

Information Guide to Services for Older People in County Donegal





Introduction

The Donegal Age Friendly Alliance was formally established in 2014 and brings together key stakeholders involved in enhancing the lives of older persons across the county.

The Alliance is committed to promoting and strengthening a positive approach to ageing and ensuring that Donegal is a great place to grow older. Through ongoing collaboration and consultation with older persons, the Alliance has developed the Donegal Age Friendly Strategy 2025–2030. This strategy outlines a clear vision and set of goals aimed at making Donegal an age friendly county where older people are valued, supported and empowered.

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.

Disclaimer

The information contained in this booklet is accurate at the time of printing (September 2025). Due to the evolving nature of some content, certain details may become outdated over time. A digitally updated version of this booklet will be made available at www.donegalcoco.ie through QR code on front cover.



Age Friendly Ireland

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

Shared Service Centre
Meath County Council
Buvinda House
Navan, Co.Meath
C15 Y291

Call 046 9032170
Email agefriendlyireland@meathcoco.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 6 of these centres in Co. Donegal:

- Buncrana
Buncrana Citizens Information Centre
12 Lower Main Street
Buncrana F93 H9PP
Phone: 0818 0754190
- Carndonagh
Carndonagh Citizens Information Centre
Public Services Centre Malin Road
Carndonagh
F93 YV1N
Phone: 00818 075500
- Dungloe
Dungloe Citizens Information Centre
Public Services Centre
Gweedore Road
Dungloe
F94H4CF
Phone: 0818 075430
- Donegal Town
Donegal Town Citizens Information Centre
Public Services Centre
Drumlonagher Donegal
Town F94 DK6C
Phone: 0818 075510
- Letterkenny
Letterkenny Citizens Information Centre
Public Services Centre
Neil T Blaney Road
Letterkenny F92 TNY3
Phone: 0818 075510
- Milford
Milford Citizens Information Centre
Public Services Centre
Milford F92 TD0P
Phone: 0818 075450

Money Advice & Budgeting Service (MABS)

The Money Advice and Budgeting Service is the State's money advice service, guiding people through debt for more than twenty years. Their Helpline is open Monday to Friday from 9am to 8pm (0761 07 2000) .

There are 4 locations in Co. Donegal

Donegal Town

Donegal Public Services Centre,
Drumlonagher, Donegal Town
F94 DK6C
Tel: 0 8 1 8 0 7 2 4 8 0
Email:
southdonegal@mabs.ie

Inishowen

Ardaravan Square,
Buncrana
Tel: 07617 2470
F93N883
Email:
buncrana@mabs.ie

Letterkenny

1st Floor, Fort Lynn House,
Letterkenny, F92 R6NF
Tel: 0818 072460
email:
letterkenny@mabs.ie

Derrybeg

Na Doiri Beaga,
F92 KF82
Tel: 0818 072650
Email:
iarthar_dhun_na_ngall@mabs.ie



Making 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; 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 and available through their Centres.

National Citizens Information on - 0818 07 4000 (Monday to Friday 9am to 8pm) www.citizensinformation.ie

ENTITLEMENTS

You should apply to the Department of Social Protection for your pension at least 3 months in advance. www.gov.ie/en/departments-of-social-protection/

Social insurance payments: You need enough PRSI contributions to qualify for these payments. Apply to the Department of Social Protection.

The State Pension (Contributory): is payable from the age of 66. You are allowed to have income from any other source while you receive this pension, but both the income and the pension are taxable.

Under the National Pensions Framework, a number of other changes are planned to the qualifying conditions for the State Pension (Contributory). These changes do not affect the State Pension (Non-Contributory).

Widow's, Widower's or Surviving Civil Partner's Contributory Pension: You may be eligible for Widow's, Widower's or Surviving Civil Partner's Contributory Pension if you are widowed or a surviving civil partner, have not remarried or entered into a new civil partnership, and are not cohabiting. You can transfer to the State Pension (Contributory) at the age of 66.

Means-tested payments: Any means you may have, such as weekly income or savings, are taken into account for these payments, but not your own home. You must also satisfy the habitual residence condition. Apply to the Department of Social Protection.

State Pension (Non-Contributory) is a payment for people aged 66 or over who do not qualify for a State Pension (Contributory).

Working in retirement: If you are getting a means-tested payment, working or being self-employed affects the amount of that payment. You can have up to €200 earnings from insurable employment without affecting your State Pension (Non-Contributory).

Widow's, Widower's or Surviving Civil Partner's Non-Contributory Pension

If you are a widowed person or a surviving civil partner who is not entitled to a Widow's, Widower's or Surviving Civil Partner's Contributory Pension, has not remarried or entered into a new civil partnership, has no dependent children and is not cohabiting, you may be eligible for a Widow's, Widower's or Surviving Civil Partner's Non-Contributory Pension. This is a means-tested payment. At age 66 you transfer to the State Pension (Non-Contributory).

Private Pensions: Occupational and personal pensions

Occupational pensions are organised by employers to provide pensions to employees on retirement or to surviving dependants on the death of an employee. Personal pensions or Personal Retirement Savings Accounts (PRSAs) are organised individually by self-employed people or employed people who do not have an occupational pension scheme.

You need to deal directly with the pension provider to find out exactly what benefits your pension gives you. The Pensions Authority is the regulatory body for occupational pensions and PRSAs. If you have a complaint, the Authority will advise you about your rights. The Pensions Ombudsman investigates and decides on complaints relating to occupational pensions and PRSAs. Generally, you may have income from other sources, for example, from work, if you are receiving a pension. There are some restrictions on people getting both a pension and employment income from the public sector – you should check with the pension provider.

Other social welfare payments

Increase for Living Alone: The Increase for Living Alone is a supplementary payment for people on social welfare pensions who are living alone. It is also available to people under the age of 66 who get certain other payments from the Department of Social Protection.

Aged 80 increase: If you are getting a social welfare pension, you automatically get an increase in your pension when you reach 80 years of age.

Household Benefits Package : The Household Benefits Package includes the Electricity or Natural Gas Allowance and a Free TV Licence. If you are aged 70 or over, you qualify regardless of your income or who lives with you. The scheme may also be available to people aged 66 and over who get certain social welfare payments or whose income is below certain limits.

Free travel: If you are over the age of 66 or getting a carers' or certain other social welfare payments, you can get a Free Travel Pass, entitling you to free travel at any time on bus, road, rail and DART services operated by Bus Átha Cliath, Bus Éireann, Iarnród Éireann, LUAS services, the Aran Islands ferry service and on certain private services which have opted into the scheme.

You can also use your Free Travel Pass on any of the 34 schemes under the Rural Transport Initiative. People who are entitled to free travel are also entitled to have their spouse/partner travel free with them or may be entitled to a Companion Pass on medical grounds. The Free Travel Scheme also covers public transport services in Northern Ireland for people over 66 years of age who have a Senior SmartPass Card.

National Fuel Scheme(Fuel Allowance): The National Fuel Scheme is a means-tested payment to help people who cannot afford their own heating costs. You may qualify if you get certain payments from the Department of Social Protection or the EU equivalent :

<https://services.mywelfare.ie/en/topics/community-welfare-services/fuel-allowance/>

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

Carers:

If you are providing full-time care to someone who is ill or incapacitated, you may qualify for a carer's payment. The main payments are Carer's Allowance (Means Assessed) and Carer's Benefit (PRSI based). If you are caring for two or more people, your rate of Carer's Allowance is increased by 50% (maximum) each week. If you are getting another social welfare payment, you may get half-rate Carer's Allowance. The Carer's Support Grant is automatically paid to people getting Carer's payments in June each year.

Additional Needs Payment

An Additional Needs Payment is a payment available to you if you have expenses that you cannot pay from your weekly income. You may get this payment even if you are not getting a social welfare payment. It also may be available to you if you are working and on a low income. Additional Needs Payments are available for:

- essential repairs to property, including motor vehicles and replacing household appliances and furniture
- the increased cost of fuel and electricity
- assistance with deposits for private rented accommodation
- furniture, bedding and other items if you are setting up a home for the first time
- funeral costs
- recurring travel expenses such as for hospital appointments or visiting relatives in hospital or prison
- food, clothing or shelter in the aftermath of a fire, flood or other emergency event
- other additional exceptional needs as they happen

Additional Needs Payments are paid under the Supplementary Welfare Allowance Scheme and is administered by the Community Welfare Service (CWS) of the Department of Social Protection. Application is made on form SWA1.

Rent Supplement

Rent Supplement is a means-tested payment for certain people living in private rented accommodation who cannot provide for the cost of their accommodation from their own resources. It is a short-term income support for people in the private rented sector. This supplement is administered by the Community Welfare Service.

Housing Assistance Payment

The Housing Assistance Payment (HAP) is a form of social housing support for people who have a long-term housing need. HAP is available in all local authority areas and will eventually replace long-term Rent Supplement. The scheme is administered by the local authorities, who pay the landlords directly. The rent being charged for the accommodation must be within the limits for the household type in that local authority's area. Tenants pay a weekly HAP rent contribution to the local authority, based on their income and ability to pay. Under the HAP scheme you can take up full-time employment and keep your housing support. This payment is administered by Cavan County Council. www.hap.ie

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

Sheltered Housing

Sheltered housing in Donegal provides support for individuals, primarily those aged 60 and over, to maintain independence. These housing schemes offer a range of services and facilities, often including communal areas and support from a scheme manager. Several organisations also offer sheltered housing options throughout Donegal.

For general information about housing options for older people, contact Donegal County Council or the Citizens Information Centre.

Warrenview Manor	Muff Co Donegal	0749384001 warrenviewmanor@live.ie	Teresa McAleer
St Columbcille Village	Cleagh Clonmany Donegal. F93N5DV	anne@clonmanymentalhealth.ie 0749378710.	Anne Doherty
Carrick Sheltered Housing	Carrick Co. Donegal. F94KXY1	carrickshelteredhousing@gmail.com	Martin Hegarty
Ardara Sheltered Housing Association CLG.	St. Shanaghan House, Ardara, Co. Donegal. F94 AX56	Tel: +353 74 95 37006 Mob: 085 855 9187. shanaghanhouse@gmail.com	Teague McFadden

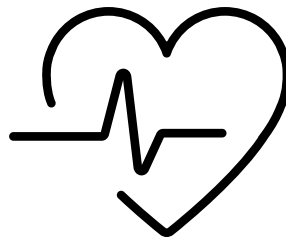


HEALTH

Health Service Executive (HSE)

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 from 8am to 8pm Monday to Saturday on Callsave 1800 700700 or 01 2408787 You can also contact the Donegal Local Health Office located in St. Josephs, Stranorlar on 074 913 1038



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 page 56-58 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

For more information tel: 0818 224478 or visit your Local Citizens Information Centre

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 on **1800700700** or your Local Citizens Information Centre to find out more.

Treatment Benefit Scheme

The Department 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 Locall: 1890 400 400 or contact your Local Citizens Information Centre

The Dental Treatment Services Scheme

This (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 1734, 074 919 1737 or 074 919 1740

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

Podiatry Services

This is provided by the HSE for free to Medical Card holders based on need. 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 Persons 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 cuppa and homebakes, and a 3 course lunch. A list of Day Centres in Donegal is available on page 58-60 of this guide where you can find details of who to contact in order to attend your local Centre.

Letterkenny University Hospital

Letterkenny University Hospital is an acute general and maternity Hospital, delivering a patient centred quality driven ,focused service and a wide range of diagnostic and support services for Co. Donegal and forms an integral part of the HSE West and North-west.

Tel: 074 912 5888



Community Hospitals

Community Hospitals provide a Multi-Disciplinary approach to the care of Residents through a variety of care pathways based on philosophy of Person Centered Care where each Resident is treated as an individual with dignity and respect and confidentiality is maintained all the time. Community hospital beds mainly provide care for persons over 65 years of age, however there may be exceptions depending on the circumstances of the referral. Medical cover is provided by a General Practitioner, out of hours cover is provided by Now Doc On Call service. Community Hospital is staffed with 24 hour nursing input and supported by Allied Health Professionals, Healthcare Assistants, Multitask attendants and catering services. Main services provided are Residential care, Short term care includes, Assessment, Rehabilitation/ Convalescence, Respite and Palliative care. There are two Community Hospitals, Carndonagh and St Joseph's Community Hospital, Stranorlar, who have Dementia specific wards that provide Residential Care, respite, assessment and long term care for people living with Dementia.

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: 074 989 8500
Killybegs Community Hospital	Tel: 074 973 2044
Ballyshannon Community Nursing Unit, 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 **0818 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 A&E at your nearest hospital, Letterkenny University Hospital or Sligo University 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

Social Prescribing is a FREE support seeking to reduce social[DM1] [AM2] isolation and improve people's health and wellbeing, using local supports for adults over 18. The Social Prescriber meets with the individual and works with them to identify their needs.

Activities include community walking groups, community garden, Men's Shed, dancing, art or other creative activity, healthy cooking, smoking cessation, managing your budget and programmes such as Balancing Stress and access to self-help books through local libraries. The Social Prescriber is familiar with what is available in the local area.

Individuals can self-refer by contacting the Social Prescriber directly OR can be referred by a GP or health professional.

You can see a list of these coordinators and their contact details on pg 64 of this guide.

Health Centres in Co. Donegal

Glenties Municipal District

Donegal Municipal District

Árainn Mhór	074 952 0535		Ballyshannon	071 983 4600
Bunbeg	074 953 2445		Bundoran	071 984 1445
Na Doirí Beaga	074 953 2334		Carrick	074 973 9380
Doochary	074 954 6175		Dunkineely	074 973 7106
Dunfanaghy	074 913 6527			
Dungloe	074 952 1933 074 952 1099		Kilcar	074 973 9346
			Killybegs	074 973 1148
			Mountcharles	074 973 5100
Falcarragh	074 913 5491			
Glenties	074 955 1329		Pettigo	071 983 1521

Inishowen Municipal District

Carndonagh	074 937 4262
Clonmany	074 933 1597
Fahan	074 936 0277
Mannorcunningham	074 915 7230
Moville	074 938 2049
Muff	074 938 4360
Newtowncunningham	074 915 6386
Quigley's Point	074 938 3036
Buncrana	074 989 8600

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	074 989 8127 074 989 8128
Convoy	074 914 7277
Lifford	074 914 1024
Raphoe	074 914 5835
St. Johnston	074 914 8479
Stranorlar	074 913 1344 074 913 1023

Donegal Hospice
Inpatient Unit: 074 9177256
Patient Inquiries: 074 9177258
Address:
 Donegal Hospice,
 Knocknamona,
 Letterkenny,
 Co. Donegal,
 F92 VX81.



Healthy Food Made Easy (HFME) is a FREE 6-week community-cooking programme providing a basic nutrition and cookery course to help people adopt a healthy diet, plan meals on a budget and cook easy meals. It is delivered by a HSE trained facilitator, is hands-on and fun.

Gaeltacht area: contact Donna Mc Gettigan in Donegal Local Development Company 0749127056

Inishowen Peninsula: contact Niamh Britton in Inishowen Partnership 074 9362218

We Can Quit: is a FREE friendly and supportive 8 week group-based programme provided by HSE Stop Smoking Service trained community facilitators with FREE Nicotine Replacement Therapy (NRT) to help people quit smoking and stay quit.

Gaeltacht area: contact Maire Coyle in Ionad Naomh Padraig 074532949

Inishowen Peninsula: contact Patricia Lee in Inishowen Partnership 074 9362218

Stop Smoking Service: HSE Stop Smoking Advisors provide support to service users, to quit smoking tobacco. By using the HSE Stop Smoking Service along with the FREE Nicotine Replacement Therapy (NRT), a person is four times more likely to quit smoking tobacco and to stay quit. The service offers confidential, one-to-one support and advice. This can be face-to-face; online or telephone. Contact Fiona Boyle (Tobacco Lead) for more information on 087 2514790.

Health Professionals are trained in the Making Every Contact Count (MECC) programme. Your health professional can help you to make healthier choices preventing chronic disease and leading to better health.

For Patients, MECC Means:

- Opportunities to talk with healthcare staff about your lifestyle and how to make healthier choices.
- Chronic Disease Prevention by looking at risk factors like smoking, unhealthy eating, lack of physical activity and alcohol intake.
- Conversations about what your needs are to take more control of your health.

Living with a long-term health condition can be challenging. The Living Well programme is a free 6-week self-management programme for adults with chronic or long-term health conditions. It gives you the skills and confidence to live well with your condition. The programme can be in-person or online and is relaxed and friendly letting participants learn from each other. For information on upcoming programmes please contact: Fiona Doherty

Phone: 087 180 0286

Email: livingwell.nw@hse.ie

Updated HSE Contacts



NORTH NETWORK						
Letterkenny 1	Donnacha Gallagher donnacha.gallagher@hse.ie	074-9104699 087 0606633			Michael Kerr michael.kerr@hse.ie	074-9104699 Letterkenny Town
Letterkenny 2	Edwin Doherty edwin.doherty@hse.ie	074-9109161 086 1415491			Caroline Frize caroline.frize@hse.ie	074-9104774 087 6046091 Kilmacrenan, Milford, Ramelton, Rathmullan, Fanad
Letterkenny 3	Ciaran Doherty ciarandoherty@hse.ie	074-9109122 087 0052840			Michelle Caulfield (maternity leave) michelle.caulfield@hse.ie Yvonne Shewlin yvonne.shewlin@hse.ie	074-91 09122 Churchill, Camigan, Creelough, Dunfanaghy & Falcarragh
St. Cieran's Ward						
St. Cona's, Letterkenny						
Letterkenny 4	Teresa McMonagle teresa.mcmonagle@hse.ie	074-9838404 087 9474376			Bernadette McDermott bernadette.mcdermott@hse.ie	074-9838404 087 3800160 Annagh, Gweedore, Gortahork, Falcarragh, Tory Island
Dunfanaghy Primary Care						
Kil, Dunfanaghy						

SOUTH NETWORK						
South Donegal 1	Elaine Boyle elaine.boyle2@hse.ie	074-9722715 086 0404526			Bronagh Marley bronagh.marley@hse.ie	074-9722715 087 3503700 Ardara, Carrick, Kilcar, Dunkineely, Glencolumbkille, Killybegs, Mountcharles
South Donegal 2	Marian McCabe marian.mccabe@hse.ie	074-9722715 087 7088442			Shona Gillespie (Maternity Leave) shona.gillespie@hse.ie Leanne Gillespie leanne.gillespie@hse.ie	074-9722715 087 4423816 Ballinttra, Ballyshannon, Bundoran, Donegal Town, Laghey, Pettigo
South Donegal 3	Sinead Power sinead.power@hse.ie	074-9722715 086 2469984			Catherine O'Grady catherine.ogrady@hse.ie	074-9722715 087 4798957 Aranmore Island, Burtonport, Dungloe, Glenties, Fintona, Doocherry, Leitir, Clooney
Primary Care Centre						
Dunlonaghar						
Donegal Town						

EAST NETWORK						
Lifford 1	Naomi Coyle naomi.coyle2@hse.ie	074-9189130 086 0247041			Daire Roulston daire.roulston@hse.ie	074-9189130 Ballyvaughan, Stranorlar, Cloghan & Killygordon
Lifford 2	Teresa Crawford teresa.crawford@hse.ie	074-9189130 087 0511457	Emma Logue emma.logue@hse.ie	074-9189130 087 2622832		074-9189130 Manor, Newtown, St. Johnston & Convy
Lifford 3	Imelda Bonner imelda.bonner@hse.ie	074-9189130 087 1091132			Edel McGranaghan edel.mcgranaghan@hse.ie	074-9189130 087 7121229 Castledin, Lifford & Raghoe
Collective Email Address for East Network - hom.esupp.ort.office.eas@hse.ie						
Old Health Centre						
Lifford						

APPROVALS TEAM		
Service Co-Ordinator	Kate Kelly Kate.M.Kelly1@hse.ie	087 2227212
Clinical Nurse Team	Josephine Griffin josephine.griffin1@hse.ie	
Administration Office, St. Conal's Letterkenny	Shauna Kelly Shauna.Kelly1@hse.ie HSEHomeCareDonegal@hse.ie	074-9104775

ST. CONAL'S AND CENTRAL FUNCTION STAFF		
NAME	TELEPHONE	EXT
Mary Rose Carr maryrose.carr@hse.ie	074-9104698 086 0255276	4698
HomeSupportManager.Donegal@hse.ie		
Paula Forrest paula.forrest@hse.ie	074-9109129 087 1359275	5129
Alison Mc Monagle alison.mcmonagle@hse.ie	074-9104749 087 7724320	4749
Catherine McGill catherine.mcgill2@hse.ie	074-9104698 4417054	087 4698
Kieran Gallen kieran.gallen@hse.ie	087 6410835	4454
Ciara Gallagher ciara.gallagher_hh@hse.ie	074-9542687 087 0951415	
Declan Crawford declan.crawford@hse.ie	087 0511441	

Letterkenny Home Care Extension Numbers St. Conal's

Donnacha:	2210	Caroline F:	4774
Edwin:	5161	Alison:	4749
Kieran G:	4454	Paula:	5129
Michael:	4699	Mary Rose:	5119
Michelle:	5122	Catherine	4698
Ciaran D:	2209	Teresa :	2217
Lorraine:	5131	Bernadette:	4746

HOME SUPPORT RESOURCE MANAGER

donnacha.gallagher@hse.ie
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ciaran.doherty1@hse.ie
teresa.mcmonagle1@hse.ie
amanda.bonner@hse.ie
barry.kearney@hse.ie
elaine.boyle2@hse.ie
marian.mccabe@hse.ie
sinead.power3@hse.ie
naomi.coyle2@hse.ie
teresa.crawford@hse.ie
imelda.bonner@hse.ie

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KateM.Kelly1@hse.ie
josephine.griffin1@hse.ie
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bronagh.marley@hse.ie
catherine.ogrady2@hse.ie
Deirdre.Roulston@hse.ie
edel.moss@hse.ie
kieran.gallen@hse.ie

michelle.caulfield@hse.ie
shona.gillespie@hse.ie



Housing Support & Maintenance

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 Aid for Older People Grant Scheme

The Scheme of Housing Aid 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) , 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 €10,700.

Contact : 074 915 3900 for more information.

Mobility Aid Housing Grants Scheme

The Mobility Aid 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 €8,000. This grant may cover up to 100% of the cost of approved works, depending on the the applicants household income and eligibility.

The Housing Adaptation Grant

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.

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) www.seai.ie. 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.



The Healthy Age Friendly Homes Programme

The Healthy Age Friendly Homes Programme aims to support older people (aged 65 and over) to live in their own home with dignity and independence, for as long as possible. The programme's ambition is to enable everyone to live longer healthier lives by keeping care close to home and expanding the range of health and social care services in the community. It is about providing a range of alternatives for older people who may otherwise transition into long term residential care prematurely.

Two Healthy Age Friendly Homes Coordinators have been appointed in Donegal. Each coordinator will case manage a support package for each person referred, linking the supports from the variety of public, voluntary, private and community agencies in the area. The coordinator will carry out a home based assessment and, in partnership with the older person, will identify and design a range of supports to enable the older person to continue living independently.

Contact Healthy Age Friendly Homes National Office

Phone: 046 924 8899

Email: healthyagefriendlyhomes@meathcoco.ie

Web: www.agefriendlyireland.ie



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 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 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 Fergus Mc Groary his contact number is 074 916 7161. (Email: DG.CrimePrevention@garda.ie)



Garda Stations Donegal

There are 2 Community Engagement Functional Areas in the Donegal Garda Division which encompasses the entire county of Donegal, Donegal North and Donegal South.

Donegal North CEFA HQ is at Letterkenny Garda Station (074 91 67100) and this covers the following sub districts;

Letterkenny, Kilmacrennan. Milford, Carrigart, Rathmullan, Kerrykeel, Ramelton, Raphoe, Lifford, Carrigans, Newtowncunningham, Burnfoot, Buncrana, Clonmany, Carndonagh, Moville, and Muff.

Donegal South CEFA HQ is at Ballyshannon Garda Station (071 98 58530) and this covers the following sub districts:

Ballyshannon, Bundoran, Pettigo, Ballintra, Donegal Town, Mountcharles, Na Cealla Beaga (Killybegs), An Charraig (Carrick), Ard an Rátha (Ardara), Na Gleannta (Glenties), An Clochan Liath (Dungloe), Ailt An Chorráin (Burtonport), An Bun Beag (Bunbeg), An Fál Carrach (Falcarragh), Dún Fionnachaid (Dunfanaghy), An Craoslach (Creel), Ballybofey, Convoy, and Castlefin.



STAY CONNECTED!

A MOBILE PHONE makes it easy to contact family members in case of an emergency within or outside the home.

EMERGENCY SERVICE

Call **999** or **112**

Gardaí
Fire Brigade
Ambulance

*'stay calm,
stay focused
and stay on
the line'*



An Garda Síochána

Crime Prevention

IF YOU
LOVE IT,
**LOCK UP
AND
LIGHT UP.**



Simple steps can help protect your home.

Whether you are at home or going out, remember to turn on some lights, use timer switches, lock all doors and windows, use an alarm, store keys away from windows and letter boxes, and don't keep large amounts of cash or jewellery in the house.

Lock Up and Light Up
as part of An Garda Síochána's Operation Thor.
www.garda.ie



An Garda Síochána

Burglary Prevention Advice



LOCK ALL DOORS AND WINDOWS



TURN ON SOME LIGHTS



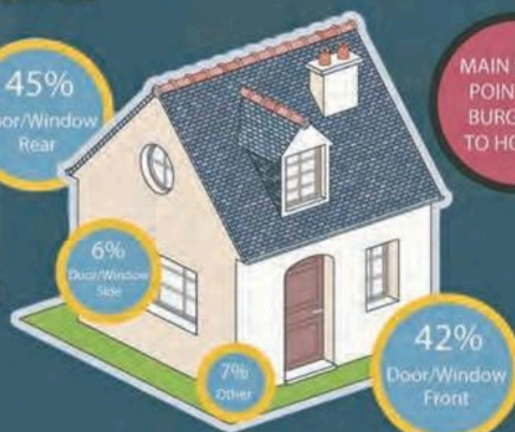
USE AN ALARM



DON'T KEEP LARGE AMOUNTS OF CASH



STORE KEYS AWAY FROM WINDOWS AND LETTER BOXES



MAIN ENTRY
POINTS BY
BURGLARS
TO HOUSES

Community Alert

Community Alert is a community safety programme for rural areas with an emphasis on older and vulnerable people. It operates as a partnership between the community, An Garda Síochána and Muintir na Tíre. It works on the principle of shared responsibility for crime prevention and reduction



The Aims of the Community Alert Programme are to :

- foster the process of community development
- To reduce opportunities for crimes to occur
- To unite communities in a spirit of neighbourliness and community service.
- To devise programmes to improve the quality of life for all in rural communities

How to set up a Community Alert Group:

To set up a group in your area, contact your local Garda Station or your local Muintir na Tíre Community Alert Development Officer (Tel: 062-51163). The group may be set up in response to community demand or as a result of Garda contact. It is important to canvass local residents with a view to securing their support and involvement before introducing a group in the area.

for further info contact Caitriona **tel: 0868160078** or view list of development officers on www.muintir.ie

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

list of groups

Ballyshannon Active Retirement	Dorothy Mawn	dorothymawn@yahoo.ie
Budoran Active Retirement	Terri Doherty	
Rossnowlagh Ramblers	Laura Robinson	rossnowlaghramblers@gmail.com
Donegal Dolls	Pam O Malley	donegaldollssistersheds@gmail.com
Ballintra Active Retirement	Angela Ferriter	angelaferriter@gmail.com
Killaghtee Active Retirement	Robin Tweed	robin.tweed.killaghteeara@gmail.com
Erne Dale Women's Group	Ann Barry	ainebarry60@gmail.com
Wednesday Club	John Butler	johnandsallybutler@gmail.com
LAFS (Lifford And Foyle Finn Strabane)	Kevin Monaghan	kevin.monaghan46@icloud.com
Finn Valley ICA	Margaret Lafferty	finnvalleyica@gmail.com
Letterkenny Active Retirement	Dorothy Toye	mccullaghd@gmail.com



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 physical activity programmes to increase participation in sport and delivering education and training programmes to increase capacity around sport within communities in Donegal. Under the active participation pillar of the DSP new strategic plan 2025 - 2029, (inspiring an Active Donegal) a number of programmes have been identified to provide sport and physical activity opportunities to older adults including Move2the Beat, Activator Poles Walking Initiatives, New Age Kurling Leagues, Go for Life Games and Boccia & Bowling. These programmes aim to empower and enable older people to participate in sport and physical activity by reaching out to active retirement associations, active age groups, senior citizens' groups, men's sheds, and day care and community centres around the county, to ensure that increasing numbers of older people are becoming more active, enhancing their physical and mental wellbeing, and fostering stronger social connections within their communities.

Tel: 074 911 6078 or 074 911 6079 to find out more information or visit their website www.actedonegal.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 while 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: 074 916 1600 or visit their Website: www.donegaletb.ie



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

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



Libraries

Below is a list of libraries in County Donegal.. Your local library will also have information on book clubs and other events in your area.

Twin Towns Community Library – Steeple View, Navenny St, Ballybofey F93 VAK6 Tel: 074 917 5384 twintowns@donegalibrary.ie

Ballyshannon Branch Library – Abbey View Office Block, Main St, Ballyshannon F94N156 Tel: 071 985 8824 ballyshannon@donegalibrary.ie

Buncrana Community Library – St. Mary's Road, Buncrana F93 XK68 Tel: 074 936 1941 buncrana@donegalibrary.ie

Bundoran Community Library – Civic offices, Station Road, Bundoran F94CKX7 Tel: 071 982 9665 bundoran@donegalibrary.ie

Carndonagh Community Library –Public Services Centre, Carndonagh F93NR70 Tel: 074 937 3701 carndonagh@donegalibrary.ie

Donegal Town Branch Library – ETB Offices, Mountcharles Road, Donegal Town F94KW25 Tel: 074 972 5329 donegaltown@donegalibrary.ie

Leabharlann Phobail na Rosann – Ionad Teampaill Chróine, Dungloe F94KH74 Tel: 074 952 2500 narosa@donegalibrary.ie

Leabharlann Phobail Ghaoth Dobhair – Aislann Ghaoth Dobhair, Páirc Ghnó Ghaoth Dobhair, F92PT38 Tel: 074 956 0862 gaothdobhair@donegalibrary.ie

Central Library, Letterkenny. Oliver Plunkett Road F92 R273 Tel: 074 912 4950 central@donegallibrary.ie

Lifford Community Library – The Old Courthouse, the Diamond, Lifford F93CD6F Tel: 074 917 2726 lifford@donegallibrary.ie

Milford Community Library – Public Services Centre, Milford F92PY9F Tel: 074 915 3927 milford@donegallibrary.ie

Moville Branch Library – The Square, Moville F93 N57X Tel: 074 938 5110 moville@donegallibrary.ie

Raphoe Branch Library – The Diamond, Raphoe F93VR88 Tel: 074 914 4115 raphoe@donegallibrary.ie

Library Administration HQ – Rosemount Lane, Letterkenny. F92 KP90 Tel: 074 9153900 admin@donegallibrary.ie



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



Men's Sheds

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.

Tel: 01 891 6150 (national) for more information.

Below are the Men's Sheds in County Donegal as listed on the national Men's Shed website www.menssheds.ie.

Ards	Robert Wasson	davieswasson@hotmail.com
Ards	Davy Logue	davidjohnlogue@gmail.com
Ardara	Michael molloy	ardaramensshed@gmail.com
Ardara	Colum Sweeney	ardaramensshed@gmail.com
B&S	Gerry Connolly	gyconnolly@yahoo.com
B&S	John Lyons	
Ballyshannon	Paddy Donagher	ballyshannonmensshed@gmail.com
Ballyshannon	Mike Lynch	ballyshannonmensshed@gmail.com
Crossroad	Eugene Carlin	cakeclg@gmail.com
Crossroads & Killygordan	Cronan Scanlon	cakeclg@gmail.com

Castlefin	Gerard Marron	gerardmarron1@gmail.com
Castlefin	Kenny Catterson	kenniecatterson11@gmail.com
Donegal Town	Kevin Mundy	donegaltownmensshed@gmail.com
Donegal Town	Enda Faulkner	donegaltownmensshed@gmail.com
Dunfanaghy	Leselie Stewart	stewartleslie@aol.com
Dunfanaghy	David Mc Nally	davidmcnally1959@gmail.com
Glenties	Jimmy Furey	glentiesmensshed@gmail.com
Glenties	Brian Carr	glentiesmensshed@gmail.com
Killybegs	Martina O Donnell	niallmorcentremanager@gmail.com

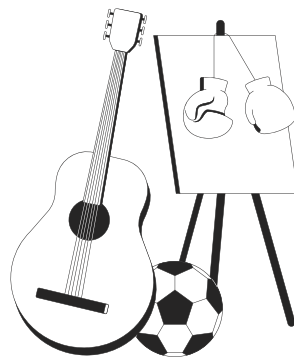
Kilmacrennan	Raymond Mc Bride	kilmacshed@gmail.com
Kilmacrennan	Michael McFadden	kilmacshed@gmail.com

Letterkenny	Margaret Toner	mensshedlkenny@gmail.com
Letterkenny	Sean McFadden	mensshedlkenny@gmail.com
Lifford	Gerard Mc Girr	gerardmcgirr@gmail.com
Manorcunnigham	Liam Barry	mensshedmanor@gmail.com
Manorcunnigham	Frankie Mc Ginley	mensshedmanor@gmail.com
Raphoe	Marie Porter	info@raphoefrc.ie
Portnoo & Rosbeg	Patsy Harkin	patsyharkin01@gmail.com
Drumholme	Richard Paterson	drumholmemensshed@gmail.com
Drumholme	Paddy Battles	drumholmemensshed@gmail.com

GAELTACHT

Aranmore	John Mc Cafferty	ionad@cffam.com
Aranmore	Sally Brady	ionad@cffam.com
Cloughaneely	Tom Feeney	bothannabhfear@gmail.com
Cloughaneely	John Fitsgerald	bothannabhfear@gmail.com
Doochary	Jimmy Mc Ginty	mcginty.jimmy@gmail.com
Doochary	Andrea Redmond	andreajeannemarieredmond@outlook.com
Gweedore	Austin O Donnell	Scioból.chairman@gmail.com
Fintown	Martin McGee	mensshedbailenafinne@mail.com
Ghleann Bhairr	Mick O Haigan	mickhagan1@gmail.com
Meenaneary	Bernard Mc Hugh	bernardmchugh777@gmail.com

Meenaneary	Nick North	bernardmchugh777@gmail.com
Mevagh	Derek Little	derek@littlebandb.com
Rosses	Hugh McGlynn	hughmcglynn3@gmail.com
Rosses	Pat Bonner	coiscuain@gmail.com
Tory	Marjorie Carroll	ccthorai@gmail.com
Tory	William Doohan	ccthorai@gmail.com
	INISHOWEN	
Moville	Michael Byrne	movillemensshed@gmail.com
	Sean Mac Bride	movillemensshed@gmail.com
Malin Head	Robert Farren	



TRANSPORTATION

SITC – Seirbhís Iompair Tuaithe T/A TFI Local Link Donegal Sligo Leitrim

SITC is the body responsible for the coordination and delivery of all exchequers funded transport in Co. Donegal. Both public and private transport agencies work with SITC. Among the service types that SITC 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 Local Link DSL on 074 974 1644 or visit their website www.locallinkdsl.ie

Areas & Routes covered by SITC



264 Ballyshannon to Letterkenny
971 Ailt an Chorráin to Letterkenny
288 Ballybofey to Derry
290 Ballybofey to Letterkenny
988 Cloghan to Letterkenny
292 Donegal Town to Ballyshannon
293 Glencolmcille to Donegal Town
966 An Fál Carrach to An Clochán
967 Fintown to Dungloe
993 Carrigart to Downings
994 Portnoo to Donegal
7741 Magheraroarty to Falcarragh

245 Greencastle to Derry
251 Muff to Moville
252 Burt to Buncrana
952 Carndonagh to Derry
953 Greencastle to Letterkenny
954 Carndonagh to Malin Head
957 Greencastle to Derry
959 Greencastle to Buncrana
995 Muff to Buncrana
973 Cionn Fhánada to Letterkenny
987 Lifford to Letterkenny (Term time Only)
989 Carrigans to Letterkenny
11614 Shrove to Carndonagh
11615 Redcastle to Carndonagh
11616 Gleneely to Moville
11617 Glentogher to Moville

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 crossborder services between Ireland and Northern Ireland. Private bus transport operators that have opted in to the Free Travel Scheme accept free travel cards.

Free Travel and Public Services Card

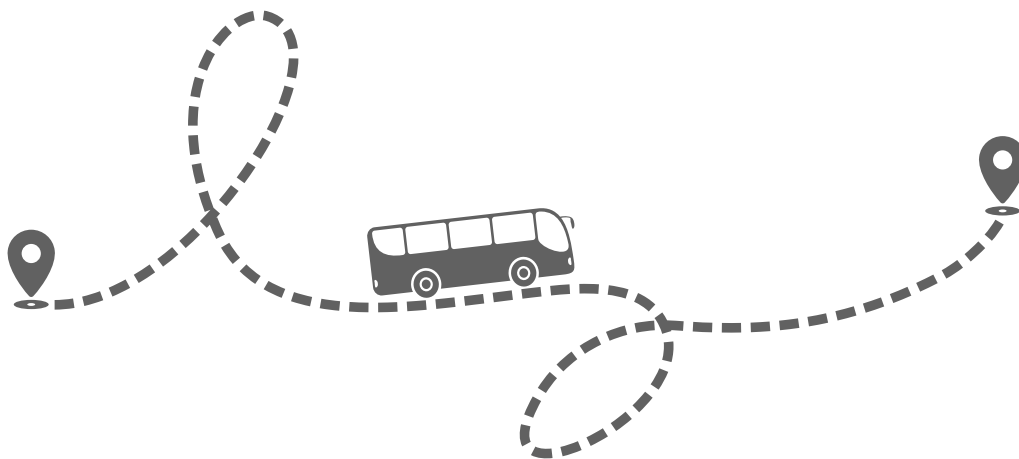
The Government has introduced a Public Services Card which will allow people to access a range of government services and payments. The Public Services Card will eventually replace the Free Travel Pass. If you are entitled to free travel, when you are issued with your new Public Services Card it will also be your Free Travel Card. The card will have 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: 071 915 7100 Locall: 0818 200400 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 www.svp.ie or contact their local office on svpnorthwest@gmail.com

Tel: 074 917 3933 or their National Office on

Tel: 01 838 6990

Email info@svp.ie



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.

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 North Dementia Adviser Service

Contact: Dawn Thompson - Tel: 0873802957 or email:

dawnthompson@alzheimer.ie Or visit : www.alzheimer.ie



YOU'RE NOT ALONE

ALONE work with all older people, including those who are lonely, isolated, frail or ill, homeless, living in poverty, or are facing other difficulties. They provide an integrated system of Support Coordination, Practical Supports, Support & Befriending, a variety of Phone Services, Social Prescribing, Housing with Support, and assistive technology.

They use support plans, provide a point of contact for access to health, social care, housing, transport and other arising needs using technology and other services and activities to improve physical, emotional and mental wellbeing. Alone have nearly 5000 volunteers throughout the Country who conduct and provide practical supports to older people, visits and phone calls, linking older people into social activity and being a companion.

**If you need support or
would like to make a
referral, please call
our national help line**

0818 222 024

Regional Head of Service

Tom Timmins

tom.timmins@alone.ie

086 810 8539

Team Managers for West & North

West:

Michael Purtill

Michael.Purtill@alone.ie

086 014 5831

Ciarán Gilligan

ciaran.gilligan@alone.ie

083 878 6080



Donegal Food Response Network helps individuals and families in need. Fighting food poverty in Donegal, changing lives making a difference since 2017.

**Cloughaneely / Falcarragh
Cloughaneely Food Bank CLG
Eilish /Lynda 085 7560177**

**Finn Valley Family Resource Centre
Sally Mooney
074 91 31245**

**Donegal Family Resource Centre
Kathleen McHugh
Mary Quinn
Julie Cassidy
074 97 25337**

**Comharchumann Forbartha &
Fostaíochta Árinn Mhóir
John McCafferty
074 95 20024 / 087 0983749**

**CDP Na Rosann
Rosanne Ní Ghallchóir
rossescdp@gmail.com
087 9615775**

**The Mustard Seed
Mary Doherty
Louise Bustard
Jacqueline McGlinchey
087 9781519**

**Ionad Naomh Pádraig
Máire Uí Chomhaill
074 95 32949**

**Finn Valley Family Resource Centre
Sally Mooney
074 91 31245**

**We Care LK Food Bank
Moira Sweeney
Volunteer and Secretary
www.wecarelkfoodbank.ie
087 1471325**

**CDP Na Rosann
Rosanne Ní Ghallchóir
rossescdp@gmail.com
087 9615775**

**The Doorway Project
Sorcha Mac Elhinney
086 7831376**

**Raphoe Family Resource Centre
Laura Doran
074 91 45796**

Trinity Court Newtoncunningham 086 1513711	Moville Family Resource Centre 085 2042073
Clonmany Community Centre 086 4089481	Ramelton Food Network 085 1211392
Spraoi agus Spórt 087 6390500	The Exchange Buncrana 087 7955401
An Mhachaire Le Chéile Hugh Gerard Boyle 074 95 22724	Cara House Family Resource Centre Martina McGinty 086 1223029

The Raphoe Diocesan Pastoral Centre

The Raphoe Diocesan Pastoral Centre is a place of welcome for all people. It serves as a resource for all individuals, families and communities through support services and educational programmes.



The main areas are: Counselling, Family and Bereavement Care, Pastoral Development, Support Services, Support Groups, Personal Development, Mental Health support, Education and Diocesan faith programmes.

One-to-one and family counselling is provided by the Counselling Service which is currently separating from the Pastoral Centre. To avail of an appointment please contact the Counselling Service directly on **074 930 4025**.

The Letterkenny Islamic Association

The Letterkenny Islamic Association is an officially registered body in Ireland and is the representative of the Muslim community in Letterkenny and Co. Donegal.

The association run a local masjid and Friday prayers.

info@islaminletterkenny.com



Indian Community Centre Letterkenny

The Community Centre proudly features a temple housing exquisite Hindu deities that were specially brought over from India. Additionally, it includes a versatile multi-purpose hall, which serves as a hub for various Community activities, cultural events, and gatherings. This Centre is a space that fosters spiritual enrichment, cultural preservation, and communal unity. The Indian Community Centre stands as a beacon of cultural heritage and a vibrant gathering place for people of all ages and backgrounds.

www.letterkennyindians.ie



Letterkenny C.D.P.

Letterkenny C.D.P. is a Community Development Project providing a Community Response to Alcohol/Drug misuse throughout Co. Donegal.

We provide non-judgemental support, guidance and education to drug/alcohol users, their families and the community, enabling them to cope with the effects of drug/alcohol use in their everyday lives.

Phone: 074 9120633

Email: maryechealy@gmail.com

karengallenstart@gmail.com



Contact our Outreach

Workers

Mary Vernon on: **0867752142**

letterkenny and the surrounding areas -Mon-Fri

Or

Karen Gallen on:
0873885080 for the Finn Valley Area Mon to Fri



Donegal Womens Centre

Donegal Women's Centre provides a space where women can pursue their own healing and development in a safe, caring and supportive environment.

tel:(074) 912 4985

Port Road, Letterkenny, Co. Donegal.

donegalwomenscentre@gmail.com

Donegal Travellers Project (DTP) **DTP**

Donegal Travellers Project (DTP) is a locally based community development organisation working for and with the Traveller and Roma communities in Donegal.

Ballyshannon Office
(074) 98 51936
Main Street,
Ballyshannon,
Co. Donegal

Letterkenny Main Office
(074) 912 9281
travcomdtp@gmail.com
Port House, Port Rd,
Letterkenny,
Co. Donegal

Letterkenny Office 2
18 Celtic Apartments,
Pearse Road,
Letterkenny, Co Donegal,
F92YF57

Donegal Local Development CLG.(DLDC)

Donegal Local Development CLG (DLDC) is a community-led organisation that has been supporting people and communities across County Donegal since 1995.



It provides a wide range of services including employment supports, business start-up advice, training, health and wellbeing programmes, and opportunities for learning and volunteering. DLDC is run by a voluntary Board and works in partnership with local groups, government, and state bodies.

DLDC delivers national and local programmes that help both individuals and communities. These include the Social Inclusion and Community Activation Programme (SICAP), LEADER rural development funding, employment and training schemes, mental health supports, and initiatives to improve health and wellbeing. Community groups can also get help with training, governance, compliance, funding, and developing social enterprises.

**Unit 1,
Second floor,
Glen View Business Park,
Carnamuggagh,
Letterkenny,
Co. Donegal**

Tel: 074 91 27056

Email: info@dldc.org

The organisation has offices in Letterkenny, Donegal Town, Gweedore, Dungloe, Kilcar, and Killybegs, making its services accessible to communities across Donegal. Whether you are looking for personal support, help to grow a business, or resources for your community group, DLDC acts as a link to the right programmes and opportunities.

Inishowen Development Partnership

Inishowen Development Partnership is a community led local development company. IDP have successfully delivered rural development and social inclusion programmes and initiatives in Donegal since 1996, on behalf of the Government of Ireland and the European Union.



IDP provide services for unemployment; enterprise support, business start-up support; community development support; training and education; youth development; and family support programmes.

**St. Mary's Road,
Buncrana,
Inishowen,
Co. Donegal,
F93 PW61**

074 93 62218

enquiries@inishowen.ie

Donegal intercultural Platform

The Donegal Intercultural Platform CLG is an independent non-governmental organisation (NGO) made up of individual members & affiliated organisations who are committed to building inclusion and equality in Donegal, in promoting Human Rights and challenging discrimination and racism.



19 Academy Court, Oliver
Plunkett Road,
Letterkenny.

The Intercultural Platform Hub

(opening times can often change
– always check the sign on the
door or phone / email us).

Call or text Paul on **086 084 1433**,
Nolunga on **086 455 7475**
or Balume on **083 399 8265** to
make an appointment.



Age Friendly Information

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: 01 268 8607 or visit their website:
www.ageandopportunity.ie

Safe Home Ireland

Safe Home Ireland is an Irish emigrant support service that provides a range of services to people considering returning/moving to Ireland, as well as recently returned emigrants. The support that we offer includes an advice and information service, undertaking outreach/home-visiting with our clients and assisting qualifying older Irish emigrants to explore and secure long-term affordable accommodation, back home in Ireland. The housing aspect of the service is tailored at qualifying Irish born emigrants still resident abroad.

tel+353 98 36036

Office mobile for calls, text/whatsapp
 messaging; Tel: +353 86 059 4538

info@safehomeireland.com



SAFE HOME IRELAND
 DIASPORA SUPPORT SERVICE



LAIT

Foireann Údaráis Áitiúil um Imeascadh
Local Authority Integration Team

Local Authority Integration team

The LAIT is established to support integration across County Donegal.

We work in collaboration with partner organisations in the Statutory and Community sectors.

The LAIT can support you if you are:

- A Beneficiary of Temporary Protection (refugee from Ukraine),
- A Programme Refugee,
- A Refugee, or have Subsidiary Protection, or Leave to Remain status, (Beneficiary of International Protection)
- An International Protection Applicant (Asylum Seeker).

The Team consists of an Integration Support Co-ordinator, two Integration Support Workers and an Administrator. A dedicated member of the team can meet to discuss your needs in more detail, and when required link you to the local service provider appropriate to your needs.

Email: integration@donegalcoco.ie



Age Action Ireland

Age Action Ireland have worked since 1992 to create change in Ireland by building an inclusive and age-positive society.

It is a charity which promotes positive ageing and better policies and services for older people across the country. the organisation make their vision a reality through advocacy, DIY services in people's homes and education.

<https://www.ageaction.ie/get-help/care-and-repair/>

For more information call 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 1800 700 700

Safeguarding & Protection Team for Donegal, Sligo, Leitrim, Cavan & Monaghan:

Frances Clifford

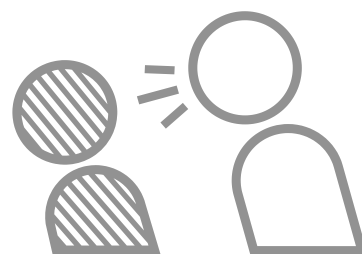
HSE CHO Area 1

Ballyshannon Health Campus

Ballyshannon

Tel: 071 983 4660

Email: safeguarding.cho1@hse.ie



Types of elder abuse	
Types of abuse	Description
Psychological abuse	Emotional abuse, threats of harm or abandonment, deprivation of contact, humiliation, blaming, controlling, intimidation, coercion, harassment, verbal abuse, isolation or withdrawal from services or supportive networks
Physical abuse	Slapping, pushing, hitting, kicking, misuse of medication, inappropriate restraint (including physical and chemical restraint) or sanctions
Financial or material abuse	Theft, fraud, exploitation, pressure in connection with wills, property or inheritance, or financial transactions, or the misuse or misappropriation of property, possessions or benefits
Neglect	Self-neglect and acts of omission including ignoring medical or physical care needs, the withholding of the necessities of life, such as medication, adequate nutrition and heating
Discriminatory abuse	Ageism, racism, sexism, abuse based on a person's disability, and other forms of harassment, slurs or similar treatment
Institutional abuse	Poor standards of care, rigid routines, inadequate responses to complex needs occurring in residential care, nursing homes, acute hospitals, and in-patient settings
Sexual abuse	Rape and sexual assault or sexual acts to which the older adult has not consented, or could not consent, or into which they were forced to consent

The Integrated Care Programme for Older Persons

This service currently has 2 work strands with a third under development.

Strand 1 Falls Prevention service

A person referred to the service by any healthcare professional may be seen by the Clinical Nurse specialist, Occupational therapist or Physiotherapist in a clinic setting or in the home. A comprehensive assessment will be undertaken and appropriate advice or interventions will then take place.

Strand 2 Frailty assessment and management

This is a multidisciplinary service provided to the North and East network in Donegal. As the team is fully recruited, it will be available to the whole county.

Referrals to the service are from any healthcare professional who have identified a person as having a Clinical Frailty score of 3-6. The team undertake a comprehensive assessment and endeavour to maximise the persons wellbeing through appropriate interventions and supports.

Strand 3 Memory assessment and Support Service

This service is at the early stage of development but will provide early diagnosis and post diagnostic support to people with memory problems.

ICPOP office number **0876001699**

the interventions are specific to each individual based on need.

SAGE ADVOCACY

Sage Advocacy is a support and advocacy service for vulnerable adults, older people and healthcare patients.

Rapid Response Service: 1850 719400 (8.00–22.00 daily)
Telephone: 01 5367330 (Monday to Friday 9.00–18.00)
Email: info@sageadvocacy.ie
Website: https://www.sageadvocacy.ie/
Address: 24/26 Ormond Quay Upper,
 Dublin, DO7 DAV9.

VOTING

The electoral registration process has changed. Even if you are already registered, you now need to add your PPSN, date of birth and Eircode.

This will allow your local authority to confirm your details and help to ensure the accuracy of the electoral register.

checktheregister.ie

- ☒ PPSN
- ☒ Date of Birth
- ☒ Eircode



Have Your Say/ Getting Involved

In each local authority area, an Age Friendly Alliance is established, involving senior decision-makers from Public (Local Authority, HSE, An Garda Síochána etc.), Commercial and Not-For-Profit organisations.

Through the establishment of an Older People's Council in each participating local authority area, older people exercise a strong, guiding influence on Age-Friendly local development. Age Friendly Alliances plan and implement strategies and oversee progress in each county. Many thousands of practical steps have been taken at local level under the guidance of these Alliances and this Directory of Services for Older People is one such positive result of such collaboration.

DONEGAL HEALTHY AGE FRIENDLY HOMES PROGRAMME

Supporting older people to live in their own home with dignity and independence for as long as possible.

Emma Kennedy & Clodagh
Donegal Age Friendly Homes

Telephone: 046 924 8899

Office: Kells Civic Office,
Headford Place,
Co. Meath, A82 W2R3.

Email: healthyagefriendlyhomes@meathcoco.ie



PATIENT ADVOCACY SERVICE



**Patient
Advocacy
Service**

The Patient Advocacy Service is an independent, free and confidential service that supports you to make a complaint about an experience you have had in a Public Acute Hospital or Nursing Home. We can also support you in the aftermath of a Patient Safety Incident.

For assistance in making a formal complaint, check out the Step-by-Step Guide, read the Frequently Asked Questions, or contact patient advocacy service online or by telephone. See contact details below.

<i>Telephone:</i>	0818 293 003
<i>Email:</i>	info@patientadvocacyservice.ie
<i>Website:</i>	www.patientadvocacyservice.ie
<i>Address:</i>	Level 3 Marshalsea Court, 22/23 Merchants Quay, Dublin D08 N8VC.

DONEGAL OLDER PERSONS COUNCIL

WHY JOIN ?

- **Be Heard** : Represent the interests of older people in both urban and rural Donegal. Share your unique perspective to shape Age Friendly Strategies that benefit all.
- **Make an Impact** : Influence decisions in local government and public services. Two OPC representatives sit on the Age Friendly Alliance and contribute to national conversations.
- **Connections to services** : like Healthy Age Friendly Homes, which help older people live independently.
- **Connect** : Engage with a diverse mix of members, including individuals from minority backgrounds, older persons' groups and those in residential care.

Join the Donegal OPC and be a part of shaping a brighter and more inclusive future for all older people!



Who are we?

The Donegal OPC is a citizen-led forum where older people collaborate with the Age Friendly Alliance and Donegal County Council to address the needs of older persons.

Together, we identify key issues and co-create solutions that improve the quality of life for older people in Donegal.

Who can Join ?

Anyone aged 55+ with a passion for making Donegal a better place for older persons!
We welcome everyone, including those with disabilities, LGBTQ+ individuals and minority community members.

How to join ?

Email:
mlynch@donegalcoco.ie
request an OPC registration form. Fill out and return OPC registration form by email

Rosita Mahony, Donegal Age Friendly Programme Manager
074 9153900 rmahony@donegalcoco.ie

Planning for the Future



This popular planning ahead tool can help you discuss and record your wishes and preferences in the event of an emergency, serious illness or after you have died.

Think ahead... your complete guide to end of life and advance care planning



Think Ahead is a practical tool and guide for advance care planning and end of life planning. It helps you document your healthcare choices and personal wishes and has 3 parts.



1. My Personal Wishes and Care Plan

A place to record all your information and preferences in case of serious illness, at end of life, and after death. This section is not legally binding but can help ensure that you are cared for in ways that meet your physical, emotional, spiritual, cultural, and personal desires.



2. My Advance Healthcare Directive

A place to record your requests and refusals of healthcare treatments, and to appoint someone to speak on your behalf. This section is legally binding when signed and witnessed properly.



3. My Medical Summary Form

A place to record your wishes regarding your future medical care, and to give a copy to your GP/Specialist to add to your medical record.

Planning Packs

Planning packs can be ordered from the
The Irish Hospice Foundation



Email: thinkahead@hospicefoundation.ie
Ring: 01 679 3188

Individual packs cost €5.00 + delivery



Assisted Decision Support Service

The decision support service provides an essential service for people who need support to make certain decisions in their life. This includes people who would like to plan ahead for the future.

There are three types of support arrangements for people who currently, or may shortly, face challenges when making certain decisions:

- Decision-making assistance agreement
- Co-decision-making agreement
- Decision-making representation order

There are two types of arrangements for people who wish to plan ahead for a time in the future when they might lose capacity:

- Advance healthcare directive
- Enduring power of attorney

You can find out more about all of these arrangements by contacting:

<i>Address:</i>	Waterloo Exchange, Waterloo Road, Dublin 4, D04 E5W7, Ireland .
<i>Telephone:</i>	01 211 9750
<i>Email:</i>	queries@decisionsupportservice.ie



Public Health Nurses in County Donegal

PHN AREA	OFFICE PHONE NUMBER	HEALTH CENTRE ADDRESS
Annagry	074 9548106	Health Centre Annagry Co. Donegal F94 YV34
Ardara	074 9541548	Health Centre Ardara Co. Donegal F94 RF29
Arranmore	074 9520535	Health Centre Arranmore Island Co. Donegal F94 DX08
Ballintra	074 9734435	Health Centre Ballintra Co. Donegal F94 DD5K
Ballybofey 1	074 9189552	Primary Care Centre Stranorlar Co. Donegal F93 YKCP
Ballybofey 2	074 9189560	Primary Care Centre Stranorlar Co. Donegal F93 YKCP
Ballyshannon 1	071 9822128	Primary Care Centre Ballyshannon Co. Donegal F94 H2AX
Ballyshannon 2	071 9822126	Primary Care Centre Ballyshannon Co. Donegal F94 H2AX
Buncrana Central	074 9898635	Health Centre Buncrana Co. Donegal F93 XP02
Buncrana Lower	074 9898631	Health Centre Buncrana Co. Donegal F93 XP02
Buncrana Town	074 9898628	Health Centre Buncrana Co. Donegal F93 XP02
Buncrana Upper	074 9898632	Health Centre Buncrana Co. Donegal F93 XP02
Bundoran	071 9841564	Primary Health Centre Station Road Bundoran Co. Donegal F94 DR52

Burtonport	074 9542319	Health Centre Burtonport Co. Donegal F94 E3F9
Carndonagh Glens	074 9374953	Community Hospital Campus Carndonagh Lifford Co. Donegal F93 EW7T
Carndonagh Town	074 9374953	Community Hospital Campus Carndonagh Lifford Co. Donegal F93 EW7T
CarrickGlen	074 9739346	Health Centre Carrick Co. Donegal F94 D59V
Carrigart	074 9155430	Health Centre Carrigart Co. Donegal F92 D74C
Castlefin 1	074 98 98127	Health Centre Castlefin Co. Donegal F93 AY82
Castlefin 2	074 98 98128	Health Centre Castlefin Co. Donegal F93 AY82
Churchill	074 9137514 / 37273	Health Centre Keelogs Churchill Letterkenny Co. Donegal F92 FRC3
Cloghan	074 9133388	Primary Care Centre Cloghan Lifford Co. Donegal F93 HK29
Clonmany	074 9376681	Health Centre Colmcille Village Clonmany Co. Donegal F93 NSDV
Convoy	074 9147317	The Mill Health Centre Convoy Co. Donegal F93 P6AX

Letterkenny 9	074 9197116	HSE Primary Care Centre, Level 1 Scally House, Justice Walsh Road, Letterkenny Co.
Letterkenny 10	074 9197107	HSE Primary Care Centre, Level 1 Scally House, Justice Walsh Road, Letterkenny Co.
Lifford	074 9172860	Health Centre Lifford Co. Donegal F93 TH24
Malin	074 9370801	Health Centre Malin Co. Donegal F93 K009
Manorcunningham	074 9157380	Health Centre Manorcunningham Co.
Milford	074 9153108	Health Centre Milford Co. Donegal F99 P7YE
Mountcharles	074 9735513	Health Centre Mountcharles Co.
Moville North	074 9382029	Primary Care Centre Health Centre Moville Co. Donegal F93 V500
Moville South	074 9385363	Primary Care Centre Health Centre Moville Co. Donegal F93 V500
Muff North	074 9327848	Health Centre Muff Co. Donegal F93 WV58
Muff West	074 9384067	Health Centre Muff Co. Donegal F93 WV58
Newtowncunningham	074 9898559	Health Centre Newtowncunningham Co. Donegal F93
Pettigo	071 9861740	Health Centre Pettigo Co. Donegal F94 KC84
Ramelton	074 9151527	Health Centre Ramelton Letterkenny Co. Donegal F92
Raphoe	074 9145108	Health Centre Raphoe Lifford Co. Donegal F93
Rathmullen	074 9158322	Health Centre Rathmullen Co. Donegal F92 PC43
St Johnston Lower	074 9148637	Health Centre St Johnston Co. Donegal F93
St Johnston Upper	074 9148275	Health Centre St Johnston Co. Donegal F93
Stranorlar	074 9131920	Health Centre Stranorlar Co. Donegal F93 YKCP
Tory Island	074 9135504	Health Centre Tory Island Co. Donegal F92 ED92

Day Centres for the Elderly



Day Centre	Address	Days Open	Contact Details
Annagry	Annagry	Tuesday & Wednesdays	Marian O'Donnell Tel: 075 954 8739
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 Tel: 074 95 41855
Ballyshannon	Ballsyhanon	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. Marie Diver Tel: 074 937 6603
Creelough	Creelough	Tuesday, Wednesday & Thursdays	Ms. Sally Gallagher Tel: 074 913 8467
Cloghan	Cloghan Village	Monday Tuesday & Thursday (Older People) Friday (Alzheimer Days)	Bridgeen Gallen 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	Kathleen Gallagher

Glenties	Glenties	Monday Tuesday & Wednesday (Older People) Thursday & Friday (Alzheimer Days)	Pauline Gallagher Tel: 074 955 1766
Gweedore	Gweedore	Monday, Tuesday, Wednesday, Thursday & Friday Monday & Thursday	Ms. Brid Gallagher Tel: 074 913 2166
Letterkenny	Oliver Plunkett Road, Letterkenny	Monday, Wednesday & Friday	Ms. Brid Kildea Tel: 074 912 1115
Malin	Malin Town	Wednesday Only	Caroline Mc Gettigan Tel: 074 937 0948
Maghery	C/O Community Centre, Maghery	Tuesday & Wednesdays	Ms. Mary Rodgers Tel: 074 952 2724
Manorcunningham	Cara House Letterkenny	Friday Only	Ms. Elma McClean Tel: 074 912 3986
Moville	Moville	Tuesday, Wednesday & Friday	Ms. Marie Elena Tel: 074 938 2714
Newtowncunningham	Newtowncunningham	Tuesday, Wednesday & Thursday (Older People) Monday & Friday (Alzheimer Days)	Ms. Tayna O'Donnell Tel: 074 915 6404
Pettigo	Termon Complex, Pettigo	Tuesday & Thursdays	Ms. Suzanna Wilson Tel: 089 969 4724
Portnoo	C/O Dolmen Centre, Portnoo,	Wednesday & Thursdays	Ms. Bernie Mc Hugh Tel: 074 954 5010
Rathmullan	Rathmullan	Wednesday & Thursdays	Tel: 074 915 8723
Tory Island	Tory Island	WednesdaysOnly	Ms. Winnie Quennan Tel: 074 913 5504

CAKE	Killygodrdon	Wednesday Only	Mr. John Butler Tel: 074 914 9557
Castlefinn	Social Centre	MondaysOnly	SVDP Castlefinn Tel: 074 914 6726
Twin Towns	Social Centre	Friday's Only	Ms. Cathy Anderson

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



Organisation	Town or Area of Coverage	Contact Name	Contact Number
Active Seniors Lettermacaward/	Lettermacaward, Doochary	Angela Apitius	074 9544 341
Twin Towns Friday Club	Stranorlar, Ballybofey	Whitby McClay	087 9560 868
Togra Fiontar & Cultúr Uladh CTR	Gortahork Parish Area	Sile Ferry	074 9135556
The Forge Family Resource Centre	Pettigo	Martina Doyle	071 9861 924
Rathmullan	Rathmullan, Milford,	Catherine Morrison	074 9158 235
Society of St Vincent de Paul -		Murphy	071 9854030
Rossinver Community	South Donegal	Olivia Fitzgerald	
Raphoe Family Resource Centre	Raphoe	Marie Porter	074 9145 796
Quigley's Point Community Alert	From Iskaheen to Upper Moville	Howard Clarke	074 9383 938
Pobal Eascarrach	Falcarragh	Seanán Mac Aoidh	074 9180 571
Pobal ar Aire Gaoth Dobhair	Upper Dore Bunbeg	Mary Coyle	074 9532 949 / 086 8259 752

<u>Meitheal</u> <u>Mhíobhaigh CTR</u>	Downings	Gráinne Sheils	074 9155055
Lifford Association Tourism	Lifford	Gillian Graham	074 9141 733
Letterkenny C.D.P. Clg	Letterkenny town and environs	Margaret Toner	074 9120 633
Killybegs Community	Killybegs, Kilcar	Kevin Hegarty	087 6333 707
Kilcar Glencolmcille	Kilcar, Glencolmcille	Suzanne Byrne	074 9739 344
Glenties Community Alert	Glenties	John McSwiggan	074 9551 766
Glenfin Care of the Aged Committee	Glenfin/Kilteevog ue parish area	Rose Gibbons	086 1962 744
Fanad Kerrykeel Glenvar	Fanad Kerrykeel Glenvar (Rural	Patrick Sweeney	074 9159038
Downstrands Community Alert	Ardara	John Quinn	074 9545 100
Donegal Family Resource Centre	Donegal town	Kathleen McHugh	074 9725 337
Crossroads & Killygordon	Killygordon and surrounding areas	John Butler	074 9149 557
Creelough Community Alert	Creelough/Dunfa naghy	Patrick Duffy	086 1083 488
Convoy Community Alert	Convoy	Pat Hennigan	086 3324327
Comhlacht Forbartha an	Termon, Kilmacrennan,	Majella Orr	074 9119 988
Comharchumann Forbartha & Fostaíochta	Arranmore Island	John McCafferty	074 9520 024
Cara House Family Resource Centre	Letterkenny	Claire Doherty	074 9123986
Bundoran Community Development Co	Bundoran	Teresa O'Neill	083 4138743
Alone	Co. Donegal	Deirdre Browne	086 6081 026
Áislann Rann na Feirsde CTR	Donegal	A Mac Eachmharcaigh	074 9562222

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:

<ul style="list-style-type: none"> • Cara House Family Resource Centre Pearse Road Letterkenny Tel: 074 912 3986 086 1223029 info@carahouse.ie https://www.carahouse.ie 	<ul style="list-style-type: none"> • Downstrands Family Resource Centre Kilclooney Portnoo Tel: 074 954 5879 downstransfrc@yahoo.ie https://www.downstrandsfrc.ie
<ul style="list-style-type: none"> • Mevagh Family Resource Centre Aras Ros Goill Downings Tel: 074 915 5055 087 9228944 info@mevaghfrc.com http://www.mevaghfrc.com 	<ul style="list-style-type: none"> • Raphoe Family Resource Centre Willian St Raphoe Tel: 074 914 5796 087 3641503 info@raphoefrc.ie https://www.raphoefrc.ie
<ul style="list-style-type: none"> • St Johnston & Carrigans Family Resource Centre Chapel Road St Johnston Lifford Tel: 074 914 8551 085 2524429 coordinator@stjohnfrc.ie 	<ul style="list-style-type: none"> • Dunfanaghy Family Resource Centre Main St Dunfanaghy Tel: 074 913 6548 dunfresource@gmail.com
<ul style="list-style-type: none"> • Finn Valley Family Resource Centre Drumboo Ave Tel: 074 9131245 086 0218658 admin@dpfss.ie https://www.dpfss.ie/finn-valley-familyresource-centre 	<ul style="list-style-type: none"> • The Forge Family Resource Centre Main St Pettigo Tel: 071 986 1924 theforgefrc@gmail.com
<ul style="list-style-type: none"> • Merville Family Resource Centre St Eugene's Hall, James St. Merville Tel: 074 938 5548 	<ul style="list-style-type: none"> • Donegal Family Resource Centre UpperMain St Donegal Town Tel: 074 972 5337 office@donegalfrc.com
<ul style="list-style-type: none"> • St Johnston Lifford Tel: 074 914 8551 085 2524429 coordinator@stjohnfrc.ie 	 <p>Family Resource Centre National Forum Supporting • Strengthening • Empowering</p>

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Tiarna Diamond	Kilmacrennan, Ramelton, Letterkenny, Manorcunningham, Ballybofey	lyfsps@healthmail.ie socialprescribing@lyfs.ie	083 1335700
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**Comhairle Contae
Dhún na nGall**
Donegal County Council