



ROSCOMMON
Age Friendly County

Information and Services Directory



INTRODUCTION

The Roscommon Age Friendly Alliance was formally established in 2015. The Alliance consists of relevant stakeholders in the promotion of a positive approach to ageing. Through consultation with older people in Roscommon, the Alliance developed and launched the Roscommon Age Friendly Strategy in December, 2015.

One of the concerns raised during this process was a lack of available information on services, entitlements and activities available to older people. Roscommon Age Friendly Alliance is delighted to launch this information guide which will serve as a reference to those services and activities available in the County.

* The information contained in this booklet is accurate at the time of going to print in January 2019, the nature of the information is that some of it will become inaccurate through time but this guide will be updated and made available through the Roscommon County Council website www.roscommoncoco.ie

If you would like to make a submission regarding the information in this booklet please contact Social Inclusion Unit, Roscommon County Council.

Email: siunit@roscommoncoco.ie or Tel: 090 6637100.

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Chapter 1 - INFORMATION AND ADVICE

• Citizens Information Centre

There are two Citizen's Information Centres in County Roscommon. They provide a free, professional and confidential information service on civil and social rights and entitlements. Please check with your local centre for opening times. There are 2 of these centres in Co. Roscommon: Tel: 0761 07 6330 / Lo Call: 0761 07400

Citizens Information Centres

Roscommon CIC

17-18 Castle View, Castle Street, Roscommon.

Tel: 0761 07 6380

10.00am to 1.00pm and 2.00pm to 5.00pm Monday - Friday

Boyle CIC

7 Elphin Street, Boyle, Co. Roscommon.

Tel: 0761 07 6330 / Lo Call: 0761 074000

10.00am to 1.00pm and 2.00pm to 4.00pm Monday - Friday

• Guide to Entitlements

A useful and practical guide to services and rights for people aged 60 and over is published by the Citizens Information Board. This booklet is available through the Citizens Information Centres.

National Citizens Information phone service

Lo Call: 0761 074000

(Monday to Friday 9.00am to 8.00pm)

www.citizensinformation.ie

• MABS – Money Advice and Budgeting

The Money Advice and Budgeting Service (MABS) is a free, confidential, independent and non-judgmental service for people in debt, or who are in danger of getting into debt. MABS assists clients by supporting them to draw up realistic budgets to pay regular bills or to address any debts they may have. They can also negotiate with creditors on behalf of clients if necessary.

The Roscommon MABS office is located in Abbey Street, Roscommon. The contact telephone number is 0761 07 2720. MABS also have outreach clinics in Boyle, Ballaghaderreen and Castlerea. If you wish to book an appointment to see a Money Adviser please contact us on Lo Call: 0761 07 2720.

Clients can also contact the MABS National Helpline which operates Monday to Friday from 9am to 8pm. The Helpline can be contacted on Lo Call: 0761 07 2000.

Valuable information is also available on the MABS website www.mabs.ie
MABS is funded and supported by the Citizens Information Board.

• **Legal Aid Board** www.legalaidboard.ie

Legal aid can help you if you cannot afford to pay a solicitor privately. Legal aid provides legal advice and representation in court.

The Legal Aid Board can be contacted at:
Quay Street, Cahirciveen, Co. Kerry.
Tel: 066 9471000 or Lo Call: 1890 615 200
Email: info@legalaidboard.ie
Web: www.legalaidboard.ie

• **Making of a Will**

It is important to make a will to ensure that your wishes are carried out. It also makes it easier and less costly to administer your estate. Professional advice is advisable, especially if your estate is large. There are a number of ways to access information on this:

- Your local Citizens Information Centre provides information on 'Making a will'
- The Irish Hospice Foundation launched a new initiative "Thinking Ahead"
This initiative encourages you to gather your thoughts about your financial and legal affairs. It gives you a chance to write down your personal wishes for future medical and personal care. Forms are available from your local Citizen's Information Service and Pharmacies or can be downloaded at www.thinkahead.ie.
- Safeguard your finances in later life. Log onto www.keepcontrol.ie to find out more.

• **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, Courthouses, and other buildings for your use. 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.

• **Eircode**

Eircode is the new Postcode that was introduced to Ireland in July 2015. The new Postcode is a mix of letters and numbers and is 7 characters in length.

Eircode brings many benefits

- Makes it quicker and easier for emergency services to locate addresses.
- Allows delivery and service companies to accurately identify addresses so deliveries get to the right location.
- Makes it quicker and easier to shop online.
- Helps to develop Irish businesses and facilitate better planning and delivery of public services.

• **Map Alerter**

Map Alerter service is a FREE SMS and email information alert service for people in Roscommon. The service enables the Council to send information, via text message or email, about local issues and events such as:

- Severe Weather Alerts
- Winter Service Alerts
- Weekly Planning Activity Reports
- Road Closures
- Water Services Alerts
- Community Alerts (local news and events)

To register for this free service simply log onto: <http://www.mapalerter.com/roscommon> or contact the Community & Enterprise Department, Roscommon County Council, Ph: 090 6637100, for an application form.

• **Roscommon County Council – Calendar of Events**

Roscommon County Council host an online Calendar of Events for all festival/event and community event organisers in the County. In order to view this information log onto: www.roscommon.ie/Events-Calendar1/ for details of events happening around the County or to register a forthcoming event.

Chapter 2 - ENTITLEMENTS

• Department of Employment Affairs and Social Protection (DEASP)

Department of Employment Affairs and Social Protection Staff known as Community Welfare Officers (CWO) are available through local Social Welfare Offices. They assess and advise on the eligibility for (financial) allowances / supplements. All allowances are subject to means testing and vary according to circumstances and the nature of the need. Note the Community Welfare Office clinic times.

Ballaghaderreen Health Centre

090 6632976

Tuesday 10.00 - 12.30 & 14.30 - 15.30

Boyle Health Centre

071 9662701

Thursday 10.00 - 13.00

Castlerea Health Centre

094 9621079

090 6632912

Thursday 10.00 - 12.30

Elphin Primary Care Centre

071 9635445

Wednesday 10.00 - 12.00

Roscommon Government Buildings

Convent Road

090 6621998

090 6632979

090 6632968

Tuesday & Thursday 10.00 - 13.00

Strokestown Circular Road Primary Care Centre

071 9634187

090 6632998

Friday 10.00 - 13.00

• Applying for a Pension

Application forms are available from your local social welfare office, post office or Citizens Information Centre (listed on page 5). Completed forms should be sent to the Department of Employment Affairs and Social Protection, Pension Services Office, College Rd, Sligo.
Tel: 071 915 7100 or Lo Call: 1890 500 000.

• **Collecting your Pension**

You can have your pension paid into your bank account or you can collect it from the Post Office. If you have any difficulties at any stage getting to the post office (e.g. through illness, by reason of distance etc.) you can nominate someone to collect your pension on your behalf. Fill in an 'Agent Form', which is available at your local Citizens Information office or Post Office. Return the form to the Pensions Office in Sligo.

* The post office can only make payments to named and notified agents. The naming of an agent does not preclude you from continuing to collect your own pension at any stage.

• **Age 80 Allowance**

Pensioners receiving an Irish social welfare pension automatically receive an increase in the personal rate of their pension when they reach the age of 80.

• **Free Schemes: Household Benefits for over 70's**

This package is available to everyone over the age of 70 and to people under age 70 in certain circumstances. For information on the Household Benefits Package (Electricity Allowance; Natural Gas Allowance; Bottled Gas Refill Allowance; Free TV Licence) contact the Free Schemes Office, LoCall: 1890 500 000 or (071) 915 7100 your Local Citizens Information Centre.

• **Fuel Allowance**

A Fuel Allowance is a payment to help with the cost of heating your home during the winter months. It is paid to people who are dependent on long-term social welfare and who are unable to provide for their own heating needs. Only one Fuel Allowance is paid per household.

• **Heat Supplement**

The Heating Supplement is an additional weekly payment to help with the cost of heating your home. You may get heating supplement, if you:

- Can show you have extra heating needs because of your age, medical condition or disability
- Are living alone or only with a dependent adult or dependent children
- Satisfy a means test

* Some of the allowances may be subject to means testing. More information is available from Roscommon Intreo Centre, Government Buildings, Convent Road, Roscommon or your local Citizen's Information Centre.

• **Living Alone Allowance**

The Living Alone Allowance is an additional payment made weekly to certain social welfare recipients who mainly live alone. You must apply separately. Forms are available from your Local Community Welfare Officer or Local Citizens Information Centre.

• **Exceptional Needs Payment**

An Exceptional Needs Payment is a single payment to help meet essential, unforeseen, once-off, exceptional expenditure, which a person could not reasonably be expected to meet out of their weekly income. Community Welfare Officers (CWOs) are available through local Social Welfare Centres to assess and advise if you are eligible for financial assistance.

Chapter 3 - Health Service Executive (HSE)

The HSE provides a 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. If you need services for yourself or for an older person you know contact your GP or your Primary Care Team.

- **Health Service Executive National Information Line**

Tel: Lo Call: 1850 241 850

Email: infoline1@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 to Friday and Saturday 9am to 4pm.

- **Roscommon Primary Care Team**

The Roscommon Primary Care Team is a team of health care professionals responsible for organising and delivering primary health care for the local population. The Team is made up of GPs, Nurses, Physiotherapist, Occupational Therapist, Home Help and administrative staff. There is a Network of other services available supporting the Team including Speech and Language Therapy, Psychology/Counselling, Social Work, Audiology, Podiatry, Area Medical Officers, Dental, Dietetic, Ophthalmology, Carers etc.

- **How can I access the Primary Care Team?**

You can make a GP appointment by contacting your GP service directly for routine appointments. Referrals to other services in the Team can be made by any member of the Primary Care Team, by you or by a family member. Referral forms are available at your local Primary Care Centre or General Practitioner.

Primary Care Centres

There are currently 5 Primary Care Centres in the Roscommon Area.

Primary Care Centre	Contact No
Roscommon	090 6665000
Monksland	090 6440200
Castlereagh	094 9624200
Strokestown	071 9634170
Boyle	071 9662164

- **COMMUNITY/PUBLIC HEALTH NURSING**

The Roscommon Primary Care Team includes Community General Nurses and Public Health Nurses including clinical nursing e.g. dressings, assessment and care of older persons, supporting people with disabilities and acute/chronic illness, care of the terminally ill, advice and support to all mothers and families and in particular to new babies.

Community/Public Health Nursing Enquiries, Contact Number: Tel: 090 666 5004/5005/5006 /5007/5008/5009/5021/5022/5023

Clinic Locations: Roscommon Primary Care Centre, PHN's available 9.30 to 10.30 a.m. daily

Other Services which can be accessed through the Primary Care Teams include:

• **PHYSIOTHERAPY**

The Physiotherapy service aims to support patients in the community to be as independently mobile and functionally safe as possible. The service is provided either in the home or at the clinic as appropriate. Physiotherapy staff can help with specific problems such as muscle and joint injury, back pain; with chest conditions and any problems that affect balance or mobility.

Physiotherapy Enquiries Contact Number: 090 6637839

Location of Clinics: Roscommon Primary Care Centre

Times of Clinics: by Appointment

• **OCCUPATIONAL THERAPY**

The Occupational Therapy service aims to support independence and good quality of life within the home and the community. Occupational Therapists may work with clients, their families and carers to re-learn skills, assess and adapt the home, improve their ability to take in and use information, explore leisure or work needs and provide education on how to use enabling equipment.

Occupational Therapy Enquiries Contact Number: 090 6637570

Service Name	Contact No
Psychology Department	090 6665020
Tusla (Social Work)	090 6637528
Dietetic Service	090 6637820/30
Social Work for the Elderly	090 6637833
Audiology Department	090 6634163
Area Medical Officer Service	090 6637544
Family Support Services	090 6637529
Home Help Department	090 6637522
Dental Service	090 6627799
Counselling in Primary Care	090 6665020
Mental Health Service, Roscommon Primary Care Centre	090 6665050
Ophthalmology Service	090 6637519

• **Roscommon Hospitals**

• **Roscommon University Hospital, Tel: (090) 6626200**

This is a public hospital which provides the majority of hospital activity including day surgery, selected acute medicine, local injuries, a large range of diagnostic services (including endoscopy, laboratory medicine, point of care testing and radiology) specialist rehabilitation medicine and palliative care.

• **Urgent Care Centre**

Tel: 090 6632212, Fax 090 6626972

There is also a walk in Urgent Care Centre which is open from 8am until 8pm, seven days per week to treat minor injuries for adults and children over the age of 5. The service is free if you have a GP referral letter or for those with a Medical Card alternatively a charge of €100 applies. The hospital also has a Medical Assessment Unit for GP referrals which is open Monday to Friday from 9:00am to 5:00pm

• **General Practitioners (GP's)**

The GP plays a central role in the health care system and is often the first medical advice a person seeks when they feel unwell.

GPs 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. GPs play a central role in the health of our community, caring for people from birth and childhood, through to older age and end of life care.

If your GP refers you for a public out-patient appointment, to a public hospital for an x-ray or blood test, or to an Emergency Department, or if you do not have a medical card there is a €100 charge for use of this service.

A full listing of GPS as provided by the HSE

Dr. James P. Brennan

Primary Care Unit, Golf Links Road, Roscommon 090 6626324

Dr. Marion Brogan

Mockmoyne Boyle 071 9662339

Dr. Martina Cogan

Health Centre Keadue 071 9647175

Dr. Geraldine Colleran

Health Centre, Elphin 071 9635084

Dr. Pat Conheady

Elphin Medical Practice, Elphin, Roscommon 071 9635084

Dr. Barry Cosgrove

Carrick Road, Boyle 071 9662282

Dr. Mary Martina Costello

The Clinic, Pound Street, Ballaghaderreen 094 9860154

Dr. Cyril Crosbie

Castle Street Surgery, Roscommon 090 6626644

Dr. Catherine Donnelly Frenchpark Medical Centre, Boyle Road, Frenchpark	094 9870707
Dr. Caitriona Fahey Kelly Henry Medical Centre, Ballinlough Road, Castlerea	094 9620168
Dr. Martin Garvey Willow Brook Medical Practice Convent Road, Ballaghaderreen	094 9860084
Dr. Mary Martina Hanratty Castle Street Surgery, Roscommon	090 6626644
Dr. K. E. Hardiman Rooskey Carrick-on-Shannon	071 9638024
Dr. Michael Henry Kelly Medical Centre, Ballinlough Road, Castlerea	094 9620168
Dr. John Keenan The Medical Centre, St. Coman's Park, Roscommon	090 6626289
Dr. Gregory Kelly Kelly Kelly Henry Medical Centre, Ballinlough Road, Castlerea	094 9620168
Dr. Margaret Loftus Loftus Medical Centre, Abbeytown, Boyle	071 9662230
Dr. Colm Loftus Abbeytown, Boyle	071 9662230
Dr. Katie Loftus Loftus Medical Centre Abbeytown, Boyle, Roscommon	071 9662230
Dr. Elizabeth Sweeney McSharry Family Care, Cherryside, Castle Street, Roscommon Town	09066 34404
Dr. Valerie Morris The Health Centre, Abbey Street, Roscommon Town	090 66 26571
Dr. Madeleine Ni Dhalaigh Castlerea, Roscommon	094 9620168
Dr. Hugh O'Donnell Medical Centre Strokestown	071 9633390
Dr. Therese O'Reilly The Medical Centre Castlerea	094 9620015

Dr. Claire Quinn

The Medical Centre, St. Coman's Park, Roscommon 090 6626289

Dr. Ciaran Regan

Health Centre, Church St., Strokestown 071 9633954

Dr. Alexandra Robinson

Abbey Street, Medical Centre, Abbey Street, Roscommon 090 66 25650

Dr. Annette Rogers

Meelick, Rooskey, Roscommon 071-9638024

Dr. Fiona Sweeney

The Medical Centre, St. Comans Park, Roscommon 090 6626769

Dr. Wojciech Wawrzynek

The Medical Centre, St. Coman's Park, Roscommon 09066 26769 /6634477

Dr. Malgorzata Wawrzynek

Abbey Street, Medical Centre, Roscommon 09066 25650

• **Out of Hours GP cover**

This is a service to provide access to urgent family doctor services outside of normal surgery hours. Access to the service is by appointment only by phoning in advance:

- Castlerea/South Roscommon

WESTDOC 1850 365000 Mon-Fri 6pm-8am, Sat-Sun and Bank Holidays 24hr cover.

- North Roscommon

NOWDOC 1850 400 911 Mon-Sat 6pm-8am, 12pm Sat - 8am Mon, All day on Public Holidays.

• **Medical Cards/GP Visit Card (HSE)**

The GP Visit Card (HSE) Scheme entitles certain people to free public health services. To be eligible, your income must be below a certain level. If you do not qualify for a card on income grounds you may get a GP Visit Card. There are different guidelines for the means test depending on whether you are under or over 70 years of age. In the case of a couple, the assessment is based on the age of the older person.

The quickest way to get a medical card or GP visit card is to apply online at www.mymedicalcard.ie

You may also apply by post and completed application forms and supporting documents should be posted to Client Registration Unit, PO Box 11745, Dublin 11.

You can request application forms from you Local Health Office, or they can be down loaded from www.medicalcard.ie or contact your local Citizen's Information.

If you have any questions you can Tel: 1890 252 919 (locall number)

• **GP Visit Cards for Over 70's**

Everyone aged 70 or over and ordinarily resident in Ireland is eligible for free GP care, regardless of income. Medical Card holders and GP Visit Card holders do not have to register for this scheme. If you do not have one of these cards you can apply online at www.hse.ie. You can also contact the HSE infoline 1890 252 919.

• **Treatment Benefit Scheme**

The Dept. of Social Protection provides limited dental, optical and aural services under the Treatment Benefit Scheme. This Scheme is available to insured workers and retired people who have the required number of PRSI contributions. For further information, contact the Treatment Benefit Section Tel: (074) 916 4480 or Locall: 1890 400 400 or visit Homepage: <http://www.welfare.ie>

• **Chiropody Services**

Chiropody services provided by the HSE free of charge to Medical Card holders over 65 and to persons with special needs and/or disabilities. Application forms and information on services available can be obtained at your local Primary Care Centre or Tel. 090-66 37500.

• **Mental Health Services in County Roscommon**

It is estimated that one in four of us will experience some mental health problems in our lifetime, from a low period, to more serious depression, to a small number who will experience severe mental health problems. 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 some of the following day and hospital services.

- Psychiatric Unit, Roscommon County Hospital Tel: (090) 662 6200
- Day Hospital Primary Care Centre, Golf Links Road, Roscommon. Tel: 090 6665050

• **Homes for Older People (HSE)**

- Sacred Heart Hospital, Golf Links Road, Roscommon is a long stay residential unit which caters for the greater Roscommon area. It is operated by the Health Service Executive and provides continuing care, rehabilitation, palliative and respite care for up to 95 residents from Roscommon and the surrounding area. Tel. 090-6626130

- Aras Mathair Pol Community Nursing Unit, Home for the Aged, Castlerea 094-9620506

- Plunkett Community Nursing Unit, Boyle provides care to dependent older residents who require long stay and respite care 071-9662026

Nursing Homes Private

Abbeyhaven Care Centre, Boyle, Co. Roscommon. Tel. 071 967 0111

Cloverhill Nursing Home, Lisagallon, Cloverhill, Co. Roscommon. Tel. 090 66 28882

Costellos Vale View Nursing Home, Ballyleague, Co. Roscommon. Tel. 043 332 1361

Drumderrig Nursing Home, Drumderrig, Boyle, Co. Roscommon. Tel. 071 966 2561

Fearna Manor Nursing Home, Tarmon Rd., Castlerea, Co. Roscommon. Tel. 094 962 0725

Innis Ree Lodge, Ballyleague, Lanesborough, Co. Roscommon. Tel. 043 332 7300

Meadowlands Nursing Home, Dunmore Road, Cloonfad, Co. Roscommon. Tel 094 964 6332

Oakwood Nursing Home, Ballaghaderreen, Co. Roscommon. Tel. 094 986 1033

Oakwood Private Nursing Home, Acres/Ardsallagh More, Athlone Road, Roscommon.
Tel. 094 986 1033

Shannon Lodge Nursing Home, Rooskey, Carrick on Shannon, Co. Roscommon.
Tel. 071 965 8667

Tearmann Bhríde Nursing Home, Brideswell, Co. Roscommon. Tel. 090 648 8400

• **Home Care Packages (HSE)**

This Scheme is operated by the HSE. It aims to help people who need medium to high care support to continue to live at home independently. It is tailored to individual needs and may include services of nurses, home helps, physiotherapy and occupational therapy. 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. For more details contact: HCP Scheme, HSE Offices, Government Buildings, Convent Road, Roscommon. Tel: 090 6637806 or 090 6637520.

www.hse.ie/eng/services/list/4/olderpeople/benefitsentitlements/HCPinfobooklet.pdf

• **HOME HELP SERVICE**

Home Help Service Enquiries Tel: 090 6637522

Home Helps services aims to provide support and assistance to people to remain within their own homes for as long as possible. The service is especially aimed at older people, people with disability, health condition, families under stress and carers in need of support.

• **Nursing Home Support Office (HSE)/Fair Deal Applications**

The Nursing Home Support Scheme known as the 'Fair Deal' provides financial support to people who need long term nursing home care. Under this scheme, you will make a contribution towards the cost of your care and the State will pay the balance. This applies whether the nursing home is public, private or voluntary. The HSE administers the Fair Deal Scheme with the resources available. Applicants cannot avail of State Funding for a nursing home place prior to receiving approval of their application. Your Public Health Nurse can supply you with the nursing home list and application forms. For more information on this Scheme or help with your application form contact the HSE Nursing Homes Support Office, Government Buildings, Convent Road, Roscommon. Tel: 090 6637561/546

• Elder Abuse Supports

Most older people do not experience abuse. But, unfortunately, there are some older persons who can be harmed or abused by others. An older person may also experience more than one form of abuse at any given time. There are several forms of abuse, which may be carried out as a result of deliberate intent, negligence or ignorance and may include:

- **Psychological Abuse:** Feeling afraid. You are made feel afraid in your living accommodation or experiencing feelings of hopelessness or helplessness because of the attitude/behaviour of others.
 - **Neglect:** Not receiving enough food to eat or liquid to drink. Being provided with inappropriate or unwashed clothing. Being denied aids such as glasses or hearing aids. Being left alone for long periods of time when you cannot move around easily.
 - **Financial Abuse:** If someone else has access to your accounts without your full permission. You feel pressured to allow someone else access to your accounts. Someone else makes decisions about your money without speaking with you first. You feel you have lost all control over your money.
 - **Physical Abuse:** Being treated roughly, enough to leave marks or bruises. Being treated violently which caused broken bones, sprains, dislocations or other injuries or someone has inflicted pain on you.
 - **Sexual Abuse:** Someone has forced you to be intimate with them without your consent
- Where to get help.

If you are experiencing any of the feelings or effects outlined above, you may need to speak with your GP, Public Health Nurse. The HSE has a dedicated Elder Abuse Service for further information Lo Call: 1850 24 1850.

Other HSE Services

- Civil Registration Service (HSE), Government Buildings, Convent Road, Roscommon
Opening Hours: Monday - Thursday 09:30 - 13:00 & 14:00 - 16:30
Friday by appointment only please contact the office in advance of attending
Tel: 090-6637507/37508 (direct)
Registration of all life events: births, stillbirths, marriages, civil partnerships and deaths.
- Freedom of Information (HSE)
Tel: 091 775373 Fax: 091 775858
Email: consumeraffairs.west@hse.ie
Consumer Affairs Area Officer, HSE West, Merlin Park University Hospital, Galway
If you are seeking advise on how to access your personal information such as medical records.
- Environmental Health
Tel: 090 66 37880 Environmental Health Service, HSE, Government Offices,
Convent Road, Roscommon
Tel 071 966 2868, HSE, Health Centre, Boyle
Provides services in the area of food safety, water sampling and tobacco control legislation and also inspections of hospitals, nursing homes and institutions.

Chapter 4 - HOUSING

• Roscommon County Council Housing Department

Roscommon County Council's Housing Department provides confidential support services for older people and people with disabilities who are in need of housing or who need to improve the accessibility of their homes. For more information you can contact Roscommon County Council, Áras an Chontae, Roscommon, Tel: 090 6637230 or visit their website www.roscommoncoco.ie

• Housing Aid for Older People Grant Scheme

The Housing Aid for Older People Scheme is available to assist people aged 66 years or over, living in poor housing conditions, to have essential repairs or improvements carried out. The grant can only be paid to people in owner-occupied housing and houses being purchased from a local authority under the Tenant Purchase Scheme. The types of works grant aided under the Scheme include structural repairs or improvements e.g. re-roofing, re-wiring, replacement of windows and doors, the provision of central heating (where none exists) and any other repair or improvement work considered necessary.

If annual household income is less than €30,000, 95% of the cost of the works (up to the maximum grant amount of €8,000) could be grant-aided. The level of grant aid available will be determined on the basis of gross household income and will be between 30% to 95% of the approved cost of the works.

Contact Roscommon County Council on 090 6637230 for more information.

• Housing Adaptation Grant for People with a Disability

The Housing Adaptation Grant for People with a Disability is available to assist 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 (including any enduring physical, sensory, mental health or intellectual impairment). The types of works allowable under the scheme include the provision of access ramps, grab rails, downstairs toilet facilities, stair lifts, accessible showers, adaptations to facilitate wheelchair access, and any other works which are considered necessary.

If annual household income is less than €30,000, 95% of the cost of the works (up to the maximum grant amount of €30,000) could be grant-aided. The level of grant aid available will be determined on the basis of gross house income and will be between 30% to 95% of the approved cost of the works. Contact Roscommon County Council Housing Department on (090) 6637230 for more information.

• Housing Assistance Payment (HAP)

In 2013, the Government approved a plan for a new Housing Assistance Payment (HAP) Scheme. The Housing Assistance Payment (HAP) is a form of social housing support for people who have a long-term housing need. HAP will eventually replace long-term Rent Supplement. It has been introduced under the Housing (Miscellaneous Provisions) Act 2014 and a series of Statutory Instruments.

The HAP scheme aims to allow all social housing supports to be accessed through one body –Roscommon County Council.

Under the scheme, Roscommon County Council arranges payment of rent to landlords directly. The rent being charged for the accommodation must be within the limits set down for the household type in Roscommon County Council’s area – see ‘Rent limits’ below.

County	Single Shared	Couple Shared	Single	Couple	Couple One Parent Family – 1 Qualified Child	Couple One Parent Family – 2 Qualified Children	Couple One Parent Family – 3 Qualified Children
Roscommon	€240	€260	€360	€390	€500	€525	€550

Tenants pay a weekly HAP rent contribution to the local authority, based on their income and ability to pay.

Existing rent supplements will continue until further notification and eventually will change over to the HAP scheme. For more information, contact Roscommon County Council Housing Department on (090) 6637230.

• Safe Home Ireland

Safe Home Ireland was set up to assist older qualifying Irish born emigrants to explore the option of returning to secure affordable housing back in their native areas.

Address: St. Brendan’s Village, Mulranny, Westport, Co. Mayo Tel: 00 353 98 36036.
Email: info@safehomeireland.ie

• Assist Ireland

The website www.assistireland.ie contains information on daily living aids, mobility aids and assistive technology. It includes a directory of products available from suppliers for people with disabilities and older people. Assist Ireland has a telephone support service.

(Lo Call: 0761 07 9200) available from 9am to 1pm and from 2pm to 5pm, Monday to Friday.

Chapter 5 - HOME SERVICE SUPPORTS & MAINTENANCE

• **Better Energy Warmer Homes Scheme**

This scheme aims to improve the energy efficiency and warmth of homes owned by people on low income, who are in receipt of one of the following Social Welfare allowance – Fuel Allowance; or Family Income Supplement; or One Parent Family Allowance; or Jobseekers Allowance (with a child under 7). It is operated by the Sustainable Energy Authority of Ireland (SEAI), and the house must be owned by the applicant, and it must be built before 2006 and is available nationwide. The service involves the installation of standard energy efficiency measures appropriate to the eligible household subject to SEAI survey, budget allocation and available capacity. The service is provided at no cost to the household and the measures currently available under this scheme are:

Attic insulation and ventilation, draught proofing, lagging jackets, energy-efficient bulbs, cavity wall insulation and ventilation, and energy advice.

Deeper measures can also be installed in houses, and measures such as external wall insulation and ventilation; dry lining and ventilation and heating upgrades may be installed in eligible homes.

For more information, call the Better Energy Warmer Homes Scheme please contact Midland Warmer Homes on 090-6488292 or email info@midlandwarmerhomes.ie, or check out our webpage at www.midlandwarmerhomes.ie

• **Better Energy Homes Scheme**

The **Better Energy Homes Scheme** provides **grants** to homeowners to improve energy efficiency in their homes. This scheme is different to that listed previously as it provides grants to improve energy efficiency rather than installation. Grants are available for the following energy saving work:

- Roof insulation
- Wall insulation - for example, cavity wall, internal dry lining or external insulation
- Heating controls upgrade
- Installation of a high-efficiency boiler (more than 90% efficiency) including a heating controls upgrade
- A Building Energy Rating (BER) after the energy-saving work is carried out (you must get this BER to qualify for the grant)
- Solar heating

For more information, contact Better Energy Homes Scheme please contact Midland Warmer Homes on 090-6488292 or email info@midlandwarmerhomes.ie, or check out their webpage at www.midlandwarmerhomes.ie

- **Roscommon Trusted Trades People**

Roscommon Trusted Trades People is a collaborative initiative under the Roscommon Age Friendly Strategy and is initially targeted at the Boyle Municipal District. The aim of the initiative is to both support older people in the community to avoid rogue traders as well as enhance the economic viability of local Trades People.

A brochure has been produced which includes the contact details and a photograph of all the Tradespeople who participate in the Trusted Trades People Initiative, and who have been Garda Vetted. Please contact Roscommon Citizens Information Office, Elphin Street Boyle for a brochure, or call them on Lo Call: 076 107 6330 or email them on boyle@citinfo.ie or contact Roscommon LEADER Partnership on 090 66 30252.

Chapter 6 - SAFETY & SECURITY

• Emergencies

At some point in your life, you may need to call the emergency services such as fire, police, or medical personnel. By being prepared for calling the emergency services, you can get the help you need much more quickly which can often make a big difference. In Ireland we have 2 emergency numbers, 999 and 112.

112 also works in all EU countries and from any phone, free of charge. Remember when calling 112 (or 999), 'stay calm, stay focused and stay on the line' and if possible give the Eircode of the house so that the emergency services can easily find you.

• Garda Stations in County Roscommon

There are 14 Garda stations that cover County Roscommon. Roscommon and Castlerea Garda Station is open 24 hours, seven days a week, while the others are part time stations. If your local station is 'off duty' you will be directed automatically to the nearest station'

Garda Stations in County Roscommon:

Roscommon District

Roscommon	090 6638300
Athleague	090 6663312
Clonark	090 6437102
Taughmaconnell	090 9683612

Castlerea District

Castlerea	094 9621630
Ballaghaderreen	094 9860002
Ballinlough	094 9640002
Frenchpark	094 9870002
Tulsk	071 9639002
Boyle	071 9664620
Elphin	071 9635002
Keadue	071 9647202
Roskey	071 9638002
Strokestown	071 9633002

Garda Confidential Helpline **1800 666 111**

• Crime Prevention Officer

Crime Prevention Officers (CPO's) are trained to encourage, promote and advise on crime prevention to both the private and business community. There are dedicated crime prevention officers within each Garda Division. Sgt Paul McDermott is the Crime Prevention Officer for Roscommon. Tel: 090 6638316 Email: paul.jm.mcdermott@garda.ie

• **Community Gardaí**

The role of the local Community Garda is to liaise with the local community, organisations and services. Their role is to get to know the community. This is carried out in a number of ways – giving talks, organising activities, linking with services providers and any other appropriate group.

• **Safety while out and about**

An Garda Síochana 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 the 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 strap.
- Do not put your handbag on the shopping trolley in the supermarket.
- If collecting your pension or cash in the Post Office or bank, put the money into your purse or wallet before you leave the building.

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.

• **Seniors Alert Scheme**

The objective of the Seniors Alert Scheme (SAS) is to encourage community support for vulnerable older people in our communities through the provision of personal monitored alarms to enable older persons, of limited means, to continue to live securely in their homes with confidence, independence and peace of mind.

Funding is available under the scheme towards the purchase of equipment by a registered organisation i.e. personal alarm and pendant. Funding is made available by the Department of Housing, Planning and Local Government. The equipment will be funded via Pobal and made available through community, voluntary and not-for-profit organisations registered with Pobal under the Seniors Alert Scheme. For more information contact Pobal on 01-5117000 or visit their website www.pobal.ie.

• **Neighbourhood Watch/Community Alert**

Neighbourhood Watch and Community Alert are crime prevention programmes aimed at getting local communities working in partnership with the Gardaí 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 Gardaí on Text Alert notices and other security initiatives. Contact your local Garda Station or Roscommon Garda Station (090) 6638300 who will advise you about your nearest Neighbourhood Watch (Towns) or Community Alert (Rural Areas).

• **Smoke Alarms**

Smoke alarms are very important for early warning – smoke will not wake you up in the night, in fact it will make you sleep more deeply. Smoke alarms buy you time to allow you and your family to get safely out of the house. At least two smoke alarms should suit a standard two storey dwelling. These should be located on the landing of each floor. Alarms should be positioned at the highest point and as close to the centre of the ceiling as possible. They should be tested weekly – by pressing the test button.

• **Carbon Monoxide Detectors**

A carbon monoxide detector or CO detector is a device that detects the presence of the carbon monoxide (CO) gas in order to prevent carbon monoxide poisoning. CO is a poisonous, colourless, tasteless and odourless gas given off by any appliance which burns a fossil fuel such as gas, coal, oil or turf. It can enter your home if your appliance is faulty, or the room is not properly ventilated, or if the chimney or flue is blocked. They are readily available in any hardware store.

• **General Fire Safety in Your Home – Fire Prevention Key Points**

- Take extreme care when cooking chips/fried food. Never leave a chip pan unattended.
- Check electric blankets regularly for wear and tear/damage and ensure they are used according to instructions.
- Use an effective spark guard on open fires especially before going to bed.
- Do not leave newspapers, clothes or material too close to a fire or heaters.
- Provide large, stable ashtrays in the event of smoking – a burning cigarette can smoulder for hours before igniting and spreading.
- Never smoke in bed.
- Check all leads and plugs for fraying or burning and replace if necessary. Do not overload sockets.
- Get a qualified electrical contractor to carry out installation and repairs to electrical appliances and fittings. Don't take chances.
- Switch off and unplug all electrical items. Do not leave the television or radio on standby.
- At night if your exit requires a key for opening, ensure the key is in the lock before going to bed.
- Ensure all escape routes are clear. Close all doors (especially from the kitchen and living room).

Chapter 7 - SOCIAL & LEISURE ACTIVITIES

• Senior Citizens Clubs

There are many social/friendship clubs and groups in County Roscommon such as active retirement, social services groups, bingo, art groups, flower and garden clubs, vintage clubs, women's groups, knitting and sewing clubs, dancing groups, whist & bridge card clubs, choirs, OPC, volunteering group, U3A, etc which organise get togethers outings and Christmas parties. Perhaps you might like to join one or more of these groups, meet people, discover and make new friends who have similar interests to yourself. You will find contact details of many of these groups and clubs on the Community Pages for your area in the local newspapers: 'The Roscommon People' and 'Roscommon Herald' or on notice boards in local shops and parish churches and community centres.

• Active Retirement Ireland

Active Retirement Associations were established to enable retired people and anybody over 55 to enjoy a full and active life and to advocate for them. Their mission is for people to remain healthy and active through engaging with their peers within their own community.

At local level Active Retirement Associations arrange social events, educational options and activities which encourage and support retired people to remain healthy and active. Many Active Retirement Association members are also involved with other local organisations, providing much needed volunteers in a variety of activities. If you would like to register for one of these groups or you would like more information please contact 01 873 3836 or visit the website www.activeirl.ie or email info@activeirl.ie

Below are the active retirement associations in Co. Roscommon

Area	Contact Person	Contact Number	Email
Lisacul	Mary P. Carty	094 9880495	C/O Resource Centre
Ballaghaderreen	Margaret Hanley	094 9861414	
Breedogue Woodlands,	Nancy Dowd	094 9870625	
Loughglynn	Peter Howe	094 9880997	
Elphin	Julie Dockery	086 1749816	
Ballyforan Tisrara/	Barbara Mountfield	085 1388041	julie@ridc.ie
Four Roads	Bridie Mee	090 6623329	

Gorthganny	Christine Finan	094 9880919	christinemfinan@gmail.com
Kiltoom	Eileen Gallagher	090 6492177	
Roskey	Anna Egan	086 3596630	
Strokestown	Mary Egan	087 2193434	maryjegan@gmail.com
Monksland	Margaret Fallon	086 8069726	margaretfallon@hotmail.com
Fourmilehouse	Ann Mannion	086 0659036	
Granlahan	Miriam Winston	087 2068853	carrickwindstons@gmail.com
Athlone	Mura Meehan	090 6494406	
Moore	Maura Duffy	090 9673290	mauraduffy045@gmail.com
Roscommon Town	Mary O'Rourke	086 8435562	
Boyle	Margaret O'Mahoney	087 2095219	taskin@eircom.net
Athleague	Kathleen Murray	087 6600077	ktmurray13@gmail.com

• Galway and Roscommon Education & Training Board (ETB)

The Galway and Roscommon Education & Training Board provides a range of adult and further education and training programmes. Galway and Roscommon ETB's Community Education Programme supports the delivery of adult education courses in the community through the provision of funding for tuition costs and support in the setting up of courses. Alternatively, GRETB can provide a tutor directly to the group in their community setting. Applications from groups are sought from the ETB and are advertised in local papers and on our website www.gretb.ie each October/November.

The ETB's Basic Education programme offers free tuition to adults who would like to improve their skills in reading, writing, spelling, and maths. There are introductory courses in using computers some which are operated under the Benefit IT 4 (Digital Skills programme).

Galway and Roscommon ETB's Adult Guidance & Information Service provides a free, friendly, professional, impartial and confidential service to adults who are considering returning to education. Information on education and training options that are available both within the ETB and through other education and training providers can be provided.

The ETB's part time programmes target disadvantaged adults who do not normally avail of educational courses and who may not have the means to engage in these courses.

For more information on any of these programmes and services please contact:

- **Community Education: 090 6634189** or email dolores.mcsharry@gretb.ie
- **Adult Basic Education: 090 6634189** or email Irene.greene@gretb.ie
- **Information Service: 087 3515034** or email miriam.walsh@gretb.ie

• **Roscommon Sports Partnership**

Roscommon Sports Partnership (RSP) was established in 2002 to coordinate and support the development of sport and physical activity in County Roscommon. The aim is to promote and develop Sport and Physical Activity in Roscommon. Under the participation pathway of the strategic plan, a number of programmes have been identified to provide sport and physical activity opportunities to older adults including Lets Get Active and Stay Active Programme, Go for Life Games, Walking Initiatives, PALS Training and Boccia.

These programmes empower and enable older people to participate in sport and physical activity by reaching out to active retirement associations, day care and community centres around the country, to ensure increasing numbers of older people are more active, more often. Tel: 090 6630853 to find out more information or visit their website www.rosactive.org

• **Outdoor Gyms**

Outdoor gyms provide an outdoor fitness experience that is accessible and enjoyable to all. They resemble gym equipment found in an indoor gym. Roscommon has outdoor gyms located in Monksland, Loughaneane Park, Roscommon Town and at Lough Key Forest Park & pleasure grounds, Boyle which are available for use free of charge. Each item of equipment is designed to improve the coordination, heart rate, and posture of users.

• **Libraries**

A list of libraries in County Roscommon can be found below. Your local library will also have information on book clubs and other events in your area.

Library Branches Opening Times

Roscommon County Library H.Q.

Abbey Street, Roscommon, F42 RP49

Tel: 090 6637275

Fax: 090 6637101

E-mail: roslib@roscommoncoco.ie

Tuesday: 1.00pm to 8.00pm

Wednesday: 10.00am to 1.00pm & 2.00pm to 5.00pm

Thursday: 1.00pm to 8.00pm

Friday: 10.00am to 1.00pm & 2.00pm to 5.00pm

Saturday: 10.00am to 1.00pm & 2.00pm to 5.00pm

Boyle Branch Library

King House, Boyle, F52 HN50

Senior Library Assistant: Matthew Gammon

Tel: 071 9662800

E-mail: boylelibrary@roscommoncoco.ie

Tuesday: 1.00pm to 8.00pm

Wednesday: 10.00am to 1.00pm & 2.00pm to 5.00pm

Thursday: 1.00pm to 8.00pm

Friday: 10.00am to 1.00pm & 2.00pm to 5.00pm

Saturday: 10.00am to 1.00pm & 2.00pm to 5.00pm

Castlerea Branch Library

Main Street, Castlerea, Co. Roscommon, F45 C8P7

Branch Librarian: Breege Beirne

Tel: 094 9620745

Email: castlerealibrary@roscommoncoco.ie

Tuesday: 1.30pm to 5.00pm and 6.00pm to 8.00pm

Wednesday: 10.00am to 12.00pm and 1.30pm to 4.30pm

Thursday: 1.00pm to 5.00pm and 6.00pm to 8.00pm

Friday: 10.00am to 12.00pm and 2.00pm to 4.00pm

Saturday: 10.00am to 12.00pm and 2.00pm to 4.30pm

Ballaghaderreen Branch Library

Main Street, Ballaghaderreen, F45 E3C3

Senior Library Assistant: Deirdre Creighton

Tel: 094 9877044

E-mail: ballaghaderreenlibrary@roscommoncoco.ie

Tuesday: 1.00pm to 8.00pm

Wednesday: 10.00am to 1.00pm and 2.00pm to 5.00pm

Thursday: 1.00pm to 8.00pm

Friday: 10.00am to 1.00pm & 2.00pm to 5.00pm

Saturday: 10.00am to 1.00pm & 2.00pm to 5.00pm

Strokestown Branch Library

Bawn Street, Strokestown, Co. Roscommon, F42 RH39

Branch Librarian: Helen Kerins

Tel: 071 9634027

E-mail: strokestownlibrary@roscommoncoco.ie

Tuesday: 2.00pm to 6.00pm

Wednesday: 1.00pm to 5.00pm, 5.30pm to 7.30pm

Thursday: 12noon to 4.00pm

Friday: 10.00am to 1.00pm & 2.00pm to 5.00pm

Saturday: 10.00am to 1.00pm

Elphin Branch Library

Main Street, Elphin, Co. Roscommon, F45 VW27

Branch Librarian: Penny Farrell

Tel: 071 9635775

E-mail: elphinlibrary@roscommoncoco.ie

Tuesday: Closed

Wednesday: Closed

Thursday: 2.30pm to 6.30pm

Friday: 10.30am to 1.00pm & 1.30pm to 4.00pm

Saturday: 10.30am to 1.30pm

Roscommon Mobile Library Service

The Mobile Library Service accommodates a total of over 60 stops over a two week schedule throughout the county providing opportunities for greater access and participation in the rural areas of the county. For full details of schedules, locations and times please phone Mobile No 087-9943508 or 090-66-37270.

• Roscommon Arts Centre

Roscommon Arts Centre hosts ongoing programming initiatives specifically aimed at older members of our community including weekly choral (Songbirds) and dance (Elderberries) initiatives. The centre also participates in the annual Bealtaine Festival, which celebrates creativity in older people with discounted tickets to selected performances and a programme of free workshops and events throughout the month of May.

The policy of the centre is to include reduced priced tickets where possible for retired patrons to performances across the board at Roscommon Arts Centre. By 2019 the arts centre will be completely wheelchair accessible as the facilities are further upgraded to make the visitor experience more pleasant for all. Roscommon Arts Centre is supported by Roscommon County Council and The Arts Council. Tel: 090 66 25 824 or email: artscentre@roscommoncoco.ie

• Roscommon Lions Club

Roscommon Lions Club was formed in 1988 and has been serving Roscommon's youth, elderly and disadvantaged since then, fund raising for specific causes and delivering projects to benefit target groups and the wider community. Projects include suicide prevention initiative, defibrillators for Roscommon town, flagship youth centre, fuel for the disadvantaged, Sacred Heart Home garden project, and careers respite weekend. Roscommon Lions Club meet at: Gleasons Town House, Market Square, Roscommon F42 WA22 T on the third Thursday of each month. Contact: Eamonn Gleeson Ph: 087 2615956 or email: eamonn@gleesonstownhouse.com

• Keadue Day Centre

Keadue Day Centre offers a wide range of activities and supports for older people. Day Care operates Monday and Wednesdays. Classes provided include Arts & Crafts, Painting, Basket Weaving. The Centre also participates in regular Go for Life exercise programmes. There are also regular information sessions on Rights and Entitlements, day trips including

Knock Shrine, annual Bealtaine Festival, Strokestown House, and the cinema to name a few! The Centre also provides freshly cooked meals daily and now can offer clients soup and sandwiches. A laundry service is available. For further details please contact Julie Dockery, Manager on 071 964 7777 or 086 174 9816.

• **Elphin Day Centre**

The Day Centre is a fantastic facility within the village of Elphin with many of the residents of the area availing of the facilities. Each day the clients are able to have morning and afternoon tea with biscuits and lunch at 13.00 each day with nutritional meals served, prepared by the resident chef. For further information Tel: 071 9635566.

• **Roscommon Volunteering Information Service (VIS)**

Roscommon Volunteering Information (Roscommon VIS) is operated by Roscommon LEADER Partnership Company to promote volunteerism throughout County Roscommon and is affiliated to Volunteer Ireland, the national volunteer development agency. If you wish to volunteer or if your organisation or community group is looking for volunteers, Tel: Roscommon VIS on 094 9862565 or 090 6630252.

• **Men's Sheds**

A Men's Shed is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities. Men's Sheds are open to all men regardless of age, background or ability and are a place to share skills and knowledge while maintaining or enhancing the well-being of the participants.

Below are the Men's Sheds in County Roscommon. You can also contact the Men Shed's national number on 01 891 6150 for more information.

Ballyleague Men's Shed

9 Meadowbank, Ballyleague
Chris Forde
087 272 3834
ballyleaguemensshed@gmail.com
Ciaran Mullooly
087 243 3201
cforde583@yahoo.ie

Boyle Men's Shed

The Crescent, Boyle
Monday – Friday 10am – 3pm
Tony Byrne
086 232 4020
theboylemensshed@gmail.com
Owen O'Donaghue
087 909 3300

Castlerea Men's Shed

11 Knockroe Park, Castlerea
Monday – Friday 10:30am – 1pm
Pat McIntyre
089 404 4190
patmcintyre@live.ie
Martin Perrill
087 242 5110
castlereamenshed@gmail.com

Grove Men's Shed

C/O Castlerea Prison, Harristown, Castlerea
Theresa Beirne
094 962 5213
tmbeirne@irishprisons.ie

Rooskey Men's Shed

Carrigeen, Kilglass, Strokestown
Cyril Mullooly
071 963 7335
c.d.mullooly@gmail.com
Michael Quinn
087 251 6245

Roscommon Men's Shed

Ard Aoibhinn, Athlone Road, Roscommon
Kathleen Shanahan
086 372 6743
shanagherkathleen104@gmail.com
Conan Croghan
087 799 9830
conan.croghan@gmail.com

Strokestown Men's Shed

Vesnoy, Strokestown
Tuesday, Thursday 8pm – 10pm
Sean Furey
087 605 4353
seanfurey44@gmail.com

Ballaghaderreen Men's Shed

Ozmond Centre
Ballaghaderreen
Martin 087-8143441

• Rural Men's Groups

There are three Rural Men's Groups in the county providing older men with an alternative social outlet covering the catchment areas of Ballaghaderreen, Drumboylan and Dysart. Contact details below. Activities include social evenings, outdoor activities such as day trips and evening entertainment.

Ballaghaderreen Rural Men's Group

Anthony Dockery
Roscommon LEADER Partnership
Tel: 090 6630252
Email: anthony@ridc.ie

Drumboylan Rural Men's Group

Anthony Dockery
Roscommon LEADER Partnership
Tel: 090 6630252
Email: anthony@ridc.ie

Dysart Rural Men's Group

Noel Hoare
Tel: 086 8139255
Email: dysartrmg@ridc.ie

• Irish Country Women's Association (ICA)

The ICA is the largest association in Ireland with more than 10,000 members and over 500 guilds across the country. If you are interested in joining or finding out more about the ICA in your area there are guilds in the following areas: Boyle, Drum, Drumboylan, Frenchpark, Kiltewan, Kilbride, Moore and Violet Hill/Knockcroghery.

If you wish to join any of the guilds please contact Catherine Guckian, Roscommon Federation Secretary:
Email: guckiancatherine@yahoo.co.uk or Marie Donlon, Roscommon Federation Treasurer:
Email: mariedonlon57@gmail.com

• Roscommon Friendly Call Service

The Roscommon Friendly Call Service is a free and confidential telephone service offered to people living in County Roscommon. This service is managed by trained volunteers and workers, and is available from Monday to Thursday each week.

Contact: Sandra Quigley, Roscommon LEADER Partnership, Tel: 090 6630252,
Email: sandra@ridc.ie, Website: www.rosleaderpartnership.ie

Chapter 8 - TRANSPORT

• Free Travel Scheme

Everyone aged 66 and over living permanently in the State is entitled to the Free Travel Scheme. Some people under 66 also qualify. If you qualify for free travel, you are issued with a card that you must carry with you when using public transport. In some cases, a Free Travel Companion Card is available which allows a person to travel with the holder (if they are unable to travel alone).

Free travel is available on all State public transport with some exceptions and is also available on certain private bus and ferry services. You may also travel free of charge on certain cross-border services between Ireland and Northern Ireland. Private bus transport operators that have opted in to the Free Travel Scheme accept free travel cards.

For information on Free Travel Entitlements under the Free Schemes administered by the Department of Social Protection, please consult Department of Employment Affairs and Social Protection, contact your local Social Welfare Office or Tel: 1890 500 000 or 071 9157100.

Postal Address: Free Travel Section, FREEPOST, Pension Services Office, College Road, Sligo.

• Free Travel and Public Services Card

The Government is introducing a Public Services Card which will allow people to access a range of government services and payments. The Public Services Card will eventually replace the Free Travel Pass. If you are entitled to free travel, when you are issued with your new Public Services Card it will also be your Free Travel Card. The card will have F-T printed in a yellow octagon in the top-left-hand corner of the card. You must show your Public Services Card to the travel operator when you are using public transport.

If you are aged 66 or over and are getting a social welfare pension, the Free Travel Card will issue automatically if you have registered for your Public Services Card. If you have not registered for a Public Services Card, you will be asked to register before your Free Travel Card issues to you.

• All Ireland Free Travel Scheme

This scheme allows a Free Travel cardholder to travel free of charge on all bus and rail services within Northern Ireland using a Senior Smartpass card. Free Travel cardholders wishing to avail of the All Ireland Free Travel scheme within Northern Ireland must first get a Senior SmartPass card. To get this you must fill in an application form. (It is not possible to get this form online, you must contact your social welfare local office).

For more information on any of these schemes or for help with application forms please contact the Free Travel Section of the Social Welfare Services Office in Sligo:
Tel: 071 915 7100 Locall: 1890 500 000 Website: www.welfare.ie

• Local Link Sligo/Leitrim/Roscommon

Local Link Sligo, Leitrim, Roscommon provide flexible friendly Transport which meets varying transport needs throughout counties Sligo Leitrim and Roscommon. Route 570 operates from Boyle to Roscommon provides connectivity access Boyle and Elphin and Tulsk and Strokestown and Roscommon. The service operates 7 days per week with 3 schedules per day and also provides a Summer Timetable from Boyle to the Lough Key Forest Park daily.

Rural House to House demand responsive services operate across all the rural areas. Passengers can connect to their local village and town for shopping and appointments.

For further information about any of our services please contact Sinead and Brideen.
Ph: 071-9650437 or email: slr@locallink.ie
Please see page 43-44 for current timetable.

• Train Stations in Roscommon

Roscommon Station: 090 6626201
Castlerea Station: 094 9620031
Boyle Station: 090 9662027

• Volunteer Community Car Scheme Service

Local Link provide a Volunteer Community Car Scheme Service in Roscommon. The Volunteer Community Car Scheme Service is for people who may be living alone and socially isolated / or unable to make an independent journey on their own or with a relative or friend to attend an essential clinic or hospital appointment or to access an important appointment which may also be of a confidential nature in their local town or County Town of Roscommon or Castlerea or Ballaghaderreen.

There are seven Volunteer Drivers registered with Local Link. All Drivers are Garda Vetted. The Drivers are located in Athleague, Roscommon Town, Castlerea, Ballaghaderreen, Four Roads, Boyle and Ballydangan, Athlone, County Roscommon.

Volunteers using their own car, pick up the passenger from their home and bring the passenger to their destination. All Volunteers are trained to assist passengers to make that journey as pleasant as possible and this includes training of Volunteers to support passengers who may have a mild physical impairment for which the Passenger needs help getting into and out of the car.

Passengers pay a voluntary contribution based on their means to use the Volunteer Car Service.

There were 600 Volunteer Car Journeys made to various Clinics and Hospitals in 2017. Passengers accessed Roscommon Hospital and Primary Care Centre, Athlone Primary Care Centre, Ballinasloe and Galway, Castlebar and Sligo Hospitals and other various appointments throughout 2017.



To use this service, intending passengers must contact the Local Link Office at 071-9650437 between 09:00am – 5:00pm Daily.

• **Bus Service Providers in Roscommon**

Bus Eireann: Lo Call: 1850 836 611

Sligo: 071 916 0066

Ballina: 096 71800

Chapter 9 - OTHER USEFUL SERVICES

• **Acquired Brain Injury Ireland (ABII)**

Tel: 087 9840824

Email: tcaulfield@abiireland.ie

Address: Melting Pot Community Space, Castle Street, Roscommon

The ABII Roscommon Clubhouse is for people aged 18-65 years who have suffered an acquired brain injury. The Clubhouse is a community centre and the service provides rehabilitative, creative learning experiences within a supportive and safe environment, promoting growth, confidence and independence for people with an ABI.

• **Al-Anon Ireland**

Tel: 01-8732699

Email: info@al-anon-ireland.org

Address: Room 5 Capel Street, Dublin 1.

Web: www.al-anon-ireland.org

Al-Anon offers strength and hope for friends and families of problem drinkers.

• **Alcoholic Anonymous**

Tel: 01-8420700

Email: gso@alcoholicsanonymous.ie

Web: www.alcoholicsanonymous.ie

AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. It is a 'Twelve Step' fellowship dedicated to helping anyone suffering because of their drinking.

• **Alzheimer Society of Ireland**

Tel: 090 663 7549 or (090) 662 7816

Email: fbeattie@alzheimer.ie

Address: Alzheimer Society of Ireland, Government Buildings, Convent Road, Roscommon. Community Dementia Support Nurse This part time service is available to people living in Roscommon. It provides information, support and access to services to people with dementia and their families. The service is available all day Monday 9.30 to 5pm, Tuesday, Wednesday and Thursday mornings.

The Alzheimer Society of Ireland also operate the Alzheimer National Helpline offering information and support to anyone affected by dementia on 1800 341 341.

• **Boyle Family Resource Centre**

Tel: 071 9663000

Email: info@familylifecentre.ie

Address: Knocknashee, Boyle.

Web: www.boylefrc.ie

A drop in space for parents and families.

- **Brothers of Charity**

Tel: 090 6628500

Address: Lanesboro Street, Roscommon.

Web: www.brothersofcharity.ie/roscommon/

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

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

- **Caring for Carers Ireland**

Tel 065 6866515

Email: support@caringforcarers.org

Address: 2 Carmody Street Business Park, Ennis, Co. Clare.

Web: www.caringforcarers.ie

- **Caring for Carers Ireland – West Region**

Tel: 093-70022

Email: caringforcarerswest@eircom.net

Caring for Carers Ireland provides a number of services to family Carers, which are aimed at promoting the health, wellbeing and quality of life of Family Carers and those for whom they care. Services provided include: Support Groups, Information, Carer's Clinics, Respite Training, Research and Advocacy.

- **Croí, West of Ireland Cardiac Foundation**

Tel: 091-544310

Email: info@croi.ie

Address: Croi Heart & Stroke Centre, Moyola Lane, Newcastlewest, Galway.

Web: www.croi.ie

The aim of Croí 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.

- **Cuan Mhuire**

Tel: 091 797102

Address: Coolarne, Co. Galway.

Email: info@cuanmhuire.ie

A comprehensive, structured, abstinence based residential programme is offered to persons affected by alcohol, gambling and other chemical dependencies.

• **DeafHear**

Tel: 091-564871

Text: 086-8648659

Address: 9A St. Francis Street, Galway.

Email: galway@deafhear.ie

Web: www.deafhear.ie

Deaf Hear is a national charity providing specialist service to deaf and hard of hearing people and their families in Ireland.

• **Diabetes Ireland**

Tel: 01 8428118

Helpline: 1850 909 909

Address: Head Office, 19 Northwood House, Northwood Business Campus, Santry, Dublin 9, D09 DH30.

Email: info@diabetes.ie

Web: www.disability-federation.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.

• **Disability Federation of Ireland Ltd**

Tel: 01 4547978

Email: info@disability-federation.ie

Address: Fumbally Court, Fumbally Lane, Merchants Quay, Dublin 8, D08 TXY8.

Web: www.disability-federation.ie

Supporting organisations to enable people with disabilities.

• **Disabled Drivers Association**

Tel: 094-9364054

Email: info@ddai.ie

Address: Lugalisheen North, Ballindine, Claremorris, Co. Mayo.

Web: www.ddai.ie

This charity provides information on vehicle choice/adaption 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.

• **Down Syndrome Ireland**

Tel: 01-4266500 or 1800 374 374

Email: info@downsyndrome.ie

Address: Unit 3, Park Way House, Western Parkway Business Park, Ballymount Drive, Dublin 12, D12HP70.

Down Syndrome Ireland is a national voluntary organisation supporting people with Down syndrome and their families across the country.

• **D.R.E.A.M (Dementia Research Education Advocacy in Motion)**

Tel: 091-384202

Address: 9G Racecourse Business Park, Parkmore, Galway.

Email: info@mydementia.ie

Web: www.mydementia.ie

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. It is a forum to support each other and together speak with an independent voice to campaign improved services in Ireland and to improve attitudes towards people with dementia.

• **GROW**

Tel: 094-9026417 or 1890 474 474 (Info Line)

Email: westernregion@grow.ie

Address: GROW, Western Region, Garvey Way, Castlebar, Co. Mayo.

Web: www.grow.ie

GROW is a mental health organisation which helps people who have experienced, or are experiencing, mental health problems.

• **Irish Centre for Social Gerontology (ICSG) – NUIG**

Tel: 091 495461

Email: icsg@nuigalway.ie

Address: Institute for Life and Sciences (ILAS), National University of Ireland, Galway.

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 Wheelchair Association/Cuisle Holiday Centre**

Tel: 090 666 2277

Email: cuisle@iwa.ie

Irish Wheelchair Association National Holiday Centre for people with disabilities who specialise in disabled holidays and respite care for the disabled.

• **Lesbian, Gay, Bisexual, Transgender (LGBT)**

National Helpline: 1890 929 539

Email: info@lgbt.ie

Web: www.lgbt.ie

The LGBT national helpline provides a non-judgmental, confidential support service.

• **National Adult Literacy Agency (NALA)**

Tel: 01 4127900 or Freephone: 1800 20 20 65

Email: info@nala.ie

Address: Sandford Lodge, Sandford Close, Ranelagh, Dublin 6, D06 YF65.

Web: www.nala.ie

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

• **National Associations of Widows in Ireland**

Tel: 01 8728814/8733622 (National Contact)

Address: Coleraine House, Coleraine Street, Dublin 7.

Email: info@nawi.ie

Web: www.nawi.ie

There are 30 branches throughout the country and activities range from outings, social gatherings, holidays, seminars, educational talks and demonstrations.

• **National Council for the Blind in Ireland**

Tel: 091 564926

Address: NCBI Galway, Odeon House, Eyre Square, Galway.

Service offers support to people experiencing difficulties with their eyesight. Supports include practical advice, assessments, mobility training and counselling.

• **Pieta House West**

Tel: 093-25586

Address: Bishop Street, Townparks, (4th Division), Tuam, Co. Galway, H54 PR24.

Email: mary@pieta.ie or Web: www.pieta.ie

Professional, face-to-face, therapeutic support for someone experiencing a suicidal crisis or engaging in self harm. Services provided are completely free of charge.

• **Roscommon/Mayo Hospice**

Tel: 094 9388666

Email: admin@hospice.ie

Address: Main Street, Knock, Co. Mayo.

Mayo Roscommon Hospice Foundation exists to provide palliative care services to people with life limiting illnesses and their families in County Mayo and County Roscommon. The Service enables patients to live out the remainder of their lives in comfort and dignity. The Palliative Care Service is provided free of charge to all.

• **Roscommon LEADER Partnership**

Tel: 090 6630252

Email: reception@ridc.ie

Address: Unit 12, Tower B, Roscommon West Business Park, Golf Links Roads, Roscommon.

Web: www.rosleaderpartnership.ie

Roscommon LEADER Partnership (RLP, also known as RIDC – Roscommon Integrated Development Company Ltd.) is an organisation that brings together key development projects including rural enterprise, development and social inclusion that work for the betterment of the people of Co. Roscommon. RLP and its predecessors have supported and assisted enterprise and individuals in Co. Roscommon since 1991.

RLPs current responsibilities include the delivery of the Rural Development Programme (LEADER) and the Social Inclusion Community Activation Programme (SICAP). Other initiatives, funded by various Government Departments and Agencies/Bodies in Ireland and EU are also delivered by the company, including the Rural Social Scheme, TÚS, Warmer Homes Scheme and the Traveller Health Programme. Roscommon LEADER Partnership has a very broad remit, having a role in such diverse subjects as tourism, enterprise, environment, recreation, social inclusion and assistance to the unemployed to name but a few.

• **Roscommon Safe Link**

Tel: 071-9664200

Email: rslboyle@eircom.net

Address: Elphin Street, Boyle, Co. Roscommon

Roscommon SAFE Link is a non profit charitable organisation that offers information, support and counselling to women who have experienced domestic violence and abusive situations.

• **Roscommon Women's Network**

Tel: 094 9621690 Fax: 094 9621687

Email: info@rwn.ie

Address: Unit 5, The Old Mill, Castlerea, Co. Roscommon

Roscommon Women's Network (RWN) is a local community project and charity dedicated to supporting women and families, especially the most marginalised, throughout the county. The RWN connects and engages with not just women but every member of the community experiencing disadvantage through the Resource centre, Outreach and predevelopment work.

• **Samaritans**

Nationwide Helpline: SMS: 087 260 9090 FREE PHONE: 116 123

Email: jo@samaritans.org

Web: www.samaritans.org

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

• **Senior Helpline National Office**

Tel: 046 955776

Helpline: 1800 80 45 91

Address: Third Age Centre, Summerhill, Co. Meath.

Web: www.seniorhelpline.ie

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

• **Vita House Family Centre**

Tel: 090 6625898

Email: vitahouse@eircom.net

Address: Abbey Street, Roscommon, F42 N6 77.

Web: www.vitahouse.org

Vita House Family Centre was established in 1993 and is a community, not for profit agency. Its aim is to provide a place of welcome for all, where families and individuals would be encouraged and supported to develop their true potential. Services provided include Counseling, Roscommon Suicide Bereavement Liaison Service, Roscommon Cancer Care Service, Family Mediation and also host Workshops and Events.

• **Western Region Drugs and Alcohol Task Force**

Tel: 091 480044

Email: info@wrdatf.ie

Address: Unit 6, Galway Technology Park, Parkmore, Galway

Web: www.wrdatf.ie

The Western Region Drugs and Alcohol Task Force was established to research, develop and implement, using a partnership approach, a coordinated, regionally appropriate response to substance misuse.

• **Women's Aid**

Tel: 01 6788858

Freephone Helpline: 1800 341 900

Email: info@womensaid.ie

Web: www.womensaid.ie

Women's Aid is a leading national organisation that has been working in Ireland to stop domestic violence against women and children since 1974.




Timetable

TFI TRANSPORT FOR IRELAND

 **local link**

570 Boyle - Roscommon

SERVICES		MON-FRI	SAT-SUN	MON-SUN	
Departing From	Stops	Time			
Boyle	<i>King House Bus Stop</i>	07:35	08:30	12.00	16.00
Elphin Windmill	<i>Bus Stop</i>	07:55		12.20	16.20
Elphin	<i>Hail and Ride</i>	07:58	08:50	12:23	16:22
Tulsk	<i>Bus Stop</i>	08.08	08.08	12.33	16.33
Cruachan Ai	<i>Hail and Ride</i>	08:10		12:35	16:37
Strokestown Park House Gate	<i>Hail and Ride</i>	08.20		12.45	16.45
Strokestown Bridge Street	<i>Bus Stop</i>	08:23	09:10	12:48	16:48
Fourmile House	<i>Hail and Ride</i>	08.33	09:20	12.58	16.58
Kilbride Community Centre	<i>Hail and Ride</i>	08:35		13:00	17:00
Roscommon Lanesboro St.	<i>Bus Stop</i>	08.45	09:27	13:10	17:10
Roscommon Primary Care Centre	<i>Hail and Ride</i>	08:47			
Roscommon Hospital	<i>Bus Stop</i>	08.50		13:13	17:13
Roscommon Train Station	<i>Train Station (9.30)</i>	08.55			
Departing From	Stops	Time			
Abbaytown	<i>Bus Stop</i>	09:25	09:30		
Roscommon Post Office Tourist Office Market Square	<i>Bus Stop</i>	09.35	09.35	13:20	17:20
Roscommon Lanesboro St.	<i>Bus Stop</i>	09,40	09.40	13:25	17:25
Kilbride Community Centre	<i>Hail and Ride</i>	09.52	09.52	13:32	17:32
Fourmilehouse	<i>Hail and Ride</i>	09:54	09:54	13:34	17:34
Strokestown Bridge Street	<i>Bus Stop</i>	10.05	10.05	13:45	17:45
Strokestown Park House Gate	<i>Hail and Ride</i>	10:07	10:07	13:47	17:47
Tulsk	<i>Bus Stop</i>	10.20	10.20	14.00	18.00
Cruachan Ai	<i>Hail and Ride</i>	10:22	10:22	14:02	18:02
Elphin	<i>Bus Stop</i>	10.30	10.30	14.12	18.12
Elphin Windmill	<i>Hail and Ride</i>	10:32	10:32	14:14	18:14
Boyle The Crescent	<i>Bus Stop</i>	10.50	10.50	14.30	18.30
King House	<i>Bus Stop</i>	11:00	11:00	14:30	18:30

Train ex Dublin to Galway (9.30 Roscommon)



local link

Longford, Westmeath & Roscommon





For online information please visit:
locallink.ie



Contact us at: **044 934 0801**



Ask your driver or other staff member for assistance



Local Link Longford, Westmeath Roscommon
Governor's House,
County Buildings Complex,
Mount Street,
Mullingar,
Co. Westmeath,
N91 RW 52.



Timetable



TRANSPORT
FOR
IRELAND



Lough Key Forest Park Ranger

LOUGH KEY FOREST PARK RANGER					
Monday to Friday Saturday and Sunday 1st June to 31st October					
Departing From	Stops	Time			
King House	<i>Bus Stop</i>	11:00	14:30	18:30	21:45
Boyle Marina	<i>Hail and Ride</i>	11:05	14:35	18:40	21:50
Lough Key Forest Park	<i>Hail and Ride</i>	11:15	14:45	18:45	22:00
Boyle Marina	<i>Hail and Ride</i>	11:25	14:55	18:55	
King House	<i>Bus Stop</i>	11:30	15:00	19:00	

Boyle Round Town Services

BOYLE ROUND TOWN SERVICES			
Daily Scheduled Service			
Departing From	Time	Departing From	Time
King House	11.30	King House	15.00
Green Street	11.31	The Crescent	15.02
Lowpark	11.33	Car Park Beside Supervalu	15.04
Mocmoynne Road	11.36	Great Meadow	15.06
Patrick Street	11.40	Silveroe	15.08
Bridge Street	11.41	Train Station	15.11
The Crescent	11.42	Plunkett Road	15.19
Post Office	11.44	Cnoc An Baile	15.23
Lower Marian Road	11.45	The Crescent	15.24
Church View	11.46	Post Office	15.27
Upper Marian Road	11.47	Boyle Medical Centre	15.31
The Crescent	11.50	Abbeyhaven Nursing Home	15.34
King House	12:00	King House	15:45

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NOTES

NOTES





KEEP WELL



Rialtas na hÉireann
Government of Ireland

