



North Central Donegal Community Directory

Covering the districts of Letterkenny Town and surrounding areas,
Churchill, Cranford, Kilmacrennan, Termon, Milford, Ramelton,
Rathmullan, Downings, Portsalon, Carigart, Kerrykeel and Fanad.



FOREWORD



The North Central Child and Family Support Network was established in 2018 with the support of the Prevention, Partnership and Family Support Department in Tusla. It is one of five similar networks across the county. These networks bring together all Community and Statutory Services in a geographic area who work with children, young people and their families. In each network there are representatives from schools, youth services, health services, family support services, childcare services, the Gardai, Tusla, as well as many of the locally based community groups in the area.

The purpose of the network is to ensure that all members have a good understanding of the services that are available in their area to support children, young people and families. One of the main aims of establishing the Networks was to ensure that there is “no wrong door” when families go looking for support and this is achieved through each member’s knowledge of the supports that are available from being part of the Network.

Many of the services in Networks are also trained in the Meitheal approach which is a supportive process for children and young people under 18 years who might be struggling either at home or at school. The Meitheal supports the parent and young person to identify what their needs are and puts supports in place around the family to meet these needs. Meitheals are available across Donegal.

This Directory will be a great resource to both the public and the services working in the North Central area of Donegal. Huge thanks to all who contributed and a special word of thanks to Donegal Local Development who have invested heavily through manpower and funding to put the Directory together.

Kieran Doherty (*CEO Alcohol Forum*) and
Trish Mc Laughlin (*Manager, Donegal County Childcare Committee*).
Joint Chairs North Central Child and Family Support Network

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INTRODUCTION

This Directory of Services has been put together by the North Central Child and Family Support Network. The Network covers Letterkenny Town and the surrounding towns and villages of Churchill, Kilmacrennan, Termon, Ramelton, Rathmullen, Milford, Kerrykeel, Portsalon, Glen, Cranford, Carrigart, Downings and Fanad. The aim of the Directory was to collate information about as many services as possible operating in this area that support families across the life course. We hope that if someone new comes to live in the North Central area the Directory will be able to direct them to all the supports and services they might need. As well as being a useful resource for families we also hope that the Directory will be seen as a useful resource for the many practitioners working in the community and aid them in sign posting young people and families to appropriate supports and services.

The Directory contains information on everything from the cradle to the grave, from family planning to care of the aged. Family Life is viewed across the entirety of the life course with services specific to children included whilst at the same time including adult specific services, for example Child and Adolescent Mental Health Services and Mental Health Services for Adults. We have included information on statutory services, community services and voluntary services. Whether you need information on your local Parent and Toddler Group, your local Public Health Nurse, places of worship, the Gardaí, childcare, local schools, adult education, youth supports, family supports, counselling services, disability services, or health and well being supports it can all be found in this publication.

There is a lot of information out there online about what is available but sometimes this can be difficult to navigate. In this directory we have tried to pull a lot of this information together into the one place to make it easier for a parent or practitioner working in the area. We have grouped all the projects, services and supports by theme with the themes presented alphabetically. Some organisations may appear several times depending on the range of services or programmes they offer. We have also included some national services that provide supports across the country, for example, AS I AM, AWARE, etc.

The Directory will be available in printed form but will also be available online at a number of website locations including www.parenthubdonegal.ie and www.cypsc.ie Donegal page. If you spot an error or want to suggest an entry for an organisation or service we have missed please send the information to Nicolac.harvey@tusla.ie. The on-line version will be updated overtime. Also, you are welcome to post a link to our on-line directory on your own social media or website page.

Nicola Harvey
Senior Child and Family Support Network Coordinator,
Prevention, Partnership and Family Support, Tusla

ACTIVITY, RECREATION AND WALKING GROUPS

Organisations offering recreational choices (also see sports & recreation - final section)

Organisation	Donegal Sports Partnership
Service / Activity	See samples of activities delivered under the various programmes below. <u>Sport Inclusion Disability Officer Programmes</u> Activity Programme, Inclusive Fitness Sessions, Inclusive Fun Family Fitness Swim Programme for Children with a Disability <u>Community Sports Development Officer Programmes</u> Sports Leadership Level 1 Awards, Activator Poles Walking, Programme, Home Exercise Initiatives, Walking Programmes including National Walks Day, Operation Transformation. <u>Active Donegal Programmes</u> Ag Sugradh Le Cheile Programme, Women In Sport: RunDonegal Virtual 5K 30 for 30 Christmas Activity Challenge, Donegal Sportshall Athletics Programme, Safeguarding 2 (Club Children's Officer). <u>Cross border Initiative</u> Tennis Academy, IFI Soccer for Peace Programme, Mini Sports Celebrations, Primary School Coaching, Online supports developed and Final. Check our website or contact us for more Programmes and Initiatives.
Target Audience	Pre-school to Senior Citizens
Opening Hours	9:00 am – 5:00 Pm Monday - Friday
Contact Number	074 911 6078 / 6079
Address	Office No. 7, River Front House, Pearse Road, Letterkenny, Co. Donegal, F92 T68V
Email Address	info@activedonegal.com
Website	www.activedonegal.com

Organisation	LYFS
Service / Activity	Knitting Group New and experienced knitters meet weekly to learn and produce items donated to BUMBLEance, Marys Meals, LUH Maternity and LUH Oncology Unit. Age 18+yrs Men's Inclusive Exercise Programme (In conjunction with Donegal Travellers Project) Twice weekly sessions of exercise with men from a cross section of the community. Men from a range of cultures and physical and intellectual abilities. Men Age 18+
Opening Hours	Contact Centre for times of classes.
Contact Number	0749123078 / 0861237917
Address	No.1 New Line House, New Line Rd, Letterkenny, Co. Donegal F92 K103
Email Address	info@lyfs.ie / garryglennon1@hotmail.com
Website	www.facebook.com/Lyfscommunityproject/

Organisation	Gartan Outdoor Education and Training Centre
Service / Activity	Adventure activities and outdoor education courses take place within our woodland and on Gartan Lough. We use the nearby Derryveagh Mountains and the splendid Donegal coastline for our sea kayaking, surfing and 'Coastabout' courses. Many of our sailing and windsurfing courses are also held at the coast. Providing courses to schools, adventure holidays for families, training courses for individuals or something different for a group of friends or for corporate groups, - Gartan caters for everyone. Activities include: Archery, Gorge Walking, Canoeing, Rock Climbing, Power-boating, Mud Run, Raft-Building, Surfing, Sea Kayaking and much much more.
Contact Number	074 91 37032
Address:	Gartan, Church Hill, Co. Donegal
Email Address	gartanoffice@donegaletb.ie
Website	www.gartan.com

Organisation	Cara House Family Resource Centre
Service / Activity	Relax with Activity Cara House arranges classes and groups with a wellness theme in house and on-line. Walk in the Park on Wednesdays Dancing, Tai Chi, Pilates, Yoga, Chairbics, Mindfulness Cara House can arrange small group classes for different disability groups on request, where they are unable to join regular classes. Find us on www.Facebook.com/carahousefrc
Target Audience	Adults
Opening Hours	9.30 – 5pm
Contact Number	Contact Martina on 0861223029 0749123986
Address	Pearse Road Letterkenny F92YA21
Email Address	info@carahouse.ie
Website	www.carahouse.ie

Organisation	Letterkenny C.D.P. Clg.
Service / Activity	C.D.P. BOOK CLUB: Get your Books Delivered to your door. Free Service Tell us your favourite type of book We will collect books when you are finished and we will replace them.
Target Audience	All Ages
Opening Hours	9-5pm
Contact Number	074 9120633/0868262330
Address	U24 The courtyard Shopping Centre 1r Main Street, Letterkenny F92N5VF
Email	letterkennycdp@lkennycdp.com

Organisation: Letterkenny Men's & Women's Shed	
Service / Activity	Letterkenny Men's & Women's Shed based in St Conals Campus Drop in for a cuppa, Meet your Peers Work on Personal Projects Share your Skills with others Learn New Skills
Target Audience	Men and Women of all ages and abilities
Opening Hours	9-5pm
Contact Number	074 9120633/0868262330
Address	c/o Unity 24 The Courtyard Shopping Centre Lr. Main Street , Letterkenny , Co Donegal F92N5VF

Organisation: Swilly Hiking Club	
Service / Activity	Adult Physical Activity
Target Audience	Over 18
Contact Number	086 0530060
Address	Co Donegal
Email	swillyhikingclub@gmail.com
Website	swillyhiking.ie

Organisation: Mevagh Strollers Group	
Service / Activity	Mevagh strollers meet every Tuesday morning at the Boardwalk Resort @ 10:30am. The group goes for a gentle stroll along the board walk
Target Audience	Adults
Opening Hours	Tuesday mornings @ 10:30am
Contact Number	Contact Pauline Collins for more information or to join the group. Tel: 0749155055 / 0857371247
Email Address	developmentworker@mevaghfrc.com

ADDICTION SERVICES & SUPPORTS

Treatment, support and information about addiction to gambling, alcohol & other drugs

Organisation:	HSE Alcohol and Drug Services
Service / Activity	Offering one to one counselling for drugs, alcohol and gambling addiction issues. Referral is through your GP. There is also a Youth Counsellor who works with young people up to the age of 24 throughout the County. Donegal HSE Alcohol and Drug Services have offices in Letterkenny, Buncrana, Dungloe and Donegal Town.
Address:	9 St. Eunan's Court, Letterkenny, County Donegal
Contact details:	074 91 28769 (Letterkenny)

Organisation:	Alcohol Forum
Service / Activity	The Alcohol Forum is an Irish charity that provides support, information and services to individuals, families and communities impacted by alcohol harm, while working at the wider level to change Ireland's problematic relationship with alcohol. The Alcohol Forum offers range of programmes to support families, young people & parents across Donegal, Sligo & Leitrim such as Alcohol Related Brain Injury (ARBI), Strengthening Families Programme (SFP), M-PACT, Donegal Reach & 5 Step Family Support. Moving Parent & Children Together (M-PACT) M-PACT is a ten-week brief intervention to help children 8-17 whose parents / guardians work together in a friendly, safe group environment with a team of highly skilled facilitators who help them find ways to improve family life. Participants learn a greater understanding of ways to improve family. Participants learn a greater understanding of addiction and its impact on families, they acquire new and improved way of communicating about addiction. Children and young people learn ways in which to express themselves and be heard. Coping strategies and self-esteem are improved. Donegal Reach Donegal Reach Project supports young people affected by parental alcohol or other drug use through one-to-one support with a youth worker and group work. The overall aim of the project is to build up young people's self-esteem, promote positive relationships, help them to become more resilient and improve their future prospects. The Donegal Reach Project focuses on self-confidence, behavioural development, mental health support, goal-setting and improvement in family and social relationships.
Opening Times:	Monday - Friday, 9am – 5pm
Contact Name:	Kieran Doherty, CEO
Address:	Unit B9, Enterprise Fund Business Ctr., Ballyraine, Letterkenny, Co. Donegal
Contact details:	074 9125596
Email	info@alcoholforum.org
Website	www.alcoholforum.org

Organisation:	White Oaks Centre
Service / Activity	White Oaks Centre provides a 30 residential treatment programme for those who are suffering with addiction. Referral to the Centre can be made via the HSE Community Addiction Service (for Medical Card holders) or by contacting us directly (non-Medical Card holders). The programme consists designated counsellor, intensive group and individual therapy, family therapy, psycho-education input, focused therapeutic work Clients are offered a 6 week step-down programme and a 2 years aftercare programme post treatment
Target Audience	18-65+
Opening Hours	Contact by telephone 8 am – 9 pm
Contact Number	074 9384400
Address	Derryvane, Muff, Co Donegal, F93 AY81
Email Address	info@whiteoakscentre.com
Website	www.whiteoakscentre.com

Organisation:	LETTERKENNY C.D.P.
Service/ Activity	Donegal Drug & Alcohol Outreach - START Project The service provides non-judgemental support guidance & education to drug/alcohol users, their families and the community, enabling them to cope with the effects of drug/ alcohol use in everyday life. Client Groups: Drug/alcohol users 18 - 30 years, their families, and community residents Contact details: 086 7752142 Community Response to Addiction: Outreach worker meet with people who are concerned about their Drinking/Drug taking. Help them to reduce the harm caused by Addiction Meet in their own Environment/Home Confidential Service Community employment Drugs/Alcohol Rehabilitation Project for people in recovery. Age 18+
Opening Hours	9-5pm
Contact Number	074 9120633/0868262330
Address	UNIT 24 THE COURTYARD SHOPPING CENTRE LR. MAIN STREET LETTERKENNY CO. DONEGAL F92N5VF
Email	letterkennycdp@lkennycdp.com

Organisation:	Stop Smoking Service -HSE Health Promotion and Improvement
Service / Activity	Stop Smoking Service
Target Audience	FREE support service for anyone who currently smokes tobacco (or has recently quit) and would like or need to quit. Just call Fiona to book your appointment.
Opening Hours	10am to 4pm (every second Tuesday)
Contact Number	0872514790 Fiona Boyle Support can also be provided over the phone if you would prefer.
Address	Carrigart Health Centre Carrigart Letterkenny Co Donegal F92 D74C
Email Address	Fiona.boyle@hse.ie
Website	QUIT.IE

Organisation:	Foroige Youth Drugs and Alcohol Education & Prevention Project
Service / Activity	Foroige Youth Drug & Alcohol Education and Prevention Project aims to support and develop the delivery of high quality drugs education programmes for young people aged 10 – 17. The project works towards promoting healthier lifestyle choices amongst young people, in particular those misusing or at risk of misusing drugs/alcohol, by equipping them with the knowledge skills and attitudes to enable them to make positive informed decisions around their own behaviour. The Project Worker can facilitate groups run through and in conjunction with other organisations.
Target Audience	10 to 17 Year Olds
Opening Hours	Mon – Saturday 11-7pm (other out of hours as required)
Contact Number	0860481977
Address	Level 2, Cedar House Main Street, Ballybofey, Co. Donegal , F93 RY10
Email Address	infodonegal@foroige.ie
Website	www.foroige.ie Facebook @foroigedonegal

AUTISM AND ASD SUPPORT SERVICES AND GROUPS

Organisations offering information and supports on Autism Spectrum Disorder

Organisation:	Autism Family Support Letterkenny
Service / Activity	Support & Educate Our Young People Support & Educate Parents/Carers Spread Autism Awareness Throughout the Local Community
Opening Hours	9-5 Mon-Fri
Contact Number	074 911 1461 / 086 105 8086
Address	1A Convent Road, Letterkenny, Co Donegal, F92 D278
Email Address	autismletterkenny@gmail.com
Website	www.autismilk.com

Organisation:	Middletown Centre for Autism
Contact Number	0044 28 3751 5750
Email Address	admin@middletownautism.com
Website	https://www.middletownautism.com/

Organisation:	The Sonic Club
Service / Activity	Solely focused on members with Autism Spectrum Disorder (ASD) Weekly youth club (1.5 hours) Periodic day trips/events Social & life skills Physical & mental well-being Group projects Promoting ASD in the community Mentoring & guidance Parent & carer support
Target Audience	Teens and young adults on the Autism Spectrum. Youth Club Members - 12yrs to 18yrs. Associate Members - 18+yrs
Opening Hours	Weekly on Thursdays from 7:00pm to 8:30pm Ad hoc day trips/outings at weekends (usually 10:00am to 3:00pm)
Contact Number	Claire Foody: 0876371916 Fergal O'Mahony: 0867300538
Address	1a Convent Road, Letterkenny, Co. Donegal, F92 D278
Email Address	sonicletterkenny@gmail.com
Website	www.autismilk.com

Organisation:	Advocates for Personal Potential (APP) Training Services
Service / Activity	1-2-1 support for school leavers with ASD. <u>Referral process only through HSE Adult Day Services</u>
Target Audience	18-65
Opening Hours	Mon- Thur 9.5pm Fri 9-4pm
Contact Number	074 911 3661
Address	APP Training Services Unit BG 9 Justice Walsh Road Letterkenny Co Donegal F92 KD8C
Email Address	info@appts.ie
Website	www.appts.ie

Organisation:	As I Am
Service/Activity:	AsIam.ie aims to provide a one-stop shop for the Autism community in Ireland. From providing the public and those with the condition to a portal of information about Autism, to serving a platform for people affected by Autism to share their stories and views, to providing a strong voice for the concerns of the community – AsI-Am.ie has it all! Registered Charity in Ireland: CHY21201. Company No: 553241
Address:	Rock House, Main Street, Blackrock, Co. Dublin, A94 V9P1
Contact Number	014453203
Website	www.asiam.ie

Organisation:	Irish Society for Autism
Service/Activity:	The Irish Society for Autism was created in 1963, and has long campaigned for the cause of Autism in Ireland and Worldwide. We are the longest established specialist service for people with Autism in Ireland. The Society was formed with the goals of creating awareness about Autism, and convincing the authorities that early diagnosis and specialised education would greatly enhance the quality of life for people with Autism.
Address:	Unity Building, 16/17 Lower O'Connell Street, Dublin 1, Ireland
Contact Number	t: 01 874 4684
Email	admin@autism.ie
Website	www.autism.ie



**Comhairle Contae
Dhún na nGall**
Donegal County Council

welcome to your library

Membership of all public libraries is free for everyone.
As a library member you can request and borrow items from
any library nationwide.

Libraries also offer photocopying, printing, computer, WIFI,
studying and research facilities.

Library online services are available at www.donegallibrary.ie,
where you can access eBooks, eAudiobooks, eMagazines,
eNewspapers, online courses, Britannica Encyclopedia and lots more.

The Library runs an annual events programme including
Seachtain na Gaeilge, Spring Into Storytime, Bealtaine,
Summer Stars, Wainfest, Science Week and
Family Time at Your Library.

Central Library Milford Community Library

Public Service Centre Milford
Eircode: F92 PY9F Tel: 074 9153927
Fax: 074 9153951
Email: milford@donegallibrary.ie

Oliver Plunkett Road

Letterkenny
Eircode: F92 R273 Tel: 074 9124950
Fax: 074 9124950
Email: central@donegallibrary.ie

Opening hours may be subject to Covid restrictions.

CANCER SERVICES AND SUPPORT GROUPS

Organisations offering cancer care supports in a community setting

Organisation:	Donegal Hospice & Palliative care services
Service / Activity	Adult palliative care services.
Target Audience	Adults
Opening Hours	24/7
Contact Number	0749177258/77256
Address	Knocknamona Letterkenny, CoDonegal F92VX81
Email Address	Isobel.doherty@hse.ie
Website	www.donegalhospice.ie

Organisation:	Cancer Care West
Service/Activity:	Cancer Care West. The West of Ireland Charity. Supporting cancer patients and their families. Cancer Care West's Cancer Support Centre is here to support you in whatever way possible in your experience of cancer. Whether you are a cancer patient, a partners relative or friend of someone with cancer, this centre is for you.
Opening Times:	Mon. - Thurs. 9-5pm Fri. 9-4pm (Open through lunchtime)
Address:	2nd Floor Unit Station House, Pearse Road, Letterkenny
Contact details:	t: 074 960 1901 e: donegalsupport@cancercarewest.ie

Organisation:	Breastcheck (HSE Breast Screening service)
Service/Activity:	Breast screening helps find cancer at an early stage. Breast screening involves having a mammogram of your breasts at a BreastCheck clinic or mobile screening unit. You become eligible for breast screening once you reach the age of 50. Service delivered via mobile unit in different areas.
Contact details:	Freephone information line: 1800 45 45 55

Organisation:	Donegal Cancer Flights & Services
Service/Activity:	We provide return flights from Donegal Airport to Dublin for clients at a price of €30. We also provide return flights at a reduced rate of €62 for carers or family members travelling with our clients. We offer a free counselling service to our cancer clients and their family members. Information evenings on cancer-related topics by healthcare professionals. Pampering days where clients are treated to a range of free therapies and treatments in the relaxed atmosphere of Ionad Naomh Pádraig
Opening Times:	Open 5 days a week
Contact Name:	Máire Uí Chomhaill
Address:	Ionad Naomh Pádraig, Dobhar, Bun Beag, Leitir Ceanainn, Co. Dhún na nGall, F92 EH6N
Contact details:	t: 074 95 32949 m: 086 825 9752 e: ionadnp@gmail.com

CARERS

Supports and information for family carers of all ages

Organisation:	Family Carers Ireland
Service/Activity:	Family Carers Ireland is a registered charity (number CHY 10962) and a company limited by guarantee, emerging from the coming together of two long standing charities of over 25 years in 2016 – The Carers Association and Caring for Carers. The merger brings the best of both charities together whilst broadening the range of services and supports to family carers and giving one national voice to represent fairness for carers. This office covers Donegal.
Contact Name:	Martina Cawley
Address:	53 Saint Bridget's Place Sligo F91YY59
Contact details:	t: 071 91 43123 m: 0861726664 e: mcawley@familycarers.ie

Organisation:	Mevagh FRC Carers Group
Service / Activity	Carers Support Group
Target Audience	All Carers, both registered and non-registered are welcome to
Opening Hours	Second Tuesday of the month @ 10am – 12pm
Contact Number	0749155055
Address	Áras Ros Goill, Downings, Co. Donegal, F92 RX8C
Email Address	developmentworker@mevaghfrc.com
Website	www.mevaghfrc.org

Organisation:	Mevagh FRC Additional Needs Support Group
Service / Activity	Disability Services and Supports This is a peer support group for parents/ carers who have children with additional needs.
Target Audience	Parents
Opening Hours	Second Tuesday of the month @ 11am – 1pm
Contact Number	0749155055
Address	Áras Ros Goill, Downings, Co. Donegal, F92 RX8C
Email Address	familysupport@mevaghfrc.com
Website	www.mevaghfrc.org

Organisation:	DYS 'Young Carers' Project
Service / Activity	The Young Carers project exists to support young people who take on extra caring responsibilities at home, which often impacts other areas of their lives, like school work, time spent with friends, extra- curricular activities and hobbies. Contributing to household chores and family responsibilities is a common part of life in a home but young people who are caring for a relative often take on more of these responsibilities and tasks. This can affect their well-being and therefore they may need some support. We aim to provide space for these young carers to have time to themselves, meet young people undertaking similar roles in their homes and provide fun activities for them to engage in.
Target Audience	12-24 yrs
Opening Hours	Tuesday's 5.30-6.30pm (Currently online) Saturday's Times may vary (Face-to-face) please contact us below for further information
Contact Number	074 91 29630
Address	Donegal Youth Service 16 - 18 PORT ROAD LETTERKENNY CO. DONEGAL F92 N2KC
Email Address	admin@donegalyouthservice.ie / eimile.lewismcgee@donegalyouthservice.ie
Website	https://www.donegalyouthservice.ie/what-we-do/young-carers-project/

CHILDCARE SERVICES

Including Pre School and After School

Organisation: Donegal County Childcare Committee	
Service / Activity	Donegal CCC is the local agent funded by DCEDIY to support early Learning and care (ELC) and School Aged Childcare (SAC) providers and families in relation to childcare in Co. Donegal. Main activities include; • Supporting ELC and SAC providers and parents in relation to the National Funding Schemes. • Supporting ELC services regarding regulation and compliance. • Information • Training • Support
Target Audience	Early Learning and Care Services (including School Aged Childcare and Pre-school services).
Opening Hours	9am-5pm
Contact Number	0749123442
Address	10-11 St. Columba's Terrace, High Road, Letterkenny, Co. Donegal F92E9KW
Email Address	info@donegalchildcare.com
Website	Donegalchildcare.com

Service Name	Service Address	Landline Number	Email
Ballaghderg Pre- school	Calhame, Ballaghderg, Mountain Top Letterkenny	074 9121596	john.lanigan@hse.ie
Bee Kool Kidz	Upper Ballymacool Letterkenny	074 9124681	beekoolkidz@hotmail.com
Bomany Nursery & Montessori School	Bomany Letterkenny	074 9125929	bomanynursery@yahoo.co.uk
Churchill Community Childcare Ltd	C/o Patton Memorial Hall Trentagh, Letterkenny	074 9137300	churchillcommunitychildcare@gmail.com
Clever Kids Pre- school	Drumatrummon Kerrykeel	074 9150311	maryfriel@ymail.com
Craoibhín ais Chúram Páistí	Currin An Tearmainn	074 9119988	info@craoibhintermon.ie
Doorway Project 2	No 6 Meadowbank Long Lane Letterkenny	074 9161071	childcare@thedoorwayproject.ie

Service Name	Service Address	Landline Number	Email
EMSC Montessori Ltd	Glencar Irish Long Lane Letterkenny	074 9113964	info@errigalcreche.com
Fairytales Day Care	Drumbern Milford	074 9163198	patrice@fairytalesdaycare.ie
Fairytales Rathmullan	St Joseph's Primary School Rathmullan	074 9158484	patrice@fairytalesdaycare.ie
First Steps Pre-School & Naíonra Gleann Chearra	Lios na Sióg Old Glencar Road Letterkenny	074 9125789	firststepsdmg@gmail.com
Lakeview Montessori & Music School	Lakeview House Drumaboden Ramelton	074 9139246	sharonlouisecurran@yahoo.co.uk
Learn n Play Pre-school	20 Glendale Manor Letterkenny	074 9120472	letterkennycdp@lkennycdp.com
Letterkenny Community Childcare Ltd	County Enterprise Business Park Ballyrairie Letterkenny	074 9176667	communitychildcare.letterkenny@gmail.com
Letterkenny Youth & Family Service	1 New Line House New Line Road Letterkenny	074 9123078	patsyferry@gmail.com
Little Dreamers Creche, Montessori Pre-School and All Day	Carnamuggiagh Upper Mountain Top Letterkenny	074 9123947	littledreamers2007@hotmail.com
Little Rascals Community Playschool Ltd	Tourism/Activity Centre Rosnaskill Fanad	0749 192926	natale@rossnakillrascals.ie
Milford Community Playgroup Ltd	Unit 1, Lower Main Street Forquar Milford	074 9153757	milfordcommunityplaygrouppltd@hotmail.com
Rainbow Nursery School	26 Rough Park Woodlands Letterkenny	074 9126076	rainbow.school@hotmail.com
Rainbows Pre-School	4 Tirlaughan Brae Carrigart	087 9392396	rainbowspreschool@outlook.com
Ramelton Community Playgroup Ltd	C/o Robertson School Church Street Ramelton	074 9151540	normawilson11@hotmail.com
Shining Stars Montessori & Creche	Unit 33,34, Pinehill Business Park Letterkenny	0749 168428	aoifedorrian@yahoo.co.uk

Service Name	Service Address	Landline Number	Email
St. Gabriels Pre-School	Convent Road	083 4266221	st.gabriels.preschool@hotmail.co m
Glen Outdoor School	Barrack Newmills	086 1737748	sally@earlylearningschools.ie
House of Fun	Castleshannahan	074 9152754	berniemorán75@gmail.com
The Model Creche	Drumnahe	074 9126771	themodelcreche@gmail.com
The Park School of Early Years	23 Glen Park Foxhills Letterkenny	074 9177700	sally@earlylearningschools.ie
Willowbrook Pre-school & Afterschool	4 Willowbrook Glencar Letterkenny	074 9126109	willowbrookplay-school@gmail.com
Wonder Years Childcare Centre	Rossbracken Letterkenny	074 9157905	wonderyearseccelt@gmail.com
Danielle's Afterschool	Scoil Naomh Brid		daniellesafterschool@gmail.com
Cara Children's Cen	Castle Street	23074 9123986	childcareadmin@carahouse.ie
Child's Fun and Play Preschool	38 Rowan Park Lismonaghan Letterkenny	083 4724980	childsfun.play@gmail.com
Naíonra an Tear-	Curraín An Tearmainn	086 8670168	
Naíonra Dubhlinn Riabhach	Duibhlinn Riabhach Carraig Airt,	087 2214267	suzanne@cnng.ie
Clever Kids After-school	Rabs Park Kerrykeel	074 9150311	maryfriel@ymail.com
Shining Stars Mon tessori & CrecheLtd	Unit 16, Pinehill Industrial Estate Mountain Top		aoifedorrian@yahoo.co.uk

Organisation:	LETTERKENNY COMMUNITY CHILDCARE CLG
Service / Activity	Full/Par time Childcare 50 hours per week Early Childhood Care and Education Programme (ECCE) Afterschool and out of school provision
Target Audience	6 weeks - 12years
Opening Hours	7.45am-5.45pm
Contact Number	0749176667
Address	Donegal Enterprise Business Park, Ballyraine, Letterkenny, Co Donegal F92PF29
Email Address	communitychildcare.letterkenny@gmail.com

Organisation:	LETTERKENNY C.D.P. Clg.
Service / Activity	Pre School-Learn n Play Morning Sessions Open Aug-June Free Pre School session Reasonable rates for non eligible children
Target Audience	Children aged 12yrs 10months-School age
Opening Hours	9-5pm
Contact Number	0749120472
Address	20 Glendale Manor Upper Glencar Letterkenny Co Donegal F92RX06
Email	cdp.preschool@gmail.com

Organisation:	Bluestack Special Needs Foundation
Service / Activity	Afterschool Every Monday-Wednesday during School Term 10-14 years 3:30-5:30 pm Admission: €10
Target Audience	9-14 years
Opening Hours	Monday-Wednesday, 3:30-5:30 pm
Contact Number	0749740828
Address	The Glebe, Donegal Town, F94X31V
Email Address	info@bluestackfoundation.com
Website	www.bluestackfoundation.com

Organisation:	LYFS
Service / Activity	Afterschool Programme- Supporting National School aged children to flourish in and out of school Fully qualified staff supporting educational and emotional needs of children progressing through National School. Irish language support Subsidies available
Target Audience	5 – 13 year olds
Opening Hours	12.30pm-6pm , Monday- Friday School Term Time
Contact Number	0749123078 0834061052
Address	No.1 New Line House New Line Rd Letterkenny Co.Donegal F92 K103
Email Address	afterschools@lyfs.ie info@lyfs.ie
Website	www.facebook.com/Lyfscommunityproject/

Organisation:	Cara Children's Centre
Service / Activity	Cara Children's Centre is part of Cara House Family Resource Centre CLG. It offers sessional childcare for 2 year olds, Pre- school children and Afterschool Homework with Activity groups (all 5 days a week). Parent and Toddler Group every Wednesday morning 10 – 12 in Cara Children's Centre Mother and Baby Wellness, including Baby Massage
Target Audience	Aged Children 2 - 12yrs
Opening Hours	Preschool 9 – 12yrs Afterschool 2 – 6yrs
Contact Number	To book contact Janet on 0867251779
Address	Cara Children's Centre Pearse Road Letterkenny F92KW20
Email Address	Klara – childcaremanager@carahouse.ie Janet – childcareadmin@carahouse.ie
Website	www.carahouse.ie

CHILDREN'S SERVICES AND FAMILY SUPPORTS

Tusla and Family Agency

Organisation:	Donegal Children and Young People's Service Committee
Service / Activity 	Donegal CYPSC is an interagency structure that brings together a diverse group of public and not-for-profit organisations across the county to improve outcomes for children & young people from birth up to 24 years of age. Donegal CYPSC supports communication across organisations and their engagement in joint planning and co-ordination of services for children and young people. The Children and Young People's Services Committee (CYPSC) is tasked to facilitate interagency work to progress the five national policy outcomes for Children and Young as set out in the Better Outcomes, Brighter Futures' Strategy which are that children and young people in Ireland: - Are active and healthy, with positive physical and mental wellbeing - Are achieving full potential in all areas of learning and development - Are safe and protected from harm - Have economic security and opportunity - Are connected, respected and contributing to their world. The 5 national outcomes are at the heart of this Children & Young People's Plan (CYPP) for County Donegal, which has been developed through consultation with and the participation of young people and parents as well as statutory and community and voluntary service providers throughout the county. This CYPP brings together a wide range of service providers who are committed to working on an interagency basis to address the identified priority needs of the child and youth population. This will result in children and young people being better able to access the right kind of support when they need it. This plan also aspires to building the capacity of services in a range of sectors to hear and respond to the voice of diverse young service users in meaningful ways and to build the capacity of young leaders to participate in the various CYPSC structures and initiatives.
Target Audience	Children and Young People in County Donegal from Birth up to 25 years of age
Opening Hours	Office hours: Monday to Friday, 9am to 5 pm
Contact Number	Office: 074 9104512 Anne Timony Meehan, Coordinator: 087 3527651
Address	Sally Place, Justice Walsh Road, Letterkenny, Co Donegal F92EYC8
Email Address	Anne.TimonyMeehan@tusla.ie
Website	www.cypsc.ie Twitter @CYPSCDL Facebook @CYPSCDonegal

Organisation	Tusla Child and Family Agency : Prevention, Partnership and Family Support
Service/ Activity:	Under the Prevention Partnership and Family Support Programme Tusla have developed a number of Child and Family Support Networks across Donegal connecting community and statutory organisations involved in the delivery of services to children, young people and their families. The North Central Child and Family Support Network was established in 2018. The purpose of the networks is to ensure children in need and their families can access services early in the stage of a problem so that they do not reach crisis. Members of the Networks are trained in the Meitheal so as to assist families identify their needs and access appropriate supports in a timely way. Prevention, Partnership and Family Support is about early intervention and prevention and ensuring that when families look for support there is “no wrong door”.
Target Audience:	The Meitheal is open to families where a child or young person (up to 18years), has additional needs, or is facing challenges that are difficult to overcome and are finding it difficult to access the necessary supports.
Referrals:	Families can access Meitheal directly by making contact with the Coordinator or any member of the Child and Family Support Network.
Address:	Nicola Harvey, Senior Child and Family Support Network Coordinator Address: St Conal’s Campus, Kilmacrennan Rd., Letterkenny F92 FW6Y
Opening Hours:	9-5 Monday to Friday
Contact Details:	t: 074 9123632 m: 086 0458328 e : nicolac.harvey@tusla.ie

Organisation	Tusla, Child & Family Agency, Foster Care Service, Donegal.
Service/ Activity:	Fostering is caring for someone else’s child in your own home, providing family life for a child or young person who for one reason cannot live with his or her own parents. The Fostering Service in Donegal is responsible for recruiting Foster Parents, assessing both General and Relative Foster Parents, providing support to Foster Parents in the role of caring for children. The service is committed to providing training to promote learning and development of Foster Carers in the fostering role and supporting in developing a wide range of skills required to care for children and young people in need.
Target Audience:	The Foster Care Service seeks to ensure there is a wide range of Foster Carers to meet the diverse range of needs of children in the care of Tusla who cannot live with their parents for whatever reason. General and Relative Foster families are required for as long as a child or young person needs an alternative stable, caring, loving home environment and which can support in the child or young
Referrals:	Foster Carers are a diverse group of people who come from all walks of life. If you feel you could make a difference to a child or young person’s life you can contact the Fostering Service & a Social Worker will talk with you about your interest in becoming a Foster Carer, what is required etc.
Address:	Foster Care Service, St. Conal’s Hospital, Letterkenny, Co. Donegal
Opening Hours:	9 am – 5 pm Monday to Friday
Contact Details:	t: 074 9123701 / 074 9123675 National: 1800 226 771 e: tusla.fostering@tusla.ie

Organisation	Tulsa Child and Family Agency : Intake Team
Service/Activity:	The purpose of the Child Protection and Welfare service is to meet the Agen-cy's statutory responsibilities in accordance with Child Care Act, 1991, The Children Act 2001 & Children First: National Guidance 2017. The Agency is required to identify & promote the welfare of children at risk or in need of protection & to provide child protection services, including applications to remove children into care, and family support services. As per TUSLA's strategic plan all work in the child protection & welfare teams is carried out through the National Approach to Practice (Signs of Safety)
Target Audience:	The service works with children under 18 and their families
Referrals:	This team receives the initial referrals from variety of agencies including for example Garda , GP's, Hospitals, Schools, Members of Public and Self Referrals. The intake social workers carry out a screening on that family using the framework of signs of safety and Children First and if the referral meets the threshold for child protection or welfare they then carry out an initial assessment that decides the best pathway to support the family. Once the intake and assessment team have decided that there is a need for social work involvement or a high end family support plan then the referral will be allocated to one of the area teams.
Address:	Scallan Place Ground Floor, Justice Walsh Road, Letterkenny
Opening Hours:	9-5 Monday to Friday
Contact Details:	t: 074 9123672 e: referrals.donegal@tusla.ie

CHILDREN'S SERVICES AND FAMILY SUPPORTS

HSE Services

Organisation:	Psychology Department – Child Psychology Service
Service/ Activity:	Offers an assessment and therapy service for concerns relating to a child/ young person's psychological needs. Concerns must relate to their social, emotional, behavioural or interpersonal functioning; their social relationships or their thinking. Based on the outcome of the assessment process, psychological therapy and intervention may be offered or may be referred on to another service if this is assessed to be appropriate.
Target Audience:	0 – 18 years
Referral Pathway:	Hse and other statutory agencies e.g. NEPS, TUSLA, GP's, Family support, community, or voluntary services. Other Therapy services; Parents and Legal guardians.
Address:	Psychology Department, HSE, County Clinic, Letterkenny F92FW6Y
Opening Times:	9am– 5pm Monday - Friday

Organisation:	Child & Adolescent Mental Health Service (CAMHS)
Service/Activity:	The Child & Adolescent Mental Health Service provides specialist child and adolescent mental health assessment and treatment to children and adolescents under the age of 18 years who present with moderate to severe mental health difficulties.
Target Audience:	The Child & Adolescent Mental Health Service provides specialist child and adolescent mental health assessment and treatment to children and adolescents under the age of 18 years who present with moderate to severe mental health difficulties.
Referral Pathway:	Referrals are accepted from GPs and other health professionals in collaboration with the GP.
Address:	Child & Adolescent Mental Health Service First Floor, Park House, Rossan College Complex, Ballyraine, Letterkenny F92 K7WY Tel. No. (074) 9120340
Opening Hours	9am – 5 pm

CHILDREN'S SERVICES AND FAMILY SUPPORTS

Community Based Services

Organisation:	Donegal Parent and Family Support Service - Springboard Family Support Service
Service / Activity	Family Support Service <u>Our Family Support Staff can support you with the following:</u> Accessing support through a Meitheal. Household Management Programme – our family support staff can support families with budgeting, routines, boundaries, housing, social welfare applications and etc. <u>The service offers the following programmes in home, online and in a group setting:</u> Parent Plus Early Year (0-7 years) Parenting Programme Parent Plus Children's (8-12 years) Parenting Programme Parent Plus Adolescent (13-17 years) Parenting Programme Working Things Out Programme Parenting When Separated Programme Circle of Security Parenting Programme <u>Individual Work with young people and children this includes:</u> Personal Development Anxiety Rainbows Sexual Health Afterschool Service: Our Raphoe service offers the following: Parent & Toddler Group Afterschool Programme Holiday Programmes
Target Audience	Children: 0 – 18 years Families: with one or more children
Opening Hours	9am – 5.30pm (Mon – Thur) 9am – 12.30pm (Fri) Closed Sat & Sun
Contact Number	Office: 074 9173918 Project Manager Corina Catterson Flynn 0860218645 Family Support Team Leader Claire O'Kane 0860218658 Childcare Leader Mairead Connolly 0861408439
Address	Castlegrove Raphoe Co Donegal F93XF53
Email Address	corina.cattersonflynn@finnvalleyfrc.ie claire.okane@springboardraphoe.com mairead.connolly@springboardraphoe.com

Organisation:	Lifestart Services CLG
Service / Activity	Our Family Visitors can support you with the following: Lifestart Growing Child Programme—We provide a home visiting, evidenced based service, providing information and guidance on how young children develop and learn, enabling parents to make informed relevant decisions about the upbringing of their children. Parenting and Family Support—Our Family Visitors can support families with everyday challenges around attachment & bonding, routines, boundaries, behaviour, safety, nutrition, communication and play. Signposting to other relevant services/organisations. Access to the Meitheal model. <i>Referral through the PHN Service, Social Work and other health and social care professionals.</i> The service offers the following programmes in home, online and in a group setting: » Lifestart Prebirth Programme » Lifestart Growing Child Programme 0-2 years of age » Lifestart growing Child Programme 3-5 years of age » Lifestart Spiral Programme » Lifestart Shaping Ourselves and Our Child's Programme » Lifestart/HSE Keep Safe Programme » Parenting When Separated Programme » Circle of Security Parenting Programme
Target Audience	Parents and children pre-birth to pre-school/school entry depending on level of need
Opening Hours	9:00 am – 5:00 pm Monday to Thursday 9:00 am—01:00pm Friday
Contact Number	074 9156644—Office 087 6791898—Regional Manager
Address	Lifestart Services Office Main Street, Newtowncunningham, Donegal, F93 THC6
Email Address	Regional Manager: mary.walkercallaghan@lifestartservices.org Team Leader: maura.mcgettigan@lifestartservices.org Team Leader: eileen.ward@lifestartservices.org Team Leader: Kathryn.russell@lifestartservices.org
Website	www.lifestartfoundation.org

Organisation:	LYFS (Letterkenny Youth and Family Service)
Service / Activity	Advice and Information to the whole community. Issues relating to Housing Needs, Education (Including Third Level), Training/ Employment, Family Support, Health & Wellbeing, Mental Health etc. All Ages Autism Support : Helping children, young people and adults to understand behaviour, learn soothing techniques, communicate effectively and reduce stress at home Age 7-25yrs Young Persons Support Programme ; This 10 session activity programme supports young people living with sibling, parental/carer problem drug or alcohol use. Age 15+yrs Mentoring and Career Guidance Supporting Personal and Professional development Research Education, Training and Employment options CV Preparation and 'mock interviews' Age 14+yrs Smart Start Road Safety Programme Evidence based interactive road safety programme delivered across Donegal. Age 14-17yrs Big Fish Little Fish – Schools Transition Programme Evidence based programme supporting transition from national school to secondary school Supporting emotional wellbeing and developing practical skills . 6th class and 1st Year Anger Management Support Supporting individuals to- Reduce anger outbursts, Manage Emotions, Improve behaviour, Reduced social isolation . All Ages
Opening Hours	10am-5pm , Monday- Friday Evening and Weekends when required
Contact Number	0749123078 0861237917
Address	No.1 New Line House New Line Rd Letterkenny Co.Donegal F92 K103
Email Address	info@lyfs.ie/garryglennon1@hotmail.com
Website	www.facebook.com/Lyfscommunityproject/

CHILDREN'S SERVICES AND FAMILY SUPPORTS

Organisations offering early years, developmental and supports for children and families

Organisation:	Alcohol Forum Ireland: Families Matter.
Service / Activity	Donegal Family Support Service seeks to support adult family members affected by a loved one's substance use through the 5 Step Method. The 5 Step Method is an evidence-based, brief psychosocial intervention that is both simple and effective. The 5 Step Method is grounded in rigorous research and a clear theoretical model which underpins the intervention. It recognises that family members are not solely supporters for their loved one but are people who need support for themselves in their own right . Age Adults over 18 years . HOPE is an evidence-informed six-week online programme for the 'whole family'. It is a skills-based programme for families experiencing challenges that arise from family stress, conflict, alcohol or other drug use, mental health or safety concerns. It is delivered online with individual families and skilled facilitators using the platform Zoom. Families are provided weekly with the handouts and supplies that allow them to participate fully in the programme in their own home. The whole family approach means that the parents and young people all engage in the programme together and the programmes provides skills and knowledge to help families build and strengthen family relationships, bonding and provide positive family wellbeing. Families learn and develop skills that build family cohesion, develop resilience and improve family communication whilst supporting the family's safety. Families with children aged between 6-17 years. Strengthening Families Programme The Strengthening Families Programme (SFP) is a 14 week internationally recognized evidence-based family skills programme for the 'whole family'. It is available for families with children aged 6-12 years old and teens aged 12-16 years old and run in a group setting. The programme offers assistance with childcare and transport to support families to attend if required. Families attending the programme gain improved family relationships, enhanced parenting and communication skills and skills to manage stress, anger and peer pressure. It has been found that by improving parenting protective factors and family relationships and resilience it will lead to reducing problem behaviour, improve school performance, reduce criminal behaviour and reduce alcohol and other drug use in young people. Families with children aged between 6-12 years and 12-16 years.
Opening Hours	Monday – Friday 9am – 5pm
Contact Number	074 9525596
Address	Unit B9, Enterprise Fund Business Centre, Ballyraine, Letterkenny, Co. Donegal, F92 CX47
Email Address	info@alcoholforum.org
Website	www.alcoholforum.org

Organisation:	LETTERKENNY C.D.P. Clg.
Service / Activity	CARE & REPAIR PROGRAM • Minor Repair • Grass Cutting • Wedding • Painting
Target Audience	Older, Lone Parents, Disabled, Low Income Families
Opening Hours	9am-5pm
Contact Number	074 9120633/0868262330
Address	Unity 24 The Courtyard Shopping Centre. Main Street, Letterkenny F92N5VF
Email Address	letterkennycdp@lkennycdp.com

HSE PRIMARY CARE

Clinical Services

Organisation:	HSE Primary Care Clinical Services
Service / Activity	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. Physiotherapy Community Physiotherapy services are provided from the <u>Local Health Office</u>, helping people who have suffered an injury or illness to regain their health or mobility through exercise and movement. 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. Ophthalmic Medical Card holders are entitled to Ophthalmic or Eye Testing Services. Chiropody Services Chiropody Services are available for medical card holders, a list of chiropodists is available from your local <u>Health Centre</u>.
Contact Number	(074) 9131391
Address	The Local Health Office is based at Donegal PCCC HQ, St. Joseph's Hospital, Stranorlar, Co. Donegal
Website	https://www.hse.ie/eng/services/list/1/lho/donegal/therapy/

Organisation:	HSE– Speech and Language
Service / Activity	Speech and Language Therapy service providing assessment and treatment for children and adults in relation to speech and language development, stammering, voice and swallowing.
Target Audience	We provide service from birth to old age.
Opening Hours	We normally operate on a 9-5 basis but appts can be facilitated outside of these hours if required.
Contact Number	Letterkenny Office number- 074-9197141/ 9197191.
Address	Speech and Language Therapy Dept, Level 2, Primary Care centre, Justice Walsh Road, Letterkenny, Co. Donegal F92 DC60

FOR SPECIFIC AREAS
INCLUDED IN LETTERKENNY 1 - 8
SEE PAGES 34 – 41

AREA	OFFICE PHONE NUMBER	HEALTH CENTRE ADDRESS
Carrigart	074 9155430	Health Centre Carrigart Co. Donegal
Churchill	074 9137514	Health Centre Keelogs Churchill Let-terkenny Co. Donegal
Fanad	074 9159449	Health Centre Tamney LetterkennyCo. Donegal
Kilmacrennan	074 9137512	Health Centre Keelogs Churchill Let-terkenny Co. Donegal
Letterkenny 1	074 9197117	HSE Primary Care Centre, Level 1Sally House, Justice Walsh Road, Letterkenny Co.Donegal
Letterkenny 2	074 9197119	HSE Primary Care Centre, Level 1Sally House, Justice Walsh Road, Letterkenny Co.Donegal
Letterkenny 3	074 9197176	Ark Medical Centre, Railway Place,Pearse Road, Letterkenny Co.Donegal
Letterkenny 4	074 9197178	Ark Medical Centre, Railway Place,Pearse Road, Letterkenny Co.Donegal
Letterkenny 5	074 9197118	HSE Primary Care Centre, Level 1Sally House, Justice Walsh Road, Letterkenny Co.Donegal
Letterkenny 6	074 9197177	Ark Medical Centre, Railway Place,Pearse Road, Letterkenny Co.Donegal
Letterkenny 7	074 9197116	HSE Primary Care Centre, Level 1Sally House, Justice Walsh Road, Letterkenny Co.Donegal
Letterkenny 8	074 9197102	HSE Primary Care Centre, Level 1Sally House Justice Walsh Road Letterkenny Co. Donegal
Milford	074 9153108	Health Centre Milford Co.Donegal
Ramelton	074 9151527	Health Centre Ramelton LetterkennyCo. Donegal
Rathmullen	074 9158322	Health Centre Rathmullen Co. Donegal

PHN Karen Bonner

Letterkenny Primary Care Centre

Level 1, Scally Place, Justice Walsh Road, Letterkenny, Co Donegal

Tel: 074 91 97102 Fax: 074 91 97115

LETTERKENNY AREA 1

Ardrawer, Kilttoy	Inis Rough Park
Ardrummand	Kilttoy
Ardrummand Hill	Knockybrin
Ashley Park	Lane Head, Golf Course Road
Aughlaird	Lisnaneese Upper
Aghalenty	Lisnaneese Lower
Ballyboecurragh	Loughagannon
Ballymaeel	Loughnagin
Barnhill	Loughnagin Hights
Bogey	Magherennan
Brookside Villas	Magherennan, Heights
Campbellstown	Meadow Hill
Cairnglass	Meedaragh Park
Carolina Pak	Newtown Fore
Carrigleigh, Kilttoy	Oakfield Drive, Magherennan
C astlegrove	Oak Park Drive, Woodlands
Castlewray	Orchard Drive, Magherennan
Castleshannaghan	Ramelton Road (from Thorn Road to Castleshanaghan)
Cluin Airne, The Glebe	Rough Park
Cornigill	Tara Court
Deenystown	The Glebe
Drumnaskea	The Meadow , Kilttoy
Driomn Ard Avenue, Ramelton Road	Thorn Road
Eightross	Thorndale
Elmwood Downs	They Fairways
Glebe Crescent	Woodlands
Greehills	Woodlands Grove
Golf Course Road	Woodlands Manor
Harmony Hill	Woodlands Park
Highfield, Loughnagin	Woodvale Court

PHN Edel Feeney

Letterkenny Primary Care Centre

Level 1, Scally Place, Justice Walsh Road, Letterkenny, Co Donegal

Tel: 074 91 97102 Fax: 074 91 97115

LETTERKENNY AREA 2

Ardcolmcille	Government Terrace
Ashbrook	Highbury Apartments (front of Pool)
Beechwood Avanie	Iona Road
Beechwood Drive	Loreto Convent
Beechwood Park	McClures Terrace
Beechwood Road	New Line Court
Chestnut Grove	New Line Road(half)
Church Lane	Orchard Court
Church Street	Oakfield
Covehill (Part of Port Road)	Oakfield Terrace
De Valera Road	Robbs Close
Dr McGinley Road	Sentry Hill
Fabis Flats	Solomons Close
Fairleigh House	Solomons Court
Fernhill	Solomons Grove
Garten Avenue	Solomons Hill
Glendale Drive	St Annes Court(flats)
Glendale Manor	St Columbas Tarrace
Glenwood Park	Stoney Court, Killylastin
Glencar Irish(Park of Letterkenny)	The Croft
Glencar Scotch Urban	The Grange
	Windmill View

PHN Miriam Martin

Letterkenny Primary Care Centre

Level 1 Unit 4B, Railway House, Pearse Road, Letterkenny, Co Donegal

Tel: 074 91 97178 Fax: 074 91 13481

LETTERKENNY AREA 3

Ardigany	Hillview Grove
Ballyboe, Lismonaghan	James Larkin Court
Bonagee (left hand sided from Lurgybrack Road to Leck)	Leck Cottages
Brookcourt New	Leck View Lane
Brookcourt Old	Leck View Hillcrest
Canal Road	Lui Na Greinne
Carraig Craobh	Lismonaghan
Carrygaley	Lisjack
Coach Mills	Letterleague
Crieve Glebe	Oakwood Park
Crieve Glebe	Oldtown
Charlie Collins Terrace	Ran Mor Meadow
Cill Na Greine	Riverdale Terrace
Carravaddy	Rowen Park
Correnagh (Lower)	Rareagh
Craobh Meadow	Scribley (All on the left hand side from Lurgybrack Road to Leck)
Cullion Road (from Quarry Mix crossroads onwards to Correnagh)	The Curragh
Drumnahoagh (all on left hand side from Lurgybrack Road to Leck)	The Spires
Fr McLoone Terrace	The Maples
Fycorrenagh	Tir Aileach, Bonagee
Garage Court	Wood Road
Gaeltex	Woodpark
Glenoughty, Carravaddy	
Hillview	

PHN Anne Harkin/Mary Ellen Carey
Letterkenny Primary Care Centre
Level 1 Unit 4B, Railway House, Pearse Road, Letterkenny, Co Donegal
Tel: 074 91 97178 Fax: 074 91 13481

LETTERKENNY AREA 4

An Garren, Long Lane	Glentain Park
Ard Glass, Long Lane	Glentain Manor
Ard Lonan	Glenard Park
Ard Na Ri	Gort Na Greine
Ashfield	Hazelbrook Crescent, Long lane
Ballyboe	Hazelwood Drive (beside Ashfield)
Binnion Avanie	Knocknamona Crescent
Brookfield Heights	Long Lane
Carnamuggagh Close	Manorview Park
Carnamuggagh Lower	Meadowbank Park
Carnamuggagh Upper	Muckish Avenue
Clachen Mor	Oatfield Terrace
Cnocanar Avenue	Slieve Sneach Road
Derryveagh Avanie	Slieve Sneach Close
Errigal Road	Slieve Drummond
Fairgreen Hill	Willow Park
Fairgreen Park	Willow Grove
Glentain Close	Windyhill

PHN Fiona Hunter

Letterkenny Primary Care Centre

Level 1, Scally Place, Justice Walsh Road, Letterkenny, Co Donegal

Tel: 074 91 97102 Fax: 074 91 97115

LETTERKENNY AREA 5

Ard O Donnell (share with Area 2)	Hawthorn Heights
Ard AdhamhnainArd Odonnell	High Road Kirkstown
Ashleigh Close	Leck View
Back Road	Lower Ard O Donnell
Burnside Park	Magheran Mc Mahan Villas
Castle Street	Main Street (right)
Charlie Daly Terrace	Mount Street (right side)
Church Lane	Mountsouthwell
Collage Park	Plunkett O Boyle Terrace
Collage Farm Road	Speers Lane Sprackburn Drive
Collage Road (left side going up)	St Eunans Court
Collage Row	St Eunans Terrace
Covent Road	The Elms
Fortwell Court	Westhill
Glencar Road	Willow Brook
Glenoughty Close	Wolf Tone Place

PHN Eileen Mc Devitt

Letterkenny Primary Care Centre

Level 1, Scally Place, Justice Walsh Road, Letterkenny, Co Donegal

Tel: 074 91 97102 Fax: 074 91 97115

LETTERKENNY AREA 6

Amalfi Court	The Close, Lisnennan
Cashel Park	Thornberry
Castlebane	The Green , Thornberry
Ceannan View	Urlan Glas , Lisnennan
Cnock Ard	Ballyghderg
Cruach Mor Estate	Ballinascadden
Foxhills	Ballyare
Glenpark	Barrack
Highland Drive	Bluebanks
Lisnennan	Bracken Lea
Lisnennan Court	Bohirril
Lios na Graine, Lisnennan	Colhame
Lynn Wood	Castlegay
Mount Pleasant	Coolboy Big
Mountain Top	Cooldboy Little
Mountain View	Curraghlea
Mullagheep	Ellistrin Big
Oran Hill	Ellistrin Little
Springdale, Lisnennan	Errigal View
	Glackmore
	Gortnavern
	Heather Drive
	Heather View
	Mount Pleasant
	Mountain Top
	Mountain View
	Mullaghsheep
	Race End
	Woodtown

PHN Kathleen Harkin

Letterkenny Primary Care Centre

Level 1 Scally Place, Justice Walsh Road, Letterkenny, Co Donegal

Tel: 074 91 97116 Fax: 074 91 97115

LETTERKENNY AREA 7

An Chlar, Drumnhoeh	Glenveagh Court Apartments
Academy Court	Gortlee
An Garren, Orchard	Knocknamona Park
Ashlawn	Lestillion
Ballyraine Halls	Lurgybrack (Share with Miriam)
Ballyraine Park	Mian Street (Left side)
Ballyraine Road	Middle Road, Ballyraine
Balleyboe/ Ballyraine	Oakland Park
Ballyraine Area	Orchard Gorge
Ballyraine Industrial Estate	Parkview
Ballyraine (Part to Magherennan)	Portsedale
Beinn Aobhiann	Pearse Road
Bonagee (Share to Miriam)	Port Road(Both sides) & Port Road Apt
Ceann Court	Port Road (Left side from Station Roundabout)
Celtic Apartments	Railway Court
Correnagh (Share with Miriam)	Riverview
Court Appartments	Rosemount
Crauch Na Cille	Rosemount Court
Culbraken	Rosemount Villas
Culdoire	Ross Ard Apartments
Disarden	Swilly Park
Dooballagh	Scribbley (share with Miriam)
Drumore	Trimeraragh
Drumany	Westside Apartments
Drumgreggan	Whitethorn Close
Drumnhough(Share with Miriam)	Whitethorn Grove
Duffy's Lane	Whitethorn Park
Dungarron	
Forestmore	

Ann Gleeson
 Letterkenny Primary Care Centre
Level 1, Scally Place, Justice Walsh Road, Letterkenny, Co Donegal
Tel: 074 91 97102 Fax: 074 91 97115

LETTERKENNY AREA 8

Ardhee	Leiter Ard
Ballyconnelly	McNeely Villas
Ballymacoolm Tarrace	New Mills
Ballymcool Wood (including the estate the Green, The Forest, The Garedens etc.)	Rahan
Upper Ballymacool	Rann Mor Court
Bomany	Rann Mor Walk
Cnocanar (Knockanar)	Rossuilighe
Conwall	Rockhill
Creivesmith	Salaghraine
Crievesmith Park	Swilly View
Dooen	Swilly View Tarrace
Dooen Glebe, New Mills	Tullygay
Knocanarr	

RURAL PHN AREAS:

Carrigart - PHN Eileen Duggan 074 9155430
Fanad - PHN Annie Shiels 074 9159449
Milford - PHN Sinead McClafferty 074 915310
Ramelton - PHN Caroline McAteer 074 9151527
Rathmullan - PHN Sandra Ferry 074 9158322

CHURCHES AND FAITH GROUPS / ORGANISATIONS

Local parishes, priests & ministers of religion, Islamic Association and other faith groups

LETTERKENNY DISTRICT

- Letterkenny Islamic Community Centre, 2 Meadow Bank Park, Long Lane, Letterkenny F92N47P
- Letterkenny Baptist Church, Port Road, Letterkenny F92FA44
- Conwal Parish Church, Church Lane, Letterkenny F92AH28 0749122573
- Trinity Presbyterian Church, Upper Man Street, Letterkenny F92AW93
- Irish Martyrs Catholic Church Gortlee Road, Letterkenny F92PN81 0749127600
- St Eunan's Catholic Cathedral, Sentry Hill, Letterkenny F92V406 0749121021
- Bahai House, Oldtown Road, Letterkenny F92 EP49
- Indian Community Centre, Bonagee, Letterkenny F92T92W
- Letterkenny Christian Fellowship, Green Isle Park, Port Road, Letterkenny F92CX79

MILFORD DISTRICT

- St Columba's Church of Ireland, Church Hill F92YD72
- St Columkille's Church of Ireland, Glenalla, Milford F92A520
- Milford Presbyterian Church, Kilmacrennan Road, Milford F92Y520
- Fannet Presbyterian Church, Kerrykeel F92ER23
- Rathmullan Presbyterian Church, Pier Road, Rathmullan F92HY53
- Ramelton Presbyterian Church, Church Street Ramelton F92AW77
- St John the Baptist Catholic Church, Umlagh, Carrigart F92FW93 0749155154
- St Patrick's Catholic Church, Ballinacrick, Portsalon F92FW93 0749159007
- St Mary's Catholic Church, Chapel Road, Ramelton F92D264 0749152879
- St Mary's Catholic Church, Fanavolty, Kindrum F92VC57 0749159415
- St Columba's Catholic Church, Kilphead, Letterkenny F92WY19
- Our Lady of Lourdes Catholic Church, Kerrykeel F92R8P7 0749153236
- St Peter's Catholic Church, Milford F92YV27 0749153236
- St Catherine's Catholic Church, Legland, Rathmullan F92A435
- St Joseph's Catholic Church, Chapel Road, Rathmullan F92E772
- Leiter Presbyterian Church Leiter, Kilmacrennan F92 N838
- St Columba's Church, Kilmacrennan Kilmacrennan, F92 CX50 074-9139018
- St Columba's Church, Termon, Knocknabollan, Termon F92 X4D6 074 9139 016
- St Peter's Church, Milford, Forquar, Milford, (074) 915 3236
Email: milfordkerrykeel@gmail.com
- Stella Maris Magherabeg, Downings 074 9155154
- St Mary's Church, Glenvar, Parochial House, Glenvar, Rathmullan F92 Y2Y0 074 9150014
- Church of Ireland Parish of Clondevaddock The Church of Christ the Redeemer,
Rosnakill All Saints Church, Portsalon Leatbeg Church
c/o The Rectory, Tamney, Letterkenny, 074 9192811
- St Paul's Church of Ireland, Church St. Back Rd., Ramelton 074 9151013

COMMUNITY / ADULT EDUCATION

Evening classes, creative programmes & vocational courses. Support to Access Courses

Organisation:	Donegal ETB's Further Education and Training (FET) Service
Service / Activity	Learning for Living / Family Learning Service Parents who wish to gain skills and knowledge that will support them support their children with their school subjects – mathematics; digital skills; English and Irish. Learning for Living / Basic Education Service Adults who wish to gain basic and foundation skills in literacy, language and digital skills. Recognition of Prior Learning (RPL) This is a fast-track to an award for adults who already have learned through work, non-formal learning and community activities. Adults who wish to have skills and competencies gained through experience and non-formal learning validated against an award. Experiential and non-formal learning includes learning gained through workplace training and mentoring, engagement with community work and attendance at non-formal courses of education and training. Contact 086 065 5120 / 074 9153194, Email: rpl@donegaletb.ie siobhanmurray@donegaletb.ie English for Speakers of Other Languages (ESOL) English language and literacy skills. Adults who live in Donegal who need to learn and improve their English language and literacy skills. Community Education Support Programme provides support to Community Education Providers / Community Groups to deliver locally based courses that respond to needs identified by Community Education Providers and Community Groups. Contact: 0749178088 / 087 1853050
Opening Hours	Information available Monday to Friday from 9.00 a.m. to 5.00 p.m.
Contact Number	Tel: 087 1170714 / 074 9153194
Address	Further Education and Training Centre, Milford, Co. Donegal. F92 RTF3 AETC, Ard O'Donnell, Letterkenny, Co Donegal, Ireland, F92 DP98
Email Address	aidanmccloskey@donegaletb.ie emilia@donegaletb.ie
Website	www.donegaletb.ie

Organisation:	Youthreach (Donegal ETB)
Service / Activity	A national training and education programme for 16-21 year olds who have left school with few qualifications. A full time two-year programme where students receive tuition up to leaving cert standard in small class groups. The programme covers learning in education, practical employment skills, personal development and work experience. Eligible students are entitled to a weekly training allowance, meal allowance and travel allowance.
Target Audience	Early School leavers aged 16 – 21 years
Opening Hours	Monday to Friday
Contact Number	074 9122585
Address	Centre for Education, Kilmacrennan Road, Letterkenny, Co.Donegal F92 NP23
Email Address	letterkennyouthreach@donegaletb.ie
Website	https://www.donegaletb.ie/schools-youth-services/youthreach/

Organisation:	The Adult Guidance and Information Service (ETB)
Service / Activity	This Service offers impartial and confidential information, advice, guidance and counselling on the educational options that are available to you both within Donegal ETB and with other education providers. The aim of the service is to support you to make the right decisions about returning to education and training and to help you make those decisions within the context of your wider life.
Target Audience	18+ years
Opening Hours	Monday - Friday
Contact Number	074 9178088
Address	2nd Floor, McKendrick Place, Pearse Road, Letterkenny
Email Address	adultguidance@donegaletb.ie
Website	https://www.donegaletb.ie/further-education-training/adult-guidance/

Organisation:	Letterkenny Institute of Technology
Contact Number	(074) 918 6000
Address	Port Rd, Gortlee, Letterkenny, Co. Donegal
Website	https://www.lyit.ie/

Organisation: Lifelong Learning (DLDC)	
Service / Activity	DLDC provides one-to-one advice and support to individuals wishing to access education and lifelong learning opportunities. This free and confidential service is available in a number of locations, including Letterkenny, Donegal Town and Killybegs and the Gaeltacht. We work with individuals to help them to identify and take the necessary steps to improve their quality of life and well-being, and to access lifelong learning opportunities. We also deliver workshops to parents and children on a variety of topics to equip parents with vital parenting tools while building upon existing relationships. DLDC's Lifelong Learning staff: • Assist you to identify your skills, interests and goals. • Provide guidance and advice on learning supports and educational opportunities. • Develop a Personal Action Plan tailored to meet your needs. • Put measures in place to facilitate and respond to your individual needs. • Signpost and refer you to a host of specialist agencies, as appropriate. • Support you to build your confidence, access tailored lifelong learning programmes and other support services. Provide information on funding opportunities and entitlements.
Target Audience	DLDC's Lifelong Learning service is open to anyone aged 16 and over.
Opening Hours	Monday – Friday, 9.00am – 5.00pm
Contact Number	074 91 27056
Address	DLDC Head Office 1 Millennium Court, Pearse Road, Letterkenny Co. Donegal F92 W50R
Email Address	info@dldc.org
Website	www.dldc.org

Organisation: Mevagh FRC Community Education Provider	
Service / Activity	Adult Education Community Education Providers-Evening classes, Creative Programmes, courses and Vocation Programmes in the Community We are a Community Education Centre in Partnership with Donegal ETB. We provide Community Education courses such as Irish, Computers, Art, Upholstery and many more.
Target Audience	18+
Opening Hours	Monday – Thursday 9am – 5pm Friday 9am – 2pm Some classes run in the evenings subject to demand
Contact Number	0749155055
Address	Áras Ros Goill, Downings, Co. Donegal, F92 RX8C
Email Address	info@mevaghfrc.com
Website	www.mevaghfrc.org

Organisation:	Cara House Active Age Centre
Service / Activity	Cara House Active Age Centre is a Community Education provider in partnership with Donegal ETB. A study centre with a small library, facilitates those without a suitable place to study at home. Courses offered include: • Basic computers • Internet for all • Irish Beginners, Intermediate and Advanced • Spanish Beginners, Intermediate and Advanced • Arts and Crafts including Art, Paverpol, Calligraphy, • Decoupage, Wreath Making • Flower Arranging Cara House welcomes and responds to ideas and needs expressed in the community Some courses will continue to be offered on-line Find us on www.facebook.com/carahousefrc Book on our website www.carahouse.ie
Target Audience	Adults
Opening Hours	9.30 – 5pm
Contact Number	Contact Martina on 0861223029 0749123986
Address	Cara House Family Resource Centre Pearse Road Letterkenny
Email Address	info@carahouse.ie
Website	www.carahouse.ie

Organisation:	LETTERKENNY C.D.P. Clg.
Service / Activity	<u>IT in the Home :</u> Learn how to use your computer/phone Emailing Browsing the web Shop online Facebook Keep in touch with family & friends <u>Adult Education Courses:</u> Arts & Crafts Decoupage Mosaics DIY Paverpol Ukeulele
Target Audience	18+
Opening Hours	9-5pm
Contact Number	074 9120633/0868262330
Address	Unity 24 The Courtyard Shopping Centre Lr. Main Street Letterkenny Co. Donegal F92N5VF
Email	letterkennycdp@lkennycdp.com

COMMUNITY ORGANISATIONS & COMMUNITY CENTRES

Local community groups, cooperatives & community halls / centres

Organisation:	Cara House Family Resource Centre CLG
Service / Activity	Free ECCE Preschool Years Children aged from 2 years 8 months have access to 2 years Pre- school from 9am to 12 noon, Monday to Friday Afterschool and Homework Clubs Afterschool clubs for children aged 5 – 11 years old. 1.30pm to 6pm, Monday to Friday. NCS subsidy available to eligible parents. Parent and Toddler Group One day a week for parents/grandparents/carers to bring their toddler to a fun and safe environment where the children can play and the adults can meet others. Will resume when restrictions allow. Outdoor Parent and Toddler Group as Gaeilge with Lionra Leitr Ceannain. Once a week in the Town Park. Free Family Cooking Programmes funded by Healthy Ireland and CYPSC Free Mindfulness and Anxiety Programmes for children and young people funded by Healthy Ireland and CYPSC Community education Services for older people
Target Audience	Children and young people aged 5 +
Opening Hours	9am to 6pm Monday to Friday
Contact Number	0749123986 / 0861223029 (Janet/Martina)
Address	Pearse Road, Letterkenny, Co. Donegal, F92 YA21
Email	info@carahouse.ie
Website	www.carahouse.ie

Organisation:	Craoibhin Community Enterprise Centre
Service / Activity	Craoibhin Community Enterprise Centre, Termon is a community owned facility which includes a childcare centre, sports hall, all-weather pitch, gym, sauna, ICT centre, meeting rooms and commercial units for the benefit of the community as a whole, young and old.
Contact Number	074 91 19988
Address	Termon, Letterkenny, Donegal
Email Address	info@craoibhintermon.ie
Website	https://www.craoibhintermon.ie/index.php

Organisation:	Milford & District Resource Centre
Service / Activity	Resources for the public & community groups including printing, photocopying, scanning, hotdesking, email, internet use, room rental, office space, graphic design, accounts, bookkeeping, tax returns and payroll. Other services: social prescribing, grant application support, advocacy and support for those with illnesses and disabilities, application form support, employment supports, community funding, strategic planning and local government advocacy for individuals, families and businesses.
Target Audience	All age groups from the Milford Electoral Area, including Milford, Ramelton, Rathmullan, Ray, Fanad, Kerrykeel, Carrigart, Cranford, Downings, Kilmacrenan and Termon.
Opening Hours	Monday – Thursday 9am-5.30pm Fridays 9am-4.30pm
Contact Number	074 9153736
Address	Milford & District Resource Centre, Market Square, Milford Co. Donegal
Email Address	info@mdrc.ie
Website	www.mdrc.ie

Organisation:	Ray Community Centre
Service / Activity	Ray Parent and Toddler Group :Fridays 10.30am- 11.45am Women on the Move - Mondays and Wednesday - 7-8pm Men on the Move - Mondays and Wednesday - 8.15-9.15pm. Teen Circuits - Wednesday - 5.45-6.45pm Teen Zumba - Thursday - 5.45-6.45pm. Adult Zumba - Thursday 7-8pm. Operation Transformation Weekly Walks Every Tues & Thur evening 7pm
Contact Number	086 4519656 / Ray Sports Co-ordinator Syria 087 2877900
Address	Ray, Milford, County Donegal
Website	http://www.raycommunitygroup.com/

Organisation:	Ramelton Town Hall
Service / Activity	Hall Rental , Country Market every Saturday, Pilates, Irish Dancing, Gospel Choir, Concerts, Plays, Pantomime, Yogo, Church Bazaar, Meetings, Childrens Parties, Slimming World
Target Audience	Every age
Opening Hours	Hall only open depending on when it is booked or required it is not permanently open
Contact Number	086 8589090
Address	Castle Street, Ramelton
Email Address	jeanwinston@hotmail.com

Organisation:	Mevagh Family Resource Centre
Service / Activity	The Family Resource Centre delivers specific projects for children and young people, developing personal capacity, improving health and wellbeing and providing educational opportunities. We work in partnership with local agencies to provide these supports. In addition to this, the centre provides information, advice and supports to meet the needs of individuals and groups. We also offer typing and copying service, internet access, hot desks, library, agency outreach, assist with job applications and CV writing, room rental and tourist information.
Target Audience	0 – 65+
Opening Hours	Monday – Thursday 9am – 5pm Friday 9am – 2pm
Contact Number	0749155055
Address	Áras Ros Goill, Downing's, Co. Donegal, F92 RX8C
Email Address	info@mevaghfrc.com
Website	www.mevaghfrc.org

Organisation:	Letterkenny Community Centre CLG
Service / Activity	Letterkenny Community Centre has developed a wide range of services including sporting, leisure and cultural activities. We provide classes and facilities to met the needs of the local community, schools, training centres and prayer groups. <u>List of facilities;</u> Large meeting/sports hall, dance studios, prefabricated buildings for use as training & meeting rooms, massage/therapy rooms, small 5 a side Astro turf pitch, new state of the art full sized Astro turf pitch and a running track. <u>Current Activities on offer;</u> Morning Mix Aerobic Class, Tums & Bums, HITT classes, Circuit Classes, Line Dancing, Better Lung Rehab Classes, Exercise & Socialize, Irish Dancing, Hip Hop, Rinka Classes, Karate Classes, Kickboxing, Jiu Jitsu, Junior Soccer, Gymnastics, Couch to 5km, Run for Fun, Carboot Sale, Sports Massage, Pilates, Yoga, Reflexology, Summer Camps, Antique Fairs, Record Fairs
Target Audience	All ages and abilities
Opening Hours	Mon-Fri 8.30am-10.00pm Sat 7.00am-6.00pm Sun Closed
Contact Number	074 91 22761 074 91 29659
Address	Pearse Road, Letterkenny, Co. Donegal, F92 K060
Email Address	letterkennycommunitycentre@mail.com
Website	www.letcomcentre.ie

Organisation:	LETTERKENNY C.D.P
Service / Activity	<u>Charily Shop:</u> All items in excellent condition Money raised in shop to help sustain our programmes Families in need are given items for free <u>Environmental work in Letterkenny Area:</u> Maintnance of community Parks/Play area Support to residents association in cleaning up their Common Areas Involving Youth in Project
Target Audience	All Ages
Opening Hours	9-5pm
Contact Number	074 9120633/0868262330
Address	UNIT 24 THE COURTYARD SHOPPING CENTRE LR. MAIN STREET LETTERKENNY CO. DONEGAL F92N5VF
Email	letterkennycdp@lkennycdp.com



COUNSELLING SERVICES

National Counselling Service

The HSE National Counselling Service is available free of charge across the country to residents in the Republic of Ireland.

Face to face, counselling by phone and online video counselling are available

NCS SERVICES

Counselling and Psychotherapy for Adults who experienced childhood abuse or neglect (CaPA)

provides short, medium and long term trauma-informed counselling/therapy from NCS centres nationwide. Self-referrals to CaPA are accepted. Once referred you will be offered an initial assessment appointment to assess if this is the most suitable service for you at this time.

If CaPA is the right service for you your name will be placed on a waiting list for counselling.

Written referrals are also accepted from health care and other professionals such as GPs, social Workers and mental health practitioners.

CHO Area 1

Donegal, Sligo, Leitrim Phone: [1800 234 119](tel:1800234119)

ReferNCS_Northwest@hse.ie

Counselling in Primary Care (CIPC)

CIPC provides time limited counselling to adult GMS cardholders with mild to moderate psychological difficulties. This service is available to adults over 18 years who are medical card holders and experiencing mild to moderate psychological and emotional difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress. CIPC provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. Referral to CIPC is through your GP or member of your local primary care team. Once your GP/Primary Care Team practitioner has arranged a referral you must contact your local CIPC service to opt-in to counselling. You can do this by phoning the service in your area.

CIPC Counselling Coordinator

69 Ballyraine Road, Letterkenny, Co. **Donegal**. 074 9167250 (**Donegal** Office)

074 9160595 (**Donegal** Opt In)

Counselling for Former Residents of Mother and Baby Homes

If you are a former resident of a mother and baby home and feel you would benefit from counselling to address the impact of your experiences help is available from the HSE National Counselling Service. Access to the National Counselling Service for former residents may be made by direct self-referral by referring yourself to the service nearest to you. We will also accept written referrals from health care professionals such as GPs.

Individuals referred will be offered an initial assessment appointment. This to establish if the NCS is the appropriate service to meet a person's needs at this time. If counselling is appropriate the next available counselling place will be offered.

Organisation:	The Pastoral Centre
Service / Activity	• The Pastoral Centre provides counselling services in Letterkenny as well in Stranorlor, Dungloe, Buncrana and Cardonagh. • Drama Group for teenagers – using drama as a medium in order to develop key skills and abilities for the establishment of confidence and self-esteem. • A Bereavement Program is held in the Pastoral Centre, Letterkenny. • Changed Life Program for anyone bereaved by suicide is held in the Pastoral Centre, Letterkenny. • Support Groups such as AA, NA, GA, Al-Anon, Grow and Alone have meetings at the Pastoral Centre • Rooms for Hire are available in The Pastoral Centre as well as in rooms above the Veritas Shop, Main Street, Letterkenny. • ACCORD counselling service for couples to nourish marriage and family relationships Tel No. 074 91 22218. Marriage Tribunal on Tuesdays and Wednesdays 10.00 am – 3.00 pm. Safeguarding Children Training and Garda Vetting Services Telephone Margaret Northage 074 91 25669
Target Audience	Children from 5 years of age to adolescents and adults can avail of Counselling services
Opening Hours	Monday – Friday 9.00 am to 5.00 pm
Contact Number	074 91 21853
Address	Ard O'Donnell, Letterkenny, F92 HP66, Co Donegal
Email Address	pastoralcentrelky@gmail.com
Website	www.raphoepastoralcentre.ie

Organisation:	ACCORD
Service/Activity:	ACCORD offers a professional counselling service for couples and individuals to explore, reflect upon and work to resolve difficulties that arise in their marriage & relationships.
Address:	Diocesan Pastoral Centre, Monastery Ave, Letterkenny, Co Donegal
Contact details:	t: 074 9122218 e: accordletterkenny@eircom.net

Organisation:	A Crisis Pregnancy (Donegal Women's Centre)
Service / Activity	A Crisis Pregnancy trained Counsellor is in the Centre three days a week to provide information and support. The service is funded by the Irish Family Planning Association and the Crisis Pregnancy Agency. This service is free and confidential. The National Pregnancy Helpline is 1850 49 50 51 Ring above number for appointment. For further information on options, please contact https://www2.hse.ie/unplanned-pregnancy/ or https://www.ifpa.ie/
Target Audience	Women living in Co. Donegal and the surrounding areas
Contact Number	1850 49 50 51
Address	Port Road, Letterkenny, Co. Donegal F92 X892
Website	https://www2.hse.ie/unplanned-pregnancy/ or https://www.ifpa.ie/

Organisation:	PIETA HOUSE
Service / Activity	Pieta provide free counselling to those with suicidal ideation, those engaging in self-harm, and those bereaved by suicide
Target Audience	U18 & O18 (all)
Opening Hours	Monday & Wednesday 12pm-8pm Tuesday, Thursday & Friday 9am-5pm
Contact Number	Freephone 1800 247 247 to speak to a therapist if you are in crisis. Text HELP to 51444 0818 111 126 to make an appointment with a therapist
Address	3 rd Floor Grand Central Building Canal Road, Letterkenny Co. Donegal F92 EK7Y TEL: 074 91 26594
Email Address	mary@pieta.ie
Website	www.pieta.ie

Organisation:	Domestic Abuse Psychotherapy
Service / Activity	Donegal Women's Centre provides a free domestic abuse trauma psychotherapy service in the Centre and at various safe and confidential community settings throughout the county including Inishowen. This service is provided by two trauma psychotherapists who are fully accredited with a recognised counselling/psychotherapy association. This service is available to women from the age of 17 who are living in Co. Donegal and have experienced domestic abuse, intimate partner violence or coercive control (current / recent or past) and the need to deal with the trauma and trauma symptoms arising from chronic abuse and violence and with the experience of loss connected to separation / relationship breakdown and to learn new ways of moving forward with their lives.
Target Audience	Any woman from the age of 17 living in Co. Donegal or the surrounding areas. Referral can be self-referral, by a GP or any health professional
Opening Hours	Donegal Women's Centre operates Monday to Thursday 9.00am to 5.00pm, and on Friday 9.00am to 4.00pm. Lunch is between 1.00pm & 2.00pm
Contact Number	074 9124985
Address	Port Road, Letterkenny, Co. Donegal F92 X892
Email Address	donegalwomenscentre@gmail.com
Website	donegalwomenscentre.ie

Organisation:	Jigsaw Donegal
Service / Activity	Jigsaw Donegal provides a free and confidential support service for young people aged 12–25 on Pearse Road in Letterkenny. Jigsaw Donegal aims to make sure that young people’s voices are heard, and that they get the right support, where and when they need it. Further info How can Jigsaw Donegal help? if I’m a young person... Jigsaw offers a one-to-one support service for young people aged between 12 and 25. We can assess your mental health and help you to understand what is going on for you. We will work with you to set goals around what you would like to be different in your life. Then we will support you to reach those goals, through talking things out, problem solving, learning new skills and / or hooking you up with other services that might be able to help (e.g. education & training; youth services etc). Jigsaw helps young people through the current hurdles, learning skills along the way that will help them overcome the next challenge that comes their way. Jigsaw is a free and confidential service that is built on really listening to you and your experience and working with you to make things better. Live Chat Get support if you’re aged between 12-25 years old online with our trained staff through 1:1 webchats https://jigsaw.ie/talk-online/live-chat/
Target Audience	12 – 25 years
Opening Hours	Monday – Wednesday 9 am – 5:30 pm Thursday 9 am – 7 pm Friday 9 am – 2:30 pm
Contact Number	074 97 26920
Address	Pearse Road Letterkenny Co. Donegal
Email Address	donegal@jigsaw.ie
Website	jigsaw.ie

Organisation:	Donegal Community Counselling Service
Service / Activity	This counselling service is provided in Donegal Women's Centre and at our outreach centre. It is a community based, nonset fee, confidential, client – centred counselling and psychotherapy service. <i>"We are committed to providing one to one counselling and psychotherapy of the highest ethical and professional standards to all"</i> This is a generic counselling service provided by student, preaccredited and accredited counsellors who are affiliated to the recognised accreditation bodies. Counselling and psychotherapy can help address a wide range of issues which may include the following: • Depression • Sexual, Physical and Emotional Abuse • Family/Parental Concerns • Stress, Anxiety or Panic Attacks • Relationship Issues • Bereavement and loss • Self-esteem Issues • Alcohol/Drug Issues • Bullying • Fertility Issues • Postnatal depression.
Target Audience	We see women and men over the age of 17 who live in Co. Donegal or the surrounding areas. Men are seen in our outreach centre Referral can be self-referral, by a GP or any health professional
Opening Hours	Donegal Women's Centre operates Monday to Thursday 9.00am to 5.00pm, and on Friday 9.00am to 4.00pm. Lunch is between 1.00pm & 2.00pm
Contact Number	074 9124985
Address	Port Road, Letterkenny, Co. Donegal F92 X892
Email Address	donegalwomenscentre@gmail.com
Website	donegalwomenscentre.ie



DISABILITY SERVICES & SUPPORTS

DIRECTORY OF DISABILITY SERVICES IN CO. DONEGAL

For a full list of supports and services for children and adults with disabilities, please go to <https://www.cypsc.ie/fileupload/Documents/Resources/Donegal/Directory%20of%20Disability%20service%20revised.pdf>

CHILDREN'S DISABILITY NETWORK TEAMS

As part of national changes Under 'Progressing Disability Services for Children & Young People', Children's Disability Network Teams (CDNT) have been set-up which aim to support children and young people with complex needs. CDNT's will encompass both Early Intervention Services (0-6 years) & School-Age Services (6-18years) and will become a service for children & young people with complex needs aged 0-18 years.

The CDNT is an interdisciplinary team who work collaboratively with the child and family to identify the needs and priorities of the child and family. From this process a written plan is developed over time, called an Individual Family Service Plan (IFSP). This IFSP will include the goals chosen by the family and what strategies and supports are required to achieve these goals.

Reconfiguration to the new service is ongoing and families involved are being informed of the plans. Children & young people will remain with their current service until the reconfiguration is complete. During this period your service provider will be in contact with you to inform you of where your child will be transferring to following reconfiguration. They will assist you in terms of any queries you may have during this period.

Donegal has been divided in to 4 Community Health Networks in which the CDNT will sit. These are:

CDNT Area	CDNT Manager
Inishowen CHN	Mr Alvin Doherty 0870632038
Donegal North CHN	Ms Siobhan Taylor 0749197127
Donegal East CHN	Mr Alvin Doherty 0870632038
Donegal South CHN	Mr Gerard Gallagher 0749722997

If the family is currently involved in services, they do not need to take any action but for new referrals; referral forms are available on request from above contact details.

Organisation:	Bluestack Special Needs Foundation
Service / Activity	The Bluestack Special Needs Foundation (est. in 2006), has as its core aim to <i>"Enhance the Lives of People with Additional Needs"</i>. Working with families who have dependants with physical, sensory, intellectual, and psychological disabilities, regardless of whether the disability results in profound, moderate or mild additional needs, even prediagnosis, offering a needs based response to our members. The Foundation fundamentally offers practical advice, emotional support and a range of programmes and services such as: After-School Club, Saturday Club, Teen Club, Summer Camp, Parent Support Network, Bluestack Shack, Progression Programme, Outreach Respite Family Support, Choir. We provide families with information, signposting and advice services and organise play therapy supports. The Bluestack House is a multi-purpose community facility and we operate an open -door policy.
Target Audience	Children and Young adults with additional needs and their families
Opening Hours	Monday -Thursday 9:00-17:00 Friday 9:00-16:30
Contact Number	0749740828
Address	The Glebe, Donegal Town, F94X31V
Email Address	info@bluestackfoundation.com
Website	www.bluestackfoundation.com

Organisation:	Bluestack Special Needs Foundation
Service / Activity	<u>Summer Camp</u> July and August Monday-Thursday 10-13:00 for 4-12 years of age 14:00-17:00; 12-18 years of age <u>Bluestack Choir</u> The Bluestack Choir Is a fun celebration of Music, building confidence, improving social skills and inspiring creativity and is a great form of expression too. Parents or careers can join in as well Admission €5, Every Monday, 6-7:30pm (pending at the moment due to Covid restrictions) Age: Children and young adults <u>Guitar lessons</u> Every Thursday 5-6pm during School Term 14-18 years Admission: €5 <u>Saturday Club</u> We provide a fun and safe place for the children to enjoy themselves. Under the care of our trained staff and volunteers the children will be involved in many activities. Parents can take a well-earned break. Please ring us to secure a place. Every Saturday during School Term, 10:30-13:00 Location: Donegal Town, Bluestack House and Falcarragh, Community hall Admission: €10 Age: Children and young adults <u>Afterschool</u> Every Monday-Wednesday during School Term 10-14 years 3:30-5:30 pm Admission: €10
Contact Number	0749740828
Address	The Glebe, Donegal Town, F94X31V
Email Address	info@bluestackfoundation.com
Website	www.bluestackfoundation.com

Organisation:	Cairde Le Cheile CLG
Service / Activity	Cairde Le Cheile provide sporting, social and employment opportunities for people with disability, as well as vulnerable young people and senior citizens in County Donegal. We also offer centre based facilities to all members of the community as well as independent advocacy to a number of disability groups. Cairde Le Cheile has been working in conjunction with Special Olympics since its foundation in 1999 and is connected to nine clubs in Donegal.
Target Audience	all age groups.
Opening Hours	8.30 – 17.30 7 Days per week and late evenings if required
Contact Number	0749120123 / 0861634109
Address	St Conals Campus, Kilmacrennan Rd, Letterkenny, Co Donegal F92 TD 92
Email	clcvestrylk@gmail.com
Website	www.cairdelecheile.org

Organisation:	Donegal Down Syndrome
Service / Activity	We Provide a range of activities. For all ages • Speech & Language Therapy • Pyhsio Therapy • Occupational Therapy • Swimming Lessons • Adult Education (personal Development course) • Exercise club • Yoga • Counselling • Holistic Therapy • Informational educational seminars • Lamh courses
Target Audience	Cradle to Grave
Opening Hours	10am – 4pm Mon- Thursday 10am -2pm Friday
Contact Number	0749103527/0858428694
Address	4 Garda Houses, High RD, Letterkenny F92TX3X
Email Address	donegaldds@gmail.com

DISABILITY SERVICES & SUPPORTS

Rehabilitation and Training

Organisation:	HSE - Therapeutic Occupational Activities
Service / Activity	Supporting Adults with various needs including physical, mental health and intellectual disabilities in a work setting in the community
Target Audience	18-65
Opening Hours	9am -4pm
Contact Number	087 6882341
Address	TOA, c/o Garden Centre, St Conal's Hospital Campus, Letterkenny. F92 A9X0
Email	Rose.mceleney@hse.ie

Organisation:	No Barriers Foundation
Service/Activity:	A not for profit organisation based in Letterkenny Co. Donegal. Our aim is to create an inclusive health facility equipped with specialist neurological equipment allowing anyone with a disability to train and improve their current level of physical and mental health by targeting mobility, strength and physical fitness regardless of their current baseline. Services we provide include exo-skeleton rehab, neuro rehab for example MS, Parkinson's, Spinal Cord Injury and Stroke. We also provide a variety of neurological exercise classes on a weekly basis.
Contact Name:	Stephen McNally BSc (Hons), MSc, PhD, Service Coordinator & Chartered Physiotherapist
Contact details:	m: 083 8855056 w: www.nobarriers.ie

Organisation:	Donegal Horizons Ltd.
Service / Activity	Training service for adults with intellectual disabilities (Referrals directly from HSE Guidance Officers)
Target Audience	School Leavers (18 upwards)
Opening Hours	9am – 5pm Monday-Thursday 9am-3pm Friday
Contact Number	074 9726281 (Letterkenny) 074 9726282 (Inishowen)
Address	Unit 1 Port House, Port House, Letterkenny. F92 FP9H Unit 8 Carndonagh Business Centre, Station Road, Carndonagh F93 HPA0
Email Address	adam@newhorizonspartnership.co.uk patricia@newhorizonspartnership.co.uk
Website	Donegalhorizonsltd.ie

Organisation:	LYFS
Service / Activity	Intellectual Disabilities Exercise Programme (In conjunction with National Learning Network) Weekly fun games session introducing a variety of games to improve aerobic and anaerobic fitness.
Target Audience	18 +
Opening Hours	Wednesdays 1.30pm-2.45pm
Contact Number	0749123078 0861237917
Address	No.1 New Line House New Line Rd Letterkenny Co.Donegal F92 K103
Email Address	info@lyfs.ie garryglennon1@hotmail.com
Website	www.facebook.com/Lyfscommunityproject/

Organisation:	National Learning Network
Service / Activity	National Learning Network provides specialised training programmes that deliver nationally recognised and accredited qualifications. Vocational training courses funded by Donegal Education Training Board (DETB) provide flexible blended learning and employment opportunities for people with additional support needs. Rehabilitation training courses funded by the HSE aim to realise the aspirations sent out in the New Directions Framework . Programmes provide support and diverse learning techniques for individual students, to enable them to achieve the best possible quality of life and inclusion within their own community
Target Audience	From age 16 upwards for Vocational Training programmes. Over 18 years for Rehabilitation Training programmes
Opening Hours	9:00am – 4:30pm Monday to Friday
Contact Number	Rossvie Business Park, Port Road, Letterkenny, Co Donegal. F92 Y96F
Address	letterkenny@nl.ni
Email	https://www.facebook.com/NLNIreland/
Website	https://www.rehab.ie/national-learning-network/

Organisation: Bluestack Special Needs Foundation	
Service / Activity	Coffee Shack Training The Bluestack Shack, (opening in early 2022), is a takeaway coffee dock, selling a range of teas, coffees, drinks, and snacks. It is situated in the Back Garden of the Bluestack Special Needs Foundation in Donegal Town and is operated by individuals with additional needs. The training of our young members commenced in September 2020 and is ongoing. The Coffee Shack Training provides experience in *Customer Service, *Barista skills, *Stock Control, *Managing the Till, *Baking, *Food hygiene, *Cooking, *Money Management, *Growing their own vegetables, *Arts and Crafts, *Up cycling. Places for the training are limited, please contact us for more information.
Target Audience	Young adults
Opening Hours	Morning and afternoon sessions on Mondays during School term
Contact Number	0749740828
Address	The Glebe, Donegal Town, F94X31V
Email Address	info@bluestackfoundation.com
Website	www.bluestackfoundation.com

DISABILITY SERVICES & SUPPORTS

Physical and Sensory

Organisation:	Chime
Service / Activity	Chime have 3 core services which include: Care Services , Technology Services, Advice and Information. In addition to our services we drive awareness to key issues through our advocacy work. Our mission is a society with no limits or barriers for anyone living with Deafness or Hearing loss
Target Audience	Cradle to Grave service
Opening Hours	9-5 Monday – Friday Closed for lunch from 1-2
Contact Number	074-9188252
Address	F92 DN0N
Email Address	letterkenny@chime.ie
Website	ww.chime.ie

Organisation:	Donegal Centre for Independent Living
Service/Activity:	Donegal Centre for Independent Living (DCIL) seeks to empower & enable people with disabilities, enhance their quality of life, assist in achieving independent living & their full participation in our society.
Opening Times:	Mon—Thurs 9:30—5pm Fri 9:30—4pm
Contact Name:	Rosaleen Bradley
Address:	Ballymacool, Letterkenny
Contact details:	t: 074 912 8945 e: dcil@donegalcil.com

Organisation:	Irish Wheelchair Association (IWA)
Service/Activity:	The Leading representative body and service provider for people with physical disabilities.
Opening Times:	Monday to Friday 9-5
Contact Name:	Mary McGrenra
Address:	Glenview, Carnamogagh Upp. Letterkenny
Contact details:	Letterkenny office t: 074 9177448 e: dramanor@iwa.ie

Organisation:	Beach Wheelchairs in Donegal
Service/Activity:	There are beach wheelchairs available in 5 locations in Donegal, one is at the airport in Carrickfinn, Carrickfinn Beach Contact: Donegal Airport at 074 95 48284
Contact details:	t: 074 95 48284 w: https://mcscasemanagement.ie/uncategorized/hippocampe-beach-wheelchairs-countrywide/

Organisation: Epilepsy	
Service / Activity	We offer information and support to people with epilepsy and to their families and carers. We provide up to date information with a range of booklets and resources available from our offices or from our website www.epilepsy.ie
Target Audience	All Ages
Opening Hours	Monday to Wednesday 9am to 3.30pm. Thursday 9am to 1pm. Friday Closed
Contact Number	0858689433
Address	2 nd Floor, Grand Central Complex, Canal Road, Letterkenny, Co. Donegal. F92
Email	amooney@epilepsy.ie

Organisation: National Council For the Blind NCBI	
Service / Activity	NCBI offers community based services to help people to adapt to sight loss and maintain their independence. These services include emotional support to the individual experiencing loss of vision and to their families, advice and information on all aspects of vision loss as well as practical support and solutions to the challenges encountered by people with vision loss. Our services are offered to people for all ages.
Target Audience	from birth through to older age
Opening Hours	9-5pm
Contact Number	Phone: (074) 917 7657
Address	Saint Columba's Terrace, 1 St High Rd, Letterkenny, Co. Donegal

EMPLOYMENT SUPPORT SERVICES

Organisation:	Donegal Local Development Company CLG (DLDC)
Service / Activity	Employment supports DLDC staff based in Letterkenny, Donegal Town, Ballyshannon and Gweedore assist individuals in finding, applying and preparing for employment. We offer a confidential one-to-one service that provides advice and guidance in: • Writing a CV and cover letter. • Advice on re-skilling/training. • Completing an application form. • Developing interview skills (for online and face-to-face interviews). Preparing to start a job. We also run regional workshops providing similar advice and guidance in a group setting. DLDC's employment supports team prepares a weekly list of new jobs in Donegal that is available to all. DLDC also offers a dedicated employment support service to members of the Traveller/Roma community. The service is designed to give members of the Traveller/Roma community employment opportunities within the public, private and community sectors. These positions may be part or full-time and are based on the individual's needs and abilities as well as their educational and training level. We also support members of the Traveller/Roma community who are interested in further education and/or training. DLDC has delivered this service to the Traveller/Roma community throughout Donegal since August 2011.
Target Audience	DLDC's Employment Supports service is open to anyone aged 16 and over.
Opening Hours	Monday – Friday, 9.00am – 5.00pm
Contact Number	074 91 27056
Address	DLDC Head ,1 Millennium Court,Pearse Road,Letterkenny, Co Donegal, F92W50R
Email	info@dldc.org
Website	www.dldc.org

Organisation:	Letterkenny INTREO Centre
Service / Activity	In Ireland, Public Employment Services are provided by <u>Intreo</u>, a single point of contact for all employment and income supports. Designed to provide a streamlined approach, Intreo offers practical, tailored employment services and supports for jobseekers and employers in <u>Intreo Centres</u> throughout Ireland
Opening Hours	Monday– Wed 9.15am-1pm, Thursday 10.30am-1pm,
Contact Number	0749160460
Address	High Road, Letterkenny, Co Donegal F92TPYO
Email Address	Letterkenny@welfare.ie
Website	www.gov.ie/intreo

FOOD AID

Organisation:	WE CARE LK FOOD BANK
Service / Activity	Food Bank
Target Audience	All Ages
Opening Hours	Tuesday 12 – 2pm Friday 12 – 2pm
Contact Number	087 - 1471325
Address	Market Centre, Main St, Letterkenny F92 P93C
Email Address	wecarelkfoodbank1@gmail.com
Website	wecarelkfoodbank.ie

Organisation:	Cara House Family Resource Centre CLG
Service / Activity	Donegal Food Response Network We receive weekly donations of food and other products from LIDL and ALDI on a weekly basis which is distributed to those families in need. Confidential Service
Target Audience	Individuals and Families
Opening Hours	9.30am to 5pm Monday to Friday
Contact Number	0749123986 / 0861223029 (Martina)
Address	Pearse Road, Letterkenny, Co. Donegal, F92 YA21
Email Address	info@carahouse.ie
Website	www.carahouse.ie



AN GARDA SÍOCHÁNA

Local Garda stations and contact details

AREA	ADDRESS	TELEPHONE NUMBER
Carrighart	Umlagh, Carrighart, Co Donegal	074915510 MON-SUN 10:00-13:00
Kerrykeel	Main Street, Kerrykeel Co Donegal	0749150002 MON- SUN 10:00-13:00
Kilmacrennan	Main Street , Kilmacrennan Co Donegal	0749139002 MON-SUN 10:00-13:00
Letterkenny	New Line Road , Letterkenny Co Donegal	0749167100 OPEN 24/7
Milford	Main Street , Milford Co Donegal	0749153060 OPEN 24/7
Ramelton	The Mall, Ramelton Co Donegal	0749151002 MON-SAT 10:00-13:00, 19:00-21:00 SUN 10:00-13:00
Rathmullen	Kerr's Bay, Rathmullen Co Donegal	MON-SUN 10:00-13:00

GARDENING GROUPS & COMMUNITY GARDENS

Assistance and information for people interested in community gardens & allotments

Organisation:	Donegal Community Garden Network
Service/Activity:	Connecting All Community Gardens throughout Donegal- get in touch for details about your local community garden projects & how you can get involved. Information Network on Facebook
Contact Details:	e: donegalcgn@gmail.com

Organisation:	Mevagh FRC Community Garden
Service / Activity	Gardening Groups and Community Gardens Mevagh FRC have a community garden where people have access to grow their own both in a poly tunnel and an outdoor raised bed. There are 12 plots available and we operate a waiting list for plots
Target Audience	18+
Opening Hours	Monday – Sunday 9am – 10pm from September to November yearly
Contact Number	0749155055
Address	Áras Ros Goill, Downings, Co. Donegal, F92 RX8C
Email Address	Developmentworker@mevaghfrc.com
Website	www.mevaghfrc.org



Donegal Mind Wellness

Helping people to mind their mental health

Donegal Mind Wellness

is a charity based in Donegal
which was set up in 2014 by Majella O'Donnell.

The aim of the charity is to support mental
health initiatives in the community
throughout county Donegal.

The charity encourages people to
learn more about how to look after
their own wellbeing.

Visit the website at: donegalmindwellness.ie
m: 086 0298907

HEALTH AND WELL BEING PROGRAMMES AND PROVIDERS

Organisation:	Swilly & Mulroy Community Health Forum
Service / Activity	Health and Well Being Programmes and Providers
Target Audience	All ages
Opening Hours	Second Thursday of the month 11:30am – 1pm
Contact Number	0749153736
Address	Market Square, Millford, Co. Donegal, F92 P8YD

GO TO WWW.DONEGALCHN.ORG FOR MORE INFORMATION ABOUT YOUR LOCAL COMMUNITY HEALTH FORUM.

Organisation:	Mevagh Cardiac First Responders
Service / Activity	Health and Well Being Programmes and Providers Mevagh Cardiac First responders are a voluntary group that was established in 2007 through the ambulance service and the HSE to provide essential service to those experiencing cardiac arrest in the area. The provision of CPR and defibrillation by our trained members affords such individuals the greatest chance of survival. The group of volunteers are very dedicated and committed. If you would like to become a volunteer please contact Hugo Boyle on 087 251 5387 or Janet on 086 843 7533
Target Audience	All ages
Opening Hours	24/7
Contact Number	Ring 999 or 112 ask for the ambulance service and they will contact Mevagh Cardiac First Responders. To become a volunteer ring Hugo on 087 251 5387 or Janet on 086 843 7533

Organisation:	LYFS
Service / Activity	MEET-Childhood/Teen Obesity Programme Health improvement programmes aim to enhance the health and wellbeing of families through the development of healthy life skills by focusing on wellbeing, nutrition and activity. Healthy Lifestyles-Parents and carers of children aged 0-6 yrs. Making a Difference- Children 6-12yrs who present as overweight or obesity. Health & Social Café Informal meeting to have fun, experience new things and make new friends. Aims to reduce isolation and increase self- esteem and confidence. Wed 6.30– 8pm. Age 18+ Healthy Estates Programme Working within housing estates we aim to improve overall health and wellbeing of the whole community. Whole Community. It's My Chance Mental Health & Wellbeing Programme This Programme aims to improve positive mental health and physical health and wellbeing of Young Men aged 16-25yrs who are at risk, hard to engage, not in employment, education or training and currently excluded from society. Areas covered include Stress Control, Physical Activity and Positive lifestyle choices.
Opening Hours	10am-5pm , Monday- Friday & Evening Sessions
Contact Number	0749123078 0861237917
Address	No.1 New Line House New Line Rd Letterkenny Co.Donegal F92 K103
Email Address	info@lyfs.ie garryglennon1@hotmail.com
Website	www.facebook.com/Lyfscommunityproject/

MENTAL HEALTH SERVICES & SUPPORTS

Assistance, support & information for people with mental health needs, carers & their families

Organisation: Child & Adolescent Mental Health Service (CAMHS)	
Service/ Activity:	The Child & Adolescent Mental Health Service provides specialist child and adolescent mental health assessment and treatment to children and adolescents under the age of 18 years who present with moderate to severe mental health difficulties.
Target Audience:	The Child & Adolescent Mental Health Service provides specialist child and adolescent mental health assessment and treatment to children and adolescents under the age of 18 years who present with moderate to severe mental health difficulties.
Referral Pathway:	Referrals are accepted from GPs and other health professionals in collaboration with the GP.
Address:	Child & Adolescent Mental Health Service First Floor, Park House, Rossan College Complex, Ballyraine, Letterkenny F92 K7WY Tel. No. (074) 9120340
Opening Hours	9 am – 5 pm

Organisation: Community mental health team. Central sector	
Service / Activity	Provision of community based Multi-disciplinary mental health care for service users within the Central sector
Target Audience	18 - 65
Opening Hours	9am - 5pm Mon – Fri. Also provision of an internal referral based weekend support service
Contact Number	0749197185
Address	Level one, Scally place, Justice Walsh Road, Letterkenny, Co. Donegal. F92 DH58

Organisation:	Jigsaw Donegal
Service / Activity	Jigsaw Donegal provides a free and confidential support service for young people aged 12–25 on Pearse Road in Letterkenny. Jigsaw Donegal aims to make sure that young people’s voices are heard, and that they get the right support, where and when they need it. Further info How can Jigsaw Donegal help? if I’m a young person... Jigsaw offers a one-to-one support service for young people aged between 12 and 25. We can assess your mental health and help you to understand what is going on for you. We will work with you to set goals around what you would like to be different in your life. Then we will support you to reach those goals, through talking things out, problem solving, learning new skills and / or hooking you up with other services that might be able to help (e.g. education & training; youth services etc). Jigsaw helps young people through the current hurdles, learning skills along the way that will help them overcome the next challenge that comes their way. Jigsaw is a free and confidential service that is built on really listening to you and your experience and working with you to make things better. Live Chat Get support if you’re aged between 12-25 years old online with our trained staff through 1:1 webchats https://jigsaw.ie/talk-online/live-chat/
Target Audience	12 – 25 years
Opening Hours	Monday – Wednesday 9 am – 5:30 pm Thursday 9 am – 7 pm Friday 9 am – 2:30 pm
Contact Number	074 97 26920
Address	Pearse Road Letterkenny Co. Donegal Eircode F92 FH36
Email Address	donegal@jigsaw.ie
Website	jigsaw.ie

Organisation:	Grow Mental Health (North West Region)
Service / Activity	We are a community of people drawn together by our first-hand experiences of mental health problems. Having found practical ways of helping each other recover from mental health challenges we developed what we refer to as The Grow Program. We meet weekly and use our proven <u>12 Step Program</u> to aid recovery. The unique strength is that this support is coming from people who are in, or are coming from, similar situations. Members support, encourage and guide each other to a better place-building true friendships and resilience. We also deliver Mental Health Education Programmes both within the community and the workplace with the aim of increasing awareness of Mental Health, to outline the relevance of Mental Health in our daily lives and focusing on the importance of maintaining one's own Mental Health.
Target Audience	Everyone 18+
Opening Hours	Regional Office hours 8.30am-2pm, Mon to Thurs Meetings are held at various times usually evenings starting around 7pm or 8pm
Contact Number	Info line 1890 474 474 / 074 9161628 - Letterkenny office
Address	Grow Mental Health C/O DCIL Ballymacool House Letterkenny, Co. Donegal F92 YY01
Email Address	northwestregion@grow.ie
Website	www.grow.ie

Organisation:	Aware
Service / Activity	Aware is the national organisation providing support, education and information services for those impacted by depression, bipolar disorder and other mood related conditions. SUPPORT Support & Self Care Groups daily phone-in, zoom, face-to-face Support Line Freephone 1800 80 48 48 365 days a year 10am-10pm Support Mail supportmail@aware.ie Answered within 24hrs EDUCATION PROGRAMMES Life Skills Group 6 week programme Online 8 week programme Relatives & Friends Group 4 week programme Living Well with Bipolar Disorder Programme Group 8 week programme Life Skills for Schools 4 week programme Senior cycle students Wellness@Work Mental health education and training programmes Employees and managers
Target Audience	18 +
Opening Hours	9.00am to 5.00pm
Contact Number	01-6617211
Address	9 Upper Leeson Street, Dublin 4, D04 KD80
Email Address	info@aware.ie
Website	www.aware.ie

DONEGAL COUNTY COUNCIL

The Local Authority provides a wide range of services across Donegal



**Comhairle Contae
Dhún na nGall**
Donegal County Council

ROAD SERVICE

Road Safety and Education
Knotweed Treatment
Parking Section
Road Closures
Road Permits
Unauthorised Signage

ENVIRONMENT

Bring Banks
Christmas
Waste Collection
Septic Tanks
Illegal Dumping
Recycling Centres

HOUSING

Housing Grants
Housing Loans
Tenant Information
Social Housing Options
Choice Based Letting
Repair & Leasing
Social Housing Development

MOTOR TAX

Taxing your Vehicle
Change of Ownership
Off Road Declarations
Vehicle Registration
Replacement Documents
Scrapping a Vehicle

PLANNING

Planning Application Search
Development Plans, Built
Heritage including Grants
Apply for Planning Permission
Building Control
Planning Fees
Planning Enforcement

OTHER SERVICES

NPPR
Fire Service
Civil Defence
Lobbying Act 2015
Dog Licence
Water
Veterinary Services
Procurement

The County Council provides a wide range of services some of these are listed here.

To contact the County Council call their main number: **074 91 53900**

Public Services Centre in: Letterkenny Office, Neil T Blaney Road, Drumnahoagh, Letterkenny.

Milford: Main Street, Forquar, Milford.

Open Monday to Thursday 9am to 5pm and Fridays 9am to 4.30pm

Closed for lunch each day 12.30pm to 1pm

Closed on Bank Holidays

HOUSING AND HOMELESS SERVICES

Organisation:	North West Simon Community Letterkenny Office
Service / Activity	The North West Simon Community support people who are homeless or at risk of homelessness through – Accommodation, Practical Support, Home visits, Preventative work, Networking and linking in to other Agencies
Contact Number	074-9121613
Address	9 Riverfront House Pearse Road Letterkenny Donegal F92CY67

Organisation:	Clúid Housing
Service / Activity	Clúid's vision is a society where everyone has a great place to live. We work closely with Local Authorities across Ireland to provide high quality homes and services to people in housing need on Local Authority Housing lists. Clúid currently support over 21,000 residents across Ireland.
Target Audience	N/A
Opening Hours	Monday to Friday, 9am to 5pm – Excluding public holidays
Contact Number	00353 1 707 2088
Address	Local representatives are based in the North West, however the Head Office is in Dublin: Clúid Housing 159-161 Sheriff Street Upper D01 R8N0 Dublin
Email Address	cluid@cluid.ie
Website	www.cluid.ie

MEN'S GROUPS AND MEN'S SHEDS

Activity Groups, support groups and Sheds

Organisation:	Mevagh FRC Men's Group
Service / Activity	Men's Groups
Target Audience	25+
Opening Hours	Second Tuesday of the month @ 8pm
Contact Number	0749155055
Address	Áras Ros Goill, Downings, Co. Donegal, F92 RX8C
Email Address	familysupport@mevaghfrc.com
Website	www.mevaghfrc.org

Organisation:	LETTERKENNY MEN'S & WOMEN'S SHED
Service / Activity	LETTERKENNY MEN'S & WOMENS SHED BASED IN ST. CONALS CAMPUS DROP IN FOR A CUPPA MEET YOUR PEERS WORK ON PERSONAL PROJECTS SHARE YOU SKILLS WITH OTHERS LEARN NEW SKILLS
Target Audience	MEN & WOMEN OF ALL AGES AND ABILITIES
Opening Hours	9-5pm
Contact Number	074 9120633/0868262330
Address	c/o UNITY 24 THE COURTYARD SHOPPING CENTRE LR. MAIN STREET LETTERKENNY CO. DONEGAL F92N5VF

Organisation:	Kilmacrennan Mens Shed
Service / Activity	Men's Group with the aim to bring men together to talk & learn skills form each other and also to encourage men to talk through their problems
Target Audience	No age barrier, men from 18-whatever age are welcome
Opening Hours	Tue-thrum 7.30-anytime
Contact Number	0858285228
Address	Milford Road, Kilmacrennan , F92ND72
Email	kilmacshed@gmail.com

MONEY, BUDGETING & FINANCIAL ADVICE & ASSISTANCE

Assistance, support & information for people with financial concerns

Organisation:	North Connacht & Ulster MABS – North Donegal Office
Service / Activity	MABS is a free, independent and confidential service. We can assist people with budgeting and also people who have debts such as: • Mortgage arrears • Personal loans • Utilities arrears • Credit card debt • Hire purchases • Rent arrears • Court fines • Catalogue debts • Sub-prime loans • Legal moneylenders
Target Audience	People on a Low Income . Service is open to anyone
Opening Hours	9 – 5.30 Mon – Thursday 9 – 2pm Fridays
Contact Number	0761072460
Address	Canal House, Lower Main Street, Letterkenny, Co Donegal F92DE7V
Email Address	letterkenny@mabs.ie
Website	mabs.ie

Organisation:	Letterkenny Citizen's Information Service
Service/Activity:	Free and independent information and advice of welfare rights, financial matters, rights and entitlements. All in strictest confidence.
Address:	Letterkenny Public Services Centre Neil T Blaney Road, Drum-nahoagh, Letterkenny F92XT43.
Contact details:	0818075530
Opening Hours	9am—4.30pm Monday to Friday
Email	letterkenny@citinfo.ie

Organisation:	Milford Citizen's Information Service
Service / Activity	Free and independent information and advice of welfare rights, financial matters, rights and entitlements. All in strictest confidence
Opening Hours	9am—4.30pm Monday to Friday
Contact Number	081807540
Address	Milford CIC Public Service Centre Milford
Email Address	milford@citinfo.ie



Society of St Vincent de Paul

THE GOAL OF ST VINCENT DE PAUL IS TO FIGHT POVERTY IN ALL ITS FORMS THROUGH THE PRACTICAL ASSISTANCE TO PEOPLE IN NEED.

St V De P offer direct, personal assistance that is non-judgemental and based on the need of the individual or family. In addition, they provide a wide range of services for vulnerable people through our local offices, shops, resource centres, housing, daycare and holiday schemes amongst other things.

Here you can find a list of St V De P Conferences with mobile numbers and the areas they visit in the North Central Donegal area. Please leave a brief message along with your name, address and contact details if no one answers and someone will get back to you shortly.

Letterkenny Area	Letterkenny	Letterkenny	Donegal	00353749129503
St Joseph	Rathmullan	Milford/Dunfanaghy	Donegal	NONE
St Mary's	Ramelton	Milford/Dunfanaghy	Donegal	00353871436640
St Peter	Milford	Milford/Dunfanaghy	Donegal	00353860611040
St Colmcille	Kilmacrennan	Milford/Dunfanaghy	Donegal	NONE
St Davog	Fanavolty	Milford/Dunfanaghy	Donegal	NONE
St John The Baptist	Carrigart	Milford/Dunfanaghy	Donegal	00353877573830

Organisation:	Letterkenny Credit Union
Opening Hours	Mon- Fri: 10.00-16.00
Contact Number	074 91 24166
Address	High Road Letterkenny Co. Donegal
Email Address	info@letterkennycu.ie

Organisation:	Letterkenny Credit Union (Ramelton Branch)
Opening Hours	Fri 9.30 am – 12 noon
Contact Number	074 91 51500
Address	The Mall Ramelton Co. Donegal
Email Address	info@letterkennycu.ie

Organisation:	Sheephaven Credit Union
Opening Hours	Mon: 10.30am - 4.30pm Tue - Fri: 9.30am - 4.30PM Sat: 9.30am-3.30pm
Contact Number	074 9155866
Address	Main Street, Carrigart, F92 PR28, Co. Donegal
Email Address	info@sheephavencu.ie

Organisation:	Swilly Mulroy Credit Union (Milford office)
Opening Hours	Fri - 9:30-17:15
Contact Number	0749150188
Address	Milford Address 2 Mulroy Tce, The Square, Milford. Kerrykeel Address Carrowkeel, Bridgetown, Co Donegal Rathmullan
Email Address	info@swilly.cumail.ie

OLDER PEOPLE'S SERVICES, SUPPORTS AND ACTIVITIES

Active age, older people groups, activity & support organisations

Organisation:	Fanad Day Centre
Service / Activity	Older People Services
Target Audience	60+
Opening Hours	Tuesday – Wednesday 11am - 4pm
Contact Number	0749159631
Address	Triallough, Kerrykeel, Letterkenny, Co. Donegal
Email Address	fanaddaycentre@gmail.com

Organisation:	MEVAGH DAY CENTRE CLG
Service / Activity	Providing support including Hot Meals, Activities, Outings, Doctor Appointments, Chiropodist Appointments and general well being for the Elderly, those living on their own and who are isolated, adults with mental OR physical disabilities
Target Audience	The Elderly, those living on their own and who are isolated,
Opening Hours	10am to 4pm Monday, Tuesday & Wednesday
Contact Number	074 9154848
Address	Carrigart, Letterkenny, Co Donegal F92 KT24
Email Address	mevaghdaycentrecldg@gmail.com
Website	N/A

Organisation:	LETTERKENNY C.D.P. Clg.
Service / Activity	<u>Senior Alert Program</u> Personal Alarms Monitored for the first year is FREE Pendant or Bracelet Can be installed on landline or mobile unit <u>Car & Repair Program</u> Minor Repairs Grass Cutting Weeding Painting
Target Audience	People Aged 65+
Opening Hours	9-5pm
Contact Number	074 9120633/0868262330
Address	Unity 24 The Courtyard Shopping Centre Lr. Main Street Letterkenny Co. Donegal F92N5VF
Email Address	letterkennycdp@lkennycdp.com

Organisation:	Cara House Family Resource Centre
Service / Activity	Cara Social Centre is a branch of Cara House Family Resource Centre which aims to combat loneliness and isolation and assist older people in living in their own homes. Our partners in this are HSE Mental Health and Older People's Services It comprises: • A Befriending Service (Letterkenny area only) Trained and vetted Befrienders visit the Befriendee once a week for a chat and some company in their own home. Due to Covid we currently cannot provide house visits but we do keep in contact via phone. We have set up several women and men's groups in the Letterkenny area who have resumed meeting up in local cafes. • A drop-in room in Cara House for anyone who feels lonely or has time on their hands in the daytime • The Manorcunningham Day Centre : which meets every Friday in the Mount Errigal Hotel • Chat groups (small groups) which meet in café's, near their home, once a week for an hour • Meal Delivery We deliver meals to older people and the vulnerable in the Letterkenny area. Monday to Friday, €6 per day. The Letterkenny Community Garda Division assist us with this service • Senior Alert Scheme This is a free personal monitored alarm for people aged 65 and older of limited means. It enables older people to live securely and independently in their homes. Funded by Pobal • Helping Hands - Gardening and Odd Job Services for older people We take self-referrals and referrals from family, PHNs and CMHNS
Target Audience	Adults
Opening Hours	9.30 – 5pm
Contact Number	Contact Claire on 0838638315
Address	Pearse Road Letterkenny 92YA21
Email Address	befriending@carahouse.ie
Website	www.carahouse.ie

PARENT AND TODDLER GROUPS

Donegal Intercultural Platform P&T Group 18 Academy Court , Letterkenny Co. Donegal Contact : 086 0841433 Paul Kernan Email : donegalip@gmail.com	Conwal Parent & Toddler Group Conwal Parish Hall Letterkenny Co. Donegal Contact 086 3362576 Heather McCarron Friday; 10.00am - 12.15pm Email: louisetoner18@gmail.com
Spraoi Le Chéile Parent & Toddler Group Craoibhin Termon Co. Donegal Contact : 074 9119988 Majella Orr Tues: 10.30am - 12.00noon Email : majella.orr@craoibhintermon.ie	Busy Bees Mevagh Baby & Toddler Group (Busy Bees) Mevagh Family Resource Centre , Mevagh, Downings Co. Donegal Contact : 074 9155055 Una Collier Fri: 10.00am-12.00pm Email : familysupport@mevaghfrcc.com
Ray Parent & Toddler Group Ray Community Centre Ray Rathmullan Co. Donegal Contact : 086 6779597 Marie Gordon Mon; 10.00am - 12.00noon Email: mariekgordon@hotmail.com	STEPS Parent & Toddler Group Rossnakill Tourism & Activity Centre Rossnakill Fanad Co. Donegal 085 1528670 Tracey McBride Friday 10.30am - 12.15pm Email: casheljessica@yahoo.co.uk
Little Blessings Parent & Toddler Group Letterkenny Baptist Church, 73 Port Road, Letterkenny, Co. Donegal Mobile : 087 2333758 Trudy Johnston Thurs 9.30am - 12.30pm Email: rudyjohnston1@hotmail.com	Cara House Family Resource Centre CLG Pearse Road, Letterkenny, Co. Donegal, F92 YA21 0749123986 / 0861223029 (Janet/Martina) 9am to 6pm Monday to Friday Email: info@carahouse.ie Website: www.carahouse.ie

PARENTING SKILLS & SUPPORT ORGANISATIONS

Assistance, support & information for parents and people caring for children

Organisation:	Pathways Parent and Support Service (DPFSS)
Service / Activity	• Pathways Parent Support Service is an initiative managed under Donegal Parent & Family Support service (DPFSS) with funding from TUSLA and HSE. Other services under the DPFSS umbrella include Finn Valley Family Resource Centre, Springboard Family Support Project and Springboard Childcare Service. • Pathways Parent Support Service aims to improve outcomes for families, children and young people across County Donegal through embedding early intervention approaches. • Parents/Carers of children from 0-24 years old can avail of personalized, evidence based early interventions. • We offer a call back service for parents/carers. A parent support worker will hear the query/concern and link the family with the service most relevant to any • issue they may be experiencing. • Request for support from the Pathways Parent Support Service will come from a number of sources in- • cluding community, voluntary and statutory organizations and self-referrals. • Referrals can be made by contacting the service directly or another service can make the referral on behalf of the family. ADDITIONAL SERVICES • Support and signposting for parents • 1:1 Parent Support Sessions • Managing Challenging Behaviours • Family Communication • Co Parenting When Separated Supports • Conflict resolution • Family Advocacy • 1:1 sessions for children and young people
Target Audience	Parent/carers of children from 0-24 years old.
Opening Hours	Monday—Thursday: 8.30am– 4.30pm Friday: 8.30– 11.30am
Contact Number	0749131245, 087065186
Address	Donegal Parent and Family Support Service, Pathways Parent Support Service, Drumboe Avenue, Stranorlar, Co. Donegal, F93 ET28
Email Address	chloe.mcginity@dpfss.ie

Organisation:	Donegal Public Health Nursing Department (HSE)
Service / Activity	Pre-school Children's Behaviour Support Clinic & Sleep Clinic. Delivered by Denise Gillespie, Advanced Nurse Practitioner, Child Health & Parenting. Referrals accepted from primary care services. Not a self referral service. Referral usually through PHN or G.P
Target Audience	Age from 6 months to pre-school
Opening Hours	Mon-Fri 9-5.30pm
Contact Number	0749123785
Address	County Clinic, St. Conals Hospital, Letterkenny, Co. Donegal. F92 XK6Y
Email	Denise.gillespie@hse.ie

Organisation:	Lifestart Services CLG
Service / Activity	Our Family Visitors can support you with the following: • Lifestart Growing Child Programme— Family Visitors provide a home visiting, evidenced based service, providing information and guidance on how young children develop and learn, enabling parents to make informed relevant decisions about the upbringing of their children. • Parenting and Family Support— Family Visitors support families with everyday challenges around attachment & bonding, routines, boundaries, behaviour, safety, nutrition, communication and play, <i>Referral through the PHN Service, Social Work and other health and social care professionals.</i> For full list of Programmes See page 28
Target Audience	Parents and children pre-birth to pre-school/school entry depending on level of need
Opening Hours	Monday – Thursday 9am-5.00pm Fridays 9am-01.00pm
Contact Number	074 9156644—Office 087 6791898—Regional Manager
Address	Main St., Newtowncunningham, Donegal, F93 THC6
Email Address	Regional Manager: mary.walkercallaghan@lifestartservices.org Team Leader: maura.mcgettigan@lifestartservices.org Team Leader: eileen.ward@lifestartservices.org Team Leader: kathryn.russell@lifestartservices.org
Website	www.lifestartfoundation.org

Organisation:	LYFS
Service / Activity	Parenting Programmes: Delivering a range of parenting programmes to individuals and groups including- • One Family Parenting Alone - Communicating with Teenagers Programme • Parents Plus Programmes – Early Years, Children’s, Working Things Out, Adolescent Programme, Parenting When Separated, Disability, Special Needs and Healthy Families. • Circles of Security
Target Audience	Parents (Excluding Parents Plus Working Things Out Programme- Youth)
Opening Hours	10am-5pm , Monday- Friday Evening and Weekends when required
Contact Number	0749123078 / 0861237917
Address	No.1 New Line House New Line Rd Letterkenny Co.Donegal F92 K103
Email Address	info@lyfs.ie / garryglennon1@hotmail.com
Website	www.facebook.com/Lyfscommunityproject/

Organisation:	Bluestack Special Needs Foundation
Service / Activity	PSN / Parent Support Network First Tuesday of the month Informative events held by invited tutors/professionals for parents and carers registered with the Bluestack Foundation
Target Audience	Children and young adults
Opening Hours	Thursday, 7pm-9pm
Contact Number	0749740828
Address	The Glebe, Donegal Town, F94X31V
Email Address	info@bluestackfoundation.com
Website	www.bluestackfoundation.com

Organisation:	Mevagh FRC Breast Feeding Support Group
Service / Activity	Children’s Services and Family Support This is a drop-in support group and is open to pregnant and breastfeeding mums and is Public Health Nurse led. Feel free to pop in to meet other mums and enjoy a cuppa. For further details contact the Centre or your local healthcare professional.
Target Audience	Pregnant & Breast-Feeding Mum’s
Opening Hours	First Thursday of the month @ 11am – 12:30pm
Contact Number	0749155055
Address	Áras Ros Goill, Downings, Co. Donegal, F92 RX8C
Email Address	familysupport@mevaghfrfc.com
Website	www.mevaghfrfc.org

Organisation:	Mevagh FRC Parents Plus Programmes
Service / Activity	Parenting We can facilitate all Parents Plus programmes on request. Programmes listed below: • Early Years Programme • Children's Programme • Adolescents Programme • Working Things Out • Parenting When Separated
Target Audience	Parents
Opening Hours	Monday – Thursday 9am – 5pm Friday 9am – 2pm Some classes run in the evenings subject to demand
Contact Number	0749155055
Address	Áras Ros Goill, Downings, Co. Donegal, F92 RX8C
Email Address	info@mevaghfrc.com
Website	www.mevaghfrc.org

Organisation:	La Leche League of Ireland Letterkenny Group
Service / Activity	Breast feeding Help and Information
Contact Number	Contact Jan: 086 0700402 for further details

Organisation:	Strengthening Families Programme (SFP) - Alcohol Forum
Service/ Activity:	The Strengthening Families Programme (SFP) is a 14 week internationally recognized evidence-based family skills programme for the 'whole family'. It is available for families with children aged 6-12 years old and teens aged 12-16 year olds and run on a group setting. Families attending the programme gain improved family relationships, enhanced parenting and communication skills and skills to manage stress, anger and peer pressure. It has been found that by improving parenting protective factors and family relationships and resilience it will lead to reducing problem behavior, improve school performance and reduce criminal behavior and alcohol and drug use in young people.
Opening Times:	Monday - Friday, 9am – 5pm (programmes are run in the evenings)
Address:	
Contact details:	t: 074 9125596 e:info@alcoholforum.org www.alcoholforum.org

Organisation:	Alcohol Forum Ireland: Families Matter
Service / Activity	Non-Violent Resistance (NVR) NVR is a brief, systemic and cognitive behavioural response to child to parent violence. Child to parent violence is an <i>abuse of power</i> through which children & young people aged 18 years of age and younger coerces, controls or dominates others in the family. In practice a child or adolescent's behaviour should be considered violent and abusive if family members feel controlled, intimidated or threatened by it & feel they must adapt their own behaviour because of threats or use of abuse or violence. The NVR programme looks at restoration or recovery of parental authority, supporting parents/carers in preventing and responding to the controlling and violent behaviour of child and adolescents. The parents must commit to non violence and agree to try the NVR for up to 10 sessions.
Target Audience	Parents of children under 18 years
Opening Hours	Monday – Friday 9am – 5pm
Contact Number	074 9525596
Address	Unit B9, Enterprise Fund Business Centre, Ballyraine, Letterkenny, Co. Donegal, F92 CX47
Email Address	info@alcoholforum.org
Website	www.alcoholforum.org

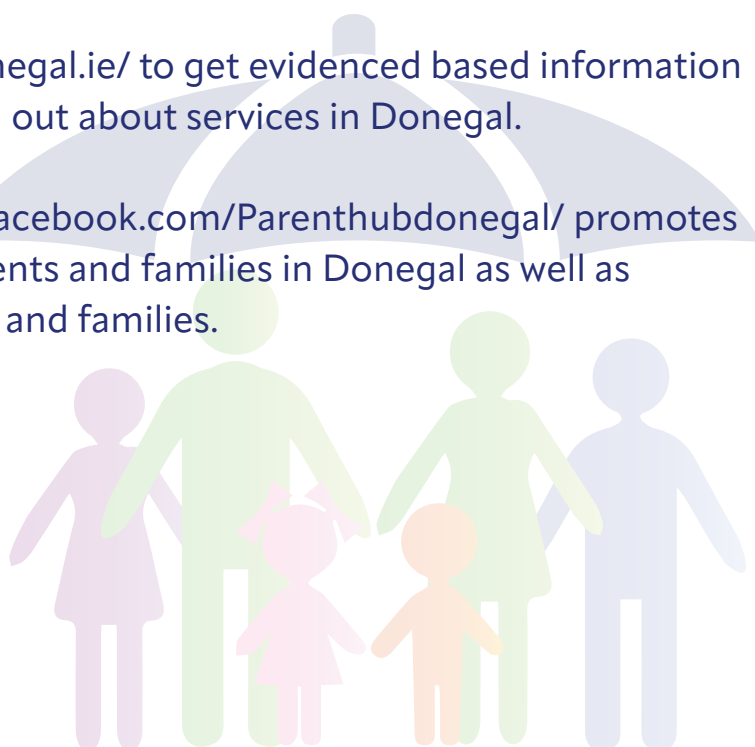


The Parent Hub, Donegal was set up in 2013 by the Donegal Children and Young People's Services Committee (CYPSC) to look at Parent Support Needs in County Donegal. The Hub is made up of Community and Statutory Services who are involved in supporting parents in Donegal at different levels.

The Hub recognised the difficulty for parents in Donegal in accessing information about the services there to support them and their families, and with this in mind, set up a "One Stop Shop" online service to provide information to parents in Donegal.

Please go to <https://parenthubdonegal.ie/> to get evidenced based information on all things parenting and to find out about services in Donegal.

Our Facebook page <https://www.facebook.com/Parenthubdonegal/> promotes various supports available for parents and families in Donegal as well as events for children, young people and families.



SCHOOLS

Primary, Special Schools

TERMON

Name: **Scoil Cholmcille Termon**
 Address: Termon, Co. Donegal, F92 YC85
 Principal: Michael Sweeney
 Contact: 074 91 39244
 Email: termonprincipal@gmail.com

CRANFORD

Name: **Cranford National School**
 Address: Cranford, Letterkenny,
 Co. Donegal, F92 TV00
 Principal: James Whoriskey
 Contact: 074 91 53437
 Email: cranfordns.ias@gmail.com

CARRIGART

Name: **Devlinreagh National School /
 Scoil Cholmcille**
 Address: Dubhlinn Riabhach, Carrigart,
 Letterkenny, Co. Donegal, F92 E680
 Principal: Bernadette Mc Bride
 Contact: 074 91 55440
 Email: devlinreagh@gmail.com

Name: **Scoil Eoin Baiste**
 Address: Umlagh, Carrigart,
 Co. Donegal, F92 HD88
 Principal: Breda Mc Geever
 Contact: 074 91 55132
 Email: carrigartns@gmail.com

PORTSALON

Name: **Croaghross National School /
 Portsalon National School**
 Address: Portsalon, Letterkenny,
 Co. Donegal, F92 VK38
 Principal: Helen Sweeney
 Contact: 074 91 59112
 Email: portsalonns@hotmail.com

KERRYKEEL

Name: **Drumfad National School**
 Address: Drumfad Lower, Kerrykeel,
 Letterkenny, Co. Donegal, F92 P683
 Principal: Sarah Mc Carron
 Contact: 074 91 59399
 Email: drumfadbally@gmail.com

Name: **Kerrykeel National School /
 Scoil Cholmcille**
 Address: Kerrykeel, Letterkenny, Co. Donegal,
 F92 WC60
 Principal: Eunan Gallagher
 Contact: 074 91 50169
 Email: kerrykeelns5@gmail.com

MILFORD

Name: **Scoil Mhuire Milford**
 Address: Convent Road, Milford, Co. Donegal,
 F92 D744
 Principal: Sharon Peoples
 Contact: 074 91 53494
 Email: milfordns2016@gmail.com

SCHOOLS

National (Primary)

FANAD

Name: **Scoil Choluim / Ballyheerin National School**
 Address: Ballyheerin, Fanad, Co. Donegal, F92 ND30
 Principal: Leanne Duffy
 Contact: 074 91 59526
 Email: info@ballyheerinschool.ie

Name: **St Davadogs National School / Tamney National School**
 Address: Tamney, Letterkenny, Co. Donegal, F92 XH92
 Principal: Deirdre Mc Devitt
 Contact: 074 91 59527
 Email: tamneyns@gmail.com

Name: **Doaghbeg National School**
 Address: Doaghbeg, Portsalon, Co. Donegal, F92 D597
 Principal: Noeleen Sweeney
 Contact: 074 91 59311
 Email: doaghbegns@yahoo.ie

Name: **Scoil Mhuire**
 Address: Caiseal, Fanad, Co. Donegal, F92 V449
 Principal: Gráinne Bn Uí Dhubhthaigh
 Contact: 074 91 59369
 Email: scoilmhuirecaiseal@gmail.com

RATHMULLAN

Name: **St Josephs National School Rathmullan**
 Address: Rathmullan, Co. Donegal, F92 VA89
 Principal: Alma Curran Contact: 074 91 58388
 Email: stjosephsrathmullan123@gmail.com

Name: **St Garvans National School**
 Address: Drumhalla, Rathmullan, Co. Donegal, F92 XA39
 Principal: Róisín Hannigan
 Contact: 074 91 58414
 Email: stgarvans.drumhalla@gmail.com

RAMELTON

Name: **Brownknowne National School**
 Address: Brownknowe, Ramelton, Co. Donegal, F92 P223
 Principal: Sara Martin
 Contact: 074 91 51392
 Email: brownknowens@gmail.com

Name: **Scoile Mhuire Ramelton**
 Address: Ramelton, Co. Donegal, F92 XHW5
 Principal: Leala Mc Cusker
 Contact: 074 91 51215
 Email: scoilmhuireno1@gmail.com

Name: **Ayr Hill National School**
 Address: Tank Road, Ramelton, Letterkenny, Co. Donegal, F92 WT21
 Principal: Sandra Moore
 Contact: 074 91 51512
 Email: ayrhills@eircom.net

Name: **Scoil Naomh Cholmcille**
 Address: Drumman, Ramelton, Co. Donegal, F92 NY91
 Principal: Gerard P Shiels
 Contact: 074 91 51430
 Email: drumman@live.ie

KILMACRENNAN

Name: **Portlean National School**
 Address: Kilmacrennan, Letterkenny, Co. Donegal, F92 T256
 Principal: Hazel Britton
 Contact: 074 91 53556
 Email: portleanns1@gmail.com

Name: **Kilmacrennan National School**
 Address: Kilmacrennan, Co. Donegal, F92 P934
 Principal: John Devenney
 Contact: 074 91 39295
 Email: kilmacrennanschool@eircom.net

SCHOOLS

National (Primary)

LETTERKENNY

Name: **Gaelscoil Adhamhnáin**
Address: Glencar, Letterkenny, Co. Donegal,
F92 PV04
Principal: Colm Breathnach
Contact: 074 91 26117
Email: gaelscoil1991@gmail.com

Name: **Scoil Naomh Fiachra/
Illistrin National School**
Address: Illistrin, Letterkenny, Co. Donegal,
F92 WD21
Principal: Luke Kilcoyne
Contact: 074 91 25775
Email: illistrinoffice@gmail.com

Name: **Cashelshanaghan National School**
Address: Ballymaleel, Letterkenny,
Co. Donegal, F92 RF67
Principal: Julie Carr Contact: 074 91 51803
Email: cashelshanaghan@gmail.com

Name: **Little Angels Special School**
Address: Knocknamona, Letterkenny,
Co. Donegal, F92 PK60
Principal: Ailbhe Dunne Contact: 074 91 22456
Email: office@littleangelsschool.net

Name: **St Bernadettes Special School**
Address: College Farm Road, Letterkenny,
Co. Donegal, F92 N289
Principal: John Haran Contact: 074 91 22512
Email: stbernadetteslk1@gmail.com

Name: **St Patricks National School**
Address: Lurgybrack, Letterkenny,
Co. Donegal, F92 HP82
Principal: Annraoi Cheevers
Contact: 074 91 25455
Email: lurgybrackns@gmail.com

Name: **Ballyraine National School**
Address: Ballyraine Road, Letterkenny,
Co. Donegal, F92 CX29
Principal:
Contact: 074 91 24758
Email: ballyrainens@gmail.com

Name: **Scoil Mhuire gan Smál**
Address: Sentry Hill, Letterkenny,
Co. Donegal, F92 CK27
Principal: Irene Simmons
Contact: 074 91 21171
Email: letterkennysmgs@gmail.com

Name: **Scoil Cholmcille**
Address: Convent Road, Letterkenny,
Co. Donegal, F92 A386
Principal: Pauric Cannon
Contact: 074 91 22772
Email: scoilcholmcillelk@gmail.com

Name: **Woodland National School**
Address: Rough Park, Letterkenny,
Co. Donegal, F92 FF84
Principal: Patricia Slevin
Contact: 074 91 24498
Email: woodlandnationalschool@gmail.com

Name: **Letterkenny Educate Together
National School**
Address: Kilttoy, Letterkenny,
Co. Donegal, F92 XCW9
Principal: Aine Fabisiak
Contact: 074 91 03794
Email: info@letterkennyetns.ie

SCHOOLS

Secondary Schools

LETTERKENNY

Colaiste Ailigh

Phone: 074-9125943

Cnoc Na Móna, Leitir Ceanainn,
Co Dhún Na Ngall ,Donegal F92N2HE

e: colaisteailigh@donegaletb.ie

w: www.colaisteailigh.com

Principal: Mr Michéal Ó Giobúin

St Eunan's College

Phone: 074-9121143

Letterkenny Co Donegal ,
Donegal F92RR71

e: info@sainteunans.com

w: www.sainteunans.com

Principal: Damien James Mc Croary

Errigal College

Phone: 074-9121047

Windyhall Letterkenny Donegal ,
Donegal F92FC82

e: errigalcollege@donegaletb.ie

w: www.errigalcollege.ie Check out their
facebook! **Principal:** Danny McFadden

Loreto Convent

Loreto Girls' Secondary School

Phone: 074-9121850

Letterkenny Co Donegal ,
Donegal F92X981

e: info@loretoletterkenny.ie

w: www.loretoletterkenny.ie

Principal: Geraldine Mullen

MILFORD

Loreto Community School

Phone: 074-9153399

Convent Road, Milford, Co Donegal ,Donegal
F92FK13

e: info@loretomilford.net

w: www.loretomilford.com

Principal: Margaret Mary O'Connor

Mulroy College

Phone: 074-9153346

Milford Letterkenny Co. Donegal ,
Donegal F92FX36

e: mulroycollege@donegaletb.ie

w: www.mulroycollege.ie

Principal: Fiona Temple

SOCIAL PRESCRIBING PROJECT

Non-clinical referral, support & information for people in a community setting

Organisation:	LYFS
Service / Activity	Social Prescribing Project Social prescribing is a way of linking people with sources of support within their communities. It provides GPs and other primary care professionals with non-medical referral options to improve health and wellbeing. Free and confidential, Social Prescribing participants are encouraged to engage in activities of their choosing improving their overall health and wellbeing while reducing isolation. Anyone over 18 years of age can participate, self referral, through a friend or family member, or indeed by your healthcare professional
Target Audience	18+ yrs
Opening Hours	Mon, Wed & Fri 10am- 2pm Evening and Weekends when required
Contact Number	0749123078 0831335700
Address	No.1 New Line House New Line Rd Letterkenny Co.Donegal F92 K103
Email Address	socialprescribing@lyfs.ie garryglennon1@hotmail.com
Website	www.facebook.com/Lyfscommunityproject/

Organisation:	Milford/Rosguill/Fanad Social Prescribing Service
Service/Activity:	Referral to health & wellbeing supports in the community
Contact Name:	Lesley Newberry
Contact details:	m: 089 2157232 e: frspcoordinator@gmail.com

TRAVEL AND TRANSPORT

Bus and coach services, SITT and Local Link service

Organisation:	SITT Teo. Rural Transport Initiative
Service/Activity:	There are 17 routes across Donegal as well as local runs via Glenveagh, Dunlewey, Dungloe etc. Route 966 Falcarragh - Dungloe (via Crolly - Brinlack) Route 271 Burtonport - Letterkenny (via Churchill) Route 293 Glencolmcille - Donegal town (via Killybegs) Route 292 Ballyshannon Route 290 Ballybofey - Letterkenny & 2342 Cloghan to L.Kenny Route 300 Fanad to Letterkenny Route 244 Derry-Moville & 2529 Qigley's Point to Carndonagh Route 1429 Clar to Carndonagh Route 1426 & 288 Stranorlar to Derry Route 989 Carrigans to Letterkenny Return
Contact details:	t: 074 9741644 e: sitt@eircom.net www.locallinkdonegal.ie

DONEGAL AIRPORT, CARRICKFINN

Donegal Airport Carrickfinn

info@donegalairport.ie

+353 (0) 749548284

www.donegalairport.ie

Ballina, Falcarragh

+353 74 91 35174

TRAVELLER AND OTHER ETHNIC MINORITIES

Organisation:	Donegal Travellers Project
Service / Activity	Donegal Travellers Project (DTP) is a locally based community development organisation working for, and with, the Traveller and Roma communities in Donegal. We were established in Donegal with the ultimate aim of achieving equality and recognition for the Traveller community, and more recently we have expanded our work to support the needs and interests of the Roma communities living in Donegal. Donegal Travellers Project works in many specific areas including community development, health, early years and adult education, youth work, information and advocacy, interculturalism, accommodation and anti-racism. The project is made up of different teams and each team works under specific areas including health, children and family support and accommodation supports and services.
Target Audience	Traveller Community Roma Community
Opening Hours	Monday – Friday 9:00 -5:30pm
Contact Number	Siobhan McLaughlin (074) 912 9281/ 0861741056
Address	Port House, Port Road, Letterkenny, Co. Donegal
Email Address	travcomdtp@gmail.com
Website	www.donegaltravellersproject.ie

Organisation:	Donegal Travellers Project
Service / Activity	Donegal Travellers Primary Healthcare Project (PHCP) The PHCP supports the needs and interests of the Traveller Community in Donegal by working to improve health equality while also tackling the inequalities which exist in a range of areas including health, accommodation & housing and education. The project works from the social determinants of health model and a human rights framework which aims to achieve better health outcomes for Travellers in Donegal. We provide and offer a range of health and wellbeing initiatives and workshops with the ultimate aim of achieving better health outcomes in the areas of cardiovascular, diabetes and positive mental health.
Target Audience	Traveller Community in Donegal
Opening Hours	Monday to Friday 9:00 – 5:30pm
Contact Number	Ann Friel 0861453429
Address	Port House, Port Road, Letterkenny, Co. Donegal
Email Address	annfrieldtp@gmail.com
Website	www.donegaltravellersproject.ie

PHN	
Public Health Nurse for Travellers	
Nicola Gillespie	
087 9049186/ Nicola.gillespie@hse.ie	

Organisation: Traveller Counselling Service	
Service / Activity	We are a team of six qualified counsellors and psychotherapists and a manager who is also a psychotherapist and supervisor. The service works from a culturally inclusive framework which respects Traveller culture, identity, values and norms and works from a perspective of culture centred counselling and psychotherapy
Target Audience	Traveller Community
Opening Hours	Monday – Friday 9:00 -5:30pm
Contact Number	Landline: 01 868 5761 Mobile: 086 308 1476
Address	6 Cabra Road, Phibsborough, Dublin 7, Co. Dublin
Email Address	info@travellercounselling.ie
Website	https://travellercounselling.ie/

Organisation: Donegal Travellers Project	
Service / Activity	Donegal Travellers Roma Community Project Donegal Travellers Project Roma Community Project has had a dedicated Roma Community Development and Advocacy worker since 2018. The project works to provide a range of initiatives to Roma Communities across Co Donegal, including supporting members of the community to access essential services including PPS numbers, social welfare payments, employment opportunities and supports, medical cards and access to GP, hospital and screening services, and housing supports; school liaison, children's programmes and homework support (in collaboration with DTP Family/Youth team and Involve), English language classes and community education classes; family supports; accessible information. The Roma community worker also links with other services and agencies across the county and country to improve outcomes for Roma in Donegal.
Target Audience	Roma Communities in Donegal
Opening Hours	Monday – Friday 9:00 -5:30
Contact Number	Joleen Kuyper 0867880553
Address	18 Celtic Apartments, Letterkenny, Co. Donegal, F92YF57
Email Address	joleenkuyper.dtp@gmail.com
Website	www.donegaltravellersproject.ie

Organisation:	Donegal Travellers Project/Involve
Service / Activity	DTP/Involve Letterkenny Youth Project is a joint initiative which provides youth supports and services for young Travellers. The project offers a wide variety of activities and youth work services to meet the needs and interests of young Travellers in the county including advocacy support, health and well-being initiatives, youth work development spaces and one to one specific youth support work. The project provides programmes, initiatives and services that promote the participation and inclusion of the Traveller community in Donegal.
Target Audience	Young Travellers aged 10 -25 years old
Opening Hours	Monday to Friday 9:30 – 5:30
Contact Number	Martin Mongan 0831747694
Address	Port House, Port Road, Letterkenny, Co.Donegal
Email Address	Youthprojectletterkenny@involve.ie
Website	www.donegaltravellersproject.ie Involve.ie

Organisation:	Donegal Travellers Project
Service / Activity	Donegal Travellers Education Project The project works to provide a range of initiatives and supports to Traveller and Roma Families including Traveller and Roma children and young people across Donegal, including family Links Supports, education supports including school liaison and support with access to other appropriate child and family services.
Target Audience	Traveller and Roma Families including Children & Young People
Opening Hours	Monday – Friday 9:00 -5:30 S
Contact Number	Siobhan McLaughlin/Ann Friel 0861741056/ 0861453429
Address	Port House, Port Road, Letterkenny, Co. Donegal
Email Address	travcomdtp@gmail.com / annfrieldtp@gmail.com
Website	www.donegaltravellersproject.ie

WOMEN'S HEALTH

Organisation:	Women's Health & Family Planning Clinics Donegal Women's Centre
Service / Activity	The Women's Health and Family Planning Clinics, funded by the <u>HSE</u> provide information, advice and supply all types of contraception. In addition to this, all women's health issues are dealt with in a private and confidential manner. The clinics are staffed by female doctors, nurses and administrator. All information given is strictly confidential. Wheelchair access from the rear of the Centre. Family Planning – Types of contraception available at the clinic: • Pill (Combined/Progesterone only) • Depo Injections • Coils (Mirena or Copper) • Implanon • Sterilisation Referral Post Coital Contraception Other Services available at the Clinic • Pregnancy testing (free and available at all times in the centre) • Cervical Screening (smear tests) • Infertility Advice • Breast Awareness • General Gynaecological Advice • Advice on topics such as sexually transmitted infections and information given on local GUM clinics • Advice about bleeding problems • Menopause • Sexual Health • Post-abortion check-ups. • Referrals to Out-Patients Clinics (Gynae, Breast, Colposcopy, Physio and Urodynamics) • General lifestyle advice and information Medical cardholders receive free consultation and contraceptive
Target Audience	Women from the age of 17 living in Co. Donegal and the surrounding areas.
Opening Hours	Clinics are held Tuesday and Wednesday evenings from 5.00pm to 8.00pm Donegal Women's Centre operates Monday to Thursday 9.00am to 5.00pm, and on Friday 9.00am to 4.00pm. Lunch is between 1.00pm & 2.00pm
Contact Number	074 9124985
Address	Port Road, Letterkenny, Co. Donegal F92 X892
Email Address	donegalwomenscentre@gmail.com
Website	donegalwomenscentre.ie

Organisation:	Young Woman Sexual Health Clinic (Donegal Women's Centre)
Service / Activity	Donegal Women's Centre provides a drop-in clinic every Monday evening (excluding Bank Holidays) for young women aged between 17 and up to their 26th birthday. The clinic is staffed by a female doctor, nurse, administrator and counsellor. • Held every Monday between 4.30pm and 7.30pm (except Bank Holidays) • Confidential service • Free consultation with female doctor and nurse • Free contraception • Free pregnancy testing • Free checks for chlamydia & gonorrhoea carried out • Confidential advice on all aspects of sexual health Counselling and support service available
Target Audience	Women between the ages of 17 up to 26 years
Opening Hours	Clinics are held Monday evenings (excluding bank holidays) between 4.30pm & 7.30pm Donegal Women's Centre operates Monday to Thursday 9.00am to 5.00pm, and on Friday 9.00am to 4.00pm. Lunch is between 1.00pm & 2.00pm
Contact Number	074 9124985
Address	Port Road, Letterkenny, Co. Donegal F92 X892
Email Address	donegalwomenscentre@gmail.com
Website	donegalwomenscentre.ie

Organisation:	Cervical Screening (Donegal Women's Centre)
Service / Activity	Cervical Screening clinics are held Tuesday and Wednesday evenings between 5.00pm and 8.00pm. Cervical Check is managed by the National Screening Service (NSS). A smear test is a simple procedure that only takes minutes and is the most effective way to detect changes in the cells of the cervix. Cervical cancer is highly treatable if it is caught early. The best way to know about changes in your cervix is to go for a regular smear test. It's free, painless and takes less than five minutes
Target Audience	Any woman between the age of 25 and 65 living in Co. Donegal or the surrounding areas who are registered with Cervical Check
Opening Hours	Clinics are held Tuesday and Wednesday evenings between 5.00pm and 8.00pm. Donegal Women's Centre operates Monday to Thursday 9.00am to 5.00pm, and on Friday 9.00am to 4.00pm. Lunch is between 1.00pm & 2.00pm
Contact Number	074 9124985
Address	Port Road, Letterkenny, Co. Donegal F92 X892
Email Address	donegalwomenscentre@gmail.com
Website	donegalwomenscentre.ie

Organisation:	Sexual Health Information Project (Donegal Women's Centre)
Service / Activity	Sexual Health is an important part of over-all sexual health and well-being. Being sexually healthy includes the emotional and psychological aspects as well as being physically sexually healthy. The Sexual Health Project develops an awareness of the importance of information and education in young people's lives. Donegal Women's Centre's Sexual Health Information Project provides information on: • Ilash Clinic—FREE Sexual Health Clinic – It's location and access • Services provided in Clinic for safer sex – Pregnancy prevention and STI's • Ilash Free Counselling service • Information regarding referral to other related services i.e. Sexual Assault Treatment Unit (SATU), STI Clinic • Crisis Pregnancy Counselling Service • Services provided by Donegal Women's Centre – Smear testing & Counselling Foundation Programme in Sexual Health Promotion This programme is delivered in conjunction with Health Promotion and Improvement. The F.P.S.H.P. is a 10 day comprehensive capacity building programme for service providers who want to develop their confidence, skills and knowledge in the area of Sexual Health Promotion and incorporate sexual health into their work. The F.P.S.H. is for service providers from health, education, community and youth sectors who have the potential and capacity to undertake sexual health within their organisation.
Target Audience	The sexual health information sessions are singular sessions to deliver information on Ilash and sexual health services in or to non-formal settings to senior cycle students in schools, early school leavers, at Youthreach Centres and other identified vulnerable groups of young women.
Opening Hours	Donegal Women's Centre operates Monday to Thursday 9.00am to 5.00pm, and on Friday 9.00am to 4.00pm
Contact Number	074 9124985
Address	Port Road, Letterkenny, Co. Donegal F92 X892
Email Address	donegalwomenscentre@gmail.com
Website	donegalwomenscentre.ie

WOMEN'S ORGANISATIONS AND GROUPS

Organisations offering support, information and services to women

Organisation:	Donegal Women's Centre
Service / Activity	Provides a space where women can pursue their own healing & development in a safe, caring and supportive environment. The Centre is a holistic place of healing for women where not only the services we offer, but the Centre itself, supports the healing process, and truly honors the feminine. We are positively committed to improving Women's status in society, opposing discrimination & eliminating violence & injustice to women. Services offered are: Dedicated Domestic Violence Trauma Counselling Service Donegal Community Counselling Service Iash Clinic IFPA Crisis Pregnancy Counselling Service Listening Service Sexual Health Education Project Women's Health & Family Planning Clinic
Target Audience	Women from the age of 17 living in Co. Donegal and the surrounding areas. Our generic counselling service offers counselling to both women and men.
Opening Hours	Donegal Women's Centre operates Monday to Thursday 9.00am to 5.00pm, and on Friday 9.00am to 4.00pm. Lunch is between 1.00pm & 2.00pm
Contact Number	074 9124985
Address	Port Road, Letterkenny, Co. Donegal F92 X892
Email Address	donegalwomenscentre@gmail.com
Website	donegalwomenscentre.ie

Organisation:	Donegal Domestic Violence Services
Service / Activity	Support to victims of domestic abuse in Donegal. • 24 hr helpline 1800 262677 • Emergency refuge accommodation • Outreach support • Advice line • Court accompaniment • TLC kidz programme for children who have moved out of Domestic abuse situations • Journey to freedom – support programme to women who have left domestic abuse situation
Target Audience	Victims of domestic abuse
Opening Hours	24 hrs
Contact Number	1800 262677 or 074 91 26267
Address	Confidential due to risk
Email Address	ddvsrefuge@gmail.com
Website	Donegaldomesticviolenceservices.com

Organisation:	Mevagh FRC Women's Group
Service / Activity	Women's Organisations and Groups
Target Audience	25 and over
Opening Hours	Third Monday of the month @ 8pm
Contact Number	0749155055
Address	Áras Ros Goill, Downings, Co. Donegal, F92 RX8C
Email Address	Familysupport@mevaghfrc.com
Website	www.mevaghfrc.org

Organisation:	Cranford Womens Group
Service / Activity	Womens social gathering
Target Audience	40 Plus
Opening Hours	Meet once every 2 weeks
Contact Number	074 91 53530
Address	Meet in Coole, Cranford Community Centre
Email Address	Burnside12123@gmail.com

YOUTH SERVICES

Organisations providing non-formal education and activities for young people

Organisation:	Donegal Youth Council
Service / Activity	The Donegal Youth Council is a partnership between Donegal County Council, the Health Service Executive and the Department of Children Equality Disability Integration and Youth and coordinated by Foroige, which provides a platform for young people in Donegal to have their voices heard on issues that affect them. The Youth Council serves as a consultative forum to which young people can identify topics and create action projects to address these topics, whilst also informing key decision makers. Donegal Youth Council ensures that young people's voices are heard on both a local and national level, with representatives selected among the Youth Council committee on local, regional and national committees. Youth Councillors are democratically elected through secondary schools across Donegal alongside host Youth Organisations such as the Garda Youth Diversion Projects, Marginalised Youth Projects, LGBTI+ Groups, Autism Supports, Donegal Travellers Project, Foroige and Donegal Youth Service. Appropriate category for the Directory – Children Services and Family Supports
Target Audience	12 - 18
Opening Hours	Weekday and occasional weekend work
Contact Number	Maura: 086 3840099
Address	Maura Gallagher, Senior Youth Officer: Foróige office, Level 2, Cedar House, Ballybofey, Co. Donegal. F93 RY10
Email Address	maura.gallagher@foroige.ie
Website	www.foroige.ie Follow Donegal Youth Council on Facebook, Instagram and Twitter

Organisation:	Foroige Youth Drugs and Alcohol Education & Prevention Project
Service / Activity	Foroige Youth Drug & Alcohol Education and Prevention Project aims to support and develop the delivery of high quality drugs education programmes for young people aged 10 – 17. The project works towards promoting healthier lifestyle choices amongst young people, in particular those misusing or at risk of misusing drugs/ alcohol, by equipping them with the knowledge skills and attitudes to enable them to make positive informed decisions around their own behaviour. The Project Worker works with young people in community based groups in Donegal and with individual young people in their homes or in an appropriate community location. The Project Worker can facilitate groups run through and in conjunction with other organisations. This project is operated by Foroige and funded by the North West Regional Drugs Task Force.
Target Audience	10 to 17 Year Olds
Opening Hours	Mon – Saturday 11-7pm (other out of hours as required)
Contact Number	0860481977
Address	<u>Level 2, Cedar House Main Street, Ballybofey, Co. Donegal, F93 RY10</u>
Email Address	infodonegal@foroige.ie
Website	www.foroige.ie Facebook @foroigedonegal

Organisation:	Foroige Integrated Youth Project
Service / Activity	The Foroige Integrated Youth Project (IYP) is a Youth and Family Support Project run by Foroige in partnership with Tusla; the Child & Family Agency and operates across Donegal. This youth and family support project works with young people at risk and aims to enable young people and their families to address a wide range of issues which are prevalent for them and to increase young people's capacity in achieving their full potential. The IYP is targeted towards 10 – 18 year olds referred through the Social Work teams. A Youth Worker is allocated to each individual young person and the IYP model is a holistic way of working with young which empowers them to address issues affecting them and integrate them into positive youth activities in their communities. Please note referrals for this service come through the Tusla Child Protection and Children in Care Teams
Target Audience	Young People aged 10 to 18 Year Olds and their parents/guardians.
Opening Hours	Needs Led depending on the needs of young people
Contact Number	0869171063
Address	c/o: Foroige, No6 Tirchonnail St, Donegal Town, Co. Donegal, F94 CY9Y
Email Address	infodonegal@foroige.ie

Organisation:	Foróige Regional Youth Officer – Supporting Volunteer led Youth Clubs
Service / Activity	Foróige Youth Clubs Donegal Supporting volunteers lead youth clubs for Donegal Developing new volunteers youth in both rural and urban areas, including Foróige clubs (12-18), Foróige Junior (10-12) and Foróige Special interest clubs (10-18) Information evenings Club visits Training for young people Promote clubs involvement in community based programmes Citizenship Leadership for life Committee Officer training Be Healthy Be happy Real You (sexual health) training Youth conferences Training for volunteers Providing Child protection training for volunteers Supporting Training needs and structures The District Council Supporting volunteers in the new Garda vetting Induction training for leaders Child protection training District council training Goals Increased participation of young people in youth provision Community mobilization – volunteerism and increased civic responsibility among leaders and young people Personal development of young people and adult volunteers Development of new clubs and more volunteers young people to support
Target Audience	Foróige Club: 12-18 Foróige Juniors: 10-12 Foróige Special Interest Clubs: 10-18
Opening Hours	Wed – Fri 9.00am – 5.00pm
Contact Number	Danny Harkin 0867808867
Address	Level 2, Cedar House, Ballybofey, Co. Donegal F93 RY10
Email Address	Danny.harkin@foroige.ie
Website	www.foroige.ie

Organisation:	Foroige's Big Brother Big Sister Youth Mentoring Programme
Service / Activity	Foroige's BBBS programme is an internationally renowned youth mentoring programme that forms supportive friendships between a young person and an adult volunteer. Volunteers are asked to share one to two hours a week with their little brother/sister. The initial commitment is one year. All volunteers are carefully screened and receive training and support throughout their friendship. We match young people with volunteers based on common interests/hobbies and complementary personalities. Young people are aged between 10 – 18 and from a variety of backgrounds. They are young people who would benefit from developing a friendship with a caring adult outside of their home. The programme is an enjoyable way to spend your time and have a positive impact in a young person's life.
Target Audience	10 – 18
Opening Hours	Weekday for staff contact BBBS Match Meet Up's throughout the week
Contact Number	086 8213756/086 0484459
Address	Foroige Office, Level 2 Cedar House, Ballybofey, Co. Donegal
Email Address	finhin.mcclafferty@foroige.ie / laura.mannion@foroige.ie
Website	www.foroige.ie

Organisation:	Foróige Teen Parents Support Programme
Service / Activity	If you know a pregnant or parenting teenager or you happen to be one, this is the service for you. We offer 1 to 1 support to help young parents as they work their way through being young and pregnant or learning what it's like to be a teenage mum or dad. We provide information and support on rights & entitlements, preparing for the motherhood/fatherhood, parenting skills, going back or remaining in education or training as well as how to look after yourself during this time plus lots more. Meet ups with other teenage mums / dads and their babies & toddlers for fun & educational activities is really popular and great fun.
Target Audience	Pregnant or parenting teenage mums/dads up to age 19.
Opening Hours	Weekday and occasional weekend group work activities
Contact Number	086 8186345 / 086 8371335
Address	Foróige office, Level 2, Cedar House, Ballybofey, Co. Donegal. F93 RY10
Email Address	michelle.maguire@foroige.ie jacqueline.doherty@foroige.ie
Website	www.foroige.ie

Organisation: Garda Youth Diversion Projects (GYDP)	
Service / Activity	Garda Youth Diversion Projects are community based and supported youth development projects which seek to divert young people from becoming involved (or further involved) in anti-social or criminal behaviour. These projects facilitate personal development and promote civic responsibility. Donegal GYDP is managed by Foróige and is part supported by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning (PEIL) 2014-2022 Age 12-17years
Opening Hours	Weekday and occasional weekend group and individual work activities
Contact Number	Nuala Plunkett Youth Justice Worker (Raphoe Sub District) T: 00353 869082720 E: nuala.plunkett@foroige.ie Jerome Gibson Youth Justice Worker (South Donegal) T: 00353 864104744 E: jerome.gibson@foroige.ie Jane McLean Youth Justice Worker (Buncrana District) T: 00353 860481957 E: jane.mclean@foroige.ie Emer Clancy Youth Justice Worker (Cross Border GYDP) T: 0860621004 E: emer.clancy@foroige.ie Maura Gallagher GYDP Senior Youth Officer T: 00353 863840099 E: maura.gallagher@foroige.ie Garvin Walker Youth Justice Worker (Letterkenny) T: 00353 860082029 E: garvin.walker@foroige.ie Laura Mannion Youth Justice Worker (Letterkenny and Buncrana) T: 00353 860484459 E: laura.mannion@foroige.ie Caitriona Boyle Youth Justice Worker (Letterkenny & Milford District) T: 00353 860476761 E: caitriona.boyle@foroige.ie
Address	The Donegal Garda Diversion Project operates throughout Co. Donegal with bases in Donegal Town, Ballybofey, Letterkenny, Falcarragh, Raphoe and Buncrana. Staff operate outreach services to young people as well as groups in project premises
Website	http://www.foroige.ie Find Donegal GYDP on Facebook, Twitter and Instagram

Organisation:	Foróige Garda Youth Diversion Project 8 – 11 Year Olds Initiative Youth Project
Service / Activity	Foróige Garda Youth Diversion 8 – 11 Year Olds Youth Project in Donegal is a community based and supported youth development project which seeks to facilitate personal development and promote civic responsibility for young people aged 8-11 years. This project aims to provide 1:1 and small group interventions for young people who present with difficulties in relation to their behaviour in their home, school or community.
Target Audience	8 to 11 year olds
Opening Hours	The project operates Monday to Friday and some weekends
Contact Number	Lisa Marie Connaghan <i>Youth Justice Worker - 8 to 11 Initiative</i> T: 086 0103088
Address	The project's primary location is in Letterkenny
Email Address	lisamarie.connaghan@foroige.ie
Website	http://www.foroige.ie Find Donegal GYDP on Facebook, Twitter and Instagram

Organisation:	Foróige Garda Youth Diversion Project Family Support
Service / Activity	Garda Youth Diversion Project Family Support
Target Audience	Parents/Guardians of young people engaging within the Garda Youth Diversion Project
Opening Hours	Flexible
Contact Number	Kit O'Neill 087 7971267
Address	Foróige Hub, Office 4, Riverfront House, Pearse Road, Letterkenny, Donegal F92FX3V
Email Address	Cara.currid@foroige.ie Catherine.oneill@foroige.ie
Website	www.foroige.ie

Organisation:	Loft Youth Project & Health Advice Café, Letterkenny
Service / Activity	The Loft is an adolescent support and Health Advice Café providing a range of activities, developmental programmes and drop in service for young people aged primarily between 12-18 years. One to one support is popular with young people who are experiencing difficulties in their lives and who would benefit from additional support from a youth worker A wide range of group work programmes is available including Holistic Health & Well Being programmes, Internet Safety, Sexual Health plus lots more. Drop In provides an opportunity to have fun, learn new skills, make friends etc.
Opening Hours	Weekdays and weekend drop in
Contact Number	086 8516203 / 086 7800128
Address	16-18 Port Road, Letterkenny, Co. Donegal
Email Address	john.muldowney@foroige.ie dorothea.allen@foroige.ie
Website	www.foroige.ie

Organisation:	Donegal Youth Service – Youth Talk
Service / Activity	Youth Talk Donegal is a free and confidential one to one support service for young people aged 12-25 years. Young people experiencing difficulty in their life can avail of this support to help them cope with issues such as bullying, sexuality, family conflict, problems at school or friendship/relationship difficulties or anything else they may be struggling with. Young people themselves or parents can call us directly and set up an appointment with one of our professional Youth Talk youth workers. Schools and other professionals can also refer to us directly
Opening Hours	The service can be contacted from Monday to Friday 9am to 5pm and One to One appointments can be then scheduled during the day, evenings or weekends
Contact Number	074 9129630
Address	16-18 Port Road, Letterkenny, Co Donegal. F92 N2KC
Email Address	admin@donegalyouthservice.ie
Website	https://www.donegalyouthservice.ie/dys-projects/youthtalk/

Organisation:	Young Carers' Project (Donegal Youth Service)
Service / Activity	The Young Carers project exists to support young people who take on extra caring responsibilities at home, which often impacts other areas of their lives, like school work, time spent with friends, extra-curricular activities and hobbies. Contributing to household chores and family responsibilities is a common part of life in a home but young people who are caring for a relative often take on more of these responsibilities and tasks. This can affect their well-being and therefore they may need some support. We aim to provide space for these young carers to have time to themselves, meet young people undertaking similar roles in their homes and provide fun activities for them to engage in.
Target Audience	12-24
Opening Hours	Tuesday's 5.30-6.30pm (Currently online) Saturday's Times may vary (Face-to-face) please contact us below for further information
Contact Number	074 91 29630
Address	Donegal Youth Service 16 - 18 PORT ROAD LETTERKENNY CO. DONEGAL F92 N2KC
Email Address	admin@donegalyouthservice.ie eimile.lewismcgee@donegalyouthservice.ie
Website	https://www.donegalyouthservice.ie/what-we-do/young-carers-project/

Organisation:	'BreakOuT' Donegal
Service / Activity	BreakOuT is a youth project focused on Lesbian, Gay, Bisexual, Transgender young people. The project operates a weekly drop-in provision in Letterkenny in a safe space for them to meet up, have fun, as well as training, information and one to one supports. BreakOuT is a project for young LGBTI people, LGBTI Allies and young people that believe in social justice.
Target Audience	12-30 Over 18's group Under 18's group
Opening Hours	Wednesdays from 6-7pm (Currently online) Saturday's 12-2pm (Over 18yrs), 2-4pm (Under 18's)
Contact Number	074 91 29630
Address	Donegal Youth Service 16 - 18 PORT ROAD LETTERKENNY CO. DONEGAL F92 N2KC
Email Address	breakout@donegalyouthservice.ie
Website	https://www.donegalyouthservice.ie/dys-projects/breakout/

Organisation:	Donegal Youth Service – Youthscape
Service / Activity	Youthscape is a cross community and cross border programme which is young person centred. The programme focuses on 3 key areas; Personal Development, Good Relations and Citizenship. Youthscape runs in Letterkenny and Ballybofey. Who can apply? Anyone between the ages of 14 – 24 years old Anyone not in full-time education, employment, training Steps to Work Anyone interested in trying something new Benefits: • Gain OCN Level 1 qualifications in Personal Development, Good Relations and Citizenship • Support with travel and childcare costs • Lunch provided each day • Team building and fun day trips – North and South • Make a difference to your community with a social impact project Youthscape supports 14-24 year olds from all backgrounds to build self-confidence, promote employability and develop cross community engagement! The Youthscape programme is a cross-border, cross-community interventionist programme developed in association with South West College, as Lead Partner, Donegal Youth Service and TIDES Training. It will operate in Counties Tyrone, Fermanagh and Donegal covering the 5 areas of Omagh, Enniskillen, Dungannon, Ballybofey and Letterkenny
Target Audience	Young People aged 12-30 years
Opening Hours	Monday to Friday 10am to 6pm (drop-in: 12 to 6pm) Plus evening groups and Online YICChat service to 8pm (certain days)
Contact Number	074 9129630
Address	16-18 Port Road, Letterkenny, Co Donegal. F92 N2KC
Email Address	yicletterkenny@donegalyouthservice.ie
Website	https://www.donegalyouthservice.ie/dys-projects/youthscape/

Organisation:	ASPIRE (Donegal Youth Service)
Service / Activity	Background: In 2019, the Department of Children, Education, Disability, Inclusion & Youth (DCEDIY) commenced with UBU, Your Place, Your Space and from this, ASPIRE formed. ASPIRE is the product of the merging of the former Daybreak Programme (Early School Leavers) & Youth Outreach Project (County-wide Youth Clubs). We work with young people in a variety of ways, face to face, 1-1, small group work, online & detached work. Programmes available are created in direct response to locally identified needs; Personal & Social Development, Drug & Alcohol Awareness, Internet Safety, Sexual Health Awareness, Positive Mental Health, Cycling Awareness, Sporting Activities, Art & Crafts, Music, Homework Assistance, Study Skills, Cross Border & Cross Community Work. There is a core team of 5 x Youth Workers with assistance from 2 x Community Employment Youth Support Workers work to engage young people to achieve and 'ASPIRE' to be the best they can be.
Target Audience	10 – 18yr olds Adult Volunteers who support the work with young people in local youth clubs.
Opening Hours	3pm – 10pm Monday – Friday, 12pm – 6pm on Saturday
Contact Number	074 91 29630
Address	Donegal Youth Service 16 - 18 PORT ROAD LETTERKENNY CO. DONEGAL F92 N2KC
Website	www.donegalyouthservice.ie

Organisation:	Donegal Youth Service – Internet Safety
Service / Activity	Donegal Youth Service has a team of experienced staff who facilitate age appropriate workshops and seminars for children, young people, parents and teachers. These sessions are available at both primary and secondary level as well as to other education providers and community groups. So, if you would like us to work with children and young people in your school or group, please contact us. Our sessions last about 70 minutes and are designed to get young people thinking about this topic. We aim to encourage young people to improve their empathy and to develop “positive online behaviours” and become more aware of risk-taking behaviour and associated dangers. Personal & Family Support If you are a young person who has been affected by Cyberbullying or indeed currently being bullied, please contact us for information and support. For parents who would like help and support to deal with cyberbullying DYS will provide information, advice, suggestions, support and an advocacy service. <u>Don't delay contact us today</u>
Target Audience	Children, Young People and Parents
Opening Hours	The service can be contacted from Monday to Friday 9am to 5pm and workshops can then be scheduled to suit
Contact Number	074 9129630
Address	16-18 Port Road, Letterkenny, Co Donegal. F92 N2KC
Email Address	Gareth.gibson@donegalyouthservice.ie
Website	https://www.donegalyouthservice.ie/what-we-do/internet-safety-cyberbullying/

Organisation:	LETTERKENNY YOUTH AND FAMILY SUPPORT
Service / Activity	Copping On – Juvenile Crime Initiative Attitude and behaviours to crime challenged in an interactive and thought-provoking way. We utilise Restorative Practice strategies to enable young people to understand effects of crime and realise consequences for all parties. Individual and group-based work. Age 10 – 17 year olds. Mindout: Promoting Social and Emotional Wellbeing An evidence-based programme for young people which aims to support the social, emotional and mental wellbeing of young people in an out of school setting and positively contributing to young people's academic outcomes, their social development, their capacity to contribute to the community, and their ability to secure employment in adulthood . Age 15–18 Streetz Donegal – Streetwork Project 'Working on the street with young people at a place and time that suits them. We employ Detached Youth Work strategies and aim to be accessible to as many young people as possible, meeting those "on the streets" who tend not to use traditional youth provision, youth clubs, centres, and projects . All Young People. Friends – Anti Bullying Programme The Programme aims to raise awareness of what is/isn't bullying, developing relationships, Understanding bullying types /symptoms, reduction of Bullying incidents and Improved awareness and confidence in dealing with Bullying Age: 5 – 12 year olds
Opening Hours	10am-5pm , Monday- Friday Evening and Weekends when required
Contact Number	0749123078 0861237917
Address	No.1 New Line House New Line Rd Letterkenny Co.Donegal F92 K103
Email Address	info@lyfs.ie garryglennon1@hotmail.com

Organisation:	Donegal Reach - Alcohol Forum
Service / Activity	Donegal Reach, supports young people affected by parental alcohol or drug use. The project is for young people aged between 12 and 18 years old. Those referred are met weekly for a one-to-one session that focuses on self-confidence, behavioural development, mental health support, goal-setting and improvement in family and social relationships. Bespoke care plans are created alongside the young people that is most appropriate to their needs, seeks to address challenges, comforts the young person and can advocate for them if necessary. The aim of the project is to support all young people involved to realise their self-worth, grow and mature in a healthy way, make plans towards their hopes and dreams for their future, learn more about their emotions and behaviours and how to make better decisions for adulthood
Opening Hours	Monday - Friday, 9am – 5pm (evenings and weekend for group work)
Contact Number	074 9125596
Email Address	info@alcoholforum.org
Website	www.alcoholforum.org

Organisation:	Mevagh FRC Youth Services
Service / Activity	Junior Youth Club Mevagh FRC Youth Club facilitates fun interactive activities for children. Including outdoor trips and summer camps. The weekly fee is €2 per child. Registration fee is €20 per child. Family discounts are available. Age 7 – 12 years. Thursday's 3:15 – 4:30pm Senior Youth Club Age 13 – 17 years Thursday's 6pm – 8pm
Contact Number	0749155055
Address	Áras Ros Goill, Downings, Co. Donegal, F92 RX8C
Email Address	Familysupport@mevaghfrc.com
Website	www.mevaghfrc.org

Organisation:	Bluestack Special Needs Foundation
Service / Activity	Teen Club Our Teen Club is held by and run for the young people with additional needs in the community. The club activities are decided and planned by the participants themselves with support from adult volunteers. They do a range of arts/crafts/ board games/listen to music/tabletop football etc. Every Thursday during School Term. Admission: €5
Target Audience	14-18 years
Opening Hours	Thursday, 6:30-8pm
Contact Number	0749740828
Address	The Glebe, Donegal Town, F94X31V
Email Address	info@bluestackfoundation.com
Website	www.bluestackfoundation.com

SPORTING ORGANISATIONS

Organisations providing sporting recreation and competition

Organisation:	Bonagee United Football Club
Service / Activity	Football Club (Soccer)
Target Audience	We cater from 5 year olds up
Opening Hours	N/A
Contact Number	Facility phone 0749178787 Secretary John Lafferty 0868310561
Address	Dry Arch Park, Bonagee, Letterkenny, Co. Donegal, F92 ED95. Secretary/Correspondence address: Stoneyfield, Drumany, Letterkenny, Co. Donegal, F92 Y6KV
Email Address	lafferty.john1@gmail.com
Website	Visit us on Facebook, Instagram & Twitter

Organisation:	Ballyraine FC
Service / Activity	Soccer club for Boys/Girls between the ages of U8 – U18
Target Audience	U8 – U18
Opening Hours	N/A
Contact Number	+353 87 998 4749
Address	Orchard Grove (Football pitch), Letterkenny, Co. Donegal
Email Address	ballyrainefc@gmail.com
Website	https://www.facebook.com/BallyraineFC

Organisation:	Rathmullan Celtic Football Club
Service / Activity	Football club with adult and underage structures.
Target Audience	Sports people, local community
Opening Hours	N/A (can be contacted as required by phone/email)
Contact Number	0864019256
Address	Flagpole Field, Rathmullan, Co Donegal, F92 N2F8
Email Address	endamcelhinney@gmail.com
Website	https://www.facebook.com/rathmullan.celtic

Organisation:	Donegal Junior League
Service / Activity	Sporting body/facility catering for all age groups male and female within County Donegal
Target Audience	All age groups 6yrs and above
Opening Hours	10.00am
Contact Number	0872930176
Address	Diamond Park, Ballyare, Ramelton, Co Donegal. F92RY89
Email Address	Secretarydonegalleague@gmail.com
Website	www.donegaljuniorleague.ie

Organisation:	Mulroy Soccer Academy
Service / Activity	Providing soccer for girls and boys aged 4 – 18 years
Target Audience	4- 18 years
Opening Hours	086 4043532 Fergus McAteer Coaching Coordinator
Contact Number	Rabs Park Kerrykeel – F92 RX52 Trialough Fanad – F92 R281
Address	Rabs Park Kerrykeel – F92 RX52 Trialough Fanad – F92 R281
Email	mulroyacademy@gmail.com
Website	www.mulroysocceracademy.ie

Organisation:	Donegal Sports Partnership
Service / Activity	Please see samples of activities delivered under the various programmes below. <u>Sport Inclusion Disability Officer Programmes</u> Activity Programme, Inclusive Fitness Sessions ,Inclusive Fun Family Fitness Swim Programme for Children with a Disability <u>Community Sports Development Officer Programmes</u> Sports Leadership Level 1 Awards,Activator Poles Walking, Programme, Home Exercise Initiatives, Walking Programmes including National Walks Day, Operation Transformation. <u>Active Donegal Programmes</u> Ag Sugradh Le Cheile Programme,Women In Sport: RunDonegal Virtual 5K 30 for 30 Christmas Activity Challenge, Donegal Sportshall Athletics Programme,Safeguarding 2 (Club Children's Officer). <u>Cross border Initiative</u> Tennis Academy, IFI Soccer for Peace Programme, Mini Sports Celebrations, Primary School Coaching, Online supports developed and Final. Please see our website or contact us for more Programs and Initiatives.
Target Audience	Pre-school to Senior Citizens
Opening Hours	9:00 am – 5:00 Pm Monday - Friday
Contact Number	074 911 6078 / 6079
Address	Office No. 7, River Front House, Pearse Road, Letterkenny, Co. Donegal, F92 T68V
Email Address	info@activedonegal.com
Website	www.activedonegal.com

SUPPORTS FOR NEW COMMUNITIES

Organisation: Donegal Intercultural Platform	
Service / Activity	We are a membership and an affiliation organisation that works to build relationships within and between the diverse communities living in Donegal and across the island of Ireland. The Platform supports people and communities, challenges discrimination, opposes racism and works for Human Rights and Equality offer training in interculturalism and welcome affiliation from organisations that support our policy platform. We work along with other organisations and agencies to support families and Black and Minority Ethnic Communities and to provide representation on boards and committees from BME organisations
Target Audience	Black and Minority Ethnic Communities, People seeking International Protection (Asylum), Refugees and Migrant Workers
Opening Hours	Various
Contact Number	860841433
Address	C/O Donegal Travellers Project, Port House, Port Road,
Email Address	donegalip@gmail.com
Website	Www.interculturaldonegal.org

VOLUNTEER SERVICES

Organisation:	Donegal Volunteer Centre
Service / Activity	Donegal Volunteer Centre is a service that matches up people thinking of volunteering with non-profit organisations looking for new volunteers to get involved.
Target Audience	Anyone interested in volunteering
Opening Hours	9am – 5pm
Contact Number	074 91 26740
Address	Donegal Volunteer Centre Kilashulan Court Port Road Letterkenny, F92VCV5
Email	info@ volunteerdonegal.ie
Website	www.volunteerdonegal.ie

Organisation:	LETTERKENNY C.D.P. Clg.
Service / Activity	Volunteer in the Home: Volunteer in your own Home. We Supply the Materials You make your favourite crafts We will collect the finished items for sale in our charity shop. All monies raised is used to fund our free programmes.
Target Audience	People who wish to volunteer but who are confined to their own home eg. Disability, Travel issues, lack of confidence etc.
Opening Hours	9-5pm
Contact Number	0749120633/0868262330
Address	Unity 24 Courtyard Shopping Centre Lr. Main Street Letterkenny, Co Donegal F92N5VF
Email Address	letterkennycdp@lkennycdp.com



FORBAIRT ÁITIÚIL DHÚN NA nGALL
DONEGAL LOCAL DEVELOPMENT CLG

DLDC SUPPORTS IN DONEGAL

WWW.DLDC.ORG

Education
& Training

Volunteering

Employment
& Enterprise

Rural &
Community
Development

"Enhanced Lives, Strengthened Communities"

Tá sé mar aidhm ag DLDC tacú lenár bpobal aghaidh a thabhairt ar bhochtaineacht, eisiámh sóisialta & neamhionannas, trí chumas grúpai pobail a fhorbairt agus pobail inbhunaithe a chruthú.



Ireland's European Structural and
Investment Funds Programmes
2014-2020

Co-funded by the Irish Government
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European Union
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Comhairle Contae
Dhún na nGall
Donegal County Council



"Tá An Clár Gníomhachtúcháin Pobail agus Cuimsiú Sóisialta (SICAP) 2018-2022 á mhaoiniú ag Rialtas na hÉireann tríd an Roinn Forbartha Tuaithe agus Pobail, agus á chomh-mhaoiniú ag Ciste Sóisialta na hEorpa faoin Chlár um Infhostaitheacht, Cuimsiú agus Foghlaim (PEIL) 2014-2020."

"The Social Inclusion and Community Activation Programme (SICAP) 2018 - 2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programmes for Employability, Inclusion and Learning (PEIL) 2014 - 2020."