



**BLUESTACK
SPECIAL NEEDS
FOUNDATION**



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE
COISTÍ NA SEIRBHÍSTÍ DO LEANAÍ & DO DHADINE ÓGA

Donegal

Dún na nGall

Directory of Disability Services in Co. Donegal


2nd Edition-2019



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

www.bluestackfoundation.com

 @BluestackSpecialNeeds

 @bluestackfound

www.cypsc.ie

 @CYPSCDONEGAL

 @CYPSCDL

Acknowledgements:

The following people have worked tirelessly to pull this resource together. In particular Sophie Seljan who compiled this document and Wendy McCarry who coordinated the work with the endless support of the staff and volunteers of 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 and lastly to each of the contributors.

As promised, the second edition has been enhanced by the inclusion of a range of additional information pieces and the inclusion of new organisations/services. Thus this edition can show an increase in the range quality of supports offered to people living with additional needs and their families. We intend to continue to update this resource electronically on a six monthly basis with the written version reprinted, subject to funding, annually.

This document is 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 or call 0749740828 for information.

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

I would like to recognize and thank my fellow Directors, Staff, Volunteers and Members of the Bluestack Special Needs Foundation for their work, dedication and inspiration for this document.

Siobhan Taylor

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 2nd enhanced Edition is more comprehensive as more organisations have contributed and the content has been updated. 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

Area Manager Tusla

Chairperson Donegal Children and Young People's Services Committee

Children and Young People's Services Committees in Ireland



The Department of Children and Youth Affairs established the Children and Young People's Services Committees in 2007 as a key structure by Government to plan and co-ordinate services for children and young people, aged 0 – 24 years, in every county in Ireland.

CYPSC bring together a diverse group of agencies across the statutory, community and voluntary sectors in local county areas to engage in joint planning of services for children and young people. All major organisations and agencies working locally on behalf of children and young people are represented. These committees work to improve the lives of children, young people and families at local and community level through integrated planning and improved service delivery.

Better Outcomes, Brighter Futures: the National Policy Framework for Children and Young People 2014 – 2020 underscores the necessity of interagency working and tasks Children and Young People's Services Committees with a key role in this regard.

All CYPSCs work towards the five National Outcomes for children and young people in Ireland, which are that children & young people:

- Are active & healthy, with positive physical and mental wellbeing
- Are achieving full potential in all areas of learning and development
- Are safe and protected from harm
- Have economic security and opportunity
- Are connected, respected and contributing to their world.

Donegal Children and Young People's Services Committee

The central purpose of the Donegal Children and Young People's Services Committee (CYPSC) is to provide strategic direction and leadership to ensure effective interagency co-ordination and collaboration to achieve the best outcomes for all children and young people in County Donegal. Donegal CYPSC acts as the structure whereby services can work together in a systematic manner to achieve shared goals and which bridge national policy with local provision. Donegal CYPSC is the key vehicle for interagency working for children and young people in the age range 0-24 year (inclusive), reflecting the different developmental phases and associated needs and challenges of each stage of childhood, youth and extending into early adulthood.

A focus on re-generation of Donegal CYPSC since 2017 has had success and there are over 100 individuals representing 50 local organisations, agencies and Community and Voluntary groups actively participating in Donegal CYPSC. Donegal CYPSC has sought to support overarching initiatives which impact on how services work with children, young people and their families. As a key interagency structure, Donegal CYPSC provided the foundation on which innovative projects like the 'Jigsaw' model of community based youth mental health support have been successfully established in the County. Donegal CYPSC also provided the collaborative interagency approach to advance the rollout of the Local Area Pathways and Meitheal model to support children, young people and their families. Donegal CYPSC representatives were also actively involved in the development of the Local Community Development Committee (LCDC) led, Local Economic and Community Plan (LECP) to ensure that Donegal CYPSC priorities were included.

Consultation with children and young people is fundamental to Donegal CYPSC and an integral part of the development of the Children and Young

People's Plan (CYPP). This is manifested through co-operative work with Donegal Youth Council and additional activities undertaken by Donegal CYPSC and its members for example Youth Surveys and Consultation activities, the Youth Advisory Panels incorporated in Jigsaw Donegal and Donegal Youth Services and Foroige projects.

CYPSC Donegal promotes inclusion for children and young people with a disability and their parents and engages in awareness raising activities across CYPSC. Addressing health inequalities and ensuring that programmes delivered in partnership with CYPSC organisations consider the impact of the programme on the health inequality gap is also a key focus for CYPSC Donegal.



CYPSC Board members celebrating the launch of the Children and Young People's Plan 2018-2020

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 40th 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.” Wendy McCarry, Manager.



Contents

Guide to entitlements for people with disabilities	13
<i>EDUCATIONAL SERVICES</i>	13
Access and Inclusion Model (AIM) in Early Childhood Care and Education (ECCE)	13
Special needs education	13
Special Transport Arrangements	14
Visiting Teachers Service.....	14
Additional Supports in primary school	14
Post-Primary School	15
Disability Access Route to Education (DARE)	15
Educational Supports for Students with Disabilities at third level	16
<i>EMPLOYMENT SUPPORTS FOR PEOPLE WITH DISABILITIES</i>	16
Rehabilitative training	16
Sheltered work.....	16
<i>HEALTH SERVICES</i>	17
Assessment of need for people with disabilities	17
Medical card	17
Community care services.....	17
Home help services	18
Respite care	18
Day centres	18
Occupational therapist.....	19
<i>DISABILITY RELATED PAYMENTS</i>	19
Domiciliary Care Allowance	19
Invalidity pension	19
Disability Allowance	20
Blind Welfare Allowance	20
Carer's Allowance	20
Carer's Benefit	21
Carer's Support Grant (former Respite Care).....	21
EmployAbility Service.....	22
Employment grants and supports	22
<i>HOUSING</i>	22
Housing Adaptation Grant for People with a Disability	22
<i>TRAVEL</i>	23
Free Travel Card	23

Mobility training for people with visual impairments	23
Tax relief for drivers and passengers with disabilities	24
Disabled Person's Parking Card.....	24
Motorised Transport Grant	24
Disabled Drivers and Disabled Passengers	25
Tax relief on new vehicles	25
<i>INCOME TAX CREDITS AND RELIEF</i>	25
Incapacitated Child Tax Credit.....	25
Tax reliefs for people with a visual impairment	26
Dependent Relative Tax Credit.....	26
Home Carer Tax Credit	26
Health Centres in Donegal	27
HSE Services	29
Health Service Executive.....	29
Child and Adolescent Mental Health Service.....	30
Counselling in Primary Care (CIPC)	31
Physical and Sensory Disability	32
Donegal Mental Health and addiction Services.....	32
Donegal Early Intervention Team.....	33
Community Facilitator for Disability 6-18yrs.....	34
HSE West.....	34
Pre-schools and Schools for Children with Special Needs	35
Primary schools in Co. Donegal with special classes	36
Post-Primary Schools in Donegal with special classes.....	37
Sensory /autism friendly shopping	38
Lidl.....	38
SuperValu	39
Little Mamma's Ice cream shop.....	39

Acquired Brain Injury Ireland	41
ADHD Ireland.....	42
Advocates for Personal Potential (APP) Training Service	43
Atlantic Special Olympic Club.....	43
The Ark Counselling and Psychotherapy Service	44
AsIAM Autism Spectrum Information Advice & Meeting Point CLG.....	45
The Autism Family Support Group (North East Donegal)	46
Autism and Aspergers Support Group (South West Donegal).....	46
Aware	47
Bluestack Special Needs Foundation	48

County Donegal Citizens Information Service	49
John Curran - Challenging Behaviour Specialist Donegal/Derry	50
Catriona Doherty Registered Home Tutor	50
Cairde Le Cheile	51
Disability Federation of Ireland (DFI)	52
Donegal Carers Association CLG	52
Donegal Centre for Independent Living.....	53
Donegal County Childcare Committee.....	54
Donegal Down Syndrome Association.....	55
Donegal Education and Training Board (Donegal ETB).....	56
Donegal Family Resource Centre CLG	57
Donegal Fibromyalgia Support Group.....	58
Donegal Travellers Project	58
Donegal Women's Domestic Violence Service	59
Donegal Youth Service	60
Dooish National School	61
Employment Response North West.....	62
ENDpae.....	63
Epilepsy Ireland.....	64
Family Carers Ireland.....	65
Finn Valley Family Resource Centre CLG	67
The Forge Family Resource Centre.....	66
Foróige.....	68
Grow In Ireland (North West Region)	69
i.C.A.R.E. Inishowen Children's Autism Related Education	70
Inclusion Ireland	71
Inishowen Development Partnership.....	72
Inishowen Family Action Network	73
Irish Wheelchair Association.....	74
The Jack and Jill Children's Foundation	75
Jigsaw Donegal	76
Letterkenny Youth & Family Service (LYFS)	77
Lifestart Services CLG	78
The McGuire Programme	79
Mevagh Family Resource Centre, Downings.....	79
Mindful Children	80
National Educational Psychological Service (NEPS)	81
NCBI	82
National Learning Network.....	83
North West Special Olympics Club.....	84

ParentStop CLG84

Pastoral Centre Letterkenny86

Serenity House87

Shauna Conaghan Counselling & Equine Therapy88

Special Education & Care89

Spina Bifida & Hydrocephalus Ireland SBHI91

‘Something Special’ Support Group90

Spraoi agus Sport Family Centre Limited92

Springboard Family Support Project93

Tír Boghaine Family & Community Support Service94

Deirdre Ward-UNLOCK Play Therapy95

Tusla Child and Family Agency95



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:

Through the 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.

Alternatively, you can download a medical card application form 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

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.

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

Day centres

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.

How to apply:

Access to day centres is by referral and the eligibility conditions vary from area to area with means tests applying in some cases.

Occupational therapist

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.

How to apply:

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.

DISABILITY RELATED PAYMENTS

Domiciliary Care Allowance

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.

How to apply:

To apply, fill in a Domiciliary Care Allowance form (www.welfare.ie). 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.

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 (pdf). 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’s ‘Working with a disability’ section. For Donegal please see Page 61, under **Employment Response North West**

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 and, as a result, earn a 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. This application form is also available from the Central Repayments Office.

Tax relief on new vehicles

Whether you are a driver or a passenger with disabilities, you can claim tax relief on

- a new vehicle
- a used vehicle that has not been previously registered in the state.

How to apply:

To apply, download and complete Form DD1 from www.revenue.ie. This application form is also available from the Central Repayments Office.

INCOME TAX CREDITS AND RELIEF

Incapacitated Child Tax Credit

Parents/guardians of a permanently incapacitated child may be able to claim the Incapacitated Child Tax Credit. For details please see www.revenue.ie. Complete forms ICC1/ICC2 and have certified by child's doctor. You can claim online via Revenue's myAccount service.

Tax reliefs for people with a visual impairment

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.

Dependent Relative Tax Credit

A tax credit that parents/guardians and people caring for dependent relatives may qualify for. For details please see www.revenue.ie

Home Carer Tax Credit

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.



Health Centres in Donegal

Areas	Contact number	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, Convoiy,
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 9861521	Pettigo Health Centre, Main Street, Pettigo,
Quigley's Point	074 9383289	Quigley's Point Health Centre, Inishowen,
Ramelton	074 9151468	Ramelton Health Centre, Ramelton,





Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

HSE Services



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: www.hse.ie

Telephone: 0749104691

Email: jacintat.lyons@hse.ie



Fidhmeannacht 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 - 1st Floor, Park House, Rossan College Complex, Ballyrairie,

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

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 important information:

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



Physical and Sensory Disability

The aim of the organisation is to provide support for children with Physical & Sensory disability via Children's Keyworker post.

Services provided:

The Children's Keyworker provides support to children with Physical & 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.

How to refer into the organisation?: Referrals to: Physical & Sensory Disability Service Manager, Anita Gallagher, Unit 2 Pearse Rd, Letterkenny

Opening Hours: 9am-5pm

Telephone: Anita Gallagher: 0749177007

Email: PTS.DGL@hse.ie

Donegal Mental Health and addiction Services

The aim of the organisation is to provide a comprehensive Tier 3 treatment service to people affected by substance misuse and their families.

Services provided:

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.

How to refer into the organisation? By GP or Consultant Psychiatrist

Opening Hours: 9am-5pm

Telephone: 074 91 28769



Our Mission Statement

The Early Intervention Team (EIT) aims 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.

The Team

Donegal Early Intervention Team consists of a Community Facilitator, an Occupational Therapist, a Physiotherapist, a Speech and Language Therapist, a Psychologist, a Social Worker, a Social Care worker, Administrative support 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.

What we do

We are interdisciplinary teams of therapy professionals within the wider community services. We provide 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. By working with you in partnership, we aim to help your child develop to the best of their ability.

Who can be referred to the Donegal Early Intervention Team?

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. Occupational Therapist, a Physiotherapist, a Clinical Psychologist, a Speech and Language Therapist) . Any health professional can refer a child to Early Intervention Services. All referrals ***must have*** parent / guardian consent.

Referral forms are available by contacting any of the Early Intervention Teams in your area:

EIT Letterkenny & East Donegal

Tel: 0749197127

Address: Level 1 Scally's Place, Justice Walsh Road, Letterkenny Co. Donegal.

EIT South Donegal

Tel: 0749722997

Address: Cruagorm House, Water Street, Donegal Town, Co. Donegal

EIT Northwest

Tel: 074 9521011

Address: Public Services Building, Dungloe, Co. Donegal

EIT Inishowen

Tel: 0749361044

Health Centre, Buncrana, Co Donegal

Manager: Alvin Doherty, Donegal Early Intervention Services. Level 1 Scally's Place, Justice Walsh Road, Letterkenny Co. Donegal. Tel: 0749197127

Opening Hours: Monday to Friday 9am-5pm *Website:* www.hse.ie



Community Facilitator for Disability 6-18yrs HSE West

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. The service is home based and aims to assist and support parents/carers with the developmental needs of their child.

Services offered:

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.

How to refer into the organisation?

Referrals can come directly from parents by calling the contact number below. All health or educational professionals can also refer with parental consent.

Opening Hours: Tuesday –Thursdays 9.30-5.30pm

Address: Cashel Na Cor, Buncrana, (Wednesday& Thursday) and
Castlefinn Health Centre (Tuesdays)

Telephone: 074 93 63326 *Mobile:* 086 4122618

Email: ruth.vance@hse.ie

Pre-schools and Schools for Children with Special Needs

Information can be found on the Citizens Information Service website, www.citizensinformation.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, 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, 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.



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:

- Severe/Profound Learning Disabilities
- Moderate General Learning Disabilities
- ASD Early Intervention
- Specific Speech & Language Difficulties

Little Angels Special School Knocknamona, Letterkenny, Co. Donegal,
Phone no.: 074 9122456,
littleangelschool@eircom.net

St Bernadette's Special School College Farm Road, Letterkenny, Co. Donegal,
Phone no.: 074 9122512
berna.ias@eircom.net



Primary schools in Co. Donegal with special classes

S N Neill Mor, Killybegs, 074 9731794

S N An Droim Mor, Killygordon, 074 9149455

St Patrick's NS, Lurgybrack, Letterkenny, 074 9125455

S N An Bhreacaigh, Ard a Ratha (Ardara), 074 9541279

Woodlands NS, Letterkenny, 074 9124498

S N Chonaill, Bunbeg, 074 9532535

Dooish NS, Ballybofey, 074 9131471

St Baithin's NS, St Johnston, 074 9148327

Scoil Aodh Rua & Nuala, Donegal town, 074 9722661

Scoil Iosagain, Buncrana, 074 9362450

Letterkenny Educate Together, Letterkenny, 074 9103794

Scoil Chroine, An Cloghan Liath, 074 9521316





Post-Primary Schools in Donegal with special classes

Scoil Mhuire, Buncrana, 074 9361065

St Eunan's College, Letterkenny, 074 9121143

Loreto Convent, Letterkenny, 074 9121850

Crana College, Buncrana, 074 9361113

Colaiste na Carraige, Carrick, 074 9739071

Abbey Vocational School, Donegal Town, 074 9721105

Errigal College, Letterkenny, 074 9121047

Mulroy College, Milford, 074 9153346

Deele College, Raphoe, 074 9145493

Finn Valley College, Stranorlar, 074 9131684

St Catherine's Vocational School, Killybegs, 074 9131491

Moville Community College, Moville, 074 9385988

Rosses Community School, Dungloe, 074 9121122

Pobalscoil Ghaoth Dobhair, Doiri Beaga, 074 9531311

Colaiste Cholmcille, Ballyshannon, 074 9858288



Sensory /autism friendly shopping



Lidl

Autism Aware Quiet Evenings on every Tuesday between 6-8pm. As part of these Evenings we are offering customers a calmer shopping environment and the security of knowing that additional assistance is available if necessary. Sensory Map and Shopping list also available.

- No in-store announcements, reduced lighting, no music
- Priority queuing for customers dealing with autism as well as extra assistance upon request
- Till scan sounds lowered
- Autism assistance dogs welcome

Stores in Co. Donegal:

Dungloe	Carnamore Road, Dungloe
Milford	Forquar, Milford
Ballybofey	Donegal Road, Ballybofey
Letterkenny	Port Road, Letterkenny
Letterkenny	Pearse Road, Letterkenny
Bundoran	Station Road, Bundoran
Letterkenny	Pearse Road, Letterkenny
Donegal	Letterkenny Roundabout, Donegal Town
Buncrana	Ardaravan Square, Buncrana



Little Mamma's Ice cream shop

We provide a Quiet Hour on **Wednesday evenings from 5-6pm**. During this hour we offer a special welcome to all adults/children with additional needs. All family members and carers are also welcome. We look forward to seeing you.

- * Free tea/Americano for parents/carers
- * no music / tv
- * relaxed seated area upstairs

Address: The diamond, Donegal, Donegal, Ireland

Phone: 074 972 3859

Opening Hours: 10:00 - 19:00 all week

SuperValu
Real Food, Real People

SuperValu

At SuperValu our ambition is to build more inclusive communities across Ireland. Our work with AsIAm and Middletown Centre for Autism has opened our eyes to what we can do to ensure we use our unique position in the heart of Irish towns to make positive changes across the entire community.

Services we provide:

- Silent hour/Autism friendly hour

The shops providing dimmed lights, cut the music, and turn off any loudspeaker announcements during autism-friendly shopping times.

- The ALF trolley

(autism life-skill friend) trolley was designed by Tony and Teresa O'Donovan from Togher. The aim of the trolley is to help make shopping as stress-free as possible for autistic children and their parents.

The PEC sheet is a laminated A4 sheet that comes with your trolley, the PEC's are images of various groceries that have a Velcro backing so the items can be attached to the A4 sheet. Once all PEC's are off, the shopping is completed and gives a sense of achievement for the customer living with autism.

Ballybofey - Kavanagh's, Navenny Shopping Centre, Ballybofey, Co Donegal
Every Tuesday 19:00-21:00, ALF trolley available
Tel: 074 9132690

Buncrana - Kavanagh's, Cockhill Road, Buncrana, Co Donegal
Every Tuesday 18:00-20:00, ALF trolley available
Tel: 074 9361719

Bundoran - Cosgrove's, Market Street Shopping Centre, Bundoran,
Every Tuesday 19:00-21:00, ALF trolley available
Tel: 071 9833584

Canny & Doherty SV Carndonagh's, Main Street, Carndonagh, Co Don.
Every Tuesday 18:00-20:00, ALF trolley available
Tel: 074 9329318

Dungloe - Kavanagh, Dungloe, Co Donegal
Every Tuesday 19:00-21:00
Tel: 074 9521006

Donegal - Kavanagh, Donegal Shopping Centre, Donegal Town, Co Do.
Every Tuesday 19:00-21:00
Tel: 074 9722977

Killybegs SV - Rooney's Donegal Road, Killybegs, Co Donegal
Every Tuesday 19:00-20:00, ALF trolley available
Tel: 074 9732380





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 and 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, by a clinician or self/family member. Referral forms can be found on the ABII website or by contacting the Donegal Local Services Manager/ Head office Dunlaoghaire.

Opening Hours: 9.00 am – 5.00pm (Monday-Friday)

Address: Acquired Brain Injury Ireland Head Office 64 Mulgrave Street,
Dunlaoghaire,

Donegal service: Loughnagin, Ramelton Road, Letterkenny.

Website: www.abiireland.ie

Telephone: Donegal office (074)9176902

Head office Dublin- (01) 2804164

Facebook: Acquired Brain Injury Ireland

Email: amcmonagle@abiireland.ie



Aims of organisation:

Our Mission is to make life better for people affected by ADHD

Services provided: We offer phone support for those who cannot attend support groups or there are no support groups in the area

How to refer into the organisation?

Phone or email the office

Address: ADHD Ireland, Carmichael Centre,
North Brunswick Street, Dublin 7

Opening Hours: Mon-Friday 9am to 5pm

Website: www.adhdireland.ie

Telephone: 01 8748349

Facebook: ADHD Ireland

Email: info@adhdireland.ie

Twitter: @adhdireland





Advocates for Personal Potential (APP) Training Service

APP Training Service was designed to assist individuals in achieving, maintaining and maximising their potential in accordance with the principals of person centeredness.

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.

How to refer into the organisation?

All referrals into our service are made through the HSE's Adult Day Service Support Guidance & Development Unit, Community Inclusion Hub, Kilmacrennan Road, Letterkenny, Co. Donegal. They can be contacted at 074 9127309.

Opening Hours Monday to Friday (9-5pm)

Website: www.appts.ie

Telephone: Letterkenny Office - 074 9113661

Email: info@appts.ie



**Special Olympics
Atlantic Killybegs**

Atlantic Special Olympic Club

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.

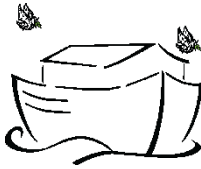
Address: St. Catherine's Voc. School GYM, Killybegs

How to refer into the organisation? Contact Yvonne Carbery on 087 9115160

Opening Hours: Every 3rd Saturday from 11:00 – 12:30

Telephone: 087 9115160

Facebook: '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.

Address: The Ark Counselling Service, Rathmore, Ballyshannon, Co. Donegal.

Opening Hours: By appointment.

Website: www.thearkcounselling.ie

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

Email: jacquelinecounselling@yahoo.ie, johncounselling@yahoo.ie





AsIAM Autism Spectrum Information Advice & Meeting Point CLG

We aim to bring about a more inclusive Ireland for those living with Autism. We seek to engage with a broad range of stakeholders, from across society to grow knowledge and understanding of Autism and enable individuals, groups, organisations and services to become more Autism-Friendly.

Services we offer: - Autism Friendly Towns

- School & Community Talks
- Community Support Events
- Early Years Training
- Youth Leadership Team

How to refer into the organisation?

We can be contacted through our website. www.asiam.ie

Address: AsIAM Headquarters, Rock House, Main Street, Blackrock, Co. Dublin, A94 V9P1

Opening Hours: 09:00-17:00 Monday to Friday

Website: www.asiam.ie

Facebook, Twitter, Instagram: @AsIAMireland

Email: info@asiam.ie





The Autism Family Support Group (North East Donegal)

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

Email: autismletterkenny@gmail.com



Autism and Aspergers Support Group, South West Donegal

We are a self-organised, informal Family and Parent Support group. We provide homework support, organising days out, information evenings. Etc. We meet every 2nd Monday each month in lobby of Millpark Hotel Donegal Town, no need to book, just show up and join the chat with other parents.

How to refer into the organisation?

We operate a What's App group for the parents, to join please ring Aziliz or Valerie.

Telephone: Aziliz: 0876399610, Valerie: 0876108066

Facebook: AutismSWDonegal

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, 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

Aware also holds a monthly lecture series on topics relating to mental health. These can be watched back at 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

Telephone: Support Line 1800 80 48 48

Facebook: @awareireland

Email: Support Mail supportmail@aware.ie

Office info@aware.ie

Twitter: @aware





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.
- Low cost counselling
- Behaviour Therapy
- Play Therapy
- Outreach Respite service
- Information on disability relevant issues, 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, Bluestack Foundation Choir, Summer Camp, Trips, Saturday Club, After- School club, Living lessons etc.

How to refer into the organisation?

We work on a self-referral basis. Call in to our office, and register with us (free of charge), or contact us by the phone, email, webpage or Facebook.

Opening Hours: Monday –Thursday 9:30am–5pm, Friday 9:30–4pm

Address: Bluestack House, The Glebe, Donegal Town, Co. Donegal,

Website: www.bluestackfoundation.com

Telephone: 074 9740828

Facebook: @BluestackSpecialNeeds

Email: info@bluestackfoundation.com

Twitter: @bluestackfound

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
- Citizens Information National phone number 0761 07 4000 is available from Monday to Friday 9 a.m. to 8 p.m.)

Citizens Information Centres (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
Opening Hours Monday to Friday 9.00 a.m. to 4.30 p.m.

(Ballyshannon & Buncrana open part time, Tuesdays & Thursdays)

Website: www.citizensinformation.ie

Telephone: 0761 07 5400

Email: donegalcis@citinfo.ie



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). PBS 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.

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

Catriona Doherty Registered Home Tutor

Catriona Doherty provides one to one tuition to preschool children (2 and a half years-6 years of age) in their home or at their preschool. This service is funded by the Department of Education and Skills for Children on the ASD spectrum however her services are available on a private base for any children with special needs of disabilities as well.

How to refer into the organisation?

Referrals can come directly from the parents, by contacting her on the phone or by email.

Telephone: 0872379390

Email: catriona-doherty@hotmail.com



Cairde Le Cheile

Cairde le Cheile is a Social Enterprise situated in the old church within the grounds of St Conal's Hospital and the Letterkenny Town Park.

Our Mission Statement is:

“Friends together supporting people with disability.”

Our remit is to provide sporting, social and employment opportunities, for people with disability, as well as young people and senior citizens in County Donegal.

The facilities at our premises in St Conal's includes:

- Restaurant - The Poppyseed Bakery & Café which is open to the public. This restaurant is run separately from Cairde le Cheile
- Sports hall
- Meeting Room/Boardroom
- Function/general purpose room
- Social Areas including, small staff kitchen, office and bathrooms.
- Fern Coffee Shop in St.Conal's
- Outreach Shop

We have a working partnership with North West Special Olympics whose base camp is located in our complex. We also organise an annual Summer Camp for young people with disabilities and we are continuing to develop and grow our services.

Address: The Vestry, St.Conal's Campus,
Kilmacrennan Road, Letterkenny

Phone: 0749120123

Website: www.cairdelecheile.com

Facebook: CairdeleCheileLK/

Email: stconalschurch@gmail.com





Disability Federation of Ireland (DFI)

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.

Website <https://www.disability-federation.ie/>

Telephone 0863811261

Facebook <https://www.facebook.com/DFIIreland>

Email info@disability-federation.ie

Twitter: <https://twitter.com/DisabilityFed>



Donegal Carers Association CLG

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.

Services provided: Support group meetings, outings and sometimes training.

How to refer into the organisation?

Contact Ann S. 087 662 8826 or Mary S. 086.8450164

Email: rosbangarden@gmail.com



Donegal Centre for Independent Living

DCIL's mission is to support and empower people with disabilities in Donegal to achieve independent living and to actively participate in society by have choice and control over their own lives.

DCIL provide the following services:

- Personal Assistant Service
- Direct Payment Personal Assistant Service
- Educational Support Worker Service
- Accessible transport service to those in receipt of PA services
- Disability Awareness School Programme to student across Donegal

How to refer into the organisation?

DCIL accept referrals from the HSE (often made by relevant Key Workers) to provide PA Service for Individuals, or self-referrals from individuals in receipt of a Direct Payment etc.

Opening Hours 9am – 5pm

Website: www.donegalcil.com

Telephone: 074 9128945

Facebook: Donegal Centre for Independent Living

Email: dcil@donegalcil.com



Donegal County Childcare Committee

We provide a service for parents of all preschool children regardless of their ability.

Some of the services we provide are:

- Informing parents of the childcare options available to them.
- Informing parents about the funding programmes available to support them with their childcare costs. 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)
- Providing information in relation to Parent and Toddler Groups.
- Providing parents with advice on childcare specific issues / problems.
- Supporting childcare services to provide quality, affordable childcare in Donegal.

How to refer into the organisation?

There is no referral process. You can contact DCCC either by email or the phone.

Opening Hours: 10:00am-16:00pm, Monday to Friday

Website: www.donegalchildcare.com

Telephone: 074 91 23442

Facebook: Donegal County Childcare Committee

Email: info@donegalchildcare.com

Twitter: donegalchildcare





Donegal Down Syndrome Association

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

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

- Parent & Toddler Group - Every Tues from 11am to 12:30pm
- Ability Counts Program: every Sat from 10am to 12:00 and 1pm to 3pm.

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

Gina 0858428694

Katie 0868467509

Maureen 0868348975

Sheila 0872072795

Yvonne 0879315948

Address: 4 Garda Houses, High Rd, Ballyboe Glencar, Letterkenny, Co.
Donegal F92 TX3X

Opening Hours 11am to 2pm Mon to Fri.

Telephone: 0749103527, 0858428694

Facebook: Donegal Down Syndrome

Email:

donegaldownsyndrome@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: @DonegalETB

Email: info@donegaletb.ie

Twitter: @DonegalETB

YouTube: Donegal ETB

Instagram: donegaletb

LinkedIn: [linkedin.com/company/donegaletb](https://www.linkedin.com/company/donegaletb)

Donegal ETB Adult Guidance and Information Service Tel. 074 9178088



Donegal Family Resource Centre CLG

Our Aim is:

To Enhance the Quality of Family Life in the Community.

Providing Community based Family Supports & Services:

- Child & Adult Counselling Service
- Listening Ear Service (student counsellor)
- Social Prescribing – Caroline Barrett, 0873652577
- Social Groups – 55+ Social Club, Knitting, Women's, Menshed, Bereavement, Writers.
- Adult Education Courses – Arts & Crafts, Photography, Personal Development, Yoga, Health & Wellbeing, Parents Plus Programmes
- HSE - Asist & Safetalk Training
- Weekly Mindfulness Sessions - Mondays 7.30pm
- Older Person Supports – Alone, Good Morning and Befriending Service, Senior Alerts (Personal Alarms)
- Administration Services available: form filling support, typing, photocopying, printing, internet access, etc.
- Meeting rooms and large community room.

How to refer into the organisation?

Self-referral (call in person or phone). Contact the office regarding any of the above services for more information and relevant fees.

Centre Manager – Kathleen McHugh

Address: Upper Main Street, Donegal Town,

Opening Hours Mon -Thurs 9am – 5pm, Fri – 9am – 1pm

Website: www.donegalfrc.com

Telephone: 074 9725337

Facebook: DFRCdonegal

Email: donegalfamilyresource@eircom.net

Donegal Fibromyalgia Support Group

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. Meetings are held once a month in Stranorlar – Milbrae Health Centre.

How to refer into the organisation?

Self-referral/ health care professional referral

Website: www.fibroireland.com

Facebook: Donegal Fibromates

Telephone: 089 4156802,

Email: fibromates@outlook.com



Donegal Travellers Project

The overall aim of this project is 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 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.

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.

How to refer into the organisation?

Self-referral or referrals from other organisations can be made through landline or email below.

Address: 73 Port Rd, Gortlee, Letterkenny, Co. Donegal, F92 RK29

Opening Hours: Mon –Thurs (9:30am-5:30pm) Fri (9:30am-3:30pm)

Website: <http://donegaltravellersproject.ie/>

Telephone: 0749129281/0861453429

Facebook: www.facebook.com/donegaltravellersproject/

Email: travcom@eircom.net/ annfriedtp@gmail.com



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

How to refer into the organisation?

Our helpline is the easiest way 1800 262677 Freephone (or main line 074 91 26267), or you can email us or message on Facebook

Email: ddvsrefuge@gmail.com.

Telephone: 1800 262677

Opening Hours: 24hr service

Facebook: @DonegalDVS

Website: www.donegaldomesticviolenceservice.ie

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. Young Carers Groups are running in Buncrana, Letterkenny and Donegal Town. For more information please see www.youngcarers.ie for more information (Find relevant info on pg.65)

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

Address: 16-18 Port Road, Letterkenny

Website: www.donegalyouthservice.ie

Telephone: 071 9129630

Facebook: DonegalYouthService

Email: admin@donegalyouthservice.ie

Twitter: DonegalYouthSvc



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.

How to refer into the organisation?

Contact Dooish N.S. on 0749131471 or dooish@hotmail.com for an enrolment application form. See our enrolment policy on www.dooishns.scoilnet.ie/blog.

NCSE enrolment requirements are also needed for enrolment.

Further information on school activities is available on our website or ‘You Tube’.

Opening Hours: 9:20 a.m. – 3:00 p.m.

Website: www.dooishns.scoilnet.ie/blog

Telephone: 0749131471

Email: dooish@hotmail.com

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

Opening Hours: Monday to Thursday 9 to 5, and Friday 9 to 4.

Website: employmentresponse.ie

Telephone: 074 9129779

Facebook:

Employment Response NorthWest

Email:

info@employmentresponse.ie

Address: Employment Response
North West,

1B Grand Central, Canal Road,
Letterkenny, Co Donegal.





ENDpae (Eire Neuro developmental Disorder Prenatal Alcohol Exposure)

We offer a no blame, no shame, no stigma support group for those affected by Neurodevelopmental Disorder- PreNatal Alcohol Exposure (also known as Fetal Alcohol Spectrum Disorder-FASD).

We are birth parents, foster carers, adopters, extended family and young adults affected by FASD.

Services provided:

We meet both in-person (Donegal) and online using Zoom app allowing members across the whole island of Ireland to connect. We ask questions, share experience, organise children's social gatherings. Lobby for awareness, diagnostic pathway and support.

How to refer into the organisation?

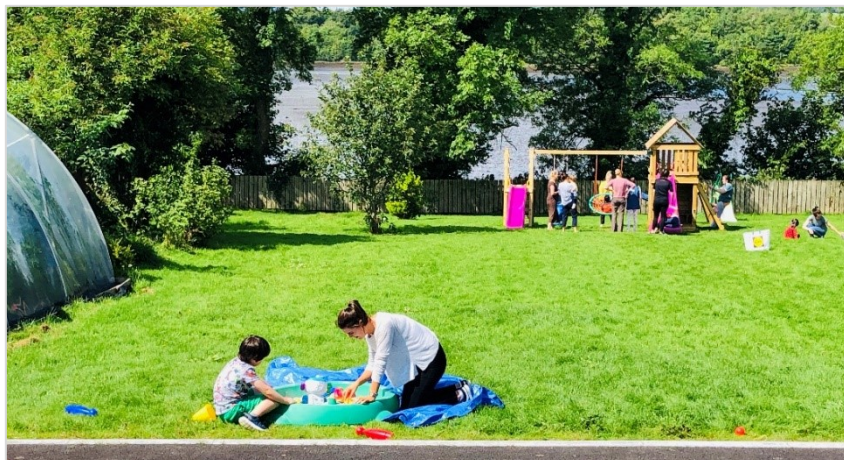
Self –refer via our ENDpae Facebook (closed group) or email us at info@endpae.ie or contact us via www.endpae.ie.

Website: www.endpae.ie

Telephone: 083 0498722

Facebook, Twitter: ENDpae

Email: info@endpae.ie





Epilepsy Ireland

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.

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.

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, 2nd Floor
Grand Central Complex, Canal Road, Letterkenny, Co. Donegal.

Opening Hours: Monday: 9am to 3.30pm, Tuesday: 9am to 5pm., Wednesday: 9am to 3.30pm, Thursday: 9am to 1pm.

Please call to make an appointment as we do not run a walk in service.

Website: www.epilepsy.ie

Telephone: (Donegal office)

0749168725, 0858689433

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

Email: amooney@epilepsy.ie

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





Family Carers Ireland

Family Carers Ireland is a registered charity supports to family carers and giving one national voice to represent fairness for carers. Family Carers Ireland provides a variety of supports and services to family carers. These include training for carers; home care services; information on carers' Rights and Entitlements; free legal advice; and both one-to-one counselling and personal advocacy services.

Family Carers Ireland also maintains a nationwide network of Carer Groups, and is committed to raising awareness of and to supporting the role of young carers around the country. We also operate a confidential **Freephone Careline**, which offers advice and support to family carers. For further information on any of our services, or for times and venues of our Carer Group meetings, you can contact your local centre.

- As a **Family Carer** for €20 per year you can become a member, gain access to discounted deals and offers and also avail of our FCI emergency assistance card, where in the event that you become ill or are involved in an accident the card will make it clear that someone is dependent on you and outline who should be contacted to ensure your loved-one is taken care of.
- As a **Former Carer, Care Worker or Other** for €20 per year you can become a member, Receive the Family Carers Ireland membership card and gain access to exclusive deals (see list on our website).
- If you are a **Young Carer** (Under the age of 18) you can become a member of Family Carers Ireland at no charge. Please find out more information in relation to Young Carers – www.youngcarers.ie
- And so much more...

How to refer into the organisation?: Becoming a member to avail all the services (Carer Groups, Counselling, Freephone Care-line, Dementia Support, Training, Legal advice, Carers support and so on...) just register on our website.

Careline 1800 240724

Address:

National Office Tullamore, Family Carers Ireland, Market Square
Tullamore, Co. Offaly, R35 PW50,
Tel.: 057 9322920
Email: reception@familycarers.ie

Sligo/Leitrim, Family Carers Ireland, 53 St Brigid's Place, Sligo, F91
YY59,
Tel: 071-9143123/0861726664, Fax: 071 9143135,
Email: smccaffrey@familycarers.ie

Website: www.familycarers.ie

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

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

The Forge Family Resource Centre



"The aim of The Forge Family Resource Centre is to be a hub for the community, supporting people in all aspects of their lives. Our focus is on family support and community development, promoting the mental and physical wellbeing of children and their families through a variety of services, groups and programmes.

How to refer into the organisation? Self-referral, GP or other professional, teachers, family members.

Address: Main St, Pettigo, Co. Donegal
Opening Hours: 9.30-5pm Monday – Friday
Website: www.theforgefrc.com
Telephone: 0719861924
Facebook: The Forge FRC
Email: theforgefrc@gmail.com





Finn Valley Family Resource Centre CLG

Finn valley Family Resource Centre is a community based Charity that is committed to providing families and individuals with a range of activities that will support and nurture family life. Our service operates within the Finn Valley area

Services provided:

- In Home Family Support
- Household Planning Programme
- Parents Plus both in a 1:1 and Group Setting
- Signposting Service
- Family Support Drop Inn
- Intercultural Group
- Meitheal
- Child and adolescent Counselling
- Personal Development Programmes
- Breast Feeding Support
- Ante Natal Classes
- Alone Befriending Service
- HSE Quality of Life Programme
- SMART Recovery Programme

Project Coordinator: Corina Catterson Flynn

Project Administrator: Theresa Quinn

Family Support Development Worker: Sally Mooney

How to refer into the organisation?

Drop Inn, Self or Agency referrals are accepted

Address: Ceol Na Coille, Drumboe Ave, Stranorlar, Co. Donegal, F93 ET28

Opening Hours: Monday to Thursday 08:30 – 5:30pm, Friday: 08:45 – 1:00pm

Telephone: 074 - 9131245

Facebook: @finnvalleyfrc

Email: admin@finnvalleyfrc.ie



Foróige

Foróige aims to enable and encourage young people age 10 to 18 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 to the organisation or get involved?

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.

Address: 6 Tirconaill St, Milltown, Donegal,

Website: 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: infodonegal@foroige.ie *Twitter:* @foroige





Grow In Ireland (North West Region)

Grow's mission is to nurture mental health, personal growth, prevention and full recovery from all kinds of mental illness.

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.

Services provided:

- Deliver, support and maintain GROW's Program of "Recovery" (weekly group meetings)
- Group Organisers and Recorders training.
- Run residential Respite Weekends to assist those needing respite, - in particular family members, carers and those suffering with mental-illness.
- Providing training internally and externally in the promotion of better Mental Health and personal development, for GROW members
- Community outreach projects and publicity aimed at overcoming the stigma of Mental-illness, and offering information and prevention of mental-illness.
- Develop relationships and partnerships with others working in Community and Mental Health.

How to refer into the organisation?

To join Grow you do not need any introduction or referrals. Our meetings are free, open to all, anonymous and confidential.

If you require any further information please contact our Info Line on 1890 474 474 or login into www.grow.ie to find a support group near you.

Address: Centre for Independent Living CLG, Ballymacool House,
Ballymacool Letterkenny, Co. Donegal

Website: www.grow.ie

Telephone: 1890 474 474

Facebook: www.facebook.com/GROWIreland

Email: info@grow.ie



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

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.

Address: i.C.A.R.E. Day Respite & Activity Centre, Looking Glass Brae
Ballymacarry, Buncrana, Co. Donegal, F93 XY61

Opening Hours: Mon - Sat 10-2pm, Sun 3-5pm

Website: www.icare.ie

Telephone: 074 9362226 Mobile 0861081200

Facebook: iCARE

Email: 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.

How to refer into the organisation?

No referral necessary

Address

Regional office: Inclusion Ireland, The Model, Sligo

Main office: Inclusion Ireland, Unit C2, The Steelworks, Foley Street,
Dublin 1

Opening Hours 9am – 5pm Mon – Fri

Website www.inclusionireland.ie

Telephone: 01-8559891

Facebook: Inclusion Ireland *Twitter:* @InclusionIre

Email info@inclusionireland.ie





Inishowen Development Partnership

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 or social media accounts

Opening Hours: 9-5 Monday to Friday

Website: www.inishowen.ie

Telephone: 0749362218

Email: enquiries@inishowen.ie

Facebook:

Inishowendevlopmentpartnership

Twitter:

#inishowendevlopmentpartnership





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.

How to refer into the organisation?

Direct contact through IDP on 074 9362218 or through our webpage or social media accounts

Opening Hours IDP's opening hours are 9-5 Monday to Friday

The network meets approximately every six weeks.

Website: www.inishowen.ie

Telephone: 0749362218

Facebook: Inishowendevlopment partnership

Email: enquiries@inishowen.ie

Twitter: #inishowendevlopmentpartnership

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

Telephone: 074-9177448/087-7448184

Facebook:

@irishwheelchairassociation

Email: Mary.mcgrenra@iwa.ie

Twitter: @IrishWheelchair





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 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, phone: 0876612255

Opening Hours: 9.00am to 5pm

Website: www.jackandjill.ie

Telephone: 045894538

Facebook: @jackandjillfoundation

Email: info@jackandjill.ie

Twitter : @jackandjill1997

LinkedIn: jackandjill/jackandjillevents

Instagram: jackandjillcharityboutiques



Jigsaw Donegal

Jigsaw Donegal is a free and confidential one-to one service for young people aged between 15 and 25 in Donegal. We support young people who experience mild-moderate mental health difficulties. We offer up to 8 sessions with one of our Jigsaw Clinicians. During the intervention a Jigsaw Clinician will support you to reflect on the challenges which may be faced by the young person but also explore their strengths. A young person set goals during their intervention based on what they would like to change to support good mental health. Depending on the young person we may support the young person to access other services which may be of help to them e.g. youth services, other mental health services. If you would like further information on what to expect please give us a call.

Jigsaw Donegal also offers training and support to communities to understand and support youth mental health through education, training and partnership working. Please contact the service for further information.

How to refer into the organisation?

You can phone, email or call into the service and a member of the team will offer you an appointment to see one of our team. We take referrals from young people, parents (for YP under 18), GPs, Schools, Youth services and other.

Address: Pearse Road, Letterkenny, Co. Donegal, F92 W654.

Opening Hours in Letterkenny

Mon/Tues/Wed.: 9am-5:30pm,

Thur.:9am-8pm (closed for lunch from 1-2pm)

Friday: 9am-1pm.

Website: www.jigsaw.ie/jigsaw_donegal/

Telephone: 074 9726920

Facebook: JigsawDonegal

Email: donegal@jigsaw.ie

Twitter: 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



Lifestart Services CLG

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 two. The programme is also adapted to offer a unique model of family support to families experiencing difficulty or with complex needs up until their child reaches 5 years of age if required..

Lifestart Services deliver support to many families of children with additional physical, sensory, intellectual or mental health needs. 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”.

How to refer into the organisation?

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.

Opening Hours: 9:00 to 17:00 Monday to Thursday, 9:00 to 13:30 Friday

Website: www.lifestartfoundation.org

Telephone: +353 (0)74 9156644

Facebook: @lifestartservicesclg

Email: marylsl@lifestartfoundation.org





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. 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 *Telephone:* 074 91 25781 / 086 342 9602

Facebook: McGuire Programme

Email: joe@mcguireprogramme.com



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. The group is parent led, with parents from similar situations who can offer support, advice and signposting to other agencies/organisations in a confidential environment. There is the opportunity to participate in training to increase awareness as well as take part in therapeutic support.

How to refer into the organisation? It is self-referral, everyone is welcome. If you require additional information you can contact the Centre on the phone.

Opening Hours: Monday to Thursday 9am to 5pm, Friday 9am to 4pm.

Website: www.mevaghfrc.org *Telephone:* 0749155055

Facebook: Mevagh Frc *Email:* info@mevaghfrc.com

Twitter: @Mevagh_FRC



Mindful Children

Our aim is to teach Mindfulness to children and promote positive mental health in fun and creative ways.

Mindfulness for children is suitable for children aged 4 to early teens and classes can be adapted to suit children/teens with additional needs. For children with additional needs, we invite parents to join the classes so they can continue to use the skills they have learnt in the home environment.

Our classes introduce children to mindfulness through breathing techniques, meditation, stories, arts and crafts and discussion. Children will learn how to understand and manage feelings, develop self-confidence and calm and relax. We offer day time and evening classes.

How to refer into the organisation?

Referrals can be made by contacting Julie Voss by telephone, by email or through our Facebook page

Phone: 087 2860657

Facebook: @MindfulChildren

Email:

mindfulchildrendonegal@gmail.com





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

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.

Opening Hours: 9.00am - 5.00pm

Website: www.neps.ie

Telephone: 0761 108878

Email: sandra_callaghan@education.gov.ie



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.

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

How to refer into the organisation? Online at www.ncbi.ie

In person at 1 St. Columba's Terrace, High Road, Letterkenny, Co. Donegal F92 TP48 or by phone 074 9177657

Opening Hours: 9 to 5 Monday to Friday or by appointment outside office hours

Website: www.ncbi.ie

Telephone: 074 9177657

Twitter: @NCBI_sightloss

Email: info@ncbi.ie

National Learning Network

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 centres 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:

Mon. – Thurs. 9.00am – 5.30pm

Friday 9.00am – 3.00pm

Website www.nln.ie

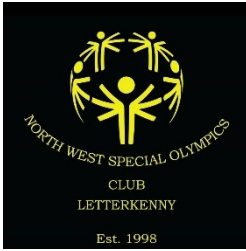
Telephone: 074 9168288

Facebook: National Learning Network

Email: letterkenny@nln.ie

Twitter: @nlnireland





North West Special Olympics Club

The aim 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.

Opening Hours: Football Wednesday 5.30pm – 7.30pm

Basketball Saturday 11am – 1.30pm

Telephone: 086 8980542

Facebook: <https://www.facebook.com/NorthWestSpecialOlympicsClub>

Email: nwsoclubletterkenny@eircom.net



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

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

Email: info@parentstop.ie

Twitter: <https://twitter.com/ParentStop>

Address: Main Office and Letterkenny Service: 3rd Floor Riverfront House, Pearse Road, Letterkenny, Co. Donegal F92 T68V 074 9177249 sarahdevenney@parentstop.ie or gerturdehouston@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 gertrudehouston@parentstop.ie

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



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.

How to refer into the organisation?

Anyone interested in any of our programs can call the centre directly on 0749121853. A referral from other services is not necessary.

Opening Hours: 9.00am-5.00pm Monday to Friday

Website: www.raphoepastoralcentre.ie

Telephone: 07491-21853

Facebook: The Pastoral Centre *Email:* diocesanpclk@eircom.net



Serenity House Learning Centre and Moville Mental Health

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

Services provided:

Counselling, Computer Classes, Craft Classes, Promoting positive mental health through education, Drop in Centre, Facilitate HSE Personnel

How to refer into the organisation? Self-Referral/HSE Referral

Opening Hours: 9am – 4pm

Telephone: 0749382945

Facebook: www.facebook.com/serenity.houselearningcentre

Email: serenityhouse@eircom.net





Shauna Conaghan Counselling & Equine Therapy

Facilitate counselling for children, adolescents and Adults through a variety of mediums such as art, creativity and play.

Facilitate Equine Assisted Counselling for Children, adolescents and adults

Services provided:

I provide a counselling service for children, adolescents and adults. Counselling is facilitated through the therapeutic use of play, art, sand tray and storytelling.

Equine therapy is facilitated using horses and ponies working on the ground with a horse or pony to explore challenges, process difficult emotions, problem solving, improving relationship skills, communication skills and identifying new goals

How to refer into the organisation?

Contact me directly over the phone or by email.

Telephone: 0879554266

Email: shaunaconaghan@hotmail.com

Opening Hours: Monday to Friday 9.00 – 5.00

Telephone: 0879554266

Facebook: Counselling & Equine therapy

Email: shaunaconaghan@hotmail.com



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.

How to refer into the organisation? 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.

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

Telephone: 353 873942921, Ellen Jane Breslin

Email: specialeducationcare@gmail.com



‘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.

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.

Address: Raphoe Family Resource Centre, The Volt House, The Diamond, Raphoe.

Telephone: 0749145796 or 0873641503

Facebook: Raphoe Family Resource Centre

Email: info@raphoefrc.ie



Spina Bifida & Hydrocephalus Ireland SBHI

We are a local branch of the national association of Spina Bifida & 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.

How to refer into the organisation? We can be contacted on the phone or by email.

Telephone: Chairman Stephen Lafferty: 087-2759958;

Secretary: Caroline Lafferty: 087-2325659

Email: donegalbranchsbhi@gmail.com





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. 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.

How to refer into the organisation? Contact Tracy Doyle, Manager

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

Website: www.spraoiagussport.ie

Telephone: 0749373303 and 086 8420203

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

Email: info@spraoiagussport.ie

Twitter: @SpraoiSport





Springboard Family Support Project

The primary purpose of Springboard Family Support Project is to work with children and families in order to provide intensive family support to ensure that Family life is the best it can be. We are a community based charity. The service operates covering the East Donegal Area

Services provided:

- Family Support Home Visit Programme
- Household Planning Programme
- Parent and Toddler Programme
- After Schools Programme (Raphoe and Convoy)
- Holiday Supports
- Individual Personal Development Work for Children and Young People
- Personal development courses for parents
- Parenting plus programmes and strengthening families programme referral
- Meitheal

Project Manager: Corina Catterson Flynn

Childcare Leader: Mairead Connolly

Family Support Team Leader: Claire O'Kane

How to refer into the organisation? Self - Referral or Agency Referral

Address: Castlegrove, Raphoe, F93 XF53

Opening Hours: Monday to Thursday 09:30 – 5:30pm Friday 09:30 – 12:30pm

Telephone: 074 - 9173918

Facebook: @Raphoespringboard

Email: springbrdraph@eircom.net



Tír Boghaine Family & Community Support Service

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.

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.

We facilitate and deliver the Parents Plus Early Years, Middles Years, Adolescent and Parenting when Separated Programme.

How to refer into the organisation? • Referral from through relevant services
• Self - Referral

In addition to direct family support work, Tír Boghaine run a number of discrete programmes of work including but not confined to the following:

- Healthy Eating to Pre-schools
- Transition for Children starting primary school
- Family Fun Activities
- Summer Programme Activities
- Bullying and Friendship Workshops

Address: Tír Boghaine Teo, Unit 2 Niall More Centre, Killybegs,

Opening Hours: Mon. – Wed. 9am – 5pm, Thursday – 9am – 2pm, Fri. – Closed

Telephone: 074 9741660

Facebook: /tir.boghaine

Email: tirboghaine@gmail.com

Twitter: @tirboghaine



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.

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!

How to refer into the organisation? Call directly or contact on Facebook

Opening Hours By appointment.

Website: www.unlockirl.ie

Telephone: 087 7784729

Facebook: Deirdre Ward- Unlock

Email: info@unlockirl.ie



An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

Tusla Child and Family Agency

Local Area Office Donegal

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:

[Meitheal:](#)

Meitheal is a way of working with children and their families to identify and respond to their strengths and needs in a timely way. If you feel that your child has additional needs or is facing challenges that are difficult to overcome, Meitheal may be able to help you.

[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 0719155181 or email 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 0749123701

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 074912 3738

[Early Years Services:](#)

Early Years Inspectors, St.Conal's Campus, Letterkenny, 0749123669

[Domestic Sexual and gender based violence services:](#)

Donegal Domestic Violence Service (24 hours) 1800262677

Natioal Services 999/112

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

Women's Aid Helpline (24hours) 1800341900

AMEN Helpline for Men who experience Domestic Abuse 0469023718

If you would like to be included in this booklet for the next issue please contact info@bluestackfoundation.com.



The pictures in this booklet are taken from the different activities of the Bluestack Special Needs Foundation (Summer Camp, Saturday Club, Teen Club, Fashion show etc). Thank you to all our lovely children, their families, volunteers and staff for these wonderful moments captured.