

Directory of Services for Older People Galway City



Directory of Services for Older People in Galway City

by

Health Promotion Services, HSE West

Galway City Partnership

Irish Centre for Social Gerontology, NUI, Galway

in conjunction with representatives from:

Galway City Council Social Inclusion Unit

COPE

Croí na Gaillimhe Resource Centre

Knocknacarra Active Retired

Living Scenes, NUI, Galway

Westside Community Development Project

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Welcome

We are pleased to introduce to you this Directory of Services for Older People in Galway City.

The issue of not knowing what services and support are available was highlighted in recent research undertaken by Galway Healthy Cities project. This research asked older people for their views on the extent to which Galway is an age-friendly city. From this a number of agencies got together and undertook to compile a list of services available to older people in Galway City. This Directory provides an outline of community and voluntary organisations, HSE and other public services in Galway City as well as details of national organisations.

We appreciate the input from many organisations, services and individuals. We are particularly grateful to the group of people who put this together – Maeve Murray (Galway City Partnership), Aine in Leime and Christine de Largy (Irish Centre for Social Gerontology NUI Galway), Eileen Holland, Lisa Corbett, and Evelyn Fanning (Health Promotion Services HSE West).

We thank the other steering group members for their input - Sharon Lawless (Social Inclusion Unit, Galway City Council), Denis O'Brien (Knocknacarra Active Retired), Mary Surlis (Living Scenes), Loretta Needham (Croí na Gaillimhe), Caroline Duane (COPE), Vernice Murray (Westside Community Development Project).

We thank COPE and Mary O'Connor (Galway Contact) and the older people that they work with for their views on the user friendliness of this Directory. Our gratitude also goes to Deirdre Towey (National Council for the Blind) for her guidance.

We hope that this will be a valuable resource for older people in Galway City and the organisations and services working with them. We are conscious that there are services that may not have been included and will update the Directory accordingly. Please contact Health Promotion Services HSE West by email evelyn.fanning@hse.ie or by phone on 091 548321.

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Local Community & Voluntary Organisations & Services

Ability West
Tel: 091 540900

Blackrock House, Salthill, Galway
Email: enquiries@abilitywest.ie Web: www.abilitywest.ie

Provides personal community based service for people with intellectual disabilities and their families.

Access For All
Tel 091 773466

Email: Nollaig@gcp.ie Web www.access4all.ie

Access For All is a network of local disability organisations. The focus of its work is on continually improving the accessibility of the local built environment and involves working closely with Galway City Council and other key stakeholders.

Active Retirement Ireland
Tel: 01-8733836

124, The Capel Building, St. Mary's Abbey, Dublin 7
Email: info@activeirl.ie Web: www.activeirl.ie

Umbrella Group for Active Retirement Groups. To find your local area group in Galway contact the national number or see the groups listed below.
Abbey Friendship, Ballybane, Barna/Furbo, Castlegar, Claddagh, Westside, Galway City Centre, Knocknacarra, Mervue, Newcastle, Renmore, Salthill, Tirellan.

Age Action West
Tel: 091 527831

2-3 Small Crane, Sea Road, Galway
Email: aaw@eircom.net Web: www.ageaction.ie

Provides a drop-in information service on Older Peoples' rights and entitlements, lobbying and advocacy and the provision of education and training such as computer and language classes.

Aware
Tel: 1890 303302

Email: info@aware.ie Web: www.aware.ie

A non-directive listening service for people who experience depression.

Ballybane/Mervue Community Development Project
Tel: 091 768300

Ballybane Resource Centre, Ballybane, Galway
Email: ballybanemervue@eircom.net

Works to support and empower those experiencing social exclusion through a variety of community projects.

Bohermore Community Development

Tel: 561314

50 St. Finbarr's Terrace, Bohermore, Galway

Project works to empower people to manage their own development and improve quality of life for those living in Bohermore.

Bohermore Senior Citizens Group

Tel 091 565940

The group organises activities for older people such as music, bingo, exercise.

Brothers of Charity

Tel: 091 721400

Woodlands Centre, Renmore, Galway

Web: www.brothersofcharity.ie

Provides a wide range of community based and centre based services for people with intellectual disabilities and their families.

Cancer Care West

Tel: 091 545000

University College Hospital, Galway

Email: info@cancercarewest.ie Web: www.cancercarewest.ie

Cancer Care West is a not for profit, West of Ireland registered charity (CHY11260), dedicated to supporting those whose lives have been affected by a cancer diagnosis. It aims to enhance patient care and well being and to provide supports to cancer patients and their families during and after their treatment.

Care and Repair

Tel: Lo Call 1890 369 369

2-3 Small Crane, Galway

Email: aaw@eircom.net

Web: www.ageaction.ie

Age Action West's Care and Repair Service offers a befriending service and a repair service for minor home repair jobs as well as recommendations on reliable tradespersons.

Citizens Information Centre (CIC)

Tel: 091 563344

Email: galway@citinfo.ie

Web: www.galwaycic.ie

Provides free, confidential and impartial information on subjects such as employment, social welfare, HSE services, consumer rights etc. Can also assist with filling forms and free legal advice and accounting advice service.

Community Garda and Crime Prevention Unit - Garda Siochana

Tel: 091 768001

Liosbaun Industrial Estate, Galway

Web: www.garda.ie

Provides information and advice on community policing initiatives.

Console (Galway)

Tel: 091 769942

Helpline 1800 201 890

Console House, 9a Elm Park, Renmore, Galway

Web: www.console.ie

Console is a registered charity supporting and helping people bereaved through suicide. Services provided include a national free phone helpline, counselling, support, and information and education. Console also promotes positive mental health within the community.

COPE Galway - Community Catering

Tel: 091 700800

Unit 5, Ballybane Industrial Estate, Galway.

Email: communitycatering@copegalway.ie

Web: www.copegalway.ie

Previously known as 'Meals on Wheels', this service provides a daily low cost meal available seven days a week to city and county. Referrals can be made directly by older people and family members or by statutory and voluntary services. No age restriction although primarily for older people.

COPE Galway - Community Support Project

Tel: 086 0237022

Cope Galway offices, Calbro House, Tuam Road, Galway

Email: cduane@copegalway.ie

Web: www.copegalway.ie

To provide support, advocacy and information to older people living in Galway city. The focus of the service is on improving and promoting well being and quality of life in addition to preventing isolation for those living independently in their own homes.

COPE Galway - Imperial Dining Club

Tel: 091 700800

Email: communitycatering@copegalway.ie

Web: www.copegalway.ie

A social club for older people who meet for lunch in the Imperial Hotel, Eyre Square, Galway. Contact can be made through Community Catering. The club is supported by COPE Galway and the Imperial Hotel.

COPE Galway - Sonas Day Centre

Tel: 091 753402

Walter Macken Flats, Mervue, Galway

Email: info@copegalway.ie Web: www.copegalway.ie

Drop-in centre with support services and activities for Older People living in the Mervue and surrounding areas. Sonas is open six day per week.

Croí, The West of Ireland Cardiac Foundation

Tel: 091 544310

University Hospital, Galway

Email: info@croi.ie Web: www.croi.ie

Croí's aim is to reduce the impact of Cardiovascular Disease on individuals and families by supporting a range of initiatives in the areas of prevention, education, lifestyle change, treatment and rehabilitation

Croí na Gaillimhe Resource Centre

Tel: 091 895203

St. Vincent de Paul, 1 Mill Street, Galway

Email: ineedhamsvp@eircom.net Web: www.croi-na-gaillimhe.org

Croí na Gaillimhe provides a social club for older people on Wednesday afternoons. Activities are organised in consultation with the group. Other training courses take place such as computers, drawing classes, movement and relaxation, line dancing, creative writing and Intergenerational Learning.

DeafHear

Tel: 091 564871 Text: 086 8648659

9A St. Francis Street, Galway

Email: galway@deafhear.ie Web: www.deafhear.ie

Support service for members of the deaf community in Galway.

Galway Centre for Independent Living

Tel: 091 773910

Unit 10, Town Park, Tuam Road, Galway

Email: info@gcil.ie Web: www.gcil.ie

Works to enable people with disabilities opportunities to live meaningful independent lives.

Galway Carers Support Group

Tel: Bríd Lynch, Group Co-ordinator on 087- 9159508.

The Galway Carers Support Group aims to promote the quality of life of family carers by recognising and valuing their role, and by providing carers with emotional and practical supports. The Support Group's activities include: arranging information sessions, monthly meetings, training courses, respite breaks, accessing and disseminating information to carer members, and providing a support network for carers.

Galway City Partnership

Tel: 091 773466

3 The Plaza Offices, Headford Road, Galway

Email: info@gcp.ie Web: www.gcp.ie

Works to tackle disadvantage and social exclusion by working with individuals, groups and communities through a community development approach. Undertook research into Supports and Services for Older People in Galway City

Galway Contact

Tel: 091 527581

189 Corrib Park, Galway

Email: galwaycontact@eircom.net

Provides a befriending service for Older People where a volunteer visits them in their home or nursing home. Organises a Morning Club every second Friday in Arus De Brun. Also, install security alarms for those living alone (pendants/sensor lights etc.)

Galway Diocesan Family Centre

Tel 091 565066

Galway Diocesan Centre, Newtownsmith, Galway City

Web www.pastoralcentre.ie

The Centre provides programmes and support services including two programmes Rainbows and Beginning Experience which aim to support those who are grieving due to a death, separation or other painful transition.

Galway Head Injury Support Group (GHISG)

Tel: 091 768168.

Email: galwayhisg@gmail.com

The **GHISG** endeavours to improve the quality of life of people with acquired brain injury and their families.

Galway Hospice Foundation

Tel 091 770868

Renmore, Galway

Email: info@galwayhospice.ie Web www.galwayhospice.ie

Galway Hospice Foundation is a voluntary organisation that provides a comprehensive range of palliative care services to patients with active and progressive diseases which cannot be cured.

Galway Lions Club

Web: www.galwaylions.ie

The Lions club strive to make a difference in their local community as well as in communities worldwide. The Galway Lions Club Meetings are held in the Ardilaun Hotel, Taylor's Hill, Galway on the second Monday of each month at 8:30 pm.

Galway Migrant Service

Tel: 091 773466

3 The Plaza Offices, Headford Road, Galway

Email: info@gcp.ie Web: www.gcp.ie

Provides information, support and advocacy to migrant workers and their families.

Galway Peoples' Resource Centre

Tel: 091 564822

Canavan House, Nuns Island, Galway

Email: gcu@eircom.net

To offer help, support and information to all those who need it across a wide range of issues including employment, equality, training.

Galway Rape Crisis Centre

Helpline: 1800 355 355 Business Line: 091-583149

7 Claddagh Quay, Galway

Email: administrator@galwayrcc.org Web: www.galwayrcc.org

Galway Rape Crisis Centre is dedicated to providing a professional, caring and confidential counselling and support service for those in our community affected by sexual abuse and sexual violence. We also work towards ending cultural and societal tolerance of sexual violence through advocacy, awareness raising and education programmes.

Galway Refugee Support Group

Tel: 091 779083

2nd Floor, The Plaza, Headford Road, Galway

Email: refugee.galway@ireland.com Web: www.grsg.ie

The organisation works with those in the asylum process and those with refugee status on a range of projects and initiatives.

Galway Simon Community

Tel: 091 589415

10 Montpellier Terrace, Galway

Email: assist@galwaysimon.ie Web: www.galwaysimon.ie

The service works with people who experience homelessness through the provision of supported housing, residential settlement service, a day centre, homeless referral service and family support service.

Galway Stroke Support Group

Tel: 091 700210 (Imelda Walsh Resource Worker, Acquired Brain Injury Irl)

The Stroke Support Group aims to provide an opportunity for Stroke Survivors, family/carers to talk about their experiences and how they are managing; to offer support to each other and to families whose relative/friend has just had a stroke. The group also provides information regarding stroke and stroke prevention, including information sessions from health care professionals. They also provide outings from time to time.

Galway Traveller Movement

Tel: 091 765390

1 The Plaza, Headford Road, Galway

Email: info@gtmtrav.ie

Aims to improve the lives of Irish Travellers through working towards social justice, solidarity, socio-economic development and human rights.

Galway Volunteer Centre

Tel: 091 539930

17-18 Mill Street, Galway

Email: info@volunteergalway.ie Web: www.volunteergalway.ie

The centre supports local non-profit organisations to fund suitable volunteers and supports individuals to volunteer once they register with the centre.

Going Strong Club

Tel: (091) 755779

Have 20-22 members in their 70's and 80's and they meet every Wednesday from 2.00 – 4.00 p.m. in the Church Room, Renmore and play cards and bingo. Every year the group goes to Knock in May. The club is in existence for 30 years.

GROW

Tel: 1890 474474

Email: info@grow.ie, Web: www.grow.ie

GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems.

ICA – Irish Countrywomens’ Association.

Tel: 041 9822119

Email: admin@an-grianan.ie Web: www.ica.ie

Ireland’s largest womens’ association. Organises community events nationwide. There is a local guild in Barna.

Irish Wheelchair Association

Tel: 091 771550

Cúl Árd, Wellpark, Galway

Email: galway@iwa.ie Web: www.iwa.ie

The Irish Wheelchair Association is a national organisation dedicated to the achievement of full social, economic and educational integration of people with disability as equal, independent and participative members of the community.

Knocknacarra Day Care Centre

Tel: 091 741765

Over Joyce’s supermarket, Knocknacarra, Galway

The day centre operates Monday and Tuesday from 10.00am to 4.00pm. The day consists of activities, exercise and lunch is provided for a small fee. It is operated by St. Francis Community Nursing Unit and supported by Galway Contact.

Local Employment Service Network

Tel: 091 566617

122 Bohermore, Galway

Email: elaineles@eircom.net Web: www.gcp.ie

A free, voluntary information, guidance and support service for people who are unemployed. Provides one to one information and mediation.

MABS - Money, Advice and Budgeting Service

Tel: 091 569349

The Halls, Quay Street, Galway

Email: Galway@mabs.ie Web: www.mabs.ie

Provides a free, confidential and independent service for people in debt or in danger of getting into debt.

National Adult Literacy Agency

Tel 01 8554332

Email: admin@nala.ie Web: www.nala.ie

NALA is an independent membership organisation, concerned with developing policy, advocacy, research and offering advisory services in adult literacy work in Ireland. It provides information on how to access adult literacy and basic education services including Galway.

National Council for the Blind of Ireland

Tel: 091 564926

9a St. Francis Street, Galway

Email: info@ncbi.ie

Web: www.ncbi.ie

Service offers support to people experiencing difficulties with their eyesight. Supports include practical advice, emotional support, rehabilitation and mobility training, low vision service, assistive technology and counselling.

Order Of Malta

Tel: 091 525879

20 St. Helen's Street, Galway

Email: info@orderofmalta.ie

Web: www.orderofmalta.ie

Provides first aid training, ambulance transport and community care services including day care centres and lunch clubs.

Respond!

Tel: 0818 357901

Old Convent, Ard Na Mara, Oranmore, Co. Galway

Email: info@respond.ie

Web: www.respond.ie

A housing association that designs and builds homes for Older People who wish to live independently in socially integrated communities. Older residents are encouraged and enabled to access the support services required to maintain independent living.

Saint Vincent de Paul

Tel: 091 563233

Ozanam House, Augustine Street, Galway

Email: info@svp.ie

Web: www.svp.ie

A lay voluntary organisation that provides support to Older People in the city through visitation, material support and accommodation.

Samaritans

Nationwide Helpline 1850 609090

Galway Branch : Tel 091 561222

14 Nun's Island, Galway

Email: jo@samaritans.org

Web www.samaritans.org

Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. The service is available by telephone, email, letter and face to face in most branches.

**Senior Help Line
(1850 440 444)**

www.seniorhelpline.ie

The service aims to provide a friendly, helpful and confidential service for older people all over Ireland. It operates daily from 10.00am to 3.00pm and from 7.00pm to 10.00pm. Trained volunteers staff the service. It operates from Galway City on Sunday evenings.

**Shantalla Westside Community Project
Tel: 091 526126**

c/o St. Joseph's Community Centre, Shantalla, Galway

Provides activities for older people in the Shantalla and Westside area including a drop in centre – stories, bingo afternoon tea (twice weekly) and a monthly social night of music song and dance.

**Threshold
Tel: 091 563080**

Western Region Advice Centre. 3, Victoria Place, Merchants Road, Galway
Email: thresholdgalway@eircom.net

Threshold gives free information and advice on housing issues. They assist in solving housing problems and may act on a service user's behalf. The service is free and confidential.

**Waterside House (COPE Galway)
Tel: 091 565985**

Waterside (off Courthouse Square, Galway)
Email: info@copegalway.ie [Web: www.copegalway.ie](http://www.copegalway.ie)

Waterside House provides refuge for women and children who are experiencing domestic violence.

**Western Alzheimers (Galway Branch)
Tel: 091 565193**

Colonial Buildings, Eglinton Street, Galway
Email: westalgalway@eircom.net [Web: www.westernalzheimer.ie](http://www.westernalzheimer.ie)

Western Alzheimers provides a range of person-centred services based on a 'home-to-home' philosophy. All services are designed with Alzheimer sufferers and their carers in mind. This support can range from providing a listening ear to providing respite, day care and in-home support.

Westside Age Inclusion
Tel 091 589861

Unit 13, Westside Enterprise Centre, Galway
Email: Westsideageinclusionltd@eircom.net

Westside Age Inclusion co-ordinates a range of services in the local area to people over the age of 55 years. These include practical work such as changing light bulbs, painting and decorating, gardening, and adult education. A laundry service is also available.

Westside Community Development Project
Tel: 091 528325 or 087 9303468

Westside Community Resource Centre, Seamus Quirke Road, Galway
Email: wcdp@eircom.net

Works to support and empower those experiencing social exclusion through a variety of community projects.

Women with Disabilities in the West
Tel : 087 694 33 40

4 The Links, Ballymoneen Road, Knocknacarra, Galway
Email : marianmaloneynolan@eircom.net

This group of women came together to support one another and advocate on behalf of women with disabilities and to network with agencies.

HSE Services

Alcohol Addiction Services
Tel 091 753595

Merlin Park Regional Hospital
Email: alcoholc@hse.ie

Provides alcohol counselling, support information and education.

Audiology Service
Tel. 091 582112

10 Ely Place, Sea Road, Galway

Assess, diagnose and rehabilitate children and adults with hearing difficulties, and aims to address the hearing loss by the prescribing and fitting of hearing aids.

Carers Services
Tel 091 548333

HSE West City Centre, Seamus Quirke Road, Galway
Email: carersdepartment@hse.ie

Provides a support service to Family/ Informal Carers in Galway City, County & the Islands. Range of carers support services provided including training service, support group service, information and advice services, in home respite service, counselling service etc.

Chiropody/Podiatry
Tel 091 546040

HSE West,
Shantalla Health Centre, Galway

The Chiropody/Podiatry Service is available to medical cardholders over 65 years and all Diabetics. This service is also offered to persons with a learning or physical disability based on their assessed need.

Civil Registration Service
Tel 091 546277

HSE West,
25 Newcastle Road, Galway

Registration of all life events – births, stillbirths, marriages and deaths.
Issuing of certificates for life events. You may also order online at www.certificates.ie.
Solemnisation of civil marriages.

Community Development

Tel. 091 548331

**HSE West City Centre,
Seamus Quirke Road, Galway**

Supporting Voluntary and Community Groups especially groups supporting the needs of Older People.

Community Nutrition & Dietetic Service

Tel 091 548335

HSE West, West City Centre, Galway

Provides information and support to individuals and groups on healthy eating and weight management.

Community Occupational Therapy

Tel 091 775323

Unit 10 A, Merlin Park Hospital, Galway

Facilitate client to have independence in daily living skills and improve/maintain their quality of life. Information Service to clients Mon. to Fri. 9.30am -11.30am.

Community Social Work Service with Older People

Tel 091 741766

HSE West La Nua, Ballybane Neighbourhood Village, Castle Park Road, Ballybane, Galway

Provides support to people over the age of 65, living in the community, and works with them and their families to ensure that services are provided to enhance their quality of life.

Senior Case Worker - Elder Abuse

Tel 091 741757

HSE West, La Nua, Ballybane Neighbourhood Village, Castle Park Road, Ballybane, Galway

The purpose of this service is to manage and co-ordinate a response to allegations of elder abuse in accordance with the HSE Policy on Elder Abuse and act as a resource to older people, voluntary groups and professionals providing a service to people over 65 years.

Community Welfare

Tel 091 548314

HSE West, West City Centre, Galway

Can give financial support to those in need in the form of rent supplement or supplementary welfare allowance. Assessment of a range of allowances including eligibility for medical cards.

Counselling Service (Adults)

Freephone 1800 234114 (office hours)

The Adult counselling service provides individual and group therapy to adult survivors of childhood abuse. This includes sexual, emotional, physical abuse and neglect during childhood. The service is free and confidential.

Dental

Tel 091 546028

HSE Shantalla Health Centre, Galway

The Dental Department provides dental care to primary school children, and some special needs groups. Adults with a current medical card can access care from some dentists. A list of the contracted private Dentists is available from the dental department, Shantalla.

Disability Service

Tel 091 546209

HSE Newcastle Road, Galway

The Disability Services Office works with a range of voluntary services in the area to provide care, training and development for children and adults with learning or physical disability.

Drugs

Tel 091 561299

HSE West, 54 Dominick Street, Galway

Provides information, advice and support in relation to drug, prevention, education and treatment.

Environmental Health

Tel 091 548390

HSE West City Centre, Galway

Provides services in the area of food safety, water sampling, and tobacco control legislation. Inspections of hospitals, nursing homes and institutions.

Freedom of Information

Tel 091 773838

Merlin Park Regional Hospital, Galway

The HSE is covered by the Freedom of Information Act meaning that records held by the HSE can be applied for and if a range of criteria are met can be released to the public. Personal information like medical records can only be released to that person.

Galway University Hospital

Tel 091 544544

Newcastle Road, Galway

General Practitioner Services

Tel 091 523122

Your local health office can provide a list of GPs in the area.

Westdoc Out of Hours GP Service

Tel 1850 365 000

This service provides access to a GP outside normal hours for public and private patients of participating doctors. It operates from 6pm-9am Monday to Friday and a 24hours service operates on Saturday, Sunday and Bank Holidays.

Health Promotion

Tel 091 548321

HSE West, West City Centre, Galway

Provides information, training and support for health promotion initiatives. Works in partnership with other agencies to address issues impacting on health and wellbeing and enable and support people to make healthier choices.

Home Care Packages

Tel 546062/546065

HSE West, Newcastle Road, Galway

A Home Care Package (HCP) consists of community services and supports which may be provided to assist an older person, depending on their individual assessed care needs, to return home from hospital or residential care, or to remain at home. Depending on resources available to the scheme, the HCP provided to any individual may include paramedical, nursing, respite and/or home help and/or other services depending on the assessed care needs of the individual applicant.

Home Help Service

Tel 091 546344

HSE West, Newcastle Road, Galway

The Home Help service is a discretionary service which may provide personal care essential practical care and social care to the following care groups. Older people over 65 years, people with physical and sensory disability. In special cases families and children in need of practical and emotional care and support. The Home Help can be requested by a Public Health Nurse, any discipline within the HSE and potential clients and their families can also apply.

HSE National Information Line

Tel 1850 24 1850

Email: info@hse.ie Web: www.hse.ie.

The HSE provides a national information services on a wide range of health services, entitlements and eligibility. The Info line operates from 8am to 8pm Monday- Saturday.

Medical

Tel 546355

HSE West, West City Centre, Galway

Provides services including assessment of clients for grants and allowances and long term care assessment.

Medical Cards
091 546207

HSE West, Newcastle Road, Galway

Deals with applications for Medical Cards, GP Visit Cards and a range of schemes such as Drug Payment, Long term illness and Mobility schemes.

Medical Social Work
Tel 091 544089

HSE, University Hospital Galway

Provides information and support to in-patients in University Hospital Galway and Merlin Park Hospital regarding home supports, discharge planning, counselling, benefits and entitlements.

Mental Health Services

Department of Psychiatry, University College Hospital, Galway
Tel. 091 544458

La Nua, Psychiatric Day Hospital (Ballybane)
Tel. 091 741730

Most people with mental health problems are treated by their GP or referred to a Day or Hospital Service.

Merlin Park University Hospital, Galway
Tel 091 751131

Merlin Park University Hospital, Dublin Road, Galway

Nursing Home Support Office
Tel 091 548426

HSE West City Centre, Seamus Quirke Road, Galway

Provides information on residential care, short term or long term.

Ophthalmology
Tel 546255

HSE West, 25 Newcastle Road, Galway

Medical Card holders are entitled to Ophthalmic or Eye Testing Services.

Physiotherapy
Tel 091 546040

Shantalla Health Centre, Galway

Maintains and promotes independence mobility and general well being through advice on exercise, safety and the provision of aids and appliances where appropriate. Group therapy is also provided in the area of falls prevention & osteoporosis.

Primary Care
Tel 093 37234

Mellows House Vicar Street, Tuam, Co. Galway

A number of primary care teams are being set up in Galway City and county. The team which consists of GP, Public Health nurse and other professionals aims to provide services in the local area being served.

Public Health Nursing Service
Tel 091 546365

25 Newcastle Road, Galway

Provides a home nursing service to all older clients. Offers advice and information on all aspects of home nursing care, e.g. equipment, respite care and services available in your area. Please contact your local health centre from 9.30am -10.30am Monday to Friday.

St. Francis Day Centre, Newcastle Road, Galway
Tel 091 524574

Provides day care and activities for older people. St Francis also operates the Knocknacarra Day Centre in partnership with Galway Contact, (see community section for details on this).

Suicide Prevention Resource Officer
Tel 091 548360

HSE West City Centre, Seamus Quirke Road, Galway

Provides information, training and support in relation to suicide prevention.

Other Public Services

Department of Health and Children – Office for Older People

Tel: 01 6354000

Hawkins House, Hawkins Street, Dublin 2

Web: www.dohc.ie

The Office for Older People is based in the Department of Health and Children. The Office comprises three Units – Services for Older People; Long Stay Charges; Strategy Development.

Department of Social Protection

Telephone 01 7043000

Áras Mhic Dhiarmada, Store Street, Dublin 1

Email info@welfare.ie Web: www.welfare.ie

The Department role is to promote a caring society through ensuring access to income support and other services, enabling active participation, promoting social inclusion and supporting families. Older people are supported through income and other support services including the following;

Schemes and Services Contact Information

- Information Services – 1890 66 22 44
- Free Travel, Household Benefits, State Pension, Domiciliary Care, Widow(er)s Pension, Widowed Parent Grant, Blind Persons Pension - Tel: 1890 500 000
- Carer's Allowance, Carer's Benefit, Disability Allowance, Disablement Benefit, Invalidity Pension, Bereavement Grant - Tel: 1890 927 770
- Supplementary Welfare Allowance - 071 9157100
- Homemakers Te 1890 690 690
- Respite Care Grant – Tel: 01 6732222
- Illness Benefit, Injury Benefit, Medical Care – Tel: 1890 928 400
- Treatment Benefit -Telephone 1890 400 400

Social Welfare Local Office Galway

Tel 091 500800

Hynes Building, St. Augustine Street, Galway, Co. Galway

FÁS

Tel: 091 534400

Galway Employment Services Office, Island House, Cathedral Square, Galway

E-mail: info@fas.ie Web: www.fas.ie

FÁS enhances the skills and competencies of individuals and enterprises through the provision of tailored training and employment programmes that suit everyone's needs.

Galway City Council

Tel: 091 536400

City Hall, College Road, Galway

E-mail: customerservice@galwaycity.ie Web: www.galwaycity.ie

Galway City Council provides a range of services through the following sections: Arts and Culture, Community and Culture, City Development Board, Corporate Services, Environment, Parks, Housing, Planning, Roads and Traffic, Transportation, Waste Management, Water and drainage.

Housing Department - Tel: 091 536590

Social Housing, Affordable Housing, Homeless Services, Rental Accommodation Scheme, Housing Grants for person with a Disability, Mobility Aid Housing Grant Scheme, Housing Aid for Older Persons.

Tenant Liaison Officers - Support is given to Older People living in local authority housing and social housing schemes.

Social Workers - support target groups living in local authority housing including Older People.

Homeless Services in association with COPE

Out of Hours Service : Mon-Fri (5 pm - 11 pm); Sat (3 pm - 11 pm); Sun (24hrs)

Tel: 1800 788 887.

Galway City Library

Tel: 091 561666

St. Augustine Street, Galway

E-mail: : info@galwaylibrary.ie Web: www.galway.ie/en/services/library

All library branches open on Saturday and provide public Internet access. In co-operation with An Post, the library delivers books-on-tape to the visually impaired for free.

Westside Library

Tel: 091 520616

Ballybane Library

Tel: 091 380590

Galway City Vocational Education Committee (VEC)

Tel. 091 - 549400

Island House, Cathedral Square, Galway

E-mail: info@cgvec.ie Web: www.cgvec.ie

The VEC provides a range of education opportunities, services and supports to a wide range of target groups in Galway City including Older People. It provides these services through a number of sections within the VEC outlined below.

Adult Basic Education Service -Tel: 091 567660

Adult Learner Guidance Service - Tel: 091 768596

Back to Education Initiative (BTEI) - Tel 091 549400

Community Education - Tel: 091 549400

Vocational Training Opportunities Scheme (VTOS) - Tel: 091 771343

Gardaí

Tel: Mill Street - 091 538000 Tel: Salthill – 091 521333

An Garda Síochána Mill Street, Galway

Web: www.garda.ie

Neighbourhood Watch

Tel:091 538079

Neighbourhood Watch is a crime prevention programme aimed at getting local communities working in partnership with the Gardaí and actively involved in observing and reporting suspicious activities to help create a better environment in which to live.

National University of Ireland Galway (NUIG)

Health Promotion Research Centre

Tel 091 493092

Clinical Science Institute, National University of Ireland, Galway, University Road, Galway

Email: denise.glavin@nuigalway.ie Web: www.nuigalway.ie/health_promotion/

Health Promotion provides training and education courses in the field of health promotion and carries out relevant research. The courses on offer include Certificate/Diploma/BA in Social Care. The Health Promotion Research Centre has an active multidisciplinary research programme in place.

**National University of Ireland Galway
Irish Centre for Social Gerontology
Tel: 091 495461**

Cairnes Building, NUI, Galway

Email: icsg@nuigalway.ie

Web: www.nuigalway.ie/icsg

The ICSG is a centre for research and teaching into all aspects of ageing in Ireland particularly rural aspects of ageing, economics of ageing, dementia and technology of ageing.

**National University of Ireland Galway – Living Scenes
Tel 091 495241**

NUI Galway Community Education Centre, Hygeia Office Block, Nuns Island Galway

Email: living_scenes@nuigalway.ie

Web: www.nuigalway.ie/living_scenes

Living Scenes is an intergenerational programme of learning designed, implemented and funded by N.U.I., Galway. It is part of the University's Adult and Continuing Education outreach initiatives. Living Scenes is currently operating in six schools in the western region.

**National University of Ireland Galway (NUIG) - Mature students officer
Tel 091 492695**

University Road, Galway

E-mail: info@nuigalway.ie

Web: www.nuigalway.ie/mature_students/

The Mature student's officer aims to assist and advise prospective mature student applicants on the range of programmes available in the University and on application procedures and admissions criteria.

National Organisations & Services

Active Retirement Ireland

Tel: 01 679 2142

Shamrock Chambers, 1-2 Eustace Street, Dublin 2

Email: fara@eircom.net Web www.activeirl.ie

A national network of local Active Retirement Associations whose aim is to enable retired people to enjoy a full active life and to advocate for them.

Age Action Ireland

01 4756989

30/31 Lower Camden Street, Dublin 2

Email: info@ageaction.ie Web www.ageaction.ie

Age Action provides practical programmes, training, information and advocacy for older people and promotes positive ageing and seeks to improve quality of life for older people and their carers.

Age & Opportunity

Tel: 01 8057709

Marino Institute of Education, Griffith Avenue, Dublin 9

Email: info@ageandopportunity.ie Web: www.ageandopportunity.ie

Age & Opportunity is the national not-for-profit organisation promoting opportunities for greater participation by older people. Our programmes include Go for Life – physical activity; Ageing with Confidence – health-promoting course; AgeWise – age equality workshops and Bealtaine – national arts festival.

Alzheimer's Society of Ireland

Tel (01) 207 3800

National Office: Temple Road, Blackrock, Co. Dublin

Email info@alzheimer.ie Web www.alzheimer.ie

Alzheimer's Ireland is a national voluntary organisation with an extensive network of branches, regional offices and services. It provides support for people with all forms of dementia and their families to maximise their quality of life.

Aontas (National Adult Learning)

Tel: 01 4068220/1

83-87 Main Street, Ranelagh, Dublin 6

Email: mail@aontas.com Web: www.aontas.com

AONTAS is the National Adult Learning Organisation, which supports the provision of a quality and comprehensive system of adult learning and education which is accessible to and inclusive to all.

Arthritis Ireland

Tel. 01 661 8188

1 Clanwilliam Square, Grand Canal Quay, Dublin 2

Email: info@arthritisireland.ie Web: www.arthritisireland.ie

Ireland's only arthritis charity provides education and support programmes specially designed to give people with arthritis the information and skills they need to take back control of their disease and their life.

AWARE

Tel: 01 661 7211 (National Office) Tel: 1890 303 302 (Helpline)

72 Lower Leeson Street, Dublin 2

Email info@aware.ie Web. www.aware.ie

Aware is a national depression support organisation that provides a LoCall Helpline open 365 days a year: Mon-Wed 10am-10pm; Thurs-Sun 10am-1am, as well as support groups, including groups in Galway (city & county). Resources available include a booklet entitled *Depression in Later Life* is available for both older individuals and family members.

Care Alliance Ireland

Tel: 01 8747776

Coleraine House, Coleraine Street, Dublin 7

Email: info@carealliance.ie Web www.carealliance.ie

A national network of voluntary organisations supporting family carers. It aims to support organisations in their work with family carers through the provision of information, research, the sharing of resources and opportunities for collaboration.

Carers Association

Tel: 057 9322920

National Office, Market Square, Tullamore, Co. Offaly

Email: info@carersireland.com Web: www.carersireland.com

The Carers Association is Ireland's national voluntary organisation for and of family carers in the home. The organisation aims to provide family carers with emotional and practical supports; to promote the interests of family carers and those receiving care in the home through effective partnership, lobbying and advocacy and to gain recognition and social justice for carers invaluable contribution to Irish society. The services we provide are as follows: Advocacy and Lobbying, Care Line, Home Respite Service, Information, Membership, Resource Centre, Support Groups, Training.

Caring for Carers Ireland

Tel: 065 6866515

National office, Carmody Street Business Park, Ennis, Co. Clare

Email: support@caringforcarers.org Web: www.caringforcarers.org

A national organisation that provides support, information on benefits, entitlements, respite, training, research and advocacy for carers and those for whom they care.

CARDI (Centre for Research and Development in Ireland)

Tel: 01 478 6308

Dublin Office - Centre for Ageing Research and Development in Ireland, 5th Floor
Bishop's Square, Redmond's Hill, Dublin 2

Email: info@cardi.ie Web www.cardi.ie

CARDI is a not for profit organisation established to support research play its part in planning for demographic change. It aims to advocate for and advance the ageing research agenda by identifying, coordinating, stimulating, and communicating strategic research on ageing and older people as a means to improve the lives of older people in Ireland (North and South) especially those who are disadvantaged.

Deafhear

Tel 01 817 5700 Minicom 01 817 5777

Email info@deafhear.ie Web www.deafhear.ie

DeafHear (formerly the National Association for Deaf People) has a National Network of Resource Centres providing a range of accessible Services to Deaf and Hard of Hearing people and their families.

Diabetes Federation of Ireland

Tel: 01 836 3022 Helpline: 1850 909 909

76 Lower Gardiner Street, Dublin 1

Email: info@diabetes.ie Web www.diabetes.ie

Aims to provide a quality service in improving the lives of people affected by diabetes, and working with others to prevent and cure diabetes.

Disabled Drivers Association

Tel 094 936 4054

Ballindine, Claremorris, Co. Mayo

Email: info@ddai.ie Web: www.ddai.ie

This charity provides, information on vehicle choice/adaptation for older drivers and passengers; both on-road and off-road driving assessments and driving tuition; issuing body for the EU Disabled Persons Parking Permit.

Friends of the Elderly

Tel (01) 873 1855

25 Bolton Street, Dublin 1

Email info@friendsoftheelderly.ie Web: www.friendsoftheelderly.ie

Friends of the Elderly is an Irish charity that brings friendship and social opportunities to older people who live alone, especially those with mobility problems.

GROW

Tel 1890 474 474 (Info line) Tel 01 840 8236 (National Office)

Apt. 6, Forrest Mews, Forrest Road, Swords, Co. Dublin

Email: info@grow.ie Web: www.grow.ie

GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems.

Irish Congress of Trade Union (ICTU) Retired Workers' Committee

Tel (01) 889 7777

32 Parnell Square, Dublin 1

The Retired Workers' Committee of the Irish Congress of Trade Unions is a representative group for over 80 Retired Workers' Committees of unions affiliated to the ICTU.

Irish Association of Older People

Tel: 01 214 7055

4 Sussex Street, Dun Laoghaire, Co. Dublin

Email: iaop@oceanfree.net Web www.olderpeople.ie

The Irish Association of Older People is a membership based organisation that aims to advocate and support active participation of older people in social, economic, cultural and spiritual life at local, national and European level.

Irish Centre for Social Gerontology (ICSG)

Tel: 091 495461

Cairnes Building, National University of Ireland, Galway

Email: icsg@nuigalway.ie Web www.icsg.ie

The ICSG is a centre for research and teaching into all aspects of ageing in Ireland particularly rural aspects of ageing, economics of ageing, dementia and technology of ageing.

Irish Country Women's Association (ICA)

Tel: 041 9822119

ICA Central Office: An Grianan, Termonfechin, Co. Louth

Email: admin@an-grianan.ie Web www.ica.ie

The ICA is Ireland's largest women's group. It has branches throughout Ireland providing a wide range of social & recreational activities, education, training and advocacy on women's issues.

Irish Senior Citizen's Parliament

Tel: 01 856 1243

90 Fairview Strand, Dublin 3

Email: seniors@iol.ie www.seniors.ie

The Parliament is a non-partisan political organisation promoting the views of older people in policy development and decision-making, run by older volunteers who are elected annually.

Mental Health Ireland

Tel: (01) 284 1166

Mensana House, 6 Adelaide Street, Dun Laoghaire, Co. Dublin

Email info@mentalhealthireland.ie Web: www.mentalhealthireland.ie

Mental Health Ireland is a national voluntary organisation that aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights. It provides support to the Mental Health Associations including across the country including Galway.

National Adult Literacy Agency (NALA)

Tel 01 8554332

76 Lower Gardiner Street, Dublin 1

Email director@nala.ie Web www.nala.ie

NALA is an independent membership organisation, concerned with developing policy, advocacy, research and offering advisory services in adult literacy work in Ireland.

National Centre for the Protection of Older People (NCPOP)

Tel 01 7166467

Health Sciences Centre, University College Dublin, Belfield, Dublin 4

Email: ncpop@ucd.ie Web www.ncpop.ie

The National Centre for the Protection of Older People is undertaking a programme of research funded by the Health Service Executive into elder abuse in Ireland. The Centre consists of a collaborative research team from University College Dublin and acts as a primary resource for those working with, or having contact with, older people in areas of health and social care, law services and financial services.

National Council for the Blind of Ireland (NCBI)

Tel 01 830 7033 Lo call 1850 33 43 53

Whitworth Rd, Drumcondra, Dublin 9

Email: info@ncbi.ie Web www.ncbi.ie

NCBI is a not for profit charitable organisation which provides support and services nationwide to people experiencing sight loss.

Office of the Minister of State for Older People

Tel: 01 6354000

Department of Health and Children, Hawkins House, Dublin 2

Email minister_brady@health.gov.ie Web www.dohc.ie

The Office for Older People is responsible for the development and implementation of policy for older people and the development of the National Positive Ageing Strategy.

Older and Bolder Campaign,

Tel 01 8303116

PO Box 10845, Dublin 9

Email info@olderandbolder.ie Web www.olderandbolder.ie

Older & Bolder is an alliance of non-governmental organisations that champions the rights of all older people, and seeks to combat ageism.

Older Women's Network

Tel:01 8844536

Senior House, All Hallows College, Gracepark Road, Drumcondra, Dublin 9

Email: info@ownireland.ie Web: www.ownireland.ie

OWN Ireland is a national network linking individuals and groups of women aged 55+. It provides information about issues for older women and helps give them a voice.

Patient Focus

Tel 01 885 1611

Patient Focus, Sky Business Centre, Plato Business Park, Damastown, Dublin 15

Email: support@patientfocus.ie Web: www.patientfocus.ie

Patient Focus is one of Ireland's leading national patient advocacy organisations. It provides a point of contact and other supports to patients who have had a negative experience of the health care system. It assists people to try and resolve difficulties as early as possible after they arise. It aims to ensure the preservation and enhancement of patient rights in all healthcare settings.

People with Disabilities Ireland (PwDI)

Tel: 01 8721744

4th Floor Jervis House, Jervis St, Dublin 1

Email info@pwdi.ie

Web www.pwdi.ie

People with Disabilities Ireland is the umbrella organisation which brings people together locally and nationally to work on common issues that affect all people with disabilities.

Senior Helpline National office

Tel: 046-955776

Senior Helpline

Tel: 1850 440 444

Third Age Centre, Summerhill, Co. Meath

Web: www.seniorhelpline.ie

The Senior Help Line is a confidential listening service for older people run by older people for the price of a local call anywhere in Ireland. The Help Line operates from 10am – 4pm and from 7pm -10pm every day.

Social Policy and Ageing Research Centre (SPARC)

Tel : 01 8962914

**School of Social Work and Social Policy, Trinity College Dublin, 3rd Floor,
3 College Green, Dublin 2**

Email: ageing.research@tcd.ie Web: www.sparc.tcd.ie

SPARC aims to produce research into the social policy impacts and implications of ageing. It develops policy advice and briefings and support and fosters the training of Social Gerontologist to PhD level.

Third Age Foundation

Tel (046) 9557766

Summerhill, Co. Meath

Email: info@thirdage-ireland.com Web www.thirdagefoundation.ie

The Third Age Foundation provides services, facilities and opportunities for older people, in education, lifelong learning, health, community development, social policy, social inclusion, volunteering, intergenerational and intercultural activities, enabling them to make a positive difference to their lives and communities.

Women's Aid

Tel: 01 8684721 Freephone: 1800 341900

Everton Hse, 47 Old Cabra Road, Dublin 7

Email : info@womensaid.ie Website : www.womensaid.ie

Support organisation for women who have experienced or are experiencing male violence in intimate relationships.

