



**BLUESTACK  
SPECIAL NEEDS  
FOUNDATION**



## Directory of Disability Services In Co Donegal



*"...To Enhance the Lives of People with Special Needs.."*

**First Edition—2018**



**BluestackSpecialNeeds**



**@bluestackfound**

## Acknowledgements:

The following people have worked tirelessly to pull this resource together. In particular Wendy McCarry who coordinated and Sophie Seljan who wrote this document with the voluntary support of Breda McNulty.

Further thanks to Michael Fintan Gallagher and Catherine McShea from the Bluestack Special Needs Foundation CLG.

Huge thanks also to Anne Timony Meehan, from the Children and Young Persons Services Committee for her dedication, insight and commitment to supporting this project.

We intend to update this resource electronically on a six monthly basis with the written version reprinted, subject to funding, annually. This document will be available on the websites of associated organisations within CYPSC Donegal and on the Bluestack Special Needs Foundation Website. If you would like to be included in follow up editions of this booklet please contact [info@bluestackfoundation.com](mailto:info@bluestackfoundation.com) or call 0749740828 for information.

We hope people with disabilities, parents, guardians and professionals will find this document useful.

Sincere thanks to all who have helped and contributed to this Booklet.

James McGroary

Chairperson

Bluestack Special Needs Foundation CLG

## Foreword

The *Directory of Disability Services in County Donegal* was launched by Dr. Brona Byrne, Queens University Belfast at the Donegal CYPSC Seminar 'Re-imagining Disability, from accepting Diversity to True Inclusion', October 2018.

This Directory was compiled by the **Bluestack Special Needs Foundation** in collaboration with **Donegal CYPSC**, in response to a need identified during community consultations held to inform the Donegal Children & Young People's Plan 2018-2020. The need to support children & young people with physical, sensory and or intellectual disability and their families, was highlighted by statutory and community & voluntary organisations across County Donegal. This Directory aims to improve access to and awareness of the supports and services available.

**Donegal CYPSC** encourages local statutory, community and voluntary organisations to think creatively to improve access to their services and supports for this cohort of children & young people. We hope this Directory will make it a little easier for Children & Young people with disabilities and their families to find and engage with available services and supports in their area.



Gerry Hone,  
Chairperson Donegal Children & Young People's Services Committee

**Children and Young People's Services Committees (CYPSC)** are set up in every county across Ireland as part of the Government's plan to get the best outcomes for children and young people from birth to 24 years of age. The purpose of the CYPSCs is to bring statutory, community and voluntary agencies providing services to children and young people together, to cooperate, and plan and work, in a coordinated way. All CYPSC develop and implement a Children & Young People's Plan based on identified local needs.

**Donegal CYPSC** has a county-wide structure, which supports this joint planning and co-ordination across all of Donegal. This will ensure that our children, young people and their families receive improved and accessible services. This in turn will help Donegal children and young people to achieve the National Outcomes set out in *Better Outcomes, Brighter Futures: the national policy framework for children and young people 2014 – 2020*:

**National Outcomes:** That children & young people are:

- ◆ Active & healthy with physical & mental well-being
- ◆ Achieving full potential in all areas of learning & development.
- ◆ Safe and protected from harm.
- ◆ Have economic security and opportunity.
- ◆ Connected, respected and contributing to their world.

**The Bluestack Special Needs Foundation CLG** is a registered charity and a Company Limited by Guarantee which was set up in 2006 by the Bluestack Challenge Walk Committee.

The Bluestack Challenge Walk had originated when a local family had a child with special needs, they quickly realised how hard it is to fight for access to services and supports. They decided in 2002 that for the dad's 40<sup>th</sup> birthday they would do a fundraiser for people with special needs rather than have a party. They decided they would try to get 40 friends to walk 40 Kilometres and raise €40,000 for people with special needs. Thus the Bluestack Challenge was born.

The Bluestack Challenge committee originally dispersed all funds received to other groups working with children with special needs, to date over €600,000 has been allocated to groups around County Donegal to help with Comfort Funds, Equipment, and Access to Private Services etc. However, despite this, access to services in a timely manner, particularly early intervention services continues to be difficult for many families.

In 2006 the Bluestack Special Needs Foundation was established to provide direct supports to people themselves and direct supports to their families and carers.

The Bluestack Special Needs Foundation receives minimal core funding from governmental sources. They are reliant on the generous donations of the local community and indeed the general public who kindly take it upon themselves to fundraise on their behalf.

The Bluestack Special Needs Foundation has as its core aim to “Enhance the Lives of People with Additional Needs”. Working with families who may struggle with inclusion in to mainstream activities, supports and services. They fundamentally offer practical advice, emotional support and a range of programmes for all children and young people of all abilities.

The Foundation building in The Glebe, Donegal Town, (opposite the Abbey Vocational School) has an open door policy, a warm welcome where the kettle is always on. This is a community facility. We openly welcome anyone who would like to call in for a chat, find out what goes on in here or just sit and have a cup of coffee while looking out at the beautiful Donegal Bay.

*“The Bluestack Special Needs Foundation recognises that the supports we offer are only a drop in the ocean relative to the supports so desperately needed by families. But those supports have a ripple effect and they are working.*

*With your support we can continue to influence the general discourse on inclusion, empower people living with a disability to self-advocate and express their needs and most importantly continue to be that beacon of hope offering relevant, timely and practical responses to the expressed needs of our members.”*  
Patrick McBrearty, Director



## TABLE OF CONTENTS

Guide to entitlements for people with disabilities.....	10
Tusla.....	21
Health Centres in Donegal.....	22
Pre-schools for Children with Special Needs.....	24
Special Needs Schools in Co. Donegal.....	24
Primary schools in County Donegal with special classes.....	25
Post Primary Schools in Donegal with special classes.....	26
Acquired Brain Injury Ireland.....	27
Advocates for Personal Potential (APP) Training Service.....	28
Atlantic Special Olympic Club.....	28
The Ark Counselling and Psychotherapy Service.....	29
The Autism Family Support Group.....	29
Aware.....	30
County Donegal Citizens Information Service.....	32
Child and Adolescent Mental Health Service.....	33
Counselling in Primary Care (CIPC).....	34
Health Service Executive.....	35
Physical and Sensory Disability.....	36
Donegal Mental Health and addiction Services.....	36
Donegal Early Intervention Team.....	37
Community Facilitator for Disability 6-18yrs HSE West.....	38
Donegal Carers Association CLG.....	39
Disability Federation of Ireland (DFI).....	39
Donegal Centre for Independent Living.....	40

Donegal Fibromyalgia Support Group .....	40
Donegal County Childcare Committee .....	41
Donegal Down Syndrome Association.....	42
Donegal Education and Training Board (Donegal ETB).....	43
Donegal Family Resource Centre CLG .....	44
Donegal Youth Service.....	45
Donegal Travellers Project.....	46
Donegal Women’s Domestic Violence Service.....	48
Dooish National School.....	49
Employment Response_North West .....	50
Epilepsy Ireland .....	51
Foróige .....	52
The Forge Family Resource Centre .....	53
Grow In Ireland_(North West Region).....	53
i.C.A.R.E. Inishowen Children's Autism Related Education .....	55
Inclusion Ireland.....	56
Inishowen Development Partnership .....	57
Inishowen Family Action Network.....	58
Irish Wheelchair Association .....	59
The Jack and Jill Children’s Foundation.....	60
Jigsaw Donegal .....	61
Letterkenny Youth & Family Service (LYFS) .....	63
Lifestart Services CLG .....	64
Mevagh Family Resource Centre, Downings.....	65
The McGuire Programme.....	66
NCBI_Working for People with Sight Loss .....	67
National Educational Psychological Service (NEPS) .....	68

North West Special Olympics Club .....	69
National Learning Network.....	70
ParentStop CLG.....	71
Special Education & Care.....	72
Pastoral Centre Letterkenny .....	73
John Curran - Challenging Behaviour Specialist Donegal/Derry .....	74
Serenity House .....	75
Spina Bifida & Hydrocephalus Ireland SBHI.....	75
‘Something Special’ Support Group .....	76
Deirdre Ward-UNLOCK Play Therapy.....	78
Spraoi agus Sport Family Centre Limited.....	79
Tír Boghaine Family & Community Support Service .....	80



## Guide to entitlements for people with disabilities

### EDUCATIONAL SERVICES

#### Access and Inclusion Model (AIM) in Early Childhood Care and Education (ECCE)

AIM supports a child-centred model, involving seven levels of progressive support, moving from universal to the targeted, based on the needs of the child and the pre-school provider. Additional targeted supports could take the form of expert early childhood care and educational advice and mentoring (level 4), specialised equipment, appliances and minor alterations (level 5), therapeutic supports (level 6) or additional capitation to fund extra assistance in the ECCE pre-school room (level 7).

#### *How to apply*

Where it is considered that your child needs additional support, your pre-school service provider can apply, in partnership with you, for targeted supports under AIM.

#### Special needs education

##### Mainstream classes

Many children with disabilities or special needs are in mainstream classes in mainstream schools. They may get help from learning support and resource teachers and care support from special needs assistants (SNAs).

##### Special classes in mainstream schools

Some children attend special classes in mainstream schools. These classes generally have low pupil/teacher ratios.

##### Special schools

There are over 140 special schools catering for particular types of disability and special needs. Among them are: special schools for students who have a general learning disability at a mild or moderate level; schools for visually impaired and hearing impaired students; a few schools for students with physical disabilities etc.

#### *How to apply*

##### Special Educational Needs Organisers

SENOs are the point of contact for parents/guardians and schools.

### **Special Transport Arrangements**

Special transport arrangements including escorts and safety harnesses are available for children with disabilities attending school.

#### *How to apply*

You should apply to the school principal who will contact the school's Special Educational Needs Organiser (SENO) in relation to applying for special transport. If the SENO is satisfied that your child is enrolled in the nearest suitable school, and that school transport is required, a recommendation will be sent to the School Transport Section of the Department of Education and Skills.

### **Visiting Teachers Service**

Visiting teachers aim to be a support to both the parents or guardian and the child. The support service can begin shortly following the birth of the child and continue through primary and post-primary education where appropriate. In addition, the teachers provide a teaching service for the pre-school child in the home if considered necessary.

#### *How to apply*

By referrals of the:

- Parents/guardians-Schools
- The Health Service Executive audiological and ophthalmology services
- National Council for Special Education

### **Additional Supports in primary school**

This may include supports for hearing impairment, speech and language disorder, visual impairment, moderate general learning disabilities and autistic spectrum disorders.

#### *How to apply*

If your child has special educational needs you should talk to the school principal about the type of education that would suit your child's needs. You can also discuss with your local Special Educational Needs Organiser what learning supports or additional resources may be available.

### **Post-Primary School**

Post-primary students with special educational needs may attend a mainstream post-primary school. They may be in mainstream classes with the support of a learning support/resource teacher and/or the care support of a special needs assistant or may be in a special class. Post-primary school supports include grants for assistive technology.

#### *How to apply*

If your child has special educational needs you should talk to the school principal about what learning supports are available in the school. If you need advice about a post-primary school which could meet your child's needs you should contact your local Special Educational Needs Organiser.

### **Disability Access Route to Education (DARE)**

This programme is for people who wish to engage in third level education but can provide evidence that their disability has affected their educational performance significantly while in second level.

You can find details of the places available through DARE on the websites of the participating third-level colleges.

#### *How to apply*

You apply for DARE through the Central Applications Office (CAO) A *reduced point* place means that you may get a place on a third-level course with fewer than the full CAO points. However, you must meet the college matriculation requirements and any specific course entry requirements. You may also then qualify for extra college based access supports depending on which college you apply to.

### **Educational Supports for Students with Disabilities at third level.**

The Association for Higher Education Access and Disability (**AHEAD**) is a voluntary organisation that promotes the participation of students with disabilities in third-level education.

#### *How to apply*

Through AHEAD website

## **EMPLOYMENT SUPPORTS FOR PEOPLE WITH DISABILITIES**

### **Rehabilitative training**

This training is not linked to the labour force. Responsibility for the delivery of these services rests with the Health Service Executive (HSE). Rehabilitative training focuses on the development of life skills, social skills and basic work skills with the objective of enhancing the trainee's quality of life and general work capacity.

#### *How to apply*

The HSE has appointed Directors of Disability Services who are responsible, among other things, for the delivery of rehabilitative training services. The HSE has teams of guidance counsellors who offer information, advice and guidance on HSE training and sheltered work services. Refer to the HSE website for further information.

### **Sheltered work**

Sheltered work gives people with disabilities the opportunity to take part in daily work in a sheltered setting where they receive personal support services. Trainees may produce goods that have a commercial value.

#### *How to apply*

Rehabilitative training and sheltered work is provided largely in accredited training centres that are run by the HSE or by service providers contracted by the HSE and in designated sheltered workshops

## HEALTH SERVICES

### Assessment of need for people with disabilities

The assessment of need is carried out or arranged by Assessment Officers who are independent officers of the Health Service Executive (HSE). After the assessment, a Service Statement is drawn up by a Liaison Officer (sometimes referred to as a Case Manager).

#### *How to apply*

You must apply to the HSE in writing using the [Application Form for Assessment of Need under Disability Act 2005 \(pdf\)](#). The HSE must acknowledge your application within 14 days. This acknowledgement must tell you the date on which the assessment will start.

### Medical card

A medical card entitles you to a range of health services free of charge, including GP services and public hospital services. Medical Cards are given to people who are eligible because of their income or personal circumstances. If Domiciliary Care Allowance is being paid for a child, they can get a medical card without an income test.

#### *How to apply*

You can **apply online** for a medical card on [medicalcard.ie](http://medicalcard.ie).

Alternatively, you can **download** a medical card application form [www.hse.ie](http://www.hse.ie).

You can also get the application form and a list of participating GPs from your Local Health Centre or Local Health Office for your area.

### Community care services

Community care services can include public health nursing, home help, physiotherapy, occupational therapy, chiropody, day care and respite care.

#### *How to apply*

To find out more about what is available locally by asking your Local Health Office, Citizens information Centre or GP for your area.

### Home help services

Home helps may be employed either by the HSE or by voluntary organisations. They usually help with normal household tasks although they may also help with personal care. If you get a home help, you may have to make a contribution towards the cost, but this practice varies greatly from area to area.

#### *How to apply*

To find out more about what is available locally by asking your Local Health Office, Citizens information Centre or GP for your area.

### Respite care

<p>Respite care or temporary care may be based in the community or in an institution. In practice, respite care is provided to a varying degree at a number of locations around the country – in some cases by HSE and in others by voluntary organisations.</p>
<p><i>How to apply</i> To find out more about what is available locally by asking your Local Health Office , Citizens information Centre or GP for your area</p>
<p><b>Day centres</b></p>
<p>Day centres include centres that provide day activities such as recreational, sport and leisure facilities and specialised clinic facilities that provide a combination of medical and vocational rehabilitation services. Day centres are provided on a variable basis throughout the country, some being funded by the HSE and others funded by voluntary organisations. Day centres providing medical care are less widely available and are funded by the HSE.</p>
<p><i>How to apply</i> Access to day centres is by referral and the eligibility conditions vary from area to area with means tests applying in some cases.</p>
<p><b>Occupational therapist</b></p>
<p>Occupational therapy services are designed to help people who have a disability (physical, psychological or social) to achieve the maximum degree of independence in ordinary living.</p>
<p><i>How to apply</i> You may apply directly to your Local Health Office for the services of an occupational therapist, but it is more usual for you to be referred by a public health nurse, family doctor (GP) or hospital. To find a private occupational therapist contact the Association of Occupational Therapists of Ireland or consult the database on its website.</p>
<p style="text-align: center;"><b>DISABILITY RELATED PAYMENTS</b></p>
<p><b>Domiciliary Care Allowance</b></p>
<p>DCA is a monthly payment for a child aged under 16 with a severe disability, who requires ongoing care and attention, substantially over and above the care and attention usually required by a child of the same age. It is not means tested.</p>
<p><i>How to apply</i> To apply, fill in a Domiciliary Care Allowance form (<a href="http://www.welfare.ie">www.welfare.ie</a>). You can also get an application form by texting “FORM DCA” followed by your name and address to 51909 (standard text rates apply) or by dropping into your Intreo Centre or Social Welfare Branch Office or local Citizens Information Service.</p>

### **Invalidity pension**

Invalidity pension is a weekly payment to people who cannot work because of a long-term illness or disability and are covered by social insurance (PRSI)

#### *How to apply*

To apply fill in an Invalidity Pension application form (INV1). You can also get a form from your Intreo Centre or Social Welfare Branch Office. You may qualify for Supplementary Welfare Allowance while you are waiting for your claim to be processed.

### **Disability Allowance**

Disability Allowance is a weekly allowance paid to people with a disability. You can get Disability Allowance from 16 years of age. If you are in education when you turn 16, you can continue to attend school.

If you qualify for Disability Allowance you may also get extra social welfare benefits with your payment and other supplementary welfare payments.

#### *How to apply*

You can get an application form for Disability Allowance from the Disability Allowance Section - see 'Where to apply' below. You can also get an application form in your Intreo Centre or Social Welfare Branch Office

### **Blind Welfare Allowance**

You may qualify for Blind Welfare Allowance if you are getting Blind Pension from the Department of Employment Affairs and Social Protection

**Or** are getting an income maintenance payment from the Department of Employment Affairs and Social Protection,

or an equivalent type social security payment from another country, and have a certificate of visual impairment from an ophthalmologist

**Or** have an income below the combined Blind Pension rate and Blind Welfare Allowance rate and have a certificate of visual impairment from an ophthalmic surgeon.

#### *How to apply*

To qualify for Blind Welfare Allowance, your vision must have "best vision equal to or less than 6/60 in the better eye or if the field of vision is limited, the widest diameter of vision subtending an angle of not greater than 20 degrees".

Apply to your Local Health Office for the Blind Welfare Allowance.

### **Carer's Allowance**

Carer's Allowance is a payment to people on low incomes who are looking after a person who needs support because of age, disability or illness (including mental illness).

If you qualify for Carer's Allowance you may also qualify for free household benefits (if you are living with the person you are caring for) and a Free Travel Pass. Carer's Allowance is not taken into account in the assessment for a medical card.

#### *How to apply*

You should apply for Carer's Allowance as soon as possible. To apply, fill in an application form for Carer's Allowance (CR1) which is available from your Intreo Centre, Social Welfare Branch Office or Citizens Information Centre. The form includes a medical report which must be signed by the person you are caring for and by their doctor. A Checklist is also included in the form which you should use to review your application before sending it in.

### **Carer's Benefit**

Carer's Benefit is a payment made to insured people who leave the workforce to care for a person(s) in need of full-time care and attention. You can get Carer's Benefit for a total period of 104 weeks for each person being cared for.

#### *How to apply*

To apply fill in an application form for Carer's Benefit. This form (CARB1) is also available from your local Intreo Centre or Social Welfare Branch Office or from the Carer's Benefit Section.

### **Carer's Support Grant (former Respite Care)**

Respite care may involve providing alternative family or institutional care for a person with a disability in order to enable the carer to take a short break, a holiday or a rest. It can cover very short-term respite, for example, a carer for an evening, or a much longer arrangement for a holiday. Schemes of respite care are sometimes called 'Breakaway' or 'Friendship' schemes.

#### *How to apply*

If you are getting Carer's Allowance, Carer's Benefit or Domiciliary Care Allowance, you do not need to apply for the Carer's Support Grant. It will be automatically paid to you in June. If you are not getting one of the above payments, you should fill in an application form CSG 1 in respect of each person you are caring for.

## EmployAbility Service

If you have a disability and wish to take up paid employment or you require assistance in finding a job, the EmployAbility Service (formerly the Supported Employment Service) may be able to help you. It provides people with disabilities with supports to help them access employment. The supports are provided by sponsor organisations on behalf of the Department of Employment Affairs and Social Protection – see ‘Sponsor organisations’ below.

### *How to apply*

Contact your local Intreo Centre or Social Welfare Branch Office. You can also contact your local EmployAbility Service directly.

## Employment grants and supports

The Department of Employment Affairs and Social Protection funds a range of employment supports aimed at helping employees with a disability to gain and retain employment. Under the Reasonable Accommodation Fund there is the

- Job Interview Interpreter Grant,
- Personal Reader Grant,
- Employee Retention Grant Scheme
- Workplace Equipment/Adaptation Grant.

Other supports for employers include the *Wage Subsidy Scheme* and the *Disability Awareness Training Support Scheme*

### *How to apply*

You should register with your local Intreo centre or Social Welfare Branch Office and apply for the EmployAbility Service and express your interest in the Service. You can read more information in our document, *Working with a disability* section.

## HOUSING

### Housing Adaptation Grant for People with a Disability

The grant can help you to make changes and adaptations to your home, for example, making it wheelchair-accessible, extending it to create more space, adding a ground-floor bathroom or toilet or a stair-lift. In some cases, the provision of heating can be included, but only under certain conditions.

### *How to apply*

Download an application form from your local authority’s website or ask for one to be posted to you. The form contains detailed information on the scheme’s conditions and a checklist of documents that you must include.

## TRAVEL

### Free Travel Card

Everyone aged 66 and over, legally resident and living permanently in the State, is entitled to the Free Travel Scheme. People with disabilities aged under 66 may also qualify.

#### *How to apply*

If you are under age 66 and have confirmed your identity through the SAFE registration process, you will get a Free Travel Card automatically when you are awarded an Invalidity Pension, a Blind Pension, Disability Allowance or Carer's Allowance. If you have not SAFE registered, you will be requested to do so before your Free Travel Card issues to you.

### Mobility training for people with visual impairments

Mobility training helps to develop skills required to move around safely in the environment. Some people with vision impairments have enough residual vision to move around independently. Other people may require a mobility aid such as a long cane which will help the person to find a safe way in front of them. Training may involve advising a person with low vision on how to use their residual vision to move around more safely. It may also involve more in-depth training in how to use a mobility aid such as a white cane or a guide dog.

#### *How to apply*

If you ring the head office of the NCBI they will give you contact details for your local community resource worker. The community resource worker will then refer you to your local mobility specialist. The local mobility specialist will call out to consult on types of training and routes you would like to learn.

You can apply to Irish Guide Dogs for the Blind yourself or through your family doctor or GP. The Irish Guide Dogs for the Blind will supply you with an information pack and an application form. The application form needs to be returned to the Irish Guide Dogs for the Blind along with a medical report from your doctor confirming your vision impairment. A qualified instructor will then visit your home to discuss the types of training available.

### Tax relief for drivers and passengers with disabilities

Scheme provides a range of tax reliefs linked to the purchase and use of specially constructed or adapted vehicles by drivers and passengers with a disability.

#### *How to apply*

You can find further information on the tax relief scheme on the Revenue Commissioners' website.

### Disabled Person's Parking Card

Disabled Person's Parking Permits or Cards are available to people living in Ireland with certain disabilities and those who are registered blind, whether they are drivers or passengers. It can be used by a disabled person in any vehicle in which he or she is travelling. This means that a disabled person who is being driven at different times by different people can bring the parking card with himself or herself and display it in the appropriate vehicle. The parking card is valid for 2 years from date of issue.

#### *How to apply*

You can request an application form online from the Disabled Drivers Association or write to the Irish Wheelchair Association, enclosing a stamped self-addressed envelope. In your letter you should give details about your disability and how it affects your mobility. The application form must be completed and certified by your doctor and must be countersigned by a Garda.

### Motorised Transport Grant

This is a means-tested HSE payment for people with disabilities who need to buy a car in order to retain employment. This payment is also for people with disabilities who need to have a car or other vehicle adapted in order to enable them to drive ad, as a result, earn living.

#### *How to apply*

In 2013, the Department of Health announced that the Motorised Transport Grant scheme was closed to new applicants. An alternative scheme is being devised to replace it. This alternative scheme will be called the Transport Support Scheme. However you may get help and advice on car adaptations from: Irish Wheelchair Association or from the Disabled Drivers Association.

### Disabled Drivers and Disabled Passengers

If you qualify for tax relief under the Disabled Drivers and Disabled Passengers scheme you are also eligible for a fuel grant , **exemption from toll road fees**, or you can **apply for remission of VRT**.

#### *How to apply*

To apply, download and complete Form DD1 from [www.revenue.ie](http://www.revenue.ie). This application form is also available from the Central Repayments Office.

Tax relief on new vehicles
<p>Whether you are a driver or a passenger with disabilities, you can claim tax relief on</p> <ul style="list-style-type: none"> <li>-A new vehicle</li> <li>-A used vehicle that has not been previously registered in the state.</li> </ul>
<p><i>How to apply</i></p> <p>To apply, download and complete Form DD1 from <a href="http://www.revenue.ie">www.revenue.ie</a>. This application form is also available from the Central Repayments Office.</p>

INCOME TAX CREDITS AND RELIEF		
<i>Service</i>	<i>How does it work</i>	<i>How to apply</i>
<b>Incapacitated Child Tax Credit</b>	Parents/guardians of a permanently incapacitated child may be able to claim the Incapacitated Child Tax Credit.	For details please see <a href="http://www.revenue.ie">www.revenue.ie</a>
<b>Tax reliefs for people with a visual impairment</b>	If you have certain visual impairments, you may claim a reduction in the amount of tax that you are required to pay.	To apply, fill in a claim form for the Blind Person's Tax Credit and Guide Dog Allowance.
<b>Dependent Relative Tax Credit</b>	A tax credit that parents/guardians and people caring for dependent relatives may qualify for.	For details please see <a href="http://www.revenue.ie">www.revenue.ie</a>
<b>Home Carer Tax Credit</b>	Married couples or civil partners may be entitled to claim this credit if one spouse or civil partner works in the home caring for a dependent person.	Applications for the Home Carer Tax Credit should be made to Revenue.



## An Ghníomhaireacht um Leanaí agus an Teaghlach Child and Family Agency

### Local Area Office Donegal.

Tusla Child and Family Agency  
Shiel House, College Street,  
Ballyshannon,  
Co Donegal.  
Tel 071 9822776  
Area Manager – Gerry Hone

On 1st January 2014 the Child and Family Agency became an independent legal entity, comprising HSE Children and Family Services, the Family Support Agency and the National Educational Welfare Board as well as incorporating some psychological services and a range of services responding to domestic, sexual and gender-based violence.

The Child and Family Agency is now the dedicated State agency responsible for improving wellbeing and outcomes for children. It represents the most comprehensive reform of child protection, early intervention and family support services ever undertaken in Ireland. The Agency operates under the Child and Family Agency Act 2013, a progressive piece of legislation with children at its heart and families viewed as the foundation of a strong healthy community where children can flourish.

The Child and Family Agency's services include a range of universal and targeted services:

### Child Protection and Welfare Services:

To discuss or report a concern: Contact Tusla Child & Family Agency, Millennium Court, Pearse Rd, Letterkenny 074 9123672

For advice on Children First: Contact Noreen Herron, Children First Information Officer 071 9155181 or email [noreen.herron@tusla.ie](mailto:noreen.herron@tusla.ie)

### Educational Welfare Services:

Educational Welfare Service, Child & Family Agency, Unit 19, Sandyfort Business Centre, Grealishtown, Bohermore, Galway 091 385302

### Alternative Care:

Foster Care Team Letterkenny 074 9123701  
Donegal Adoption Services, County Clinic, St Conal's Campus, Letterkenny, 074 9104716

### Family and Community Supports:

Family Resource Centres,  
Prevention Partnership & Family Support programme, PPFS Office 074 9123783

### Early Years Services:

Early Years Inspectors, St.Conal's Campus, Letterkenny 074 9123669

### Domestic sexual and gender based violence services

Donegal Domestic Violence Service (24 hours) 1800262677

National Services 999/112

Garda Siochana (24 hours) 999/112 or your local Garda Station

Women's Aid Helpline (24 Hours) 1800341900

AMEN Helpline for Men who experience Domestic Abuse 046 9023718

## Health Centres in Donegal

Areas	Contact numbers	Address
Arainn Mhor	074 9520535	Ballintra, Aranmore Island,
Ballyshannon	071 9851600	Bayview Family Practice, Belleek Rd, Ballyshannon,
An Bun Beag	074 9532445	Bunbeg Health Centre, Bunbeg,
Ballybofey	074 9131391	Ballybofey Health Centre, Community Care Offices, Ballybofey,
Bundoran	071 9841445	Health Centre Bundoran, Station Rd, Bundoran,
Carndonagh	074 9374644 074 9374262	Carndonagh Health Centre, Carndonagh,
An Charraic	074 9739380	Carrick Health Centre, Carrick,
Castlefinn	074 9146694	Castlefinn Health Centre, Castlefinn,
Clonmany	074 9376173	Clonmany Medical Centre, St Columbas Village, Clonmany,
Convoy	074 9147317	Convoy Health Centre, Miltown, Convoy,
Derrybeg	074 9532334	Stranacorka, Derrybeg,
Doochary	074 9546175	Doochary Health Centre, Doochary,
Donegal Town	074 9721074	Donegal Town Health Centre, Donegal Community Hospital,
Dunfanaghy	074 9136527	Dunfanaghy Health Centre, Dunfanaghy,
Dungloe	074 9521933 074 9521099	Dungloe Medical Centre, Gweedore Road, Dungloe,
Dunkineely	074 9737106	Dunkineely Health Centre, Dunkineely,
Fahan	074 9360277	Buncrana Medical Centre, McCarter's Rd, Ardnaravan, Buncrana,
An Falcarrach	074 9135491	Falcarragh Medical Centre, Main Street, Falcarragh,
Glenties	074 9551329	Glenties Health Care Centre, Glent

Kilcar	074 9739346	Kilcar Health Centre, Main Street, Kilcar,
Killybegs	074 9731148	Killybegs Health Centre, St Catherine's Rd, Killybegs,
Letterkenny	074 9129393	Ballyraine Park Health Centre, Ramelton Road, Ballyrain,
	074 9123750	Letterkenny Health Centre, County Clinic, St Conal's Hospital,
Lifford	074 9141024	The Practice Manager, Lifford Health Centre, Lifford,
Manorcunningham	074 9157230	Manorcunningham Health Centre, Manorcunningham,
Milford	074 9153500	Milford Health Centre, Main Street, Milford,
Mountcharles	074 9735100	Mountcharles Health Centre, Strawhill, Mountcharles,
Moville	074 9382049	Primary Care Centre, Glencrow, Moville,
Muff	074 9384360	Buncrana Medical Centre, McCarter's Rd, Ardnaravan, Buncrana,
Newtowncunningham	074 9156386	Newtowncunningham Health Centre, Newtowncunningham,
Pettigo	071 9831521	Pettigo Health Centre, Main Street, Pettigo,
Quigley's Point	074 9383289	Quigley's Point Health Centre, Inishowen,
Ramelton	074 9151468	Ramelton Health Centre, Ramelton,
Raphoe	074 9145835	Raphoe Health Centre, Raphoe Demense, Raphoe,
Rathmullan	074 9158416	Rathmullan Health Centre, Pier Rd, Rathmullan,
St Johnston	074 9148479	St Johnston Health Centre, Chapel Rd, St Johnston,
Stranorlar	074 9131344	Milbrae Surgery, Stranorlar,

## Pre-schools for Children with Special Needs

Information can be found on the Citizens Information Service website, [www.citizensinformaion.ie](http://www.citizensinformaion.ie), regarding pre-school childcare. It gives details of the Access and Inclusion Model (AIM) which was introduced in June 2016. There is an AIM website, [www.aim.gov.ie](http://www.aim.gov.ie), which gives information for parents and frequently asked questions on supports available to them.

The Donegal County Childcare Committee, will also be able to give information and guidance in relation to AIM. On their website, [www.donegalchildcare.com](http://www.donegalchildcare.com), can be found DCCC How Can We Help You? Interactive Parents Poster, launched August 2018. This is a useful aid to help answer questions and get the necessary information required

<h3>Special Needs Schools in Co. Donegal</h3>	
<p>The Primary and Post Primary schools listed below all cater for Autism/Autistic Spectrum Disorders with some providing other special classes. These classes would cover:</p> <ul style="list-style-type: none"><li>• Severe/Profound Learning Disabilities</li><li>• Moderate General Learning Disabilities</li><li>• ASD Early Intervention</li><li>• Specific Speech &amp; Language Difficulties</li></ul>	
<p><b><i>LITTLE ANGELS SPECIAL SCHOOL</i></b> Knocknamona, Letterkenny, Co Donegal Phone no.: 074 9122456</p>	
<p><b><i>ST BERNADETTS SPECIAL SCHOOL</i></b> College Farm Road, Letterkenny, Co Donegal Phone no.: 074 9122512</p>	

## Primary schools in County Donegal with special classes



<i>S N Neill Mor, Killybegs</i>	<i>074 9731794</i>
<i>S N An Droim Mor, Killygordon</i>	<i>074 9149455</i>
<i>St Patrick's NS, Lurgybrack, Letterkenny</i>	<i>074 9125455</i>
<i>S N An Bhreacaigh, Ard a Ratha (Ardara)</i>	<i>074 9541279</i>
<i>Woodlands NS, Letterkenny</i>	<i>074 9124498</i>
<i>S N Chonaill, Bunbeg</i>	<i>074 9532535</i>
<i>Dooish NS, Ballybofey</i>	<i>074 9131471</i>
<i>St Baithin's NS, St Johnston</i>	<i>074 9148327</i>
<i>Scoil Aodh Rua &amp; Nuala, Donegal town</i>	<i>074 9722661</i>
<i>Scoil Iosagain, Buncrana</i>	<i>074 9362450</i>
<i>Letterkenny Educate Together , Letterkenny</i>	<i>074 9103794</i>
<i>Scoil Chroine, An Cloghan Liath</i>	<i>074 9521316</i>



**Post Primary Schools in Donegal with special classes**



<i>Scoil Mhuire, Buncrana</i>	<i>074 9361065</i>
<i>St Eunan's College, Letterkenny</i>	<i>074 9121143</i>
<i>Loreto Convent, Letterkenny</i>	<i>074 9121850</i>
<i>Crana College, Buncrana</i>	<i>074 9361113</i>
<i>Colaiste na Carraige, Carrick</i>	<i>074 9739071</i>
<i>Abbey Vocational School, Donegal Town</i>	<i>074 9721105</i>
<i>Errigal College, Letterkenny</i>	<i>074 9121047</i>
<i>Mulroy College, Milford</i>	<i>074 9153346</i>
<i>Deele College, Raphoe</i>	<i>074 9145493</i>
<i>Finn Valley College, Stranorlar</i>	<i>074 9131684</i>
<i>St Catherine's Vocational School, Killybegs</i>	<i>074 9131491</i>
<i>Moville Community School, Moville</i>	<i>074 9385988</i>
<i>Rosses Community School, Dungloe</i>	<i>074 9121122</i>
<i>Pobalscoil Ghaoth Dobhair, Doiri Beaga</i>	<i>074 9531311</i>
<i>Colaiste Cholmcille, Ballyshannon</i>	<i>074 9858288</i>

# Acquired Brain Injury Ireland



Every brain injury is unique. We empower people all around Ireland to live to their full potential after brain injury. We help rebuild lives by providing personalised quality rehabilitation and support to individuals and their families.

Donegal service provides both a residential service + a community rehabilitation service to people with an Acquired Brain Injury; our service is for adults aged between 18years -65 years old.

*How to refer into the organisation?*

Referrals can be made directly to head office, or through the HSE Physical and Sensory team, Letterkenny.  
All referrals can be made by a clinician or self/family member-referral. Referral forms can be found on the ABII website or by contacting the Donegal Local Services Manager/ Head office Dunlaoghaire.

*Opening Hours and Address*

9.00 am – 5.00pm  
Acquired Brain Injury Ireland Head Office 64 Mulgrave Street, Dunlaoghaire,  
Donegal service: Loughnagin, Ramelton Road, Letterkenny.

*Website*

<https://www.abiireland.ie/>

*Telephone*

Donegal office (074)9176902  
Head office Dublin- (01) 2804164

*Facebook*

Acquired Brain Injury Ireland

*Email*

[amcmonagle@abiireland.ie](mailto:amcmonagle@abiireland.ie)

<h2 style="text-align: center;">Advocates for Personal Potential (APP) Training Service</h2>		
<p>APP Training Service was designed to assist individuals in achieving, maintaining and maximising their potential in accordance with the principals of person centeredness.</p>		
<p>APP provides a person-centred, 1-2-1, community based service throughout county Donegal for adults on the Autism spectrum. This service is co-ordinated from our main office base located in Letterkenny, Co Donegal.</p>		
<i>How to refer into the organisation?</i>	<p>All referrals into our service are made through the HSE's Adult Day Service Support Guidance &amp; Development Unit, Community Inclusion Hub, Kilmacrennan Road, Letterkenny, Co Donegal. They can be contacted at 074 9127309.</p>	
<i>Opening Hours</i>	Monday to Friday (9-5pm)	
<i>Website</i>	www.appts.ie	
<i>Telephone</i>	Letterkenny Office - 074 9113661	
<i>Email</i>	info@appts.ie	

<h2 style="color: red;">Atlantic Special Olympic Club</h2>		
<p>The aim of our organisation is to provide opportunity for people with an intellectual disability (over 16 years) to access Athletics and Basketball coaching in a fun and welcoming environment.</p>		
<i>Address</i>	St. Catherine's Voc. School GYM, Killybegs	
<i>How to refer into the organisation?</i>	Contact Yvonne Carbery on 087 9115160	
<i>Opening Hours</i>	Every 3 <sup>rd</sup> Saturday from 11:00 – 12:30	
<i>Telephone</i>	087 9115160	
<i>Facebook</i>	'Atlantic Killybegs'	

## The Ark Counselling and Psychotherapy Service



The aim of our organisation is to provide a Counselling Service which is Safe and Confidential and allows clients to work through their concerns with the support of a Counsellor.

We provide counselling and psychotherapy for children, adolescents and adults with additional physical, sensory, intellectual or mental health needs.

*How to refer into the organisation?* Self-referral., GP Referral.  
Referral from Support Organisations.

The Ark Counselling and Psychotherapy Service provide a Safe and Confidential setting where clients of all ages are provided with a Counselling Service to help them address their concerns. The Service provides a person centred approach and provides support in a range of areas including Anger, Anxiety, Bereavement, Eating Disorders, Relationship Issues, Self-Confidence.

*Opening Hours* By appointment.

*Website* [www.thearkcounselling.ie](http://www.thearkcounselling.ie)

*Telephone* Female Counsellor: 086 605 91 31.  
Male Counsellor: 086 830 85 94

*Email* [jacquelinecounselling@yahoo.ie](mailto:jacquelinecounselling@yahoo.ie)  
[johncounselling@yahoo.ie](mailto:johncounselling@yahoo.ie)

## The Autism Family Support Group



The aim of our organisation is to raise awareness of Autistic Spectrum Disorder and to support Families who have a son or daughter with Autism.

*Services provided:* Family Support meetings, Social Opportunities  
Workshops and seminars , Autism Awareness

*How to refer into the organisation?* Direct contact to our organisation

*Address* Convent Road, Letterkenny , Co Donegal

*Opening Hours* Please call initially to arrange a suitable time

*Telephone* 0861058086

**Aware**



Aware provides support, education and information to individuals and loved ones impacted by depression, bipolar disorder and related mood conditions.

NW Support & Self Care Groups:

**Donegal:** Pearse Road, Letterkenny, Co Donegal, every Tuesday at 8pm

**Mayo:** Community Room, Garryduff Court, Castlebar, every Tuesday at 8pm

**Sligo:** Markievicz House, 2 Barrack St, Rathquarter, Sligo, every Wednesday at 8pm.

*How to refer into the organisation*

No referral is necessary

Aware also provides school based education programmes for 15-18 year olds, delivering Life Skills for Schools and Beat the Blues talks in schools nationwide.

Aware provides information on depression, bipolar disorder, related mood conditions, and tips on how to manage your mental health at [aware.ie](http://aware.ie)

Aware also holds a monthly lecture series on topics relating to mental health. These can be watched back at [aware.ie](http://aware.ie).

*Opening Hours*

The Support Line operates 10am-10pm, 365 days a year.  
Support Mail is responded to within a 24-hour period, 365 days a year.  
Support & Self Care Groups operate on a weekly basis.

*Website*

[www.aware.ie](http://www.aware.ie)

*Telephone*

Support Line 1800 80 48 48

*Facebook*

@awareireland

Email

Support Mail [supportmail@aware.ie](mailto:supportmail@aware.ie)  
Office [info@aware.ie](mailto:info@aware.ie)

Twitter

@aware

## Bluestack Special Needs Foundation



**BLUESTACK  
SPECIAL NEEDS  
FOUNDATION**

The Bluestack Special Needs Foundation has as its core aim to “Enhance the Lives of People with Additional Needs”. Working with families who have dependants with physical, sensory and intellectual, and mental health disabilities, regardless of whether the disability results in profound, moderate or mild additional needs. We also work with families who are pre-diagnosis but engaged in the assessment of needs process.

The following are some of the services we offer:

- Listening Ear:** a place where people can go, have a cup of coffee, offload their concerns and just be heard. A space where people are safe, are not judged, and are supported through the various life challenges that present when living with, or caring for someone living with, a disability.
- Information on Disability relevant issues, for you, your family and associated carers
- Provision of appropriate and relevant training for you, your family and associated carers
- Provision of accessible leisure activities including access to a range of social events and programmes
- Our events and activities include Teen Club, Music Fun Zone, Summer Camp, Trips, Saturday Club, Lego Club, Fun Moves etc.

<i>How to refer into the organisation?</i>	We work on a self-referral basis. Call in to our office, and register with us, or contact us by the phone, email, webpage or Facebook.
<i>Opening Hours</i>	Bluestack House, The Glebe, Donegal Town, Co. Donegal, Ireland Monday –Thursday 9:30am–5pm Friday 9:30–4pm
<i>Website</i>	<a href="http://www.bluestackfoundation.com">www.bluestackfoundation.com</a>
<i>Telephone</i>	074 9740828
<i>Facebook</i>	@BluestackSpecialNeeds
<i>Email</i>	<a href="mailto:info@bluestackfoundation.com">info@bluestackfoundation.com</a>
<i>Twitter</i>	<a href="https://twitter.com/bluestackfound">@bluestackfound</a>

## County Donegal Citizens Information Service



The aim of the organisation is to empower individuals by providing them with free information on their rights and entitlements through advice and advocacy to assist them to access these entitlements in confidence.

### *How to refer into the organisation?*

- Donegal Citizens Information Services provide a face to face service to the public
- We provide free, impartial, independent and confidential information
- We also offer advice and assistance if required
- We have 7 Citizens Information centres based in different locations around the county
- Citizens Information National phone number 0761 07 4000 is available from Monday to Friday 9 a.m. to 8 p.m.)

### *Citizens Information Centre (CIC)*

**Letterkenny CIC** , Public Services Centre, Blaney Road, Letterkenny  
Phone: 0761 07 5530

**Milford CIC**, Public Services Centre, Milford, Phone: 0761 07 5450

**Carndonagh CIC**, Public Services Centre, Malin Road, Carndonagh  
Phone: 0761 07 5500

**Dungloe CIC**, Public Services Centre, Gweedore Road, Dungloe.  
Phone: 0761 07 5430

**Donegal Town CIC**, Public Services Centre, Drumlonagher, Donegal Town.  
Phone 0761 07 5511

**Ballyshannon CIC**, Public Services (Outreach) Centre, Library Building,  
Abbeyview, Ballyshannon Phone: 0761 07 5480

**Buncrana CIC**, Lower Main Street, Buncrana Phone: 0761 07 5490

<i>Opening Hours</i>	Monday to Friday 9.00 a.m. to 4.30 p.m. (Ballyshannon & Buncrana open part time, Tuesdays & Thursdays)
----------------------	---

<i>Website</i>	<a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>
----------------	--

<i>Telephone</i>	0761 07 5400
------------------	--------------

<i>Email</i>	<a href="mailto:donegalcis@citinfo.ie">donegalcis@citinfo.ie</a>
--------------	--



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Child and Adolescent Mental Health Service

The Child and Adolescent Mental Health Service provides specialist child and adolescent mental health assessment and treatment to children and young people up to the age of 18 and their families who are experiencing a range of moderate to severe mental health problems. It consists of two Consultant-led multi-disciplinary teams.

A range of therapeutic assessments and interventions are provided including behavioural modification, dialectical behaviour therapy, cognitive behaviour therapy, play therapy, EMDR, family therapy, medication, school interventions among others, hospital liaison, liaison and consultation with other services.

*How to refer into the organisation?*

The service only accepts referrals from GPs and other HSE professionals.

*Address*

Letterkenny Office - 1<sup>st</sup> Floor, Park House, Rossan College Complex, Ballyraine,

Donegal Town office - HSE Ardeskin House, Old Laghey Road, Donegal Town and Ard Nua, Donegal District Hospital Campus,

*Opening Hours*

9am -5pm Monday to Friday

*Website*

www.hse.ie

*Telephone*

Letterkenny office - 074 9120340  
Donegal Town office - 074 9724200





Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Counselling in Primary Care (CIPC)

The provision of short term counselling in primary care settings to medical card holders aged 18 years and over by professionally qualified and accredited Counsellor/Therapists who work under the supervision of the HSE National Counselling Service

*Services provided:*

Each individual referral will be assessed for appropriateness for CIPC Service

*How to refer into the organisation?*

A written referral using the standard referral form can be made by GP or other members of the Primary Care Team with the GP's knowledge

*Other relevant information that you would like included:*

The person must be aged 18 years or over, on the GMS list and wants help with problems that are appropriate for time limited counselling at a Primary Care Level.

CIPC is not a crisis intervention service and such individuals should be referred to other appropriate services

*Opening Hours*

9:00am till 5:00pm

*Website*

<https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/>

*Telephone*

074 9167250





Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Health Service Executive

Donegal Intellectual Disability Services seek to enable each individual with an intellectual disability / autism to achieve his / her full potential and maximize independence including living as independently as possible. The services are needs-led, person-centred and underpinned by the principle of equity.

A key element of these services is the promotion of independence, citizenship and inclusion for people with disabilities. Services are needs-led, and delivered using a person-centred approach and underpinned by the principle of equity.

Services are staffed by qualified nursing and care staff supported by other professionals i.e. General Practitioners, Consultant Psychiatrist, Psychologist, Occupational Therapist, Speech & Language Therapist and Community Dietician.

### *Services provided:*

Specialist Preschool, Ballaghderg, Letterkenny

Preschool Inclusion Team, South Donegal

Designated respite Services in Inisowen, Letterkenny, Stranorlar & Mountcharles

Residential & Community group Homes throughout Co. Donegal

Adult Day Services throughout Donegal

ASD Therapist

ASD Home support for children 6 – 18 years

Home Support Packages

*How to refer into the organisation?*

Referrals made to the Donegal intellectual Referral Committee which meet bi monthly.  
Referral forms are available from all service locations.

*Opening Hours*

ID Office letterkenny: Monday - Friday 09:00 – 17:00

*Website*

HSE website

*Telephone*

0749104691

*Email*

Jacintat.lyons@hse.ie

 Feidhmeannacht na Seirbhíse Sláinte Health Service Executive	<h2 style="text-align: center;">Physical and Sensory Disability</h2>
<p>The aim of the organisation is to provide support for children with Physical &amp; Sensory disability via Children’s Keyworker post.</p>	
<p>Services provided:          The Children’s Keyworker provides support to children with Physical &amp; Sensory disability both in terms of support to the child accessing services to allow them to overcome the barriers of their disability so that they are included in their family, community and educational setting.</p>	
<p><i>How to refer into the organisation?</i></p>	<p>Referrals to: Physical &amp; Sensory Disability Service Manager, Anita Gallagher, Unit 2 Pearse Rd, Letterkenny</p>
<p><i>Opening Hours</i></p>	<p>9am-5pm</p>
<p><i>Telephone</i></p>	<p>Anita Gallagher: 0749177007</p>
<p><i>Email</i></p>	<p>PTS.DGL@hse.ie</p>

 Feidhmeannacht na Seirbhíse Sláinte Health Service Executive	<h2 style="text-align: center;">Donegal Mental Health and addiction Services</h2>
<p>The aim of the organisation is to provide a comprehensive Tier 3 treatment service to people affected by substance misuse and their families.</p>	
<p><i>Services provided:</i>          If people who present with an addiction related disorder have additional needs they will be offered the same service, however our service may need to acquire the support of a sign language facilitator or any additional resources to support treatment.</p>	
<p><i>How to refer into the organisation?</i></p>	<p>GP or Consultant Psychiatrist</p>
<p><i>Opening Hours</i></p>	<p>9am-5pm</p>
<p><i>Telephone</i></p>	<p>074 91 28769</p>



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Donegal Early Intervention Team



We aim to provide a high quality interdisciplinary service tailored to the individual needs of the child with complex developmental needs under 6 Years. We aim to work in partnership with the child's family/guardians on their journey through assessment, diagnosis and intervention to enable each child to reach their potential

Donegal Early intervention Team provides assessment and therapy services for children under 6 years with complex developmental delay and special needs and who are resident in Co. Donegal. We aim to work with the child and family in a flexible, integrated, co-ordinated manner, with the child and family at the centre of the Team.

### *How to refer into the organisation?*

We see children up to their sixth birthday, who are resident in Donegal and whose needs (or potential needs) require three or more of the four core Donegal Early Intervention Team therapies on an on-going basis. ( i.e. Counsellor for Special Needs, an Occupational Therapist, a Physiotherapist, a Clinical Psychologist, a Speech and Language Therapist)

Once written parents / guardian consent has been obtained, any health professional can refer a child to Early Intervention Services. Referral forms are available by contacting the Early Intervention Team Manager Alvin Doherty, Level 1 Dr Scally Place, Letterkenny, Co Donegal 0749114175

Donegal Early Intervention Team  
**Letterkenny & East Donegal.**  
Tel 0749197127  
Level 1 Scally's Place  
Justice Walsh Road  
Letterkenny Co Donegal.

Donegal Early Intervention Team  
**South Donegal**  
Tel : 0749722997  
Cruagorm House  
Water Street  
Donegal Town

Donegal Early Intervention Team  
**Inishowen**  
Tel: 0749363525  
10A Lower Main Street,  
Buncrana, Co. Donegal

Donegal Early Intervention Team  
**Northwest**  
Tel : 074 9521011  
Public Services Building  
Dungloe, Co. Donegal

We are interdisciplinary teams of therapy professionals within the wider community services. We link with other professionals at primary, secondary and tertiary levels to provide integrated and coordinated care. Donegal Early Intervention Team consists of a Counsellor for Special Needs, an Occupational Therapist, a Physiotherapist, a Clinical Psychologist, a Speech and Language Therapist, and a Team Manager. We work closely with other services to best support each child's development and address their needs - Consultant Paediatricians, Autism Therapist, Public Health Nurse & Specialist Preschools etc. Referral forms available from EIT Manager. Alvin Doherty Contact Details as above or from your nearest Team.

<i>Opening Hours</i>	Monday to Friday 9am-5pm
<i>Website</i>	www.hse.ie

 <p>Feidhmeannacht na Seirbhíse Sláinte Health Service Executive</p>	<h2>Community Facilitator for Disability 6-18yrs HSE West</h2>
<p>The C.F.D. provide ongoing support to families/carers of children who present with Physical, Sensory or Intellectual Disability from 6-18yrs or until they leave school.</p>	
<p>The service is home based and aims to assist and support parents/carers with the developmental needs of their child.          Practical and emotional support to parents/carers          Liaisons with other relevant professionals          Offering support and guidance at transitional periods, i.e. moving from primary to secondary school and on to Adult Services.</p>	
<p><i>How to refer into the organisation?</i></p>	<p>Referrals can come directly from parents by calling the contact number below. All health or educational professionals can also refer with parental consent.</p>
<p><i>Opening Hours</i></p>	<p>Tuesday –Thursdays 9.30–5.30pm          Address: Cashel Na Cor, Buncrana,( Wednesday &amp; Thursday) and Castlefinn Health Centre (Tuesdays)</p>
<p><i>Telephone</i></p>	<p>074 93 63326 Mobile 086 4122618</p>
<p><i>Email</i></p>	<p>ruth.vance@hse.ie</p>

<b>Donegal Carers Association CLG</b>		
The aim of Donegal Carers Association is to support and care for Carers, those who are caring for children and people with special needs, be the needs physical or mental, the elderly, the long term and terminally ill.		
<i>Services provided:</i> Support group meetings, outings and sometimes training.		
<i>How to refer into the organisation?</i>	Contact Ann S. 087 662 8826 or Mary S. 086.8450164	
<i>Email</i>	rosbangarden@gmail.com	

<b>Disability Federation of Ireland (DFI)</b>		
Our vision is an Ireland where people with disabilities and disabling conditions are fully included and enabled to reach their full potential in the spirit of the United Nations Convention on the Rights of Persons with Disabilities, UN CRPD. Our mission is to advocate for the full and equal inclusion of people with disabilities and disabling conditions in all aspects of their lives.		
DFI provides organisational and policy support to Member Organisations in Donegal.		
<i>Website</i>	<a href="https://www.disability-federation.ie/">https://www.disability-federation.ie/</a>	
<i>Telephone</i>	0863811261	
<i>Facebook</i>	<a href="https://www.facebook.com/DFIIreland">https://www.facebook.com/DFIIreland</a>	
<i>Email</i>	info@disability-federation.ie	
<i>Twitter</i>	<a href="https://twitter.com/DisabilityFed">https://twitter.com/DisabilityFed</a>	

<h2>Donegal Centre for Independent Living</h2>		
The aim of our organisation is to promote Independent Living Services, including Personal Assistant Services to People with Disabilities throughout County Donegal.		
DCIL provide Personal Assistants, Educational Support Workers, Direct Payment PA Services and Transport Assistance for People with Disability.		
<i>How to refer into the organisation?</i>	DCIL accept referrals from the HSE (often made by relevant Key Workers) to provide PA Service for Individuals. DCIL accept self-referrals from individuals in receipt of a Direct Payment etc. DCIL make available our Accessible Transport Service to those in receipt of services	
<i>Opening Hours</i>	9am – 5pm	
<i>Website</i>	www.donegalcil.com	
<i>Telephone</i>	074 9128945	
<i>Facebook</i>	Donegal Centre for Independent Living	
<i>Email</i>	dcil@donegalcil.com	

<h2>Donegal Fibromyalgia Support Group</h2>	
Fibromates is a registered charity with the aim to help support patients & families live with fibromyalgia, and to educate /provide awareness to the general public and health care professionals.	
To people with physical needs we provide Support/Advice & Awareness & Act as a signpost to other services	
<i>How to refer into the organisation?</i>	self -referral/ health care professional referral
<i>Website</i>	www.fibroireland.com
<i>Telephone</i>	089 4156802
<i>Facebook</i>	Donegal Fibromates
<i>Email</i>	fibromates@outlook.com

## Donegal County Childcare Committee



We provide a service for parents of all preschool children (including those with physical, sensory, intellectual or mental needs). Some of the services we provide are:

- Helping parents find out what childcare services are available to them, find childcare in their area, find out what childcare assistance/funding is available to them and assisting parents to find out when their child is eligible for childcare funding schemes such as the Early Childhood Care and Education (ECCE) Programme.

- Helping parents find a parent and toddler group in their area,

- Providing parents with advice on childcare specific issues / problems.

- Helping parents of children with additional needs find out what additional assistance is available for them in early childhood education via the Access and Inclusion Model (AIM)

<i>How to refer into the organisation?</i>	There is no referral process. You can contact DCCC either by email or the phone. In reference to accessing the AIM programme you can contact Donna Kenny by the phone or by emailing <b><a href="mailto:donnakenny@donegalchildcare.com">donnakenny@donegalchildcare.com</a></b>
<i>Opening Hours</i>	9:00am-17:00pm, Monday to Friday
<i>Website</i>	<a href="http://www.donegalchildcare.com">www.donegalchildcare.com</a>
<i>Telephone</i>	074 91 23442
<i>Facebook</i>	Donegal County Childcare Committee
<i>Email</i>	<a href="mailto:info@donegalchildcare.com">info@donegalchildcare.com</a>
<i>Twitter</i>	donegalchildcare

## Donegal Down Syndrome Association



*Seeing the person,  
not the syndrome...*

The aim of our organisation is to help enhance the life of our members.  
*“See the person not the syndrome.”*

Yes we provide a range of different services in Donegal, like  
 Speech therapy , Yoga, Swimming, Music, Dancing, Literacy classes and  
 Educational support  
 Counselling service  
 Friday fun club for adults and sat kids club.

How to refer into the  
 organisation?

Just call in to office anytime or by telephone.  
 We have membership forms available if you would like  
 to become a member for free.

We also have a Parent Link support service in Donegal.  
 Call anytime we are here for you.

Amber 0872741750  
 Katie 0868467509  
 Sheila 0872072795

Gina 0858428694  
 Maureen 0868348975  
 Yvonne 0879315948

Opening Hours

11am to 2pm Mon to Fri.

Telephone

0749103527  
 0858428694

Facebook

Donegal Down Syndrome

Email

donegaldownsyntax@eircom.net

Twitter

@donegalDS

## Donegal Education and Training Board (Donegal ETB)



Donegal ETB has responsibility for a range of statutory functions related to education, training, and youth work throughout the county of Donegal. The organisation embraces a holistic approach to learning, facilitating learners in realising their full potential through the provision of a comprehensive range of education and training services.

Donegal ETB programmes are provided through the fifteen post-primary schools and colleges, the Further Education and Training (FET) service, Gartan Outdoor Education and Training Centre, the Youth Service and the Music Partnership. Information on courses and programmes of study are available from Donegal ETB's website. Specialised Training Programmes are also provided by its FET Service to address the identified training needs of people with disabilities and who may be experiencing exclusion and labour market disadvantage. These programmes aim to provide learner-focussed training and related services to assist learners to achieve a nationally recognised qualification, in order to aid progression to further training and/or education and employment. Information on these programmes is also available on the Donegal ETB website.

*How to refer into the organisation?*

Information on referral to Donegal ETB's FET programmes is available at:  
<https://www.donegaletb.ie/further-education-training/course-finder/>

*Opening Hours*

Head Office, Ard O Donnell, Letterkenny 9am – 5pm

*Website*

<https://www.donegaletb.ie>

*Telephone*

074 9161600

*Facebook*

@Donegal ETB

*Email*

[info@donegaletb.ie](mailto:info@donegaletb.ie)

*Twitter*

@DonegalETB

*Other social media/ other contact information*

YouTube: Donegal ETB  
LinkedIn: [linkedin.com/company/donegaletb](https://www.linkedin.com/company/donegaletb)  
Donegal ETB Adult Learner Guidance Service Tel. 074 9178088

# Donegal Family Resource Centre CLG



The aim of our organisation is:  
'to Enhance the Quality of Family Life in the Community'

## **Mental Health:**

Child & Adult Counselling Service

Listening Ear Service (student counsellor)

Social Prescriber – Miffy Hoad

Be-Still – Weekly Mindfulness Sessions

Social Groups – Older Person, Knitting, Women's group, Menshed, Bereavement, Writers.

Asist & Safetalk Training

Adult Education Courses – Arts & Crafts, Photography, Personal Development

Older Person Support – GMS, Senior Alerts

<i>How to refer into the organisation?</i>	Self-referral (call in person or phone)
<i>Other relevant information that you would like included:</i>	Contact the office regarding any of the above services for more information and relevant fees. Centre Manager – Kathleen McHugh
<i>Opening Hours</i>	Mon-Thurs 9am – 5pm Fri – 9am – 1pm
<i>Website</i>	<a href="http://www.donegalfrc.com">www.donegalfrc.com</a>
<i>Telephone</i>	074 9725337
<i>Facebook</i>	DFRCdonegal
<i>Email</i>	<a href="mailto:donegalfamilyresource@eircom.net">donegalfamilyresource@eircom.net</a>

## Donegal Youth Service



Donegal Youth Service aims to offer young people opportunities to learn and develop through youth work processes in a safe and enjoyable way. All young people are encouraged and supported to realise their potential and play a part as valued members of society.

As an integrated and inclusive youth service all our projects can provide a service for people with additional physical, sensory, intellectual or mental health needs. Our website will give a comprehensive overview of everything we have on offer. For example, we facilitate a range of summer programme activities which a number of young people with additional physical, sensory, intellectual or mental health needs have participated in. Furthermore, staff are willing to build bespoke programmes on a needs led basis or provide one to one supports.

*How to refer into the organisation?*

We have a formal referral process for organisations. Parents and young people can also self-refer. For details contact any member of staff.

*Opening Hours*

Monday/Tuesday 9am-5pm,  
Wed/Thurs 9am-8pm  
Friday 9am-10pm,  
Saturday 2-6pm

*Website*

[www.donegalyouthservice.ie](http://www.donegalyouthservice.ie)

*Telephone*

071 9129630

*Facebook*

[Facebook.com/DonegalYouthService/](https://www.facebook.com/DonegalYouthService/)

*Email*

[admin@donegalyouthservice.ie](mailto:admin@donegalyouthservice.ie)

*Twitter*

[Twitter.com/DonegalYouthSvc](https://twitter.com/DonegalYouthSvc)

## Donegal Travellers Project



The project is made up of Traveller members of the majority population and members of other minority groups committed to working together for the realization of a more equal society. The project has successfully engaged the Traveller community in working collectively in identifying their needs, creating positive changes and influencing the decision making processes that impact on their lives.

### **Overall aim**

To achieve full equality and social, political, economic and human rights for Travelers and Roma as distinct ethnic minority groups in Ireland.

Donegal Travellers Project is to contribute to improvement of quality of life, living circumstances and status of Irish Travellers' and Roma through working creatively for greater solidarity, social justice, community development and human rights.

Donegal Travellers Project works in many specific areas including community development, health including positive mental health, Roma work, early years and adult education, youth work, information and advocacy, accommodation and anti-racism and Intercultural work.

Within this work, Donegal Travellers Project Primary Health Care (PHC) team funded by the HSE **provides a service in Co. Donegal for members of the Traveller Community (including Children, Youth people and adults) with additional physical, sensory, intellectual and mental health needs.**

Through our work, members of the Traveller Community who experience mental health issues, may face isolation, loneliness and stigmatisation. These experiences may be due to their own mental health issues and/or due to the high level of complex need across the social determinants including accommodation, racism, unemployment and education to name but a few.

At DTP and under the PHCT we provide individual one-to-one support on a weekly basis through walk and talks, positive mental health initiatives and

events including delivering of programmes for isolated vulnerable adults and young people.

The project creates the conditions to improve mental health outcomes for Travellers by working and referring on to relevant statutory agencies and services including the HSE, Tulsa, GP's, Public Health Nurse for Travellers, counselling services and other community services including the women's centre and Involve.

As mentioned DTP and the PHCT work also with the Roma community in providing access, supports and referrals to the relevant agencies and community services.

<i>How to refer into the organisation?</i>	Self-referral or referrals from other organisations can be made through landline or email below.
<i>Other relevant information that you would like included:</i>	DTP works from a county-wide approach working with the Traveller and Roma Community. We have our offices in Letterkenny and in Ballyshannon.  There is now a new recently employed worker to work solely with the Roma Community.
<i>Opening Hours</i>	Mon –Thurs (9:30am-5:30pm) Fri (9:30am-3:30pm)
<i>Website</i>	<a href="http://donegaltravellersproject.ie/">http://donegaltravellersproject.ie/</a>
<i>Telephone</i>	0749129281/0861453429
<i>Facebook</i>	<a href="http://www.facebook.com/donegaltravellersproject/">www.facebook.com/donegaltravellersproject/</a>
<i>Email</i>	<a href="mailto:travcom@eircom.net">travcom@eircom.net/</a> <a href="mailto:annfriedtp@gmail.com">annfriedtp@gmail.com</a>



## Donegal Women's Domestic Violence Service

The aim of our organisation is to support women and children who have experienced domestic violence either emotionally, physically, sexually and/or financially.

We have a residential unit that is adapted for people with additional physical needs and we work very closely with the main mental health services

<i>How to refer into the organisation?</i>	Our helpline is the easiest way 1800 262677 Freephone (or main line 074 91 26267) Email address is <a href="mailto:ddvsrefuge@gmail.com">ddvsrefuge@gmail.com</a> and we can be messaged on Facebook.
<i>Opening Hours</i>	24hr service
<i>Website</i>	<a href="http://www.donegaldomesticviolenceservice.ie">www.donegaldomesticviolenceservice.ie</a>
<i>Telephone</i>	1800 262677
<i>Facebook</i>	@DonegalDVS
<i>Email</i>	<a href="mailto:ddvsrefuge@gmail.com">ddvsrefuge@gmail.com</a>

## Dooish National School

Aims of organisation is to provide primary (4 – 12 years) education and care for pupils with autism in a special class base with integration into mainstream classes.

We have one special class for pupils with autism called the ‘Abbey Class’ which accommodates a maximum of six pupils.

Pupils are based in the Abbey Class and are integrated where possible into the other mainstream classes in a primary education and care setting.

<i>How to refer into the organisation?</i>	<p>Contact Dooish N.S. on 0749131471 or <a href="mailto:dooish@hotmail.com">dooish@hotmail.com</a> for an enrolment application form.</p> <p>See our enrolment policy on <a href="http://www.dooishns.scoilnet.ie/blog">www.dooishns.scoilnet.ie/blog</a></p> <p>NCSE enrolment requirements are also needed for enrolment.</p> <p>Further information on school activities is available on our website or ‘You Tube’.</p> <p>Our aim is to include our special pupils in our school life.</p>
--	--

<i>Opening Hours</i>	9:20 a.m. – 3:00 p.m.
----------------------	-----------------------

<i>Website</i>	<a href="http://www.dooishns.scoilnet.ie/blog">www.dooishns.scoilnet.ie/blog</a>
----------------	--

<i>Telephone</i>	0749131471
------------------	------------

<i>Email</i>	<a href="mailto:dooish@hotmail.com">dooish@hotmail.com</a>
--------------	--

<i>Other social media/ other contact information</i>	You Tube Dooish N.S.
--	----------------------

## Employment Response North West



The aim of organisation is to help people with disabilities, illness or injury to find paid employment in the open labour market.

We provide our Supported Employment Service to People of all disabilities who want to find paid employment.

Services provided:

- Support in identifying the skills & interests of the individual
- Confidential advice on the various options available
- Help with CV preparation and interview skills training
- Support in identifying the most suitable employment opportunity
- Matching the skills & interests of the individual with the needs of the employer
- Support in sourcing and maintaining suitable paid employment

*How to refer into the organisation?*

People are referred to our Service through the Department of Employment Affairs and Social Protection.

We provide our Supported Employment Service throughout Donegal, Sligo and Leitrim. Employment Response is one of the 23 providers of the National Employability Service for People with disabilities.

*Opening Hours*

Monday to Thursday 9 to 5, and Friday 9 to 4.

*Website*

Employmentresponse.ie

*Telephone*

074 9129779

*Facebook*

Employment Response North West

*Email*

info@employmentresponse.ie

*Other social media/ other contact information*

Employment Response North West,  
1B Grand Central, Canal Road, Letterkenny, Co Donegal.

# Epilepsy Ireland



The aim of our organisation is to:

- provide information and support to people with epilepsy and their families,
- educate health professionals in dealing with epilepsy,
- improve public understanding of epilepsy ( to eliminate fear and prejudice),

We are about helping people with epilepsy (and their families and carers) to manage the condition, improve their lives and fully participate in broader community life.

Our vision is to achieve a society where no person's life is limited by epilepsy. Our mission is to work for, and meet the needs of, everyone with epilepsy in Ireland and their families and carers.

*How to refer into the organisation?*

All you need to do is call or email the office and we will arrange a suitable appointment for you.

*Address*

Agnes Mooney, Community Resource Officer  
Epilepsy Ireland  
2<sup>nd</sup> Floor, Grand Central Complex  
Canal Road, Letterkenny, Co. Donegal.

*Opening Hours*

9am to 5pm Monday to Wednesday,  
9am to 1pm Thursday.  
Please call to make an appointment as we do not run a walk in service.

*Website*

[www.epilepsy.ie](http://www.epilepsy.ie)

*Telephone*

Donegal office: 0749168725  
Sligo office: 0719141858

*Facebook*

[www.facebook.com/epilepsy.ie](http://www.facebook.com/epilepsy.ie)

*Email*

[amooney@epilepsy.ie](mailto:amooney@epilepsy.ie)

*Twitter*

[@epilepsyireland](https://twitter.com/epilepsyireland)



# Foróige

Foróige aims to enable and encourage young people to take responsibility for themselves and to be part of shaping the world around them while developing their talents, skills and abilities. Foróige works with young people through our Foróige clubs and our youth projects across Donegal.

While Foróige is not specifically for Children and Young People who have a physical, sensory or intellectual disability and their Families, these families can avail of our provision where possible.

*How to refer into the organisation?* Referrals can be made by directly linking with a Foróige Project or service in your area. If you are not sure if Foróige is near you check out our website or if you are interested in setting up a club feel free to contact us.

*Opening Hours* Projects and services are in the main provided after school in the evenings, some weekends and during holiday times. Contact your local Foróige service for times which vary from term to term.

*Website* [www.foroige.ie](http://www.foroige.ie)

*Telephone* 074 97 23029 (Donegal Town office, leave a message & someone from the team will return your call)

*Facebook* Foróige & find your local project or service

*Email* [susan.mcloughlin@foroige.ie](mailto:susan.mcloughlin@foroige.ie)

*Twitter* @foroige

<h2 style="text-align: center;">The Forge Family Resource Centre</h2>	
<p>The aim of our organisation is to promote the physical and mental health of children and families within the Pettigo and Ballyshannon areas.</p> <p>We provide a counselling service for children, adolescents and adults. Our main focus is on Mental Health needs.</p>	
<p><i>How to refer into the organisation?</i></p>	<p>Self-referral, GP or other professional.</p>
<p><i>Opening Hours</i></p>	<p>9.30-5pm Monday - Friday</p>
<p><i>Website</i></p>	<p><a href="http://www.theforgefrc.com">www.theforgefrc.com</a></p>
<p><i>Telephone</i></p>	<p>0719861924</p>
<p><i>Facebook</i></p>	<p>The Forge FRC</p>
<p><i>Email</i></p>	<p><a href="mailto:theforgefrc@gmail.com">theforgefrc@gmail.com</a></p>

<h2 style="text-align: center;">Grow In Ireland (North West Region)</h2>	
<p>Grow's mission is to nurture mental health, personal growth, prevention and full recovery from all kinds of mental illness.</p>	<p>World Community Mental Health Movement in Ireland</p>
<p>Grow is a national community based organisation providing support and education around emotional and mental wellbeing. Our 12 Step Recovery Program provides effective peer support, motivation and empowerment to enable you to take action to change your circumstances. With over 120 community based support groups there is a group near you.</p>	

<i>Services provided:</i>	
<ul style="list-style-type: none"> <li>• Deliver, support and maintain GROW’s Program of “Recovery” (weekly group meetings)</li> <li>• Group Organisers and Recorders training.</li> <li>• Run residential Respite Weekends to assist those needing respite, - in particular family members, carers and those suffering with mental-illness.</li> <li>• Providing training internally and externally in the promotion of better Mental Health and personal development, for GROW members</li> <li>• Community outreach projects and publicity aimed at overcoming the stigma of Mental-illness, and offering information and prevention of mental-illness.</li> <li>• Develop relationships and partnerships with others working in Community and Mental Health.</li> </ul>	
<i>How to refer into the organisation?</i>	<p>To join Grow you do not need any introduction or referrals. Our meetings are free, open to all, anonymous and confidential.</p> <p>If you require any further information please contact our Info Line on 1890 474 474 or login into <a href="http://www.grow.ie">www.grow.ie</a> to find a support group near you.</p>
<p>Attending Grow’s weekly support meetings you will find a 12 Step Program of Recovery which offers members a practical path out of mental and emotional issues.</p>	
<i>Website</i>	<a href="http://www.grow.ie">www.grow.ie</a>
<i>Telephone</i>	1890 474 474
<i>Facebook</i>	<a href="http://www.facebook.com/GROWIreland">www.facebook.com/GROWIreland</a>
<i>Email</i>	<a href="mailto:info@grow.ie">info@grow.ie</a>

## i.C.A.R.E. Inishowen Children's Autism Related Education



i.C.A.R.E.

i.C.A.R.E is working directly with children/young people with Autism and similar disabilities and their families providing high quality respite, support, education, and training. To establish supportive professional relationships with parents coping with high anxiety and stress. Supporting families in need and distress. Help individuals with disabilities participate as fully as possible in the delivery of plans or programmes to promote social inclusion in the Inishowen community.

We provide high quality personal and social care services in the Inishowen area. Our staff and volunteers have many years of experience and training of working with individuals with disabilities.

Since October 2012 i.C.A.R.E operates a youth group called Sonas Youth Club. This award winning youth club has facilitated 12 young people to graduate from Galway NUI to date. The club is for ages 11+ and meets twice weekly, and offers school holiday excursions.

*How to refer into the organisation?*

Contact the i.C.A.R.E Office for a membership form, i.C.A.R.E depends on fundraising, grants available and donations, therefore any families who join are expected to help fundraise.

*Opening Hours*

Mon - Sat 10-2pm  
Sun 3-5pm

*Website*

[www.icare.ie](http://www.icare.ie)

*Telephone*

074 9362226    Mobile 0861081200

*Facebook*

[iCARE](#)

*Email*

[centremanager@icare.ie](mailto:centremanager@icare.ie)

*Twitter*

[@iCARE2000](#)

## Inclusion Ireland



The vision of Inclusion Ireland is that of people with an intellectual disability living and participating in the community with equal rights as citizens, to live the life of their choice to their fullest potential. Inclusion Ireland's work is underpinned by the values of dignity, inclusion, social justice, democracy and autonomy.

Inclusion Ireland provides an information and advocacy service to people with an intellectual disability and their families. Inclusion Ireland advocates for changes to policy and law that seeks to fully include people with intellectual disabilities in their communities.

<i>How to refer into the organisation?</i>	No referral necessary
<i>Address</i>	Regional office: Inclusion Ireland, The Model, Sligo Main office: Inclusion Ireland, Unit C2, The Steelworks, Foley Street, Dublin 1
<i>Opening Hours</i>	9am – 5pm Mon – Fri
<i>Website</i>	<a href="http://www.inclusionireland.ie">www.inclusionireland.ie</a>
<i>Telephone</i>	01-8559891
<i>Facebook</i>	Inclusion Ireland
<i>Email</i>	<a href="mailto:info@inclusionireland.ie">info@inclusionireland.ie</a>
<i>Twitter</i>	@InclusionIre

## Inishowen Development Partnership



INISHOWEN  
DEVELOPMENT  
PARTNERSHIP

### *Aims of organisation:*

IDP's main objectives are to promote, support, assist and engage in community and social development, local enterprise development to benefit and promote the welfare of local communities and to deal with the consequences of social and economic disadvantage. We aim to provide opportunities for those living in Inishowen to participate in all aspects of cultural, educational, health, social and economic opportunities.

### *Services Provided:*

- We offer indirect support through capacity building of groups or networking events through our SICAP programme.
- We also host the Social Prescribing programme in the area as well as personal development programmes.
- Employment Response Northwest operate out of our building here in Buncrana 2 days per week and Jigsaw are here 1 day per week.
- Aware/Grow hold their weekly meetings in our office also.

### *How to refer into the organisation?*

Direct contact through 074 9362218 or through our webpage, [www.inishowen.ie](http://www.inishowen.ie) or social media accounts

### *Opening Hours*

9-5 Monday to Friday

### *Website*

[www.inishowen.ie](http://www.inishowen.ie)

### *Telephone*

0749362218

### *Facebook*

Inishowendevlopment partnership

### *Email*

[enquiries@inishowen.ie](mailto:enquiries@inishowen.ie)

### *Twitter*

#inishowendevlopmentpartnership

## Inishowen Family Action Network



Inishowen Family  
Action Network

Inishowen Family Action Network (IFAN) was set up in 2007 in response to research commissioned by the HSE and carried out with Families, Parents and Children and with agencies and organisations which support them in Inishowen. The feedback from that consultation resulted in a more joined up collaborative approach which was critically needed to support families in all spheres of their lives. All agreed that a mix of universal and targeted interventions were needed, with a responsive and preventative focus on offering advice and support as and when it is needed. Families are at the centre with a rights based approach. Hosted by IDP, its aim is

*“To create an environment for a joined up and integrated approach to supporting parents, carers, children and young people living in Inishowen”*

This network is open to support agencies/services for everyone including those with disabilities.

<i>How to refer into the organisation?</i>	Direct contact through IDP on 074 9362218 or through our webpage or social media accounts
<i>Opening Hours</i>	IDP's opening hours are 9-5 Monday to Friday The network meets approximately every six weeks.
<i>Website</i>	<a href="http://www.inishowen.ie">www.inishowen.ie</a>
<i>Telephone</i>	0749362218
<i>Facebook</i>	Inishowendevlopment partnership
<i>Email</i>	<a href="mailto:enquiries@inishowen.ie">enquiries@inishowen.ie</a>
<i>Twitter</i>	#inishowendevlopmentpartnership

**Irish  
Wheelchair  
Association**



Irish Wheelchair Association (IWA) works with, and on behalf of, people with physical disabilities to drive positive change in Ireland through the influencing of public policy, the provision of quality services and enabling accessibility to all aspects of society.

*Services Provided:*

IWA provides a community based person centred service in 5 locations in Donegal- Donegal Town, Letterkenny, Dobhair, Carrigart and Malin as well as 2 supported swim groups in Letterkenny and Inishowen. Services in IWAs resource and outreach centres are for those aged less than 65 years with a physical disability /limited mobility.

Other services include-School of Motoring, Community Liaison worker, Assisted Living Services, Charity Shop (Letterkenny), wheelchair hires, accessible transport. In Letterkenny we support a youth group (Socialites) engage in out of hour's activities.

*How to refer into the organisation?*

Self-refer, GP, PHN, Social workers, Key workers, family member, etc.

*Opening Hours*

Office hours in Letterkenny  
Mon-Friday 9am to 5pm

*Website*

[www.iwa.ie](http://www.iwa.ie)

*Telephone*

074-9177448/087-7448184

*Facebook*

@irishwheelchairassociation

*Email*

[Mary.mcgrenra@iwa.ie](mailto:Mary.mcgrenra@iwa.ie)

*Twitter*

@IrishWheelchair

*Other social media/ other contact information*

LinkedIn

## The Jack and Jill Children's Foundation



We provide in home respite care to children under 5 years of age with severe too profound developmental delay and end of life nursing care to all children under 5 of age in the home nationally.

We are a national service and we have a liaison nurse that covers Donegal that links with families. Our contact person for Donegal is Anne Reilly

*How to refer into the organisation?* We have referral from on our website [www.jackandjill.ie](http://www.jackandjill.ie) that can be filled in and emailed or faxed (045894558) to the office or you can contact the Liaison nurse Anne Reilly or the office in Naas C. Kildare at 045894538

*Donegal Contact* email [anne@jackandjill.ie](mailto:anne@jackandjill.ie)  
contact number is 0876612255

*Opening Hours* 9.00am to 5pm

*Website* [www.jackandjill.ie](http://www.jackandjill.ie)

*Telephone* 045894538

*Facebook* <https://www.facebook.com/jackandjillfoundation/>

*Email* [info@jackandjill.ie](mailto:info@jackandjill.ie)

*Twitter* @jackandjill1997

*LinkedIn* <https://www.linkedin.com/company/jackandjill/jackandjillevents>

*Instagram* jackandjillcharityboutiques

## Jigsaw Donegal



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. Jigsaw Donegal is a partnership between Jigsaw, The National Centre for Youth Mental Health, HSE and The Alcohol Forum.

*Services provided:*

Jigsaw Donegal offers a one-to-one support service for young people aged between 15 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 Donegal 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 Donegal 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.

*How to refer into the organisation?*

Just ring or call in during our drop in hours. As well as self and parental referrals we also take referrals from GP’s, Schools, Youth Services and other services.

We have outreach services in Ballyshannon, Killybegs, Carndonagh, and Buncrana. Our Dungloe outreach service is currently closed.

*Opening Hours in Letterkenny*

**For appointments:**  
 Mon/Tues/Wed.: 9am-6pm, Thur.:9am-8pm  
 (closed for lunch from 1-2pm)  
 Friday:9am-1pm  
**For drop in hours:**  
 Monday-Wednesday 2-3pm; Thursday: 3-5pm

*Website*

[www.jigsaw.ie/jigsaw\\_donegal/](http://www.jigsaw.ie/jigsaw_donegal/)

<i>Telephone</i>	074 9726920
<i>Facebook</i>	JigsawDonegal
<i>Email</i>	donegal@jigsaw.ie
<i>Twitter</i>	jigsawdonegal



# Letterkenny Youth & Family Service (LYFS)



The aim of our organisation is to benefit the community of Letterkenny and wider Donegal by the establishment, running, organising and managing of children, youth and family services, which promotes general and personal development by providing opportunities to develop physical, mental and social needs through the medium of learning experiences, programmes and projects.

LYFS aims to provide needs based child, youth and family support service focusing on the individual and the family and particularly to those individuals and families who do not presently access services and are at risk and/or experiencing disadvantage.

Offering a wide range of support services that support individuals with additional physical, sensory, intellectual and mental health needs that include;

- Afterschool's Support
- Anger Management
- Emotional Development
- Healthy Eating & Exercise Programme (MEET)
- Parental Support Programmes
- Sensory Santa
- Social Prescribing Project
- Social Skills Development

*How to refer into the organisation?*

Variety of referral pathways include G.P, Healthcare Professional, HSE, Tusla, Community/ Voluntary Sector organisation, family- or self-referral.

LYFS have over 17 years' experience of working with individuals with additional physical, sensory, intellectual or mental health needs. Based in the community we offer a non-judgemental, non-prescriptive approach to supporting individuals working from a strength based perspective.

*Opening Hours*

10am- 5.30pm

*Telephone*

074 91 23078;      Mobile : 0861237917

*Facebook*

<https://www.facebook.com/Lyfscommunityproject/>

*Email*

lyfs@live.ie / garryglennon@hotmail.com

<b>Lifestart Services CLG</b>	
	<p>Lifestart Services is a home based child development, and parent education programme offered universally to first time parents from pre-birth to the age of three. The programme is also adapted to offer a unique model of family support to families experiencing difficulty or with complex needs.</p>
	<p>Lifestart Services deliver support to many families of children with additional physical, sensory, intellectual or mental health needs.</p> <p>The overall vision of Lifestart is:          “To produce better child development outcomes by making available to parents’ evidence-based knowledge and information on how young children develop and learn”.</p>
<p><i>How to refer into the organisation?</i></p>	<p>Any service both statutory and voluntary working with parents and their children (up to 5 years of age) can refer to Lifestart Services. Also if a parent wishes to contact Lifestart Services they can make a self-referral and Lifestart Services will inform the PHN with the parent’s permission.</p>
<p><i>Opening Hours</i></p>	<p>9:00 to 17:00 Monday to Thursday            9:00 to 13:30 Friday</p>
<p><i>Website</i></p>	<p><a href="http://www.lifestartfoundation.org">www.lifestartfoundation.org</a></p>
<p><i>Telephone</i></p>	<p>+353 (0)74 9156644</p>
<p><i>Facebook</i></p>	<p>@lifestartservicesclg</p>
<p><i>Email</i></p>	<p><a href="mailto:marylsl@lifestartfoundation.org">marylsl@lifestartfoundation.org</a></p>





## Mevagh Family Resource Centre, Downings

The Family Resource Centre was established to combat disadvantage and our goal is to have ‘an inclusive, well informed, active and participating community, where the family unit is supported and safe and secure’ at the core of its work at all times. Since our foundation in 1998 we have established the centre as the area’s natural focal point by providing services and family support.

We have a Special Needs Support Group that meet’s monthly in Mevagh Family Resource Centre.

*How to refer into the organisation?*

It is self-referral, everyone is welcome. If you require additional information you can contact the Centre on: 0749155055.

*Opening Hours*

Monday to Thursday 9am to 5pm, Friday 9am to 4pm.

*Website*

[www.mevaghfrc.org](http://www.mevaghfrc.org)

*Telephone*

0749155055

*Facebook*

Mevagh Frc

*Email*

[info@mevaghfrc.com](mailto:info@mevaghfrc.com)

*Twitter*

@Mevagh\_FRC

# The McGuire Programme



We run intensive courses and provide comprehensive follow up support for people who stammer. Our goal is to become articulate eloquent speakers.

*How to refer into the organisation?*

By completing the online application form on [www.stammering.ie](http://www.stammering.ie)  
The minimum age of acceptance onto our programme is 14 years of age.  
Under 18s are to be accompanied on the course with their parent or guardian.

*Opening Hours*

Monday-Friday: 9am-6pm

*Website*

[www.stammering.ie](http://www.stammering.ie)

*Telephone*

094 91 25781 / 086 342 9602

*Facebook*

McGuire Programme

*Email*

[joe@mcguireprogramme.com](mailto:joe@mcguireprogramme.com)



# NCBI Working for People with Sight Loss



NCBI is the national sight loss organisation. We provide a wide range of services to people who are blind or vision impaired in Ireland.

Our mission:

*“To enable people who are blind and vision impaired to overcome the barriers that impede their independence and participation in society”*

We work with people of all ages; babies, children, working age adults and older adults who are blind or vision impaired.

NCBI provides practical and emotional support, rehabilitation services and other training to help people with sight loss to live independently. By contacting NCBI, you will have access to a wide range of services, including;

- A low vision assessment to assess your current level of vision and look for solutions to any difficulties you might be having,
- Practical solutions to dealing with sight loss to help make everyday life easier,
- Advice on magnification devices to help with reading,
- Emotional support or counselling,
- Guidance and training in the use of a wide range of technology solutions,
- Skills to help you get out and about safely and independently.

<i>How to refer into the organisation?</i>	Online at <a href="http://www.ncbi.ie">www.ncbi.ie</a> In person at 1 St. Columba’s Terrace, High Road, Letterkenny, Co. Donegal F92 TP48 or by phone 074 9177657
--	--

95% of the people who use our services have some useful vision and are not totally blind.

<i>Opening Hours</i>	9 to 5 Monday to Friday or by appointment outside office hours
----------------------	--

<i>Website</i>	<a href="http://www.ncbi.ie">www.ncbi.ie</a>
----------------	--

<i>Telephone</i>	074 9177657
------------------	-------------

<i>Facebook</i>	@ncbisightloss
-----------------	----------------

<i>Email</i>	<a href="mailto:info@ncbi.ie">info@ncbi.ie</a>
--------------	--

<i>Twitter</i>	@NCBI_sightloss
----------------	-----------------

# National Educational Psychological Service (NEPS)



NEPS is a school based service provided by the Department of Education and Skills. NEPS psychologists work with the whole school community and visit primary, post primary schools, special schools and special classes. NEPS psychologists work with teachers, parents and pupils to help all children develop to their potential. We are concerned with learning, behaviour and social and emotional development of children and young people.

## *Services provided:*

Each NEPS psychologist is assigned a group of schools. We work in partnership with teachers, parents and pupils in identifying educational needs. We offer a range of services aimed at meeting these needs, for example, supporting individual students (through consultation and assessment), provide general advice and support to school staff, engage in special projects and research and we help schools cope when tragedies happen.

## *How to refer into the organisation?*

### **All work is prioritised through the school Principal.**

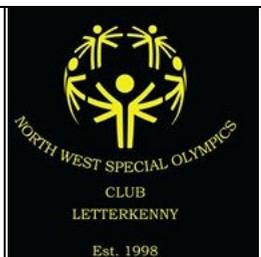
If you think your child needs to be seen by a NEPS psychologist:

- You need to begin by discussing your child's needs with the class teacher and /or principal.
- Following this the principal can request their NEPS psychologist to become involved with your child's case who helps the school to plan the work.
- If your school does not have a NEPS psychologist please talk to your principal about local arrangements.
- If your school arranges the involvement of NEPS there is no charge for this service.

NEPS psychologists use a problem solving approach when we work with teachers, parents and students. The problem solving approach involves four steps 1. What is the concern 2. Why is it happening, 3. What can we do to help? 4 .Did it work .The NEPS psychologist will work through these four steps with you and your child's teachers. Parent and/or child's views and ideas will be included and their active participation will be encouraged at every step.

<i>Opening Hours</i>	9.00am - 5.00pm
<i>Website</i>	<a href="http://www.neps.ie">www.neps.ie</a>
<i>Telephone</i>	0761 108878
<i>Email</i>	<a href="mailto:sandra_callaghan@education.gov.ie">sandra_callaghan@education.gov.ie</a>

## North West Special Olympics Club



The aims of our organisation is to provide year round training and competition to individuals with intellectual disability in order to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympic athletes and the community.

We provide Basketball and 7-a-side football training and competition to individuals with intellectual disability.

<i>Opening Hours</i>	Football Wednesday 5.30pm – 7.30pm Basketball Saturday 11am – 1.30pm
<i>Telephone</i>	086 8980542
<i>Facebook</i>	<a href="https://www.facebook.com/NorthWestSpecialOlympicsClub">https://www.facebook.com/NorthWestSpecialOlympicsClub</a>
<i>Email</i>	nwsoclubletterkenny@eircom.net

# National Learning Network



National Learning Network  
Leading in People. Changing Perspectives

The aim of our organisation is to promote equality by providing world-class training, education and employment access services, and by actively influencing the creation of a more inclusive society

National Learning Network provides a range of flexible training programs and support services for people who need specialist support (job seekers, unemployed, people with an illness or disability) in 50 centers around the country including Donegal. The ETB & HSE training programs, all of which include work experience, offer nationally recognized qualifications including QQI, ECDL, and City and Guilds ensuring that students are ready to get a job or go on to further education.

*How to refer into the organisation?*

Self - Referral, HSE Training & Occupational Supports Services, Intreo, Career Teachers

At NLN in Letterkenny, Co. Donegal we provide a range of free courses to people who have had an accident, illness, injury or have a disability and extra support needs.

Our courses are tailored to each student's needs, to help them to build their confidence while getting practical job-seeking skills to help them get a job or go on to further training.

*Opening Hours*

Monday – Thursday 9.00am – 5.30pm Friday 9.00am – 3.00pm

*Website*

[www.nln.ie](http://www.nln.ie)

*Telephone*

074 9168288

*Facebook*

National Learning Network

*Email*

[letterkenny@nln.ie](mailto:letterkenny@nln.ie)

*Twitter*

@nlnireland

## ParentStop CLG



We offer a free and confidential parenting support service to parents and families across Co. Donegal.

ParentStop is open to all parents and those in a parenting role offering timely, free and confidential support on a wide range of parenting challenges.

One-to-one appointments offer a listening and support services for a wide range of parenting challenges.

Group sessions are also available on common purpose challenges such as behaviour management, rebuilding parent child relationship, setting boundaries, co-parenting when separated, teen communications, etc.

The service also collaborates with other support services to develop timely and appropriate information, early intervention and prevention supports and advocating for parenting support.

*How to refer into the organisation?*

Parents can call the service and arrange an appointment. Other services also signpost parents to ParentStop. Of the families supported by Parentstop the challenges included: conflict due to separation or divorce; co-parenting; school refusal; bullying; social media concerns; substance misuse and experimentation; anxiety; self-confidence; boundaries; routines; communications; positive parenting skills; etc.

ParentStop is a community based charity offering support to families across Co Donegal. Our core service in Letterkenny and outreach across the county in Inishowen, Donegal Town, North West Donegal and other outreach locations identified with partners. Need and resources determine the service provision and priorities. The key areas of our work are Parent Support; Children First; Promotion of Health and Well-being in families; Prevention and education; Early intervention and awareness raising.

*Opening Hours*

Monday to Friday 9am to 5pm  
By appointment group sessions are available during the day and evenings as the need is identified.

*Website*

[www.parentstop.ie](http://www.parentstop.ie)

*Facebook*

<https://www.facebook.com/ParentStop>

*Email*

[info@parentstop.ie](mailto:info@parentstop.ie)

*Twitter*

<https://twitter.com/ParentStop>

**Main Office and Letterkenny Service:**

3<sup>rd</sup> Floor Riverfront House, Pearse Road, Letterkenny, Co. Donegal F92 T68V  
074 9177249 sarahdevenney@parentstop.ie or gerturdehouton@parentstop.ie

**Outreach services:**

North West Donegal, Mevagh FRC, Downings, 087 7149789 or sarahdevenney@parentstop.ie

North East Donegal, IFAN, 5 Millar's Way, Carndonagh 086 8863674 or gertrudehouton@parentstop.ie

South Donegal, Donegal FRC, Donegal Town, 086 8494038 or julievoss@parentstop.ie

## Special Education & Care

Special Education & Care provides opportunities for further development of all children attending the service by supporting children's needs and ensuring a high standard of service at all times. The service is available for children from 18 months to 16 years and uses a variety of resources, materials and activities to meet their individual needs.

My ethos is to provide a service that is designed to the needs of all the children attending. This will include children who may have physical, sensory, intellectual or mental health needs. The objective and vision of the service is to cater for the needs of all children professionally and to celebrate children's differences and individuality and encourage equality.

<i>How to refer into the organisation?</i>	At present parents can contact me directly but have been referred through their General Practitioner or educational setting also (i.e. Preschool, Primary or Secondary School).
--	---

The mission of the service is to provide a quality one-to-one education and care service. Where suitable I will communicate with parents and other professionals accordingly so to meet the needs of all children attending.

<i>Opening Hours</i>	Monday -Friday; 8:30am- 6:00pm (Late/ Weekend appointments also available when booked in advance).
----------------------	---

<i>Telephone</i>	353 873942921, Ellen Jane Breslin
------------------	-----------------------------------

<i>Email</i>	specialeducationcare@gmail.com
--------------	--------------------------------

## Pastoral Centre Letterkenny



The Pastoral centre provides a counselling service for children and young people from five years upwards. We also offer counselling for adults. In September each year we run a suicide program for people who have lost a loved one to suicide. We also have a bereavement program that begins in September each year. Both programs run for approximately 8-10 weeks on a fortnightly basis and attendance at each session is essential as it brings participants through a set program. We offer a drama project for teens through the schools which deals with confidence and self-esteem building. Further information can be found on our website or by contacting the centre directly.

We cater for all clients may they be with addition if counselling is deemed helpful to them in dealing with their circumstances. The centre also offers a range of other services which are posted on our website.

<i>How to refer into the organisation?</i>	Anyone interested in any of our programs can call the centre directly on 0749121853. A referral from other services is not necessary.
<i>Opening Hours</i>	9.00am-5.00pm Monday to Friday
<i>Website</i>	<a href="http://www.raphoepastoralcentre.ie">www.raphoepastoralcentre.ie</a>
<i>Telephone</i>	07491-21853
<i>Facebook</i>	The Pastoral Centre
<i>Email</i>	<a href="mailto:diocesanpclk@eircom.net">diocesanpclk@eircom.net</a>

**John Curran –  
Challenging Behaviour  
Specialist Donegal/Derry**



John Curran's Service is for Parents/Professionals experiencing direct/in/direct involvement with an individual displaying any type of challenging behaviour (appropriate/inappropriate). Information gathered from an assessment piece helps to draw up an individualised step by step intervention involving parents/guardians and or professionals to set achievable targets to ensure positive progression.

Positive Behaviour Services offer an intense (weekly) support for parents /professionals (including phone support) within any environment the target behaviours take place (Home, school, residential, respite etc.) ensuring a generalised approach within all environments. This approach helps to reduce the difficulties affectively increasing the possibilities of sustained results promoting communication and support during the intervention.

*How to refer into the organisation?*

Referrals can come through any agency, charity, organisation or direct contact.

*Telephone*

07709118384

*Facebook*

Johncurranbehaviourspecialist

*Email*

jc.aba@hotmail.co.uk

<p align="center"><b>Serenity House</b>  <b>Learning Centre Merville &amp;</b>  <b>District Mental Health</b>  <b>Association</b></p>	 <p><b>MOVILLE</b>  <b>Mental Health</b>  <b>Association</b></p>
<p>The aim of our organisation is to promote positive mental health and wellbeing in the Inishowen area through the provision of appropriate programmes of learning, training and support to ensure greater inclusion and participation by disadvantaged groups</p>	
<p><i>Services provided:</i>          Counselling, Computer Classes, Craft Classes, Promoting positive mental health through education, Drop in Centre, Facilitate HSE Personnel</p>	
<p><i>How to refer into the organisation?</i></p>	<p>Self-Referral/HSE Referral</p>
<p><i>Opening Hours</i></p>	<p>9am – 4pm</p>
<p><i>Telephone</i></p>	<p>0749382945</p>
<p><i>Facebook</i></p>	<p><a href="http://www.facebook.com/serenity.houselearningcentre">www.facebook.com/serenity.houselearningcentre</a></p>
<p><i>Email</i></p>	<p><a href="mailto:serenityhouse@eircom.net">serenityhouse@eircom.net</a></p>

<p align="center"><b>Spina Bifida &amp; Hydrocephalus Ireland</b>  <b>SBHI</b></p>	
<p>We are a local branch of the national association of Spina Bifida &amp; Hydrocephalus Ireland SBHI, comprising of mostly families and members with either one or both conditions.          We support each other on a local level socially, and with education.          We have access to a family support worker covering our area.</p>	
<p><i>How to refer into the organisation?</i></p>	<p>We can be contacted on the phone or by email.</p>
<p><i>Telephone</i></p>	<p>Chairman Stephen Lafferty: 087-2759958          Secretary Caroline Lafferty: 087-2325659</p>
<p><i>Email</i></p>	<p><a href="mailto:donegalbranchsbhi@gmail.com">donegalbranchsbhi@gmail.com</a></p>

## **‘Something Special’ Support Group**

The ‘Something Special’ Support Group is a group which supports the needs of parents or guardians of a child with Autism Spectrum Disorder; delayed Communication; and Intellectual Disability, Physical Disability and/or Sensory Disability. The support group is based in Raphoe and is supported by Raphoe Family Resource Centre.

Isolation is a problem for all parents and it is never felt more keenly than when a parent feels his or her child is different. The parents, in partnership with Raphoe Family Resource Centre, have established a positive family focused group which work together to provide better support, activities and information in the pursuit of happy children and supported families.

In order to achieve this outcome, the support group meet regularly exploring new ideas and build relationships between various service providers. The main aim of the group is to bring parents in similar situations together to talk, support one another, share information and build friendships. All meetings and discussions taking place are treated as highly confidential.

### *Services provided:*

The support group meet on the second Tuesday of every month in Raphoe Family Resource Centre at 8pm. Although based in Raphoe, the group support parents from surrounding area which have a need within their family. At the support meetings parents get an opportunity to discuss issues they feel impact upon their child’s life and the family unit, in a confidential environment with other parents in similar situations, who understand and can offer advice, support and signposting to other statutory, voluntary and community agencies and organisations.

Throughout the year the group provide activities and programmes for children and their siblings such as a Summer Programmes (through July and August), daytrips/outings and play workshops. The parents also organise information and therapeutic sessions for their own needs and self-help.

*How to refer into the organisation?*

Contact Laura Doran, Family Support/Community Development Worker at Raphoe Family Resource Centre on the phone or any group member.

<i>Address</i>	Raphoe Family Resource Centre, The Volt House, The Diamond, Raphoe.
<i>Telephone</i>	0749145796 or 0873641503
<i>Facebook</i>	Raphoe Family Resource Centre
<i>Email</i>	raphoefrc@eircom.net





# UNLOCK

## Deirdre Ward-UNLOCK Play Therapy

The aim of the UNLOCK Programme is help and support parents who are worried about their child's behaviour. Such behaviours include anger/rage, anxiety, meltdowns, fearfulness, lack of confidence, bed wetting, poor diet, shyness, children who have additional needs such as ADHD, Autism or children who have experienced trauma/loss/parental separation etc.

My core purpose is to bring my skills and expertise to children and families who need help, working with them to develop 'full-family wellbeing'. UNLOCK is a system of care that focuses on supporting child, parents & the whole family as a unit. This partnership -approach is the most effective way to overcome challenges and achieve wellness. With a clear set of goals and step by step actions that we take together, UNLOCK ends the waiting, overwhelm and worry so that your whole family are happier.

### *Services provided:*

-Play Therapy

-Support for parents/Family and Child “mastering Meltdowns”

Working with children aged 2years-12years, child-led, gentle and holistic approach that is all about having fun!

<i>How to refer into the organisation?</i>	Call directly or contact on Facebook
<i>Opening Hours</i>	By appointment.
<i>Website</i>	<a href="http://www.unlockirl.ie">www.unlockirl.ie</a>
<i>Telephone</i>	087 7784729
<i>Facebook</i>	Deirdre Ward- Unlock
<i>Email</i>	<a href="mailto:info@unlockirl.ie">info@unlockirl.ie</a>

# Spraoi agus Sport Family Centre Limited



Our vision is to be a centre of excellence in Inishowen in the provision of parental networks and activities for children, their families and the community together with developing and sharing our family centre model with other organisations to help establish family centres throughout the country. We are committed to supporting those most in need to have brighter, healthier future.

Our service users are young families, babies, toddlers and children, teenagers, adults and children with a disability and/or autism. We operate an open door policy and people are welcome to attend any of our morning groups on a drop basis. After-school activities and holiday time activities must be booked in advance. We can provide an SNA for your child, please get in touch to discuss.

*How to refer into the organisation?*

Contact Tracy Doyle, Manager

*Other relevant information that you would like included:*

We are a not for profit registered charity. Our purpose is to provide quality after/school clubs, weekend and holiday time activities, morning parent and toddler groups, preschool classes and evening classes for children, teenagers, and adults regardless of ability or disability. We foster a fun, safe and stimulating environment.

*Opening Hours*

Monday to Friday, 9am-6pm, Saturday from 9am to 1pm.

*Website*

[www.spraoiagussport.ie](http://www.spraoiagussport.ie)

*Telephone*

0749373303 and 086 8420203

*Facebook*

[Facebook.com/spraoiagussport.ie](https://www.facebook.com/spraoiagussport.ie)

*Email*

[info@spraoiagussport.ie](mailto:info@spraoiagussport.ie)

*Twitter*

[Twitter.com/SpraoiSport](https://twitter.com/SpraoiSport)

<h2 style="text-align: center;">Tír Boghaine Family &amp; Community Support Service</h2>	
<p>Tír Boghaine is a community centred organisation working with all age groups and abilities in the South West Donegal area. Its primary emphasis is the provision of support to children and families.</p>	
<p>Tír Boghaine offers advice, information and support on an individual or group basis for parents and families who seek help through self referrals or referral from other services / agencies to help achieve better outcomes for children and families. It provides a high quality of service, developing the existing strengths of parents, carers and children under stress and connects them to support networks within the community. It works in partnership with a range of other agencies and services to provide tailored responses to the needs of individual families.</p> <p>We facilitate and deliver the Parents Plus Early Years, Middles Years, Adolescent and Parenting when Separated Programme.</p>	
<p><i>How to refer into the organisation?</i></p>	<ul style="list-style-type: none"> <li>• Referral from through relevant services</li> <li>• Self Referral</li> </ul>
<p>In addition to direct family support work, Tír Boghaine run a number of discrete programmes of work including but not confined to the following:</p> <ul style="list-style-type: none"> <li>• Healthy Eating to Pre-schools</li> <li>• Transition for Children starting primary school</li> <li>• Family Fun Activities</li> <li>• Summer Programme Activities</li> <li>• Bullying and Friendship Workshops</li> </ul>	
<p><i>Address</i></p>	<p>Tír Boghaine Teo Unit 2 Niall More Centre Killybegs, Co. Donegal</p>
<p><i>Opening Hours</i></p>	<p>Monday – Wednesday 9am – 5pm Thursday – 9am – 2pm Friday – Closed</p>
<p><i>Telephone</i></p>	<p>074 9741660</p>
<p><i>Facebook</i></p>	<p>facebook.com/<b>tir.boghaine</b></p>
<p><i>Email</i></p>	<p><a href="mailto:tirboghaine@gmail.com">tirboghaine@gmail.com</a></p>
<p><i>Twitter</i></p>	<p>@tirboghaine</p>



If you would like to be included in this booklet for the next issue please contact [info@bluestackfoundation.com](mailto:info@bluestackfoundation.com)