

Directory of Services in Dublin South Inner City Area.

Keeping Healthy, Keeping Well

Get Ireland Active:

General population

- Information and resources on National Physical Activity Guidelines.

Contact; ph: 1850 241850, Web: www.getirelandactive.ie

Little Steps

General population

- A step by step guide to eating well and being active for you and your family.

Contact: Web: www.littlesteps.ie

Dublin City Council Sports & Recreation Officer

People with disabilities, teenage girls/women, new communities, children under 10, active retirement groups 50+.

Services;

- To provide, support and promote sport and active recreational activities/programs for the communities within the South Central area of Dublin City.
- Chair aerobics
- Aerobics
- Boxercise
- Fun & games
- Parent & toddler inclusion programs
- Gym programs
- Bowls
- Darts

Contact: Catherine Flood, ph: 01 2228595, Email: Catherine.flood@dublincity.ie

St. Catherine's Community Sports Centre

Dublin City

Services;

- Full size sports hall
- Fully equipped gym
- Outdoor play area
- Youth area
- Futsal pitch
- Conference room
- Meeting/training room (can cater for up to 30 people)
- Dance studios

- Our activities/sports available are;
- Badminton, volleyball, football, shokotan, tai-chi, salsa dance, kick-boxing, basketball, uni-hoc, tae kwon do, kung fu, yoga street dance, irish dancing
- Youth Area:
- After school clubs, Youth clubs, youth programmes & young people in general
- Pool tables, table tennis tables, giant television screens, playstation dock and screen, air hockey, football table, punch bags, table games.

Contact: ph: 01 2227541

City of Dublin YMCA

General population & young people

Services;

- GYM
- Fitness classes
- Dance classes
- Childcare
- Housing
- Step programme
- CE programme
- Volunteer group

Contact: ph: 01 4782607, Email: info@ymca.ie www.ymca.ie

Herberton Leisure (Fatima) Private

General population

Services;

- Leisure pool
- Separate hydrotherapy pool
- Steam room, sauna & Jacuzzi
- Changing rooms
- Aqua aerobics
- Swimming lessons
- Technogym
- 2 studios with variety of classes
- Free weights area
- Punch bag area

Contact: ph: 01 4547963

Smoking Cessation Service

Any smokers in the general population who are feeling motivated to stop, but particularly: low income/ medical card, Cardiovascular/respiratory, pregnant smokers.

Services:

- One to one, free, non-judgemental support for people who are ready to stop smoking. Discussions in these sessions will include:
- The positive health benefits of stopping smoking.

- The development of an appropriate quit plan which looks at changing behaviours and daily routines associated with smoking
- Nicotine replacement therapies and prescription medicines for smoking cessation
- Healthy eating, stress management, and physical activity
- Coping with craving and relapse prevention

Contact: Dr. Jose Ayala, ph: 01 4632835, Email: jose.ayala@hse.ie Web: www.giveupsmoking.ie

Irish Cancer Society

General population

Services

- Cancer support services
- Information on quitting smoking, tobacco control and education

Contact: ph: 01 2310500, Email: info@irishcancer.ie Web: www.cancer.ie

Alcohol Action Ireland

National charity for alcohol-related issues

Services:

- Provide information on alcohol-related issues, creating awareness of alcohol-related harm and offering policy potential solutions for reducing that harm.

Contact: ph: 01 8780610, Email: info@alcoholactionireland.ie Web: www.alcoholireland.ie

Liberties Counselling Service

People living in the south Inner City.

Services;

- Low cost counselling and psychotherapy service in the South Inner City.
- Waiting list for service but you can get more information by contacting by phone or mail

Contact: ph; 01 4735178, Email: liberties@citinfo.ie Web: www.citizensinformation.ie

Rialto Parish, Citizens Information Centre

General population

Services

- Responsible for supporting the provision of information, advice and advocacy to the public on the broad range of social and civil services.

Contact: 01 4539965, Email: rialto.cic@comhairle.ie Web: www.citizensinformation.ie

Carmelite Citizens information Centre

General population

- Responsible for supporting the provision of information, advice and advocacy to the public on the broad range of social and civil services.

Contact: ph: 01 4005971, Email: Carmelite@citinfo.ie, Web: www.citizensinformation.ie

Rialto Community Health Forum

Rialto residents

Services

- Resident forum aiming to address and influence health inequalities in service delivery and promotes health promoting initiatives and opportunities in the Rialto area.
- Has community representation on Rialto Primary Care Management Team.

Contact: Edel Reilly, ph: 01 4716723, Email; health@f2c.ie Web: www.frb.ie

Fatima Health Initiative (FHI)

A community development health project which aims to tackle high rates of ill health among residents of Fatima and the surrounding area. Through a range of programmes the initiative provides spaces which allow local people opportunities to take control of their own health and the health of their community.

Services:

- Identifying health issues which are important to local people & developing programmes in response. Currently, FHI runs:
- Women's group
- Men's group
- Community health & well-being-holistic sessions (Tuesday evening & Wednesday morning)
- Physical fitness
- Parent & baby group (Wednesday-Public Health Nurse attends as requested)
- Training
- Drop in Welfare entitlements Clinic/advocacy work

Contact: Roisin Ryder, Ann Malone, Rachel Byrne Brady & Irene Ward. Ph: 01 4534722, Email: info@fatimagroupsunited.com, Web: www.fatimagroupsunited.com

Dolphin Health Initiative (DHI)

A community development health project, the mission of which is to provide a community based health initiative centred on personal and community health development, engaging the residents of Dolphin House & the surrounding area. Through a range of programmes the initiative provides spaces which allow local people opportunities to take control of their own health and the health of their community.

Services:

- Identifying health issues which are important to local people & developing programmes in response. Currently, DHI runs:
- Drop-in welfare entitlements Clinic/Advocacy work
- The community health workers support people to obtain and complete medical card forms etc.
- Women's group (Wed night)
- Drop-in Community breakfast morning (Thurs morn)
- Community health fair days
- Public health nurse on site
- Community Health & Wellbeing on Wednesday morning – holistic therapies available free of charge.

Contact; Vera Ashton & Susan Lawlor, ph: 01 4544682, Email: dolphinhealthinitiative@hotmail.com

Dublin Mid-Leinster Health Promotion Service

General population

Services;

- Range of publications available free of charge
- Information leaflets on nutrition for adults and children, you can also get literature on topics such as breastfeeding, child health, physical activity and alcohol.
- Health promotion courses (free)

Contact: Carrie Keating, ph: 01 4632800, Web: www.healthinfo.ie

Local Health Services

Name	Address	Contact
Dr Michael Doyle	632 Sth Circular Rd, Kilmainham	01 4532432
Rialto Medical Centre Dr. Kevin O'Doherty Dr. Fergus O'Kelly	478 Sth Circular Rd, Rialto	014540544
St. Jame's Medical Centre Dr. Philip O'Connell	178 Jame's Street, Kilmainham	01 6770757
Dr. Jame's O'Neill	52 The Coombe, Dublin 8	01 4543556
Coombe Healthcare Ctr Dr. Gerard Bury Dr. Walter Cullen Dr. Anna Beug Dr. Catherine Molloy Dr. Ger O'Flaherty Dr. Michael Steele	Dolphin's Barn Street, D8	01 4730893
Dr. Michael Burnell	119 Sth. Circular Road, D8	01 4533745
Guinness Medical Ctr Dr. Brendan Mc Carthy Dr. Mary O'Shea Dr. Jane Murphy	Jame's Street, Dublin 8	01 4536700
Liberties Primary Care Team Dr. John Latham Dr. Safia Sayed Dr. Deirdre Carroll Dr. Joseph Martin 7085702 Dr. Pauline King Dr. Michael O'Tighearnaigh	Meath Community Unit, Heytesbury	01 7085786 01 7085733 01
Mercer's Medical Centre Dr. McGrogan, Dr. Kavanagh Dr. O'Donaghue, Dr. O'Neill	Stephen Street Lower	01 4022300
Grafton Medical Dr. O'Reilly Dr. Perdue Dr. Rowell	34 Grafton Street	01 6712122

Dr. Dervil Mercer
Dr. Sarah McGowan

Dr. O'Flanagan	Bride Street, Health Ctr	01 4543344
Dr. Harris	43 Harrington Street	01 4751431
Dr. F. Brady, Dr. C. Brady	48 Harrington Street	01 4756300
Dr O'Leary	2 Sth Circular Rd	01 4755453
Harcourt Health Dr. Yvonne Hall Dr. Roslynn Quinn	35 Camden St. Upper	01 4759544

GP Out of Hours Service DubDoc

This is a service to provide you and your family with access to family doctor services outside of normal hours. It is based in St. Jame's Hospital and offers services for patients of these doctors within the co-op. you can ask your GP if they are part of DubDoc. This service operates from 6pm to 10pm Monday to Friday, and from 10am to 6pm on Saturday, Sunday & Bank Holidays. Ph: 01 4545607

Doctor On Call: For house calls out of normal surgery hours: 01 4539333

Primary Health Care Teams & Services in Dublin South Inner City

The Liberties Primary Health Care Team and Centre

A patient whose GP/Doctor is part of a team and is residing within the Dublin 2 or Dublin 8 areas between the Canal, River Liffey and Westmoreland Street. If a patient is residing outside of this area, they can attend their GP's, but do not have access to other team members.

Services;

- Services are by appointment only.
- Referrals are accepted for eligible registered clients from hospitals and all members of the network, including, Day Care, Respite Facilities and Agencies.
- Registered clients living in the designated areas and their families can also self refer to any HSE member of the team.
- Team services include General Practice, Practice Nursing, Public Health Nursing, Occupational Therapy, Physiotherapy and Counselling Psychology.

Contact: ph: 01 7085700, 01 7085786, 01 7085733 & 01 7085702

Cathedrals Primary Care Team

You are eligible to access the Cathedrals if you live in the geographical area. Please contact Bride Street Health Centre for information. GP's in the local area of this team are Dr. McGrogan, Dr. Kavanagh, Dr. O'Donohue, Dr. O'Neill, Dr. O'Reilly, Dr. Perdue, Dr Rowell, Dr O'Flanagan, Dr Harris, Dr F. Brady, Dr C. Brady, Dr O'Leary, Dr Burnell.

Services;

- Referrals are accepted from all members of the Primary Care Team & Network
- Clients and families may refer to the Primary Care Team
- Team services include General practice, Practice Nursing, Public Health Nursing, Occupational Therapy, Physiotherapy and Counselling Psychology.

Contact: ph: 01 4543344

Jame's Street Primary Care Team

You are eligible to access the Jame's St team if you live in the geographical area. Please contact South Earl St Health Centre for information. GP's in the local area of this team are Dr Philip O'Connell and Dr James O'Neill.

Services;

- Referrals are accepted from all members of the Primary Care Team & Network
- Clients & families may refer to the Primary Care team
- Team services include; General practice, Public Health Nursing, Occupational Therapy, Physiotherapy and Social Work

Contact; ph: 01 4158250

Rialto Primary Care Team

You are eligible to access the Rialto team if you live in the geographical area. Please contact South Earl Street health Centre for information. GP's in the local area of this team are Rialto Medical Centre and the practice of Dr Michael Doyle.

Services;

- Referrals are accepted from all members of the Primary Care Team & Network.

- Clients & families may refer to the Primary Care Team
- Team services include; General practice, Public Health Nursing, Community Nursing, Occupational Therapy, Physiotherapy and Social Work.

Contact: ph: 01 4158250

Coombe Primary Care Team

You are eligible to access the Coombe team if you live in the geographical area. Please contact South Earl Str Health Centre for information. GP's in the local area of this team are the Coombe Healthcare Centre and the practice of Dr Kevin O'Flynn.

Services;

- Referrals are accepted from all members of the Primary Care team & Network
- Client s & families may refer to the Primary Care Team
- Team services include General practice, Public Health Nursing, Community Nursing, Occupational Therapy, Physiotherapy and Social Work.

Contact: 01 4158250

South Inner City Partnership

Patients of GP's who are members of the South Inner City Partnership: list of GP's available on website www.sicp.ie

Services:

- Community Diabetes team including Podiatry, Ophthalmology and Dietetics
- Community Anti-Coagulation Clinics
- Physiotherapy
- Dietetic Service
- Wound management
- Smoking cessation
- Continence promotion
- Courier service to laboratory
- Referrals are accepted form GP's who are members of the South Inner City Partnership

Contact; ph: 01 4545385, Web: www.sicp.ie

Community Projects & Services:

Rialto Community Network:

Community Development Project which aims to address poverty, disadvantage & social exclusion in the greater Rialto area.

Services:

- One –to-one support & group support.
- Drug prevention
- Integration & community building
- Social activities & support for older persons

Contact: Ann Swords (Project Leader) ph: 01 4732003, Email: rialtonet@connect.ie , Web: www.rialtocommunitynetwork.ie

Fatima Groups United (FGU)

The representative body of residents & community groups through which the grassroots energy, needs & views of the community are represented & supported.

Services:

- Employment/Training Initiative
- Festivals/summer Projects
- Fatima Environment Group
- Voter registration/Awareness
- Supporting local services & new initiatives
- Community Digital Project (Open Access IT Project).
- Arts & Cultural programme

Contact: Joe Donohue (Team Leader) ph: 01 4534722, Email: info@fatimagroupsunited.com, Web: www.fatimagroupsunited.com

Dolphin House Community Development Association

To promote the development of Dolphin House Flats Complex in a way that improves the quality of life for residents and to initiate community development opportunities in the following areas:

Services:

- Regeneration
- Education
- Health

- Computers

- Community employment

Contact: Wally Bowden (Community Development Worker) ph: 01 4544682, Email@ dolphincda@eircom.net.

South Inner City Community Development Association (SICCDA)

Children, Youth, Older People, Lone Parents, Unemployed:

Services:

- Afterschool service
- Job club
- Life skills course
- Community employment scheme
- Good council training centre
- Services to the elderly
- SICCDA annual festival youth intervention programme
- Information services
- Legal information (FLAC)

Contact: Geraldine Richardson (Chairperson) ph: 01 4536098, Email: info@siccda.ie, Web: www.siccda.ie

VISTA Community Development Project

Donore Avenue Parish Area which includes St. Teresa's Gardens, The Tenters, Cork St/Maryland area.

Services:

- Active Retirement Program
- Community Action on suicide group
- Lone parents support group
- Support & advice to local community groups/residents association

Contact: Paul Ringland, ph: 01 4543074, Email: vistacdp@eircom.net

Mercy Family Centre Ltd.

Socially disadvantaged, unemployed difficult family circumstances & mental health difficulties & we also support non national community & people from various economic & social groups in other ways through childcare etc and the local community of Dublin 8 – our remit has a broad target area & based in needs.

Services:

- Early education
- Adult education
- Family support services
- Direct access to social service solutions

Contact: Bernadette Anderson, ph: 01 4543713, Email: banderson@mercyfamilycentre.com

School & Thomas Street Family Resource Centre.

Marginalized families & local youth.

Services:

- Childcare
- Youth services
- Low cost psychotherapy

Contact: Leo Scales, ph: 01 4547018, Email: schoolstfrc@gmail.com

Whitefriar/Aungier Area Community Council

All members of our local community (Whitefriar/Aungier Area of South Inner City)

Services:

- Counselling
- Aromatherapy
- Annual health checks in partnership with Mercers Clinic.
- Mental health talks
- Eyes health talks
- Meditation
- Acupuncture
- Indian head massage
- Education supports
- Parents & toddlers
- Kids keep fit, children's club
- IT access & classes
- Family support services, information access & referral
- Gardening, flower arranging.

Contact: Brigid Ruane, ph; 0872467091, Email; community@iol.ie

Robert Emmet CDP, Mendicity Institute

All members of the community living between Thomas Street & the Liffey. Young people, parents, Senior citizens & Ethnic Minority Communities.

Services:

- Afterschool programme
- Youth services
- Senior Citizens Activities
- Volunteer recruitment & placement
- Community garden
- Training
- Information provision
- Arts & cultural events
- Computer access

- Sports activities

Contact: Mairin O Cuireann, ph: 01 6718269, Email: info@recdp.ie

Fountain Resource Group Ltd.

James Street area & surrounding area.

Services:

- Creche service (3 months to 4 years)
- Pre-school service (4 years +)
- Junior youth service
- Senior youth project
- Breakfast club
- Information office
- Community enterprise consultancy
- Counselling service
- Narcotic anonymous
- Family relationship
- Community employment
- Provision of commuter service for senior citizens

Contact: Tom Brunkard, ph; 01 4532936/4546753, Email: fountainresourceltd@gmail.com

St. Nicholas of Myra parish Centre

There are three FAS projects with over fifty people employed in training in the centre, and at least 80% of this workforce comes from the Liberties area.

Services:

- Halls for hire (Majorettes, Irish Dancing, Public meetings, Credit Union AGMs, School Concerts, Exhibitions etc).
- Breakfast club
- Homework club
- Senior citizen dinner service

Contact: Cllr. John Gallagher, ph: 01 4538648, Email: Carmanhall@eircom.net

Open Homeopathy

In general we work with all residents in the Dublin 8 area in our Tuesday Holistic Evening sessions at F2 centre. Specifically we also work with mothers & children attending the 'Mother & Toddler' group

gatherings on Wednesday mornings at the F2 centre and referrals from the Inchicore Outreach centre at flexible pre-booked times.

Services:

- We offer free homeopathic treatment and also facilitate courses/workshops on the practical usage of homeopathic remedies to boost your health & health & help with common everyday complaints.

Contact; Rita Garland, ph: 087 6859219, Email: info@openhomeopathy.org

Society of St. Vincent de Paul

People with a variety of needs.

Services:

- The Society operates in small groups, called conferences, based on local parishes which meet regularly & their work is usually concentrated on local visiting. In addition to direct assistance we try to promote self-sufficiency, enabling people to help themselves.

Contact: To find out your nearest conference: ph: 01 8550022, Email; info@svpdublin.ie

Dublin City Council South West Inner City Community Development Office

Residents living in the South West Inner City area.

Services:

- Social inclusion
- Children/teenagers/older people
- Community groups
- Community festivals
- Environmental projects
- Playgroup/children's services
- Raising awareness of International events.

Contact: Robert Chester, ph: 01 2222621/2225191, Email: Robert.chester@dublincity.ie

South Central Area Committee

Residents living in the South Central area.

Services:

- This committee of Councillors for this area discuss issues of interest & relevance to people who live in this area.

Contact: South Central Area, ph: 01 2225200, Email: southcentral@dublincity.ie

Infants & Children.

Public Health Nursing Service

Infants, Children & families.

Services:

- Support & advice to parents from the post natal period to the school going child.
- Monitoring developmental milestones, noting any deviations from the norm & referral when required for further assessment.
- Post natal depression screening is offered to all new mothers.
- Clinic based child health assessments, developmental support, breastfeeding support, nutrition & parenting advice.
- School screening programme (vision & hearing).
- School immunization programme-BCG/mantroux.

Contact: See Local Health Services Section for number for your local Public Health Nursing Service.

Speech & Language Therapy.

Children up to 18 years of age.

Services:

- Services are provided for children up to 18 years of age who need help developing their communication skills including non-verbal communication, speech, language, voice, fluency & social skills.
- The service provides assessments, consultations, individual & group therapy & training workshops.

Contact: Carnegie Centre, ph: 01 6486500.

Occupational Therapy Service for Children

Children up to 12 years of age.

Services:

- Occupational Therapy for children focuses on the development of skills for life. The goal of Occupational Therapy is to enable the child to perform tasks and activities in the environment where they take place, ie; in the home, the school &/or the playground.
- Everyday activities such as dressing, eating, hand writing and leisure pursuits – the child's achievements of these everyday tasks can enhance their self confidence & enable future participation in learning, employment, social & leisure activities.

Contact: Occupational Therapy for Children, Meath Community Unit, Heytesbury Street, Dublin 8. Ph: 01 4545385.

Child Protection Social Work & Family Support Service.

Children

Services:

- The Social Work team is responsible for providing support to children & families in this community. This also involves Family Support Services. In cases where children are at risk of harm through abuse, Child Protection Social Workers have an important role in providing care, assessment and follow up to those children & their families, through the Fostering & Child Protection Teams.

Contact: Duty Social Work Service, ph: 01 6486555

Child & Adolescent Mental Health Service: Child & Family Centre

Young people up to 16 years.

Services:

- Psychology
- Occupational Therapy
- Social Work
- Childcare
- ADHD Clinics

Contact: St. Jame's Hospital, ph: 01 4543710

The Rialto Family Centre

Children 0 - 10 years of age and their families living within the Rialto (or surrounding) area. Community based service focusing directly on the social, emotional and developmental needs of children whilst supporting parents to recognize and more effectively meet these needs.

Services:

- Following an assessment of needs the family will be offered one of a number of the following supports:
- Therapeutic group work with children (4-10 years) – focusing on social & emotional development.
- Child development through therapeutic play
- Individual work where appropriate
- Parents groups
- Family work
- Referral to other services where appropriate.

Contact: Sharon Moore, ph: 01 4734746, Email: rialtofamilycentre@eircom.net

Dolphin House Homework Club

Children and young people from senior infants to junior certificate from or engaged in Dolphin House.

Services:

- Homework support
- Exam support
- Guitar lessons
- Keyboard lessons
- Music theory for under 8's
- Mainstream activities on Fridays
- Computer drop in 3 afternoons a week
- Advocacy & support to parents/carer's.

Contact: Sabryna Porter , ph: 01 4544686/0852739784

Fatima Homework Club

After school homework club to young people from the Rialto area. Targeting children & young people from senior infants to 6th year to primarily offer education support.

Services:

- Literacy & Numeracy support
- Homework completion
- Examination grinds
- Sports programmes
- Music programmes

Contact: Olive Monaghan or Katia Hancke, ph: 01 4716700 ext; 232

Fatima Youth Initiative

Initially set up to provide supports to families in Fatima through self referral, community project or other agency, they are currently going through a restructuring programme and will have a wider brief (including extending supports to Dolphin House) over the coming months.

Services:

- We work with children aged 4-12 years & their families.
- Work is carried out at an individual, family and community level, work includes:

- Family work
- Help with issues such as parenting, separation & loss, crisis intervention
- Family days
- Work directly with children based on their own identified needs
- Individual work
- Small group work
- Sibling work
- Parent & child activities

Contact: Ursula, Aislinn, Colm & Deirdre (Project workers). Fiona & Aine (Project leaders) ph: 01 4539225, Email: fatimayouthinitiative@yahoo.ie

City of Dublin YMCA

The YMCA – a non-profit organisation, working for over 150 years for our local community and consist of five major departments. One of those is childcare.

Services:

- YMCA provides childcare. The crèche is split between affordable private and subsidized care for children aged from 12 weeks. We offer a safe & loving environment for all children, giving parents much needed peace of mind.

Contact: Aungier Street, ph: 01 4782607, Email: info@ymca.ie, Web: www.ymca.ie

Dublin City Childcare Committee Website

Parents

Services:

- Assist people in the Dublin City area with their childcare needs.
- Provides a range of links to groups and services for children,

Contact: Dublin City Childcare Committee, 108 James's Street, The Digital Hub, Dublin 8, ph: 01 5424100, Email; www.childcareonline.ie

City Artsquad

Schools, Afterschool projects, people with disabilities, youth groups, hospitals, community groups.

Services:

- Art & Craft classes & projects
- Murals
- Floats

Contact: Fiona Clark, ph: 01 4547026, Email: cityartsquad@hotmail.com, Web: www.cityartsquad.com

Adolescents & Young People

Rialto Youth Project

Youth service to young people most vulnerable in Rialto aged 10+.

Services:

- Young men's & young women's group
- Arts projects
- Drama
- Festivals
- Summer projects
- Outreach work
- International youth exchange.

Contact: Jim Lawlor, ph: 01 4531638, Email: admin@rialtoyouthproject.net, Web: www.rialtocommunitynetwork.ie

Donore Avenue Youth Service

Age 10 -21 years old from Donore Avenue parish to include Cork Street & Maryland.

Services:

- A range of educational and recreational activities for young people in that age group
- Take referrals from other services including schools etc.

Contact: Lorraine O'Neill, ph: 01 4537414, Email: donoreaveys@cdysb.ie

City of Dublin YMCA

The YMCA – a non-profit organization, working for over 150 years for our local community and consists of five major departments. The different departments outlined below are created to promote health and wellbeing for every individual.

Services;

- Youthwork – YMCA offers Youth Work for young people through various programmes, educational workshops and supervised free time. Through this service we provide;
- Homework clubs to assist our young people with furthering their education and helping to cope with learning difficulties..
- Team building exercises
- Health education, self awareness and drugs awareness
- Social justice, anti-racism and equal rights workshops
- Personal development
- Outdoor activities

- Fundraising overseas development and visiting international youth organizations
- Accommodation – YMCA provides accommodation for young people at risk of homelessness. This service is rendered so that they can have access to training, further their education and gain work experience.
- YMCA has a programme called S.T.E.P (Support training and enterprise programme). It is a 22 week programme for young unemployed people, aged between 17 -25 years. The aim of step is to help people:
 - Increase their occupational knowledge
 - Communication skills
 - Discover life and career direction
 - Develop social skills and confidence
- YMCA provides childcare. The crèche is split between affordable private and subsidized care for children aged from 12 weeks. We offer a safe and loving environment for all children, giving parents much needed peace of mind.
- YMCA offers affordable fitness services for everyone to enjoy in a highly conducive environment. We have a dedicated team full of passion in accomplishing this task.

Contact: ph: 01 4782607, Email: info@ymca.ie Web: www.ymca.ie

YOUTHREACH CDVEC Training Centre

16 – 21 years, early school leavers.

Services:

- Subjects include outdoor pursuits, woodwork, health related fitness, personal & interpersonal skills, arts, crafts, communication, math certification includes FETAC Level 3, 4 & 5.

Contact: Alex Cahill, ph: 01 4780550, Email: info@yrpleasants.cdvec.ie

BeLonGTo Dublin

BeLonGTo is an organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 & 23

Services:

- A social group for young lesbians. “Ladybirds” every Thursday @ 6pm
- Lesbian, Gay, Bi and Tran people “Belong to Sunday” @ 3pm.

Contact: Ph: 01 6706223, Email: info@belongto.org

Teenline Ireland

Listening Service for young people.

Services:

- National free-phone helpline for young people in Ireland.
- Emotional support, through our listening service, for young people who may be feeling alone, worried, distressed and even suicidal.

Contact : ph; 1800 833 634, Email: info@teenline.ie Web: www.teenline.ie

Big Brothers Big Sisters (BBBS)

Young people aged 10 -18 years with low to medium needs who would benefit from extra support from an adult mentor.

Services:

- Young people get matched up to a big brother or sister (a caring adult volunteer who has been fully vetted) based on similar interests and compatible personalities. They meet up once a week for an initial one year period.
- A staff member supports & monitors the friendship.

Contact: Jill Murray, ph: 0860485346, Email: jill.murray@foroige.ie Web: www.bbbsireland.ie

South Area Youth Service Limited (SAYS)

All young people in the area from 9 – 19.

Services:

- Drop- in, Counselling.
- One to one support
- School and career support
- Homework clubs
- Developmental based youth work
- Computers
- Residential
- Filming & editing training facilities,
- Health advice
- Education-based project (Drugs, Sexuality, Relationship, Hygiene, Health).

Contact: Brendan Dowling, ph: 01 4759889/0872940735, Email: says@iol.ie

Teen Parent Support Programme, Barnardos

Pregnant or parenting teenagers (13-19 years)

Services:

- Information & support on welfare rights & entitlements
- Mother/Father rights
- How to take care of yourself & baby
- Your child's development
- Antenatal care & classes

- Accommodation
- Accessing childcare
- Education & training
- Local services in your area
- Linking you with other young parents

Contact: Esther Pugh, ph: 01 4032081/0868505503, Email: esther.pugh@barnardos.ie

People with Disabilities

Assessment of Need for Children under Five

Any parent who feels that their child aged under 5 may have a disability can apply for an assessment. An application can also be made by a guardian.

- An independent assessment of needs is an assessment of the full range of your child's needs associated with his or her disability. After this you will receive an assessment report detailing your child's health and educational needs & the services required to meet those needs.

Contact: Gillian Farrelly, ph: 01 6486539

Early Intervention Team

The Early Intervention Team sees children who complex developmental needs who are aged between 0 and 5 years.

Services:

- Clinical Psychology
- Occupational Therapy
- Physiotherapy
- Speech & language

Contact: The Early Intervention Team, ph: 01 4545385

Irish Wheelchair Association-Resource Centre

Range of course designed to stimulate members to learn new skills and link people to everyday life.

Services:

- Personal development
- Personal care & hygiene
- Self advocacy
- Drama
- Pottery
- Visual and other arts
- Flower arranging

Contact: The Meath C.U. Heytesbury St. ph; 01 4002849

People with Disabilities in Ireland

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

Contact: ph: 01 8721744, Email: info@pwdi.ie, Web; www.pwdi.ie

Deafhear.ie

Deaf and hard of hearing people

- Deafhear.ie has a national network of resource centres providing a range of accessible services to deaf & hard of hearing people & their families and is also actively involved in advocating and lobbying for improved services and new developments including UNHS (Universal Newborn Hearing Screening), aural rehabilitation & education.

Contact: North Frederick Street, ph: 01 8175777, Email: info@deafhear.ie

National Council for the Blind of Ireland

NCBI is a not for profit charitable organisation which offers support and services nationwide to people experiencing difficulties with their eyesight.

Services:

- Community based services
- Low vision service
- Rehabilitation and mobility training
- Professional and Peer counselling
- NCBI Library
- Media Centre
- Assistive technology
- Centre for Inclusive Technology
- Resource centres
- Employment
- Access & awareness

Contact: Locall: 1850334353, Email: info@ncbi.ie

Dublin Bus Travel Assistance Scheme

Anyone over the age of 18 who would like to use public transport but needs assistance and information in order to use it independently.

Services provided:

- Trained travel assistants accompany you on your journey for the first few times you use the service.
- This service is free

Accessibility Officer, Business Development, Dublin Bus, 59 Upper O'Connell Street, Dublin 1, Ph: 01 7033204, Email: travelassit@dublinbus.ie, Web: www.dublinbus.ie

Centre for Independent Living

People with disabilities

Services;

- To provide support for people with disabilities to live and work in the community
- To provide a forum for people with disabilities to explore and realize their human, civil, social, political and economic rights.
- To facilitate the raising of disability issues at a local Government, State, European & International level.

Contact: Carmichael House, North Brunswick St., Dublin 7, Ph: 01 8730455, Email: info@dublincil.org, Web: www.dublincil.org

Disability Federation of Ireland

DFI is an umbrella organisation of over 100 voluntary disability organisations and groups.

- DFI provides information, training and support, organizational and management development, research and policy development, advocacy, representation and networking to voluntary organisations which will enable them to deliver the best possible range of services to people with disabilities.

Contact: Mairead Holohan, Ph: 01 4547978, Email: mairadhlohan@disability-federation.ie

Older People

Liberties & Rialto Home Help Services

Vulnerable & older people living in the Rialto & liberties area.

Services;

- This is a community based service to assist vulnerable and older people to remain safely in their own homes.
- Referrals will be taken from any one working in the community or individuals can self refer.

Contact: Celine Adams, Ph: 01 4733700

Bride St. Home Help Service

Vulnerable & older people living in the Bride Street area.

Services;

- This is a community based service to assist vulnerable & older people to remain safely in their own homes.
- Referrals will be taken from any one working in the community or individuals can self refer.
- Meals are also organized from various centres and are delivered in the local area by the Home Helps.
- These services are provided to those in need following a Home Assessment.

Contact: 01 4543344

Community Development Worker for Older People Rialto

Older residents in Rialto or surrounding areas.

Services;

- Supporting the Active Retirement Association, Sewing Group & Dolphin Park
- Supporting the Rialto Men's Group
- Older Peoples Network (locally & Canal wide)
- Supporting the Day Care Centre
- Organising Social Events
- One to one work
- Outreach
- Failte Isteach
- Information Packs

Contact: Debbie Lynch, Ph: 01 4732003, Email: dlynch_rialtonet@connect.ie

Rialto Day Care Centre

Older residents in Rialto or surrounding areas.

Services;

- Personal hygiene/specialized bath & shower
- Hairdressing
- Laundry
- Meals in-house
- Arts & Crafts
- Day trips
- Bus collection to centre
- Gardening group
- Bingo & games
- Reminiscence groups
- Yoga/Tai Chi

Contact: Ruaidhri Moran or Anna Buckley, Ph: 01 4730443, Email: rialtodaycare@eircom.net

Dolphin Park Older People Complex

Older People

Services;

- Sheltered accommodation provided in Dolphin park for 44 older people
- The older people live in one room so the dining room/day room within the complex is very important as a social space.
- Dinner served everyday in the dining room at 12pm at a nominal fee of €2 – this is for residents & any older person living locally.
- Chiropody services provided weekly at a nominal fee for any older people living in Dolphin or surrounding area.
- Laundry & catering
- Social & leisure activities for older residents (Bingo)
- Collecting prescriptions/meals on Wheels
- Hospital visits/home help

- Occupational therapies

Contact: Marion Kelly, Ph: 01 6351692/0863144096

South Inner City Community Development Association (SICCDA)

Older People

Services;

- Services to the elderly
- Information Services
- Legal information (FLAC)

Contact: Geraldine Richardson, ph: 01 4536098, Email: info@siccda.ie, web: www.siccda.ie

Friends of the Elderly

Elderly people especially those who live alone.

Services;

- Volunteers visit elderly people in their homes
- Organizes evenings out, day trips, short holidays, community club activities and a series of campaigns to improve the quality of life of the elderly.

Contact: 01 8731855, Email: info@friendsoftheelderly.ie, Web: www.friendsoftheelderly.ie

VISTA Community Development Project

Older people living in the Donore Avenue Parish area which includes St. Teresa's Gardens, the Tenters, Cork St/Maryland area.

Services;

- Monthly programme for any older people living in the Donore Parish area.
- Activities include: Social activities (Monday night), Computer Course, Social Breakfast morning, Arts & crafts, Gentle exercise, Bowling.

Contact: Carol O'Reilly, ph: 01 4543074, Email: carcaoreilly@gmail.com

Friendly Call Service

Older people.

Services;

- The mission of the Friendly Call is to develop, deliver and oversee the provision of a professional, quality, friendly, confidential, good neighbor and health care telephone service, offering a range of health and social support to Older People and to all Adults who may feel vulnerable or alone.
- The service will call the client every day five days a week to check everything is okay.

Contact: Jimmy Hayden, ph: 01 4544682/0870605006, Web: www.friendlycallservice.com

Rialto Active Retirement Association

Membership is open to active over 55's in Rialto & neighboring areas.

Services;

- Computers
- Bridge
- Line dancing
- Bowling
- Day trips & much more!

Contact: Carmel O'Reilly, ph: 01 4538290

ALONE

Older people (over 60) in need

Services;

- Food, clothing, heating requirements & other comforts
- Shelter or accommodation on a temporary or permanent basis
- Education & information services on the problems and needs of older people living on their own
- Assistance in the refurbishing, renovations and redecoration of accommodation

Contact: 01 6791032, Email: enquiries@alone.ie

Well Elderly Clinic

Older People

Services;

- One to one intervention by Public Health Nurse regarding: Blood pressure, medical conditions
- SICCDA present regarding entitlements
- Cup of tea provided

Contact: Barbera Rahilly, ph: 01 4158250

Community Units for Older People

- Bru Chaoimhin, Cork Street, Dublin 8, ph: 01 4156500
- Meath Community Unit, Heytesbury Street, Dublin 8, ph: 01 7077900
- Belvilla Community Unit, 129 South Circular Rd, Dublin 8, ph: 01 4548033

Mental Health

HSE Dublin South City Mental Health Service

Adults & Older people with mental health difficulties.

Services;

- Dublin South City mental Health Service provide a comprehensive range of community based mental health services. The mental health team consists of many disciplines including Psychiatrist, Psychologists, Mental Health Nurses, Occupational Therapists & Social Workers.
- Services are accessed through the local G.P practices. At times of crisis, services can be accessed through the A&E Department.

Contact: The Community Service ph: 01 4152100, The Impatient Service ph: 01 4162621, Psychiatry of Later Life, ph: 01 2493259

AWARE

A national voluntary organisation providing support through depression.

Services;

- Support groups nationwide
- A local Helpline open 365 days a year (both services available to individuals with depression & also family members & friends)
- Beat the Blues secondary schools awareness programme.
- Depression awareness and information talks & seminars, and a free information service.

Contact: 01 6617211, Email: info@aware.ie, Web: www.aware.ie

Pieta House

People who have already tried to take their own lives and for people who have engaged in self harming behaviours.

Services;

- Centre for the Prevention of Self-harm or suicide
- Focused, counselling service which is readily accessible to those in need.
- Daily, one-to-one counselling if necessary for the first week to 10 days.
- As the person improves, therapy is gradually reduced during the next four to six weeks

Contact: 01 601000, Email: mary@pieta.ie, Web: www.pieta.ie

Samaritans: Dublin Branch

People who are experiencing feelings of distress or despair, including those which may lead to suicide.

Services;

- Samaritans are available 24 hours a day

- Provide confidential emotional support
- Outreach to at risk groups, schools & youth groups
- Support to Dublin's prison community

Contact: 01 8727700/1850609090, Email: jo@samaritans.org, Web: www.dublinsamaritans.ie

HSE – Social Inclusion Service

Homeless & others

- links homeless people and others having difficulty accessing health services into local health services.

Contact: Social Inclusion Manager: 01 4020374

Mental Health Information Centre

Information service for people with mental health needs & their families

Services;

- Mental health problems
- Treatments
- Support groups

Contact: 01 2493469

Women

Teen Parent Support Programme, Barnardos

Pregnant or parenting teenagers (13-19 years)

Services;

- Information and support on welfare rights & entitlements
- Mother/Father rights
- How to take care of yourself & your baby
- Your child's development
- Antenatal care & classes
- Accommodation
- Accessing childcare
- Education & Training
- Local services in your area
- Linking you with other young parents

Contact: Esther Pugh, ph: 01 4032081/0868505503, Email; esther.pugh@barnardos.ie

Dublin Rape Crisis Centre

Men and women who have experienced sexual violence

Services;

- Counselling and therapy for both men & women who have experienced rape or sexual abuse
- We also operate a national 24 hour helpline
- We provide training for professionals working with issues of rape, sexual assault, harassment, sexual harassment & sexual abuse

Contact: Ellen O'Malley-Dunlop, ph: 01 6614911/1800778888, Email: rcc@indigo.ie, Web: www.drcc.ie

Women's Aid

Women over the age of 18 who feel they may be experiencing domestic violence, Any person who is concerned about a woman who falls into this category and who needs to sound out how to proceed and what sort of assistance they may be able to give.

Services;

- Voluntary organisation which provides support & information to women & their children who are being physically, emotionally, financially and sexually abused in their own homes.
- Support on a one-to-one basis

- Accompany women to court
- Deliver creative personal development programmes for women & children who have been abused.
- We work with community groups countrywide on the issue
- We provide training on the issue of domestic violence to a range of voluntary & statutory agencies & services including health professionals, refuge workers, An Garda Siochana, community & social services, & community groups.
- Provide quality research & statistics vital information to the media & public.
- We influence policy and lobby for improved legislation

Contact: 01 8684721/1800341900, Email: info@womensaid.ie

Ruhama – Supporting Women Affected by Prostitution

Women involved in prostitution and other forms of commercial sexual exploitation, including women who are victims of sex trafficking

Services;

- Crisis intervention
- Crisis accommodation
- Practical support (e.g. with accommodation, Social welfare entitlements, health)
- Emotional & psychological support
- Education & training (both in-house and external)

Contact: Mary Mangan, ph: 01 8360292, Email: admin@ruhama.ie, Web: www.ruhama.ie

Men

Men's Health Forum in Ireland

Men

- The Men's Health Forum in Ireland (MHFI) is a voluntary network of individuals and organisations, men and women, who wish to redress the deficit in strategic policy on men's health by collating the key concerns relating to men's health on the island of Ireland as well as increasing understanding of these issues.

Contact: Mary Sheehan, ph: 01 4664280, Email: mary.sheehan@tallpart.com Web; www.mhfi.org/

Men's Social & Gardening Group

Men living in Rialto or surrounding area.

Services;

- A Men's gardening & Social Morning
- Breakfast provided
- Gardening tips
- Newspapers, cards, pool, darts etc

Contact: Ruaidhri Moran, ph: 01 4730443, Email: rialtodaycare@eircom.net

Men's Music Group

Men living in Fatima or surrounding area

Services;

- Men's Music Morning
- Breakfast provided
- Gathering
- Socializing
- Exploring music past, present & future

Contact: Deirdre Reid, ph: 01 4534722, Email; info@fatimagroupsunited.com

Family Planning, parenting & Sexual Health

Irish Family Planning Association

Services;

- Sexual and reproductive health information
- Crisis pregnancy counselling
- Medical services

- Education
- Training

Contact: Fiona Tyrrell, ph: 01 8069444, Email: post@ifpa.ie, Web: www.ifpa.ie

Treoir (National federation of Services for Unmarried Parents & their Children)

Unmarried Parents

Services;

- Free, confidential information service for parents and those involved with them on all aspects of unmarried parenthood.
- Outreach information workshops on legal and social welfare issues
- Numerous publications including Information Pack for Parents who are not married to each other.

Contact: Margaret Dromey, ph: 01 6700120, Email: info@treoir.ie Web: www.treoir.ie

One Family

Lone Parents and those who support them

Services;

- Helpline Counselling
- Parenting Courses
- New futures programme support

Contact: Geraldine Brereton, ph: 01 6629212

Dublin Aids Alliance

People living with aids, their families & caregivers. Actively promoting HIV and sexual health awareness in the general public.

Services;

- Community support
- Prevention, Education & training
- FAS AIDS Special Needs Education & Training (FASNET) Scheme
- Helpline (Free confidential support information guidance & referral)

Contact: ph: 01 8733799/1800459459 (Helpline), Email: info@dublinaidsalliance.ie Web: www.dublinaidsalliance.ie

Homelessness Services

Rialto Community Drug Team (RCDT) Homelessness Support

RCDT provide a service for those people from the Rialto area (and outside) who are street homeless, or at risk of becoming homeless.

Services;

- We provide information and help relevant to their needs Monday to Friday:
- Welfare entitlements/assistance in seeking accommodation
- Advocacy
- Hospital visits
- Prison visits
- Outreach
- One to one appointments
- Referral to treatment if requested
- Medical card assistance
- Information on their rights as homeless people
- On Tuesday between 4pm/5pm there is a warm meal provided for homeless people or anybody who wishes to attend
- On Thursdays between 12.30pm/2pm there is a warm meal provided for homeless people and anybody else who wishes to attend
- Warm clothing /footwear is also provided whenever possible

Contact: Gerry Fitzgerald or Phyllis Corish, ph: 01 4541604, Email:

rialtocommunitydrugteam@eircom.net

Assertive Community Care Evaluation Services (ACCES)

Homeless people aged 18-65 with a severe and enduring mental illness, including dual diagnosis (service through referral only)

Services;

- Advice
- Advocacy
- Assessments treatments and medication management
- Stabilization and relapse prevention
- Support and education for carer's and front line staff

Contact: ph: 01 7036158

Dublin City Council Night Bus Service

Provides assistance to rough sleepers at night time

Services;

- Finding accommodation
- Transporting people to accommodation where vacancies exist
- Offering sleeping bags and blankets for harm minimization

Contact: ph: 01 7036100/0868150763

Crosscare Food Centre

Anybody in need

- Food centre providing a three course meal on weekdays with tea or coffee. Charge €2
- Drop in: Mon – Fri 12 noon – 1pm

Contact: 01 4755299

De Paul Trust

Homeless or at risk of homelessness

Services;

- The opportunity to fulfil their potential and make positive, informed choices about their lives
- It offers wet and dry hostel accommodation
- Clancy emergency night shelter
- Supported housing

Contact: 01 4537111, Email: depaul@depaulireland.org, Web: www.depaultrust.ie

Multi-Disciplinary Healthlink Teams

Helps homeless people to access health services

Services;

- Outreach needs assessments in centres providing homeless services
- Referrals to range of healthcare services including doctor, nurse, chiropodist, dentist, counselor, optician, drug and mental health projects
- Health promotion and harm reduction
- Fast track medical cards
- Teams respond to calls from agencies in contact with homeless people

Contact: 01 7036100

Focus Ireland

Focus Ireland aims to advance the right of people out of home to live in a place they call home through quality services, research and advocacy.

Services;

- Educational resources
- Respond to the needs of people out of home and those of risk of becoming homeless
- Emergency transitional and long term accommodation for people out of home
- Campaign and lobby for the rights of people out of home and the prevention of homelessness

Contact: 01 8815900, Email: info@focusireland.ie, Web: www.focusireland.ie

Iveagh Hostel

The Iveagh Hostel has an open door policy, and accepts both self referral and agency referral. The Hostel will accommodate both unemployed and working men and has no minimum or maximum length of stay.

Services;

- Male only hostel with minimum age of 18 years
- All residents have their own room
- The current cost for accommodation, food & facilities is €115.85 per week. Other rates apply for shorter stays.

Contact: Kevin Byrne, ph: 01 4540182

City of Dublin YMCA

Young people at risk of homelessness

- Accommodation – YMCA provides accommodation to young people at risk of homelessness. This service is rendered so that they can have access to training, further their education and gain work experience.

Contact: 01 4782607, Email: info@ymca.ie, Web: www.ymca.ie

Ethnic Minorities

CAIRDE

Ethnic Minority communities

Services;

1. Health Information and Advocacy Centre provides:
 - Health advocacy services to individuals (health and social welfare, medical card applications, disability, hospitals and maternity services etc)
 - Provides health information; health promotion activities, health information sessions
 - Operates a drop in facility and also works on an outreach basis. Our health advocacy officers speak Arabic, French, Russian, Polish, Ukrainian, Moldovan, Mandarin Chinese, and a range of African languages.
2. Ethnic Minority Health Forum
 - A collective platform for discussion on health
 - Over 30 ethnic minority organizations as members
3. Community Development & Policy
 - Building partnerships with health services providers from local health centres to hospitals
 - Links to national health policy fora

Contacts: Tonya Myles, ph: 01 8552111, Email: info@cairde.ie, Web: www.cairde.ie

Refugee Information Service (RIS)

Asylum Seekers & Refugees

Services;

- Information service every Thursday afternoon 2.00 – 4.30pm in the Liberties Citizen Information Service.
- Service is free of charge & open to everybody

Contact: 01 6453070, Email: info@ris.ie Web: www.ris.ie

Migrant Rights Centre Ireland

Migrant workers at risk of poverty, social exclusion and discrimination.

Services;

- We work mainly with undocumented workers, and migrants experiencing workplace exploitation
- Information and advocacy support
- Action groups; campaigning

Contacts: Delphine O'Keefe, ph: 01 8897579, Email: info@mrci.ie, Web: www.mrci.ie

Travelling Community

Irish Traveller Movement (ITM)

The Irish Traveller Movement is a national network of organisations and individuals working within the Traveller community.

Services;

- The Irish Traveller Movement is engaged in a diverse range of campaigning issues. If it can deliver an effective response to the four core issues of Accommodation, Equality, Education, and legal issues, it will have achieved its aims.

Contact: 01 6796577, Email: itmtrav@indigo.ie, Web: www.itmtrav.ie

Pavee Point Travellers Centre

Pavee Point is a partnership of Irish travellers and settled people working together to improve the lives of Irish Travellers through working towards social justice, solidarity, socio-economic development and human rights.

Services;

- Drugs initiative
- Early Childhood
- Education
- Mediation
- Health
- Roma
- Violence against women
- Youth
- Community development

Contact: 01 8780255, Email: info@pavee.ie, Web: www.paveepoint.ie

Exchange House National Travellers Service

We are an organisation of Travellers and settled people working together to provide services to Travellers in the Dublin area.

- We provide Family Support, Youth Services, Drugs Counselling and Education programmes to members of the Traveller community in the Dublin area.

Contact: 01 8721094, Email: info@exchangehouse.ie, Web: www.exchangehouse.ie

National Traveller Money Advice and Budgeting Service (MABS)

Members of the traveller community.

- Money, advice and budgeting

Contact: 01 6798358, Email: exchangehouse@mabs.ie Web: www.exchangehouse.ie

Addiction

HSE Alcohol Treatment Unit

Services;

- Individual Counselling
- Assessment

- Aftercare

Contact: 01 6607838

HSE Community Alcohol Services

Services;

- Counselling
- Assessment

- Education programme

- Aftercare

Contact: 01 4516589/4516754

Dublin Simon – Alcohol Support & Aftercare Service

Service for homeless or recently settled people over 18 whose primary addiction is alcohol. Support for people before and after DSC's Detox and/or Residential Alcohol Service.

Services;

- Individual keywork
- Group work, with twice weekly relapse prevention
- Open support groups
- Abstinence based residential houses with a structured aftercare programme (for those who have completed the Residential Alcohol Service).

Contact: ph: 01 6792391, Email: aftercare@dubsimon.ie, Web: www.dubsimon.ie

Cuan Dara – Drug Detoxification Unit

People addicted to opiates and/or benzodiazepines who wish to become drug free.

Services;

- A 17 bed residential unit for men and women over 16 who want to address their drug addiction by detoxifying or stabilizing.
- Clients are referred by associated community services onto the programme, which usually runs for 6 weeks.
- Provides nursing, counselling and medical support using a holistic approach.

- Admission criteria apply.

Contact: 01 6206050

HSE Addiction Service

All addictions primarily Opiate addiction, benzodiazepine addiction & Alcohol as appropriate.

Services;

- Addiction Counselling Services
- Clinics locally in Dr. Steevens, Cork Street and Castle Street.
- Nurses, doctors, pharmacists, psychologists, counselors, Community Welfare Officers work from the clinics.
- 2 week – 1 month waiting list.
- Open Monday to Friday.

Contact: Cherry Orchard, ph: 016206400, Newmarket Clinic, ph: 014767010, Cork Street Clinic, ph: 01 4544933, Dr. Steevens Hospital, ph: 01 6352078.

Rialto Community Drug Team

People addressing addiction & their families.

Services;

- Holistics
- Counselling
- Homeless service drop in Tuesday 5pm – 7pm
- Alternative therapies Saturday 10am – 1pm
- Drop in service
- Clinic (for collection of scripts for methadone dosage)
- Family support & outreach
- Hospital visits
- Alcohol Education Programme
- Prison visits
- Community Welfare Advice
- Referrals to residential detox.

Contact: Tony Mac Carthaigh, ph: 01 4540021, Email: rialtocommunitydrugteam@eircom.net.

Donore Community Drug Team

Available to anyone in the locality who is either directly or indirectly affected by addiction. Addiction in its broadest sense. However, we will always try to see the person & if there is a more appropriate service available to them we will refer them on.

Services;

- Counselling
- Family support meeting every Tuesday evening 8 – 9pm
- Outreach work
- Health promotion
- We also provide a hot meal on Monday evening's between 6 -8pm and also a hot lunch on Friday at 12.30.
- NA meeting in our premises on Tuesdays at 6pm.

Contact: Fergal Connelly, ph: 01 4164339, Email: donorecdt@eircom.net

Community Response

Community Response is a voluntary agency in the South Inner City working with families and local communities to develop their own response to problem drug use, HIV and more recently Hepatitis C.

Services;

- Training and Education Certificate in Addiction Studies accredited by NUI Maynooth
- Community Development Programme
- Health Promotion
- Complementary therapies
- Family support

Contact: 01 4549772, Email: commresp@iol.ie Web: www.hebinfo.ie

Casadh

Individuals who are in recovery and seeking to further their potential.

Services;

- Providing a comprehensive training and support programme
- Providing training to the community with a particular emphasis on issues relating to addiction, health and safety and preventative measures.
- Outreach to other educational facilities through the provision of a venue for training with the goal of working in partnership with those working in recovery from addiction.

Contact: Colm Folan, ph: 01 4548419, Email: casadh@gmail.com

South Inner City Education & Prevention Project

Rehabilitation Projects, Youth Clubs, Schools & Community groups

Services;

- Education and prevention of the misuse of substances
- Mental health and wellbeing Training Programmes
- Meath Street Office is a One –Stop-Shop providing advocacy, information and referrals for people affected by their own or someone else’s drug use.

Contact; Sladjana Malich, ph: 01 4549267, Email: smalich@swicn.ie

Canal Communities Training Programme (TURAS)

Adults stabilized on Methadone committed to personal development, education and training within the Community Employment Scheme.

Services;

- Personal Development and Keyworking
- Return to Learning Programmes
- Outdoor Education
- Complimentary therapies
- Advocacy

Contact: Trevor Keogh, ph: 01 4505396, Email: cctpturas@eircom.net

Drugs/HIV Helpline Freephone: 1800 459 459/01 6206400

Gay, Lesbian & Transsexual

People who are gay, lesbian, bisexual, transgendered, their friends and families.

Services;

- Community and resource centre providing support, information, social and cultural services.
- Health clinic provided by the Gay Men's Health Project
- Meeting space for community groups; recovery, self help, coming out, social interest.
- We provide three evening meetings for Alcoholics Anonymous and one evening meeting for Narcotics Anonymous every week.
- Limited wheel chair access. No adapted toilets. Ground floor access. Signers available.

Opening hours

- Office hours Monday to Friday 10am to 6pm
- Café Hours Monday to Saturday 12.30 to 10pm
- Sunday Closed to youth group members only.

Contact: ph: 01 8734999, Email: info@outhouse.ie, www.outhouse.ie

Gay men's Health Service – STI Clinic

Sexual health services for gay and bisexual men and men who have sex with men

Services;

- Information
- Counselling
- Outreach, research
- Walk in blood tests Tues & full walk-in STI screening (including swabs) Weds for HIV, syphilis & hepatitis.
- Return appts for results and treatment, including genital warts and hepatitis vaccine.
- Safer sex packs (lube/condoms)
- Charges for some services

Contact: ph: 01 6699553, Email: gmhpadmin@maild.hse.ie

Gay Men's Health Service Outreach Team

Sexual health services for gay and bisexual men and men who have sex with men.

Services;

- Waiting list for counselling appointments (interpreters available and ISL by prior arrangement).

- Outreach sexual health information, advice, support and referrals.
- Personal development and other workshops
- Agency training on sexual health, safer sex, homophobia, hetosexism.
- Safer sex packs

Contact; Ronan Watters, ph: 01 8734952, Email: gmpoutreach@eircom.net, Web; www.gaymenshealthservice.ie

Gay Switchboard Dublin

The Gay Switch board Dublin is one of the longest running Irish Voluntary LGBT community based services: we have been in operation for more than 30 years, we are here to reach out and offer support to our community and their friends and families.

Services;

- Do you find yourself attracted to people of the same sex? Do you think you might be gay, lesbian or bisexual? Do you feel isolated because of your sexuality? Has someone just come out to you? Are you worried about your sexual health?
- Offering non-directive listening support

Contact: ph: 01 8721055, Email: www.gayswitchboard.ie

BeLonGTo Dublin

BeLonGTo is an organisation for Lesbian, Gay, Bisexual and transgendered (LGBT) young people, aged between 14 and 23.

Services;

- A social group for young lesbians “lady-birds” every Thursday @ 6pm
- Lesbian, Gay and Tran people group “Belong to Sunday” every Sunday @ 3pm.

Contact: ph: 01 6706223, Email: info@belongto.org, Web: www.belongto.org

Food/Nutrition

Healthy Food for All

Low-income groups

All-island multi-agency initiative seeking to promote access, availability and affordability of health food to end poverty in Ireland.

Contact: 01 8360011, Email: info@healthyfoodforall.com Web: www.healthfoodforall.com

The Irish Heart Foundation

General public and patients with heart disease.

Ireland's national charity for heart health working to reduce premature death and disability from heart disease and stroke.

Contact: ph: 01 6685001, Email: info@irishheart.ie, Web: www.irishheart.ie

Robert Emmet CDP, Mendicity Institute

Young people of working age, Senior Citizens and Foreign national communities.

Services;

- Health promotion as part of our daily activities
- Promoting health eating
- Health talks infrequently as issue arises
- Vegetable growing and consumption
- Referral to appropriate agency
- Providing literature

Contact: Mairin O Cuireann, ph: 01 6718269, Email: info@recdp.ie

Education & Training

School	Principal/Home Liaison Officer	Phone	Email
Primary Schools			
Scoil Mhuire OG 2 Loretto Junior primary School Crumlin Road, Dublin 12	Denise Griffin	01 4541746	
Scoil Mhuire Og 1 Loreto Senior Primary School Crumlin Rd, Dublin 12	Angela Mitchell	01 4541669	lsp.ias@eircom.net
Mater Dei NS Basin Lane Basin Street Dublin 8	Sr. Rita Wynne	01 4548461	ritawynnersc@eircom.net
St. James' CBS Primary Basin Lane Dublin 8.	Joe Tulie	01 4534321	jamesst@eircom.net
Scoil Iosagain Aughavannah Road, Crumlin, Dublin 12	Denis Costello	01 4541821	
Marist Girls Primary Clogher Road, Dublin 12	Sr. Anne	01 4541228	
St. Audeon's National School Cook Street, Dublin 8	Donal Monaghan	01 6779856	
Presentation Primary School Warrenmount, Dublin 8	Peter Mc Carney Helen MCMahon	01 4547500	
St. Brigids National School The Coombe, Dublin 8.	Deirdre Early	01 4531800	

St. Enda's National School Whitefriar Street, Dublin 8.	Mary Marren	01 4757566	
Scoil Treasa Naofa Petrie Road, Donore Avenue, Dublin 8	Ann Marie Spillane	01 4541899	
St. Catherine's National Donore Avenue, Dublin 8.	April Cronin	01 4542679	stcatherines@gmail.com

Secondary Schools

Loreto Secondary School Crumlin Road, Crumlin, Dublin 12.	Blathnaidh Colhoun	01 4542380	loretocrumlin@eircom.net
Presentation Convent Secondary School Warrenmount, Dublin 8.	Peter McCarney	01 4547520	warrencmr@eircom.net
St. Jame's CBS Secondary Basin Lane, Dublin 8	Willie O'Brien	01 4547756	willieobrien@dublin.ie
Synge Street CBS Dublin 8.	Michael Minnock	01 4783998	syngestreetoffice@eircom.net
St. Kevin's VEC Clogher Road, Dublin 12.	Blake Hodgkinson	01 4536397	
Meanscoil Iognaid Ris	Ray Walsh	01 4518316	dcbs@eircom.net

EOLAS Adult Education

Cater for residents of Dolphin House and surrounding area.

Services;

- Offers a variety of quality basic and taster courses
- Develop facilities and atmosphere conducive to the provision of holistic adult education.
- Encourage and provide opportunities for progression
- Provide appropriate supports to meet the needs of the participants

- Develop a range of outreach initiatives to maximize opportunities for participation
- Network with relevant groups and services to assist in meeting the objectives

Contact: Sr. Mary Flynn, ph: 01 4113924, Email: eolasdh@eircom.net

Employment/Unemployment

Inner City Employment Services

Disadvantaged and unemployed residents of the inner city.

Services;

- Job placement
- Employment guidance
- Community Employment placements
- CV Preparation
- Interview skills
- Job Initiative Placement
- Working with employers
- Assistance in Identification of Training Needs
- Apprenticeships
- Local Community Outreach
- Local Labour Clause Initiatives
- Return to Education

Contact: ph: 01 8557207, Email: stuart@icrg.ie or 01 6771930, Email: betty.ashe@les.fas.ie

Canal Local Employment Service (LES) Rialto

If you live in the Canals area and want to avail of our services, first you have to register with Canal Local Employment Service Network. All you have to do register is telephone or call into one of our offices and make an appointment to meet one of our employment mediators.

Services;

- Looking for a job
- Getting training that suits your needs, writing a CV
- Preparing for job interviews
- Getting information on further education
- Exploring the self-employment route
- Getting a place on a local Job Club
- Accessing both FAS and local training opportunities
- Monday to Friday 8am to 5pm.

Contact: ph: 01 4540935, Email: rialto@canallesn.ie

Connelly Centre

Residents of Dublin 8.

We provide information on social welfare entitlements including:

Services;

- Loan Parents
- Family Income Supplement
- Carer's Allowance
- Old Age pension
- Living Alone Allowance
- Household Benefit package

- Free travel
- Disability Allowance
- Medical Card application
- Money & Budgeting
- Passport Forms
- Housing and all other queries we can help with
- We also refer clients to MABS, Local Employment Service, Jame's Street, CAP, NALA, SICODA, FAS etc.

Contact: ph: 01 4735178, Email: liberites@citinfo.ie Web: www.citizensinformation.ie

Rialto Citizens Information Service

Offer a free service to everybody. You don't need to make an appointment you call in during our opening hours and talk to one of our information officers.

Services;

- We provide information on a huge range of topics including your rights and entitlements, social welfare, local services, employment rights, housing issues and if we don't have the information you need, we'll help you find someone who does. The service is completely confidential. We will not disclose anything you tell us to any other groups such as Government agencies, social welfare offices or family members. This also means we won't pass your contact details on to anybody else without your permission.

Contact: ph: 01 4539965, Email: rialto@citinfo.ie, Web; www.citizensinformation.ie

Carmelite Citizens Information Service

We offer a free service open to everybody. You don't need to make an appointment you call in during our opening hours and talk to one of our information officers.

Services;

- We provide information on a huge range of topics including your rights and entitlements, social welfare, local services, employment rights, housing issues and if we don't have the information you need, we'll help you find someone who does.
- FLAC (Free Legal Advice Centre) By appointment only contact: 01 4005971
- MABS (Money Advice and Budgeting Service) by appointment only contact: 01 6706555

Contact: ph; 01 4005971, Email: Carmelite@citinfo.ie Web: www.citizensinformation.ie

Housing

Dublin City Council-Homeless Section

General public and people who are homeless or at risk of becoming homeless.

Services;

- Information and advice for anyone with housing problems
- Refers people in need of emergency accommodation to the Homeless Persons Unit
- Provides accommodation to those homeless people who are assessed as being in priority need.

Contact: ph: 01 7036100, Email: info@dcc.ie Web: www.dcc.ie

Sophia Housing

Sophia Housing is a weaving of holistic support for marginalized people to enable them to become aware of their own inner strengths and potential, so that they may participate fully in society.

Services;

- Make housing in all aspects accessible to people on low incomes
- Provide a comfortable, safe environment in which women & men can meet & network with each other.
- Offers compassionate listening, pastoral care & practical guidance to women, men & children
- Provide a safe place for children to play & interact in a supervised setting
- Provide assistance in finding and using resources in the area
- Provide support & encouragement during & after their stay
- To advocate & lobby with & for people
- To help each individual develop a “Life Plan” suited to their own particular needs
- To recognize & understand the educational needs & requirements of people

Contact: ph: 01 4738300, Email: info@sophia.ie www.sophia.ie

Threshold Eastern Region Advice Centre

Threshold was founded in 1978 and is a not for profit organisation whose aim is to secure a right to housing, particularly for households experiencing the problems of poverty and exclusion.

Services;

- We provide free and confidential information, advice and support to people with housing problems. The centre is easy accessible by public transport from the city centre.
- Opening hours of the Eastern Region Advice Centre
- Monday – Friday 9.30am – 5pm
- Evening clinic held every Thursday from 5.30 – 7.30pm

Contact: ph: 01 6786096, Email: advice@threshold.ie Web: www.threshold.ie