



Directory Of Services

Website: www.agefriendly.ie/louthagefriendly/

LoCall: 1890 253 240

Age Friendly County

Introduction

The Louth Age Friendly County Initiative is a cross agency initiative headed up and supported by Louth County Council. The aim of the Initiative is to make Louth an “Age Friendly County” with all agencies working together to promote and maintain the best possible health and wellbeing of older people, and to make the county itself a great place to grow old. The theme of the initiative is “***Sharing the Journey***”.

The three core principles in the Louth Age Friendly County Initiative are **Participation**, **Partnership** and **Innovation**. The Initiative has been driven by two guiding forces, the voice of Older People through the Louth Older People’s Forum and R&D projects which include collaborations between Dundalk Institute of Technology (DkIT), Louth County Council and HSE North East. The dynamic which underpins the collaboration is “Participation of Older People in a Partnership Approach Enriches Innovation”.

Louth Older People’s Forum

The Louth Older People’s Forum was established in 2009. The structure of the Forum was agreed by older people during 4 workshops held in Drogheda and Dundalk and comprises of older peoples groups, advocacy groups, nursing homes, day care centres and individuals. There are 230 people registered with the Forum to date. An executive group of 26 people has been elected and has formally met on a bi-monthly basis since its inception.

For more information on the Older People's Forum contact Mary Deery on 042 9324389 or mary.deery@louthcoco.ie

Directory of Services

This Directory of Services is being compiled in order to group together all the services and groups relevant to older people in the County. The Directory is a work in progress and if you feel it needs any amendment or you would like to add your group’s details to the directory contact us by email at mary.deery@louthcoco.ie

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Acorn Therapy Centre



☐ 041 98 44277

☐ www.acorntherapycentre.net

☐ info@acorntherapycentre.net

Aim - to provide a range of counselling, psychotherapists and complementary therapies designed to help promote healing and wellness.

Acorn understands that it may be difficult for some people to take the step to seek counselling or holistic therapies. But when you come to see us your wellbeing is our first priority. All counsellors/psychotherapists are accredited or working towards accreditation by the appropriate body and who are committed to providing a professional service.

Active Retirement Ireland



☐ 01 8733836

☐ www.activeirl.ie

Active Retirement Ireland is a national network.

The purpose of Active Retirement Ireland is to enable retired people to enjoy a full and active life and to advocate for them. Active Retirement Ireland has 543 voluntary associations involving membership of over 24,500 older people in a countrywide active retirement movement. Founded in 1978 and currently organised into eight regional councils, the movement's principal aim is to help men and women, who are retired or semi-retired, from paid or unpaid work, to lead a full, happy and healthy retirement by offering organised opportunities for a wide range of activities - holidays, outings and socials; creative and learning programmes; indoor and outdoor sports and community work.

The movement is nationwide, non-political and non-sectarian with a membership of men and women drawn from many occupations and all walks of life. They meet once a month (3rd Thursday) at 7pm in Ferrard House, Retirement House, Ardee.



Age & Opportunity

**Age &
Opportunity**

Life is for
Living.

☐☐ 01 8057709

www.ageandopportunity.ie

☐

☐ info@ageandopportunity.ie

Who We Are

Age & Opportunity is the leading national development organisation improving the quality of life of older people by:

Championing the creativity and value of older people

Combating stereotypes and negative views of ageing

Developing inclusive and engaging experiences which respond to the interests and needs of the diverse older adult population

Developing, testing and measuring, the impact of pioneering programmes and approaches

Making evidence available to policy makers and service providers

Working with partners and stakeholders to ensure that Ireland's policies, strategies and programmes are directly informed by the needs and experiences of older people.

What We Do

Age & Opportunity provides the following opportunities for older people to be more active, more creative, more visible and more connected more often by:

Opportunities for sport and physical activity

Opportunities to engage in arts and cultural activities

Opportunities to learn and be involved as active citizens

Age Action Ireland



☐ 01 4756989

☐☐ www.ageaction.ie

☐ info@ageaction.ie

About Age Action

Age Action is a charity which promotes positive ageing and better policies and services for older people. Working with, and on behalf of, older people we aim to make Ireland the best place in the world in which to grow older.

Our Vision

'Ireland becomes the best country in which to grow older'

Our vision is that Ireland is the first country to apply fully the United Nations Principles for older persons into our national way of life in order to improve the quality of life of all older people and to transform all our attitudes towards ageing and older people.

Our Mission

"To achieve fundamental change in the lives of all older people by empowering them to live full lives as actively engaged citizens and to secure their rights to comprehensive high quality services according to their changing needs"

This mission statement reflects the fundamental shift in our attitude towards and our relationship with older people. All our activities will be geared to supporting older people to speak and act for themselves in bringing about the fundamental changes they want to live full lives.

IT Classes

Classes take place twice per year and run for 6 weeks at the following locations:

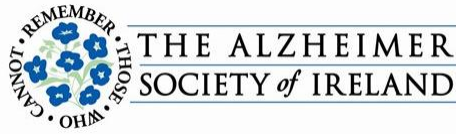
PayPal Dundalk - Thursday from 7- 8.30pm

DkIT Dundalk - Wednesday from 6 - 8.30pm

For bookings phone 01 –4756989



The Alzheimer Society of Ireland



National Helpline - Freephone 1800 341 341

The Alzheimer Society of Ireland works across the country in the heart of local communities providing dementia specific services and supports and advocating for the rights and needs of all people living with dementia and their carers.

Mission: To help meet the needs of people with Alzheimer's or dementia and their carers.

Vision - an Ireland where no one goes through dementia alone and where policies and services respond appropriately to the person with dementia and their carers, at the times they need support. A national non-profit organisation, The Alzheimer Society of Ireland is person centred, rights-based and grassroots led with the voice of the person with dementia and their carer at its core.

Drogheda Branch Office

c/o Drogheda Day Care Centre | Order of Malta | Donore Road Ind. Est. | Drogheda

☐ **041 984 1311**

Dundalk Branch Office

C/O The Birches Day Care Centre | Priorland Rd. | Dundalk | Co. Louth

Contact: Bernadette Doherty

☐ **042 935 1388**

Ardee Day Care Centre

Church Hill | Ardee | Co. Louth

☐ **041 6853045**

☐ ardeedcc@eircom.net

Ardee Day Care Centre developed out of finding of a survey by Junior Chamber into the needs of elderly people in the Ardee and Mid Louth area. The concept of the Centre was extended to include provision of services to people with a physical disability and people with intellectual disability. Building work began in 1983 and the complex was officially opened on June 4th 1985

Arthritis Ireland



☐☐ 1890 252 846

Little things can make a big difference to a person with arthritis. Difficulty with the little things like making a cup of tea, getting dressed or opening the front door can all add up to have a big impact on a person's quality of life. At Arthritis Ireland we understand this. That is why we are Ireland's only organisation working single-mindedly to transform the experience of people living with arthritis and those who care for them, we work in communities across the country providing community based education programmes to help people effectively manage and control this devastating disease. We actively drive grassroots advocacy so that the voice of people with arthritis is heard and understood and we work with the medical community to control and cure arthritis.

If arthritis is affecting your life or the life of someone you love, call us and talk to someone who understands, someone who will listen, chat and point you towards the people, resources and programmes that can make a big difference to your life. At Arthritis Ireland we are dedicated to eliminating arthritis as a major health problem and to improving the lives of those living with the condition.

We do this by:

Funding high quality **research** into the causes, treatments and cures for arthritis.

Educating and **informing** patients, the general public and health professionals on all aspects of arthritis.

Campaigning for better patient services and treatments for all those living with arthritis.

Events in Louth:

Seated exercise class for people with arthritis—Ballsgrove Community Centre 7-8pm.

Coffee & Chat Group—Brambles Café, Oldbridge House, Drogheda 12noon

Walking Groups—meet at Oldbridge House 11am

Bealtaine



Marino Institute of Education | Griffith Avenue | Dublin 9

☐☐01 8535178

www.bealtaine.ie

Bealtaine (meaning May in Irish), is Ireland's national festival which uniquely celebrates the arts and creativity as we age. The festival is run by Age & Opportunity, the national organisation that promotes active and engaged living as we get older. Over 100,000 people now take part in Bealtaine from dance to cinema, painting to theatre.

The festival brings together people from all over Ireland to foster and inspire creativity among older people and to promote the skills, experiences and exposure that can lead to a rich creative life for all older people. Bealtaine is increasingly recognised as a major innovator in the area of the arts, creativity and older people globally and as a result is also about supporting the arts community to continue to work and to inspire and train other artists to engage in the area of creative ageing and intergenerational work.

It is a chance for people to make new and challenging work, a chance to communicate tradition between the generations. Each year age and opportunity invites local authorities, arts centres and libraries, active retirement groups, care settings, community groups from every part of the country to run Bealtaine events that celebrate creativity as we age.

Contact

Louth Libraries or Louth Arts Centre

☐☐042-9353190

☐☐libraryhelpdesk@louthcoco.ie



Bereavement Counselling Services

Dundalk Counselling Centre

3 Seatown Place | Dundalk | Co. Louth

☐ 042 933 8333

☐☐ info@dundalkcounsellingcentre.ie

Dundalk Counselling Centre aims to provide:

- professional counselling and psychotherapy to all of the community regardless of ability to pay, age, religious beliefs or sexual orientation.
- Counselling for a wide spectrum of personal issues.
- Provide a range of Personal Development Workshops for the community.
- All counselling services are offered on a sliding scale based on ability to pay.

Carroll Meade - Sheltered Housing

Email: alouth@hotmail.com

Carroll Meade is a Charity Company that provide sheltered housing for the elderly in Carroll Meade, Pearse Park, Dundalk where they can live independently close to all amenities. The committee consists of 7 members and in recent years the focus has been to create a greater community and social spirit among the residents. The development itself was started over 40 years ago and was the brain-child of the late Agnes Carroll (P.J. Carrolls). It now has 24 residential units most of which have been totally refurbished in the last 7 years. The grounds and roads have also been refurbished.

There is also a community hall which is home to many different groups such as:

- The Active Retirement, Meals on Wheels and some art groups.
- The development is funded by payment received for the hall and a weekly contribution received from the residents (this is not a rent) which includes heating security provided by a resident caretaker.



Citizens Information



☐ **Dundalk 0761 07 5950**

☐ **Drogheda 0761 07 5940**

The Citizens Information Board is the statutory body which supports the provision of information, advice and advocacy on a broad range of public and social services. It provides the Citizens Information website, www.citizensinformation.ie, and supports the voluntary network of Citizens Information Centres. It also funds and supports the Money Advice and Budgeting Service (MABS)07 2000 and the National Advocacy Service for People with Disabilities.

Community Alert



☐☐ **Emergency - 999/112**

☐ pressoffice@garda.ie

Community Alert is a crime prevention programme for all persons living in the community. It seeks to support the independence of older persons living in their community and to provide assistance and support in reducing their vulnerability. Many older persons know their communities intimately and frequently were the people who established and maintained community structures in local neighbourhoods. With changing lifestyles they are frequently the only people available to continue the active operation of Community Alert Schemes during the day when other residents are at school and work. Protecting communities is about identifying the strengths that can be utilised in operating Community Alert and older persons are well placed to contribute.

Emergency SMS

The 112 SMS service lets deaf, hard of hearing and speech-impaired people in the Republic of Ireland send an SMS text message* to the Emergency Call Answering Service (ECAS) it will be passed to An Garda Síochána, the Ambulance Service, the Fire Service, or the Irish Coastguard. The ECAS operator will act as a relay between the texter and the emergency service.

Before you can use the 112 SMS service, you will need to your mobile phone on www.112.ie website.

Remember that this is an Emergency Service and should only be used in an emergency i.e. life is at risk, crime or incident is happening now, anyone is in immediate danger.

Traffic Watch 1890205805

Confidential Line 1800666111

Crimestoppers 1800250025

If you live in a Community Alert area, your local Garda station the contact details for your local Community Alert Group.

***An SMS text message is a non real-time service and therefore there is no guarantee that your SMS will be delivered.**

Drogheda Community Services Centre



Scarlet Street | Drogheda | Co. Louth

☐ **041 983 6084**

☐☐ **www.droghedacsc.net**

☐ **info@droghedacsc.net**

This service offers counselling and support to enable people to work through their grief in an atmosphere of safety and understanding. Trained counsellors are available during the day and evenings to see clients on an individual basis, Monday to Thursday. The service is suitable for both recently and long-term bereaved, and is free of charge and is available by appointment only. This service is supported by Tusla- Child and Family Agency.

HELPFUL HINTS

- △ Accept your feelings
- △ Don't block out the pain
- △ Give yourself time
- △ Don't make life changing decisions in the first year

- △ Take time to laugh and cry
- △ Be kind to yourself
- △ Forgive yourself
- △ Don't compare yourself to others in similar situation

Drogheda - Day Care Centre for the Elderly

Drogheda Day Care | St. Laurence's Gate | Drogheda | Co. Louth

Contact: Berty Kiribathgoda

☐☐ **041 9841311**

☐ **bkiribathgoda@alzheimer.ie**

The focus of the centre is the provision of care in an environment where people with dementia feel comfortable and are stimulated and where their individual needs as far as possible.

The centre is opened Monday to Friday and is staffed by a matron plus 14 trained carers, chiropodist and a P.E. teacher, all of whom give their services voluntarily and offers a wide range of activities including reminiscence therapy, music sessions, gentle exercises, arts and crafts and personal care. The day includes a hot lunch and provides transport to and from the service.

Clients also can avail of: Information/Advice, Personal Support/Advocacy, Daily Living Support and Family/Carer Support

Support Groups:

Meet on first Wednesday of each month at 8pm - Stables, Bachelors Lane Drogheda
Memory Café - meet on 2nd Tuesday of each month at Relish Café, Drogheda

Community Alert - Personal Alarms

You can apply to your local Community Alert Group for a Personal Alarm. You do not pay for the alarm installation if you qualify but you will have to pay the monitoring fee each year. If you are a community group you can apply to the Department of Community Equality & Gaeltacht Affairs, Tubbercurry, Sligo, Co. Sligo to receive funding to administer this scheme.

For more information on personal alarms contact:

St. Vincent de Paul, Dundalk at 042 9339056

The following are the local groups you can contact to acquire a personal alarm

Ait na Daoine	Knockbridge Community Alert
Carlingford Community Alert	Monasterboice Community Alert
Cooley Community Alert	Omeath District Development
Clogherhead & Callystown Leisure Group	Ravensdale & District Community Alert
Drogheda Community Services	Seatown Neighbourhood Watch Committee
Drogheda Senior Citizen Interest Group	Sliabh Breagh Mullameelan Neighbourhood Watch
Dundalk Active Retirement Group	Smarmore & District Community Alert
Dundalk Social Services Council	Togher Community Project Group
Dunleer Neighbourhood Watch	Womens Lifestyle Development Group Limited
Glenmore Castletowncooley Community Alert	SVDP Blackrock
Haggardstown & Dublin Road Community Alert	SVDP Dundalk Jocelyn Street St Ronan's Conference
Kilkerley Community Alert	SVDP Tallanstown
Kilsaran/Castlebellingham Community Alert	

Drogheda & District Support 4 Older People



☐ 1800 200 100

☐ www.dds4op.com

dds4op@eircom.net

☐☐ ☐☐☐

Drogheda and District Support 4 Older People (a registered charity) is a voluntary organisation, established in 2011 to provide support for health, safety, wellbeing and community involvement for older people living in Drogheda, South Louth and East Meath. To date there are over 70 'older' volunteers working on the six main activities which are:

- **Good Morning Drogheda** - a free confidential telephone service by volunteers, each morning, to older people living on their own to check that they are safe and well
- **Care and Repair Team** - help for senior citizens with small jobs and repairs around their homes and gardens at no cost.
- **Computer Classes** - volunteer tutors assist older people on a one-to-one basis
- **Fáilte Isteach** - Helping new migrants with conversational English.
- **Befriending Service** - matches older people with a suitable volunteer who will visit them at home on a regular basis
- **English Conversation Classes** – for foreign nationals, using older people as the teachers

In 2018 a seventh service was introduced organisation and distribution of in the incontinence wear from the HSE for Drogheda and surrounding areas, which sees over 600 older people being catered for.

Drogheda Rotary Club



www.droghedarotary.org

Anyone interested in finding out more about Drogheda Rotary Club or who is interested in becoming a member, should please contact Philip Richardson at philip@richardson.ie (email) or at 0872551719. For enquiries of a general nature please contact us via email info@droghedarotary.org

Drogheda Senior Citizens



Open Monday to Friday 10am - 2pm

Email: seniorcitizens@eircom.net

Services

- Drop-in Information & Advice Centre
- Free Bereavement Counselling
- Care & Repair Programme
- Provision of Personal Alarm Service (annual monitoring fee is €66.00)
- Installation of smoke alarms for senior citizens
- Collaboration with the Government Departments
- Go for Life Fitline

Call in for information or for a chat

Dundalk Lions Club



☐ 086 833 5342

☐☐ www.dundalklionsclub.ie

☐☐☐☐☐ lionsclubdundalk@gmail.com

Message in a bottle

Here is news about a new initiative called message in a bottle that Dundalk Lions Club, in conjunction with the Drogheda Lions club are launching in the county of Louth this coming September.

Message in a bottle is a simple idea to encourage people living on their own or those with known medical condition to keep their personal and medical details in a common location where they can be found in an emergency.

The message in a bottle is a white plastic bottle that contains a form on which one user (or a relative/friend/support person) completes with their vital information. The bottle is located where emergency services are trained to look, in the refrigerator door. The bottle is also supplied with three green cross stickers that are placed on the inside of the front door, the back door and on the fridge door to indicate to the emergency services that the bottle is present in the house.

Dundalk Railway Heritage Society



www.dundalkrailwayheritagesociety.com

The Society emanated from an ad hoc committee of former employees of the GNR, Barrack Street Goods Depot, who embarked on the project to commemorate the historic significance of the Depot over 150 years. The Depot closed in 1995 and the site is now the location of County Hall, Government Departments, Swimming Pool and HSE medical centre.

The project was conducted and organised by Dr Lucia Carragher of the Netwell Centre, DKIT and culminated in the erection of a plaque on the wall of the Medical Centre unveiled by Lord Roden on 14th April 2011. From that the Society was formed and set about developing the potential of railway heritage in Dundalk and involving people who had worked in the G.N.R., D.E.W. C.I.E and Irish Rail.

An important part of what they do involves directing historical railway artefact to heritage when no longer in use, thus ensuring that future generations can enjoy our heritage for years to come.

This is a subscription service for which a fee applies (€10)



Louth Family Carers



Careline Freephone: 1800 240 724

www.familycarers.ie

To learn more about Support Groups ☐ 087 316 1323

About Us

The Carers Association is Ireland's national voluntary organisation for and of family carers in the home. Family carers provide high levels of care to a range of people including frail older people, people with severe disabilities, the terminally ill and children with special needs.

The Association was established in 1987 to lobby and advocate on behalf of carers. While the government has begun to initiate some services for carers, we believe that the vast majority of Ireland's family carers still remain without vital services. These services, such as in-home respite, are essential to family carers. This allows us to continue in our roles as family carers, thus implementing government policy to care for people in their own homes for as long as possible.

Today, the Carers Association has 16 Resource Centres and two Service Projects from which it delivers a range of services.

Services

The Carers Association provides a number of services nationwide, to family Carers, which are aimed at helping to increase the quality of life for the Carer and the person receiving care at home.

Carlingford and Omeath Red Cross



☐ Barry 087 9893863 or Josephine 042 9393863

www.omeath.ie

Fáilte Isteach



www.thirdageireland.ie/failte-isteach

Fáilte Isteach is a community project involving older volunteers welcoming new migrants through conversational English classes which utilises the skills, talents and expertise of older volunteers and harnesses their desire to contribute positively to the community.

National Advocacy Programme



The Third Age National Advocacy Programme was established in 2008 to provide an independent advocacy service for older people in long-stay nursing home care. This is also delivered by Drogheda and District Support.

Ferrard Day Centre

-mail: ferrard.daycentre@gmail.com

Based in Clogherhead the Ferrard Day centre caters for people from Baltray, Clogherhead, Drogheda, Monasterboice, Sandpit, Termonfeckin, Togher and Walshestown and is open every Wednesday. Days out begin with the collection of members from their homes and on arrival serve them with a light breakfast. They also get a hot meal at lunchtime and afternoon tea before being taken home. During the day activities consist of arts and crafts, light exercise and maybe singing and dancing, with music provided by professional musicians.

Flexibus / Local Link



☐ 046-9074830 1800 303 707
flexibus@locallinkmf.ie

Email:

www.meathtransport.com

Website:

Local Link Louth Meath & Fingal seek to offer a high quality service to all users. We understand that there are times when people who use our services wish to make suggestions to help us improve these services or to complain about the service they have received or feel they should be receiving. If you wish to make a complaint or suggestion in written form it can be sent to the following address:

Miriam McKenna | Locallink Louth Meath & Fingal | Meath Accessible Transport Project CLG | Unit 23, Mullaghboy Industrial Estate | Navan | Co. Meath | CI5WK09

Rural Transport Programme is available to:

- People who live off the main transport routes
- Young people who have no access to public transport
- People with disabilities who need accessible transport
- Community groups with limited funding and transport need
- People in rural areas with limited access to health care services

What do we do?

Local Link Louth Meath and Fingal run lots of services on a daily, weekly, fortnightly and monthly basis. These services operate between different parts of the Counties and beyond (see timetables for [Louth](#), [Meath](#) & [Fingal](#)). Everybody can use community transport.

The services available to the community are:

- Weekly services to access pension and shopping facilities
- Weekly services to access hospital and health facilities
- Services to access active retirement groups
- Services for groups to attend activities
- Cinema services in rural areas
- Daily services to access education, employment and training
- Services for Disability groups
- Individual services to access health appointments

Good Morning Louth



☐ **042 9330103**

Good Morning Louth is a free telephone service for people over the age of 65 years and is ideally suited to person who live alone in Co. Louth. The aim of Good Moring Louth is to talk with older people and check they are safe and well in their own home and in so doing reduce feelings of loneliness, fear and isolation. The service provides quality up to date information on relevant services in the community and is staffed by a dedicated team of volunteers, many of whom are retired and who wish to give something back to their community. All volunteers are Garda vetted and are fully trained to offer a professional service, supported by the latest computer technology. Good Morning Louth has a system in place to alert others if a call is not answered, thus providing the older person and their families with peace of mind.

Good Morning Drogheda

Freephone: 1800 200 100

Free telephone service for older people in Drogheda and surrounding areas. This service offers a telephone call up to five mornings per week to check that people are safe and well thereby reducing the feelings of isolation and insecurity, loneliness and vulnerability. This service can also remind clients of hospital and doctor appointments. If there is no answer they will speak with a nominated contact to check on your wellbeing.

Important Numbers

Good Morning Louth: 042 933 0103 Good Morning Drogheda: 1800 200 100

Senior Helpline: 1850 440 444 HSE: 1850 24 1850

Citizens Information Centre: Dundalk: 0761 07 5950

Drogheda: 0761 07 5940

Louth Local Sports Partnership



☐☐ 042 93 92987

☐☐ 041-9876101

Dundalk Sports Centre

Young at Heart – Wednesdays from 2:30pm

Go For Life Games – Tuesdays from 7pm

Pilates

Drogheda Sports Centre

Back on Track – Fridays from 11am

Social walking programmes for older adults

Note: Some classes are not available during the summer months. Contact your nearest sports centre for further details.



All classes and activities are held in Dundalk Sports Centre, Muirhevnamor Community Park, Dundalk.
Members of the public always welcome to all our classes, activities & social groups.

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am – 10.15am	<i>Pilates</i>		<i>Pilates</i>		
11am - 12.30pm		<i>Mindful Movement</i>			
2.30pm - 4.30pm			<i>HUB Young at 50 Social Club</i>		
3.30pm - 4.45pm	<i>After Schools Multi-Sports (6-12 years old)</i>		<i>After Schools Basketball (6-12 years old)</i>		
6pm - 7pm		<i>Love2Dance (Girls 10-14 years)</i>			
7pm - 8pm	<ul style="list-style-type: none"> • *HUB Outdoor Boot camp • LLSP Kids Club • Insanity fitness 	<ul style="list-style-type: none"> • Pilates • Go for Life Games 	<ul style="list-style-type: none"> • *HUB Outdoor Boot camp • Blind Tennis • BodyPump fitness 	<i>Pilates</i>	<ul style="list-style-type: none"> • Inclusive Fitness • Wheelchair Basketball (junior)
8pm - 9pm	<i>HUB Zumba fitness</i>			<i>HUB Beginner Pilates</i>	
8pm - 10pm	<i>Badminton</i> Walk in Sports Nights	<i>Volleyball</i> Walk in Sports Nights	<i>Basketball</i> Walk in Sports Nights	<i>Basketball</i> Walk in Sports Nights	<i>Wheelchair Basketball (senior)</i> Walk in Sports Nights

All fitness classes are €5; After School Activities is €4; Sports Nights are €3, Love2Dance is €3.
*Bootcamp is a one off payment of €40 for 10 weeks
For more info please contact Conor on 087 1721650 or Email: conor.gorham@louthcoco.ie



The National Programme for
Sport and Physical Activity for Older People

GO FOR LIFE GAMES

Physical activity through instructor led games for older adults.
Participants have an opportunity to represent Louth at
Regional & National Games



EVERY TUESDAY AT DUNDALK SPORTS CENTRE
FROM 7-8PM.

For more information contact us on 042 93 92987



Louth Volunteer Centre



Dundalk

☐ 087 607 1127

Drogheda

☐ 041 980 9008

Ardee

☐☐ 086 022 6657

Louth Volunteer Centre (LVC) provides a free volunteer matching service, making it easier for you to volunteer in Louth. We are part of a network of 22 centres nationwide supported by Volunteer Ireland which is the main body that oversees volunteering within Ireland.

Aim - to match individuals and groups interested in volunteering with suitable local volunteering opportunities listed on www.volunteerlouth.ie

Volunteering helps you to:

Give something back and feel part of your community
Gain experience or improve your skills
Use your free time to make a difference, make new friends or just try something new.

What do I need to do to start volunteering?

Decide what type of volunteering suits you. What are your interests and skills? What is your availability like and for how long can you commit? Where suits you to volunteer?

Look at the possibilities for volunteering. Visit our website on www.volunteerlouth.ie to register as a volunteer, or call us to get more information or to make an appointment to sit down with someone from our team.

Apply to be a volunteer. We will forward your details to the organisation and ask them to contact you. We also send the organisation's contact details to you. If you wish we will also send you monthly updates on new opportunities.

Volunteer You are on your way to having fun and feeling part of your community. For Community Organisations we offer support and training including Volunteer Management Training and act as an authorised signatory for the Garda Vetting Service.

Organisations can register their organisation and post volunteering roles freely on our website www.volunteerlouth.ie

Meals on Wheels



Dundalk: ☐ 042 933 2848

Drogheda: ☐ 041 984 7442

This service is available to people in the community who are unable to cook their own meals due to age, illness or disability. The Meals on Wheels service is generally provided by a mixture of voluntary and statutory bodies. It varies from area to area.

Charges for Meals on Wheels may apply and are at the discretion of each voluntary group.

In order to qualify for Meals on Wheels you will need a note from your Doctor or from your Public Health Nurse stating that you are in need of help. There is a waiting list for the service and it will depend on how many people are on this list. There is no age limit for Meals on Wheels. Anyone in need of this service can apply.

Meals on Wheels are delivered on Monday, Wednesday and Saturday in the Dundalk area.

To apply for Meals on Wheels in the Dundalk area please contact:

Social Services Council
15A Clanbrassil Street
Dundalk
Co. Louth

Men's Sheds



www.menssheds.ie

The **Louth Men's Sheds** project started by the Netwell Centre and Louth County Council targets men at risk of isolation or experiencing major life changes. The project is very simple and has one criteria, "men". The 'shed' environment encourages men to share skills and learn new ones for example, skills in wood turning, mechanical work and horticulture, to name but a few. Socialising is a large part of the project too, providing opportunities for the development of new friendships as well as the renewal of old ones.

Louth - Men's Sheds

Broomfield Men's Shed	Teach Raithneach, Collon, Co. Louth	Johnny Weldon 087 293 2296	Ciaran Baxter 087 272 8229
Cooley Peninsula Men's Shed	The Bush, Riverstown, Co. Louth	Stanley Wilson 087 289 3472	Patsy Murphy 086 8111 468
Drogheda Men's Shed	Donore Road Industrial Estate, Drogheda, Co. Louth	Liam Reynolds 041 980 0078	
Dundalk Men's Shed	Seatown, Dundalk, Co. Louth	Gene Yore 087 363 0457	Brian Byrne 086 855 4134
Dunleer Men's Shed	Market House, Main Street, Dunleer, Co. Louth	Pat Roche 087 276 9320	Jack Waters 041 685 2763
Mid – Louth Men's Shed	An Tigin, Knockacleva, Collon, Co. Louth	Declan Monaghan 087 227 6718	Anna Monaghan 086 396 3349
Tullyallen Men's Shed	Boyne Road, Drogheda, Co. Louth	David Cusack 086 122 8569	Martin Lane 087 815 9172

National Association for the Deaf



14 Jocelyn Street | Dundalk | Co. Louth

☐ ☐ 042 9332010

www.dundalk@deafhear.ie



DkIT | PJ Carroll's Bldg – Bright Room | Dublin Road | Dundalk | Co. Louth

☐ ☐ 042 9370497

<http://www.netwellcentre.org>

The Netwell/CASACA is developing new ideas that enhance the quality of life and wellbeing of older people and those who care for them, through more integrated community-oriented services, more sustainable home and neighbourhood design, and more age-friendly technologies – with the ultimate aim of enhancing longer living in smarter places.

St. Vincent de Paul



53 Trinity Street | Drogheda

☐ ☐ 041 9843832

☐ ☐ www.svp.ie

☐ ☐ info@svp.ie

Goal: to fight poverty in all its forms through the practical assistance to people in need. SVP offer direct, personal assistance that is non-judgemental and based on the need of the individual or family, along with a wide range of services for vulnerable people through our local offices, shops, resource centres, housing, day care and holiday schemes amongst other things.

SOSAD



Dundalk ☐ 042 93 27311

☐ sosaddundalk@gmail.com

Drogheda ☐ 041 9848754

☐☐ sosaddrogheda@gmail.com

SOSAD Mission

To help prevent suicide and improve the lives of all people affected by depression and suicide.

SOSAD Ireland provides support for clients in several ways:

A safe and comfortable place to talk and be listened to

Initial screener - to establish need and whether SOSAD can meet that need

Professional Counselling - appointment within 1 week of initial contact

Bereavement Support

Follow-up Support

Referral to most appropriate support service available

SOSAD does not have all the answers, but are very fortunate to have excellent agencies/organisations in Louth whom we can refer people to in order to ensure the client has access to the most appropriate support service.

Local Offices

SOSAD Drogheda

30 Magdalene Street

Drogheda

Co. Louth

SOSAD Dundalk

42 Jocelyn Street

Dundalk

Co. Louth

**SOSAD service is completely free and the organisation is funded
by public donations only**

Whether mild, moderate, or severe, depression is not
something you should be trying to handle on your own.
IT'S GOOD TO TALK.

The Birches



- ☐ 042 935 1388
- ☐ thebirchesdundalk@eircom.net

The Birches is an Alzheimer Day Care Centre situated in Dundalk, Co. Louth catering for persons suffering with Alzheimer's Disease or Alzheimer related Dementia. The ethos of Day Care is that of a holistic nature caring for the physical, emotional and spiritual needs of the person with Alzheimer's Disease.

From 10 a.m. when breakfast is served to afternoon tea at 3.15 p.m. The full attention of staff and volunteers is geared to creating a happy and safe environment for the person with Alzheimer's disease. We strive to maintain self esteem and dignity and also to find a silver lining in an otherwise dark cloud.

Their aim is to maintain where possible the interests and hobbies of each person attending "The Birches" Day Care Centre, reading the daily paper, listening to old time music, Reminiscence Therapy, recitations, playing bowls and participating in Arts and Crafts such as Painting, Pottery, Knitting are a few examples of all on that is on offer daily.

When the weather permits and on many other occasions the Minibus takes them all on outings that encompass visits to local parks, churches, museums, beaches etc.



The Irish Hospice Foundation



☐ 01 679 3188

Email: angela.edghill@hospicefoundation.ie

Death and dying affects each and every one of us - The Irish Hospice Foundation strives for the best care at end of life for these people and practical support for their loved ones.

Some of the Services Delivered:

Hospice Home Care for Children: provide Children's Outreach Nurses all around Ireland

Education and Research: training provide in all aspects of good end-of-life care and bereavement

Nurses for Night Care: free national service for people with illnesses other than cancer enables more people fulfil their wish to die at home.

Hospice Friendly Hospitals: This aims to improve end-of-life care in hospitals.

Innovation in primary care and in people's homes: Support developments in these settings so that better end-of- life care can be delivered everywhere and for everyone.

Innovation in new areas: Committed to nurturing new areas.

Advocacy: work to promote a better understanding of end-of-life care issues and to influence decision-makers to make services more widely available to all who need them.

Third Age



☐ **046 955 7766**

www.thirdageireland.ie

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. The longer that people are encouraged to remain in this life stage, the better for older people themselves, their families, communities and society as a whole.

Third Age, through a variety of local and national programmes, demonstrates the value of older people remaining engaged and contributing in their own community for as long as possible. Third Age recognises and celebrates the fact that older people are a diverse group with different needs, abilities, backgrounds and experiences. Third Age responds dynamically continually developing new responses as new needs emerge.

Programmes and services are designed so that members have a real say in their development, thus instilling a sense of ownership, responsibility and mutual support. Given that older people are often marginalised, a policy and philosophy of social inclusion underpins all programmes. This extends to older people living in long-stay residential care, Travellers, non-Irish nationals and through the generations.

Third Age plays a role in the championing of older people locally, nationally and internationally in an interconnecting range of initiatives, including the challenge of negative perceptions and the representation of older people at policy-making fora.



LoCall 1850 440 444

Seniorline is a confidential listening service for older people provided by trained older volunteers, that is open 365 days a year, from 10am to 10pm.

Active Retirement Groups in Louth

Name	Location
50+ Active Relaxation Group	Drogheda & District Support 4 Older People, Unit 7, Haymarket Drogheda
Ardee Active Retirement	Ferdia House
Clogherhead & Callystown Leisure Time Group	Clogherhead Community Hall
Comfort Keepers	Bridge Street, Ardee
Cooley Active Retirement Group	Cooley Sports Complex
Dundalk Active Retirement	Carroll Meade, Dundalk
Dundalk Railway Heritage Group	Men's Shed, Seatown, Dundalk
Dundalk Widows Association	30 Hawthorn Crescent, Bay Estate, Dundalk
Drogheda Community Services	Scarlet Street, Drogheda
Drogheda & District Support 4 Older People	Haymarket, Drogheda
Drogheda Senior Citizens	Unit 7, West Street Arcade, Drogheda
Faughart Social Group, Kilcurry Resource Centre, Kilcurry, Dundalk	info@activeirl.ie
Ferrard Day Centre, Community Hall, Chapel Road, Clogherhead	delaney.deirdre@gmail.com
Great Northern Haven, Barrack Street, Dundalk	info@inco.ie
Kilkerley Development Group / ICA / Young at Heart - Kilkerley Community Centre	info@kilkerley.com
Lannléire & District Active Retired, The Pavilion, Shamrock Hill, Dunleer	
Medical Missionaries of Mary, Beechgrove, Drogheda Co. Louth	motherhousesec@mmm37.org
Myhomecare.ie	Mill Street, Dundalk
Nestling Project Men's Group	Barrack Street Dundalk
Nestling Project women's Group	Lios na Dara, Carrick Road, Dundalk
Older Women's Network	Senior House, All Hallows College, Gracepark Road, Drumcondra, Dublin 9
Omeath & District Active Retirement	Taranaki Greenore Road, Carlingford
Redeemer Young at Heart	Redeemer Community Centre
Servisource Healthcare, Quayside Business Park, Mill Street, Dundalk	info@servisource.ie

Nursing Homes in Co. Louth

Aras Mhuire Nursing Home, Beechgrove, Drogheda, Co. Louth	Phone: 041 9842222 Email: arasmhuire@eircom.net
Blackrock Abbey Nursing Home, Cockle Hill, Blackrock, Co. Louth	Phone: 042 9321258
Boyne Valley Nursing Home, Drogheda, Co. Louth	Phone: 041 9836130 Email: info@irishnursinghomes.ie
Boyne View House, Dublin Road, Drogheda, Co. Louth	Phone: 041 9837495 Email: seamus.mccaul@hse.ie
Carlingford Nursing Home, Old Dundalk Road, Carlingford, Co. Louth	Phone: 042 9383993 Email: carlingford@arbourcaregroup.com
Cottage Hospital Drogheda, Scarlet Street, Drogheda, Co. Louth	Phone: 041 9801100 Email: geraldine.matthews@hse.ie
Dealgan House Nursing Home, Tupperona, Dundalk, Co. Louth	Phone: 042 9355016 Email: dealganhouse@gmail.com
Moorehall Lodge Nursing & Convalescent Centre, Hale Street, Ardee, Co. Louth	Phone: 041 6856990 / 1890-335533 Email: info@moorehall.ie
St. Joseph's Hospital Ardee, Ardee, Co. Louth	Phone: 041 6853304 Email: eileen.dullaghan@hse.ie
St. Mary's Residential Unit, Dublin Road, Drogheda, Co. Louth	Phone: 041 9838680 Email: joanne.percival@hse.ie
St. Oliver Plunkett Hospital, Dublin Road, Dundalk, Co. Louth	Phone: 042 9334488 Email: kay.okeefe@hse.ie
St. Peter's Nursing Home, Sea Road, Castlebellingham, Co. Louth	Phone: 042 9382106 Email: stpeters@guardianhealthcare.ie
Sunhill Nursing Home, Termonfeckin, Co. Louth	Phone: 041 9885200 Email: info@sunhill.ie

Services for Older People in Louth

Hospitals and Homes for Older Persons

This is a list of the public nursing homes and long stay facilities in the area. There are also a large number of private nursing homes registered with the HSE. For a list of the registered private nursing homes in the area.

Nursing Home Section (042) 938 1344.

You can also register any comments or complaints about a nursing home at Louth, Co-ordinator, Services for Older People, Dublin Rd., Dundalk Tel: (042) 938 1268.

Home Support Services

Home Support Workers work with vulnerable people in the community, who through illness or disability are in need of help with day to day tasks. A home help might visit for a couple of hours per day, to help with housework, shopping, or sometime may provide more personal care like help with dressing, bathing etc. You can access this service through your Public Health Nurse or call: 042 933 2287

Hospice Care

Hospice Care is provided to people and families in the last days of their lives. It is a sensitive and holistic service, delivered either in a hospice or at home and designed to give comfort and dignity.

Home Care (Palliative) Nursing Dóchas Centre, Our Lady of Lourdes Hospital, Drogheda, Tel: (041) 987 5259

Doctors in GMS Scheme in Dundalk area

Name	Location	Contact
BYRNE, Dr. Sheila	10 Francis Street, Dundalk	(042) 933 2227
CONNOLLY, Dr. David	1 Roden Court, Dundalk	(042) 933 5988
CONNOLLY, Dr. Declan	1 The Laurels, Dundalk	(042) 933 1448
CULLEN, Dr. Bart	Carlingford Medical Centre, Dundalk	(042) 937 3617
CURTIN, Dr. Larry	2 Park Avenue, Dundalk	(042) 933 7124
FINGLETON, Dr. Chris	Main Street, Castlebellingham	(042) 937 2322
GLEESON, Dr. Shane	10 Priory Villas, Dundalk	(042) 932 0038
GREHAN, Dr. Mary	The Surgery, Dundalk Shopping Centre	(042) 933 1471
HENRY, Dr. Fiona	41 Dublin Street, Dundalk	(042) 933 6144
HOGAN, Dr. Thomas	41 Dublin Street, Dundalk	(042) 933 6144
KENNEDY, Dr. John	Lis Na Darra, Carrick Road, Dundalk	(042) 932 0038
KENNY, Dr. Grace	Jocelyn Street, Dundalk	(042) 933 3005
KIERNAN, Dr. Michael	33 Castletown Road, Dundalk	(042) 933 3427
MALONE, Dr. Pascal	Ravensdale, Dundalk	(042) 937 1448
MANGAN, Dr. Noeleen	Carroll Village Medical Centre, Dundalk	(042) 933 4515
MISHRA, Dr. Dara,	Unit 3 Medical Centre, College Heights, Dundalk, Co. Louth. :	042 9327466
McCARTHY, Dr. Paul	Barronstown, Hackballscross, Dundalk	(042) 933 4205
McDONALD, Dr. Siobhan	Main St, Blackrock, Dundalk	(042) 932 1424
McKEOWN, Dr. John	Carlingford Medical Centre, Dundalk	(042) 937 3110
McGRATH, Dr. Liam	11 Jocelyn St, Dundalk	(042) 935 3535
MURPHY, Dr. John	58 McSweeney St, Dundalk	(042) 932 0039
O'BRIEN, Dr. Sarah	1 Roden Court, Dundalk	(042) 933 5988
O'REILLY, Dr. Paul.	Medical Centre, Demesne, Dundalk	(042) 933 4295
WHATELY, Dr. John	2 Park Avenue, Dundalk	(042) 933 7124

Doctors in GMS Scheme in Drogheda area

Dr. Mary Murphy	47 Fair Street, Drogheda	(041) 983 7501, 983 3260
Dr. Ralph J. Hoey	47 Fair Street, Drogheda	(041) 983 7501, 983 3260
Dr. Darragh O'Neill	47 Fair Street, Drogheda	(041) 983 7501, 983 3260
Dr Richard Gavin	19 Fair Street, Drogheda	(041) 984 3467, 983 8296
Dr. Shane O'Neill Boyne	Medical Practice, 12 Boyne Shopping Centre, Bolton Street, Drogheda	(041) 984 4282
Dr. John Mulroy	Magdalene Medical Centre, Unit 4, St. Peter's Unit, Magdalene Street,	(041) 981 0387
Dr. Oliver Lynn	15 Fair Street, Drogheda	(041) 983 3684
Dr. Eugene T. Kearney	17 Fair Street, Drogheda	(041) 983 8220, 983 8138
Dr. Michael J. O'Brien	17 Fair Street, Drogheda	(041) 983 8220, 983 8138
Dr. Eric Yelverton	Bryanstown Medical Centre, Bryanstown, Dublin Road, Drogheda	(041) 984 3233
Dr. Ursula. O'Brien	Grangemount, Naul, Co. Dublin	(01) 841 2259
Dr. Harold P. Barry	5 Leyland Place, Drogheda	(041) 983 4592
Dr. Alan Moran	Northgate Surgery, 226 Pearse Park, Drogheda	(041) 983 9444
Dr. Paul Neary	13 Fair Street, Drogheda	(041) 983 8735
Dr. Fionuala Loughrey	Wheaton Hall Medical Practice, Drogheda	(041) 984 6846
Dr. Conor O'Shea	Wheaton Hall Medical Practice, Drogheda	(041) 984 6846
Dr. Sylvia McKenna	Wheaton Hall Medical Practice, Drogheda	(041) 984 6846
Dr. Joseph Cremin	1 Mary Street/20 Brookside, Bettystown, Co. Meath	(041) 983 3426, 982 7793
Dr. Paul Orr	1 Mary Street,/20 Brookside Bettystown, Co. Meath	(041) 983 3426, (041) 982 7793
Dr. Gordon Daly	Primary Care Centre, Clogherhead, Co. Louth	(041) 982 2228
Dr. P. J. Shorthall	Health Care Unit, Laytown, Co. Meath	(041) 982 8039
Dr. P. O'Donoghue	Barn Road, Dunleer, Co. Louth	(041) 686 1812

NEDOC GP Out of Hours Service,

Call Save: 1850 777 911

This is a service to provide you and your family with access to family doctor services outside of normal hours. This service operates weekdays from 6pm to 8am and weekends, public holidays a 24 hour service is provided. GPs in Dundalk provide their own out of hours service.



Proudly supporting
**Louth Age Friendly
County Programme**



Dundalk Credit Union - We Believe in Community
Market Street, Dundalk • 042 93 35489 • info@dundalkcu.ie

Dundalk Credit Union is regulated by the Central Bank of Ireland.