
Gents Club.
Bingo.
Card games.

**Tea dances.**
Police Forum meetings.
Christmas events.

**Blackrock (Mahon) Meals on Wheels**
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 Street, 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:
leerosemery2@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@eirecom.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.,
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).
WEST CORK

[Image of a bridge and a house on a cliff]
**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.

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**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.

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**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.

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**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.

**Castlelack Irish Country Women’s Association (I.C.A. Guild)**
Castlelack, Bandon, Co. Cork.
Tel: 087 2374688
Email: hiremefirst@eircom.net
www.ica.ie

**Bandon Allotments Ltd.**
Cloughmacsimon, (Off Relief Road, closer to the Secondary School) Bandon, Co. Cork.
Tel: 086 8546717
Email: ivan697@gmail.com

**Opening times:**
Site is open to members only, visits can be arranged.

**Charge for service:**
Price on Application

**What is Available:**

**Bandon Men’s Shed**
Weir Street, Bandon, Co. Cork.
Tel: 087 7532221 (Tom Mc Cleary)
086 3354581 (Demot 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.

**St. Michael’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:**
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.

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**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.

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**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.

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

Innishannon/Knockavilla Friendship Group
Knockavilla, Innishannon, Co. Cork.
Tel: Kathleen Moynihan 0877613184

Charge for service:
Price on Application
**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/Rathbarrny 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.

**Ballinscarthy Social Club for Older People**
Ballinscarthy, 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.

**Ballinscarthy Irish Country Women’s Association (I.C.A. Guild)**
Ballinscarthy, 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 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.

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:
Kinsale Active Retirement Association (K.A.R.A)
Ms. Eileen O Brien, Chairperson,
6 Chairmans Lane,
Kinsale, Co. Cork.
Tel: 086 1248160 (Ann Corcoran)

Kinsale Meals on Wheels
Tel: 087 1509996
Email: kinsalemow@gmail.com

Kinsale Cardiac Support Group
Havenbay Care Centre, Kinsale, Co. Cork.

Crusaders Toastmaster’s Club
Eastern Road, Kinsale, Co. Cork.
Tel: 021 4772619
www.crusaders.ie

Dunderrow Irish Country Women’s Association (I.C.A. Guild)
Tel: 087 8739345

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.

What is Available:
Provision of nutritious meals to those in the Kinsale community.

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

What is Available:
Price on Application

Charge for service:
Price on Application

Charge for service:
Price on Application

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

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.

Charge for service:
Price on Application

Minane Bridge Irish Country Women’s Association (I.C.A. Guild)
Tracton G.A.A. Community Hall, Minane Bridge, Co. Cork.
Tel: 086 3773509

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.

Charge for service:
Price on Application

Ballyfeard Community Alert
Ballyfeard, Minane Bridge, Co. Cork.
Tel: 021 4887148

What is available:
Personal Alarms.
Smoke Alarms.

Ballinspittle Active Retirment 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.

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.

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 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 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 quizes, 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.
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

| **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:** |
| Person centred Dementia. Specific Day Care. Lunch. Transport available. |

| **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 Community Council run a social centre. |

| **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 |

| **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 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.

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.

West Cork Arts Centre
Uillinn, West Cork Arts Centre, Skibbereen, Co. Cork.
Tel: 028 22090
Email: justine@westcorkartcentre.com

Charge for service: Price on Application

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
**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.

**Schull Satellite Centre**
Ardmanagh,
Schull,
Co. Cork.
Tel: 086 3159719
Email: nualahegarty@hotmail.com

**Charge for service:**
Price on Application

**What is Available:**
Exercise, music, talks, tea and scones. Open to anybody over 50 years.

**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:**
Morning coffee and newspapers. Bingo, cards and singing. Lunch (three courses, tea and biscuits).

**Bus Chléire/ Sherkin Bus**
Trá Chiaráin,
Oiléan Chléire,
An Sciothairín, 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.

**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.
West Cork Older People’s Network
Tel: 028 40427
Email: kathleen.hamedy@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, boulles.

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

Acom 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.

**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:*
Respite funding.
Relaxation, recreational and social activities/events.
Support with I.T. and communications.
Information provision.
Bantry Meals on Wheels
1 Árd Mhuire,
Hospital Road,
Bantry,
Co. Cork.
Tel: 085 7300454
Email:
bantrycarefortheaged@gmail.com

What is Available:
A lady’s group and a men’s that meet in a social setting.

Coomhola/Borlin Development Association
Anne Harrington
Tel: 0861012029

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

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.

The Caha Family Resource Centre
Adrigole,
Beara,
Co. Cork,
Tel: 027 60909
Email: thecahacentre@gmail.com

What is Available:
Regular social gatherings/meal.
Outings/activities.
Men’s group:
Regular gatherings, meals, outings, courses, crafts.

Charge for service:
Price on Application

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,
Ballinaulla,
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/Enniskeen 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
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.

**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:
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.
Aghinagh Active Retirement Group
Coolalita, 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:
Bows, 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 Laois 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: macroomseniorcitizens@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: macroomseniorcitizens@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@ageandopportunity.ie
Website: 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.
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@arthritisireland.ie

Aware
A non-directive listening service for people who experience depression.
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 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 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 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 p.m.
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 dramas, Irish language.
South: Margaret O’Reilly 086 3773509 margaretoireilly111@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 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 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 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 Well-Being, 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

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

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

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 Helpine 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

**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

**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

**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 Gordens, 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

**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
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

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
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        Aidan Warner
(Principal Community Worker, HSE)            (Principal Community Worker, HSE)

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