



Age Friendly County

OVER 50s DIRECTORY

INTRODUCTION

Kilkenny was the first Age Friendly City in Ireland and the second county to launch their programme in 2009, as part of the national Age Friendly County Programme. The programme is built on the recognition that older people can and should play an important part in shaping their communities for the better.

The voice of the older person is very much at the heart of the Kilkenny Age Friendly Strategy. The programme is part of a worldwide World Health Organisation inspired movement which aims to make sure that as we age, we can continue to:

- Have a real say in what happens in our own lives and in the areas in which we live,
- Enjoy good health, access to high quality services, and a secure and enabling environment,
- Be engaged and have opportunities to participate fully in everything that is going on in our cities and counties.

The key stakeholders and partners in the programme are committed to ensuring that older people have the information they need to remain socially active and informed about matters that affect their quality of life. Kilkenny Age Friendly County now brings you an Age Friendly Directory. This Directory provides information on many of the services available for older people in Kilkenny City and County, including community and voluntary organisations, the HSE and other public services.

The need for this Directory was identified during the consultation with older people in the City and County during the development of Kilkenny's Age Friendly County Strategy. Having local information available in a user and age friendly way is important to everyone. While most information is available on the internet we recognise that not everyone has or wants to have access to information on line.

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COMMUNICATION AND INFORMATION

Having the correct information communicated to you in a way that is helpful is important for people of all ages. The following organisations and services are designed to provide you with information you need to live a full, active and informed life.

Kilkenny Citizens Information Centre

Provide a free and confidential information service available on a wide range of topics including services and entitlements you may qualify for. Call in or telephone to avail of help from one of the trained information providers.

Location: 4 The Parade, Kilkenny

The Friary, Callan

Main St, Graiguenamanagh

c/o The Credit Union, Mooncoin

Website: www.citizensinformation.ie

Email: kilkenny@citinfo.ie

Telephone: 076-107791

Telephone: 056-7755660

Telephone: 059-9724955

Telephone: 051-896900

MABS – Money Advice & Budgeting Service

This organisation provides advice on money matters and budgeting, if you are having difficulties with debt this organisation will assist you in organising your finances. Opening Hours: Monday - Friday, 9am-1pm and 2pm-5pm

Location: 8 William Street, Kilkenny

Opening Hours: Monday - Friday, 9am-1pm and 2pm-5pm

Tel: 076-1072610

Fax: 056-7771856

Web: www.mabs.ie

Email: kilkenny@mabs.ie

Kilkenny Public Libraries

The library services offer a great source of information about events happening in your community. Libraries are about much more than books; some libraries provide computer classes, meeting places for social groups, book clubs and other community information. You can also borrow some music or some audio books.

Contact:

County Librarian Telephone: 056-7794160 **Email:** info@kilkennylibrary.ie

Dorothy O'Reilly Telephone: 056-7794163 **Email:** dorothy.oreilly@kilkennylibrary.ie

Declan Macauley Telephone: 056-7794166 **Email:** declan.macauley@kilkennylibrary.ie

City Library John's Quay Kilkenny	Phone:056-7794174 E-mail:citylibrary@kilkennylibrary.ie	Aisling Kelly Senior Library Assistant
Castlecomer Branch Kilkenny Street, Castlecomer	Phone:056-4440561 E-mail:castlecomer@kilkennylibrary.ie	Mary Morrissey Library Staff Officer
Ferrybank Branch, Ferrybank Shopping Centre, Waterford	Phone 051-897200 Email:ferrybank@kilkennylibrary.ie	Patricia Nolan Library Staff Officer
Graiguenamanagh Branch Convent Road, Graiguenamanagh	Phone: 056-7794178 Emailgrauguenamanagh@kilkennylibrary.ie	Brenda Ward Assistant Librarian
Loughboy Branch Loughboy Shopping Centre Waterford Rd Kilkenny	Phone:056-7794176 E-mail:loughboy@kilkennylibrary.ie	Caitriona Kenneally Senior Library Assistant
Thomastown Branch Marshes St Thomastown	Phone:056-7794331 E-mail:thomastown@kilkennylibrary.ie	Majella Byrne Library Assistant
Urlingford Branch The Courthouse Urlingford	Phone:056-7794182 E-mail:urlingford@kilkennylibrary.ie	Anna Byrne Senior Library Assistant

Age Friendly Weekly Newspaper Column

As part of Kilkenny Age Friendly County Programme, Kilkenny Leader Partnership publishes a weekly column in the Kilkenny People for older people. This column contains information on events, supports and services available to older people specifically from local organisations. This is an excellent way of keeping up to date with activities. You can submit any information you would like to be included to

Email: agefriendlycounty@gmail.com

Kilkenny Multimedia Centre

Beginners and advanced computer courses at low cost, internet, social media, e-mailing, European Computer Driving License, and CV's. Funding may be available. Open Monday to Thursday: 9.30am to 2pm, Friday: 9.30am to 1pm.

Free drop-in Monday to Thursday, 1pm to 2pm.

Location: Fr McGrath Family and Community Resource Centre,
St Joseph's Rd, Kilkenny

Contact: Liz Hogan

Telephone: 056-7752114

Email: lizhogan10@yahoo.co.uk

Mullinavat IT Centre

Computer training for groups or one-to-one tuition. Lessons designed to suit the needs of the individual. All European Computer Driving License modules, including internet, e-mail, social media and Skype. Learn at your own pace with no exams or tests. Some courses for adults may be free of charge if they are in receipt of any Social Welfare payment or pension.

Contact: Mary Byrne

HSE, Health Promotion and Improvement, Health & Wellbeing Division

Health Promotion Officers are available in all counties and provide information and advice on a range of health initiatives and programmes. Perhaps you would like help to quit smoking or get more physically active. Contact your local Senior Health Promotion Officer at:

Telephone: 056 -7761400 for a list of programmes and more information.
For Health Leaflets log onto: www.healthpromotion.ie

RESPECT, SOCIAL INCLUSION AND PARTICIPATION

Being included in activities and feeling respected is a basic human right regardless of your age. Most activities welcome people of all ages. As we get older it is important to stay active and continue to participate in activities which we enjoy. If you would like to explore your hobbies and social interests with groups of people your own age, or would like to engage in a new activities and develop new interests you have been considering for a while, the following organisations may be of interest. We have broken the activities down into groups:

CLUBS AND SOCIETIES

Kilkenny City -Young at Heart

Meet Wednesdays, 2.30pm to 4.30pm. and try to do every activity imaginable! Trips, music days, talks, bingo, kickboxing, bring and buy. Ring-a-Link may be able to collect. Open to all parishes, age 50 upwards. €3 for afternoon. No yearly subscription.

Location: Parish Centre, Loughboy, Kilkenny

Contact: Maura Huntley

Telephone: 056-7761803

Senior Group

Meet Mondays 10.30am to 12pm in The Courtyard Restaurant, MacDonagh Junction for coffee, chats, and speakers. Every third Monday is bowling. Other activities include day trips holidays and weekends away. Men and women welcome, new members always welcome.

Location: The Courtyard and Restaurant, McDonagh Junction, Kilkenny.

Contact: Mary McGuinness

Telephone: 056-7765014

Side by Side Club

Thursdays, 2pm to 5pm. Social Club with exercise to music, pongo and tea. Regular outings and Christmas dinner for John's Parish. **Contact:** Helen Goode, St. John's Parish Hall, Dublin Rd, Kilkenny. **Telephone:** 087-6884072

Ballykeeffe Physical Activity Leaders Club

Social Club with bingo, quizzes, fitness courses, talks and outings. Socially monitored alarms supplied. Visits to older people's homes. Every second Tuesday, 3pm to 5pm. **Location:** Old School, Kilmanagh.

Contact: Ella O' Brien

Telephone: 056-7769193

Glenmore Golden Club

Bingo, talks, lunch and daytrips. Every second Tuesday, 10.30am to 1.30pm

Location: Glenmore Community Hall

Contact: Maria Jones

Telephone: 051-880494

Urlingford Club for the Elderly

Social meeting including chiropody, talks, bingo, quizzes, exercises. Music afternoons occasionally. Tuesdays 1.45pm to 4.45pm. Closed July and August.

Contact: Hyacinth Roche

Telephone: 056-8831266 or

Contact: E Ryan

Telephone: 056-8834330

Location: St. Kieran's Place, Urlingford, Co. Kilkenny

Urlingford Thursday Active Retirement Group

Arts and Crafts from pottery to painting, outings and socials, dancing and music, rings and cards or whatever takes your fancy on the day.

Location: The Mill Family Resource Centre, Main St, Urlingford, Co. Kilkenny

Contact: Teresa

Telephone: 056-8838466

Irish Country Women's Association Clubs

The ICA is the largest women's association in Ireland with more than 10,000 members and over 500 guilds across the country. Kilkenny Federation has been involved in ICA from its earliest days with the Ballyragget guild having had its first meeting under the auspice of the Women's Institute in 1912. If you are interested in joining or finding out more about the ICA in your area.

Contact: Shirley Power 051-643521

Email: Shirleypower@eircom.net

Contact: Maria Landy 051-648279

Email: marialandy1@yahoo.com

The Home Rule Club

Formed in 1894 to support the Irish Home Rule movement, today the Club has no affiliations to any political party and is used as a social club. The club opens at 8.30pm from Tuesday to Sunday every week. You don't have to be a member to come in and enjoy a drink, snooker, have a game of darts or just watch TV. The members are a friendly bunch and there is always a good atmosphere. Easy listening music on Saturday night and we offer "collect and delivery" service. The Club is situated at No 3 Johns Quay in Kilkenny which is close to Johns Bridge and the new Lady Desart Bridge. **Contact:** 056 7721399 or Sean Moroney on 086 259 2321 for any further information.

Rotary Club

Rotary clubs are based in local communities where members meet on a regular basis to enjoy friendship, networking and to plan projects that will benefit the lives of others. Clubs utilise the skills, expertise and dedication of their members to help improve the lives of people in communities both at home and abroad. Meeting held every Monday at 12.30pm in The Club House Hotel.

PROBUS

PROBUS is the association of retired and semi-retired professional and business personnel in autonomous localised clubs throughout Ireland, and the rest of the world. Each Club is sponsored and assisted by the local Rotary Club. Most meetings consist of 15 to 20 minutes for coffee and general conversation, 15 minutes for Probus business and one hour for a talk by a member or visiting speaker or a discussion on local or wider affairs. Other meetings may consist of outings to places of interest. Kilkenny PROBUS Club was founded in 1998, and currently meet at the Club House Hotel Kilkenny. Tues 10.30 a.m. fortnightly – except July and August.

Lions Club

Lions are men and women dedicated to serving those in need, whether in their own community or halfway around the world. Membership in Lions clubs provides people with the opportunity to meet and work with other individuals in a spirit of fellowship, striving toward the common goal of helping those in need. The Kilkenny Lions Club hold their meetings on the 1st Tuesday of every month at 8.30pm in the Newpark Hotel and we are always looking for active new members.

Men's Shed

The Irish Men's Sheds Association was set up in January 2011 with the purpose of supporting the development and sustainability of Men's Sheds on the Island of Ireland. The Irish Men's Shed Association will work towards a future where all men have the opportunity to improve and maintain their health and well-being by participating in a community Men's Shed.

Callan Men's Shed

Droichead Family Resource Centre, The Friary Complex, Mill Street, Callan, Co. Kilkenny. Open Fridays 9.00am – 1.00pm

Telephone: 056-7755519 Ext 1

Email: droicheadcdw@gmail.com

Castlecomer Men's Shed

Castlecomer, Co. Kilkenny

Contact: Ger Ferris:

Telephone: 089-2336926

Contact: Dick Brennan:

Telephone: 087-0618119

Email: castlecomer@menssheds.ie Castlecomer Men's Shed Facebook Page

Kilkenny Men's Shed

Church Lane, Kilkenny

Contact: Ann Jones

Telephone: 085-8381653

Email: kilkenny@menssheds.ie

Kilkenny Men's Shed Facebook Page

The Mill FRC Men's Shed

The Mill FRC, Main Street, Urlingford, Co. Kilkenny. Open Fridays 9.30am-2pm

Contact: Rory O'Connor

Telephone: 086-1986138

Email: themill@menssheds.ie

Men's Action Network (M.A.N.)

Men's Action Network provides an opportunity to ALL men over 50 years living in Kilkenny city and beyond for:

- social contact
- games (skittles, bowls, boccia, curling and more)
- men's health awareness talks
- entertainment
- day trips and holidays
- educational activities
- integration & participation in activities in wider community of Kilkenny

The activities of M.A.N are aimed to eradicate isolation, loneliness and social exclusion amongst men and to provide long term benefit for the community.

M.A.N meet on Wednesdays from 2.30pm to 4.30pm and Fridays 10.30am to 12.30pm in St. Canice's Neighbourhood Centre, Butts Green, Kilkenny.

Telephone: Eamonn 056-7789749 or Larry 086-1290284

Active Retirements

Active Retirement Associations aim to help retired men and women, usually over the age of 55, to lead full, happy and healthy retirements by offering organised opportunities for a wide range of activities including holidays, outings and socials, creative and learning programmes; indoor and outdoor sports and community work. There is an annual insurance and affiliation fee and a nominal charge for meetings.

Active Retirement Associations	Time
Ballycallan Community Hall	First Monday of the month, 2.30pm to 5pm, (except public holidays when meetings are held on the second Monday)
Ballyfoyle and District Community Hall Contact: David Creane 087 6723838	First Tuesday of the month. 8pm during Summer months, 7pm during winter months. Ladies group meets every Tuesday 2pm to 4pm.
Ballyragget Cannon Malone Hall	Every second Monday, 2.30pm except July and August.
Callan and District, Friary House	Every second Wednesday, 2.30pm to 4pm
Castlecomer Community Hall	First Tuesday of the month, 3pm, except August.
Ferrybank and District Belmont Park	First Friday of the month, 2pm.
Ferrybank Ladies Club Parish Hall	Third Wednesday of the month, 8pm
Freshford Community Hall	Every Tuesday, 3pm.
Gowran Dalton House	First Monday of the month, 2.30pm
Graiguenamanagh Duiske Inn	Wednesdays, 3pm
Johnstown and District St Kieran's Hall	Thursdays, 2.30pm
Johnswell and District Community Hall	First Wednesday of the month, 7.30pm
Kilkenny Club House Hotel	Second Monday of the month, 2.30pm, except August.
PAL Club Kilmanagh Community Hall	Every second Tuesday, 3pm to 5pm
St Mullins & District Drummond Parish Hall	Thursdays, 10am
Slieverue Parish Centre	First Wednesday of the month, 2pm
Stoneyford Community Hall	First Wednesday of the month, 10.30am
Thomastown & District	First Tuesday of the month, 2.30pm
Tullaroan Community Centre	Every second Wednesday, 2pm to 4pm
Urlingford The Mill, Family Resource Centre	Thursdays, 2pm

D.R.E.A.M.

Dementia Research Education Advocacy in Motion (D.R.E.A.M.) is a national non-profit /charitable movement run by people with Dementia for people with Dementia, providing support and empowerment for each other and speaking with an independent voice. The members of **D.R.E.A.M** educate and improve services for people with dementia as well as improve attitudes towards people with dementia. The Kilkenny DREAM Group meet the first Friday of every month in Kilkenny City for more information contact Joan McDonald on 087-7754817.

SPORTS AND RECREATION

Kilkenny Recreation & Sports Partnership (KRSP)

KRSP is committed to promoting healthy living and personal development through recreational and sporting activity within all age groups, and throughout the whole community of Kilkenny city and county. KRSP works with local agencies and community groups to provide activities for all abilities and ages. KRSP organises both generic and sports specific courses in Kilkenny e.g. Basic First Aid, Inclusive Games Training, The Code of Ethics & Good Practice for Children's Sports and sport specific coaching courses. Contact the KRSP office for further information, to register your details to receive a calendar of events or to seek assistance in organising courses for your own local area. They also run a very comprehensive programme of activities for older people as follows

Pilates

Pilates is a form of exercise, which emphasizes the balanced development of the body through core strength, flexibility and awareness in order to support efficient, graceful movement. One of the best things about the Pilates method is that it works so well for a wide range of people. Athletes and dancers love it, as do seniors, women after pregnancy, and people who at various stages of physical rehabilitation. All exercises are developed with modifications that can make a workout safe and challenging for a person at any level.

Swimming & Aqua Aerobics

Kilkenny Recreation and Sports Partnership run a number of aqua aerobics and swimming lessons for older adults. Aqua aerobics or water aerobics is a great combination of fun and exercise. The exercise involves various body movements in a rhythmic style. Classes are suitable for both men and women and run in 12 week blocks throughout the year.

Hydrotherapy

Hydrotherapy entails whole body exercises which take place in a warm water pool. The warm temperature of the water allows your muscles to relax and eases the pain and stiffness, making it easier to exercise. The water supports your weight, this gives your joints support and protection while you exercise. Hydrotherapy can relieve painful joints, increase the range of movement in your joints and improve your muscle strength. In the water you can work at your own pace to gradually improve joint mobility, muscle strength and general health and fitness. Hydrotherapy sessions are suitable for post-operative rehabilitation, arthritis, osteoporosis, fibromyalgia and conditions that result in limited mobility and take place in the learner pool in The Watershed. These sessions can be booked directly through Inna on 086-8806871

Location: John's Green House, John's Green, Kilkenny

Contact: Michelle Grennan-McWilliams **Telephone:** 056-7794990

Website: www.krsp.ie **Email:** info@krsp.ie

Facebook: <http://www.facebook.com/kilkennysports>

Table Tennis

Mondays 7.30 to 9.30pm (Neighbourhood Centre, Butts Green Kilkenny City). Table tennis is running from October to April.

Snooker

Wednesday, Thursday, Friday, Saturday, 7 to 11pm in the Neighbourhood Centre, Butts Green, Kilkenny City.

Kilkenny Snooker Club

Contact: Elaine Dunne, 21 Blackmill Street,

Telephone: Kilkenny 056-7765839 or 086-2434144

Cycle Trails

Two cycle trails have been developed by Trail Kilkenny.

The North Kilkenny Cycle Route (83km) begins in Ballycallan and passes through Tullaroan, Freshford, Ballyragget, Castlecomer and finishes at Ballycallan. The route is mainly along quiet country roads. The East Kilkenny Cycle Route (65km approx) begins at Bennettsbridge and takes in Graiguenamanagh, The Rower, Inistioge, Thomastown and ends back at Bennettsbridge. Route guides are available and signs are up along both routes, map boards will be installed shortly.

Location: 8 Patrick's Court, Kilkenny

Contact: Trail Kilkenny

Email: trails@trailkilkenny.ie

Telephone: 056-7752111

Website: www.trailkilkenny.ie

Marble City Cyclers

Caters for the racing and leisure road cyclist.

Contact: Michael Shields

Website: www.marblecitycyclers.com

Telephone: 086-6045918

Email: marblecitycyclers@gmail.com

Tyndall Mountain Club

The core activity is hill walking, although walks on the flat are organised, as well as other mountain activities-hiking, rock climbing, mountaineering. There are also occasional slide shows, in-house map reading courses, lectures, social evenings and trips abroad to pursue the activities. Details of events are available on the club blog or facebook. The Club walks every Sunday, with a choice of two walks every second Sunday. They also walk Wednesdays and do some hikes too.

Contact Sean Costello

Telephone: 056-7761044 or 086-1230617

Email: seancostello021@gmail.com

Glanbia Hill Walking

Contact: Senan Foley

Address: Glanbia House, Ring Road Kilkenny

Email: sfoley@glanbia.ie

Mobile: 087-6595465

MUSIC AND CULTURE

Dance Land

Learn to dance for weddings and social occasions. Tuition in waltzing, tango, foxtrot, quickstep, Latin and old time. Professional teacher. Classes for absolute beginners to advanced. Classes Wednesdays, 8pm to 10pm

Location: Newpark Hotel, Castlecomer Rd, Kilkenny

Contact: Mary Kelly

Telephone: 086-8153033

Email: danceland@live.ie

Rodeo Cats Line Dancing Club

Dust off your hats and boots and get ready! Classes for beginners, intermediate and advanced level.

Contact: Ray Cahill

Telephone: 056-7768939/085-7193665

Website: www.kilkennyrodeocats.com

Email: rodeocats@gmail.com

Dancing for Pleasure (early November)

A social dancing festival with tuition every morning and dancing to live bands in the evenings. Gala dinner on Thursday night.

Location: Springhill Court Hotel, Waterford Rd, Kilkenny.

Contact: Bob Ormsby

Telephone: 053-9133214

Callan Variety Club

This club provides an annual week of entertainment after Easter in St Brigid's College Concert Hall. Members rehearse for four months period prior to the performances. Anyone who enjoys singing and dancing is welcome to join.

Location: St Brigid's College Concert Hall, Callan.

Contact: Barry Henriques

Telephone: 056-7725834

Mobile: 087-9113319

Deenside Players

This enthusiastic group stages an annual pantomime in February. New members welcome. Auditions in October. Regular rehearsals, October to February. **Location:** Community Hall, Castlecomer, Co. Kilkenny

Contact: Annette O' Connor

Telephone: 056-4440117

Contact: Michael Brennan

Telephone: 087-9113319

Gowran Pantomime Society

Meetings held every two week, September to March. The Society puts on an annual show in Gowran Parish Hall. New members always welcome. For children and adults.

Contact: Eileen Byrne, Gowran Parish Hall **Telephone:** 056-7726117

Watergate Productions

Watergate Productions is Kilkenny's oldest theatrical institution and consists of a group of actors and directors who have represented theatre here for over 30 years.

Contact: Ger Cody

Telephone: 056-7761674

The Unity Singers

Established in 1967, the Unity Singers are a four-part choir who give regular performances around the County and an annual concert. New members of all ages welcome. Practice Thursdays, 8pm, September to May.

Location: St Kieran's College, College Rd, Kilkenny

Contact: Sean O' Neill

Telephone: 087-2797804

Thukolo Gospel and Spiritual Choir

Thukolo Gospel and Spiritual Choir perform gospel, soul and spiritual music for every occasion that never fails to move audiences. Thukolo are available for weddings, corporate functions, charity events/fundraisers. They perform in nursing homes/hospitals and occasionally for funerals. Meet Tuesday night September to June for rehearsals, 8pm. New members welcome. Generally perform on first Sunday of the month in St. John's Church, 7.30pm Mass. **Location:** St John's Parish Day Care Centre, to the rear of St. John's Church, Kilkenny.

Contact: Mags/Siobhan

Telephone: 086-8474896

Kilkenny Gospel Choir

This sought-after and well-travelled choir sings in churches around the County and all over Ireland. Everyone welcome, no experience required. Auditions held. Open to men and women, age 18/19 upwards. Practice Wednesdays, 8pm. **Location:** St Fiacre's Church, Loughboy, Kilkenny.

Contact: Mary Kealy

Telephone: 087-2927958

Website: www.kilkennygospelchoir.com

Email: kilkennygospelchoir@gmail.com

Kilkenny Chamber Orchestra

Amateur Orchestra performing two to three concerts a year in Kilkenny and Carlow. Welcomes players with some orchestral experience. Rehearsals held roughly monthly on Sunday afternoons for adults.

Contact: Sadhbh O'Neill, Langton's, John Street, Kilkenny

Telephone: 087-2258599 **Email:** kilkennychamberorchestra@gmail.com

Kilkenny Choir

New members welcome. Anyone interested in singing can join (sight reading not essential) Meet Thursdays, 8pm to 10pm, September to May.

Location: Presentation Primary School, Parnell St, Kilkenny

Contact: Philip Edmondson, Musical director

Telephone: 056-7769524 / 056-7762969

Amoroso Music Tuition

Music classes for adults. Cello at all levels and styles. Beginner's violin. Also music theory classes. **Location:** Thomastown or at your home

Contact: Jane Murphy

Telephone: 086-4039689

Email: manejurphy@gmail.com

Comhaltas Ceoltoiri Eireann

Traditional Irish music lessons for adults. Classes in Whistle, banjo, bouzouki, flute, fiddle, Button accordion, piano accordion and guitar for accompaniment. Sean Nós dancing class.

Contact: Noreen O'Neill

Telephone: 086-8249618

Location: St John's Primary School, Ballybough St, Kilkenny Thursday from 7pm

Music Awareness Group

Currently run 2 sessions per week, Tuesdays and Thursdays from 7.30pm to 9.30pm in The Fr McGrath Centre Kilkenny City.

Contact: Tom Dullard Tel 086-8757674.

Graiguenamanagh Historical Society

This Society holds regular meetings throughout the year, with guest lecturers and outings during the summer months. The society has erected several memorial plaques and stones commemorating local people of historical interest.

Contact: David Flynn

Telephone: 059-9724181 / 059-9724457

Location: Graiguenamanagh library

Heritage Week (mid to late August)

Organised by Duchas there is something for everyone in Heritage Week such as guided tours of Kilkenny Castle, exhibitions, nature walks, bird watching and guided tours of Duchas sites. Many events are free of charge during this week.

Website: www.heritageireland.ie

Duchas

Duchas, Tullaherin Heritage Society, was founded in 1981. Its aims are to research and record the wealth of history and folklore of the Tullaherin area in order to foster among the people of the parish a greater interest in and awareness of their past. During the summer months, tours are organised to sites of historical interest throughout the South-East. Non-members are welcome. The society also organises a series of lectures during the winter months. The Society has a bi-annual journal *In the Shadow of the Steeple*.

Contact: Mary Cassin

Telephone: 056-7727133

Kilkenny Archaeological Society

This Society aims to promote and renew interest in the history and antiquities of Kilkenny city and county. A varied programme of lectures is organised during the winter months and there are outings during the summer. Non-members are welcome. **Location:** Rothe House, Parliament St, Kilkenny.

Telephone: 056-7722893

Website: www.rothehouse.com

An Taisce

The Kilkenny local association of An Taisce (National Trust for Ireland) are concerned with heritage and the environment. They have regular meetings which consist of talks by invited speakers on topics such as architecture, the Tree Council and the Eco Village in CloghJordan, Co Tipperary. These are public meetings and everyone is welcome. Occasional outings are organised. The Committee meets monthly.

Contact: Declan Murphy

Telephone: 086-2502786

Email: Declan@murphykk.com

South Kilkenny Historical Society

The aim of the South Kilkenny Historical Society is to promote and renew interest in the history, heritage, and folklore of South Kilkenny. They plan a number of events for Heritage Week. Meetings are held on the last Thursday of each month. Everyone is welcome to attend.

Location: Parish Hall, Mullinavat, Co. Kilkenny. **Contact:** Eddie Synnott

Telephone: 086-8124349

Email: edsynnott@yahoo.co.uk

Kilkenny Liberal Studies Group

This group offers a programme of lectures and cultural activities covering literature, history, music, poetry and art history. Classes run September to April on Monday and Tuesday mornings. Lectures are experienced in their field and include a published poet, museum curator and a member of Opera Ireland. **Contact:** Padraigin Ni Dhubhluachra

Location: NUI Maynooth, Kilkenny Campus, College Rd, Kilkenny

Website: www.liberalstudies.ie

Telephone: 056-7722043

Loughboy Writers Circle

Location: Loughboy Library, Kilkenny

This group of writers meets every Thursday at 2pm in the library

Kilkenny Writers Club, Kilkenny

The club meets once a month on Monday nights in Harry's Bar, Langton House Hotel, John Street, Kilkenny

The National Widows Association of Ireland (Kilkenny Branch)

There are 30 branches throughout the country and activities range from outings, social gatherings, holidays, seminars, educational talks and demonstrations. The Kilkenny branch meet every 2nd Tuesday of the month at 2.30pm in The Club House Hotel, Kilkenny.

TRANSPORT

FREE TRAVEL IN IRELAND

Everyone aged 66 and over living permanently in the State is entitled to the Free Travel Scheme. Some people under 66 also qualify. If you qualify for free travel, you are issued with a pass that you must carry with you when using public transport. In some cases, a Free Travel Companion Pass is available which allows a person to travel with the holder (if they are unable to travel alone). Free travel passes are non-transferable and can only be used by the named person. Free travel is available on all State public transport (bus, rail and Dublin's LUAS service).

How to apply: A free Travel Pass will be issued automatically at age 66 if you are getting a social welfare pension. If you are under 66 you will get a FRR Travel Pass Automatically when you are awarded an Invalidity Pension, a Blind Pension, Disability allowance or Carer's allowance. Otherwise you must apply completing a Free Travel application form FT1 from the Department of Social Protection which is available from your local Post Office or nearest Social Welfare Office.

RING A LINK

Ring a Link is a non-profit making, charitable organisation funded by the Department of Transport, offering affordable and convenient transport for rural dwellers of Counties Carlow, Kilkenny and South Tipperary. Ring a Link has journeys for everyone whether it's for commuting, shopping, leisure, medical appointments or meeting your friends on the bus. The services will allow you to travel to your local village or town, and many services link with mainline bus or train services. Ring a Link services are demand responsive and door-to-door. This means that when you have booked your seat on the bus it will collect you from your house, take you to a central location in town and return you to your house. The services run between Monday to Saturday depending on which area you live in. To find out more call us on 1890 - 42 41 41 between 9.00am and 4.30pm (Monday to Friday) and 9.00am and 12.30pm (Saturday) and request a membership form by post.

HOME AND HOUSING

HSE - HOME HELP

Home Helps 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 personal care like help with dressing, bathing etc. The Home Help support can be requested by a Public Health Nurse, or other discipline within the HSE. Potential clients and their families can also apply. Home Help is to assist you with activities of daily living.

PRIVATE HOME HELP

Professional private home helps provide a variety of non-medical services that supports older people to remain at home. These services may include meal preparation, companionship, personal care, shopping and assistance caring for special conditions including dementia. Unlike the HSE Home Help private providers can provide laundry and cleaning service. You may claim tax relief on private home help provided. Home Instead 056-7800508 and Bluebird Care 056-7789952 are the main private care providers and both have offices in Kilkenny.

HSE HOME CARE PACKAGE

A Home Care Package is a set of services provided by the HSE to help an older person to be cared for in their own home. The services might be needed due to illness, disability or after a stay in hospital or following rehabilitation in a nursing home. A Home Care Package includes extra services and supports that are over and above the normal community services that the HSE provides directly or through a HSE funded service. Services provided through a home care package are flexible, but might include additional home help hours, nursing care, physiotherapy, respite care etc to support the clients' needs. Services may be provided directly by the HSE or by voluntary providers operating on behalf of the HSE or by private care providers. The Home Care Package Scheme has been established to support older people to return home following a hospital stay or to remain at home longer rather than be admitted to hospital or a nursing home. Therefore the vast majority of people who apply will

be aged over 65 and already using some HSE community services and the vast majority of applications approved will be from older people. If a younger person's assessed needs, e.g. early onset dementia, can be best met by services designed for older people then occasionally such an application may be considered. People who have no current community services may also apply for a Home Care Package, if they have increased care needs as a result of a significant episode of illness. You do not need to have a medical card in order to apply for a Home Care Package. There will be no means test - there will be no assessment of your income. The supports you receive, if any, will be based on your assessed care needs subject to the limit of the resources available for the scheme in the local health office area.

HOME ADAPTATION GRANTS:

Kilkenny County Council administers a number of grant options to assist persons in the carrying out of works which are reasonably necessary for the purposes of rendering a house more suitable for the accommodation of a person with a disability and older persons.

These include: -

- Housing Aid for Older People Grant
- Housing Adaptation Grant for a Person with a Disability
- Mobility Aids Grant Scheme

The types of works allowable under the scheme include the provision of access ramps, downstairs toilet facilities, stair-lifts, accessible showers, adaptations to facilitate wheelchair access, extensions, and any other works which are reasonably necessary. The level of grant aid available is determined on the basis of gross household income and shall be between 30% - 95% of the approved cost of the works.

Further Information and Application Forms are available from the Housing Authority. Kilkenny County Council Housing Section John's Green House, John's Green, Kilkenny

Telephone: 056-7794900

Email: Housing@kilkennycoco.ie

BETTER ENERGY WARMER HOME SCHEME (WHS)

The Warmer Homes Scheme (WHS) aims to improve the energy efficiency and comfort conditions of homes occupied by vulnerable households in receipt of the National Fuel Allowance through the Department of Social Protection. The services, which are fully funded by Sustainable Energy Authority of Ireland, are provided direct to householders by Community Based Organisations or through private contractors (depending on location). Services provided may include the installation of: attic insulation, cavity wall insulation* (not available in all areas), draught proofing, lagging jackets and low energy light bulbs. In certain limited circumstances works may include alternative wall insulation formats (external or internal dry-lining) and heating system upgrades. Full details of the scheme are available by calling 1800 250204 or by logging on to www.seai.ie/warmerhomes.

SUPPORTED CARE HOMES

Kilkenny is unique in the number of Supported Care Homes that are available. These homes provide housing to older people who need extra support from a dedicated community but may still be active and independent. These care homes are usually operated by voluntary organisations, supported by the HSE and places are limited. If you feel you could benefit from the support of living in a support community discuss this with your Public Health Nurse or contact the Home directly.

Gahan House Nursing Home

Supported care provides housing for low to medium dependency full-time residents. Independent living units available are available.

Contact: Mary Mulligan, Gahan House, Graiguenamanagh, Co. Kilkenny.

Telephone: 059-9724404

Mount Carmel Home

Provide residential supported care for low dependency residents. Day care is also available on Tuesdays offering social activities including rings, bingo and art activities; Other services include physiotherapy, chiropody and hairdressing. Meals on Wheels 7 days for a nominal charge.

Contact: Manager, Callan, Co. Kilkenny.

Telephone: 056 772 5301

O’Gorman Home

Supported care full-time residential home. Respite accommodation available. Meals on wheels available free four days a week.

Contact: Mary Bergin, Castle Street, Ballyragget, Co. Kilkenny

Telephone: 056-883 3377

Prague House

Supported care low to medium dependency full-time residential care facility. Day care on Monday and Wednesday afternoons; with bingo, exercises and outings. Transport is available. Meals on Wheels available from Monday to Saturday for a nominal charge. **Contact:** Sr.

Brigid Lonergan, Freshford, Co. Kilkenny

Telephone: 056-883 2281

St. Joseph’s Care Home

Supported care low to medium dependency full-time residential home. Day care on Wednesdays offering social activities including rings, bingo and art; and services including physiotherapy, chiropody and hairdressing. Meals on Wheels available seven days a week for a nominal daily charge. **Contact:** Kathleen Kirby, Kilmoganny, Co. Kilkenny 051-648 091

NURSING HOMES

Under the Health Acts everyone is eligible for a place in a public nursing home and will have to pay certain hospital charges. It can be a really difficult decision to look at choosing a nursing care facility for yourself or a loved one. The Nursing Home Support Scheme, “A Fair Deal”, began on the 27th October 2009. From that date onwards people can apply to the HSE for the scheme and it is the single funded means of accessing long-term nursing home care for new entrants. www.myhomefromhome.ie

Nursing Home Support Scheme

This is a scheme of financial support for people who need long-term nursing home care. You must pay a certain amount towards your care in a nursing home and the State will pay the balance. This applies to public, private or voluntary nursing homes. To find out more information on whether you might qualify for this scheme, you can read the detailed information booklet ‘Nursing Homes Support Scheme Information

Booklet which is available from your local Health Centre, HSE Website or Citizens Information Office.

You can also contact your local Nursing Homes Support Office:

Carlow/Kilkenny HSE Nursing Homes Support Office,
Community Services, James's Green, Kilkenny

Telephone: 056-7784761 or 056-7784633

Nursing Home Checklist

It is most important that you visit the nursing home you or your family are considering. Remember there is no substitute for a visit. If possible make two visits one announced and the other unannounced. Prior to your visit to the nursing home, print a copy of the Nursing Home check list, this check list is designed to help you evaluate and compare nursing homes that you visit.

Learn as much as possible about each nursing home by:

- Reading their Information Brochure
- Talking with relatives, residents, staff
- Observe the quality of life and care provided in the nursing home.

You may also find it useful to review the inspection reports produced by Health Information and Quality Authority (HIQA) www.hiqa.ie.

The individual nursing home pages on this site includes the links to the latest inspection reports for the specific home. You may view the National Quality Standards for Residential Care Setting for Older People in Ireland at <http://www.hiqa.ie/social-care/older-people>

Private Nursing Homes

There are also a number of private nursing homes registered with the HSE in Kilkenny. For information on these contact the Nursing Home Subvention section at 056-778 4633.

Archersrath Nursing Home Archersrath, Kilkenny	056-7790137
Avondale Nursing Home Callan, Co. Kilkenny	056-7725213
Drakelands Nursing Home Kilkenny	056-7770925
Sacred Heart Nursing Home Crosspatrick, Co. Kilkenny	056-8831318
St. Catherine's Nursing Home Freshford, Co. Kilkenny	056-8832432
Strathmore Lodge Nursing Home Callan, Co. Kilkenny	056-7755515
Brookhaven Nursing Home Donoughmore, Ballyragget, Co. Kilkenny	056-8830777
Gowran Abbey Nursing Home Gowran, Co. Kilkenny	056-7726502

Recognising the signs of Elder Abuse

A wide range of people may abuse older people, including relatives and family members, professional staff, paid care workers, volunteers, other service users, neighbours, friends and associates. There are several forms of abuse, any or all of which may be carried out as the result of deliberate intent, negligence or ignorance and include the conditions below:

1. Psychological Abuse: You are made feel afraid in your living accommodation or you are experiencing feelings of hopelessness or helplessness because of the attitude or behaviour of others, you are made feel tearful and agitated.

2. Neglect : You are not receiving adequate liquids to drink or food to eat, your clothes are not being washed when required or you are not being provided with appropriate clothing for the weather conditions. You are being denied the aids you need,(eg glasses, hearing aid, dentures etc). You are being left alone for long periods when you cannot move about easily or prepare meals without assistance or you are bed/chair bound and you are experiencing significant discomfort which is not alleviated when this is brought to someone's attention

3. Financial Abuse: Someone else has access to your accounts without your full permission and /or you feel pressured to allow someone else access to your accounts. Perhaps someone else makes decisions about your money without speaking with you and you feel you have lost all control over your money. Your money is being spent by someone else for things other than your bills, clothes, food, etc..You feel pressured to give money to someone else

4. Physical Abuse: You have been treated roughly, enough to leave marks or bruises .You have been treated violently which caused broken bones, sprains, dislocations or other injuries, or someone has inflicted pain on you

5. Sexual Abuse: Someone has forced you to be intimate with them without your consent

If you are experiencing any of the feelings or effects outlined above, you may need to speak with your GP or Public Health Nurse .The HSE has a dedicated Elder Abuse Service, with Senior Case Workers now working in most Local Health Office Areas. HSE Information Line Monday to Saturday, 8am-8pm Call Save: 1850 24 1850 Email: info@hse.ie

Hospitals and Homes for Older Persons

Castlecomer District Hospital

Telephone: 056-4441246

St. Columba's Hospital, Thomastown

Telephone: 056-7754821

Psychiatry of Old Age Services

Department of Psychiatry, St. Luke's Hospital,
Kilkenny

Telephone: (056) 778 5000

CARE AND REPAIR PROGRAMME, CALLAN

The Care & Repair Programme offers a free service in the Callan area that carries out minor home repair jobs or a free telephone contact service. Are you over 65 years old? Do you need simple DIY jobs done? Would you like someone to phone for the chat or to check in that everything is OK? If so, please call 056 7755660 Ext 1.

SOCIALLY MONITORED ALARMS

The Socially Monitored Alarms Service is a personal alarm that can be activated easily by an older person in an emergency situation. The service provides security for older people to remain living in their own homes, knowing that contact is only the press of a button away. Alarms are monitored 24hrs per day, 7 days per week. A grant is provided to people over 65 to acquire a personal alarm. There is usually a small annual monitoring fee for providing this 24/7 monitoring service which provides security and support in the event of a fall or accident.

There are a number of community groups who can apply for an alarm on your behalf. Speak to your Public Health Nurse or the local Garda Station who will have details of the nearest group to you.

NEIGHBOURHOOD WATCH / COMMUNITY ALERT

Neighbourhood Watch is a crime prevention programme aimed at getting local communities working in partnership with the Gardai and becoming actively involved in observing and reporting suspicious activities to help create a better environment in which to live. They will be in a position to advise you on home safety and work with the Gardai on Text Alert notices and other security initiatives. Contact your Local Garda station who will advise you about your nearest Neighbourhood Watch (Towns) or Community Alert (rural areas).

COMMUNITY SUPPORT AND HEALTH SERVICES

Having the support of one's community both formally and informally is very important, not just in times of need, but in a continual supportive way for information, advice and a helping hand. Community support in the formal sense comes from community organisations that support people at home and in their own communities and neighbourhoods. Informal support comes from neighbours, local shops, and friends. There are also a number of organisations in the community which support older people.

ALZHEIMER'S SOCIETY OF IRELAND (KILKENNY BRANCH)

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. The local branch provides a Family Care Support Group, first Wednesday of each month, 4pm to 5.30pm.

Contact: Ruth O'Gorman

Location: 1 Fr Walsh Close, Coote's Lane, Kilkenny **Telephone:** 056-7771230

FAMILY RESOURCE CENTRES

Most are located within the community and provide a wide range of community based family support services (e.g childcare, counselling, information, room rental, support to local community groups and training courses) Most also have a programme of activities for older people. You may also have the opportunity to support your local family resource centre through volunteering and other support activities.

Callan Droichead Family Resource Centre

In the centre of Callan Town and servicing Callan and the surrounding area the centre run accredited and non-accredited adult education courses, provide childcare , fitness classes, community savings bank, computer and photography classes, community garden, English conversation classes, open music, song and dance session and much more.

Location: The Friary Complex, Mill St, Callan Co. Kilkenny

Telephone: 056-7755660 ext 1 **Email:** droicheadcc@eircom.net

Fr. McGrath Family and Community Resource Centre

Situated in The Butts area of the City the centre offers a wide range of activities and supports including: childcare, children and youth services, family supports, parenting, counselling, adult social groups, adult education and employment supports. Multimedia Centre also provides low cost Computer and ECDL training. Specific activities for older people includes community bank, Aware, Immigrant Support Clinic, and an Older Person Support Group

Contact: Stephen Murphy

Telephone: 056-7751988

Location: St Joseph's Road, Kilkenny. Email: info@frmcgrathcentre.ie

Newpark Close Family Resource Centre

This centre offers a wide range of activities and supports to Newpark Close and surrounding areas including training, Multimedia/test Centre, social groups for men and women, women's educational programmes, Community Savings Bank, counselling, drugs outreach worker and parenting programmes.

Contact: Sheila Donnelly

Telephone: 056-7723309

Location: Newpark Close Family Resource Centre, Newpark Close, Kilkenny.

Urlingford The Mill Family Resource Centre

Wide range of activities and supports available, including courses, community banking, computers, youth club, counselling and other activities.

Contact: Sue Cox

Telephone: 056-8838466

Location: The Mill Family Resource Centre, Main St, Urlingford, Co. Kilkenny.

KILKENNY & CARLOW CONTACT BEFRIENDING SERVICE

(Befriending & Support Organisation for Older Persons living alone)

The befriending service matches one volunteer to one older person for once a week hourly visits to the persons home. It is designed to provide early intervention to improve the quality of life for older people and enable them to continue to live independently in their own homes where that is their choice. Many people find themselves alone after their spouse passes away or perhaps due to illness or disability. For one reason or another they just don't get out so often or see as many people as before for social contact as previously.

We would love to hear from you if you are interested in volunteering. Befriending is a personalised form of support and enhances quality of life for older adults.

Contact: Eleanor Doyle, coordinator

Telephone: 086-8530994 or

Contact: Mary Colclough

Telephone: 086-4108902

SENIOR HELP LINE

Senior Help Line is a confidential listening service for older people by trained older volunteers for the price of a local call anywhere in Ireland, LoCall 1850 440 444. Lines are open from 10am until 10pm, 365 days of the year.

THE CARERS ASSOCIATION

The Carers Association is Ireland's national voluntary organisation for, and of, family carers in the home. They aim to provide family carers with emotional and practical supports, to promote the interests of family carers and those receiving care in their home through effective partnership, lobbying and advocacy and social justice for carers invaluable contribution to Irish society. The Carers Association in Kilkenny is based at Springhill Medical Centre, Waterford Rd., Kilkenny.

Telephone: 056-7721424

Services Offered:

- Advocacy and Lobbying
- Care Line
- Home Respite Service
- Resource Centre
- Support Groups and one to one counselling
- Training
- Volunteers

DAY CARE CENTRES

Day Care Centres are an excellent facility for older people in Kilkenny. A range of services are available at your local Day Centre e.g. Lunch/Dinner, social evenings, bingo, daytrips and annual holidays. Depending on the Day Care Centre, it may be possible to access hairdressing, physiotherapy, chiropody, laundry, or bathing. Most Centres have a facility whereby a bus will collect the older person from their home and bring them to the Centre and back.

Castlecomer Day Care Centre

Dinner, outings, bingo, cards, sonas, physical activities, skittles, singing, talks, Christmas Party, personal care, physiotherapy, clinic for leg ulcers, chiropody, laundry and hairdressing. Transport available. Monday, Tuesday, Wednesday and Friday 9.30am to 3.30pm.

Contact: Ann Cantwell

Location: Castlecomer, Co. Kilkenny

Telephone: 056 4441679

Dalton House Day Care Centre

Monday to Saturday (inclusive) 9am to 5pm. Day Care Centre offering lunch, meals on wheels, laundry and assisted baths. Respite care Thursday. Craft and Art classes, book club. Social night – bingo, cards, music and refreshments, Wednesdays 7.30pm to 10pm.

Contact: Nellie Brett

Location: St. Mary's Court, Main Street, Gowran, Co. Kilkenny

Telephone: 056 7726718

Email: info@daltonhouse.ie

St. Columba's Hospital Day Care Centre

Personal care, nursing care, physiotherapy, various diversional and recreational therapies, lunch and tea. Transport provided within 10km. Monday, Tuesday, Thursday, Friday 9.30am to 4pm.

Contact: Helena Hull

Location: Thomastown, Co. Kilkenny

Telephone: 056 7754825

Email: Helena.hull@hse.ie

St. Mary's Day Care Centre

Provides a range of activities including meals, personal care, recreational activities and health promotion. Nominal charge for dinner. Open Wednesday and Thursday. **Location:** Gaol Road, Haughney Green, Kilkenny

Contact: The Manager

Telephone: 056 7770789

Email: managerstmarys@gmail.com

Troy's Court Day Care Centre

Lunch, exercise, personal care, chiropody, music, bingo and other stimulating activities. Monday to Thursday 11am to 3.30pm

Contact: Frances Gilligan

Location: Troy's Court, Kilkenny

Telephone: 056 7763117 / 086 7927408 **Email:** stcaniceshomes@eircom.net

MEALS ON WHEELS

For many older people cooking for one or even two can be a challenge, if you are unwell or have failing dexterity or mobility this may become increasingly difficult. The Meals on Wheels service are not a charity/ free service, and a nominal fee is charged for a homemade meal delivered to your door.

Kilkenny Meals-on- Wheels

Kilkenny Social Services, Waterford Road, Kilkenny Kit Hunt

Telephone: 056 772 1685

Services Offered: Meals-on-Wheels, Monday to Friday Cost: Donations

Prague House Freshford

Contact: Sr. Peggy

Telephone: 056 – 8832281

Waterford & South Kilkenny

Lady lane Retirement Services

Telephone: 051 – 874056

Gahan House Elderly Association

Graigenamanagh, Contact Mary Mulligan **Telephone:** 059 - 9724404

C.A.R.E. Project – Meals delivered to your door

The C.A.R.E. project is a programme operated by Moneenroe Community Council from its Enterprise Centre at Massford, Castlecomer, Co. Kilkenny. It produces and delivers hot, fresh meals and desserts each day to the area of North- East Kilkenny and South Laois. The menu varies each day and they also cater for special dietary needs. Anyone can order meals from the C.A.R.E. project. As the project is not a charity and is non-profit making it must pay for itself – however the cost is kept to a minimum. Contact the C.A.R.E. Project on: 056-4442840 or 087-6231694

GP/ DOCTOR

Provide a broad service to their patients on all health issues and may refer patients to see specialists or hospital consultants if more specific investigation is required. This includes referrals to local Geriatrician who specialise in older persons conditions, Memory Clinics and a range of other specialist's older people clinics, all of which are held locally in Kilkenny. There are lots of other health care professionals who are there to assist your GP, these are called the Primary Care team and include your Public Health Nurse, Occupational Therapist, etc.

PUBLIC HEALTH NURSES

Can visit you in your home and provide a range of supports, or act as your guide to additional care and supports. Public Health Nurses provide home clinical nursing care, including post hospital care, dressings, injections, referral to respite and day care and assessment for Nursing Home support, home help and home care packages and work with other team members to ensure your wellbeing. To contact your Public Health Nurse at your local health centre see the numbers following (preferably ring them in the morning as they are out on calls most of the day).

OCCUPATIONAL THERAPY

These services are provided to people who through illness or disability are in need of support or changes to their lifestyle. Occupational Therapists can advise on any changes that may be needed in the home to support a person with special needs and on activities that will help a person to regain their independence. Call the OT Department on Kilkenny 056-778 4600 or speak to your GP or Public Health Nurse if you need assistance in this area.

SPEECH AND LANGUAGE THERAPY SERVICES

Speech and Language Therapy Services are provided for children and adults who need help developing their speech or who have had difficulty in this area, this service is available to young and older people who may be recovering from an illness and need special communication rehabilitation. Community Services, Kilkenny 056-7784600

PHYSIOTHERAPY

Community Physiotherapy services are provided from the Local Health Office, helping people who have suffered an injury or illness to regain their health or mobility through exercise and movement. To contact the Physiotherapy Service call:Community Services, Kilkenny 056-7784600

CHIROPODY SERVICES

Chiropody Services are available for medical card holders. Appointments can be arranged through your Public Health Nurse at: Community Services, Kilkenny 056-7784600

OPHTHALMOLOGY

Medical Card holders are entitled to Ophthalmic or Eye Testing Services which you can access by calling:
Community Services, Kilkenny 056-7784600

PRIMARY CARE TEAM

A Primary Care Team is made up of a range of Health Professionals including GP's, Public Health Nurses, Physiotherapists, Occupational Therapist and Home Help. The aim of the primary care team is to provide coordinated care for patients in their local area. You can access your local Primary Care Team by contacting your local Health Centre.

PSYCHIATRY OF LATER LIFE

It is estimated that one in four people will experience some mental health problem in their lifetime. If you feel persistently sad, have trouble sleeping or experience unexplained aches and pains, you should visit your GP for some advice. Most people are treated by the GP alone, unless more support, for example, therapy services, is required, in which case you may be referred to the specialist team in the Psychiatry of Later Life.

HEALTH CENTRES

The HSE provides a broad range of services for older people in our community, including in-patient acute services, step down and convalescent care, day services, rehabilitation, community services, home care and home helps. The best way to access these services is through the Public Health Nurse, at your local Health Centre.

Ballyhale Health Centre, Ballyhale, Co. Kilkenny

Telephone: 056 776 8608

Fax: 056 776 8961

Opening Hours: Mon, Wed, Thur, Fri
9.00-1.00 & Mon, Wed, Fri 2.30-6.00

Wheelchair-accessible: Yes

Ballyragget Medical Centre, Chapel Avenue, Ballyouskill, Ballyragget, Co. Kilkenny

Telephone: 056 883 3105

Fax: 056 883 3006

Opening Hours: Mon - Fri 9.00-1.00 &
Mon, Tue, Thur, Fri 2.00-5.00

Wheelchair-accessible: Yes

Bennettsbridge Health Centre, Bennettsbridge, Co. Kilkenny

Telephone: 056 772 7256

Fax: 056 772 7048

Opening Hours: Mon - Fri 9.00-10.00

Wheelchair-accessible: No

Callan Health Centre, Callan, Co. Kilkenny

Telephone: 056 772 5523

Fax: 056 772 5333

Opening Hours: Mon - Fri 9.30-10.30

Wheelchair-accessible: Yes

Clogh Health Centre, Clogh, Castlecomer, Co. Kilkenny

Telephone: 056 444 2189

Fax: 056 444 2898

Opening Hours: Mon - Fri 9.30-10.30

Wheelchair-accessible: No

Castlecomer Health Centre, Castlecomer, Co. Kilkenny

Telephone: 056 444 1300

Opening Hours: Mon - Fri 9.00-10.00

Wheelchair-accessible: No

Freshford Health Centre, Freshford, Co. Kilkenny

Telephone: 056 883 2261

Fax: 056 883 2615

Opening Hours:

Mon - Fri 9.00-12.00 & 2.00-4.00

Wheelchair-accessible: Yes

Gowran Health Centre, Gowran, Co. Kilkenny

Telephone: 056 772 6265

Fax: 056 772 6031

Opening Hours:

Mon, Wed, Thur, Fri 9.30-11.00

Wheelchair-accessible: Yes



**Graiguenamanagh Health Centre,
Graiguenamanagh, Co. Kilkenny**

Telephone: 059 972 4495

Fax: 059 972 5035

Opening Hours: Mon - Fri 9.30-12.30

Wheelchair-accessible: Yes

**Tinnahinch Health Centre, Tinnahinch,
Graiguenamanagh, Co. Kilkenny**

Telephone: 059 972 4267

Opening Hours: Thurs 12.00-2.00

Wheelchair-accessible: No

Inistioge Health Centre,

Inistioge, Co. Kilkenny

Telephone: 056 775 8465

Fax: 056 775 8012

Opening Hours: Mon - Fri 9.30-10.30

Wheelchair-accessible: No

Johnstown Health Centre,

Johnstown, Co. Kilkenny

Telephone: 056 883 1618

Fax: 056 883 1618

Opening Hours:

Mon, Tue, Wed, Fri 9.00-5.30

Wheelchair-accessible: Yes

**Loughboy, Springhill Health Centre,
Waterford Road, Kilkenny**

Telephone: 056-7760613

Opening Hours: Mon - Fri 9.00-10.30

Wheelchair-accessible: Yes

Stoneyford Health Centre,

Stoneyford, Kilkenny, Co. Kilkenny

Telephone: 056 772 8377

Opening Hours: N/A

Wheelchair-accessible: N/A

Paulstown Health Centre,

Paulstown, Co. Kilkenny

Telephone: 059 972 6314

Opening Hours: Tue & Fri 9.30-11.00

Wheelchair-accessible: Yes

Thomastown Health Centre,

Thomastown, Co. Kilkenny

Telephone: 056 772 4302

Fax: 056 775 4448

Opening Hours: Mon - Fri 9.00-5.30

Wheelchair-accessible: Yes

Urlingford Health Centre,

Urlingford, Co. Kilkenny

Telephone: 056 883 1352

Fax: 056 883 1306

Opening Hours: Mon - Fri 9.00-10.30

Wheelchair-accessible: Yes

Windgap Health Centre,

Windgap, Co. Kilkenny

Telephone: 051 648 155

Opening Hours: Fri 12.00-1.00

Wheelchair-accessible: Yes

Mullinavat Health Centre,

Mullinavat, Co. Kilkenny

Telephone: 051 898 217

Opening Hours: Mon - Fri 10.00-11.00

Wheelchair-accessible: Yes

Kilmacow Health Centre,

Kilmacow, Co. Kilkenny

Telephone: 051 885 283

Opening Hours: N/A

Wheelchair-accessible: N/A

OUTDOOR SPACES & PHYSICAL ENVIRONMENT

Since January 2011 all public buildings in Kilkenny now comply with Part M 2010 of building regulations. Part M *“aims to foster an inclusive approach to the design and construction of the built environment. The requirements of Part M (M1 - M4) aim to ensure that regardless of age, size or disability”*, making design universal and age friendly.

Under the Age Friendly County programme learning, all new City and County development plans are age friendly and consultation with older people continues through public consultation and via the Kilkenny Older Person’s Forum/Council.

If you have any concerns about Kilkenny’s outdoor spaces in relation to access you can contact the Parks Department, County Hall, John’s Street, Kilkenny or contact the Older People’s Council/Forum.

Toilet Access

One of the main challenges of the Physical Environment identified by older people is access to toilets. Public toilets are available in Libraries, Court Houses, and any other public buildings for your use, but the upkeep and maintenance of purpose build public toilets is no longer practical. Other private buildings public houses, restaurants, and coffee shops, which provide toilet facilities for their customers, will usually allow older people to use their facilities if approached.

Safety While Out and About

An Garda Síochána offer the following advice on their Crime Prevention leaflet for Older People while out and about (www.garda.ie/documents)

- Avoid travelling alone, where possible
- Go with family, friends or neighbours
- If travelling by car, keep all doors locked
- Be alert when parking and getting in/out of your vehicle.

On public transport sit as close to the driver or exit as possible. Keep cash to the minimum. Carry only credit/debit cards that you need. Keep wallets and purses out of sight; hand or shoulder bags should be kept close to the body and not dangling by the straps.

Try to avoid walking at night, if you must, it is advisable to have a companion, walk in well-lit streets and as close to the roadside as possible. In the event that you are threatened by physical force do not resist. Try to remain calm and, if possible, concentrate on getting a good description of the culprit.

Tone Zones (Outdoor Exercise Equipment)

Tone Zones, which are stationary outdoor exercise equipment, are a great addition to Public Spaces:

- Linear Park, The Sycamores entrance (Riverside Drive entrance is planned)
- Bishops Demesne, adjacent to the Fr. McGrath Centre
- Thomastown, beside playground at Community hall
- Callan, The Fair Green
- Castlecomer, Church Avenue, beside Fire Station

Planned Tone Zones 2015-16

- Pocke Amenity Area, Kilkenny (beside Lidl, Johnswell road),
- Loughboy Park, Kilkenny (near Supervalu shopping centre)

CIVIC PARTICIPATION, EMPLOYMENT AND INCOME

Kilkenny Older People's Forum

A critical part of the Kilkenny Age Friendly County Programme is Kilkenny Older People's Forum which was established during 2010 as part of the programme. The structure of the Forum was agreed by older people across the county and comprises of representatives from older people's groups and individuals. There are currently over 170 members. The Forum Executive of 12 members has been elected and meet on a monthly basis. They represent the interests of older people on various committees and groups and inform the development of services for older people in Kilkenny. The Forum advise and consult on behalf of the county's older people in relation to transport, housing, health, environmental services and other issues.

The Older People's Forum is supported by the Community and Culture Section of Kilkenny County Council and the HSE. To find out more information about the becoming a member of the Forum contact the Community and Culture section of Kilkenny County Council, John's Green Kilkenny or telephone 056 7794920 or email cdb@kilkennycoco.ie or contact the Chairperson of the Forum on 087-6218589

Local Enterprise Office

(LEO) is your new first-stop-shop for access to enterprise services. If you are considering starting your own business or have a business idea call in to their local office to discuss your plans and how they may be able to help. **Address:** 42 Parliament Street, Kilkenny City.

Telephone: (056) 7752662

Email: info@leo.kilkennycoco.ie

Fax: (056) 7751649

Noreside Education Centre

Courses offered to groups and individuals include computers for the Terrified, Introduction to Computers, Basic Word Processing, Desktop Publishing, pre- ECDL, ECDL and advanced ECDL, Payroll and Accounts (manual and computerised), and Train the Trainer (learn how to train others). Open Monday to Friday, 9am to 4.30pm

Location: Noreside Education Centre, 3 St Canice's Court, Dean St. Kilkenny

Telephone: 056-7770790

Email: noresideeducation@gmail.com

Kilkenny Job Club

Located at 44 Friary Street, the Job Club offers employment preparation programmes and has job searching facilities as part of a State Street funded IT Suite. Programmes are three weeks long, and run in both morning and afternoon. The workshops are FREE and are open to all unemployed people. Services includes internet, job search support, CV and Cover Letters and networking and IT support.

Contact Details: Jo Conroy or Patricia Duffe, Job Club Coordinators

Telephone: 056-7756043

Email: kilkennyjobclub@gmail.com

Opening Times: 9am – 5pm

Back To Education Initiative

The BTEI provides FREE part-time Further Education programmes for adults and young people. The aim is to give participants an opportunity to combine a return to learning with family, work and other responsibilities. Programmes are offered in partnership with a number of agencies throughout the city and county on a flexible part-time basis. On average each module (class) will run for one or two sessions per week. Classes are offered throughout the year in the morning, afternoons, evenings or weekends. Classes are free to all EU applicants: with less than upper second level standard of education i.e. QQI Level 4 or 5.

- in receipt of Social Welfare Payment
- dependant on a Social Welfare recipient
- with a current medical card
- signing for credits.

Connect Cafe -Informal Education / Support

Connect Cafe is the community initiative of Fr. McGrath Centre which was set up to provide an informal space for people from St. Canice's Parish and beyond to come in for chat, cup of tea and get involved in some activities. The aim of Connect Café is to promote social inclusion, break the isolation in the community and encourage people to get involved in community projects. The group meets in the Neighbourhood Centre, Butts Green from Monday to Thursday (11-1pm) and focuses around various activities. In spring/summer season they also organise day trips for members of Connect Cafe.

ALL people regardless of age, sex, race, ability or social background are welcome.

Volunteering

While it may not be possible for you to secure full time paid employment the opportunities for volunteering are many and provide engagement which is purposeful and rewarding. Most charities and community organisations welcome volunteers including;

- Kilkenny Carlow Contact (befriending older people) – contact Eleanor Doyle 056-7772151 or 059-9136340
 - Older Peoples Forum Mary O Hanlon 087-6218589
-

PALs Workshops

PALs Workshops are very useful to anyone involved in or interested in organising and leading physical activity for older adults. They are designed to be a fun, practical experience. There is 8 workshops spread out over 8 weeks. Each workshop lasts for 5 hours and a small lunch is provided. Each workshop is a mix of theory and practical physical activity. Participants must attend all of the Workshops offered and be prepared to lead members of their own groups or communities. At the end of the series of PALs Workshops, Go for Life provides a printed certificate of attendance to each participant. €20 for 8 week programme, this includes a small lunch. Contact Kilkenny Recreation and Sports Partnership



Return to Education

NUI Maynooth Kilkenny Return to Learning, St. Kieran's College. Kilkenny 056-7775910 www.kilkenny.nuim.ie This is a collaborative project between Kilkenny Campus, the Kilkenny Jobs Club and the Fr. McGrath Family Resource Centre. Funding for the programme was secured through the Department of Social Protection and County Kilkenny LEADER Partnership. The main focus of this course is on Study Skills to equip students with the skills and confidence to pursue further education.

Kilkenny & Carlow Education and Training Board

Formerly the VEC the Kilkenny ETB run a variety of evening classes from computers to languages and woodwork to personal development. Evening classes for adults are held throughout the county which includes some language and creative writing classes. Details of classes are advertised in local press and classes start every September and January.

Contact: 056-7765103 www.kcetb.ie

Aontas (National Adult Learning)

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. Contact Tel: 01-4068220/1 or 83-87 Main Street, Ranelagh, Dublin 6.

Email: mail@aontas.com

Sincere thank you to the agencies who provided funding for this project mainly the HSE, Older Persons Services, Kilkenny and Kilkenny Leader Partnership.

Thank you also to the following who were involved in developing the directory Teresa Hennessy, Senior Health Promotion Officer HSE, Moira Duggan, Community Development Officer, Kilkenny Leader Partnership.

The information contained in this directory comes from a number of sources, organisations and individuals. We are conscious that it is by no means all inclusive and represents the best information that was available at time of printing. If you would like to provide updated information or contact details about your organisation please

Email: agefriendlycounty@gmail.com

Debra O Neill

Editor,

On Behalf of Kilkenny Age Friendly County Programme



Membership Registration Kilkenny Older People's Forum/Council

Name: _____

Address: _____

Home: _____

Phone: _____ Mobile _____

Email: _____

Organisation if any: _____

What issues are you particularly interested in? _____

Have you skills or special interests which you could contribute to the work of the Older People's Forum? (Carpentry, Administration, Teaching, Computers, & Singing) _____

Prior areas of work/experience/ occupation: (Voluntary or paid)

Any qualifications or particular experience _____

Would you be in a position to represent the Older Peoples Forum in your area? _____

What catchment area or group would you be willing to represent?

Anything else you would like to add? _____

**PLEASE RETURN FORM TO COMMUNITY & CULTURE SECTION,
KILKENNY COUNTY COUNCIL, JOHN'S GREEN, KILKENNY**



Kilkenny & Carlow Contact

Befriending & Support Organisation for Older People

Would you like to volunteer with us?



Can you spare **1 hour per week** every week?

Would you like to **give something back**?

Would you enjoy **talking and sharing life stories** with older people?

If you would like to volunteer

Contact Eleanor or Mary in our office

in **Kilkenny** on **056 7751988** Ext **6**

or our **Carlow** Office at **059 9136340**

or directly to our mobiles

Eleanor 086 8530994

Mary 086 4108902



Age Friendly County

For more information contact

Kilkenny Age Friendly County Office

42 Parliament Street, Kilkenny Phone 056-7772787

Email: agefriendlycounty@gmail.com

www.kilkennyagefriendlycounty.ie

www.agefriendlyireland.ie

