



Eolaire Pobail Iarthuaisceart Dhún na nGall **North West Donegal Community Directory**

Covering the districts of Derryveagh, Gaoth Dobhair, Fintown and the Rosses



DONEGAL
COMMUNITY
HEALTH NETWORK



Five ways to
wellbeing



Réamhrá

Bunaíodh Líonra um Thacaíocht Leanaí agus Teaghlaigh an Iarthuaiscirt go luath i 2019 le tacaíocht ón Roinn um Chosc, Chomhpháirtíocht agus Thacaíocht Teaghlaigh i Tusla. Tá ceithre líonra comhchosúil éile sa chontae. Bailíonn na líonraí seo na Seirbhísí Pobail agus Reachtúla i gceantar geografach a mbíonn ag obair le páistí, daoine óga agus a dteaghlaigh le chéile. I ngach aon líonra bíonn ionadaithe ó na scoileanna, seirbhísí óige, seirbhísí sláinte, seirbhísí um thacaíocht teaghlaigh, seirbhísí um chúram leanaí, An Garda Síochána agus Tusla chomh maith le go leor seirbhísí pobail áitiúla atá lonnaithe sa cheantar. Is é aidhm an líonra ná cinntiú go bhfuil baill an líonra uilig ar an eolas faoi na seirbhísí atá ar fáil sa cheantar chun tacaíocht a sholáthar do pháistí, daoine óga agus teaghlaigh. Ba é ceann de na príomhspríocanna i mbunadh na Líonraí ná cinntiú nach mbeadh “doras contráilte” ar bith roimh teaghlaigh agus iad i mbun tacaíocht a chuartú. Cuirtear seo i gcrích fríd an tuiscint atá forbartha ag achan uile dhuine mar ionadaí ar an Líonra faoi na tacaíochtaí atá ar fáil. Is iomaí seirbhísí sa Líonra atá oile Meitheal a sholáthar- próiseas tacaíochta do pháistí agus do dhaoine óga faoi ocht mbliana déag d'aois a bhíonn ag streachailt sa bhaile nó ar scoil. Beireann an Meitheal tacaíocht don tuismitheoir agus don duine óg a gcuid riachtanas a aimsiú agus tacaíochtaí a scafláil thart ar an teaghlach chun tabhairt faoi na riachtanais seo. Bíonn Meitheal ar fáil fud fad Dhún na nGall.

Beidh an t-eolaire seo ina acmhainn iontach don phobal agus do na seirbhísí ag obair i gceantar an Iarthuaiscirt. Buíochas ó chroí le gach aon duine a chuir leis an tionscnamh seo agus go háirithe le foireann Pobail le Chéile a chuir sár obair isteach an t-Eolaire a chur le chéile.

Nicola Harvey

Comhordaitheoir Sinsearach an Líonra um Thacaíocht Leanaí agus Teaghlaigh

Foreword

The North West Child and Family Support Network was established in early 2019 with the support of the Prevention, Partnership and Family Support Department in Tusla. It is one of five similar networks across the county. These networks bring together all Community and Statutory Services in a geographic area who work with children, young people and their families. In each network you have representatives from schools, youth services, health services, family support services, childcare services, the Gardai, Tusla, as well as many of the locally based community groups in the area.

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

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

This Directory will be a great resource to both the public and the services working in the North West area. Huge thanks to all who contributed and a special word of thanks to the staff in Pobail le Chéile CDP who have worked so hard pulling the Directory together and all who contributed to its content.

Nicola Harvey

Snr. Child and Family Support Network Coordinator



Intreoir

Beartaíodh an t-eolaire gairid seo ag cruinniú de chuid Lónra um Thacaíocht Leanaí agus Teaghlaigh an Iarthuaiscirt mar slí chun eolas ábhartha ar fhadréimseach na heagraíochtaí pobail, deonacha, um thacaíocht teaghlaigh agus folláine a tharraingt le chéile in aon áit amháin. Fiú le fóin póca agus suíomhanna idirlín is féidir deacrachtaí a bheith ann teacht ar an tseirbhís nó ar uimhir ghutháin an ghrupa pobail a dteastaíonn uait. Shíl muid go dtiocfadh leis an eolaire seo bheith ina chuidiú. Tá na tionscnaimh, seirbhísí agus tacaíochtaí eagraithe againn faoi théamaí agus faoi ord aibítire. Cuirtear roinnt eagraíochtaí i láthair go minic de réir an réimse seirbhísí agus clár a sholáthraíonn siad. Is é an ceantar geografach atá i gceist ná ceantar na trí Fhoireann Cúram Sláinte Príomhúil a chlúdaíonn Iarthuaisceart Dhún na nGall – Doire Bheatha (ón Craoslach go Gort an Choirce); An Bhun Beag agus Doire Beag; Baile na Finne agus ceantar na Rosa. Seans go bhfuil seoladh i Leitir Ceanainn nó áit eile ag cuid de na seirbhísí ach tá siad san áireamh mar gheall ar na seirbhísí a sholáthraíonn siad i limistéar na trí Fhoireann Cúram Sláinte Príomhúil a chomhdhéanann ceantar an Iarthuaiscirt. Tá an leabhrán seo idir foilsithe agus ar fáil ar suíomhanna idirlíne éagsúla www.donegalchn.org agus www.parenthubdonegal.ie san áireamh. Más rud é go dtabharfa botún faoi deara nó gur mhaith leat eolas fá seirbhísí atá fágtha ar lár againn a mholadh thig leat an t-eolas a chur chuig coord@pobail.org nó chuig NicolaC.Harvey@tusla.ie Leasófar leagan an eolaire ar líne chun dáta. Bheadh fáilte romhat nasc don eolaire ar líne a chur ar do chuid meáin shóisialta agus do suíomh idirlín féin fosta.

Paul Kernan, (Eagarthóir Gníomhach)

Introduction

This short directory was proposed at a meeting of the North West Donegal Child and Family Support Network as a means to gather together as much relevant information about the enormous range of community, voluntary, family support and wellbeing organisations and put it all together in one place.

In these days of mobile phones and on-line information it can be extremely difficult to find the service you need or the phone number of a community group and we thought this little publication could help.

In these pages we have grouped all the projects, services and supports by theme and in alphabetical order and some organisations appear several times depending on the range of services or programmes they offer.

The geographical area covered is the three Primary Care Team areas that cover the North West of Donegal - Derryveagh (from Creeslough to Gortahork); Bunbeg and Derrybeg and the Fintown and Rosses area.

Some of the services listed might have an address in Letterkenny or elsewhere but they are included because they cover or provide services into the three PCT areas that make up the North West. This booklet is printed and also available online at a number of website locations including www.donegalchn.org, www.parenthubdonegal.ie and www.cypsc.ie Donegal page.

If you spot an error or want to suggest an entry for an organisation or service we have missed please send the information to coord@pobail.org or NicolaC.Harvey@tusla.ie The on-line version will be updated. Also, you are welcome to post a link to our on-line directory on your own social media or website.

Paul Kernan

Pobail le Chéile CDP, (Acting editor) 086 084 1433, coord@pobail.org

Activity, recreation and walking groups

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

Organisation:	Falcarragh parkrun (Ballyconnell Estate, Falcarragh)
Service/Activity:	Free weekly timed run / walk - Saturday mornings 9.30am
Contact Name:	Tom Feeney and Paul McFadden
Contact details:	m:087 2785601 Tom Feeney e: falcarraghoffice@parkrun.com
	
Organisation:	Dungloe parkrun
Service/Activity:	Free weekly timed run / walk every - Saturday mornings 9.30am
Contact details:	e: dungloe@parkrun.ie
Organisation:	Dunfanaghy Strollers Walking Group
Service/Activity:	Group walks at a relaxing, easy going pace.
Contact details:	Dunfanaghy Family Resource Centre t: 07491 36548
Eagras:	Chair Aerobics - Ionad A'Phobail, Mhachaire Rabhartaigh
Uaireanta Oscailte:	Achán Déardaoin 11 - 11.45 o chlog ar maidin
Ainm Teagmhálaí:	Máirín Ní Dhúgáin
Uimhir Teagmhála:	t: 074 9135556
	
Organisation:	Creel Slough Strollers Walking Group
Service/Activity:	Group walks at a relaxing, easy going pace.
Contact details:	C/O Day Centre t: 074 91 38467
Organisation:	Chair Aerobics - Pobail le Chéile Activity Programme
Service/Activity:	Chair Aerobics, walks and gentle exercise
Opening Times:	Tuesday 10am - Green Room Ionad Naomh Fionnán
Contact details:	t: 074 91 80111 m: 086 084 1433 e: pobailc@gmail.com
	
Eagras:	Ionad Naomh Pádraig
Gníomhaíochtaí:	Yoga / Tai Chi / Exercise for over 50's / Kangoo
Uimhir Teagmhála:	t: 074 9532949
	
Organisation:	Dunlewey Kayaking
Service/Activity:	Guided kayak trips, family sessions & coaching on Dunlewey Lake
Contact details:	m: 086 306 6825 e: dunleweykayaking@gmail.com
Organisation:	Selkie Sailing at Corveen, Derrybeg
Service/Activity:	Water sports like Sailing, Kayaking, surfing, coasteering and camp-outs
Contact details:	Joe McFadden m: 086 222 3328 e: selchiesailing@yahoo.ie
Organisation:	Seamus Doohan
Service/Activity:	Walking group leader, guide for the Wild Atlantic Way, Fáilte Ireland Approved at 'On the Hills of Ireland'
Contact details:	t: 074 9165443 w: www.walkingdonegal.net e: Info@walkingdonegal.net


Addiction services & supports

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

Organisation:	Donegal Drug & Alcohol Outreach - START Project
Service/ Activity:	The service provides non-judgemental support guidance & education to drug/alcohol users, their families and the community, enabling them to cope with the effects of drug/alcohol use in everyday life. Client Groups: Drug/alcohol users 18 - 30 years, their families, and community residents.
Address:	24, The Courtyard, Lower Main St, Letterkenny, Co. Donegal
Contact details:	t: 086 7752142 e: maryehealy@eircom.net (Mary Healy)
Organisation:	HSE Alcohol and Drug Services
Service/ Activity:	Offering one to one counselling for drugs, alcohol and gambling addiction issues. Referral is through your GP. There is also a Youth Counsellor who works with young people up to the age of 24 throughout the County. Donegal HSE Alcohol and Drug Services have offices in Letterkenny, Buncrana, Dungloe and Donegal Town.
Address:	9 St. Eunan's Court, Letterkenny, County Donegal
Contact details:	t: 074 91 28769 (Letterkenny)
Organisation:	Alcohol Forum
Service/ Activity:	The Alcohol Forum is an Irish charity that provides support, information and services to individuals, families and communities impacted by alcohol harm, while working at the wider level to change Ireland's problematic relationship with alcohol. The Alcohol Forum offers a range of programmes to support families, young people & parents across Donegal, Sligo & Leitrim such as Alcohol Related Brain Injury (ARBI), Strengthening Families Programme (SFP), M-PACT, Donegal Reach & 5 Step Family Support.
Opening Times:	Monday - Friday, 9am – 5pm
Contact Name:	Kieran Doherty, CEO
Address:	Unit B9, Enterprise Fund Business Ctr., Ballyraine, Letterkenny, Co. Donegal
Contact details:	t: 074 9125596 e:info@alcoholforum.org w: www.alcoholforum.org
Organisation:	Moving Parent & Children Together (M-PACT) – Alcohol Forum
Service/ Activity:	M-PACT is a ten-week brief intervention to help children aged 8-17 whose parents have problems with alcohol or other drugs. Children & their parents / guardians work together in a friendly, safe group environment with a team of highly skilled facilitators who help them find ways to improve family life. Participants learn a greater understanding of addiction and its impact on families, they acquire new and improved ways of communicating about addiction. Children and young people learn ways in which to express themselves and be heard. Coping strategies and self-esteem are improved.
Opening Times:	Monday - Friday, 9am – 5pm (programmes are run in the evenings)
Address:	Unit B9, Enterprise Fund Business Ctr., Ballyraine, Letterkenny, Co. Donegal
Contact details:	t: 074 9125596 e:info@alcoholforum.org w: www.alcoholforum.org

Autism and ASD support services and groups

Organisations offering information and supports on Autism Spectrum Disorder

Organisation:	Autism Awareness North West (and surrounding areas)
Service/Activity:	Autism Awareness North West are a group of local people with a vision to promote autism inclusion & awareness in our community. Our main goals are: <ul style="list-style-type: none">• To raise awareness and increase the understanding of Autism.• To support local businesses in helping them become more Autism friendly.• To support educational programs to increase autism awareness and acceptance.
Contact details:	t: 086 884 4015 e: autismawarenessgweedore@hotmail.com 
Organisation:	Dungloe Autism support group
Service/Activity:	Supporting families with autistic children in the Rosses & beyond
Contact Name:	Kathleen Cook
Address:	Fintown / Rosses
Contact details:	m: 0851318353
Organisation:	As I Am
Service/Activity:	AsIAM.ie aims to provide a one-stop shop for the Autism community in Ireland. From providing the public and those with the condition to a portal of information about Autism, to serving a platform for people affected by Autism to share their stories and views, to providing a strong voice for the concerns of the community – AsIAM.ie has it all! Registered Charity in Ireland: CHY21201. Company No: 553241
Address:	Rock House, Main Street, Blackrock, Co. Dublin, A94 V9P1
Contact details:	t: 014453203 w: www.asiam.ie
Organisation:	Irish Society for Autism
Service/Activity:	The Irish Society for Autism was created in 1963, and has long campaigned for the cause of Autism in Ireland and Worldwide. We are the longest established specialist service for people with Autism in Ireland. The Society was formed with the goals of creating awareness about Autism, and convincing the authorities that early diagnosis and specialised education would greatly enhance the quality of life for people with Autism.
Address:	Unity Building, 16/17 Lower O'Connell Street, Dublin 1, Ireland
Contact details:	t: 01 874 4684 e: admin@autism.ie w: www.autism.ie

Donegal County Library Service



At the time of publishing we are missing meeting & greeting everyone in our libraries (in Dungloe and Gaoth Dobhair), we are currently working on a plan for the phased re-establishment of services. Protocols for staff and public safety are being developed and when the requirements can be implemented, services will commence. Further information will be publicised in due course.

We are here for you online

In the meantime, we have a huge range of free online resources available, including Pressreader (eNewspapers), RB Digital (eMagazines), Artist Works (Music Lessons), Universal Class (online course), Britannica (encyclopedia), Oxford Dictionary, Borrowbox (eBooks, Audiobooks), Transparent Language (language classes), and many more. You can access all these resources with your library card number and PIN.

Follow us on social media for regular updates on services. We also share regular online storytime sessions for children to our Facebook page.

If you have queries, comments or need any assistance see contact details below.

Leabharlann Phobail Ghaoth Dobhair: Factory Rd, Ardnagappary, Co. Donegal
g: 074 956 0862

Leabharlann Phobail na Rosann: Ionad Teampall Chroine, An Clochan Liath, Dungloe,
g: (074) 952 2500

Taobh Tíre: There are currently 8 Taobh Tíre Centres across Donegal in Kilcar, Falcarragh, Fintown, Arranmore, Tory, Downings, St. Johnston and Pettigo

An tSeán Bheairic/ Falcarragh: Main Street, Falcarragh, F92 YE2C g: 074 9180888

Áras Sheáin Bháin/ Fintown: Baile Na Finne, F94 X77V, g: 074 9546071

Comharchumann Forbartha & Fostaíochta Arainn Mhór/ Arranmore Island: Ionad an Chrois Bhealaigh, Arainn Mhór F92 YT52 g: 074 9520024

Comharchumann Torai/ Tory Island: g: 074 9135502



www.donegallibrary.ie



central@donegallibrary.ie



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



074 91 53900



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

Cancer services and support groups

Organisations offering cancer care supports in a community setting

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



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

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

Organisation:	Family Carers Ireland
Service/Activity:	Family Carers Ireland is a registered charity (number CHY 10962) and a company limited by guarantee, emerging from the coming together of two long standing charities of over 25 years in 2016 – The Carers Association and Caring for Carers . The merger brings the best of both charities together whilst broadening the range of services and supports to family carers and giving one national voice to represent fairness for carers. This office covers Donegal.
Contact Name:	Martina Cawley
Address:	53 Saint Bridget's Place Sligo F91YY59
Contact details:	t: 071 91 43123 m: 0861726664 e: mcawley@familycarers.ie
Organisation:	Derryveagh Carer's Support Group (Dunfanaghy & Falcarragh)
Service/Activity:	Support Group offering carers the opportunity to meet with others share skills, experiences & organise events.
Opening Times:	First Friday of the month - 11am to 12.30pm
Contact Name:	Jean McLaughlin
Address:	Dunfanaghy Family Resource Centre, Main Street, Dunfanaghy
Contact details:	t: 074 9136548 e: dunfresource@gmail.com

Children's services and Family Supports

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

Organisation:	TUSLA - the Child and Family Agency
Service/Activity:	Prevention, Partnership and Family Services
Contact Name:	Nicola Harvey
Address:	St. Conal's Building, Kilmacrennan Road, Letterkenny
Contact details:	t: +353 (0)74 9123632 / +353 (0)74 9122592 m: 086 0458328 e: nicolac.harvey@tusla.ie

Organisation	Prevention Partnership and Family Support, Tusla
Service/Activity:	Under the Prevention Partnership and Family Support Programme Tusla have developed a number of Child and Family Support Networks across Donegal connecting community and statutory organisations involved in the delivery of services to children, young people and their families. The North West Child and Family Support Network was established in 2019. The purpose of the networks is to ensure children in need and their families can access services early in the stage of a problem so that they do not reach crisis. Members of the Networks are trained in the Meitheal so as to assist families identify their needs and access appropriate supports in a timely way. Prevention, Partnership and Family Support is about early intervention and prevention and ensuring that when families look for support there is "no wrong door".
Target Audience:	The Meitheal is open to families where a child or young person(up to 18years), has additional needs, or is facing challenges that are difficult to overcome & are finding it difficult to access the necessary supports.
Referrals:	Families can access Meitheal directly by making contact with the Coordinator or any member of the Child and Family Support Network.
Address:	Nicola Harvey, Senior Child and Family Support Network Coordinator Address: St Conal's Campus, Kilmacrennan Rd., Letterkenny F92 FW6Y
Opening Hours:	9-5 Monday to Friday
Contact Details:	t: 074 9123632 m: 086 0458328 e : nicolac.harvey@tusla.ie

Children's services and Family Supports

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

Organisation:	Tusla, Child & Family Agency, Foster Care Service, Donegal.
Service/Activity:	Fostering is caring for someone else's child in your own home, providing family life for a child or young person who for one reason cannot live with his or her own parents. The Fostering Service in Donegal is responsible for recruiting Foster Parents, assessing both General and Relative Foster Parents, providing support to Foster Parents in the role of caring for children. The service is committed to providing training to promote learning and development of Foster Carers in the fostering role and supporting in developing a wide range of skills required to care for children and young people in need.
Target Audience:	The Foster Care Service seeks to ensure there is a wide range of Foster Carers to meet the diverse range of needs of children in the care of Tusla who cannot live with their parents for whatever reason. General and Relative Foster families are required for as long as a child or young person needs an alternative stable, caring, loving home environment and which can support in the child or young person returning to the care of their birth family when this is possible.
Referral Pathway:	Foster Carers are a diverse group of people who come from all walks of life. If you feel you could make a difference to a child or young person's life you can contact the Fostering Service & a Social Worker will talk with you about your interest in becoming a Foster Carer, what is required etc.
Address:	Foster Care Service, St. Conal's Hospital, Letterkenny, Co. Donegal
Opening Hours	9 am – 5 pm Monday to Friday
Contact Details:	t: 074 9123701 / 074 9123675 National: 1800 226 771 e: tusla.fostering@tusla.ie
Organisation:	Tusla Intake Team
Service/Activity:	The purpose of the Child Protection and Welfare service is to meet the Agency's statutory responsibilities in accordance with Child Care Act, 1991, The Children Act 2001 & Children First: National Guidance 2017. The Agency is required to identify & promote the welfare of children at risk or in need of protection & to provide child protection services, including applications to remove children into care, and family support services. As per TUSLA's strategic plan all work in the child protection & welfare teams is carried out through the National Approach to Practice (Signs of Safety)
Target Audience:	The service works with children under 18 and their families
Referral Pathway:	This team receives the initial referrals from variety of agencies including for example Gardai, GP's, Hospitals, Schools, Members of Public and Self Referrals. The intake social workers carry out a screening on that family using the framework of signs of safety and Children First and if the referral meets the threshold for child protection or welfare they then carry out an initial assessment that decides the best pathway to support the family. Once the intake and assessment team have decided that there is a need for social work involvement or a high end family support plan then the referral will be allocated to one of the area teams.
Address:	Scally Place Ground Floor, Justice Walsh Road, Letterkenny
Opening Hours	9 am – 5 pm Monday to Friday
Contact Details:	t: 074 9123672 e: referrals.donegal@tusla.ie

Children's services and Family Supports

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

Organisation:	Psychology Department – Child Psychology Service
Service/Activity:	Offers an assessment and therapy service for concerns relating to a child/ young person's psychological needs. Concerns must relate to their social, emotional, behavioural or interpersonal functioning; their social relationships or their thinking. Based on the outcome of the assessment process, psychological therapy and intervention may be offered or may be referred on to another service if this is assessed to be appropriate.
Target Audience:	0 – 18 years
Referral	Hse and other statutory agencies e.g. NEPS, TUSLA, GP's, Family support,
Pathway:	community, or voluntary services. Other Therapy services; Parents and Legal guardians; Young people from 16 years of age.
Address:	Psychology Department, HSE, County Clinic, Letterkenny F92FW6Y
Opening Times:	9 – 5 Monday - Friday
Contact details:	t: 0749104641

The Parent Hub, Donegal was set up in 2013 by the Donegal Children and Young People's Services Committee (CYPSC) to look at Parent



Support Needs in County Donegal. The Hub is made up of Community and Statutory Services who are involved in supporting parents in Donegal at different levels.

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

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

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

Children's services and Family Supports

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

Organisation:	Children's Learning Support Group
Service/Activity:	After schools programme for children aged 7+ years who require extra help in literacy and numeracy (Wednesday evenings - booking essential)
Address:	Dunfanaghy Family Resource Centre, Main Street, Dunfanaghy
Contact details:	t: 074 9136548 e: dunfresource@gmail.com
Organisation:	Children's Breakfast and Afterschool Service
Service/Activity:	4 – 12 years of age Breakfast and Afterschool Service
Opening Times:	Monday – Friday, 8.00 a.m. – 9.20 a.m. and 2.00 p.m. – 6.00 p.m.
Address:	Ionad Naomh Pádraig, Dobhar, Bun Beag, Leitir Ceanainn, Co. Dhún na nGall, F92 EH6N
Contact details:	t: 074 95 32949, m: 086 825 9752, e: ionadnp@gmail.com
Organisation:	Donegal County Childcare Committee
Service/Activity:	To excel in the development and support of quality early childhood care and education in Donegal to bring about positive outcomes for children and families.
Address:	10 – 11 St. Columba's Terrace, High Road, Letterkenny, Co. Donegal
Contact details:	t: 074 91 23442 e: info@donegalchildcare.com
Organisation:	Lifestart Services CLG
Service/Activity:	Child Development, Parent Learning and Family Support Service for parents of children 0 to 5 years, with evidence-based information on how young children develop and learn . Services delivered across the county
Contact Name:	MARY WALKER CALLAGHAN
Address:	Main Street, Newtowncunningham, Co. Donegal
Contact details:	t: 074 9156644 m: 0876791898 e: marysl@lifestatfoundation.org
Organisation:	Páistí Cois Mara Ionad A'Phobail, Mhachaire Rabhartaigh
Service/Activity:	Páistí Cois Mara - páistí ar bun scoil rang a 3 go dtí rang a 6
Opening Times:	Achán Dé Máirt 6:30-8 o chlog
Address:	Ionad A'Phobail, Mhachaire Rabhartaigh
Contact details:	g: 074 91 35556
Organisation:	An Club Beag - Children's adventure play centre
Service/Activity:	Children's Adventure play facility in Dungloe
Address:	An Club Beag Play Centre , Dungloe
Contact details:	t: 074 9522649



Children's services and Family Supports

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

Organisation:	Donegal Early Intervention Services NW Team
Service/Activity:	An interdisciplinary teams of therapy professionals within the wider community services. We provide assessment and therapy services for children 0- 6 years with complex developmental delay and special needs.
Target Audience:	DEIT - NW provides assessment and therapy services to children under 6 years with complex developmental delay and special needs. The Early Intervention Team consists of Occupational therapy, Speech and Language therapy, Physiotherapy, Psychology, Social Worker, Community Facilitator for Disability and Social Care Worker.
Referral Pathway:	Any health professional can refer a child requiring three or more of the core therapies (i.e. Psychology, Physiotherapy, Occupational Therapy and Speech and Language therapy) on an on-going basis. All referrals must have parent / guardian consent.
Address:	Public Services Building, Dungloe Co. Donegal
Contact details:	t: 074 9521160 Manager: 0877655592, e: anitam.gallagher@hse.ie
Organisation:	Child & Adolescent Mental Health Service (CAMHS)
Service/Activity:	The Child & Adolescent Mental Health Service provides specialist child and adolescent mental health assessment and treatment to children and adolescents under the age of 18 years who present with moderate to severe mental health difficulties.
Target Audience:	The Child & Adolescent Mental Health Service provides specialist child and adolescent mental health assessment and treatment to children and adolescents under the age of 18 years who present with moderate to severe mental health difficulties.
Referral Pathway:	Referrals are accepted from GPs and other health professionals in collaboration with the GP.
Address:	Child & Adolescent Mental Health Service First Floor, Park House, Rossan College Complex, Ballyraine, Letterkenny F92 K7WY Tel. No. (074) 9120340 Child & Adolescent Mental Health Service HSE Ardeskin House, Old Laghey Road, Donegal Town F94 X6C9 Tel. No. (074) 9724200 Child & Adolescent Mental Health Service Ard Nua, Donegal Hospital Campus, Donegal Town F94 EE9D Tel. No. (074) 9743050/9724200
Opening Hours	9 am – 5 pm

Clinical Services, GPs & Health Centres

Services in Primary Care settings, community & public health nurses, clinics etc.

Organisation: Breastfeeding Clinic & Support Group
Opening Times: Tuesday 10.30—12.30
Contact Name: Labhaoise Temple
Address: Dunfanaghy Family Resource Centre
Contact details: t: 074 9138058

Organisation: Dietary Clinic
Opening Times: Monthly
Contact Name: Nadine Lynch
Address: Derryveagh area (Creeshlough to Gortahork)
Contact details: Referred via your GP

Organisation: Sleep Clinic
Service/Activity: Public Health Nurse
Contact Name: Annemarie / Fiona
Address: Falcarragh Health Centre
Contact details: t: 074 9135513

Organisation: Wellbeing Clinic
Opening Times: Thursday 11.30-12.30
Contact Name: Labhaoise Temple
Address: Dunfanaghy Health Centre
Contact details: t: 074 9138058

Organisation: Diabetic Clinic
Service/Activity: In Bunbeg for all patient attending Letterkenny University Hospital
Referral via your GP
Contact Name: Dietician Annette Sheehy, Bunbeg and Derrybeg
Address: Gaoth Dobhair Medical Centre
Contact details: t: 074 953 2445

Organisation: Respiratory Integrated Care
Service/Activity: This service is dedicated to individuals who have a diagnosed respiratory condition such as COPD, asthma and lung fibrosis. It offers a respiratory assessment clinic, oxygen assessment clinic and pulmonary rehabilitation programme to suitable individuals. If you have any concerns regarding your lung health including difficulty managing your symptoms please contact your GP for referral to this service.
Contacts: Tara Cooper m: 087 369 9657 Pauline McFadden m: 087 101 5054

Clinical Services, GPs & Health Centres

Services in Primary Care settings, community & public health nurses, clinics etc.

Organisation: Dr. Paul Stewart & Dr. Rory Stewart **Creeslough**

Service/Activity: Full GP service

Opening Times: Monday - 2.30pm to 4.30pm,
Tuesday - 9.30am to 11.30 and 2.30 to 4.30pm,
Wednesday - No Surgery, Thursday - 9.30 to 11.30 Friday 2.30 to 4.30pm

Contact details: t: 074 91 38388

Organisation: Dr. Paul Stewart & Dr. Rory Stewart **Dunfanaghy**

Service/Activity: Full GP service @ Dunfanaghy Health Care Centre, Pound Street

Opening Times: Monday, Wednesday and Friday - 9.30am to 11.30pm
Thursday - 2.30pm to 4.30pm

Contact details: t: 074 9136527

Organisation: Falcarragh Health Centre **Falcarragh**

Service/Activity: Full GP Service

Opening Times: Mon-Fri 9.30am-12.30pm & 3pm-5pm, Weds 9.20am - 12.30pm

Contact Name: Dr. Dan Gill, Dr. Francis Nelson,
Dr. Sarah Smyth, Dr. O'Rourke (2 Days a Week)

Address: Falcarragh Health Centre, Church Road, Falacarragh

Contact details: t: 074 9135491

Organisation: Gaoth Dobhair Medical Centre **Gaoth Dobhair**

Service/Activity: Full GP Service

Opening Times: Mon,Fri 9am - 12.30pm and 2pm-5pm

Contact Name: Dr Anthony P Delap; Dr Edward Harkin; Dr Johan DeBruyn;

Address: Magheraclogher, Bunbeg, Co. Donegal

Contact details: t: 074 953 2445 e: bunbegclinic@gmail.com

Organisation: Derrybeg Health Centre **Derrybeg**

Service/Activity: Full GP Service

Opening Times: Mon,Tues,Thur, Fri 9-1pm and 3-5pm Wed 9-1pm only

Contact Name: Dr Therese Wheatley O'Neill

Address: Stranacorkra, Derrybeg, Co. Donegal

Contact details: t: 074 9532334

Organisation: Dungloe Medical Centre **Dungloe**

Service/Activity: Full GP Service at Gweedore Road, Dungloe, Co Donegal F94 Y326

Opening Times: Mon-Fri 9am-12.30pm & 2pm-5pm, CLOSED TUESDAY

Contact Name: Dr Bannon , t: (074) 952 1099
Dr Dara Mc Eniff t: (074) 952 1933

Organisation: Burtonport Medical Centre

Service/Activity: Dr. Martin Brennan
Burtonport, Co Donegal. (074) 9542072.

Clinical Services, GPs & Health Centres

Services in Primary Care settings, community & public health nurses, clinics etc.

Organisation: Dr Kevin Bonar - Serving the following 3 health centres:

Service/Activity: Leitirmacaward Health centre (074) 9542072.

Doochary Health Centre 074-9546162

Fintown Health Centre (074) 954 6893

Organisation: Ionad an Lae Árainn Mhór - Arranmore

Service/Activity: Health Centre - (074) 952 0535

Organisation: NowDoc Service

Service/Activity: Out of Hours Medical service (This is NOT an Emergency medical service)

Contact details: t: 1850 400 911

Organisation: Smoking Cessation Clinic **FALCARRAGH**

Service/Activity: Clinical support to support people stopping smoking

Opening Times: Monday - 10:00 - 16:00 (10-4pm)

Contact Name: Fiona Boyle

Address: Falcarragh Health Centre

Contact details: m: 087 251 4790

Organisation: Counselling in Primary Care (CPC) Service

Service/Activity: Free self-referral service for Medical Card Holders

Up to 8 sessions for card holders aged 18+ in North West Donegal

Opening Times: Various - ring for information

Address: Dunfanaghy & Creeslough t: 074 91 36527

Falcarragh t: 074 91 35491 074 91 60595

Bunbeg t: 074 95 32445 Derrybeg t: 074 95 21099

Organisation: Well Baby Clinic - EVERY THURSDAY

Service/Activity: Well Baby Clinic with Public Health Nurse

Address: Falcarragh Health Centre, Church Road, Falcarragh

Drop-in service based at Dunfanaghy Health Centre

Contact details: t: 074 9135491

Organisation: Community Dental & Orthodontic Services

Address: Falcarragh, Letterkenny & Creeslough

Contact details: Falcarragh t: 074 91 25511 Creeslough; t: 074 91 38200

Letterkenny t: 074 91 65157

Organisation: Falcarragh Community Hospital

Service/Activity: Day and residential, respite and recuperation services

Contact Name: Mary McGinty (Manager)

Address: Falcarragh

Contact details: t: 074 91 35104

Clinical Services, GPs & Health Centres

Services in Primary Care settings, community & public health nurses, clinics etc.

Organisation:	Donegal G.U.M & STI Clinic
Service/Activity:	STI / HIV & Hepatitis screening
Address:	Letterkenny General Hospital
Contact details:	t: 074 9125888
Organisation:	North West Donegal Mental Health Team (HSE)
Service/Activity:	Wide range of mental health supports & services across the Derryveagh , Bunbeg/Derrybeg and Rosses Primary Care Team areas.
Address:	Main Office , Dungloe Community Hospital
Contact details:	t: 074 95 21860
Organisation:	Mental Health Service for over 65s (HSE)
Service/Activity:	Mental health supports & services and dementia supports for people over 65 years of age (referral via GP)
Address:	19-20 Solomon's Court, Letterkenny F92 FR59
Contact Name:	Margaret Kerlin
Contact details:	t: 074 91 88295
Organisation:	Practice Nurses - Derryveagh Area
Contact Name:	Donna Gallagher (Falcarragh Health Centre) Bella Stewart (Dunfanaghy & Creeslough)
Contact details:	Falcarragh t: 074 91 35491 Dunfanaghy t: 074 91 38388 Creeslough t: 074 91 36527
Organisation:	Public Health Nurses
Contact Names:	Ann Marie Devanney (Falcarragh) Fiona Gallagher (Meenacladdy/Gortahork) Labhaoise Temple (Dunfanaghy & Creeslough)
Contact details:	Falcarragh t: 074 91 35513 Meenacladdy/Gortahork t: 074 91 65239 Dunfanaghy & Creeslough t: 074 91 38058
Organisation:	Speech & Language Therapy Services: Falcarragh Health Centre
Service/Activity:	These services are provided to people who through illness or disability are in need of support or changes to their lifestyle. Occupational Therapists can advise on any changes that may be needed in the home to support a person with additional health needs, and on activities that will help a person regain their independence.
Address:	Falcarragh Health Centre
Contact details:	t: 074 9135104

Creeslough

Organisation:	Brennan's Pharmacy Creeslough
Opening Times:	Monday to Friday: 9.30am to 6.00pm, Saturday: 10.00am to 6.00pm.
Address:	Creeslough (with easy parking)
Contact details:	t: 074 9138610

Falcarragh & Dunfanaghy (Derryveagh)

Organisation:	Flynn's Pharmacy Falcarragh and Dunfanaghy
Opening Times:	Monday - Friday 9.30am - 6pm (Lunch 1-2pm) Saturday 10am-6pm
Address:	Falcarragh & Dunfanaghy
Contact details:	Falcarragh t: 074 9135778 Dunfanaghy; t: 074 9136986

Dungloe (Fintown & Rosses)

Organisation:	McElwee Pharmacy (2) Dungloe
Opening Times:	Monday - Friday 9.30am - 6pm (Lunch 1-2pm) Saturday 10am-6pm
Address:	17 Main St, Dungloe, Co. Donegal, F94 C8EW Carnmore Rd, Dungloe, Co. Donegal, F94 CR2T
Contact details:	Main Street t: 074 952 1032 Carnmore Rd. t: 074 952 2602

Organisation:	Healthwise Pharmacy Dungloe
Opening Times:	Monday - Friday 9am - 6pm - Closed Sunday
Address:	Greene's Corner, Gweedore Road, Dungloe, Co. Donegal
Contact details:	t: 074 952 2255

Organisation:	O'Donnell's Pharmacy Limited Dungloe
Opening Times:	Monday - Friday 9am - 6pm - Closed Sunday
Address:	42 Main St, Dungloe, Dungloe, Co. Donegal
Contact details:	t: 074 952 1386

Organisation:	Annagry totalhealth Pharmacy
Opening Times:	Monday - Friday 9am - 6pm - Closed Sunday
Address:	Illannavoree, Annagry, Co. Donegal
Contact details:	t: 074 956 2654

Bunbeg & Derrybeg

(Continued next page)

Organisation:	Healthwise Pharmacy Bunbeg
Opening Times:	Monday - Friday 9am - 6pm - Closed Sunday
Address:	Magheraclogher, Co. Donegal
Contact details:	t: 074 953 1254

Clinical Services, Pharmacies / Chemists

Community Pharmacies in the North West Area

Bunbeg & Derrybeg (cont...)

Organisation:	O'Donnell's Pharmacy Limited (Derrybeg)
Opening Times:	Monday - Friday 9am - 6pm - Closed Sunday
Address:	Stranacorkra, Derrybeg, Co. Donegal
Contact details:	t: 074 953 2255

Other clinical Service - Rehabilitation

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

Public Health Nurses in North West Area

Community Based nurses in the Derryveagh, Bunbeg/Derrybeg & Rosses / Fintown Areas

AREA	ADDRESS	TELEPHONE NUMBER
Annagry	Christine Coyle PHN Health Centre, Annagry	Tel: 074 – 9548106 Christine.Coyle@hse.ie
Arranmore	Susan McGarvey PHN Health Centre Arranmore Island	Tel: 074 – 9520535 susan.mcgarvey@hse.ie
Derrybeg / Gweedore	Catherine (Kit) Crowley PHN Health Centre, Derrybeg.	Tel: 074 – 9531488 catherine.crowley@hse.ie
Burtonport/ Kincasslagh	Anne Sweeney PHN Health Centre Burtonport	Tel: 074 – 9542319 anner.sweeney@hse.ie
Creelough / Dunfanaghy	Labhaoise Temple PHN Health Centre Creelough	Tel: 074 – 9138058 labhaoise.temple@hse.ie
Dungloe	Margaret Keeney PHN Community Services Dungloe	Tel: 074 – 9561237 margaret.keeney@hse.ie
Falcarragh	Annemarie Devenney Health Centre Falcarragh	Tel: 074 – 9135513 annemarie.devenney@hse.ie
Fintown / Doochary	Annette O’Gara PHN Health Centre Fintown	Tel: 074 – 9546886 annette.ogara@hse.ie
Gortahork	Fiona Gallagher PHN Health Centre Falcarragh	Tel: 074 – 9165239 fiona.gallagher2@hse.ie
Tory Island	Francis Donnelly CRGN/ Elaine McShea CRGN Health Centre Tory Island	Tel: 074 – 9135504 elaine.mcshea@hse.ie francis.donnelly@hse.ie

Churches and faith groups / organisations

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

Catholic Church

Organisation:	Teach Pobail Chríost Rí, Gort a'Choirce
Contact Name:	An. tAth. Ró-Oirmh Seán Ó Gallchóir SP
Address:	Gort a'Choirce, Leitir Ceanainn, Co. Dhún na nGall F92 H9E5.
Contact details:	g: 0749135214 p: 087 223 7729 r: athairsean@eircom.net
Organisation:	Saint Fíonan's Church, Falcarragh
Contact Name:	Fr. James Gillespie
Address:	Parochial House, Fál Carragh
Contact details:	Fr. James Gillespie; t: 074 91 35196
Organisation:	Holy Cross Parish
Contact Name:	Fr. Martin Doohan
Address:	Parochial House, Dunfanaghy
Contact details:	Fr. Martin Doohan; t: 074 91 36163
Organisation:	Saint Michael's Parish, Creeslough
Contact Name:	Fr. John Joe Duffy
Address:	Parochial House, Gort a' Choirce
Contact details:	Fr. Duffy; t: 074 9138011
Organisation:	Teach Pobail Mhuire, Doirí Beaga Teach Pobail Phádraig Naofa, Mín Uí Bhaoill Teach Pobail An Chroí Ró-Naofa, Dún Lúiche
Contact Details:	An Dr Ró-Oirmh Pádraig O'Baoighill, SP g: 074 953 1310 An tAth Oirmh Brian O'Fearraigh, SC p: 087 993 5544
Address:	Na Dóirí Beaga, Leitir Ceanainn, Co. Dhún na nGall F92 X2R4.
Organisation:	Teach Pobail Cholmcille, Cnoc Fola
Contact Name:	Canon Michael Herrity AP
Address:	Parochial House, Cnoc Fola, Brinalack, Co. Donegal F92 X348.
Contact details:	t: 074 9531155
Organisation:	St. Mary Star of The Sea, Annagry
Contact Name:	Very Rev Nigel O'Gallchóir PP
Address:	Parochial House, Annagry, Co. Donegal F94 A6Y3.
Contact details:	t: 074 954 8902 e: pp.annagry@gmail.com
Organisation:	Kincasslagh and Burtonport parish
Contact Name:	Fr. Pat Ward
Contact details:	t: 0749542006 m: 0862300620 https://www.kincasslagh.ie/

Churches and faith groups / organisations

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

Organisation: St, Conal's Doochary; St. Bridget's Leitirmacaward
St. Patrick's Meenacross; St. Crona's Dungloe

Contact Name: Very Rev Aodhan Cannon PP

Address: Parochial House, Dungloe, Co. Donegal

Contact details: t: 074 95 21008

Church of Ireland

Organisation: Saint John, Church of Ireland Ballymore

Contact Name: Rev. George Irwin

Address: Ballymore & St Columba's Church, Cashel, Creeslough
Ballymore Rectory, Port-na-Blagh, Dunfanaghy, Co. Donegal

Contact details: t: 074 9136185 e: revcdp@gmail.com e: clondhorkey@gmail.com

Organisation: Holy Trinity Dunfanaghy (Including St. Annes's Killult & Ray)

Contact Name: Rev. Canon David Skuce

Address: The Rectory, Horn Head Road, Dunfanaghy Co. Donegal

Contact details: t: 074 9136187 e: htdunfanaghy@gmail.com

Organisation: St. Patrick's Bunbeg

Contact Name: Rev. Liz Fitzgerald The Rectory, Bunbeg, F92 X3K7 Co. Donegal

Contact details: t: 074 915 6138 e: htdunfanaghy@gmail.com

Organisation: Saint Crone's Church of Ireland

Contact details: t: 074 953 1043

Presbyterian Church

Organisation: Presbyterian Church

Contact Name: Rev. Andrew Watson Dunfanaghy Presbyterian Church

Contact details: e: info@dunfanaghypresbyterianchurch.com
www.dunfanaghypresbyterianchurch.com

Other Denominations / Faiths

Organisation: Killult Christian Fellowship

Contact Name: Rev. Andrew Watson

Address: Killult, Falcarragh, Co. Donegal, F92 R5X2

Contact details: m: 86 804 6226 e: paddy@killultcf.com



Organisation: Letterkenny Islamic Association

Service/Activity: Islamic Association (Covers Derryveagh area)

Opening Times: Friday prayers - 1.15pm

Address: Letterkenny Community Centre, Pearse Rd, Letterkenny (Prayers)



Contact details: m: 086 26 474 26

e: info@islaminletterkenny.com w: www.islaminletterkenny.com







Community Education providers

Evening classes, creative programmes, courses and vocational courses in the community

Organisation:	Donegal Education & Training Board - Adult Community Education
Service/Activity:	The Community Education Programme supports the delivery of adult education courses in the community through the provision of funding for tuition costs and support in the setting up of courses
Contact Name:	Sinéad Campbell Áisitheoir Oideachais Pobail Community Education Facilitator (An Ghaeltacht, W & S Donegal)
Address:	Ard Scoil na gCeithre Máistir, Tír Chonaill St., Donegal Town
Contact details:	t: 074 972 5520 m: 087 357 3954 e: sineadcampbell311@donegaletb.ie
Organisation:	Pobail le Chéile CDP
Service/Activity:	We offer a range of recreational classes, health & wellbeing classes and workshops and accredited courses in community work and personal development subjects, Many are supported by Donegal ETB
Contact Names:	Paul Kernan and Rosemary Grain
Address:	Ionad Naomh Fionnán, Falcarragh & Garradh Cholmcille, Falcarragh
Contact details:	t: 074 91 80111 m: 086 084 1433 e: coord@pobail.org
Ionad:	Muintearas, An Togra Oideachas Gaeltachta
Seirbhís:	Is eagraíocht oideachais agus oiliúna pobail é Muintearas. Tá ceanncheathrú na heagraíochta lonnaithe i dTír an Fhia, Leitir Móir; agus tá fo-oifigí againn i nGaeltachtaí Dhún na nGall, Mhaigh Eo agus Chiarraí. Tá clár-oibre Mhuintearais dírithe ar na réimsí seo a leanas: * luathfhorbairt an linbh; * oideachas bunscoile; * forbairt ábhair foghlama; * cláracha don óige; * tograí tacaíochta teangan; * cláracha oiliúna; * nuatheicneolaíocht chumarsáideach; * taighde
Seoladh:	Páirc Ghnó Ghaoth Dobhair, Na Doirí Beaga, Co. Dhún na nGall
Uimhir Teagmhála:	g: 074 9532578 r: tirchonaill@muintearas.com
Organisation:	TACA Training Service
Service/Activity:	Offers an 18 month Work Experience programme for people recovering from illness/injury, experiencing long-term health issues or a disability & who wish to secure employment or progress to further education. We assist in obtaining a work placements in a sector of your choosing whilst supporting you to gain QQI Level 3 Major Award in Employability Skills.
Contact Details:	Roseleen McGarvey/Tommy Boyle on 0749532611 or 087 3920375
Organisation:	Ireland Writing Retreat
Service/Activity:	Ireland Writing Retreat provides practical, week-long writing workshops for fiction and non-fiction.
Contact Name:	Columbia Hillen  ColumbiaHillen  @HillenColumbia
Contact details:	e: irelandwritingretreat@gmail.com w: www.irelandwritingretreat.com centerfortheimagination.com

Community Organisations and Community Centres

Local community groups, cooperatives & community halls / centres

Eagrais:	An tSeán Bheairic - Falcarragh Visitor Centre	
Gníomhaíochtaí:	Heritage, Crafts Shop, Café, Events and venue hire & evening classes.	
Uaireanta Oscailte:	10am-5pm Mon-Fri / 11am - 5pm Sat / Closed Sundays	
Ainm Teagmhálaí:	Seánán MacAoidh	
Seoladh:	Church Road, Falcarragh, Co. Donegal	
Uimhir Teagmhála:	t: 074 9180655 e: falcarraghvisitorcentre@gmail.com	
Organisation:	Burtonport Community Centre	
Service/Activity:	We have a wide range of activities in our centre including Foroige, Circuit training, Two hand dancing, Crochet class, Kid's and adult badminton, Pilates and bowls. We also have a Market /Bargain shop which is opened on Tuesday & Sundays from 10 -2. We also have ETB funded classes Art, Photography, Machine sewing, Irish, knitting .We have a vision-impaired group meeting every Tuesday morning .	
Contact details:	t: 0749542774 Facebook: Burtonport Community Centre e: burtonportcommunitycentre12@gmail.com	
Organisation:	CDP NA ROSANN	
Service/Activity:	Room Hire, Supporting community groups and small businesses with their development initiatives. Managing community shop. Meeting space to various groups ie: Social bridge, Card club. Admin support for Fibro friends & carers group. Host to Rosses Social Prescribing service, counselling service & Una's Reflexology Service	
Opening Times:	10am-5pm Mon-Fri / 11am -5pm Sat / Closed Sundays	
Contact Name:	Roseann Ní Ghallachóir	
Contact details:	t: 074 95 61686 m: 0879615775 e: rossescdp@gmail.com	
Eagrais:	Comharchumann Forbartha Ghaoth Dobhair/An Chrannóg	
Gníomhaíochtaí:	Mar chuid d'aidhmeanna Comharchumann Forbartha Ghaoth Dobhair tá: <ul style="list-style-type: none">·lomhá Gaelach a thabhairt don pharóiste• Caomhnú agus cur chun cinn labhairt na Gaeilge, agus gach gné de chultúr agus d'oidhreacht na paróiste.• Cur chun cinn agus forbairt ar an saol sóisialta, eacnamaíochta agus cultúra sa pharóiste.• Caomhnú na timpeallachta ina ghné nádúrtha chomh fada agus a réitíonn sin le húsáid agus le háitriú réasúnta daonna.	
Ainm Teagmhálaí:	Cathal Ó Gallchóir	
Seoladh:	An Chrannóg, Srath na Corcra, Doirí Beaga	
Uimhir Teagmhála:	g: +353 (0)74 9532208 r: cfgd@crannog.ie	
Organisation:	COMMUNITY INCLUSION HUB: (The Angle Day Centre, Dungloe)	
Service/Activity:	Day service for adults with intellectual disabilities	
Contact details:	t: 074 95 21388 e: Yvonne.houston@hse.ie	

Community Organisations and Community Centres

Local community groups, cooperatives & community halls / centres

Eagras:	Comharchumann Forbairt agus Fostaíocht Arainn Mhóir
Gníomhaíochtaí:	"Comharchumann áitiúil ag obair d'fhorbairt ár bpobal / Local Co-operative working for the development of our community."
Ainm Teagmhálaí:	John McCafferty / Séan Mac Eachmharcaigh
Seoladh:	Comharchumann Forbairt agus Fostaíocht Arainn Mhóir Fallagowan, Arranmore Island, Co. Donegal, F92 YT52
Uimhir Teagmhála:	t: +353 749520024 m: +353 87 7418953 w: www.arainnmhor.com w: www.madeinarranmore.com e: development@arainnmhor.com
Organisation:	Creeslough Community Enterprise
Service/Activity:	Community Employment Project
Contact details:	Seanie McBride t: 074 9138452
Organisation:	Dunfanaghy Family Resource Centre (FRC)
Service/Activity:	Provide a wide variety of supports, information and services to families; and individuals within our community including, Healthy Gardening Group, Art Group, Children's Learning Support Group, Breastfeeding Support Group, Men's Shed, Community Library, as well as Jobseeker Outreach Facility. We also provide educational/ leisure training opportunities. Other services include, Internet, Scanning, Photocopying, Typing, Laminating etc.
Opening Times:	Mon, Tues, Thurs 9-5pm Wed; 9-4pm Friday 9-3pm (closed 1-2pm)
Address:	Family Resource Centre, Main Street, Dunfanaghy Co. Donegal
Contact details:	t: 074 9136548 fax: 074 9136202 e: dunfresource@gmail.com
Organisation:	Ionad Teampall Chroine Dungloe
Service/Activity:	The centre includes the area's Tourist Information Office and is home to a Library for the Rosses, an exhibition space and coffee shop
Contact details:	Helena McClafferty t: 074 95 22198
Organisation:	Dunlewey Community Centre / Ionad Pobal Dhun Luiche
Service/Activity:	The centre is used for Feile an Eargail, the Irish College in the summer time and is the Base for other local events throughout the year.
Contact Name:	Noreen McCafferty
Contact details:	m: 0868349112 e: dunluiche@gmail.com
Organisation:	Lifestart Services CLG
Service/Activity:	Community Organisation focusing on Child Development, Parent Learning and Family Support Service for parents of children 0 to 5 years, with evidence-based information on how young children develop and learn. We deliver services across the county
Contact Name:	MARY WALKER CALLAGHAN
Address:	Main Street, Newtowncunningham, Co. Donegal
Contact details:	t: 074 9156644 m: 0876791898 e: marysl@lifestatfoundation.org




Community Organisations and Community Centres

Local community groups, cooperatives & community halls / centres

Eagras:	Ionad Naomh Fionnán - Coiste Forbartha an Fhálcarraigh
Gníomhaíochtaí:	Halla Pobail Paróiste Falcarrach, Bingo, seomra ar cíos, imeachtaí srl. Falcarragh Parish community hall, Bingo, room rental, events etc.
Ainm Teagmhálaí:	Sharon O'Brien (for bookings / events)
Seoladh:	Bóthar an Stáisiún, An Fál Carrach F92 EV91
Uimhir Teagmhála:	m: 0863395526 e: sharonobrien77@yahoo.com
	
Eagras:	Ionad Pobail Machaire Rabhartaigh
Gníomhaíochtaí:	Ionad Pobail Ionnaithe cois farraige I Machaire Rabhartaigh ina bhfuil na aiseanna seo a leanas ar fail: Halla spoirt, seomra riomhaireachta, leabharlann, seomrai ranga, seomrai cruinnithe agus Ionad buail isteach don oige. Is e aidhm choiste an Ionad no an Chultúr, an Oidhreacht agus an Teanga a choisaint agus a chaomhnu I gceantar Chloich Cheann Fhaola, comhoibriú le coiste Pleanála Teanga Chloich Cheann Fhaola le phean an phoroiste a chuir ibheudhm. Imeachtai, seirbhisi, ranganna oideachais, ranganna cearaíochta agus aiseanna a chuir af fail dan phobail. Seirbhisi oifige ar fail dan phobal - priontail, fotachóipeail, idirlín agus seannail. Senior Alert Scheme a reachtail again do pharoiste agus ceantair Ghort a'Choirce
Uaireanta Oscailte:	5 lá sa tseachtain
Ainm Teagmhálaí:	Mairín Ní Dhugáin
Seoladh:	Ionad an Phobail, Machaire Rabhartaigh, Gort a'Choirce, Dhún na nGall
Uimhir Teagmhála:	g: 074 9135556 r: ionadmr@gmail.com
	
Eagras:	Ionad Naomh Pádraig
Gníomhaíochtaí:	We are in the business of providing social, human and community services in a rural Gaeltacht area that continues to struggle with social, economic and other challenges. Through our work we aim to promote wellbeing for all in our community, to combat social and other forms of exclusion, and to encourage people to feel equipped to play their part as active citizens in developing and nurturing their community. We deliver a broad range of services through Irish, the first language of our community, these services are supported by public bodies & agencies whose priorities & objectives are in Irish-language planning and development, health & social care, education, enterprise & community development. Our services are targeted at children, young people, parents, family groups, seniors and other groups whose needs we can identify and help to address.
Uaireanta Oscailte:	6 lá sa tseachtain
Ainm Teagmhálaí:	Máire Uí Chomhaill
Seoladh:	Ionad Naomh Pádraig, Dobhar, Bun Beag, Co. Dhún na nGall, F92 EH6N
Uimhir Teagmhála:	t: 074 95 32949 m: 086 825 9752 e: ionadnp@gmail.com
	






Community Organisations and Community Centres

Local community groups, cooperatives & community halls / centres

Organisation:	Ozanam Centre, Dunfanaghy	
Service/Activity:	Community Sports Centre with function room, Computer Suite and Gym	
Opening Times:	9-5pm and for events	
Contact details:	t: 074 910 0888	
Organisation:	Pobal Eascarrach	
Service/Activity:	Beilte ar Rothai, Sceim Folarimh do Sheonoiri, Compai Samhraidn, Pairc Peil Uile aimsir, Defibrillator/AED, An Mhainnear Gairdin Poibli, Pairc Sugradh, Grupa Mna Eascarrach, Seirbhis Comhairleacht, Seomraí ar Cíos, Priontail, Idirline, Ranganna, Cursai Community Resource Centre promoting Community Development. Meals on Wheels, Senior Alarms Scheme, Summer-camps, All-weather Astro-Pitch, Defibrillator/AED, Community Garden, Community Playground, Mna Eascarrach Women's Group, Counselling Services, Rooms for Hire, Printing, Internet Access, Various Classes, and Courses.	
Opening Times:	9.20am-5.00pm	
Contact Name:	Caitlin Uí Laifeartaigh	
Address:	Ballina Resource Centre Falcarragh / Beal an Atha An Falcarragh	
Contact details:	t: 074 91 80571 e: pobaleas@gmail.com	
Organisation:	Pobail Le Chéile CDP clg	
Service/Activity:	Community Development Organisation delivering a range of social inclusion, anti-poverty and community-building programmes. We manage the Siopa Pobail thrift shop, parent & toddler activities, Youth Projects, a community education programme, the 4Cs Derryveagh PEACE IV Project and we deliver a range of support initiatives promoting gentle exercise, social activities, recreation and health & well-being in the Derryveagh area of North West Donegal. Programmes include Parent & Toddler Group, Youth Project, Community Shop, Coder DOJO (in-school & evening), Community Gardens, PEACE IV cultural project, Glór don Phobal community newsletter, admin support, copying, printing and internet access (at Siopa Pobail & Ionad Naomh Fionnán), Community Health projects, outings and cultural trips & support to local voluntary groups. Also see separate project listings elsewhere in this directory	
Opening Times:	Monday to Friday 10am – 5pm and various evenings	
Contact Name:	Paul Kernan & Rosemary Grain	
Address:	Ionad Naomh Fionnán, Station Road, Falcarragh F92 EV91 Ionad Garradh Cholmcille, Falcarragh F92W2H7 Siopa Pobail, Main Street, Falcarragh F92 WC66	
Contact details:	t: 074 91 80111 e: pobailc@gmail.com e: coord@pobail.org m: 086 084 14343 w: www.pobail.org	




Community Organisations and Community Centres

Local community groups, cooperatives & community halls / centres

Organisation:	St Columba's Community Centre
Service/Activity:	Providing a selection of ETB courses, room hire, regular social groups - Knitting club, Social dancing, Visual Impaired Persons group, Contact point for Burtonport Old Railway walk, Houses the ALONE good morning service and community alert. Community market & Bargain rail
Contact Name:	Margaret Boner
Address:	Burtonport & Surrounding areas
Contact details:	t: 0749542774 m: 0876317683 Burtonport-Community-Centre 
Organisation:	Béilí ar Rothaí - Meals on Wheels, - Cloughaneely
Service/Activity:	Meals delivery service 3 days per week
Contact Name:	Caitlín Uí Laifeartaigh
Address:	Ballina Resource Centre Falcarragh / Beal an Atha An Fál Carrach
Contact details:	t: 074 91 80571 m: 086 1988 830 e: pobaleas@gmail.com 
Ionad:	Meals on Wheels, - Gaoth Dobhair
Seirbhís:	Béilí ar Rothaí
Ainm Teagmhálaí:	Máire Uí Chomhaill
Seoladh:	Ionad Naomh Pádraig, Dobhar, Bun Beag, Tír Chonaill
Uimhir Teagmhála:	g: 074 95 32949 p: 086 825 9752, ionadnp@gmail.com 
Organisation:	An Mhachaire Le Cheile
Service/Activity:	The community centre offers a wide variety of activities including room and cinema hire, supporting community groups, educations programmes, children's fun club, active retirement, community chippy, summer cafe, Senior social club, sports field and playground
Address:	Ionad an Mhachaire, Maghery, Dungloe
Contact details:	t: 074 9522724 e: ionadmaghery@gmail.com
Eagras:	Coiste Forbartha Chnoc Fola
Seirbhís:	Na príomh aidhmeanna atá ag an choiste nó forbairt a dhéanamh ar an pobal áitiúil.
Uimhir Teagmhála:	e: coisteforbarthachnocfola@outlook.ie 
Organisation:	Errigal Hostel in Dunlewey (Hostelling International)
Service/Activity:	Located in the peaceful setting of Dunlewey. We host various activities that take place throughout the year concerning health and wellbeing such as yoga retreats, healthy eating seminars, nature walks and meditation sessions.
Contact details:	t: 074-9531180e: errigal@anoige.ie 

Counselling services

Health Service and private counselling

Organisation:	Donegal Women's Centre
Service/Activity:	<p>Provides a space where women can pursue their own healing & development in a safe, caring and supportive environment.</p> <p>The Centre is a holistic place of healing for women where not only the services we offer, but the Centre itself, supports the healing process, and truly honours the feminine. We are positively committed to improving Women's status in society, opposing discrimination & eliminating violence & injustice to women.</p> <p>Donegal Women's Centre offers a range of services to meet the identified needs of women in the county Crisis Pregnancy Counselling, Domestic Violence Counselling, Generic Counselling (to both women and men), Listening service, Self-development courses, Sexual Health programme, Women's Health & Family Planning Clinic</p>
Contact details:	t: 074 9124985 Email: e: womenscentrelkenny@eircom.net 
Organisation:	Accord
Service/Activity:	ACCORD offers a professional counselling service for couples and individuals to explore, reflect upon and work to resolve difficulties that arise in their marriage & relationships.
Address:	Diocesan Pastoral Centre, Monastery Ave, Letterkenny, Co Donegal
Contact details:	t: 074 9122218 e: accordletterkenny@eircom.net 
Organisation:	The Pastoral Centre
Service/Activity:	<p>Counselling Services: Offering counselling to anyone from the age of 5 years upwards in Letterkenny, Stranorlar, Buncrana and Carndonagh</p> <p>Bereavement Support Programme: For adults who have experienced grief.</p> <p>A Changed Life: This is a support programme for people who have lost someone to suicide. Each week a different theme will be discussed.</p> <p>Rainbows: is a support program for children or teenagers who have suffered loss through bereavement, parental separation or divorce. This group runs on a Saturday Morning. Places must be booked. Personal Development courses are run depending on interest such as Style Coaching, Art Classes, Crochet Classes, ASIST, Smart Phone and Social Media Training and Anger Management. Community Support Groups: Al-Anon, AA Meetings, GA Meetings, NA Meetings, Grow and Alone. Many of these support groups are on in the evenings</p>
Opening Times:	Reception is open from 9 am to 5pm.
Address:	Monastery Avenue, Letterkenny, Co Donegal
Contact details:	t: 0749121853 e: pastoralcentrelky@gmail.com www.raphoepastoralcentre.ie 

Organisation: Maureen Mulhern Counselling

Service/Activity: Bsc, Msc, RGN, PgDip CBT I am an accredited Cognitive behavioural therapist (CBT) with British Association of Counselling and Psychotherapy. I have also trained in psychological trauma management (including EMDR) to work with survivors of sexual, physical or emotional abuse, car or work accidents, life-threatening illness. I have been working privately in the Gortahork/Gweedore area since 2007. (The Cancer Society covers the cost of therapy for cancer survivors and their carers). I have been working privately in the Gortahork/Gweedore area since 2007. There is a charge of €30 per 1 hour session. I am insured and have regular supervision with a qualified psychotherapist.

Contact Details: Maureen Mulhern m: 0851147888

advert

Donegal Mind Wellness

Helping people to mind their mental health

Donegal Mind Wellness is a charity based in Donegal which was set up in 2014 by Majella O'Donnell. The aim of the charity is to support mental health initiatives in the community throughout county Donegal.




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

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



Disability services & supports

Assistance, support and information for people with a disability, carers and their families

Organisation:	Irish Wheelchair Association (IWA)
Service/Activity:	The Leading representative body and service provider for people with physical disabilities.
Opening Times:	Monday to Friday 9-5
Contact Name:	Mary McGrenra
Address:	Glenview, Carnamogagh Upp. Letterkenny
Contact details:	Letterkenny office t: 074 9177448 e: dramanor@iwa.ie
	
Organisation:	Donegal Centre for Independent Living
Service/Activity:	Donegal Centre for Independent Living (DCIL) seeks to empower & enable people with disabilities, enhance their quality of life, assist in achieving independent living & their full participation in our society.
Opening Times:	Mon—Thurs 9:30—5pm Fri 9:30—4pm
Contact Name:	Rosaleen Bradley
Address:	Ballymacool, Letterkenny
Contact details:	t: 074 912 8945 e: dcil@donegalcil.com
	
Organisation:	Rosses VIP's (Social club for Visually Impaired Persons in the Rosses.)
Service/Activity:	The Rosses VIP club has been setup to support persons who are experiencing sight loss and blindness. Meetings take place weekly on Tuesdays at the Burtonport Community Centre to share knowledge, experiences, a social cuppa.
Opening Times:	Drop in on Tuesday mornings 10.30 – 12.30
Contact Name:	Linda Ní Ghallchóir
Address:	St. Columba's Community Centre Burtonport
Contact details:	Contact Linda: t: 0857769765 Facebook page: Rosses VIP's
	
Organisation:	Derryveagh Carer Support Group (Dunfanaghy & Falcarragh)
Service/Activity:	Support Group offering home carers the opportunity to meet with others share skills, experiences & organise events.
Opening Times:	Meet on a regular basis
Contact Name:	Jean McLaughlin
Address:	c/o Family Resource Centre, Main Street, Dunfanaghy
Contact details:	t: 074 9136548 e : dunfresource@gmail.com
Organisation:	Beach Wheelchairs in Donegal
Service/Activity:	There are beach wheelchairs available in 5 locations in Donegal, one is at the airport in Carrickfinn, Carrickfinn Beach Contact: Donegal Airport at 074 95 48284
Contact details:	t: 074 95 48284 w: https://mcscasemanagement.ie/uncategorized/hippocampe-beach-wheelchairs-countrywide/

Donegal County Council

The Local Authority provides a wide range of services across Donegal

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

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

Or the Public Services Centre in our North West Donegal region - 074 95 61039

Gweedore Road, Dungloe,
Co. Donegal, F94 H4CF

Open Monday to Thursday 9am to 5pm
and Fridays 9am to 4.30pm
Closed for lunch each day 12.30pm to 1pm
Closed on Bank Holidays



Comhairle Contae Dhún na nGall Donegal County Council

Roads Service

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

Environment

Bring Banks
Christmas
Waste Collection
Septic Tanks
Illegal Dumping
Recycling Centres

Housing

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

Motor Tax

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

Planning

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

Other Services

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

An Garda Síochána

Local Garda stations and contact details



Organisation:	Creeslough Gardaí
Address:	Main Street, Creeslough
Contact details:	t: 074 91 38002

Organisation:	Dunfanaghy Gardaí
Address:	Main Street, Dunfanaghy
Contact details:	t: 074 91 36114

Organisation:	Falcarragh Gardaí
Address:	Church Road, Falcarragh
Contact details:	t: 074 91 35113

Organisation:	Milford District Headquarters
Address:	Main Street, Milford
Contact details:	t: 074 91 53060

Organisation:	Dungloe Gardaí
Address:	An tSráid Mhór, An Clochán Liath
Contact details:	074 95 21000

Organisation:	Bunbeg Gardaí
Address:	Magheraclogher
Contact details:	074 95 31333

Gardening groups & community gardens

Assistance and information for people interested in community gardens & allotments

Organisation:	Donegal Community Garden Network	
Service/Activity:	Connecting All Community Gardens throughout Donegal- get in touch for details about your local community garden projects & how you can get involved. Information Network on Facebook	
Contact Name/details:	e: donegalcgn@gmail.com	
Organisation:	Dunfanaghy Community Garden	
Service/Activity:	Come along and join us in our outdoor classroom, with a qualified Gardening Tutor and have a well earned cuppa with a great bunch of people. New members always welcome.	
Address:	Family Resource Centre, Main Street, Dunfanaghy Co. Donegal	
Contact details:	t: 074 9136548 fax: 074 9136202 e: dunfresource@gmail.com	
Organisation:	Falcarragh Community Garden Project - Garradh Cholmcille	
Service/Activity:	Polytunnel & raised beds for community gardening. Courses, classes & group sessions. New members are always welcome.	
Contact Name / details	Paul Kernan t: 074 91 80111 m: 086 084 1433	
Organisation:	Gairdín Gortahork (@OURganic Gardens)	
Service/Activity:	Running garden courses throughout the year and also environmental activities . Information Network on Facebook	
Contact Name / details	Joanne Butler m: 086 1789971 gardengortahork@gmail.com	
Organisation:	Garraí Dhonnchadh - community garden	
Service/Activity:	Community garden - new gardeners welcome	
Address:	Teach Pobail Cholmcille Cnoc Fola	
Contact details:	m: 087 718 9316	
Organisation:	Ionad Naomh Pádraig Community Garden	
Opening Times:	Wednesday, 1.00 p.m. – 3.00 p.m	
Address:	Máire Uí Chomhaill, Ionad Naomh Pádraig, Dobhar, Bun Beag, Leitir Ceanainn, F92 EH6N	
Contact details:	t: 074 95 32949, m: 086 825 9752, e: ionadnp@gmail.com	
Organisation:	An Mhanniar - Ballina Resource Centre	
Service/Activity:	Polytunnel & raised beds for community gardening. Courses, classes & group sessions.	
Contact details:	t: 074 91 80571 e: pobaleas@gmail.com	
Organisation:	Ards Walled Garden Project & Allotments	
Service/Activity:	Polytunnel & raised beds for community gardening. Courses, classes & group sessions. Allotment spaces	
Contact details:	086 890 1497	

Health & Well-being programmes and providers

Community health, recovery & similar activities and First Aid initiatives

Organisation: Dunlewey Defib Team
Service / Activity: Trained defibrillator responders
Contact details: m: 087 381 9417

First Responders & First Aid

Organisation: Creeslough First Responders (Creeslough Defib)
Service/Activity: Emergency Response - they are contacted by emergency services
Contact details: t: 074 9138063 (James Carroll) e: jamescarrol107@gmail.com



Ionad: Chéad Fhreagróirí Ghaoth Dobhair - Dobhar First Responders
Seirbhís Céad Fhreagróirí - First responders
Ainm Teagmhálaí: g: 074 95 32949 (Máire Uí Chomhaill / Máire Nic Fhionnghaile)
p: 086 825 9752 r: gweedorefirstresponders999@gmail.com



Organisation: Falcarragh First Responders
Service / Activity: Emergency Response - they are contacted by emergency services
Contact details: m: 086 1013304 (Shaun Boylan) e: boylanshaun1@gmail.com



Health & Wellbeing Forums

Organisation: Community Health Forums - North West Donegal
Service/Activity: To provide a discussion, learning & action forum for communities with an interest in health inequality & promoting wellbeing and participation in health planning and action. The forums represent the area at meetings the county-wide health and well-being network.
Contact details: **Bunbeg/Derrybeg:** 074 95 32949 m: 086 825 9752 e: ionadnp@gmail.com
Derryveagh t: 07491 80111 /0860841433 e: derryveaghchn@gmail.com
Fintown/Rosses t: 074 95 61686 m: 0879615775 e: rossescdp@gmail.com
Donegal County Health Network: e: donegalchn@gmail.com
w: www.donegalchn.org



Eagraíocht: Badminton & Chair Aerobics Ionad A'Phobail, Mhachaire Rabhartaigh
Seirbhís: Badminton Achán Dé Ceadaoin 7-8 & 8-9 'CA' Achán Déardaoín 10-11rn
Ainm Teagmhálaí: Máirín Ní Dhúgáin
Uimhir Teagmhálaí: t: 074 9135556





Recovery and sports injury

Organisation: Flash Recovery Lounge
Service/Activity: Flash Recovery Lounge provides a new injury prevention and sports recovery state of the art equipment. Central Hub for local Health, Fitness & Well Being Services, Classes & Treatments focused on healthy bodies & healthy minds.
Contact Name: Paul Gallagher (Derrybeg Co. Donegal)
Contact details: m: 087 9604817 m: 087960481 e: flashrecoverylounge@gmail.com



Mental Health services & supports

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

Organisation:	AWARE	Freephone 1800 80 48 48
Service/Activity:	National Mental Health Charity supporting people across Ireland	
Contact Details:	t: 01 661 7211 w: www.aware.ie	e: supportmail@aware.ie
Organisation:	Cloughaneely Mental Health Association (Mental Health Ireland)	
Service/Activity:	Supports for people and families coping with mental health issues.	
Contact Details:	Sally Boyce, Teresa Kenny	m: 083 348 9747
Organisation:	Innovation Recover	
Service/Activity:	EU funded cross-border mental health project building resilience & well-being across the border counties to aid recovery and self-management.	
Contact Details:	NI (028) 7186 5149 or ROI 086 606 9480 recoverycollegewest@westerntrust.hscni.net	
Organisation:	Mental Health Service for over 65s (HSE)	
Service/Activity:	Mental health supports & services and dementia supports for people over 65 years of age (referral via GP)	
Contact Details:	19-20 Solomon's Court, Letterkenny F92 FR59	t: 074 91 88295
Organisation:	Mental Health Ireland	
Service/Activity:	National Charity Promoting Positive Mental Health, Wellbeing & Recovery	
Contact Details:	bill@mentalhealthireland.ie (Donegal Development Officer) t: 01 284 1166	
Organisation:	North West Donegal Mental Health Team (HSE) at Dungloe Hospital	
Service/Activity:	Wide range of mental health supports & services across NW Donegal	
Contact details:	t: 074 95 21860	
Organisation:	PHEW: Positive Health and Emotional Well-being	
Service/Activity:	Primary and Post Primary wellness programmes (Beoga) through education & play, covering mental health, coping strategies, team building, peer support, advocacy, exam prep and much more. Workplace based stress management programmes. Teacher well-being classes etc. Ta na cursai agus ceardlanna seo ar fail go datheangach	
Contact Details:	Linda ni Ghallchoir m: 0857769765 www.phew.ie e: phew.linda@gmail.com	
Organisation:	SOLAS Programme	
Service/Activity:	Mental Health Support Group	
Opening Times:	Office hours - Monday - Friday 9am-5pm Open Day. Each Wednesday the community are invited to come along to sample our programme.	
Contact :	Christina Greene at An tSeán Bheairic, Falcarragh	
Contact details:	t: 074 9165058 w: www.solasdonegal.org	
Organisation:	STEER Housing (North West Social Housing provider)	
Service/Activity:	Steer Housing Association mission has always been to provide, manage & maintain affordable, quality housing that people are proud to call home.	
Address:	Court Manor House, Justice Walsh Rd, Letterkenny, Co. Donegal	
Contact details:	t: 074 917 7311	



Men's groups and Men's Sheds

Activity Groups, support groups and Sheds

Organisation: Bothán na bhFear - Cloughaneely's Men Shed

Service/Activity: Cloughaneely's Men Shed is located in the Industrial Est, Falcarragh & meets twice weekly on Mon/Thurs morning from 10-1pm. Everyone is welcome it's a simple idea, where men can come together to find friendship, belonging and purpose. We share knowledge & stories, learn new skills, and help the local community where we can. There's no pressure you can visit for a chat and a cup of tea whenever suits you and when we are open.

Opening Times: Mon/Thurs morning from 10-1pm

Contact Name: Tom Feeney, Mick Gibson & John Fitzgerald

Address: Bothan na bhFear, Unit 5, Ballyconnell Industrial Estate, Falcarragh, Letterkenny, Co. Donegal Post Code: F92 Y3O6

Contact details: Chairperson: Tom Feeney m: 087 278 5601

Secretary : Mick Gibson m: 086 850 0073

Treasurer: John Fitzgerald m: 086 385 0110



Organisation: Sciobol na bhFear - Gaoth Dobhair

Service/Activity: Men's Shed, recreational activities, friendship and social group.

Contact Name: Liam Ó Gogain

Address: Unit 15 An Screaban Business Park, Bunbeg F92 E022

Contact details: m: 087 2543997



Organisation: Sciobol na bhFear - Rosses Men's Shed

Contact Name: Gerry Gallagher

Address: CDP NA ROSANN

Contact details: m: 0851411194 e: rossescdp@gmail.com

Organisation: Dunfanaghy Men's Shed

Service/Activity: Our Men's Shed is an updated version of the shed in the backyard, where you can drop in and get involved in a wide and varied range of activities and projects, as well as having some great craic over a mug of tea/coffee. Our Shed is open to all men regardless of age, background or ability. It is a place where you can share your skills and knowledge with others, learn new skills and develop your old skills. we meet on a Monday and Wednesday night, from 7pm.

Contact Name: Jean McLaughlin

Address: Dunfanaghy Family Resource Centre, Main Street, Dunfanaghy

Contact details: t: 074 9136548 e: dunfresource@gmail.com



Money, budgeting & financial advice & assistance

Assistance, support & information for people with financial concerns

Organisation: Citizen's Information Service (Public Services Centre - Dungloe)
Service/Activity: Free and independent information and advice of welfare rights, financial matters, rights and entitlements. All in strictest confidence.
Address: Public Services Centre, Gweedore Road, Dungloe, Co. Donegal
Contact details: t: 0761 07 5430 e: dungloe@citinfo.ie

Organisation: MABS (Money Advice and Budgeting Service - Derrybeg)
Service/Activity: MABS Iarthar Dhun na nGall (West Donegal Money Advice & Budgeting Service) provides a FREE & CONFIDENTIAL service to help families & individuals cope with debt & take control of their finances. Our office is located in Derrybeg, we provide a service in the service in the West Donegal Region that is from Carrigart to Lettermacaward. Outreach appointments can be arranged for Downings, Carrigart, Dunfanaghy & Dungloe by appointment only. For appointments please contact 076107 2650. Further information about MABS do to www.mabs.ie
Opening Times: Monday—Friday 9.30am-5.30pm Please call in advance for appointment.
Contact Name: Noreen Duggan, Marie Coll
Contact details: t: 076 1072650 www.mabs.ie



Organisation: SVP - Criost Ri Conference - Gort a,Choice
Service/Activity: Gives practical support to those experiencing poverty & social exclusion in strict confidence.

Contact details: m: 087 3566924

Organisation: SVP - The Rosses

Service/Activity: Gives practical support to those experiencing poverty & social exclusion in strict confidence.

Contact details: t: 074 95 21850 (Dungloe) t: 074 95 48114 (Annagry)
t: 074 95 43124 (Burtonport)

Organisation: SVP - Holy Cross Conference
Service/Activity: Gives practical support to those experiencing poverty & social exclusion in strict confidence.

Address: Dunfanaghy
Contact details: m: 086 2328791

Organisation: SVP - St. Finian's Conference
Service/Activity: Gives practical support to those experiencing poverty & social exclusion in strict confidence.

Contact Name: Charlie Gallagher, St. Finian's, Falcarragh
Contact details: m: 087 1443464

Money, budgeting & financial advice & assistance

Assistance, support & information for people with financial concerns

Organisation:	SVP - Gweedore
Service/Activity:	Gives practical support to those experiencing poverty & social exclusion in strict confidence.
Contact details:	Coitín Derrybeg m: 087 330 4681
Organisation:	SVP - St. Michael's Conference
Service/Activity:	Gives practical support to those experiencing poverty & social exclusion in strict confidence.
Address:	Creeslough
Contact details:	t: 074 91 38033
Organisation:	Cloughaneely Foodbank
Service/Activity:	Food and assistance for people experiencing financial distress
Contact details:	m: 083 348 9749 m: 086 084 1433 m:086 198 8830
Organisation:	Rosses Foodbank (C/O Rosses CDP)
Service/Activity:	Food and assistance for people experiencing financial distress
Contact details:	t: 074 95 61686 m: 083 348 9749

Credit Unions

Organisation:	Sheephaven Credit Union Limited
Service/Activity:	The Mission of Sheephaven Credit Union is to promote the financial well-being of its members. To achieve this purpose, Sheephaven Credit Union is committed to providing a broad range of innovative financial products supported by the excellent service of a dedicated staff. These programs will be administered in accordance with sound management practices to maintain the financial strength of Sheephaven Credit union.
Opening Times:	9.30-4.30 (Mon-Fri) 9.30-3pm (Sat)
Address:	Masiness, Creeslough, Co. Donegal, F92 YFP2
Contact details:	t: 074 913 8765
Organisation:	Rosses Credit Union Limited
Service/Activity:	The Rosses Credit Union Limited exists only to serve its members - not to profit from their needs. Any surplus income generated is returned to the members by way of a dividend and/or by granting a loan interest rebate or directed to increasing reserves and improving services to members.
Opening Times:	9.30-4.30 (Mon-Fri) 9.30-3pm (Sat)
Address:	Upper Main Street, Dungloe, Co. Donegal
Contact details:	t: (074) 952 2323



Money, budgeting & financial advice & assistance

Assistance, support & information for people with financial concerns

Organisation: Chomhar Creidmheasa Ghaoth Dobhair

Service/Activity: Comhar Creidmheasa Ghaoth Dobhair Teo is a financial co-operative owned and controlled by our members, for the benefit of our members. Our members are central to everything we do with our main priorities being:-

- Protection of our member's savings
- Delivering existing services efficiently and developing new services for the benefit of the member

We are a democratic organisation with the members electing the board of directors, board oversight committee and auditors at our AGM.

Opening Times: Gaoth Dobhair 10-3pm Falcarragh 10-4pm (Fridays)

Address: Comhar Creidmheasa Ghaoth Dobhair, Derrybeg, Co. Donegal
Sub Office: Station Road, Falcarragh (Fridays)

Contact details: t: 074 9531279 & 074 9532783 e: info@gaothdobhaircu.ie



Organisation: INTREO Local offices (Social Welfare) Dunfanaghy and Dungloe

Service/Activity: Offices providing Jobseeker & other supports & employment advices

Opening Times: Tuesday; Wednesday; Friday 10:00 to 1:00pm

Contact details: Dunfanaghy t: 074 91 36417 Dungloe t: 074 95 61030

Organisation: Supplementary Welfare Allowance Service Office

Service/Activity: Offers administrating Supplementary Welfare Allowances

Opening Times: Tuesday 10:00 to 12:00

Address: Dunfanaghy Health Care Centre

Contact details: t: 074 91 36527

Organisation: Welfare Rights and Information Service (Pobail le Chéile)

Service/Activity: Providing information, forms and sign-posting to relevant state and other agencies. The service is free and confidential.

Opening Times: Call for appointment

Address: Ionad Naomh Fionnán & Garradh Cholmcille, Falcarragh

Contact details: t: 074 91 80111 m: 086 0841433 e: coord@pobail.org

Organisation: Regional Employment Service (RES)

Service/Activity: Offers free support and advice to the unemployed, (DLDC)

Opening Times: Monthly by appointment

Address: Main Street, Dunfanaghy

Contact details: t: 074 9128010

Older people's services, supports and activities

Active age, older people groups, activity & support organisations

Organisation: Active Seniors - Lettermacaward
Contact details: m: 086 373 7502 activeseniors13@gmail.com



Organisation: ALONE
Service/Activity: Supporting older people to age at home, Telephone Service; Befriending
Contact Name: Emma Lou Kerr - Support Coordinator
Address: No. 6 Dr Denis, McLoughlin Road, Buncrana, Co. Donegal
Contact details: t: 074 932 1598 m: 086 171 6984 e: emmalou.kerr@alone.ie w: www.alone.ie



Eagras: Club 50 Ghaoth Dobhair- An Chrannog
Gníomhaíochtaí: Grúpa sóisialta seachtainiúl / Weekly social/active retirement group
Teag: Cathal Ó Gallchóir
Seoladh: An Chrannog, Srath na Corcra, Doirí Beaga
Uimhir Teagmhála: g: +353 (0)74 9532208 r: cfgd@crannog.ie

Organisation: Creeslough Day Centre
Service/Activity: Day care facility for senior citizens
Opening Times: Tuesday, Wednesday, Thursday 9am-4pm
Contact details: t: 074 9138063 (Committee Member), t: 074 9138467 (Day Centre)
e: Jamescarroll107@gmail.com

Eagraíocht: Ionad Lae Gaoth Dobhair.
Seirbhís: We provide a secure location for the elderly to meet & enjoy activities, teas and lunch and a pick-up service for those without transportation.

Ainm Teagmhálaí: Brid Gallagher & Eileen Curran
Uimhir Teagmhála: t: 074 9532166 e: bridgetgall@gmail.com Ionad Lae Gaothdobhair.



Organisation: Dunfanaghy Active Age Group
Service/Activity: Friendship group who organise and partake in various activities.
Opening Times: Thursday 11am-1pm
Contact Name: Jean McLaughlin (C/O Family Resource Centre, Main Street, Dunfanaghy)
Contact details: t: 074 9136548

Organisation: Dungloe Active Retirement Group
Address: CDP NA ROSANN
Contact details: t: 0879615775 E: rossescdp@gmail.com



Eagraíocht: Ionad A'Phobail, Mhachaire Rabhartaigh
Seirbhís: Cartaí agus Tarraingt 50/50
Uaireanta Oscailte: Achán Déardaoin 8 - 10 o chlog
Ainm Teagmhálaí: Máirín Ní Dhúgáin
Uimhir Teagmhála: t: 074 9135556

Older people's services, supports and activities

Active age, older people groups, activity & support organisations

Eagraíocht & Seirbhís: Meals on Wheels - Béilte ar Rotha (Caitlin Uí Laifearthaigh)

Seoladh: Ballina Resource Centre Falcarragh, Beal an Atha An Falcarragh
Uimhir Teagmhála: g: 074 91 80571 (Pobal Eascarrach)



Eagras: Béiltí ar Róthaí (Meals on Wheels) - An Chrannog

Gníomhaíochtaí: Béiltí ar Róthaí, 3 lá sa tseachtain i gceantar Chnoc Fola /Meals on wheels serve 3 days a week in Cnoc Fola & Meenaclady area

Teag: Cathal Ó Gallchóir

Seoladh: An Chrannog, Srath na Corcra, Doirí Beaga

Uimhir Teagmhála: g: +353 (0)74 9532208 r: cfgd@crannog.ie

Organisation: Meals on Wheels - Gaoth Dobhair

Service/Activity: Meals delivery service 3 days per week

Contact Name: Máire Uí Chomhaill

Address: Ionad Naomh Pádraig, Dobhar, Bun Beag, Tír Chonaill

Contact details: t: 074 95 32949 m: 086 825 9752, ionadnp@gmail.com

Eagraíocht: Meitheal Oibrí Tacaíochta - Ionad Naomh Pádraig

Seirbhís: Seanóirí ar bith a bhfuil tacaíocht/cuidiú ar bith de dhíth orthu le jabanna beag thart fan teach, Garradóireachta

Seoladh: Ionad Naomh Pádraig, Dobhar, Bun Beag, Tír Chonaill

Uimhir Teagmhála: g: 074 9532949 m: 086 825 9752, ionadnp@gmail.com

Organisation: Maghery Senior Social Club (The Rosses Area)

Service/Activity: Social group for over 65s (Mary Rodgers)

Contact details: e: magheryseniorsocialclub@gmail.com

Pobal ar Aire - Community Alert

Eagraíocht: Pobal ar Aire Fál Carrach - Falcarragh Community Alert

Ainm Teagmhálaí: Pobal Eascarrach

Uimhir Teagmhála: t: 074 9180571

Eagraíocht: Pobal ar Aire Ghaoth Dobhair - Gweedore Community Alert

Ainm Teagmhálaí: Ionad Naomh Padraig

Uimhir Teagmhála: t: 074 95 32949

Organisation: Creeslough Community Alert

Contact Name: Patrick Duffy

Contact details: m: 086 108 3488

Parenting skills & support organisations

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

Organisation: Lifestart - Improving outcomes for Children

Service/Activity: Supporting parents in their parenting roles with evidence-based information on how young children develop and learn

Contact Name: MARY WALKER CALLAGHAN

Address: Main Street, Newtowncunningham, Co. Donegal
Services delivered across the county

Contact details: 0876791898



Eagraíocht: Tots le Chéile

Seirbhís: Cuireann an ghrúpa seo fáilte roimh daoine úra buailleadh linn agus aithne a chuir ar a chéile. Babies, toddlers, mums, dads, grandparents, child minders and carers are welcome

Uaireanta Oscailte: Friday 11.00 a.m. – 1.00 p.m.

Ainm Teagmhálaí: Máire Uí Chomhaill

Seoladh: Ionad Naomh Pádraig, Dobhar, Bun Beag, Leitir Ceanainn, Co. Dhún na nGall, F92 EH6N

Uimhir Teagmhála: g: 074 95 32949 p: 086 825 9752, r: ionadnp@gmail.com



Organisation: Playmatters – social enterprise

Service/Activity: A community organisation, providing play based family fun, designed to support family health and wellbeing. Aimed at supporting, integrating and connecting children & families with their community and with the natural environment'

Address: CDP Na Rosann, Chapel road, Dungloe, Co Donegal.

Contact details: e: playmattersoffice@gmail.com playmattersireland



Organisation: Strengthening Families Programme (SFP) - Alcohol Forum

Service/Activity: The Strengthening Families Programme (SFP) is a 14 week internationally recognised evidence-based family skills programme for the 'whole family'. It is available for families with children aged 6-12 years old and teens aged 12-16 year olds and run on a group setting.

Families attending the programme gain improved family relationships, enhanced parenting and communication skills and skills to manage stress, anger and peer pressure. It has been found that by improving parenting protective factors and family relationships and resilience it will lead to reducing problem behaviour, improve school performance and reduce criminal behaviour and alcohol and drug use in young people.

Opening Times: Monday - Friday, 9am – 5pm (programmes are run in the evenings)

Address: Unit B9, Enterprise Fund Business Ctr., Ballyraine, Letterkenny, Co. Donegal

Contact details: t: 074 9125596 e:info@alcoholforum.org w: www.alcoholforum.org

Outdoor Recreation Activities and Accommodation

Outdoor programmes, centres, residential facilities (Also see Sports & Recreation)

Organisation: Errigal Hostel - An Óige

Service/ Errigal Hostel is located in the peaceful setting of Dunlewey.

Activity: We host various activities that take place throughout the year concerning health and wellbeing such as yoga retreats, healthy eating seminars, nature walks and meditation sessions.

Contact Name: Manager Ann

Address: Dunlewey, Co. Donegal

Contact details: t: 074-95 31180 e: errigal@anoige.ie

w: <https://anoige.ie/errigal-youth-hostel/>

Organisation: Gartan Outdoor Education and Training Centre

Service/ Adventure activities and outdoor education courses take place within our
Activity: woodland and on Gartan Lough. We use the nearby Derryveagh Mountains and the splendid Donegal coastline for our sea kayaking, surfing and 'Coastabout' courses. Many of our sailing and windsurfing courses are also held at the coast.

Providing courses to schools, adventure holidays for families, training courses for individuals or something different for a group of friends or for corporate groups, - Gartan caters for everyone.

Activities include: Archery, Gorge Walking, Canoeing, Rock Climbing, Power-boating, Mud Run, Raft-Building, Surfing, Sea Kayaking and much much more.

Address: Gartan, Church Hill, Co. Donegal

Contact details: t: 074 91 37032e: gartanoffice@donegal.etb.ie

w: www.gartan.com

Organisation: Iain Miller - Unique Ascent

Service/Activity: Customised activities including hillwalking, trekking and night hikes to see nature at its best. We customise each day taking into account the current prevailing weather conditions. We offer a full range of experiences, courses and holidays with the goal of maximising your potential and knowledge by building on your previous experience and knowledge. Our goal with every client is to educate, instruct and guide you to allow you to reach, achieve and fulfil all your rock climbing ambitions.

Contact details: m: 0877584810 w: <https://uniqueascent.ie/> e: uniqueascent@gmail.com

Organisation: Selkie Sailing

Service/ Watersport and adventures provided, sailing, kayaking, surfing,
Activity: coasteering and can be along with camp-outs on local islands

Address: Coveen Derrybeg

Contact details: m: 086 222 3328 e: selkiesailing@yahoo.com



**Seirbhís Breisoideachais agus Oiliúna (FET)
Further Education and Training (FET) Service
Clár Tacaíochta Oideachais Pobail
Community Education Support Programme**

Calling Community and Voluntary Groups

Donegal ETB's Community Education Support Programme invites applications from Community and Voluntary groups to assist them in providing small scale educational courses and activities for adults within their community. The programme aims to widen the range of low cost, locally based educational opportunities for adults.

Popular courses: Arts and Crafts, Basket making, Horticulture, Photography, Social Media, Chair Yoga and Baking. We also welcome applications for courses which can be delivered remotely or online.

Applications are currently being accepted for Autumn/Winter 2020/21.



For further information or request an Application Form contact:

Donegal ETB
Further Education and Training (FET) Service
Community Education Support Programme
Tel: **074 97 25520**



Sinéad Campbell
Community Education Facilitator – South Donegal and Gaeltacht
Email: sineadcampbell311@donegaletb.ie
Catherine Friel
Community Education Facilitator – East Donegal and Inishowen
Email: catherinefriel@donegaletb.ie
Trisha McGuinness
Administrator email: trishamcguinness@donegaletb.ie

www.donegaletb.ie



#GoFurtherWithDonegalETB

Schools - Secondary level

Organisation:	Pobalscoil Ghaoth Dobhair
Contact Name:	Seamus O Briain (Priomhoide)
Contact details:	t: 074 95 31311 e: pobailscoilgd.ias@eircom.net
Organisation:	Gairmscoil Chú Uladh (Cloghan)
Contact Name:	Ciarán Mac Ruaidhrí (Priomhoide)
Contact details:	t: 074 95 46133
Organisation:	Pobalscoil Na Rossan
Contact Name:	John Gorman (Priomhoide)
Contact details:	t: 074 95 21122
Organisation:	Pobalscoil Cloich Cheannfhaola
Contact Name:	Maeve Sweeney (Priomhoide)
Contact details:	t: 074 91 35424
Organisation:	Gairmscoil Mc Diarmada Oileáin Arainn Mhór
Contact Name:	Mary Doherty (Priomhoide)
Contact details:	t: 074 95 20747
Organisation:	Coláiste Phobal Cholmcille Oileán Thoraí
Contact Name:	Máire Clár Nic Mhathúna (Priomhoide)
Contact details:	t: 074 91 65448

Schools - National - Primary level

Organisation:	Scoil Naomh Cholmcille - St. Cholmcille National School, Tory Island
Contact Name:	Anna Uí Bhaoill
Address:	Oileán Thoraí
Contact details:	t: 0749165174
Organisation:	Creelough National School
Contact Name:	Lorraine Starrit
Address:	Creelough
Contact details:	t: 074 9139453
Organisation:	Scoil Mhuire Craosloch - Creelough National School
Contact Name:	John O'Doherty
Address:	Creelough
Contact details:	t: 0749138282
Organisation:	Ballymore National School
Contact Name:	John N Morrow
Address:	Dunfanaghy
Contact details:	t: 074 9136255

Schools - National - Primary level continued.../

Organisation:	Holy Cross National School - Dunfanaghy
Contact Name:	Colette Friel
Contact details:	t: 074 9136618 holycrossschool.iaf@eircom.com
Organisation:	Glasain National School
Contact Name:	Aine Ni Fhearraigh
Address:	Creeslough
Contact details:	t: 074 9138246 e: glassanns@gmail.com
Organisation:	Faugher National School - Portnablagh
Contact Name:	Dolores O'Neill
Contact details:	t: 074 9136422 e: faugherschool@gmail.com
Organisation:	Holy Trinity National School - Dunfanaghy
Contact Name:	Rachel Witherow
Contact details:	t: 074 9136319 e: scoiltrionoidenaofa@eircom.net
Organisation:	Scoil Mhuire National School - Creeslough
Contact Name:	Kathleen Murphy
Contact details:	t: 074 9136702 e: creescoilmhuire@gmail.com
Organisation:	Murroe National School
Contact Name:	Noirin Bn Ui Ghradaigh
Address:	Dunfana- Dunfanaghyghy
Contact details:	t: 074 9136702 e: murroens.ias@eircom.net
Organisation:	Scoil Fhionáin - An Fál Carrach
Contact Name:	Caitríona 'Uí Cheallaigh
Contact details:	t: 074 9135122 e: scoilfhionain.anfalcarrach@gmail.com e: www.scoilfhionain.ie
Organisation:	Gortahork National School - Gort a'Choirce
Contact Name:	Patricia Ui Arlaigh
Contact details:	t: 074 9135094 e: scoilnaiste@eircom.net
Organisation:	Caiseal na gCorr National School - Gort a'Choirce
Contact Name:	Roise ni Chuireain
Contact details:	t: 074 9165129 e: scoilchaisealnagcorr@gmail.com
Organisation:	Cnoc na Naomh - Derryconnor National School
Contact Name:	Francis Nic Iomhair
Contact details:	t: 074 9165133 e: cnocnanaomh@gmail.com

Organisation:	Naomh Dubhthach - Magheroarty National School, Gortahork
Contact Name:	Fearghal Mac Grianna
Contact details:	t: 074 9135665 e: scoilnaomhdubtach@yahoo.ie
Organisation:	Scoil an Aingil Choimheadaí - Keadue National School
Contact Name:	Maire Ní Chómhaill
Contact details:	t: 0749542268
Organisation:	SN Leitir Mhic a Bhaird - Lettermacaward National School
Contact Name:	Séamus McBride
Contact details:	t: 0749544238 e: seamusmcbride@me.com
Organisation:	SN Mín na Ghabhain - Meengowan National School
Contact Name:	Mrs Marlene Doherty
Contact details:	t: 0749544675
Organisation:	SN Eoin Pól - Loch an Iuir National School
Contact Name:	Mairead Nic Suibhne
Contact details:	t: 0749548222
Organisation:	SN Dubhchoraidh - Doochary National School
Contact Name:	Imelda Uí Dhochartaigh
Contact details:	t: 0749546315
Organisation:	Scoil Roisín - Roshine National School
Contact Name:	Siubhán Ferry
Contact details:	t: 0749521047
Organisation:	SN Olibhear Pluinceid - Rannafast National School
Contact Name:	Pól Ó Ruiséil
Contact details:	t: 0749548318
Organisation:	SN na hAcráí - Acres National School
Contact Name:	Seán Mac Fhionchaile
Contact details:	t: 0749542134
Organisation:	Scoil Mhuire - Belcruit National School
Contact Name:	Marianne Comack
Contact details:	t: 0749543364
Organisation:	SN Dhubhthaigh Anagraire - Annagary National School
Contact Name:	Sile Uí Bhiataigh
Contact details:	t: 0749548162

Schools

National (Primary) and early years / pre-schools

Schools - National - Primary level continued.../

Organisation:	Scoil Chróine - St. Crone's National School (Dungloe)
Contact Name:	Micheál Ó Fearraigh
Contact details:	t: 0749521316
Organisation:	SN Árainn Mhór - Arranmore National School
Contact Name:	Michelle Coll
Contact details:	t: 0749520116
Organisation:	SN Árainn Mhór II - Arranmore National School (2)
Contact Name:	Gráinne Ní Cháimhsí
Contact details:	t: 0749520117
Organisation:	SN Cholmcille - Fintown National School
Contact Name:	Seaghan Mac Laifeartai
Contact details:	t: 0749546209
Organisation:	Scoil Mhuire Na Doirí Beaga
Contact Name:	John McGeever
Contact details:	t: 0749531557
Organisation:	Scoil Phádraig Dobhar
Contact Name:	Anne Curran
Contact details:	t: 0749531787 e: dobharns@eircom.net
Organisation:	SN Adhamhnain - Lunnaigh National School
Contact Name:	Bridie Ní Suibhne
Contact details:	t: 0749531547
Organisation:	Scoil Bhríde Mín an Chladaigh - Meenaclady National School
Contact Name:	Nóirín Uí Dhomhnaill
Contact details:	t: 0749135658
Organisation:	SN Chonaill - Magheracloghar National School
Contact Name:	Pádraig Mac Grainna
Contact details:	t: 0749532535

Pre-Schools and Early Years education providers

Organisation:	Donegal County Childcare Committee
Service/ Activity:	To excel in the development and support of quality early childhood care & education and to bring about positive outcomes for children and families.
Address:	10 – 11 St. Columba's Terrace, High Road, Letterkenny, Co. Donegal
Contact details:	t: 074 91 23442 e: info@donegalchildcare.com

Eagraíocht:	Comhar Naíonraí na Gaeltachta
Seirbhís:	Is é Comhar Naíonraí na Gaeltachta an tseirbhís aitheanta náisiúnta a chuireann seirbhísí luathbhlianta ar fáil ar fud na Gaeltachtaí. Tá os cionn 30 seirbhísí luathbhlianta faoi stiúir Chomhar Naíonraí na Gaeltachta anseo i nDún na nGall, agus os cionn 115 seirbhís ar fud na tíre agus tá oifigí ag an gcuideachta i ngach mór-cheantar Gaeltachta Fís: An fís atá ag CNNG nó deis a thabhairt do gach páiste sa Ghaeltacht freastal ar sheirbhísí luathbhlianta den scoth trí mheán na Gaeilge. Is féidir teagmháil a dhéanamh linn!
Ainm Teagmhálaí:	Carol Ní Mhaolchiaráin (Oifigeach Forbartha & Teanga) cnm@cnng.ie
Seoladh:	Príomh Oifig CNNG, An Cheathrú Rua, Co. Na Gaillimhe, g: 091 595337 r: eolas@cnng.ie www.comharnaionrai.ie Oifig Réigiúnach Thír Chonaill: An Aislann, Páirc Gnó Ghaoth Dobhair, Co. Dhún na nGall
Uimhir Teagmhála:	g: 0749560296 Suzanne Níc Géidí (Oifigeach Forbartha) suzanne@cnng.ie
Eagraíocht:	Maghery Naoinra - Ionad an Mhachaire, Maghery
Uimhir Teagmhála:	t: 074 9522724 Hugh Gerard Boyle e: ionadmaghery@gmail.com
Organisation:	Lámha Beaga Montessori - Magheroarty, Gortahork
Contact details:	t: 086 1735180 Mary Doohan McCraith e: mccraith@hotmail.com
Eagraíocht::	Naíonra An Fháil Charraigh
Seoladh:	Unit 7, Ballyconnell industrial estate, an Fál Carrach, F92 CF74
Uimhir Teagmhála:	t: 0872069593 Anna-Marie Uí Ghallachóir r: falcarrach@ccng.ie
Organisation:	Creelough Community Childcare Services Ltd
Address:	St. Michaels Terrace, Creelough (Full & Part time care & afterschools)
Contact details:	t: 074 91 38841 m: 086 1029474 e: admin@cccc.ie
Organisation:	Dunfanaghy Community Playhouse Ltd Main Street, Dunfanaghy
Contact details:	m: 086 2678883 e: dunfanaghyplayhouse@gmail.com
Eagraíocht:	Ray Montessori School Falcarragh
Uimhir Teagmhála:	t: 074 91 65589 m: 087 2352865 e: cloughaneely@gmail.com
Eagraíocht:	Slí Na Eolais (Playgroup, Montessori & Afterschool) - Quay Road, Dungloe
Uimhir Teagmhála:	t: 074 95 22547 m: 087 6901404 e: pjward4@eircom.net
Eagraíocht:	Spraoi le Cheile - Ionad Curam Páistí - Carnmore Road, Dungloe
Uimhir Teagmhála:	t: 074 95 22804 m: 083 3887857 e: sparoilecheile@gmail.com
Eagraíocht:	Naíonra Dobhair - Scoil Dobhair, An Bunbeg
Uimhir Teagmhála:	m: 087 1606793 - Roisín Mhic Cumhaill - Ciara Nic Aoidh e: dobhair@cnng.ie

Pre-Schools and Early Years education providers (continued)

Eagraíocht:	Naiolann Ghaoth Dobhair
Seirbhís:	An all Irish childcare facility offering a high standard of care for children from 1 - 12 years old with highly qualified staff. Open from 8 am to 6pm Monday to Friday 50 weeks of the year. We offer full day-care, part-time, sessional & afterschool service with our own transport for pickup.
Seoladh:	Pairc Ghnó, Ghaoth Dobhair
Uimhir Teagmhála:	p: 087 9252528 - r: naiolanngd@muintearas.com
Eagraíocht:	Naíonra Doirí Beaga - Aislann Ghaoth Dobhair, Pairc Ghnó
Uimhir Teagmhála:	m: 087 6412369 - Eithne Nic Fhionnlaoiach e: doiribeaga@cnng.ie
Eagraíocht:	Naíonra Gort a Choirce - An Scoil Beag
Uimhir Teagmhála:	m: 086 8753038 - Anne-Marie m: 0894840675-Áine e: gortancoirce@cnng.ie
Eagraíocht:	Naíonra Ailt a Chorráin - Na nAcraí, Ailt a Chorráin , An Clochán Liath
Uimhir Teagmhála:	m: 086 3744605- Marie Ní Bhaoill e: ailtnachorrain@cnng.ie
Eagraíocht:	Naíonra an Clochán Liath - Bóthar an Chaoráin Mhóir
Uimhir Teagmhála:	t: 087 9366664 - Máire Níc Grianna e: anchlochanliath@cnng.ie
Eagraíocht:	Naíonra Anagaire - An Scoil Anagaire
Uimhir Teagmhála:	t: 086 6072776 - Mairín Uí Dhuibheannaí e: anagaire@cnng.ie
Eagraíocht:	Naíonra Árainn Mhór - An Leabh Garbh, Oileann Arainn Mhór
Uimhir Teagmhála:	t: 087 7560736 - Sharon Uí Dhonaill e: arainnmhor@cnng.ie
Eagraíocht:	Naíonra Baile Na Finne - Ionad Cholmcille, Baile Na Finne
Uimhir Teagmhála:	t: 074 95 46930 m: 087 6347972 - Caitlín Nic Eitigeáin e: bailenafinne@cnng.ie
Eagraíocht:	Naíonra Chnoc Fola - Halla Pobail, Chnoc Fola, Na Doirí Beaga
Uimhir Teagmhála:	m: 086 0683757 - Julianne Ní Loinsigh e: cnocfola@cnng.ie
Eagraíocht:	Naíonra Loch an Iúir - Coláiste Gaeilge, Loch An Iúir, Anagaire
Uimhir Teagmhála:	m: 087 7705582 - Rosaleen Nic Uaid e: lochanuiur@cnng.ie
Eagraíocht:	Naíonra na Crannóige - Straith na Corcra, Na Doirí Beaga
Uimhir Teagmhála:	m: 087 9769077 - Bríd Nic Pháidín e: crannog@cnng.ie
Eagraíocht:	Naíonra Oileán Thoraigh - Baile Thiar
Uimhir Teagmhála:	g: 086 0821582 - Anna Nic Ruaidhrí r: suzanne@cnng.ie
Eagraíocht:	Naíonra Rann na Feirste, Aislann Rann na Feirste , Anagaire
Uimhir Teagmhála:	m: 086 0687849 - Eilín Ní Ghairbhe e: rannnafeirste@cnng.ie
Eagraíocht:	Páistí le Chéile - Tuismitheoirí agus Tachráin (Parent & Toddler group)
Uimhir Teagmhála:	t: 074 91 80111 - Rosemary m: 086 084 1433 e: pobailc@gmail.com

Social Prescribing Project

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



Organisation: Ardara / Glenties

Service/Activity: Referral to health & wellbeing supports in the community

Contact Name: Caroline Barrett

Contact details: m: 087 365 2577 e: spcarolinebarrett@protonmail.com

Organisation: Bunbeg/Derrybeg

Service/Activity: Referral to health & wellbeing supports in the community

Contact Name: Andrea Laux

Contact details: m: 087 0945245 e: spgaothdobhair@gmail.com

Organisation: Buncrana

Service/Activity: Referral to health & wellbeing supports in the community

Contact Name: Carmel Gallagher

Contact details: m: 086 0406950 e: Carmel@inishowen.ie

Organisation: Cardonagh/Clonmany

Service/Activity: Referral to health & wellbeing supports in the community

Contact Name: Carmel Gallagher

Contact details: m: 086 0406950 e: Carmel@inishowen.ie

Organisation: Derryveagh

Service/Activity: The Programme supports the health & wellbeing of people by using community-based activities and supports. Using community resources affords the opportunity to experience the benefits of meeting new people, participating in enjoyable activities & maybe even learning a new skill.

Contact Name: Bernadette McFadden

Contact details: m: 086 0766670 e: spcderryveagh@gmail.com



Organisation: Donegal Town/Pettigo


Service/Activity: Referral to health & wellbeing supports in the community

Contact Name: Caroline Barrett

Contact details: m: 087 365 2577 e: spcarolinebarrett@protonmail.com

Social Prescribing Project (cont.)


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

Organisation:	Rosses/Fintown		
Service/Activity:	Referral to health & wellbeing supports in the community		
Contact Name:	Breege Ward		
Contact details:	m: 087 1511855	e: rossesocialprescribing@gmail.com	

Organisation:	Killybegs/Kilcar/Glen		
Service/Activity:	Referral to health & wellbeing supports in the community		
Contact Name:	Caroline Barrett		
Contact details:	m: 087 365 2577	e: spcarolinebarrett@protonmail.com	

Organisation:	Letterkenny		
Service/Activity:	Referral to health & wellbeing supports in the community		
Contact Name:	Edel McBrearty		
Contact details:	m: 083 1335700	e: Letterkennysp@yahoo.ie	

Organisation:	Lifford/Castlefinn		
Service/Activity:	Referral to health & wellbeing supports in the community		
Contact Name:	Mary McDermott		
Contact details:	m: 089 4589663	e: Scoilprescriberlifford@gmail.com	

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

Organisation:	Moville		
Service/Activity:	Referral to health & wellbeing supports in the community		
Contact Name:	Carmel Gallagher		
Contact details:	m: 086 0406950	e: Carmel@inishowen.ie	

Therapists & Complementary treatments

Private practitioners offering various non-medical therapies and treatments

Organisation: Soul Care with Aoife

Service/Activity: Mindfulness Meditation Classes and One-to-Ones.

Contact Name: Aoife Valley

Contact details: m: 086 3042893 e: aoifevalley@hotmail.com

w: www.aoifevalley.com @soulcareaoifevalley [Facebook]



Organisation: Patricia Swann

Service/Activity: Reflexologist, Easy Yoga Classes, Health & Well Being courses, Holistic .Health & Nutrition, Contact for Buteyko Breathing

Contact Name: Patricia Swann

Address: 8 Cois Locha, Creeslough

Contact details: t: 074 91 39457 m: 085 7232807 e: patriciaswann33@gmail.com

Organisation: Joe Friel Pain & Injury Clinic

Service/Activity: Specialising in the treatment & rehabilitation of sports injuries, Neuromuscular treatment & orthopaedic problems, musculoskeletal disorders, spinal complaints & chronic pain.

Address: Killult, Falcarragh

Contact details: t: 074 796 1494 e: joefriel@ymail.com @PhysioDonegal



Organisation: Maire Gallagher - Reiki Master (Annagry area)

Service/Activity: Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing, it is based on heat and energy being passed through the practitioners hands. A Reiki session can help ease tension and stress and can help support the body to facilitate an environment for healing at all levels-physical, mental and emotional.

Contact details: m: 087 9793475

Organisation: Pilates - with Mary McBride

Service/Activity: For all over toning & strengthening workout, suitable for all ages and levels of fitness. Ideal as introduction to exercise or for those wanting to build core strength and for better posture, balance and flexibility. Free zoom classes in real time available at present.

Contact details: m: 087 1259425

Organisation: The Reflexology Room with Aoife Bonner

Service/Activity: Foot reflexology, facial reflexology, maternity reflexology and combination treatments, I work from home in Maghery and also the flash recovery lounge Gweedore every Friday & salon Vogue Annagry once a month.

Contact details: m: 085 8164406 e: aoifebonner@yahoo.ie

Therapists & Complementary treatments

Private practitioners offering various non-medical therapies and treatments

Organisation:	Acupuncture
Service/Activity:	I am trained in acupuncture and herbal medicine and have practiced for 25 years. I am also a registered nurse. I treat the whole person by using acupuncture and herbs to facilitate healing of the physical body while also addressing the spiritual and mental concerns of the client.
Contact Details:	Patricia Sweeney RN M Ac, POM m: 086 409 4397 (Creeslough)
Organisation:	Athletic Therapy
Service/Activity:	I prevent , assess & diagnose, treat, and rehabilitate musculoskeletal injury's through different forms of physio and exercises
Contact Name:	Emily Schneider
Address:	Flash Recovery Gweedore
Contact details:	m: 0860241741 e: emilyschneider123@gmail.com
Organisation:	Clinical Hypnotherapy
Service/Activity:	I offer solution based hypnotherapy for problems such weight loss, quit smoking, anxiety, fears and phobias, confidence building and much more. I also offer group weight loss hypnotherapy classes.
Contact Name:	Maggie McKinney
Address:	Falcarragh and Flash Recovery Lounge in Gweedore.
Contact details:	m: 0862183911 e: donegalhypnotherapy@gmail.com Donegal Hypnotherapy
Organisation:	Comhcheol Arts and Wellness
Service/Activity:	YOGA (incl. Pregnancy, youth), Donegal Yoga Retreats, Self Care Sundays across West Donegal and online. Maria co-facilitates the Beoga Youth Wellbeing Programme, regionally co-ordinates First Fortnight (Arts and Mental Health Festival) and facilitates the Donegal Positive Birth Movement.
Contact details:	e: comhcheol@mail.com w:www.comhcheol.net / www.donegalyogaretreats.com
Organisation:	Genesis Aesthetic,Laser,Skin & Hair Studio
Service/Activity:	Specialising in skin, laser, Aesthetics, PDO threads, Dermal Fillers, Hair & Beauty treatments. Training Academy for advanced courses in Beauty Therapy & Aesthetics.
Contact details:	t: 0749532575 e: info@genesissalon.ie w: www.genesissalon.ie
Organisation:	Living Well programmes with Helen O Driscoll
Service/Activity:	Living Well is a free 6 wk programme (available online during current restrictions) which supports you to develop the skills to live as well as possible with your long-term health condition.
Contact details:	m: 087 396 4307 e: h elenodriscollgol@outlook.ie



Therapists & Complementary treatments

Private practitioners offering various non-medical therapies and treatments

Organisation: Sarah Jane Yoga

Service/Activity: I help professional, entrepreneurial & Stay at home moms who are exhausted, stressed & overwhelmed. When they work with me I show them how to revitalize their energy and reduce stress so they not only feel amazing but feel recharged, refreshed and ready to embrace and enjoy their life and success

Contact details: m: 083 838 9047 e: sarahjaneyoga1@gmail.com

Organisation: SMK kinesiology

Service/Activity: Muscle testing to help bring the body back into balance naturally incorporating essential oils, Bach flower remedies, bio resonance therapy and ear acupuncture if needed.

Contact Name: Sharon McKelvey

Contact details: m: 0831151066 e: shaz1960@yahoo.co.uk SMK kinesiology



Organisation: Thirty Birds Massage

Service/Activity: Holistic massage and relaxation therapy in the heart of Derryveagh/Cloughaneely.

Opening Times: Open by appointment

Contact Name: Sarah Louise Kernan

Address: Derryveagh/Cloughaneely.

Contact details: t: 083 831 4433 e: thirtybirdsmassage@gmail.com
w: www.thirtybirdsmassage.com



Organisation: Una's Reflexology Complementary & Holistic therapy

Service/Activity: Foot/Facial/Hand Reflexology - Mobile delivering my services to different locations including CDP Na Rossan Chapel Road Dungloe First & Third Friday of each Month and to client's home on request.

Contact Name: Una Breslin

Contact details: m: 0872854668 e: unareflexology@hotmail.com



Organisation: YOGA with Niamh McFadden

Service/Activity: Open level hatha yoga on Tuesdays and yin yoga (all levels) on Thursdays 8pm at an chrannog, as well as restorative yoga workshops for relaxation.

Contact details: m: 087 7552593

Organisation: YOGA and Meditation with Elisa Looby

Service/Activity: Yin Yoga & Meditation online. Free Classes on YouTube: www.youtube.com/elisalovesyoga Free daily meditations on Instagram: @elisalovesyoga Live weekly classes book via website:

Contact details: e: hello@elisalovesyoga.com w: www.elisalovesyoga.com

Travel and transport

Bus and coach services, taxi services, SITT and Local Link service

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



Transport, Coach, Airport, Taxi

Bus Feda, Rannafast

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Donegal - Glasgow Glasgow - Donegal
info@feda.ie +353 (0) 74 9548114
www.busfeda.ie/

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cronanmac@hotmail.com
+353 (0) 74 95 32772 www.cronanmac.com
We are a family run Coach & Bus Hire Business
located in the picturesque Gaeltacht area of North
West Donegal.

Patrick Gallagher Coaches, Gweedore

Donegal - Derry - Belfast Belfast - Derry - Donegal
info@gallagherscoaches.com
+353 (0) 74 9531107 www.gallagherscoaches.com

John McGinley Coaches, Machaire Rabhartaigh

info@johnmcginley.com +353 (0) 74 9135201
www.johnmcginley.com

Mangan Coaches Ballynacraig, Co. Donegal

Operates a number of daily coach service in North-
West Donegal between Letterkenny, Falcarragh &
Dungloe.
t: +353 74 91 3 5460

Donegal Airport, Carrickfinn

Donegal Airport is located at Carrickfinn,
info@donegalairport.ie
+353 (0) 749548284
www.donegalairport.ie

Duddys Travel, Cleendra Dungloe

(087)7560460.
Taxis & Taxicabs. Bus/Taxi Hire.

Josie Gallagher Taxi.

Chapel Rd **Dungloe** Co. Donegal. (086)
8554187. **Taxis & Taxicabs**

Eamonn's Taxi, Derrybeg

Tacsaithe & Busanna
bernadette1983ie@yahoo.com
+353 (0) 861660777

Roarty Cabs, Derrybeg

Taxi and minibus hire
+353 (0) 87 2497333

Charlie Mac Taxi, Dobhar

m: 087 260 3757

Hornhead Cabs, Dunfanaghy

t: (074)9136362
Taxis & Taxicabs, Companies & Businesses

Eamonns Cabs Dunfanaghy

t: 085 787 0164

McGee James Coach Hire

Ballina, Falcarragh
+353 74 91 35174

Woods Taxi, Falcarragh

Taxi, Mini-bus and coach hire
+353 74 91 65017 m: 086 2324054

Women's Organisations and groups

Organisations offering support, information and services to women

Eagrais:	Mná Phort Mhaise - Ionad A'Phobail, Mhachaire Rabhartaigh
Gníomhaíochtaí:	Grúpa bean a thig le cheile le scileanna úra a fhoghlaim agus a fhorbairt. Ceardaíocht, craic agus cupán tae. Fáilte roimh baill úra i gconaí.
Uaireanta Oscailte:	Achán Dé Ceadaoín 10 - 12 o chlog
Teag:	Síle Uí Fhearraigh
Seoladh:	Ionad A'Phobail, Mhachaire Rabhartaigh
Uimhir Teagmhála:	t: 074 9135556 p: 087 271 4438 r: mnaphortmhaise@gmail.com



Eagrais:	Bothán na mBan (Women's Shed),
Gníomhaíochtaí:	various activities and courses for women. New members welcome
Uaireanta Oscailte:	Monday, 7.30 p.m. – 9.30 p.m.
Teag:	Máire Uí Chomhaill
Seoladh:	Ionad Naomh Pádraig, Dobhar, Bun Beag, Tír Chonaill
Uimhir Teagmhála:	t: 074 95 32949 m: 086 825 9752, e: ionadnp@gmail.com





Organisation:	Donegal Women's Centre
Service/Activity:	<p>Provides a space where women can pursue their own healing & development in a safe, caring and supportive environment. The Centre is a holistic place of healing for women where not only the services we offer, but the Centre itself, supports the healing process, and truly honours the feminine. We are positively committed to improving Women's status in society, opposing discrimination & eliminating violence & injustice to women.</p> <p>Donegal Women's Centre offers a range of services to meet the identified needs of women in the county</p> <p>Crisis Pregnancy Counselling, Domestic Violence Counselling, Generic Counselling (to both women and men), Listening service, Self-development courses, Sexual Health programme, Women's Health & Family Planning Clinic</p>
Contact details:	t: 074 9124985 e: womenscentrelkenny@eircom.net



Women's Organisations and groups

Organisations offering support, information and services to women

Organisation:	Mna Eascarrach
Service/Activity:	Various activities and events organized by and for local women. A warm welcome to any other women who would like to come along, new members are welcome. Pobal Eascarrach Resource Centre.
Opening Times:	Variable - Contact Centre.
Contact Name:	Caitlin Ui Laifeartaigh
Address:	Pobal Eascarrach Resource Centre
Contact details:	t: 074 9180571 e: pobaleas@gmail.com
	
Organisation:	Donegal Sexual Abuse & Rape Crisis Centre
Service/Activity:	Our Vision is: Eliminating sexual violence in our society Our Mission Statement is: Donegal Sexual Abuse and Rape Crisis Centre offer counseling, support and advice to survivors of rape and sexual abuse in a confidential, safe and friendly environment. CONTACT - IF YOU NEED TO TALK TO US
Contact details:	Freephone t: 1800 44 88 44 t: 074 91 28211 e: info@donegalrapecrisis.ie w: www.donegalrapecrisis.ie
Organisation:	Donegal Women's Network
Service/Activity:	We highlight the reality of women's lives in Donegal and promote social justice, equality and women's human rights.
Address:	NCCWN Donegal Women's Network, 6 Tir Chonaill Street, Donegal Town
Contact details:	t: 074 972 2790 e: donwomnet@eircom.net w: www.donegalwomensnetwork.wordpress.com facebook.com/NCCWN.DWN
	
Organisation:	Sciobol na Ban - Rosses Woman's Shed
Address:	Cois Locha Community Centre, Gweedore Road, Dungloe
Contact details:	Ann Marie O'Donnell m: 0861583147 e: rossesws@gmail.com

Organisation:	Donegal Reach - Alcohol Forum
Service/Activity:	Donegal Reach Project supports young people affected by parental alcohol or other drug use through one-to-one support with a youth worker and group work. The overall aim of the project is to build up young people's self-esteem, promote positive relationships, help them to become more resilient and improve their future prospects. The Donegal Reach Project focuses on self-confidence, behavioural development, mental health support, goal-setting and improvement in family and social relationships.
Opening Times:	Monday - Friday, 9am – 5pm (evenings and weekend for group work)
Address:	Unit B9, Enterprise Fund Business Ctr., Ballyraine, Letterkenny, Co. Donegal
Contact details:	t: 074 9125596 e:info@alcoholforum.org w: www.alcoholforum.org

Eagras:	Club Óige Chríost Rí / Oileán na nÓg /An Club Spóirt agus Spraoí
Gníomhaíochtaí:	We are open to all secondary pupils. Drop-in on Saturday 8-10pm. Club óige do dhéagóirí al réimse leathan gníomhaíochtaí mar shampla cispheile, peile faoi dhíon, Badminton ins an hala spóirt (Dé hAoine amhain) agus pool, fútsball, playstation,TV, Wifí agus cistin ar fáil in Oileán na nÓg Bus running from Falcarragh to and from club Óige Chríost Rí on Friday. Leaving kelly's at 6.45 An Club Spóirt agus Spraoí, Dé Luain 5.30-7pm. Aois grúpa Naoinán - rang a 2. By all means lump it with Páistí Cois Mara. Réimse leathan gníomhaíochtaí do páistí bun-scoile, mar shampla, cispheile, tráth na gceist, cluichí dramaíochta, cluichí boird, ealaín agus go leor eile.
Teag:	Maria Nic Ghiolla Chomhaill
Seoladh:	Club Óige Chríost Rí
Uimhir Teagmhála:	Oileán na nÓg p: 0894293297 r: criostri1@gmail.com An Club Spóirt & Spraoí g: 0749135556 p: 0830769242 r:paisticm@gmail.com



Eagras:	Club Óige Mhór Dhoibhair - Youth Club
Gníomhaíochtaí:	6 – 12 years of age. Children's activities including sport, arts and crafts, music, dance, computers etc.
Opening Times:	Thursday, 6.00 p.m. – 8.00 p.m.
Seoladh:	Ionad Naomh Pádraig, Dobhar, Bun Beag, Co. Dhún na nGall, F92 EH6N
Uimhir Teagmhála:	t: 074 95 32949 m: 086 825 9752 e: ionadnp@gmail.com



Youth Services

Organisations providing non-formal education and activities for young people

Organisation: Donegal Youth Service

Service/Activity: A County wide youth organisation, supporting young people through youth clubs, youth projects, drop-in provision, special interest groups & one to one support.

Opening Times

Office hours	9 - 5 Mon-Fri.
Youth Information & Drop-in	12 - 6 Mon, Tues
Youth Information & LOFT Drop-in	12 - 8 Wed, Thurs
Youth Information & LOFT Drop-in	12 -10 Fri
LOFT Drop-in& BreakOut	2- 8 Sat
* Special Interest Groups & etc available @ additional times	

Address: 16-18 Port Road, Letterkenny

Contact details: t: 074 9129630 e: admin@donegalyouthservice.ie
w: www.donegalyouthservice.ie



Organisation: Foróige (Youth Development)

Service/Activity: Foróige operate a number of Youth Projects/services & youth clubs in the North West area of County Donegal which provide a range of opportunities and supports for young people. These include: The Rosses Neighbourhood Youth Project (N.Y.P.), Drugs/ Alcohol Education & Prevention Project, Big Brother Big Sister Youth Mentoring Programme, the Garda Youth Diversion Project, the Integrated Youth Project & Peace funded Youth Development Projects.

Contact Name: Susan McLoughlin

Address: Foróige Office, No. 6 Tírchonailí Street, Donegal Town, Co. Donegal

Contact details: t: 074 9723029 Susan McLoughlin m: 086 6064291
e: susan.mcloughlin@foroige.ie w: www.foroige.ie






Organisation: Jigsaw Donegal

Service/Activity: Providing a free & confidential support system for young people aged 15 -25 on Pearse Road in Letterkenny.

Contact Name: Damien Coyle

Contact details: t: 074 97 26920 e: Donegal@jigsaw.ie








Organisation:	Óige Le Chéile (Pobail le Chéile CDP - member of Donegal Youth Service)	
Service/Activity:	13+ Youth Project based at TeachnaÓige YoutHouse No.6 Garradh Cholmcille. Video and IT projects, drop-in on Fridays CoderDojo Wednesday 5-7pm On-line Gamer club Wed. 3.30 - 5' Ultimate Disc Workshops, Creative Writing, Cratt club etc...	
Address:	Ionad Garradh Cholmcille, Station Road Falcarragh F92 W2 H7	
Contact details:	t: 074 91 80111 m: 086 084 1433 e: coord@pobail.org	
Eagras:	Páistí Cois Mara Ionad A'Phobail, Mhachaire Rabhartaigh	
Gníomhaíochtaí:	Páistí Cois Mara - páistí ar bun scoil rang a 3 go dtí rang a 6	
Uaireanta Oscailte:	Achán Dé Máirt 6:30-8 o chlog	
Seoladh:	Ionad A'Phobail, Mhachaire Rabhartaigh	
Uimhir Teagmhála:	g: 074 91 35556	
Organisation:	24th Donegal Scout Group	
Service/Activity:	The scout movement is aimed to support young people in their physical, mental and spiritual development that they may play constructive roles in society with a string focus on the outdoors and survival skills. Kills from age 6 to 18 years of age are welcome	
Contact details:	m: 083 833 7500 e: patmcbride@gmail.com	
Eagras:	Scoil Cheoil na Crannóige - An Chrannog	
Gníomhaíochtaí:	Réimse leathan de ranganna Ceoil Traidisiúnta & Amhránaíochta do phaistí óga agus aos óg, ar chostas reasúnta. / Wide range of Traditional music and song classes for children & young adults at an affordable cost from September to June	
Teag:	Marina Nic Giolla Bhríde	
Seoladh:	An Chrannog, Srath na Corcra, Doirí Beaga	
Uimhir Teagmhála:	g: +353 (0)74 9532208 r: cfgd@crannog.ie	

Sporting organisations

Organisations providing sporting recreation and competition




Cumann Lúthchleas Gael - GAA Clubs

Organisation:	CLG - Chloich Cheannfhaola	
Service/Activity:	Indoor circuits, strength & conditioning classes & GYM open to members and the public [Faola Fitness - Gym t: Stephen Doohan 086 356 7416]	
Contact Details:	Ann Marie (PRO) m: 086 156 7503	
Organisation:	CLG - Ghaioth Dobhair	
Service/Activity:	Indoor circuits, strength & conditioning classes, GYM open to club members	
Contact Details:	Breandan Boyle m: 087 2938230	
Organisation:	CLG - Naomh Micheál	
Service/Activity:	Indoor circuits, strength & conditioning classes, GYM open to club members	
Contact Details:	Anne Marie Kelly (Secretary) m: 087 945 4107	
Organisation:	CLG - An Clochán Liath	
Service/Activity:	Gaelic Athletic Association club for the Dunfanaghy / Creeslough townlands	
Contact details:	E: clganclochliath@gmail.com	
Organisation:	GLC Naomh Muire Íochtar Na Rosann	
Service/Activity:	Gaelic Athletic Association club for the the lower Rosses	
Contact details:	e: pro.naomhmuirelowerrosses.donegal@gaa.ie	

Soccer Clubs

Organisation:	Keadue Rovers Football club	
Contact details:	e: benmcgonagle@hotmail.com	
Organisation:	Glenea United FC (Gleann Átha Aontaithe)	
Contact details:	e: gleneaunitedfc@gmail.com	
Organisation:	Ceiltigh Ghaioth Dobhair - Gweedore Celtic	
Contact details:	m: 0863095323	
Organisation:	Gaoth Dobhair Aontaithe - Gweedore United	
Contact details:	m: 0872590187	

Rowing Clubs

Organisation:	Cumann Ràmhaoichta Chloich Cheann Fhaola Cloughaneely Rowing Club	
Service/Activity:	To preserve develop and promote rowing in the Cloughaneely area	
Contact details:	Dinny McCullough m: 0872926171 e: cnagcuragh.ccf@gmail.com	
Organisation:	Kincasslagh Rowing club	
Service/Activity:	To preserve develop and promote rowing in the Kincasslagh area	
Contact details:	Kincasslagh Rowing club	
Organisation:	County Donegal Rowing Association	
Service/Activity:	Supporting competitive & leisurely rowing across Donegal, with 10 clubs along the coastline. Members from age 12+ all levels abilities catered for.	
Contact details:	e: info@donegalcra.com	

Sporting organisations

Organisations providing sporting recreation and competition

Bowling Clubs

Organisation:	Ballymore Bowling club (Portnablagh)
Contact details:	Tommy McKinley t: 074 9136314 m: 0868547806
Organisation:	Burtonport Bowling club
Contact details:	Margaret Boner (secretary) m: 087 671 6130 
Organisation:	Dunfanaghy Indoor Bowls
Contact details:	Drew Alcorn m: 0863454769 
Organisation:	Falcarragh Indoor Bowling club Ionad Naomh Fionnán, An Fál Carrach
Contact details:	m: 086 385 0110 e: johnfitz45@eircom.net John Fitzgerald (secretary) 
Organisation:	Gortahork Bowling club
Contact details:	Neill Ferry m: 086 878 4724
Organisation:	Leitir Bowling club
Contact details:	Mary King m: 087 613 7869
Organisation:	Maghery Bowling club
Contact details:	Jack Brereton m: 086 084 4827

Other sports and recreation providers

Organisation:	Dungloe Sports Hall
Contact details:	086 603 6406 - Facebook RCS Sports Hall
Organisation:	Maghery Coastal adventures & Camping facility
Service/Activity:	An exciting initiative to promote inclusion in adventure sports in west Donegal. Learn to hill-walk, surf, snorkel, stand-up paddle, cycle & kayak.
Contact Name:	Hugh Gerard Boyle t: 074 95 22724
Contact details:	m: 087 399 2651 e: magherycoastaladventures@gmail.com
Organisation:	Photography with Leonie Ferry
Service/Activity:	Leonie Ferry, t: 087 718 9316, w: www.ferry.photo Learn how to focus on your favourite subjects and to see things from a different perspective. All ages welcome and all types of cameras. Please text or phone me.
Contact Name:	Leonie Ferry,
Contact details:	t: 087 718 9316, w: www.ferry.photo
Organisation:	Tír Chonaill RFC
Contact Name:	Kathryn O'Donnell - Carrickfinn Community Field, Co. Donegal
Contact details:	0877677843 Email: kathrynodonnell95@gmail.com



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info@dldc.org



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

“Enhanced Lives, Strengthened Communities”

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

