

Supports available during the COVID-19 Crisis



Local Supports

Community Response Volunteer Teams

Helping people who are vulnerable or isolating to access food, medicine and essential items. Volunteers can pick things up for you and deliver them to your door, free of charge.

- Westport Family and Community Resource Centre - 086 1457293
- Westport Order of Malta - 087 2062571
- Louisburgh Order of Malta - 087 2328503
- Westport United FC - 087 6990883
- Westport GAA - 087 8109596
- Cllr. Brendan Mulroy - 087 9820542
- Grainne Uaile Triathlon Club - 085 8672363 / 087 2393286
- Kilmeena/Fahy/Carrowholly Community Outreach - 087 8164692
- Aughagower Community Council - 086 4095888 / 087 9326850 / 086 8377538
- Burrishoole Parish Support Group - 098 41123
- Glenhest Community Council - 087 9757808 / 087 9822213 / 087 4144050
- Individual volunteers offering help listed on www.randall.ie/help.

Westport Meals On Wheels - meals delivered to anyone who needs it for €5. Tel. 098 25669

Garda Síochána Community Policing Teams - Tel. 098 25555 / 098 50230

Society of St. Vincent de Paul Westport - for people struggling financially. Tel. 087 9334960

Befriending Telephone Support Service for older & vulnerable people – if you would like to receive a regular check-in call please call Westport FRC on 086 1457293

Free Telephone Counselling - John Harte 087 2889106 / Anne Connolly - 087 2398871 / Eve Menezes Cunningham - 087 2629084 / www.turntome.ie

Shops Offering Delivery

Centra Westport - Tel. 098 27516

Gannons XL, Belclare – Tel. 098 25239

SuperValu Westport - order online at www.supervalu.ie

Tesco Westport - order online at www.tesco.ie

Durkan's Gala Louisburgh – 098 66394
Sheridan's Centra Newport - 083 3398814

Important Phone Numbers

If you are experiencing any symptoms of COVID-19, please call your GP

HSE Live Helpline - 1850 24 1850

ALONE Covid-19 Support Line for Older People: 0818 222 024 8am-8pm

Citizens Information (can advise on Social Welfare entitlements) - 0761 07 4000

Workplace Relations Commission (advice for employers and employees) - Tel. 059 9178990

The Samaritans - Tel: 116 123 / Text: 087 2 60 90 90

Pieta House (Suicide & Self-harm) - 1800 247 247

Aware (Depression & Bi-Polar Disorder) - Tel: 1800 80 48 48

Childline - 1800 66 66 66 24hr a day / Text BULLY or TALK or HELP to 50101

Mayo Women's Support Services (Domestic Abuse support and refuge) - 094 90 25409

Women's Aid - 1800 34 19 00

AnyMan Ireland (Domestic Abuse helpline for men) - 01 5543811

Parentline - 1890 92 72 77 or 01 873 3500