



**Comhairle Contae
Dhún na nGall**
Donegal County Council

Information Guide to Services for Older People in County Donegal



Introduction

The Donegal Age Friendly Alliance was formally established in 2014 and consists of relevant stakeholders in the development of the older persons sector in the county and the promotion of a positive approach to ageing. Through cooperation and consultation with older people in Donegal, the Alliance developed and launched the Donegal Age Friendly Strategy in May 2015. This strategy sets out the vision and the aims as regards making Donegal an age friendly county.

One of the issues raised in the consultation process was a lack of available information on the services, entitlements and activities available to older people. Therefore the Donegal Age Friendly Alliance is delighted to be launching this inclusive information guide which will be a quick reference to those services and activities available in the County for older people.*

Donegal Older Persons Council

The Donegal Older Persons Council has been established as part of the Donegal Public Participation Network (PPN) and is to be the voice of older people on Local Authority decision making bodies and structures. The Older Persons Council is composed of organisations who are interested or involved in older persons issues such as active retirement associations, carers groups, care of the aged groups and men's sheds etc. The Older Persons Council meets to discuss common issues, solutions and actions. If your community organisation wishes to join please visit the website www.donegalppn.com to learn more about the PPN and how to register to become a member of the Older Persons Council.

*The information contained in this booklet is accurate at the time of going to print in April 2016, the nature of the information is that some of it will become inaccurate through time but this booklet will be updated and made available through the Donegal County Council website www.donegalcoco.ie

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INFORMATION & ADVICE

■ Citizens Information Centre

Your Local Citizens Information Centre provides a free, professional and confidential information service on civil and social rights and entitlements. Please check with your local centre for opening times. There are 7 of these centres in Co. Donegal:

• Ballyshannon

Ballyshannon Citizens Information Centre
Public Services Outreach Centre
Library Building
Abbeyview
Ballyshannon
Phone: 0761 07 5480

• Buncrana

Buncrana Citizens Information Centre
12 Lower Main Street
Buncrana
Phone: 0761 07 5490

• Carndonagh

Carndonagh Citizens Information Centre
Public Services Centre
Malin Road
Carndonagh
Phone: 0761 07 5500

• Donegal Town

Donegal Town Citizens Information Centre
Public Services Centre
Drumlonagher
Donegal Town
Phone: 0761 07 5510

• Dungloe

Dungloe Citizens Information Centre
Public Services Centre
Gweedore Road
Dungloe
Phone: 0761 07 5430

• Letterkenny

Letterkenny Citizens Information Centre
Public Services Centre
Neil T Blaney Road
Letterkenny
Phone: 0761 07 5530

• Milford

Milford Citizens Information Centre
Public Services Centre
Milford
Phone: 0761 07 5450

■ MABS—Money Advice & Budgeting

The Money Advice and Budgeting Service is the State’s money advice service, guiding people through dealing with debt for more than twenty years. Their Helpline is open Monday to Friday, 9am to 8pm (0761 07 2000) if you would like to have a chat.

There are 4 locations in Co. Donegal:

Donegal Town

Donegal Public Services Centre,
Drumlonagher, Donegal Town
Tel: 0761 07 2480
Email: southdonegal@mabs.ie

Letterkenny

Canal House, Lower Main St,
Letterkenny
Tel: 0761 07 2460
Email: letterkenny@mabs.ie

Inishowen

16 Ardaravan Square,
Buncrana
Tel: 0761 07 2470
Email: buncrana@mabs.ie

Derrybeg

Aras Mhic Fichille,
Na Doiri Beaga
Tel: 0761 07 2650
Email: iarthar_dhun_na_ngall@mabs.ie

■ Making of a Will

It is important to make a will to ensure that your wishes are carried out. It also makes it easier and less costly to administer your estate. Professional advice is advisable, especially if your estate is large.

- Your Local Citizens Information Centre provides information on ‘Making a Will’.
- The Irish Hospice Foundation launched a new initiative “Think Ahead”. This initiative encourages you to gather your thoughts about your financial and legal affairs. It gives you a chance to write down your personal wishes for future medical and personal care. Forms are available from your local Citizen’s Information Service and Pharmacies or can be downloaded at www.thinkahead.ie
- Safeguard your finances in later life; log on to www.keepcontrol.ie to find out more.

■ Guide to Entitlements

A useful and practical guide to services and rights for people aged sixty and over is published by the Citizen Information Board. This booklet is available through the Citizens Information Centres.

National Citizens Information Phone Service 0761 07 4000 (Monday to Friday 9am to 8pm) Web address: www.citizensinformation.ie

ENTITLEMENTS

■ **Applying for a Pension**

Application forms are available from your Local Citizens Information Centre (listed on page 2). Completed forms should be sent to the Department of Social Protection, Pension Services Office, College Rd, Sligo. LoCall 1890 500 000.

■ **Collecting your Pension**

You can have your pension paid into your bank account or you can collect it from the Post Office. If you have any difficulties at any stage getting to the post office (e.g. through illness, by reason of distance etc.) you can nominate someone to collect your pension on your behalf. Fill in an 'Agent Form', which is available at your local Citizens Information office or Post Office. Return the form to the Pensions Office in Sligo.

* The post office can only make payments to named and notified agents. The naming of an agent does not preclude you from continuing to collect your own pension at any stage.

■ **Age 80 Allowance**

Pensioners receiving an Irish social welfare pension automatically receive an increase in the personal rate of their pension when they reach the age of 80.

■ **Free Schemes**

For information on Free Travel; Household Benefits Package (Electricity Allowance; Natural Gas Allowance; Bottled Gas Refill Allowance; Free TV Licence) contact the Free Schemes Office, LoCall: 1890 500 000 or your Local Citizens Information Centre.

■ **Fuel Allowance**

A Fuel Allowance is a payment to help with the cost of heating your home during the winter months. It is paid to people who are dependent on long-term social welfare and who are unable to provide for their own heating needs. Only one Fuel Allowance is paid per household.

■ Living Alone Allowance

The Living Alone Allowance is an additional payment made weekly to certain social welfare recipients who mainly live alone. You must apply separately. Forms are available from your Local Citizens Information Centre.

■ Rent Supplement

Rent Supplement is paid to people living in private rented accommodation who cannot provide for the cost of the accommodation from their own resources. In general you will qualify for Rent Supplement if your only income is a social welfare payment and you satisfy other conditions. For more information contact your Local Citizens Information Centre.

■ Housing Assistance Payment (HAP)

In 2013 the Government approved a plan for a new [Housing Assistance Payment \(HAP\)](#). This involves the transfer of responsibility for recipients of Rent Supplement with a long-term housing need from the Department of Social Protection to housing authorities. For more information contact your Local Citizens Information Centre.

■ Community Welfare Office

Community Welfare Officers (CWOs) are available through local Social Welfare Centres. If you are faced with an unexpected once-off or emergency financial need, you can go to your CWO who will assess and advise if you are eligible for financial assistance. Eligibility and entitlements vary depending on circumstances and the nature of the need.

The **Heating Supplement** is an additional weekly payment to help with the cost of heating your home. You may get a heating supplement, if you:

- Can show you have extra heating needs because of your age, medical condition or disability
- Are living alone or only with a dependent adult or dependent children
- Satisfy a means test

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

HEALTH

■ Health Service Executive

The HSE provides a range of Health and Social Services for Older People including: Medical Cards, E111 Cards, Drugs Payment Scheme, Long Term Illness Scheme, Hardship Allowance, Chiropody, Adult Optical and Appliances, etc.

If you would like more information please contact the HSE infoline from 8am to 8pm, Monday to Saturday. Callsave 1850 24 1850 or 041 685 0300

You can also contact the Donegal Local Health Office located in St. Josephs, Stranorlar by contacting 074 913 1391

■ Public Health Nurse

Public Health Nurses in Ireland are employed by the HSE to provide a range of health care services in the community. They are usually based in the Local Health Centre and may be your first contact with the health services. The public health nurse provides home and clinic nursing care to persons over 65 years who have a medical card. Services include post hospital care, dressings, injections, referral to respite and day care and assessment for Nursing Home Subvention, home support, nursing aids and appliances. Your Public Health Nurse will also advise you on Dietary, Diabetic and Counselling Services.

A list of Public Health Nurses in Donegal and their contact details can be found on pages 26 & 27 of this guide.

■ Medical Card Scheme

The Medical Card Scheme entitles certain people to free public health services. To be eligible, your income must be below a certain level. If you do not qualify for a card on income grounds you may get a GP Visit Card. There are different guidelines for the means test depending on whether you are under or over 70 years of age. In the case of a couple, the assessment is based on the age of the older person.

You can apply online at www.medicalcard.ie

Or

Tel: 1890 252 919 or visit your Local Citizens Information Centre for more information

■ **GP Visit Card for Over 70s**

Everyone aged 70 or over and ordinarily resident in Ireland is eligible for free GP care, regardless of income. Medical Card holders and GP Visit Card holders do not have to register for this scheme. If you do not have one of these cards you can apply online at www.hse.ie. You can also contact the HSE infoline (listed on the previous page) or your Local Citizens Information Centre to find out more.

■ **Treatment Benefit Scheme**

The Dept. of Social Protection provides limited dental, optical and aural services under the Treatment Benefit Scheme. This Scheme is available to insured workers and retired people who have the required number of PRSI contributions. For further information, contact the Treatment Benefit Section on Local: 1890 400 400 or contact your Local Citizens Information Centre

■ **The Dental Treatment Services Scheme**

This Scheme (DTSS) provides access to limited dental treatment for adult medical card holders (only) and does cover GP Visit Cardholders. This includes a free oral examination every calendar year and free emergency dental treatment to relieve pain.

■ **Long Term Illness Scheme**

Drugs and medicines for the treatment of a particular range of conditions are free of charge. Check with your Public Health Nurse or ask at your Local Citizens Information Centre for the list of Long Term Illnesses covered by this Scheme.

■ **Home Care Package**

This Scheme is operated by the HSE. It aims to help people who need medium to high care support to continue to live at home independently. It is tailored to individual needs and may include services of nurses, home helps, physiotherapy and occupational therapy. For more details contact your Public Health Nurse.

■ **Respite Care**

Respite Care may involve providing alternative care for a person with a disability in order to provide the full time Carer with a well-earned break. For more information contact your Public Health Nurse.

■ **Respite Care Grant (Carer's Support Grant)**

Persons in receipt of Carer's Allowance, Carer's Benefit, and/or Prescribed Relative's Allowance automatically receive the Respite Care Grant from the Department of Social Protection. This is paid once a year usually on the first Thursday in June. For more information or to get an application form you can contact your Local Social Welfare Office or your Local Citizens Information Centre.

■ **Nursing Home Information**

Donegal HSE Nursing Homes Support Office:

St. Josephs, Stranorlar Tel: 074 919 1738 or 074 919 1734

The Nursing Home Support Scheme known as the 'Fair Deal' provides financial support to people who need long term nursing home care. Under this scheme, you will make a contribution towards the cost of your care and the State will pay the balance. This applies whether the nursing home is public, private or voluntary. The HSE administers the Fair Deal Scheme with the resources available. Applicants cannot avail of State Funding for a nursing home place prior to receiving approval of their application. Your Public Health Nurse can supply you with the nursing home list & application forms. For more information on this Scheme or help with your application form visit your Local Citizens Information Centre.

■ **Occupational Therapy**

These services are provided to people who through illness or disability are in need of support or change to their lifestyle. Occupational Therapists can advise on changes that may be needed in the home to support a person with special needs and on activities that will help a person to regain their independence. Referral to the Community Occupational Therapy Service is done through your local Public Health Nurse.

■ **Assist Ireland**

The website www.assistireland.ie contains information on daily living aids, mobility aids and assistive technology. It includes a directory of products available from suppliers for people with disabilities and older people.

■ **Chiropody Services**

This is provided by the HSE for free to Medical Card holders over sixty five. Application forms and information on services available can be obtained at your Local Health Centre or Citizen's Information Centre.

■ Day Centres for the Elderly

Day centres are places where Older People come together locally to combat loneliness, to have a chat and do activities such as exercises, arts & crafts, painting, computers, play cards, bingo, listen to music and sometimes dance. Older People are warmly welcomed and are treated to a cupa and homebake, and a 3 course lunch. A list of Day Centres in Donegal is available on pg 28-29 of this guide where you can find details of who to contact in order to attend your local Centre.

■ Letterkenny General Hospital

Letterkenny General Hospital is an acute general and maternity Hospital, which forms an integral part of the Health Service Executive North West Region. The Hospital aims to deliver a patient-centred, quality-driven focused service and provides a wide range of diagnostic and support services for Co. Donegal. Tel: 074 912 5888

■ Community Hospitals

There is no official definition of a 'community hospital' in Ireland but the convention is to differentiate it from an 'acute hospital' if it does not have an accident and emergency department. Community hospitals offer a higher level of medical support compared to the average nursing home such as respite care, assessment, convalescence and rehabilitation. Below is a list of Community Hospitals in the County.

Buncrana Community Nursing Unit	Tel: 074 936 1500
Ramelton Community Nursing Unit	Tel: 074 915 1049
Carndonagh Community Hospital	Tel: 074 937 4164
Donegal Town Community Hospital	Tel: 074 972 1019
Dungloe Community Hospital	Tel: 074 952 1044
Otharlann Phobail an Fhálcarragh	Tel: 074 913 5104
Killybegs Community Hospital	Tel: 074 973 2044
Lifford Community Hospital	Tel: 074 914 1033
Rock Community Nursing Unit, Ballyshannon	Tel: 071 985 1303
Shiel Community Hospital, Ballyshannon	Tel: 071 985 1300
St. Joseph's Community Hospital, Stranorlar	Tel: 074 913 1038

■ **GP Out of Hours Service — NowDOC**

This is a service to provide you and your family with access to urgent family doctor services outside of normal surgery hours. Access to the service is by appointment only, by contacting 1850 400 911. NowDOC is not a walk-in service.

■ **Mental Health Services in Co. Donegal**

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

- Contact your local GP. If it's late in the evening or night-time, contact NowDOC.
- Go to the Emergency Department at your nearest hospital, Letterkenny General Hospital or Sligo General Hospital. Contact emergency services on 999 or 112.
- Call the Samaritans, the 24 hour listening service, to talk to someone about what's on your mind. Call 116 123.
- Contact the HSE Mental Health Administrator for Donegal on 074 912 3788.
- GROW is a voluntary organisation that provides friendship and support for people with mental health problems and people who are at risk of mental health problems. Their Donegal office can be contacted on 074 916 1628.
- The website www.yourmentalhealth.ie contains advice on mental health.

■ **Social Prescribing Coordinators**

The Social Prescribing for Health and Wellbeing Programme is available in six areas in Donegal. The programme aims to support the health and wellbeing of people by using community based activities and supports, such as Men's Sheds, walking in groups, Community Gardening, dancing, art and other creative activities. There are also opportunities to attend self-help programmes such as Stress Control as well as having access to self help books.

The programme is for anybody who may feel that they need some support and help with minding their health and wellbeing, for those who feel a bit isolated and/or for those who feel stressed, anxious or depressed. There is no cost to participating in the social prescribing programme but there may be a small cost attached to attending some of the activities. If you are interested in joining the programme talk to your GP or Public Health Nurse who can refer you to a Coordinator. You can also make an appointment with the Coordinator directly yourself. You can see a list of these coordinators and their contact details on pg 33 of this guide.

Health Centres in Co. Donegal

Glenties Municipal District

Árainn Mhór	074 952 0535
Bunbeg	074 953 2445
Na Doirí Beaga	074 953 2334
Doochary	074 954 6162
Dunfanaghy	074 913 6527
Dungloe	074 952 1933 074 952 1099
Falcarragh	074 913 5491
Glenties	074 955 1330

Donegal Municipal District

Ballyshannon	071 985 1387
Bundoran	071 984 1445
Carrick	074 973 9380
Dunkineely	074 973 7106
Kilcar	074 973 8069
Killybegs	074 973 1148
Mountcharles	074 973 5100
Pettigo	071 986 1740

Inishowen Municipal District

Carndonagh	074 937 4644 074 937 4262
Clonmany	074 937 6173
Fahan	074 936 0277
Mannorcunningham	074 915 7230
Moville	074 938 2408
Muff	074 938 4067
Newtowncunningham	074 915 6386
Quigley's Point	074 938 3036

Letterkenny Municipal District

Milford	074 915 3144
Ramelton	074 915 1468
Rathmullan	074 915 8416
Letterkenny Ark Medical Centre	074 912 8180
Letterkenny Scally Medical	074 912 1955
Letterkenny Ballyraine Park	074 912 9393
Letterkenny St. Conals Hospital	074 912 3750

Stranorlar Municipal District

Castlefinn	074 914 6694
Convoy	074 914 7317
Lifford	074 914 1024
Raphoe	074 914 5835
St. Johnston	074 914 8479
Stranorlar	074 913 1344 074 913 1023

HOUSING

■ Donegal County Council Housing Department

Donegal County Council's Housing Department provides confidential support services for older people and people with disabilities who are in need of housing or who need to improve the accessibility of their homes. For more information you can contact Donegal County Council.

Tel: 074 915 3900 or visit their website www.donegalcoco.ie

■ Housing Aids for Older People Grant Scheme

The Scheme of Housing Aids for Older People is available to assist older people living in poor housing conditions to have necessary repairs or improvements carried out. The types of works grant-aided under the Scheme include reroofing, re-wiring and the provision of central heating (where none exists).

Applicants should be 66 years of age (or over) and should be living on their own or with a spouse or with another person 66 years of age (or over). The level of grant aid available shall be determined on the basis of gross household income and the improved costs of the works as assessed by Donegal County Council. The maximum grant available is €8,000.

Contact Donegal County Council on 074 915 3900 for more information.

■ Mobility Aids Housing Grants Scheme

The Mobility Aids Housing Grants Scheme is available to cover a basic suite of works to address mobility problems, primarily, but not exclusively, associated with ageing. The works grant aided under the Scheme include: Grab-rails, Access ramps, Level access shower, Stair-lifts and other minor works deemed necessary to facilitate the mobility needs of a member of a household. The effective maximum grant is €6,000 or 100% of the approved cost of the works, whichever is the lesser. The grant is available to households whose gross annual household income does not exceed €30,000.

The **Housing Adaptation Grant** for People with a Disability is available to assist in the carrying out of works that are reasonably necessary for the purposes of rendering a house more suitable for the accommodation of a person with a disability who is a member of the household.

HOME SERVICE SUPPORTS & MAINTENANCE

■ Better Energy Warmer Homes Scheme

This scheme aims to improve the energy efficiency and warmth of homes owned by people on low income. It is operated by the Sustainable Energy Authority of Ireland (SEAI) and is available nationwide. The service involves the **installation** of standard energy efficiency measures appropriate to the eligible household subject to SEAI survey, budget allocation and available capacity. The service is provided at no cost to the household and the measures currently available under this scheme are: Attic insulation, draught proofing, lagging jackets, energy-efficient bulbs, cavity wall insulation and energy advice.

For more information, call the Better Energy Warmer Homes helpdesk on: LoCall 1800 250 204.

■ Better Energy Homes Scheme

The **Better Energy Homes Scheme** provides **grants** to homeowners to improve energy efficiency in their homes. This scheme is different to that listed previously as it provides grants to improve energy efficiency rather than installation. Grants are available for the following energy saving work:

- Roof insulation
- Wall insulation - for example, cavity wall, internal dry lining or external insulation
- Heating controls upgrade
- Installation of a high-efficiency boiler (more than 90% efficiency) including a heating controls upgrade
- A Building Energy Rating (BER) after the energy-saving work is carried out (you **must** get this BER to qualify for the grant)
- Solar heating

For more information, contact Better Energy Homes Scheme on LoCall 1850 927 000

You can also visit the Sustainable Energy Authority of Ireland's website www.seai.ie to find out more information on these schemes.

SAFETY & SECURITY

■ Emergencies

At some point in your life, you may need to call the emergency services such as firemen, police, or medical personnel. By being prepared for calling the emergency services, you can get the help you need much more quickly which can often make a big difference.

In Ireland we have two emergency numbers, **999** and **112**.

112 also works in all EU countries and from any phone, free of charge.

Remember when calling **112** (or **999**), 'stay calm, stay focused and stay on the line'.

■ The Seniors Alert Scheme

The Seniors Alert Scheme is run by Pobal and provides grant support for the supply of equipment (e.g. Personal Pendant Alarms*) to enable older people without sufficient means to continue to live securely in their homes. The grant assistance is made available through community and voluntary groups registered with Pobal. To be eligible you must be:

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

For more information contact Pobal on 01 511 7000 or visit their website www.pobal.ie
A list of local community organisations providing this grant assistance is on pg 32-33.

*A Personal Pendant Alarm is a pendant worn at all times which, when activated in cases of emergency, provides immediate contact with persons appointed by the pendant alarm user to call emergency services.

■ Crime Prevention Officer

Crime Prevention Officers (CPOs) are trained to encourage, promote and advise on crime prevention to both the private and business community. There are dedicated crime prevention officers within each Garda Division. The crime prevention officer in Co. Donegal is Sergeant Paul Wallace and his contact number is 074 916 7161.

■ Garda Stations in Co. Donegal

There are four district Garda stations that cover all of County Donegal and are open 24 hours a day, seven days a week. The contact details and the areas covered by these stations are as follows:

- **Letterkenny Divisional & District H.Q** — Contact: 074 916 7100
Areas Covered: Ballybofey & Stranorlar, Carrigans, Castlefinn, Convoy, Letterkenny, Lifford, Newtowncunningham, Raphoe
- **Milford District H.Q** — Contact: 074 915 3060 & 074 915 3067
Areas Covered: West Donegal from Mountain Top Letterkenny, Fanad Peninsula and all the costal area of West Donegal to the North Shore of Gweebarra — Bunbeg, Burtonport, Carrigart, Creeslough, Dunfanaghy, Dungloe, Falcarragh, Kerrykeel, Kilmacrennan, Milford, Ramelton, Rathmullan
- **Buncrana District H.Q** — Contact: 074 932 0540 & 074 932 0547
Areas Covered: Inishowen & Burt areas — Buncrana, Burnfoot, Carndonagh, Clonmany, Merville, Muff
- **Ballyshannon District H.Q** — Contact: 071 985 8530 & 071 985 8537
Areas Covered: The coastal area of south west Donegal to the south shore of Gweebarra River and east towards Pettigo — Ardara, Ballintra, Ballyshannon, Bundoran, Carrick, Clogher, Donegal Town, Glenties, Killybegs, Mountcharles, Pettigo

SOCIAL & LEISURE ACTIVITIES

■ Active Retirement Ireland

Active Retirement Associations were established to enable retired people and anybody over 55 to enjoy a full and active life and to advocate for them. Their mission is for people to remain healthy and active through engaging with their peers within their own community.

At local level Active Retirement Associations arrange social events, educational options and activities which encourage and support retired people to remain healthy and active. Many Active Retirement Association members are also involved with other local organisations, providing much needed volunteers in a variety of activities. If you would like to register for one of these groups or you would like more information please contact 01 873 3836 or visit the website www.activeirl.ie

Below are the active retirement associations in County Donegal as listed on the Active Retirement Ireland website. There may be some groups such as Killygordon Wednesday Club which provide a similar service but are not listed.

Ballyshannon Active Retirement Association
Bundoran Active Retirement Association
Burtonport Active Retirement Association
Carndonagh Active Retirement Association
Carrick Active Age Group
Donegal Town Active Retirement Association
Dungloe Active Retirement Association
Dunkineely Active Age Group
Forresters Active Age Killybegs
Active Seniors Lettermacaward/Doochary
Friday Club Lifford
Lifford 50+ Group
Letterkenny Active Retirement Association
Muff Active Retirement Association
Kurling Club Raphoe
Raphoe Seniors Friday Club
Senior Citizen's Culdaff Friday Club ARA
Twin Town Friday Club Ballybofey/Stranorlar

■ Donegal Sports Partnership

Donegal Sports Partnership (DSP) was established in 2001 to coordinate and support the development of sport and physical activity in County Donegal. The organisation has dual objectives of developing programmes to increase participation in sport and delivering education and training programmes to increase capacity around sport within communities in Donegal. Under the active communities pillar of the DSP strategic plan, a number of programmes have been identified to provide sport and physical activity opportunities to older adults including Walking Initiatives, New Age Kurling Leagues, Go for Life Games and Boccia & Bowling.

The thrust of these programmes is to empower and enable older people to participate in sport and physical activity by reaching out to active retirement associations, senior citizens groups, day care and community centres around the country, to ensure that increasing numbers of older people are more active, more often.

Tel: 074 911 6078 or 074 911 6079 to find out more information or visit their website www.activedonegal.com

■ Donegal Education & Training Board (ETB)

The Donegal Education & Training Board provides a range of adult and further education and training programmes. Donegal ETB's Adult Guidance & Information Service can provide information on education and training options available to you, both within the ETB and through other education and training providers.

The ETB Learning for Living/ Basic Education programme offers free tuition to adults who would like to improve their skills in reading, writing, spelling, and numbers; introductory courses in using computers are also available.

Donegal ETB's Community Education Programme supports the delivery of adult education courses in the community through the provision of funding for tuition costs and support in the setting up of courses. The programme targets educationally disadvantaged adults who do not normally avail of educational courses and who may not have the financial means to engage in these courses.

For more information on any of these programmes:

Tel: 074 917 8088 or visit their Website: www.donegaletb.ie

■ Libraries

A list of libraries in County Donegal can be found on pg 31 of this guide. Your local library will also have information on book clubs and other events in your area.

■ **Donegal Volunteer Centre**

Donegal Volunteer Centre's mission is to offer equal opportunities to all sections of the community to participate in meaningful voluntary activity. Anyone who is interested can apply and the volunteer centre will help find you a placement that matches your interests and experience. The Volunteer Centre also provide a free service for organisations who need volunteers as they can advertise a volunteer vacancy through their networks. Tel: 074 912 6740 for more information or visit their website: www.volunteerdonegal.ie

■ **Community Gardens**

Community Gardens are a good way for people of all ages, backgrounds and levels of gardening experience to take part in a shared interest. They are ideal places to join if you enjoy gardening with other people, if you feel overwhelmed by gardening on your own, or you only have a couple of hours to spare but want to do something productive outside. OURganic Gardens was created as a central point of contact for all Donegal community gardeners. The contact for OURganic Gardens is Joanne Butler. Her contact details are Tel: 086 178 9971 or Email: joanne.butler@me.com
For more information on community gardens please visit the Community Garden Network website www.cgn.ie

■ **Donegal Garden Trail**

Donegal Garden Trail offer 24 public and privately owned gardens open at different times through the summer for people to visit.
Please visit their website www.donegalgardentrail.com to find out more or contact Joan Donleavy on 087 989 5099 or Dorothy Jervis on 087 913 1393

■ **Birdwatch Ireland**

For information on events and meetings in Co. Donegal please contact Liz Sheppard, secretary of the Birdwatch Ireland Donegal Branch.
Tel: 074 914 7129 or visit their website www.birdwatchireland.ie

■ **Donegal Historical Society**

For information on upcoming events and meetings and to learn about the work of the Society, please contact Una McGarrigle, secretary of the Donegal Historical Society.
Tel: 071 985 1726 or Email: unamcgarrigle@hotmail.com
You can also visit their website www.donegalhistory.com

■ Men's Sheds

A Men's Shed is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities. Men's Sheds are open to all men regardless of age, background or ability and are a place to share skills and knowledge while maintaining or enhancing the well-being of the participants.

Below are the Men's Sheds in County Donegal as listed on the national Men's Shed website www.menssheds.ie. You can also contact their national number on 01 891 6150 for more information.

- **An Bothán Glas na bhFear**
Rann na Feirste, Leitir Ceanainn
Contact: Aodh Mac Ruairí
Tel: 074 956 2222
- **Ardara Men's Shed**
Wood Road, Ardara
Email: info@swdms@gmail.com
- **Ballyshannon Men's Shed**
Adult Education and Training Centre
College St. Ballyshannon
Contact: Bob Kennedy
Tel: 071 985 1043
- **Carndonagh Men's Shed**
Old Co-op shop, Moville Road
Carndonagh
Tel: 087 236 1497
- **Castlefinn Men's Shed**
Castlefinn Partnership Initiative
Knockraver, Castlefinn
Tel: 074 914 3976
- **Dunfanaghy Men's Shed**
Dunfanaghy Family Resource Centre
Contact: Jean McLaughlin
Tel: 074 913 6548
- **Kilmacrenan Men's Shed**
Ballykeeran, Kilmacrenan
Contact: Michael McFadden
Tel: 086 253 9511
- **Letterkenny Men's Shed**
St Conals Hospital Grounds
Tel: 074 912 0633 or 086 227 0437
- **Lifford/Clonleigh Men's Shed**
Croaghan Heights, Lifford
Contact: David Campbell
Tel: 074 9141773
- **Meenameary Men's Shed**
Meenameary, Carrick
Email: info@swdms@gmail.com
- **Moville Men's Shed**
Claggin, Bredaghglen, Moville
Contact: Paddy Gillespie
Tel: 074 938 5859
- **Raphoe Men's Shed**
Raphoe Family Resource Centre
Contact: Tony Mc Daid
Tel: 074 914 5796 or 087 364 1503
- **Rosbeg and Portnoo Men's Shed**
Downstrands Family Resource Centre
Kilclooney, Portnoo
Tel: 074 9545879
- **Sheephaven Men's Shed**
Aras Ros Goill, Downings, Letterkenny
Contact: Marrietta Herraghty
Tel: 074 915 5055
- **South West Donegal**
Killybegs Men's Shed
Niall Mór Community & Enterprise Centre
Contact: Nick North / Rachel Cranwell
Tel: 085 856 9686 or 074 974 1863

TRANSPORTATION

■ SITT — Seirbhís Iompair Tuaithe Teo

SITT is the body responsible for the coordination and delivery of all exchequer funded transport in Co. Donegal. Both public and private transport agencies work with SITT. Among the service types that SITT coordinates are scheduled routes, specific services such as HSE transport and community & voluntary door to door passenger services. For more information on Routes and Timetables for all the various transport services in Donegal please contact SITT on 074 974 1644 or visit their website www.sitt.ie

Areas & Routes covered by SITT

Malinbeg - Killybegs
Malinbeg - Donegal
Pettigo - Donegal
Frosses - Donegal
Ballintra - Ballyshannon
Portnoo - Donegal
Ardara Circle
Ardara Care of The Aged
Doochary - Dungloe
Maghery - Dungloe
Burtonport - Letterkenny
Leitir - Dungloe
Glenties Rural
Tory Island
Arranmore Island
Fanad - Letterkenny
Letterkenny - Burtonport
Letterkenny via Raphoe - Finn Valley
Letterkenny - Inishowen

Stranorlar Rural
Ballybofey - Derry via Convoy
Ballybofey - Derry via Castlefinn
Castlefinn Rural
Finn Valley via Raphoe - Letterkenny
Fintown - Ballybofey
Glenfin Fintown Area
Moville - Carndonagh
Redcastle - Buncrana
Carndonagh - Derry
Greencastle - Quigley's Point
Carndonagh - Bridgend
Redcastle - Iskaheen
Moville - Bridgend
Muff - Moville
Burt - Buncrana
Clonmany - Buncrana
Illies - Buncrana
Isle of Doagh - Carndonagh

■ Free Travel Scheme

Everyone aged 66 and over living permanently in the State is entitled to the Free Travel Scheme. Some people under 66 also qualify. If you qualify for free travel, you are issued with a card that you must carry with you when using public transport. In some cases, a Free Travel Companion Card is available which allows a person to travel with the holder (if they are unable to travel alone).

Free travel is available on all State public transport with some exceptions and is also available on certain private bus and ferry services. You may also travel free of charge on certain cross-border services between Ireland and Northern Ireland. Private bus transport operators that have opted in to the Free Travel Scheme accept free travel cards. Contact SITT to check if your private bus operator accepts free travel cards.

■ Free Travel and Public Services Card

The Government is introducing a Public Services Card which will allow people to access a range of government services and payments. The Public Services Card will eventually replace the Free Travel Pass. If you are entitled to free travel, when you are issued with your new Public Services Card it will also be your Free Travel Card. The card will have F-T printed in a yellow octagon in the top-left-hand corner of the card. You must show your Public Services Card to the travel operator when you are using public transport

If you are aged 66 or over and are getting a social welfare pension, the Free Travel Card will issue automatically if you have registered for your Public Services Card. If you have not registered for a Public Services Card, you will be asked to register before your Free Travel Card issues to you.

■ All Ireland Free Travel Scheme

This scheme allows a Free Travel cardholder to travel free of charge on all bus and rail services within Northern Ireland using a Senior Smartpass card. Free Travel cardholders wishing to avail of the All Ireland Free Travel scheme within Northern Ireland must first get a Senior SmartPass card. To get this you must fill in an application form. (It is **not possible to get this form online**, you must contact your social welfare local office).

For more information on any of these schemes or for help with application forms please contact the Free Travel Section of the Social Welfare Services Office in Sligo:

Tel: 071 915 7100

Locall: 1890 500 000

Website: www.welfare.ie

You can also contact your Local Citizens Information Centre for more information

LOCAL SUPPORT GROUPS

■ Meals on Wheels

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

■ St Vincent de Paul

St Vincent de Paul is a charitable organisation which offers a number of services among which are supports for older people to continue to live independently in their own homes and communities. Services include cooked meals, social and recreational activities, self-care services such as showering and laundry facilities and helping those in need, including support and friendship.

For more information you can visit their website www.svp.ie or contact:

Local Office

The Diamond, Raphoe
Tel: 074 917 3933
Email: svpnorthwest@gmail.com

National Office

Tel: 01 838 6990
Email info@svp.ie

■ Donegal Carers Association Ltd

Donegal Carers Association is a volunteer organisation formed to cater and care for those involved in looking after the physically and mentally disabled, the elderly, the terminally ill and the long term ill. They provide support group services with outings, breaks, and information for carers. Contact: Ann Kavanagh on 074 914 5336 or 086 080 5214 or Ann Strain on 087 662 8826.

■ Family Carers Ireland

Family Carers Ireland is Ireland's national voluntary organisation for family carers in the home and is the merger of Caring for Carers and The Carers Association. Family Carers Ireland provides a variety of supports and services to family carers such as training for carers; home care services; information on carers' Rights and Entitlements; free legal advice; and both one-to-one counselling and personal advocacy services. They operate a confidential Freephone Careline on 1800 240 724 which offers advice and support to family carers.

■ Good Morning Service

The Good Morning Service offers a free telephone support service for people aged 60 and over. The Service is managed from the main office in Bunrana covering the Inishowen area and five outreach centres hosted by community organisations in Donegal Town, Burtonport, Falcarragh, Letterkenny, and Lifford. A Garda vetted and trained local volunteer telephones the service user regularly to ensure they are safe and well and to provide friendship, information & support.

Advocacy: The service also advocates for older people and refers clients to health services and other organisations that can help with each individual's needs & concerns.

Care & Repair: In Inishowen there is a Care & Repair service offering older people help with home maintenance; light repair work, shopping, transport & social services.

The Friendly Face Befriending Scheme is an additional service provided which will now be available in Inishowen, Milford, Rossguill & Fanad, and the Lifford and Castlefin areas. The scheme aims to reduce the effects of loneliness and social isolation among people who are older or who are incapacitated. A trained and Garda checked volunteer befriender is matched with a person who has similar interests. The volunteer visits once a week for approximately two hours. As in a normal friendship they can do things they like such as going out for a walk, for a coffee, shopping or other social activities.

A Dementia specific befriending service is also being provided, where a volunteer visits a person with dementia once per week and gives the carer a break for a few hours. This service also helps to re-engage the person with activities outside the home that they may have enjoyed prior to their diagnosis.

For further information on these services please Tel: 074 932 1598
or email: gmsdonegal@hse.ie

■ Alzheimer's Society

The Alzheimer Society of Ireland works across the country in local communities providing dementia specific services and supports and advocating for the rights and needs of all people living with dementia and their carers. They also operate the Alzheimer National Helpline offering information and support to anyone affected by dementia on 1800 341 341.

Donegal Branch Office: 2 Mill Row, Donegal Town
Contact: Julie Mundy - Tel: 074 972 2795 or email: asidonegal@alzheimer.ie
Or visit their national website: www.alzheimer.ie

OTHER USEFUL NUMBERS

■ Age Friendly Ireland

Home of the Age Friendly Cities and Counties Programme, Age Friendly Towns and Age Friendly Business Programme in Ireland. In its role as an intermediary organisation, Age Friendly Ireland is dedicated to supporting the development of effective multi-agency Age Friendly Alliances to improve health and well-being outcomes for older people across Ireland.

If you would like more information about the Age Friendly Programme you can contact Donegal County Council or log on to the Age Friendly Ireland website:
www.agefriendlyireland.ie

■ Third Age

Third Age is a national voluntary organisation celebrating the third age in life when people may no longer be in paid employment, but can remain healthy, fulfilled and continue to contribute to society. They run a Senior Help Line which is a confidential listening service for older people provided by trained older volunteers for the price of a local call anywhere in Ireland. LoCall 1850 440 444

For more information please visit their website www.thirdageireland.ie

■ Age & Opportunity

Is a national organisation that inspires everyone to reach their full potential as they age. The organisation facilitates opportunities to engage in arts, cultural activities, sport and physical activity and to learn and be involved as active citizens.

For more information please Tel: 01 805 7709 or visit their website:
www.ageandopportunity.ie

■ Age Action Ireland

Is a charity which promotes positive ageing and better policies and services for older people across the country. For more information please Tel: 01 475 6989 or visit their website: www.ageaction.ie

■ Elder Abuse

Elder abuse is defined as “a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person or violates their human and civil rights.” (Protecting Our Future, Report of the Working Group on Elder Abuse, 2002).

If you are concerned about a suspected case of elder abuse **please call the HSE helpline on 1850 24 1850** (Monday to Saturday – 8am to 8pm)

Local HSE contact details for reporting Elder Abuse:

Mr. Seamus McGarvey
HSE CHO Area 1
Adult Social Work Department
St Conal’s Hospital
Letterkenny
Tel: 087 953 1695
Email: seamus.mcgarvey@hse.ie

■ Falls Prevention Programme

Falls and falls related injuries are a growing problem for older adults. Falls can result in disability, loss of independence, fear and ongoing pain. An integrated falls prevention and awareness service is currently being developed by Older Persons Services, HSE in Donegal.

From June 2016 "Active and Healthy Ageing, Falls Prevention and Awareness clinics" will be operating from each of the Community Hospitals in the county. These clinics will be a central point of referral for Older People who have had or are at risk of falls.

Any Older Person attending the clinic will undergo a comprehensive falls risk assessment which will include assessment of their fall history, medical history and general health, balance and mobility, vision, bone health, education on falls prevention and other tests as required. Following assessment at the clinic onward referral may be made to other health care professionals for appropriate interventions in order to prevent and reduce the risk of falling.

For further information please contact:

Melissa Currid, Falls Prevention Coordinator for Donegal
Tel: 086 010 6367 or 071 982 2776

Public Health Nurses in County Donegal

Area	Address	Contact Details
Annagry	Nurses Residence, Annagry	Tel: 074 954 8106
Ardara	Health Centre, Ardara	Tel: 074 954 1548
Arranmore	Health Centre Arranmore Island	Tel: 074 952 0535
Ballybofey	Primary Care Centre Stranorlar	Tel: 074 918 9552 & 074 918 9560
Ballintra/Laghey/ Rossnowlagh	Health Centre Ballintra	Tel: 074 973 4435
Ballyshannon	Primary Care Centre Ballyshannon	Tel: 071 982 2128 & 071 982 2126
Buncrana	Health Centre Buncrana	Tel: 074 936 1079, 074 936 1374 & 074 936 1408
Bundoran	Primary Health Centre Station Road, Bundoran	Tel: 071 984 1564
Burtonport/ Kincasslagh	Health Centre, Burtonport	Tel: 074 954 2319
Carndonagh	Health Centre, Carndonagh	Tel: 074 937 4953
Carrick/Kilcar	Health Centre, Carrick	Tel: 074 973 9346
Carrigart	Health Centre, Carrigart	Tel: 074 915 5430
Castlefin	Old Health Centre Old Conneyburrow Road Lifford	Tel: 074 914 1936
Churchill	Health Centre Keelogs Churchill	Tel: 074 913 7514
Cloghan	Primary Care Centre Cloghan	Tel: 074 913 3388
Clonmany	Health Centre Colmcille Village, Clonmany	Tel: 074 937 6681
Convoy/Drumkeen	The Mill Health Centre Convoy	Tel: 074 914 7317
Derrybeg/Gweedore	Stranacorka, Bunbeg	Tel: 074 953 1488
Donegal Town	Community Hospital Donegal Town	Tel: 074 974 0622 & 074 974 0674
Dunfanaghy	Health Centre, Creeslough	Tel: 074 913 8058
Dungloe	Community Hospital Dungloe	Tel: 074 956 1237

Dunkineely	Health Centre, Dunkineely	Tel: 074 973 7283
Fahan/Muff	Health Centre, Muff	Tel: 074 938 4067
Falcarragh	Public Health Offices Station Road, Falcarragh	Tel: 074 913 5513
Fanad	Health Centre, Tamney	Tel: 074 915 9449 & 074 919 2951
Fintown/Doochary	Health Centre, Fintown	Tel: 074 954 6886
Glencolmcille	Health Centre Glencolmcille	Tel: 074 973 0067
Glenties	Health Centre, Glenties	Tel: 074 955 1329
Gortahork	Health Centre, Falcarragh	Tel: 074 916 5239
Killybegs	Health Centre, Killybegs	Tel: 074 973 1694
Killygordon	Health Centre, Killygordon	Tel: 074 914 9312
Kilmacrennan	Health Centre Keelogs, Churchill	Tel: 074 913 7512
Letterkenny	HSE Primary Care Centre Level 1 Scally House Letterkenny	Tel: 074 919 7116, 074 919 7117, 074 919 7118 & 074 919 7119
Letterkenny	Ark Medical Centre Pearse Rd, Letterkenny	Tel: 074 919 7176, 074 919 7177 & 074 919 7178
Lifford	Health Centre, Lifford	Tel: 074 917 2860
Malin	Health Centre, Malin	Tel: 074 937 0801
Manorcunningham	Health Centre Manorcunningham	Tel: 074 915 7380
Milford	Health Centre, Milford	Tel: 074 915 3108
Mountcharles	Health Centre, Mountcharles	Tel: 074 973 5513
Moville	Health Centre, Moville	Tel: 074 938 2029
Newtowncunningham	Health Centre Newtowncunningham	Tel: 074 915 6328
Pettigo	Health Centre, Pettigo	Tel: 071 986 1740
Quigley's Point	Health Centre, Quigley's Point	Tel: 074 938 3036
Ramelton	Health Centre, Ramelton	Tel: 074 915 1527
Rathmullan	Health Centre, Rathmullan	Tel: 074 915 8322
Raphoe	Health Centre, Raphoe	Tel: 074 914 5108
Stranorlar	Health Centre, Stranorlar	Tel: 074 913 1920
St. Johnston	Health Centre, St. Johnston	Tel: 074 914 8275 & 074 914 8637
Tory Island	Health Centre, Tory Island	Tel: 074 913 5504

Day Centres for the Elderly

Day Centre	Address	Days Open	Contact Details
Annagry	Annagry	Tuesday & Wednesdays	Morage McCafferty Tel: 075 954 8455
Arranmore	Arranmore Island	Tuesday, Wednesday & Fridays	Ms. Nora Flanagan Tel: 075 952 0136
Ardara	Day Centre St. Shanaghan West End, Ardara	Monday & Tuesday Only	Ms. Angela Mc Dyre No phone number
Ballyshannon	Ballyshannon	Tuesday, Wednesday & Thursdays	Ms. Marion Mc Gee Tel: 071 985 1901
Carrick	Carrick	Monday, Tuesday, Wednesday & Thursdays	Ms. Eithne O`Donnell Tel: 074 973 9354
Churchill	Day Centre Gartan	Tuesday & Wednesday & Thursdays	Ms. Sandra Brennan Tel: 074 913 7231
Clonmany	Clonmany	Monday, Tuesday, Wednesday, Thursday & Friday	Ms. Mary Devlin Tel: 074 937 6603
Creeslough	Creeslough	Tuesday, Wednesday & Thursdays	Ms. Sally Gallagher Tel: 074 913 8467
Cloghan	Cloghan Village	Transport Funding Only Here	Sandra McGeever Tel: 074 913 3031
Downings (Meevagh/ Carrigart)	Day Centre Meevagh / Carrigart	Monday, Tuesday & Wednesdays	Ms. Bridie Bradley Tel: 074 915 4848
Fanad	Tri A Loch Fanad	Tuesday & Wednesdays	Ms. Patricia Shiels Tel: 074 915 9631
Fintown	Fintown	Tuesday Only	Mary Nicholls Tel: 087 226 5849
Glenties	Glenties	Monday Tuesday & Wednesday (Older People) Thursday & Friday (Alzheimer Days)	Ms. Fiona McDwyer & Catriona Mullen Tel: 074 955 1766
Gweedore	Gweedore	Monday, Tuesday, Wednesday, Thursday & Friday	Ms. Eileen Curran Tel: 074 913 2166
Letterkenny	Oliver Plunkett Road, Letterkenny	Monday, Wednesday & Friday	Ms. Marian Malseed Tel: 074 912 1115

Malin	Malin Town	Wednesday Only	Tel: 074 937 0948
Maghery	C/O Community Centre, Maghery	Tuesday & Wednesdays	Ms. Liz McCullough Tel: 074 952 2724
Manorcunningham	C/O Hotel Clanree, Letterkenny	Friday Only	Ms. Elma McClean Tel: 085 754 6607
Moville	Moville	Tuesday, Wednesday & Friday	Ms. Claire Mc Guinness Tel: 074 938 2714
Newtowncunningham	Newtowncunningham	Tuesday, Wednesday & Thursday	Ms. Rowena Sheridan Tel: 074 915 6404
Pettigo	Maint St, Pettigo	Tuesday & Thursdays	Ms. Suzanna Wilson Tel: 071 986 1521
Portnoo	C/O Dolmen Centre, Portnoo,	Wednesday & Thursdays	Ms. Geraldine Kearney McDevitt Tel: 074 954 5010
Rathmullan	Rathmullan	Wednesday & Thursdays	Ms. Jackie Edwards Tel: 074 915 8723
Tory Island	Tory Island	Wednesdays Only	Ms. Mary McGinty Tel: 074 913 5504

Family Resource Centres in County Donegal

Family Resource Centres promote & support health, well being and quality of life for families and individuals in their communities through social, recreational and educational activities. There are nine of these centres in Donegal:

- Cara House Family Resource Centre
2 Mount Southwell Place
Market Square
Letterkenny
Tel: 074 912 3986
- Donegal Family Resource Centre
Upper Main St
Donegal Town
Tel: 074 972 5337
- Downstrands Family Resource Centre
Kilclooney
Portnoo
Tel: 074 954 5879
- Dunfanaghy Family Resource Centre
Main St
Dunfanaghy
Tel: 074 913 6548
- Mevagh Family Resource Centre
Aras Ros Goill
Downings
Tel: 074 915 5055
- Movice Family Resource Centre
St Eugene's Hall, James St.
Movice
Tel: 074 938 5548
- The Forge Family Resource Centre
Main St
Pettigo
Tel: 071 986 1924
- Raphoe Family Resource Centre
Willian St
Raphoe
Tel: 074 914 5796
- St Johnston & Carrigans
Family Resource Centre
Chapel Road
St Johnston
Lifford
Tel: 074 914 8551

Libraries in County Donegal

Ballybofey Community Library — Steeple View, Navenny St, Ballybofey Tel: 074 917 5384
Ballyshannon Branch Library — Abbey View Office Block, Main St, Ballyshannon Tel: 071 985 8824
Buncrana Community Library — St. Mary's Road, Buncrana Tel: 074 936 1941
Bundoran Community Library — Civic offices, Station Road, Bundoran Tel: 071 982 9665
Carndonagh Community Library — Public Services Centre, Carndonagh Tel: 074 937 3701
Donegal Town Branch Library — VEC Offices, Mountcharles Road, Donegal Town Tel: 074 972 5329
Leabharlann Phobail na Rosann — Ionad Teampaill Chróine, Dungloe Tel: 074 952 2500
Leabharlann Phobail Ghaoth Dobhair — Aislann Ghaoth Dobhair, Páirc Ghnó Ghaoth Dobhair, Tel: 074 956 0862
Central Library, Letterkenny. Oliver Plunkett Road Tel: 074 912 4950
Lifford Community Library — The Old Courthouse, the Diamond, Lifford Tel: 074 917 2726
Milford Community Library — Public Services Centre, Milford Tel: 074 915 3927
Moville Branch Library — The Square, Moville Tel: 074 938 5110
Raphoe Branch Library — The Diamond, Raphoe Tel: 074 914 4115
Library Administration HQ — Rosemount Lane, Letterkenny. Tel: 074 912 1968

*For more information on Libraries in Donegal including events and catalogues please visit their website: www.donegallibrary.ie

Community Organisations Registered with Pobal who provide equipment under the Seniors Alert Scheme

Organisation	Area	Contact Person	Contact Details
Raphoe Family Resource Centre	Raphoe	Laura Doran	074 914 5796
SVDP St Joseph's Conference - Rathmullan	Rathmullan Village	Catherine Morrison	074 915 8723
Kilcar Glencolmcille Community Alert	Kilcar Glencolmcille	Maureen Carr	074 973 8893
Letterkenny C.D.P. Ltd	Letterkenny Town & environs	Margaret Toner	074 912 0633
Donegal Family Resource Centre Ltd	Donegal Town	Kathleen McHugh	074 972 5337
Ardara Community Alert	Ardara	Nicola Sweeney	087 952 6561
Glenties Community Alert	Glenties	John Mc Swiggan	074 955 1766
Buncrana Senior Citizens Committee	Buncrana	Jim Henderson	074 936 1666
Clonmany Care Of The Aged	Clonmany	Michael Devlin	074 937 6575
Quigley's Point Community Alert Group	From Iskaheen to Upper Moville	Howard Clarke	074 938 3938
Killybegs Community Council	Killybegs	Kevin Hegarty	087 633 3707
The Good Morning Service	County wide for our clients where the area is not covered by other organisations	Frances Browne	074 932 1598
Convoy Community Alert	Convoy	Pat Hennigan	074 914 7723
Creeslough Community Alert	Creeslough	Hugh Shields	074 913 8922
Twin Towns Friday Club	Stranorlar/Ballybofey	Whitby McClay	074 917 5853
Comharchumann Forbartha & Fostaiochta Árinn Mhór	Arranmore Island	Seamus Bonner	074 952 0024
The Forge Family Resource Centre	Pettigo	Martina Doyle	071 986 1924
Crossroads & Killygordon Enterprise Centre	Killygordon and surrounding areas	John Butler	074 914 9557
Active Seniors Lettermacaward/Doochary	Lettermacaward	Angela Apitius	074 954 4341

Pobal ar Aire Gaoth Dobhair	Gweedore	Mary Coyle	074 953 2949 086 825 9752
Dunkineely Community Alert	Dunkineely & surrounding area	Vera McCafferty	074 973 7139
Downstrands Community Alert	Ardara	John Quinn	074 954 5100
Burtonport Kincasslagh Community Alert	Burtonport, Kincasslagh, Annagry, Dungloe	Pat Crean	074 954 2272
Coiste Pobail ghort A choirce	Gortahork Parish Gortahork	Máire Mhic Pháidín	074 913 5556

*This list is maintained and updated on the website www.pobal.ie

Social Prescribing Coordinators in County Donegal

Area	Contact Name	Contact Details
Ardara/Glenties & Killybegs	Caroline Barrett	Tel: 074 954 5879 Mobile: 087 365 2577 Email: downstrandsfrc@yahoo.ie
Derryveagh (Dunfanaghy, Falcarragh, Creeslough)	Bernadette McFadden	Tel: 086 341 2668 Email: bpmcfadden@imagine.ie
Letterkenny	Triona Stafford	Tel: 074 912 3078 Mobile: 083 133 5700 Email: letterkennysp@yahoo.ie
Milford/Rosguill	Lesley Newberry	Mobile: 089 215 7232 Email: frspcoordinator@gmail.com
Donegal Town	Miffy Hoade	Tel: 074 972 5337 Mobile: 087 381 4639 Email: socialprescribingdonegaltown@gmail.com
Buncrana	Carmel Gallagher	Mobile: 086 040 6950 Email: carmel@inishowen.ie
Moville	Ann Doherty	Tel: 089 431 8831 Email info@movillefrc.com
Carndonagh/Clonmany	Carmel Gallagher	Mobile: 086 040 6950 Email: carmel@inishowen.ie
Lifford/Castlefinn	Lifford/Clonleigh Resource Centre	Tel: 087 458 9663 Email: socialprescriberlifford@gmail.com
Bunbeg/Derrybeg	Kit Keating	Tel: 074 953 2949 Email: kitkspc@gmail.com
Dungloe/Fintown	Brid Ward	Tel: 087 151 1855 E-mail: rossescdp@eircom.net



**Comhairle Contae
Dhún na nGall**
Donegal County Council