



Líonra Rannpháirtíochta Pobail Dhún na nGall

Please let us know if there is anything you want us to share donegalppn@donegalcoco.ie Stay Safe.

Local Supports & Initiatives

Citizens Information Centre

Milford 076 1075450 milford@citinfo.ie Letterkenny 076 1075530 Donegal Town 076 1075510
Carndonagh 076 1075500 Dungloe 076 1075430

ALONE

Contact ALONE on 0818 222 024 if you have concerns about your own wellbeing, or the wellbeing of an older person you know. Further information can be found on www.alone.ie.

An Garda Síochána

"If Gardaí can be of assistance in any way by helping with delivering food or groceries or doing welfare checks on people please call. We are all in this together-keep safe"

Please contact your District Headquarters if you need any help Letterkenny 074-9167100, Buncrana 074-9320540, Milford 074-9153060 and Ballyshannon 071-9858530.

Donegal Local Development Company (DLDC)

If your community group would like assistance to put supports in place to address the needs of the most vulnerable in your area contact DLDC to get support. Margaret Larkin, Community Development Manager 087 763 3790 mlarkin@dldc.org

List of local groups who will help with pick up of shopping, prescription, newspapers etc

Ardara GAA Contact your Shop/Chemist and they will contact a driver who is being organised on a rota basis.

Buncrana GAA Michelle 086 6076007 Aine 086 3953380

Burt GAA Donal 0866686550 Catriona 00447736126855, Joanne 00447803835494 or Claire 0876380153

Donegal Bay Cycling Club

Downings GAA 087 613260

Dungloe Community

Fanad United FC & Mulroy Academy 086 2034357

Four Masters GAA 086 052 3905

Glenfinn GAA 087 205248

Inishowen Together 083 3150069 email inishowenttogether@gmail.com

Killybegs GAA 087 832 8259

Naomh Colmcille GAA 0866056655

Naomh Columba GAA Rodger 087 2596412 Christina 087 7465012 Pauric 074 9739951 Erin 087 1446868

Glenties Community Development, Naomh Conaill GAA, Glenties CFR and Day Care Centre David 0879220494 or Vincent 0871770243

Naomh Colmcille GAA

Naomh Pdraig Iskaheen GAA 0872521441

Milford GAA Milford Ramelton & Rathmullan Area James 0868179779

RaphoeTown FC email raphoetownfootball@gmail.com

Red Hughes GAA Terri 085 7448058

Robert Emmetts GAA Desiree 087 6766917

Rosses Community Response to Covid 19 Roseanne 95 61686 0879615775

Sean MacCumhails GAA 074 91 31548

Setanta Hurling Club

Spraí agus Spórt, Carndonagh 074 937 3303
St Michaels GAA Liam 086 8611097 Ann Marie 087 9454107
Swilly Rovers FC 086 3577255 or 086 4002434
Termon GAA Kieran 087 7556583

County Donegal Volunteer Centre

For supports in recruiting and managing volunteers including good governance and garda vetting contact:
074 91 26740/ 086 8186035/John Curran Email: john@volunteerdonegal.ie www.volunteerdonegal.ie

Donegal Family Resource Centres

Staff are working remotely in order to provide Support & Services

Cara House FRC 086 1223029, **Donegal FRC** 0861624788, **Downstrands FRC** 0876202508/0873851426, **Dunfanaghy FRC** 074 91 36584, **FinnValley FRC** 0860218645
Mevagh FRC 0749155055, 0879228944, **Moville FRC** 074 93 85548, **St Johnston & Carrigans FRC** 085 2524429, **The Forge FRC** 071 98 61924, **Raphoe FRC** 087 3641503, 0876224550.

USEFUL HELPLINES

HSE - 1850 24 1850

The dedicated helpline if you or someone you know may have symptoms of Coronavirus or been in contact with someone who has

TravelWise - 01 613 1733

The Department of Foreign Affairs helpline for people with travel related concerns about Coronavirus

ALONE - 0818 222 024

Open 8am-8pm for older people who have concerns or are facing difficulties relating to Coronavirus

SeniorLine - 1800 804 591

Free phone service, open everyday 10am-10pm, which now supports older people with concerns about Coronavirus

Samaritans - 116 123

If you are worried or finding it difficult to cope, this helpline is free and open day and night.

Pieta House - 1800 247 247

Free 24/7 professional helpline for people at risk of suicide & self-harm, and those bereaved by suicide

Women's Aid - 1800 341 900

24 hour support for women living with abusive partners,
if you have concerns about your immediate safety please contact the Gardaí on 999

FLAC - 1890 350 250 or 01 874 5690

If you have a legal query, the Free Legal Advice Centres helpline is open Monday to Friday 9.30am-1pm and 2-5pm

Workers Rights Centre - 1890 747 881

SIPTU helpline, open 8.30am-5.30pm Monday to Friday, for issues related to work in all sectors

Threshold - 1800 454 454

If you are a renter and you're worried about the security of your tenure during the pandemic this helpline is open Monday to Friday 9am-9pm

MABS - 0761 07 2000

Advice service for money management and debt issues, open weekdays 9am-8pm

