



Directory of Disability Services in Co. Donegal

3rd Edition, 2023



“...To Enhance the Lives of People with Additional Needs...”

Acknowledgements

As Chairperson of the Bluestack Foundation I am beyond proud to see this the 3rd Edition of the **Directory of Disability Services in County Donegal** being launched. This has become an invaluable resource not just for parents and families but also for all of us who work in the Disability Sector in Donegal.

A resource like this does not just happen but takes the dedication, commitment, and hard work of a number of people, in that regard it is only fitting that I acknowledge and commend Sophie Seljan who has put this document together since 2019 when we first launched our Directory.

I would also like to acknowledge the work of our CEO Wendy McCarry who coordinated the work with the endless support of the staff and volunteers of the Bluestack Foundation. Huge thanks also to Anne Timony Meehan, from the Children and Young Peoples Services Committee for her dedication, insight, and commitment to supporting this project, to Healthy Ireland for agreeing to fund the printing of this document and lastly enormous thanks much go to each and every one of the contributors who took the time to respond to requests for information.

The landscape for disability services continues to change and evolve, innovative supports are coming on stream, and we see a huge growth in organic, parent led groups offering immensely valuable support to families. We intend to continue to update this resource electronically on a six-monthly basis with the written version reprinted, subject to funding, annually.

This document is available on the websites of associated organisations within CYPSC Donegal and on the Bluestack Foundation Website. If you would like to be included in follow up editions of this Directory, please contact info@bluestackfoundation.com or call 0749740828 for information. We hope people with additional needs, parents, guardians, carers and professionals will find this document useful. I would like to recognize and thank my fellow Directors, Staff, Volunteers and Members of the Bluestack Foundation for their work, dedication, and inspiration for this document.

Siobhan Taylor

Chairperson, Bluestack Special Needs Foundation CLG

Foreword

This Directory now in its 3rd Edition, was compiled by the Bluestack Foundation in collaboration with Donegal CYPSC and this resource is reviewed regularly by Bluestack staff and kept up to date. The need to support children & young people with physical, sensory and or intellectual disability and their families as was highlighted by statutory and community & voluntary organisations across County Donegal some years ago and continues to be a priority for Donegal CYPSC. This Directory aims to improve access to and awareness of the supports and services available. Donegal CYPSC encourages local statutory, community and voluntary organisations to think creatively to improve access to their services and supports for this cohort of children & young people. We hope this Directory will make it a little easier for Children & Young people with disabilities and their families to find and engage with available services and supports in their area.

This 3rd Edition is part of the Disability Pathways Project and is funded under the Donegal CYPSC Healthy Ireland Round 4 fund. Hard copies are available via Bluestack Foundation and Donegal CYPSC and an E-version, updated regularly can be downloaded free of charge from The Bluestack Foundation Website and from the Donegal page of the CYPSC website. Our sincere thanks to the Bluestack Foundation Team who lead out on this project.

Well Done Everyone!

Anne Timony Meehan, Coordinator Donegal CYPSC



Launching the Directory of Disability Services in Donegal, at the Training, Careers and Lifestyle Fair, Nov 2019

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Children and Young People's Services Committees in Ireland



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

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

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

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

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



Children and young people services committees (CYPSC) are set up in every county across Ireland as part of the Government's plan to get the best outcomes for children and young people from birth to 24 years of age. The purpose of the CYPSCs is to bring statutory, community and voluntary agencies providing services to children and young people together, to cooperate and plan and work in the coordinated way.

Donegal CYPSC has a countrywide structure, which supports this joint planning and coordination across all of Donegal. This will ensure that our children, young people, and their families receive improved and accessible services. This in turn will help Donegal children and young people to achieve the **National Outcomes** set out in better outcomes brighter futures the national policy framework for children and young people 2014-2020:

National Outcomes: That children and young people are:

- ❖ active and healthy with physical and mental well-being
- ❖ achieving full potential in all areas of learning and development
- ❖ safe and protected from harm.
- ❖ have economic security and opportunity.
- ❖ connected respected and contributing to their world.

Tá Coisteún na nGallSeirbhísí Leanaí & Oige Dhún nan Gall (CSLÓ) bunaithe i ngach condae in Éirinn mar pháirt de Phelan an Rialtais, chun na torthaí is fearr a bhaint amach do leanaí agus don oíge ó bhreith go dtí go shroicheann said ceithre bliana is fiche d'aois. Is é cuspóir an CSLÓ ná na Gníomhaireachtaí Reáchtúla, Pobail agus Deonacha a bhfuil seirbhísí á gcur ar fail acu do leanaí agus don oíge a thabhairt le chéile le comhoibriú ar bhealach comhordaithe.

Tá structúr uile-condae ag **CSLÓ Dhún na nGall** a chuidíonn leis an chomhphleanáil agus leis an chomhordú seo ar fud Dhún nan Gall.

Cinntoidh seo go bhfaighfidh ár gcuid páistí, daoine óga agus teaghlaigh acu, seirbhísí níos fearrgur féidir teacht orthu go furast. Cuideoidh sé seo le leanaí agus leis an oíge, na torthaí náisiúnta a bhaint amach mar atá leagtha amach dóibh sa chaipéis Torthaí Níos Fearr, Todhchaí níos gile: an create polasaí náisiúnta do pháistí agus do dhaoine óga 2014- 2020:

Spriocanna / Torthaí Náisiúnta: Go mbeith páistí agus daoine óga:

- ❖ Gníomhach le dea-sláinte mheabhrach agus fhisisiúil.
- ❖ Ábalta cumas foghlama agus forbartha iomlán s'acu a bhaint amach.
- ❖ Slán sábháilte agus cosanta ó aon dochar.
- ❖ Ábalta leas a bhaint as deiseanna forbartha eacnamaíochta.
- ❖ Nasctha lena chéile, go mbeidh meas orthu agus iad rannpháirteach ina bpobal.

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

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

The Bluestack Challenge committee originally dispersed all funds received to other groups working with children with additional needs, to date over €600,000 has been allocated to groups around County Donegal to help with Comfort Funds, Equipment, and Access to Private Services etc. However, despite this, access to services in a timely manner, particularly early intervention services continued to be difficult for many families and indeed sadly impossible to access for some. In 2006 the Bluestack Foundation was established to provide direct supports to people themselves and direct supports to their families and carers.

While the Bluestack Foundation receives some funding from governmental sources, they remain, hugely reliant on the generous donations of the local community and indeed the general public who kindly take it upon themselves to fundraise on their behalf.

The Bluestack Foundation has as its core aim to “Enhance the Lives of People with Additional Needs”. Working with families to provide practical advice, emotional support, and a range of programmes for all children and young people of all abilities. The Foundation building in The Glebe, Donegal Town, (opposite the Abbey Vocational School) has an open-door policy, and a warm welcome.

Over the years the Foundation has grown and now supports over 450 children and adults and their subsequent families, they provide a range of programmes such as teen clubs, Saturday clubs, Music clubs, and sporting activities, they also provide essential day based respite, have an adult Training and Progression Programme have developed a number of social enterprises including The Bluestack Shack, a coffee dock run by adults with additional needs, based in the garden of the Bluestack Foundation building overlooking Donegal Bay which is open to the general public.

The Bluestack Foundation have a deep commitment not only to enhancing the lives of people with additional needs but also to ensuring they are embedded in their local communities, and that those communities are inclusive, receptive, and welcoming. We all have a collective responsibility to ensure that everyone has a sense of belonging, a community that is not only inclusive but embraces and celebrates the abilities of each of our members.

Wendy McCarry
CEO



Guide to entitlements for people with disabilities

EDUCATIONAL SERVICES

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

The Access and Inclusion Model (AIM) is a support system, designed to ensure that children with disabilities can fully participate in the Early Childhood Care and Education (ECCE) Programme, thereby reaping the benefits of quality early years care and education and realising the opportunity to reach their full potential.

AIM supports a child-centred model, involving seven levels of progressive support, moving from universal to the targeted, based on the needs of the child and the pre-school provider.

Additional targeted supports could take the form of

- expert early childhood care and educational advice and mentoring (level 4),
- specialised equipment, appliances and minor alterations (level 5),
- therapeutic supports (level 6)
- or additional capitation to fund extra assistance in the ECCE pre-school room (level 7).

How to apply:

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

Special needs education

Mainstream classes: Many children with disabilities or special needs are in mainstream classes in mainstream schools. They may get help from learning support and resource teachers and care support from Inclusion Support Assistants (ISA's).

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

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

How to avail this service:

The National Council for Special Education (NCSE) works with the Department of Education to improve the delivery of special needs education. The NCSE employs **Special Educational Needs Organisers (SENOs)**.

SENOs are responsible for resources to support the special educational needs of children with disabilities at local level. SENOs are local points of contact for parents/guardians and schools.

SENO Contact Information in Co. Donegal:

SENO: Eimear Quinn

Address: NCSE, 2nd Floor, McKendrick House, McKendrick Place, Pearse Rd, Letterkenny, Co. Donegal. F92 XRC3

Contact Number: 01 6033413

Email Address: eimear.quinn@ncse.ie

Special Transport Arrangements

The School Transport Scheme applies to children with special educational needs recognised by the Department of Education. The child must be attending the

nearest recognised mainstream school or special class/special school or a unit resourced to meet their special educational needs.

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

How to apply:

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

Visiting Teachers Service

The Visiting Teacher Service (VTS) is provided by specially trained teachers to children who are deaf or hard of hearing or blind or visually impaired and their parents or guardians. The teacher will visit the child at home, aiming to be a support to both the parents or guardian and the child. The service can begin shortly following the birth of the child and continue through primary and post-primary education where appropriate. In addition, the teachers provide a teaching service for the pre-school child in the home if considered necessary.

How to apply:

By referrals of the:

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

Additional Supports in primary school

Additional support is available for children with a hearing impairment, speech and language disorder, visual impairment, moderate general learning disabilities and autistic spectrum disorders.

Children with special educational needs may be in ordinary classes in mainstream primary schools or in special classes in these schools. They may get additional educational support from special education teachers and care support from Inclusion Support Assistants (formally known as SNAs).

How to avail this service:

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

Post-Primary School

Post-primary students with special educational needs may attend a mainstream post-primary school. They may be in mainstream classes with the support of a learning support/resource teacher and/or the care support of a Inclusion Support Assistant or may be in a special class. Post-primary school supports include grants for assistive technology and grants to make the school more accessible, for example, to put in a ramp or accessible toilet accommodation.

How to apply:

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

Educational Supports for Students with Disabilities at third level

There are several support systems for students with disabilities who are undertaking courses at third level. Many third-level colleges have a disability or access service which is responsible for giving support and advice to students with disabilities.

Please contact the relevant Third Level Institution for more information.

Disability Access Route to Education (DARE)

[DARE](#) supports students with disabilities to access college. DARE is a third level alternative admissions scheme for school-leavers whose disabilities have had a negative impact on their second level education. DARE offers reduced points places to school leavers who, as a result of having a disability, have experienced additional educational challenges in second level education.

This access route to education is for people with disabilities who wish to engage in third level education and can provide evidence that their disability has affected their educational performance significantly while in second level.

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

How to apply:

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

Association for Higher Education Access and Disability (AHEAD)

AHEAD is a voluntary organisation that promotes the participation of students with disabilities in third-level education.

AHEAD works with graduates and employers through the [GET AHEAD Graduate Forum](#) and the [WAM Mentored Work Placement Programme](#).

Get AHEAD is an initiative of AHEAD which has been running since 2005. It is a network of student and graduates with disabilities currently making the transition from third-level education to full time employment. Get AHEAD works to up-skill graduates with disabilities by providing training events and valuable information covering a wide range of topics and resources.

Willing Able Mentoring (WAM) is a work placement programme which aims to promote access to the labour market for graduates with disabilities and build the capacity of employers to integrate disability into the mainstream workplace.

How to apply:

[Through AHEAD website.](#)

EMPLOYMENT SUPPORTS FOR PEOPLE WITH DISABILITIES

Rehabilitative training

The Department of Health has responsibility for [rehabilitative training](#) (training that is not linked to the labour force).

Responsibility for the delivery of these services rests with the Health Service Executive (HSE). Rehabilitative training is provided largely in accredited training centres that are run by the HSE or by service providers contracted by the HSE. Rehabilitative training focuses on the development of life skills, social skills and basic work skills with the objective of enhancing the trainee's quality of life and general work capacity.

How to apply:

The HSE has appointed Directors of Disability Services who are responsible, among other things, for the delivery of rehabilitative training services. The HSE has teams of guidance counsellors who offer information, advice and guidance on HSE training and sheltered work services. Schools or parents can contact the Occupational Guidance Service through their local HSE Disability Office. An adviser from the occupational guidance service will meet with the school leaver and his /her family and /or advocate and help clarify post-school options. The occupational guidance officer will establish the person's support needs, assist in the identification of an appropriate service provider, and guide the allocation of funding for their service.

Sheltered work

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

How to apply:

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

HEALTH SERVICES

Assessment of need for people with disabilities

An Assessment of Need is an assessment carried out by the HSE for children or young people with a disability. The assessment identifies your child's health needs and what health services are needed to meet your child's needs.

You don't have to get an Assessment of Need to access HSE services. You can apply directly to services outside of the Assessment of Need process.

The Assessment of Need is set out in the Disability Act 2005.

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

How to apply:

You must apply to the HSE in writing using the [Application Form for Assessment of Need under Disability Act 2005](#). You can print this form and after completing post it to your local HSE Assessment Officer. You can also call your Local Health Office or the HSE information line on 1800 700 700 to get a copy of the application form. If you need help completing the application form, contact your local HSE Assessment Officer. They will help you to fill in the application form and give you whatever information you need.

The HSE must acknowledge your application within 14 days. This acknowledgement must tell you the date on which the assessment will start.

Private clinics providing assessment of needs in the surrounding area:



Lancefield Private Clinic

Lancefield Private clinic provides excellence in Autism diagnostic assessment services for children and adults. Based in Belfast our highly experienced and multidisciplinary team provides services across Ireland. We're committed to not only providing clinical excellence within the field of autism but going above and beyond to deliver a personal and professional service.

Our team provide a timely autism diagnostic assessment within an environment that is respectful, empathetic, and supportive of neurodiversity.

We accept referrals from Donegal for children and young people with a range of needs who require an autism assessment. The child needs to have learning skills which reach a 15-month developmental level.

A contact form is available on the website : www.lancefieldprivateclinic.com

Our initial assessments are carried out face to face in Belfast however subsequent review appointments can be done virtually.

Clinics offered 7 days a week and we offer both day and evening appointments.

Telephone: We have no landline at present but can be contacted via the website or email to enquiries@lancefieldprivateclinic.com

Instagram - [@lancefieldprivateclinic](https://www.instagram.com/lancefieldprivateclinic)

Address: 1A Lancefield Rd. Belfast, BT9 6LL

Peace of Mind

Our clinic provides high quality private assessment and intervention to children, young people and their families.

We are based in Ballynahinch and Belfast, Northern Ireland. We offer cognitive assessment and multi-disciplinary autism assessment for children and young people between the ages of 2 and 19. Our cognitive assessments cover difficulties such as Dyslexia, Dyscalculia, Learning Disability, Processing Difficulties and eligibility for access arrangements in examinations.

Telephone: 00 44 7762430633

Email : support@peaceofmindni.com

Opening times: 9am-5pm Monday-Friday

www.peaceofmindni.com



Childversity Private Clinic

Address: Unit 4, Station House,
The Waterways, Sallins, Co. Kildare

Email: info@childversity.ie

www.childversity.ie

Medical card

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

How to apply:

You can apply online for a medical card on medicalcard.ie.

Alternatively, you can download a [medical card application form](#) www.hse.ie.

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

Respite care

Respite care or temporary care may be based in the community or in an institution. In practice, respite care is provided to a varying degree at a number of locations around the country – in some cases by your HSE Area and in others by local or voluntary organisations. Care is provided at a number of locations around the country for people with different disabilities.

How to apply:

Find out more about what is available locally by asking your Local Health Office, and /or to a local or voluntary organisation, your Citizens information Centre or GP for your area.

Seaview Respite Centre

Dromore Lower
Donegal

Telephone: [074 973 5925](tel:0749735925)

Seaview House in Mountcharles provides critical respite services to a number of families in South Donegal. This high-quality nurse-led respite service operates seven days a week providing welcome respite for families. A person-centred quality service is guaranteed for the adults and children accessing this service.

Ballymacool Respite House

Centre ID: 2517

Centre type: Disability

Address: Ballymacool, Letterkenny, Co. Donegal

Max occ. 5

Cleary House

Supervised Residential Unit,
Knocknamona, Letterkenny (074) 9121724

Rowanfield House

Supervised Residential Unit,
Donegal Town (074) 9721910

Riverwalk Respite House Carndonagh

Centre ID: 2501

Centre type: Disability

Address: Riverwalk Respite House, Cardonagh, Co. Donegal

Maximum Occupancy:3

Lifford Resource Centre

Finn Valley Enterprise Park, Lifford, Co. Donegal

Telephone: [074 914 1430](tel:0749141430)

This resource centre, located in Lifford caters for more than 30 people spanning a wide variety of ages and backgrounds which makes it a lively, busy and fun environment. The centre operates a programme of different activities and modules based on people's expressed wishes or desired outcomes. In addition there is a significant focus on one to one work in order to ensure that each person has a chance to explore fully the areas that they would like support and development with.

 [RehabCareLifford](#)

Park House

Supervised Residential Unit, Carnmore Rd,
Dungloe (074) 9521333

Drumboe Respite House

Centre ID: 2531

Centre type: Disability

Address: Drumboe Respite House, Co. Donegal

Maximum Occupancy: 5

Day centres

Day centres or day care centres in Ireland provide a range of social and rehabilitative services for older people and people with disabilities. They provide day activities such as recreational, sport and leisure facilities and specialised clinic facilities that provide a combination of medical and rehabilitation services. Day centres are provided on a variable basis throughout the country, some being funded by the HSE and others funded by voluntary organisations. Day centres providing medical care are less widely available and are funded by the HSE.

How to avail this service:

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

Address:

CHO 1 - Donegal, Sligo, Leitrim, Cavan, Monaghan - HSE Day Service Supports & Guidance Development Unit,

Ballyraine Industrial Estate, Letterkenny, Co Donegal, F92DY24.

Telephone: 086 0660996

Email: disabilitydayservices.cho1@hse.ie

Occupational Therapist

Occupational therapy services are designed to help people who have a disability (physical, psychological or social) to achieve the maximum degree of independence in ordinary living.

How to apply:

You may apply directly to your Local Health Office for the services of an occupational therapist, but it is more usual to be referred by a public health nurse, family doctor (GP) or hospital. To find a private occupational therapist contact the Association of Occupational Therapists of Ireland or consult the database on its website, www.aoti.ie.

Private OTs in the surrounding area:

Sonia Mc Garvey

Lower Dore, Bunbeg, Letterkenny, Co. Donegal, F92T9N1

mccarveysonia@gmail.com

Phone: 0833064381

Mobile: +353833064381

Further Info

Support with everyday activities within the community (including driving, shopping, using public transport and socialising)

Support with memory, cognition and organisation

Housing adaptations / grant applications

Seating and wheelchairs

Hand Therapy

Medical-legal reports

Case management

Consultation

Gemma Collery

[Pebbles Occupational Therapy](#)

Strandhill, Co. Sligo, F91 RV05

info@pebblesot.ie

Mobile: (085) 874 2683

Further info:

Support with everyday activities and safety within the home

Assistive Technology

Seating and wheelchairs

Sensory processing

Handwriting and fine motor skills

Consultation

Josephine Moore

Grange, Co. Sligo

josephinemoore@enablement.ie

Mobile: 0989278889

Further Info

Housing adaptations / grant applications

Seating and wheelchairs

Handwriting and fine motor skills

Medical-legal reports

Case management

Andrea McFeely

Letterkenny, Co Donegal

Mobile: 085 1380563

Further Info

Support with everyday activities and safety within the home

Sensory processing

Handwriting and fine motor skills, Consultation

Private Speech and Language Services in co. Donegal

For up-to-date information please visit www.itsi.ie.

Private Physio Services in co. Donegal

For up-to-date information please visit www.iscp.ie

Private Psychology Services in co. Donegal

For up-to-date information please visit www.psychologicalsociety.ie



DISABILITY RELATED PAYMENTS

Domiciliary Care Allowance

DCA is a monthly payment for a child aged under 16 with a severe disability. The child must need ongoing care and attention *substantially* over and above that usually needed by a child of the same age. DCA is not means tested.

How to apply:

To apply, fill in a [Domiciliary Care Allowance form](#) (www.welfare.ie). You can also get an application form by texting “FORM DCA” followed by your name and address to 51909 from the Republic of Ireland only (standard text rates apply) or by dropping into your local Intreo Centre or Social Welfare Branch Office or Citizens Information Service.

Invalidity Pension

Invalidity pension is a weekly payment to people who cannot work because of a long-term illness or disability and who are covered by social insurance (PRSI). You must also have a certain number of PRSI contributions to get an Invalidity Pension. Invalidity Pension is taxable.

How to apply:

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

Disability Allowance

Disability Allowance is a weekly allowance paid to people with a disability. You can get Disability Allowance from 16 years of age. You can get Disability Allowance even if you are in school.

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

How to apply:

You can get an [application form for Disability Allowance](#) online or from your local Intreo Centre or Social Welfare Branch Office and Citizens Information Centre.

Blind Welfare Allowance

If you are blind or visually impaired, you can apply for the Blind Welfare Allowance. This is a means-tested payment from the HSE for people aged 18 or over who are blind or visually impaired.

You may qualify for Blind Welfare Allowance if any of the following apply to you:

- You are getting Blind Pension from the Department of Social Protection (DSP)
- You have a certificate of visual impairment from an ophthalmologist, and you are getting an income maintenance payment from the DSP, or an equivalent type of social security payment from another country.
- You have an income below the combined Blind Pension rate and Blind Welfare Allowance rate (below) and have a certificate of visual impairment from an ophthalmic surgeon.

How to apply:

You will need one of the following items to show your level of vision to qualify for Blind Welfare Allowance:

- A Certificate of Visual Acuity from your ophthalmic surgeon, or
- A letter from the National Council for the Blind of Ireland (NCBI)

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

Complete the [Blind Welfare Allowance claim form](#) and submit to your Local Health Office with evidence of your income and any of the following:

- Details of your Blind Pension
- Confirmation that you are registered with the National Council for the Blind (NCBI)
- A certificate of visual impairment from an Ophthalmic Surgeon/Physician



Carer's Allowance

Carer's Allowance is a means-tested, weekly social welfare payment for people who are caring for a person who needs support because of their age, disability or illness (including mental illness). Your income must be below a certain amount to get Carer's Allowance. If you qualify for Carer's Allowance, you may also qualify for free household benefits (if you are living with the person, you are caring for) and a Free Travel Pass. Carer's Allowance is not taken into account in the assessment for a medical card.

How to apply:

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

Carer's Benefit

Carer's Benefit is a payment for people who leave work or reduce their hours to care for a person in need of full-time care. To get Carer's Benefit you must be under 66 and have enough social insurance (PRSI) contributions to qualify. You can get Carer's Benefit for 2 years (104 weeks) for each person that you are caring for.

How to apply:

To apply fill in an application form for [Carer's Benefit. This form \(CARB1\)](#) is also available from your local Intreo Centre or Social Welfare Branch Office or from the Carer's Benefit Section. The Department of Social Protection recommends that you apply for Carer's Benefit 10 weeks before you leave employment, if possible.

Carer's Support Grant (former Respite Care)

The Carer's Support Grant is paid to carers once a year by the Department of Social Protection (DSP). It used to be called the Respite Care Grant. You can use the grant in whatever way you like. The grant is paid automatically to people getting Carer's Allowance (both full rate and half-rate), Carer's Benefit or Domiciliary Care Allowance. If you are not getting one of these payments, you can still qualify for the Carer's Support Grant.

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

How to apply:

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

Employment Grants and Supports

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

- Job Interview Interpreter Grant
- Personal Reader Grant
- Workplace Equipment Adaptation Grant

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

How to apply:

You should register with your local Intreo centre or Social Welfare Branch Office and apply for the EmployAbility Service and express your interest in the Service. For Donegal please see Page 118, under **Employability NorthWest**.

HOUSING

Housing Adaptation Grant for People with a Disability

A Housing Adaptation Grant for Older People and People with a Disability is available from local authorities if you need to make changes to a home to make it more suitable for a person with a physical, sensory or intellectual disability or mental health difficulty.

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

How to apply:

Download the [Housing Adaptation Grant application form](#) or ask for one to be posted to you from your local authority. The form contains detailed information on the scheme's conditions and a checklist of documents that you must include.

TRAVEL

Free Travel Card

The Free Travel Scheme allows you to travel, free of charge, on public transport and some private bus and ferry services. Everyone aged 66 and over, legally resident and living permanently in the State, is entitled to the Free Travel Scheme. People with disabilities and carers aged under 66 may also qualify for Free Travel.

How to apply:

If you are aged 66 or over and are getting a social welfare pension, your Public Service Card will be issued showing that you have Free Travel automatically.

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

Mobility training for people with visual impairments

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

How to apply:

If you ring the head office of the [National Council for the Blind in Ireland \(NCBI\)](#) they will give you contact details for your local community resource worker. The community resource worker will then refer you to your local mobility specialist. The local mobility specialist will call out to consult on types of training and routes you would like to learn.

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

Tax relief for drivers and passengers with disabilities

The [Disabled Drivers and Disabled Passengers Scheme](#) provides a range of tax reliefs linked to the purchase and use of specially constructed or adapted vehicles by drivers and passengers with a disability.

Under the scheme, you can claim:

- Remission or repayment of vehicle registration tax (VRT)
- Repayment of value-added tax (VAT) on the purchase of a vehicle
- Repayment of VAT on the cost of adapting a vehicle

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

If you are a driver or a passenger with a disability you can claim tax relief on:

- A new vehicle
- A used vehicle that has not been previously registered in the State

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

How to apply:

Applying for an exemption from VRT (or a repayment of VRT and VAT)

You can find further details on this information from Revenue's website and their guide to the [Tax Relief Scheme](#).

Applying online

You can apply for an exemption from VRT (or a repayment of VRT and VAT) online on Revenue's MyAccount. You can register for MyAccount on www.revenue.ie. If you are applying for the first time, you will need to submit a primary medical certificate which you can upload on MyAccount.

Applying by post

If you do not have online access, you can submit a paper form - [Form DD1](#).

If you are applying for the first time, you should also include the original Primary Medical Certificate. You may also need to submit additional documents along with your application.

You can find **further information on the tax relief scheme** on the Revenue Commissioners' website, www.revenue.ie.

Disabled Person's Parking Card

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

You can apply for a parking permit to allow you to park in disabled parking spaces in Ireland and the EU if you are a person with severe restricted mobility or are certified as blind. The permit is available if you are a driver or passenger of a vehicle. It is valid for 2 years from the issue date. The scheme is run in Ireland by the **Disabled Drivers Association of Ireland (DDAI)** and the **Irish Wheelchair Association (IWA)**.

It costs €35 to apply and you can apply online to the IWA or the DDAI. They will ask you some questions to check if you qualify and then send you an application form by email or post.

The parking permit is known as the **Disabled Person's Parking Card or Permit** and the **EU Parking Card for People with disabilities**.

How to apply:

Two organisations offer the card in Ireland.

You can [apply online on the website of the Irish Wheelchair Association](#), or email maats@iwa.ie.

You can [apply online on the website of the Disabled Drivers Association](#) or email parkingcard@ddai.ie.

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

Incapacitated Child Tax Credit / Dependent Relative Tax Credit

Parents/guardians of a permanently incapacitated child may be able to claim the **Incapacitated Child Tax Credit**. You can claim this tax credit or the **Dependent Relative Tax Credit** but not both for the same child.

To apply for Incapacitated Child Tax Credit:

If you are a PAYE taxpayer, you can claim the credit online through Revenue's [myAccount](#) service. If you are self-employed and pay tax under the self-assessment system, the credit is claimed by completing the 'Incapacitated Child' section on your annual tax return online at the Revenue Online Service (ROS).

You can also claim the Incapacitated Child Tax Credit by completing [Form ICC1](#). Find your Revenue office to return the completed forms to.

You will need to get [Form ICC2](#) certified by the child's doctor or consultant.

To apply for Dependent Relative Tax Credit:

If you are a PAYE taxpayer, you can claim the Dependent Relative Tax Credit online by signing into Revenue's myAccount service and using PAYE Services. A tax credit that parents/guardians and people caring for dependent relatives may qualify for. For details, please see www.revenue.ie

Alternatively, you can claim the credit by completing the relevant form:

- [Form DR1 Claim](#) for Dependent Relative Tax Credit or
- [Form DR2 Claim](#) for a son or daughter or a child of your civil partner on whose services you depend on.

The completed form should be sent to your Revenue office. It may take longer to update your tax credits and issue a Tax Credit Certificate if you submit a paper claim.

Tax reliefs for people with a visual impairment

If you have certain visual impairments, you may claim a reduction in the amount of tax that you are required to pay.

If you have certain visual impairments, you can claim the [Blind Person's Tax Credit](#). If you have a guide dog, you can apply for the [Guide Dog Allowance](#). In addition, refunds are available for Value Added Tax (VAT) that is paid on certain aids and appliances.

To apply, fill in a claim form for the Blind Person's Tax Credit and Guide Dog Allowance (see links in text above).

You can claim tax credits online through PAYE Services, available through Revenue's myAccount.

Home Carer Tax Credit

Married couples or civil partners may be entitled to claim this credit if one spouse or civil partner works in the home caring for a dependent person. Applications for the Home Carer Tax Credit should be made to Revenue.

How to apply:

You can claim the Home Carer Tax Credit by using Revenue's myAccount. You can also apply by completing a [Home Carer Tax Credit claim form](#) and returning the form to your Revenue office.

If you pay tax under the self-assessed system, you can claim the credit by completing the Home Carer section on your annual tax return.

Health Centres in Donegal

Areas	Contact number	Address
Arainn Mhor	074 9520535	Ballintra, Aranmore Island
Ballyshannon	071 9851600	Bayview Family Practice, Belleek Rd, Ballyshannon
An Bun Beag	074 9532445	Bunbeg Health Centre, Bunbeg,
Ballybofey	074 9131391	Donegal PCCC Headquarters, St. Joesph's Hospital, Stranorlar
Bundoran	071 9841445	Bayview Family Practice, Health Centre Bundoran, Station Rd, Bundoran
Carndonagh	074 9374644 074 9374262	Carndonagh Health Centre, Carndonagh
An Charraic	074 9739380	Carrick Health Centre, Carrick
Castlefinn	074 9146694	Castlefinn Health Centre, Castlefinn,
Clonmany	074 9376173	Clonmany Medical Centre, St Columbas Village, Clonmany,
Convoy	074 9147277	GP Surgery, Convoy
Derrybeg	074 9532334	Stranacorka, Derrybeg
Doochary	074 9546175	Doochary Health Centre, Doochary
Donegal Town	074 9898001	Primary Care Centre, Drumlonagher, Donegal Town
Dunfanaghy	074 9136527	Dunfanaghy Surgery, Dunfanaghy
Dungloe	074 9521933 074 9521099	GP Surgery, Gweedore Road, Dungloe
Dunkineely	074 9737106	Dunkineely Health Centre, Dunkineely
Fahan	074 9360277	Buncrana Medical Centre, McCarter's Rd, Ardnaravan, Buncrana
An Falcarragh	074 9135491	Falcarragh Medical Centre, Main Street, Falcarragh F92 AY61
Glenties	074 9551329	Glenties Health Care Centre, Glenties
Kilcar	074 9739346	Kilcar Health Centre, Main Street, Kilcar

Killybegs	074 9731148	Killybegs Health Centre, St Catherine's Rd, Killybegs
Letterkenny	074 9129393	Ballyraine Park Health Centre, Ramelton Road, Ballyraine
	074 9121022	Letterkenny Health Centre, County Clinic, St Conal's Hospital
Lifford	074 9141024	The Practice Manager, Lifford Health Centre, Lifford
Manorcunningham	074 9157230	Manorcunningham Health Centre, Manorcunningham
Milford	074 9153144	Milford Health Centre, Mulroy Practice & Rathford Practice, Main Street, Milford
Mountcharles	074 9735100	Mountcharles Health Centre, Mountcharles
Moville	074 9382049	Moville Group Practice, Glencrow, Moville
Muff	074 9384360	Buncrana Medical Centre, McCarter's Rd, Ardnaravan, Buncrana
Newtowncunningham	074 9898560	Castle Medical Practice, Primary Care Centre, Main Street, Newtowncunningham
Pettigo	071 9861740	Pettigo Health Centre, Main Street, Pettigo
Quigley's Point	074 9383036	Quigley's Point Health Centre, Carrowkeel, Quigleys Point, Inishowen
Ramelton	074 9151468	Ramelton Health Centre, Ramelton,
Stranorlar	074 9131023	Millbrae Surgery, Stranorlar
	074 9131344	The Health Centre, Stranorlar
Raphoe	074 9145835	Raphoe Health Centre, Raphoe
Rathmullan	074 9158416	Rathmullan Health Centre
St. Johnston	074 9148479	St. Johnston Health Centre, St. Johnston

Donegal Intellectual Disability Services

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

A key element of these services is the promotion of independence, citizenship and inclusion for people with disabilities.

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

Services provided:

- Specialist Preschool, Ballaghderg, Letterkenny
- Preschool Inclusion Team, South Donegal
- Designated respite Services in Inishowen, Letterkenny, Stranorlar & Mountcharles
- Residential & Community group Homes throughout Co. Donegal
- Adult Day Services throughout Donegal
- ASD Therapist
- ASD Home support for children 6 – 18 years
- Home Support Packages

How to avail this service:?

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

Address:

Donegal Intellectual Disability Service, 1st Floor, St. Conal's Campus, Letterkenny, Co. Donegal

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

Telephone: 074 9104691

Website: www.hse.ie

 idsdgl@hse.ie

Psychology Department – Child Psychology Service

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 Pathway: HSE and other statutory agencies e.g. NEPS, TUSLA, GP's, Family support, community, or voluntary services. Other Therapy services; Parents and Legal guardians.

Address: Psychology Department, HSE, County Clinic, Letterkenny, F92FW6Y

Opening Times: 9am– 5pm Monday - Friday



Child and Adolescent Mental Health Service (CAMHS)

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

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

How to refer into the organisation?

The service only accepts referrals from GPs and other HSE professionals. CAMHS cares for young people with moderate to severe mental health challenges, and only receive referrals from other professionals.

Address:

Letterkenny Office - 1st Floor, Park House, Rossan College Complex, Ballyraine,

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

Opening Hours: 9am -5pm Monday to Friday

Website: www.hse.ie

Telephone: Letterkenny office - 074 9120340

Donegal Town office - 074 9724200

Young people can be referred to CAMHS by:

- GP
- Paediatrician
- Consultant Psychiatrist
- Emergency Department doctor
- Community Medical Officer
- National Educational Psychologist
- Jigsaw

A written consent from their parent or guardian is also needed to accept a referral.

After a referral

Referrals are screened daily and are discussed at the weekly team meeting. If our service seems the most appropriate, we send a referral acceptance letter to the person who sent in the referral, and to the young person's parent or guardian. We will offer them an initial assessment appointment as soon as possible. If we feel another service would be more helpful, we may recommend that they get a referral for that service instead.

South Donegal Child & Adolescent Mental Health Service (CAMHS)

[074 9898100](tel:0749898100)

9.00am to 5.00pm Monday to Friday

Level 2, Donegal Primary Care Centre, Drumlonagher, Donegal Town, Co. Donegal F94 PD8W

North Donegal Child & Adolescent Mental Health Service (CAMHS)

[074 9120340](tel:0749120340)

9.00am to 5.00pm Monday to Friday

First Floor, Park House, Rossan College Complex, Ballyrairie, Letterkenny, Co. Donegal F92 K7WY

Inishowen Child and Adolescent Mental Health Service (CAMHS)

Contact us on: [074 98 98720](tel:0749898720)

9.00am to 5.00pm Monday to Friday

Inishowen Child & Adolescent Mental Health Service, First Floor Buncrana Primary Care Centre, Maginn Avenue, Buncrana, Co. Donegal



Counselling in Primary Care (CIPC)

This service is for people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. Patients need to be referred to this service through a GP or the Primary Care Team.

It is a service for medical card holders, who are 18 years of age or over, and who want help with psychological problems that are appropriate for time limited counselling in primary care.

The service is suitable for people who are experiencing certain difficulties such as:

- depression
- anxiety
- panic reactions
- relationship problems
- loss issues
- stress

Services provided:

Each individual referral will be assessed for appropriateness for CIPC Service

How to refer into the organisation?

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

Other important information:

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

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

Opening Hours: 9:00am till 5:00pm

Website: [Counselling in Primary Care](#)

Telephone: 074 9167250

Primary Care Clinical Services

Occupational Therapy

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 special needs, and on activities that will help a person to regain their independence.

Physiotherapy

Community Physiotherapy services are provided from the Local Health Office, helping people who have suffered an injury or illness to regain their health or mobility through exercise and movement.

Speech and Language Therapy

Services are provided for children and adults who need help developing their speech or who have had difficulty in this area.

Ophthalmic Service

Medical Card holders are entitled to Ophthalmic or Eye Testing Services.

Chiropody Services

Chiropody Services are available for medical card holders, a list of chiropodists is available from your local Health Centre.

Contact Number (074) 9131391

Address: The Local Health Office is based at Donegal PCCC HQ, St. Joseph's Hospital, Stranorlar, Co. Donegal



HSE– Speech and Language

Speech and Language Therapy service providing assessment and treatment for children and adults in relation to speech and language development, stammering, voice and swallowing.

Opening Hours: We normally operate on a 9-5 basis but appts can be facilitated outside of these hours if required.

Contact: Letterkenny Office number- 074-9197141/ 9197191.

Address: Speech and Language Therapy Dept, Level 2, Primary Care centre, Justice Walsh Road, Letterkenny, Co. Donegal F92 DC60

HSE - Therapeutic Occupational Activities

Supporting Adults with various needs including physical, mental health and intellectual disabilities in a work setting in the community aged 18-65.

Opening Hours: 9am -4pm

Contact Number: 087 6882341

Address: TOA, c/o Garden Centre, St Conal's Hospital Campus, Letterkenny. F92 A9X0



Rose.mceleney@hse.ie

HSE Day Service Support Unit

The HSE provide a range of Day Services to meet the needs of people with a broad spectrum of ability who are living with intellectual disability, ASD and physical & sensory disability. These services are provided by both the HSE directly and by contracted 3rd party providers.

Day Services provide a range of activities to support the individual to increase their personal independence and develop confidence in various areas of their lives including life skills, leisure and social skills. Day services are delivered in line with the national policy 'New Directions' with a focus on quality, person centeredness and community inclusion.

How to avail this service for children?

Referral is made through the HSE Day Service Support Unit. Individuals with a disability can be referred through their HSE Keyworker/Support Worker, by School Personnel or by Parents/Family member. Forms can be obtained by contacting our main office in Letterkenny 074-9127309

Each individual referred to our service will be allocated a Guidance Officer who will provide advice, guidance and support to facilitate them to access the day service most appropriate to their needs.

Access to day services for adults with disabilities:

Day Service referrals can be made to the local HSE disability day service office, details are set out below.

CHO 1 - Donegal, Sligo, Leitrim, Cavan, Monaghan - HSE Day Service Supports & Guidance Development Unit, Ballyraine Industrial Estate, Letterkenny, Co Donegal, F92DY24.

Telephone: 086 0660996

 disabilitydayservices.cho1@hse.ie

National Educational Psychological Service (NEPS)



NEPS is a school-based service provided by the Department of Education and Skills. NEPS psychologists work with the whole school community and visit primary, post primary schools, special schools and special classes. NEPS psychologists work with teachers, parents and pupils to help all children develop to their potential.

Services provided:

Each NEPS psychologist is assigned a group of schools. We work in partnership with teachers, parents and pupils in identifying educational needs. We offer a range of services aimed at meeting these needs, for example, supporting individual students (through consultation and assessment), provide general

advice and support to school staff, engage in special projects and research and we help schools cope when tragedies happen.

How to refer into the organisation?

All work is prioritised through the school Principal.

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

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

Opening Hours: 9.00am - 5.00pm

Website: www.education.ie

Telephone: 0761 108878

 sandra_callaghan@education.gov.ie



Donegal Physical and Sensory Disability Services

The Donegal and Physical Sensory Disability Service, HSE West works in partnership with people with disabilities and both statutory and voluntary services providers to:

- Develop the full potential of each person
- Promote maximum independence
- Improve opportunities for full inclusion into the community

Physical and Sensory Disability- Children Keyworker

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

The Children's Keyworker provides support to children with Physical & Sensory disability both in terms of support to the child accessing services to allow them to overcome the barriers of their disability so that they are included in their family, community and educational setting.

Referrals to:

Anita Gallagher,

Address: Physical & Sensory Disability Service Manager, Unit 2 Pearse Rd, Letterkenny

Telephone: 0749177007

 PTS.DGL@hse.ie

Donegal Mental Health and Addiction Services

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

Services provided:

If people who present with an addiction related disorder have additional needs they will be offered the same service, however our service may need to acquire the support of a sign language facilitator or any additional resources to support treatment.

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

Donegal Mental Health Services Contact Numbers

Department of Psychiatry 074-9169120, Carnamuggagh, Letterkenny

Donegal Central Community Mental Health Team 074-9121022 Team
Base: Letterkenny

North East Community Mental Health Team 074-9361500 Team Base:
Buncrana

South West Community Mental Health Team 074-9721933, Team Base:
Donegal Town

North West Community Mental Health Team 074-9521860 Team Base:
Dungloe

Rehabilitation Team 074-9188329, Team Base: Letterkenny

Addiction Team 074-9128769, Team Base: Letterkenny

Mental Health Services for Older People 074-9188295, Team Base:
Letterkenny

Administrator's Office 074-9123788, Tir Connail House, St Conal's
Hospital

Psychiatric Unit 074-9169125, Mountain Top, Letterkenny

Community Care 074-9131391, Ballybofey

Addiction Services 074-9128769

SRU 074-9121770 , Knocknamona, Letterkenny

Old Age Psychiatry 074-9188295 , Letterkenny

Behavioural Therapy 074-9188406

Day Centres in Donegal

Clara House Day Service Centre, 0749741640, Killybegs

Carndonagh Day Centre 074- 9373336

Donegal Day Centre, 074-9721910 Donegal Town

Dungloe Day Centre, 074-9521860, Dungloe

Ionad Lae an Falcarraigh (075) 9135104

Ionad Lae na Carraice 074- 9739354

SRU, Convent Rd., Carndonagh 074- 9373336

Parkview Day Hospital and Centre 074- 9121022 (Ext. 3720),Letterkenny

Rowanfield House 074-9721910 , Donegal Town

Worklink

Worklink North West is a training and support service for people who have experienced mental ill-health/ illness and practices a person-centred, holistic and integrated approach. It has five training centres – three based in Letterkenny, one in Carndonagh and one in Dungloe. Referrals to these programmes are usually from your G.P, Community Nurse and/or Counsellor.

We offer a rehabilitative Active Life programme as part of the Donegal Mental Health Service. The aim is to promote positive mental health and physical wellbeing by improving quality of life through physical activity, community involvement and personal development.

The programmes we offer in Carndonagh are:

Social Link (Sheltered Occupational Training)

An ongoing programme designed to promote positive mental health and well being: improve confidence and self-esteem and encourage community integration. This programme is run every Wednesday and Friday.

Active Life (Rehabilitative Training)

A 60 week programme designed to promote positive mental health and physical well being; improve confidence and self-esteem; encourage community integration and enhance the quality of life of the individual. This programme is run on a Monday.

Contact:

074 9328719

worklinknwcarn@hse.ie

Worklink Carndonagh, Ard chlochar, Carndonagh (074) 9329718

Worklink Dungloe, Caravan Rd, Dungloe (074) 9561024

Worklink Letterkenny, 4A Pearse Rd, Letterkenny, (074) 91 28872

Create-a-link, Arts Centre, Pearse Rd, Letterkenny (074) 9168745



Donegal Children's Disability Network Team (CDNT)

A Children's Disability Network Team (CDNT) provides specialised support and services for children who have a disability and complex health needs associated with their disability.

Explanation of the origin of the service:

As part of national changes Under 'Progressing Disability Services for Children & Young People', Children's Disability Network Teams (CDNT) have been set-up which aim to support children and young people with complex needs. CDNT's will encompass both Early Intervention Services (0-6 years) & School-Age Services (6-18years) and will become a service for children & young people with complex needs aged 0-18 years.

The CDNT is an interdisciplinary team who work collaboratively with the child and family to identify the needs and priorities of the child and family. From this process a written plan is developed over time, called an Individual Family Service Plan (IFSP). This IFSP will include the goals chosen by the family and what strategies and supports are required to achieve these goals.

Reconfiguration to the new service is ongoing and families involved are being informed of the plans. Children & young people will remain with their current service until the reconfiguration is complete. During this period your service provider will be in contact with you to inform you of where your child will be transferring to following reconfiguration. They will assist you in terms of any queries you may have during this period.

Donegal has been divided in to 4 Community Health Networks in which the CDNT will sit.

These are:

CDNT Area

CDNT Manager

Inishowen CHN Mr Alvin Doherty 0870632038

Donegal North CHN Ms Siobhan Taylor 0749197127

Donegal East CHN Mr Alvin Doherty 0870632038

Donegal South CHN Mr Gerard Gallagher 0749722997

If the family is currently involved in services, they do not need to take any action but for new referrals; referral forms are available on request from above contact details.

The CDNT supports a child's development, wellbeing and participation in family and community life. This works best when everyone works together as a team around your child. The team members share their knowledge, information and skills with you and your family so you can support your child's development. This helps children and young people to develop, learn, and take part in everyday activities. Team members can meet children and families in their home, in school or in our office.

Children's Disability Network Team (CDNT) members

CDNT includes health and social care professionals. They provide services for children with disabilities. Each team member specialises in different areas of child development. Who your child sees and how often they see them will depend on your child's needs. The team will discuss this with you. Their aim is to support your child to thrive, grow, and learn. They will also help your family to learn how to best support your child.

- Occupational therapists
- Psychologists
- Physiotherapists
- Social workers
- Speech and language therapists

Teams also have access to dietitians, family support workers, nurses and social care workers.

How to get a referral to a children's disability network team?

If you're worried that your child may have a disability, talk to your GP or public health nurse (PHN) as soon as possible. They can talk to you about what will happen next. Children who have mild or moderate difficulties may be referred to one or more health professionals in their local primary care services. Children who have a range of significant difficulties may be referred to a children's disability network team (CDNT). This is a team of professionals with expertise in disability who work closely together.

Referral

A [referral](#) can be made by a healthcare professional, or you can make the referral yourself.

To do this:

- Complete the [Children's Services Referral Form](#)
- Complete an [Additional Information Form](#) for your child

The Additional Information Form lets you describe your child and what your concerns are. It will help to refer them to the right service for them.

Find the Children's Disability Network Team for your area and where to send the referral. The following are the CDNT's in Co. Donegal:

Donegal North Children's Disability Network Team

Scally Place, Level 1, Justice Walsh Road, Letterkenny, Co. Donegal

Telephone: 074 9197127

Email: admindonegalnorthcdnt@hse.ie

Who is the service for:

Children aged from birth to 18 years with complex needs who live in the areas of Donegal North and Letterkenny.

Donegal East & Inishowen Children's Disability Network Team

1st Floor, Buncrana Primary Care Centre, Maginn Avenue, Buncrana, Co. Donegal, F93 E12W

Telephone: 074 9898750

Email: eastdonegal.cdnt@hse.ie

inishowen.cdnt@hse.ie

Who is the service for:

Children aged from birth to 18 years with complex needs who live in the areas of Donegal East and Inishowen.

Donegal South West Children's Disability Network Team

Dungloe Public Services Centre, Gweedore Road, Dungloe, Co. Donegal F94 WV84

Telephone: 087 409 5164

Email: CDNTD.SW@hse.ie

Who is the service for: Children aged from birth to 18 years with complex needs who live in the area of Donegal South West.

Sligo South Donegal Children's Disability Network Team

Old Nazareth House, Church Hill, Co. Sligo

Telephone: 071 911 3900

Email: sheila.wynbs@hse.ie

Who is the service for:

Children aged from birth to 18 years with complex needs who live in Sligo and South Donegal.



Community Facilitator for Disability 6-18yrs HSE West

The C.F.D. provide ongoing support to families/carers of children who present with Physical, Sensory or Intellectual Disability from 6-18yrs or until they leave school. The service is home based and aims to assist and support parents/carers with the developmental needs of their child.

Services offered:

Practical and emotional support to parents/carers
Liaisons with other relevant professionals
Offering support and guidance at transitional periods, i.e. moving from primary to secondary school and on to Adult Services.

How to refer into the organisation?

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

Opening Hours: Tuesday –Thursdays 9.30-5.30pm

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

Telephone: 074 93 63326

Mobile: 086 4122618

✉ ruth.vance@hse.ie



Tusla Child and Family Agency



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

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

Donegal Local Area Office

Area Manager – **Marie Crowley**

Address: Shiel House, College Street, Ballyshannon, Co Donegal.

Telephone: 071 9822776

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

Meitheal

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

How to apply:

Ask your family support worker or social worker for application form and support with your application.

Child Protection and Welfare Services:

To discuss or report a concern: Contact Tusla Child & Family Agency, Scally Place, Tusla Building, Justice Walsh Rd, Letterkenny, Co. Donegal F92 EYC8

For advice on Children First: Contact Noreen Herron, Children First Information Officer 0719155181 or email noreen.herron@tusla.ie

Educational Welfare Services:

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

Alternative Care:

Foster Care Team Letterkenny 0749123701

Donegal Adoption Services, County Clinic, St Conal's Campus, Letterkenny, 074 9104716

Family and Community Supports:

Family Resource Centres, Presentation Partnership & Family Support programme, PPFs Office 074912 3738

Early Years Services:

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

Domestic, Sexual and Gender-based Violence Services:

Donegal Domestic Violence Service (24 hours) 1800262677

National Services 999/112

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

Women's Aid Helpline (24hours) 1800341900

AMEN Helpline for Men who experience Domestic Abuse 0469023718



Pre-schools and Schools for Children with Special Needs

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

The Donegal County Childcare Committee, will also be able to give information and guidance in relation to [AIM](#). On their website, www.donegalchildcare.com, is a useful aid to help answer questions and get the necessary information required.

The Primary and Post Primary schools listed below all cater for Autism/Autistic Spectrum Disorders with some providing other special classes. These classes would cover:

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

[Little Angels Special School](#) Knocknamona, Letterkenny, Co. Donegal,
Phone no.: 074 9122456,
littleangelschool@eircom.net

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





Primary schools in Co. Donegal with special classes

[SN Neill Mor](#), Killybegs, 074 9731794

[St Patrick's NS](#), Lurgybrack, Letterkenny, 074 9125455

[SN An Bhraicigh](#), Ard a Ratha (Ardara), 074 9541279

[Woodlands NS](#), Letterkenny, 074 9124498

[SN Chonail](#), Bunbeg, 074 9532535

[Bunbeg National School](#), Machaire Chlochair, Bun Beag, Co. D. 074 9532535

[Dromore National School](#), An Droim Mor, Killygordon, Co. D. 074 9149455

[Dooish NS](#), Ballybofey, 074 9131471

Dungloe Central National School, Dungloe, Co. Donegal 074 9521316

[St Baithin's NS](#), St Johnston, 074 9148327

[Scoil Aodh Rua & Nuala](#), Donegal town, 074 9722661

[St. Peter's National School](#), Mountcharles, Co. Donegal 074 9735459

[St. Eunan's National School](#), Laghey, Co. Donegal 074 9722730

[Scoil Iosagain](#), Buncrana, 074 9362450

[Letterkenny Educate Together](#), Letterkenny, 074 9103794

Scoil Chroine, An Cloghan Liath, 074 9521316



Dooish National School

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

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

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

How to refer into the organisation?

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

NCSE enrolment requirements are also needed for enrolment.


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

Opening Hours: 9:20 a.m. – 3:00 p.m.

Website: www.dooishns.scoilnet.ie/blog

Telephone: 0749131471

 dooish@hotmail.com

 Dooish N.S.



Doois NS



Post-Primary Schools in Donegal with special classes

Scoil Mhuire, Buncrana, 074 9361065

St Eunan's College, Letterkenny, 074 9121143

Loreto Convent, Letterkenny, 074 9121850

Crana College, Buncrana, 074 9361113

Colaiste na Carraige, Carrick, 074 9739071

Abbey Vocational School, Donegal Town, 074 9721105

Errigal College, Letterkenny, 074 9121047

Mulroy College, Milford, 074 9153346

Deele College, Raphoe, 074 9145493

Finn Valley College, Stranorlar, 074 9131684

St Catherine's Vocational School, Killybegs, 074 9131491

Moville Community College, Moville, 074 9385988

Rosses Community School, Dungloe, 074 9121122

Pobalscoil Ghaoth Dobhair, Doiri Beaga, 074 9531311

Colaiste Cholmcille, Ballyshannon, 074
9858288



Family Resource Centres in Donegal

[Cara House Family Resource Centre](#)

2 Mount Southwell Place, Market Square, Letterkenny, Co Donegal
Phone: 074 9123986

[Donegal Family Resource Centre](#)

Upper Main St, Donegal Town, Co Donegal
Phone: 074 9725337

[Downstrands Family Resource Centre](#)

Kilclooney, Portnoo, Co Donegal
Phone: 074 9545879

[Dunfanaghy Family Resource Centre](#)

Main St, Dunfanaghy, Co Donegal
Phone: 074 9136548

[Mevagh Family Resource Centre](#)

Aras Ros Goill, Downings, Co Donegal
Phone 074 9155055

[Moville & District Family Resource Centre](#)

St Eugene's Hall James Street, Moville, Co Donegal
Phone: 074 9385548

[The Forge Family Resource Centre](#)

Main St, Pettigo, Co Donegal
Phone: 071 9861924

[Raphoe Family Resource Centre](#)

William St, Raphoe, Co Donegal
Phone: 074 9145796

[St Johnston & Carrigans Family Resource Centre](#)

Chapel Road, St Johnston, Lifford, Co Donegal
Phone: 074 9148551

Finn Valley Family Resource Centre

Ceol na Coille, Dumboo Ave, Co Donegal

Phone: 074 9131245



Donegal Family Resource Centre CLG

Our Aim is:

To Enhance the Quality of Family Life in the Community.

Providing Community based Family Supports & Services:

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

How to refer into the organisation?

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

Centre Manager – Kathleen McHugh

Address: Upper Main Street, Donegal Town,

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

Website: www.donegalfrc.com

Telephone: 074 9725337



[DFRCdonegal](https://www.facebook.com/DFRCdonegal)



donegalfamilyresource@eircom.net

Downstrands FRC



Downstrands Family Resource Centre

Downstrands Family Resource Centre supports families in Portnoo , Ardara , Glenties and Rosbeg.

- Lego Group Tuesday afternoons
- Kids Art Class Wednesday afternoons
- Sensory Play Junior & Senior Infants
- Dyslexia support group
- Summer camps
- Tree of life program on recovery & resilience
- Family Support worker available

For more information or to book a place, please contact us on:

Telephone: 0749545879 or

 downstrandsfrc@yahoo.ie

www.downstrandsfrc.ie

Dunfanaghy Family Resource Centre



A Community & Family Support Program, funded through TUSLA and based in Dunfanaghy, Co. Donegal.

Address: Main Street, Dunfanaghy, Ireland

Telephone: 353 74 913 6548

 [dunfanaghyfrc](https://www.facebook.com/dunfanaghyfrc)

 dunfresource@gmail.com

The Forge Family Resource Centre



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

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

Address: Main St, Pettigo, Co. Donegal

Opening Hours: 9.30-5pm Monday – Friday

Website: www.theforgefrc.com

Telephone: 0719861924



[The Forge FRC](#)



theforgefrc@gmail.com

Finn Valley Family Resource Centre CLG



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

within the Finn Valley area.

Services provided:

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

Project Coordinator: Corina Catterson Flynn

Project Administrator: Theresa Quinn

Family Support Development Worker: Sally Mooney

How to refer into the organisation?

Drop Inn, Self or Agency referrals are accepted

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

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

Telephone: 074 – 9131245



[@finnvalleyfrc](#)



admin@finnvalleyfrc.ie

Mevagh Family Resource Centre, Downings



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

We have a Special Needs Support Group that meet’s monthly in Mevagh Family Resource Centre. The group is parent led, with parents from similar situations who can offer support, advice and signposting to other agencies/organisations in a confidential environment. There is the opportunity to participate in training to increase awareness as well as take part in therapeutic support.

How to refer into the organisation?

It is self-referral, everyone is welcome.

If you require additional information you can contact the Centre on the phone.

Opening Hours:

Monday to Thursday 9am to 5pm, Friday 9am to 1pm.

Website: www.mevaghfrc.org

Telephone: 0749155055



info@mevaghfrc.com



[Mevagh Family Resource Centre](#)



[@Mevagh_FRC](#)

Mevagh FRC Carers Group

Service / Activity Carers Support Group

Target Audience All Carers, both registered and non-registered are welcome too.

The group meets every second Tuesday of the month @ 10am – 12pm

Contact Pauline for more information:

Tel: 074 9155 055 / 085 737 1247,

 pauline@mevaghfrc.com.

Website: www.mevaghfrc.com

Address: Áras Ros Goill, Downings, Co. Donegal, F92 RX8C

Mevagh FRC Additional Needs Support Group Service

Activity Disability Services and Supports This is a peer support group for parents/ carers who have children with additional needs on every second Tuesday of the month @ 11am – 1pm

Contact Úna for more information: Tel: 074 9155 055 / 085 737 1009,

 una@mevaghfrc.com

Web: www.mevaghfrc.com

Address: Áras Ros Goill, Downings, Co. Donegal, F92 RX8C

Moville and District Family Resource Centre



The aims and Objectives of the Moville and District Family Resource Centre is to support families, community groups and individuals in Moville and District and East Inishowen area. We support families and individuals through a range of programmes and services.

Our range of programmes and services including but not limited to:

- Counselling Service
- Participation in Parenting Programmes

- Projects and services for young people, personal development, after schools, learning support, summer/holiday programmes.one to one mentoring especially for targeted and hard to reach young people.
- community groups including Women’s Walk and Talk Group and Movice Community Garden group.
- We provide opportunities for Community Education class through Donegal ETB
- We host a Social Prescribing Coordinator.
- We provide a drop in service for advice, referrals, admin support.

How to refer into the organisation?

Self-referral, GP Referral, referral from Support Organisations.

Contact the office regarding any of the above services for more information and relevant fees.

Address: Movice and District Family Resource Centre CLG, Market Square, Movice, Co. Donegal,F93 X59E


Opening Hours: Monday – Friday 8am to 5pm

Telephone: 074 93 85548

Webpage: movicefrc.com

 info@movicefrc.com

 [Movice Family Resource Centre](https://www.facebook.com/MoviceFamilyResourceCentre)

 @CentreMovice

Raphoe Family Resource Centre



The centre provides a wide range of universal and targeted services to individuals, families, and the wider Raphoe community to bring about more positive outcomes for children, families, and the wider community. Be sure to check out our courses, services,

and groups pages to see how you can get involved and benefit from our offerings.

Telephone: 074 914 5796; 0873641503

Address: St Michaels Place, Castle Road, William St, Raphoe Co. Donegal F93 DX0E

Webpage: [Raphoe Family Resource Centre](http://familyresourcecentreraphoe.com)

 [/familyresourcecentreraphoe](https://www.facebook.com/familyresourcecentreraphoe)

 info@raphoefrc.ie

Libraries with Sensory Pods

Sensory Pod

Donegal County Library is pleased to announce that a new Sensory Pod is available for use in Bundoran and Stranorlar Community Libraries from February 2023.

Sensory Pods are safe, calming spaces where children and others can relax in peace. The inbuilt music and ambient lighting can be adjusted to meet the needs of the individual and make the pod a tranquil space for those who use it. It is the latest asset to be added to the Sensory Friendly Services provided by Donegal County Library.

Please call [Bundoran Community Library](#) on 071 982 9665 or Twin Towns Community Library on 0749175384 if you would like to book the pod.

The Sensory Pod was funded with assistance from the Department of Rural and Community Development and the Dormant Accounts Fund.

Twin Towns Community Library

Address: The Base Enterprise Centre, Railway Road, Stranorlar, F93 VAK6

Telephone: 074 9175384

 twintowns@donegallibrary.ie

Opening Hours:

Tuesday: 12pm - --.30pm & 5.30pm – 8pm

Wednesday: 9.30am – 1pm & 2pm - 5.30pm

Thursday: 9.30am – 1pm & 2pm - 5.30pm

Friday: 9.30am – 1pm & 2pm - 5.30pm



Bundoran Community Library

Address: Civic Offices, Station Road, Bundoran, F94 CKX7

Telephone: 071 9829665

 bundoran@donegallibrary.ie

Opening Hours: Tuesday (am): 9:30am - 1pm (pm): 2pm - 5:30pm

Wednesday: 12:30pm - 5:30pm & 6:30pm – 8pm

Friday (am): 9:30 – 1pm (pm): 2pm - 5:30pm

Saturday: 10am- 2:30pm

Beach Wheelchairs in Donegal



The all-terrain Hippocampe beach wheelchair – which has balloon-type wheels that can travel over soft sand unlike regular wheelchairs – has been acquired by different County Council’s Countrywide.

The Hippocampe beach wheelchairs make the beach more accessible for wheelchair users or people with mobility issues. The service is free, but it is strongly advised to book in advance in order to avoid disappointment.

There are beach wheelchairs available in 7 locations in Donegal:

Rathmullan Beach

In association with Rathmullan Sailing & Watersports School

(www.rathmullansailing.com).

Contact: rathmullanwatersports@gmail.com or phone Aengus at 086 8123019.

Downings Beach In association with Downings Tidy Towns Committee,

Contact: 087 6152351

Carrickfinn Beach Contact: Donegal Airport at 074 95 48284

Marble Hill Beach Contact: The Shandon Hotel at 074 91 36137

Rossnowlagh Beach In association with the Sandhouse Hotel and Marine

Spa. Tel: +353 (0) 71 9851777 or email info@sandhouse.ie

Narin Beach: 074 9545216

Fintra Beach: 087 2362607



Grass Routes Bike Hire

Based in Glenveagh National Park, Letterkenny

- Hybrid bikes -€15
- E bikes -€20
- Kids bikes -€5
- Tandem bike --€25

Ability Bike available upon request.

Booking essential

Tel: 0876655599

info@grassroutes.ie

www.grassroutes.ie



Food Cloud

FoodCloud is social enterprise that connects stores and warehouses to local charities to redistribute surplus food via a software platform.



We Care Lk Food Bank

The Food Bank is run by volunteers who collect, store and distribute food to individuals and families. The Food Bank works in partnership with Community Organisations who identify people in need and refer them to the Food Bank. We work on a Food Vouchers System with the various Community Organisations.

Opening Hours: Tuesday 12 – 2pm Friday 12 – 2pm

Telephone: 087 – 1471325

Address: Market Centre, Main St, Letterkenny F92 P93C

Email: wecarelkfoodbank1@gmail.com

Website: www.wecarelkfoodbank.ie



Cara House Family Resource Centre CLG



Donegal Food Response Network: We receive weekly donations of food and other products from LIDL and ALDI which is distributed to families in need. Confidential Service

Opening Hours: 9.30am to 5pm Monday to Friday

Contact Number : 0749123986 / 0861223029 (Martina)

Address: Pearse Road, Letterkenny, Co. Donegal, F92 YA21

Website: www.carahouse.ie



info@carahouse.ie



Bluestack FoodCloud

By partnering with FoodCloud, Aldi and Lidl stores donate consumable, surplus food to charities and community organisations that need it throughout the country. When the Bluestack Special Need Foundation receive a donation from Aldi or Lidl we post it on Social Media to let our Families know that the food is available to be picked up from the Foundation Building.

Opening Hours: 9.30am to 5pm Monday to Friday

Telephone : 07497040828

Address: The Glebe, Donegal Town, Co. Donegal, F94X31V

Website: www.bluestackfoundation.ie



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

Sensory /Autism-friendly Services/Activities:

Century Play Letterkenny



Sensory Tuesday in [Century Play Letterkenny](#), on every Tuesday 5pm-7pm.

We turn off the music and all the arcade machines allowing little ones to explore Century Play.

Entry Fee €6/child includes a free juice and tea/coffee for parents/carers.

Address: Century Complex

Leckview Lane, Letterkenny, Co. Donegal, F92 DA02

Telephone: 074-9121976

Century Cinema Letterkenny

[Kids Club:](#) children movies on Weekends at 11:00 and 13:00

Entry fee €3/child, free for the Carer/Parent (with Bluestack Membership card)

Address: Century Complex

Leckview Lane, Letterkenny, Co. Donegal, F92 DA02

Telephone: 074-9121976

Shopping



Lidl

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

- No in-store announcements, reduced lighting, no music

- Priority queuing for customers dealing with autism as well as extra assistance upon request
- Till scan sounds lowered
- Autism assistance dogs welcome

Stores in Co. Donegal:

Dungloe	Carnmore Road, Dungloe, F94 VY76, Donegal
Milford	Forquar, Milford , H91 R9PR
Ballybofey	Donegal Road, Ballybofey, F93 PE02
Letterkenny	Pearse Road, Letterkenny, F92 HD98
Letterkenny II	Port Road, Letterkenny, F92 P024
Bundoran	Station Road, Bundoran, F94 V586
Donegal	Letterkenny Roundabout, Donegal Town, F92 P024
Buncrana	Ardaravan Square, Buncrana, F93 N672



Aldi

Autism-friendly hours across all stores.
Every Tuesday between 6:30-8:30PM

- Limiting noise, decreased volume of scanners,
- Digital screens switched off to limit harsh light in stores
- Welcome any assistance dogs etc.
- JAM cards: increase accessibility for those with autism, learning difficulties or communication difficulties, by asking for additional patience from store employees.

Ballybofey, Chestnut Road, F93W6WP

Buncrana, Ardaravan, F93VX62

Donegal Town, F94XVH0

Dungloe, Carnmore Road, F94AW27

Letterkenny, Neil T. Blaney Road, F92YW25

Ramelton Road, F92XP28



Little Mamma's Ice cream shop

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

- * Free tea/Americano for parents/carers
- * No music / tv
- * Relaxed seated area upstairs

Address: The Diamond, Donegal Town, F94xc04

Phone: 074 972 3859

Opening Hours: Monday - --Thursday 9:00am - --:00pm
Friday - --Saturday 9:00am - 8:00pm
Sunday 10:00am - 8:00pm



SuperValu

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

Services we provide:

- Silent hour/Autism friendly hour

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

- The Autism Life-skill Friend (ALF) trolley

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

The PEC sheet is a laminated A4 sheet that comes with your trolley. The PEC's are images of various groceries that have a Velcro backing so the items can be

attached to the A4 sheet. Once all PEC's are off, the shopping is completed and gives a sense of achievement for the customer living with autism.

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

Buncrana - Kavanagh's' Cockhill Road, Buncrana, Co. Donegal
Every Tuesday 19:00-21:00, ALF trolley available
Tel: 074 9361719

Bundoran - Cosgrove's' Market Street Shopping Centre, Bundoran,
Every Tuesday 17:00-19:00, ALF trolley available
Tel: 071 9833584

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

Dungloe – Kavanagh's, Dungloe, Co. Donegal
Every Tuesday 19:00-21:00
Tel: 074 9521006

Donegal Town – Kavanagh's, Donegal Shopping Centre, Donegal Town,
Every Tuesday 18:00-20:00
Tel: 074 9722977

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

Equine Therapy

Caring Capall



Our aim is to provide the physical, emotional and cognitive benefits of therapeutic horse riding and ground-based learning to all with additional and emotional needs in Co. Donegal. Katie is a mother of child with additional needs, qualified SNA herself, and has qualification QQI Level 6 as Therapeutic Riding Coach (Distinction).

She provides equine assisted activities and therapies for those with additional physical, cognitive and emotional needs. We prefer to hold sessions on a one to one basis in our indoor arena or sensory trail as our clients deserve the special attention as we establish individual lesson plans and goals.

If it's suitable, smaller groups can be accommodated.

How to refer into the organisation?

Contact Katie through Messenger/[FB Caring Capall](#)
or call/What' App / message on 0868467509

Address: Falcarragh, Co. Donegal.

Opening Hours: Sat/Sun 11am until 5pm

Two days during the week as our horses deserve plenty down time.

Telephone: 0868467509

✉ Katie-coyle@hotmail.com

f Caring Capall



CaringCapall

Devine Equine

Therapeutic Rehabilitation and Training Centre



educational skills.

Services provided:

Therapeutic Horse Riding

Equine Assisted Activities

Services are structured to meet the needs of each child or adult and are mainly delivered on a one-to-one basis.

How to refer into the organisation?

People can contact Mary Devine directly by phone, or through the website.

Address: Ardsplash, Newmills, Letterkenny, Co. Donegal F92 Y015

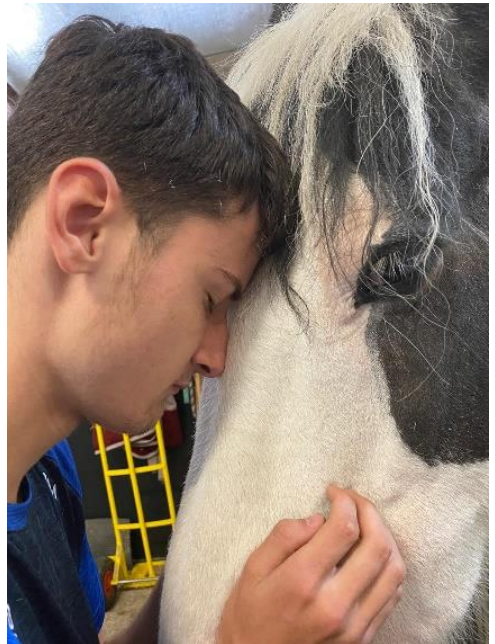
Opening Hours: 9-5 Week days and weekends by arrangement

Website: www.devineequine.ie

Telephone: 086 3197696

 devinemary100@gmail.com

 [Devine Equine](#)



Devine Equine & Bluestack Foundation

Riding for the Disabled Association Ireland

**RDA
IRELAND**



Riding for the Disabled Association Ireland (RDA Ireland) provides the opportunity for individuals, with physical or intellectual disabilities, to horse ride or carriage drive and this in turn provides therapy, fitness, development of skills, socialisation, achievement and most importantly fun.

East Donegal RDAI Group

North West Area Rep./ Area Coach Isobel Roulston

Telephone: 074 9146167

Website: Riding for the Disabled

Shauna Conaghan Counselling & Equine Therapy



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


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

How to refer into the organisation?

Contact me directly over the phone or by email.

Opening Hours: Monday to Friday 9.00 – 5.00

Telephone: 0879554266

 shaunaconaghan@hotmail.com

 [Counselling & Equine therapy](#)



Equi-Me



To provide a safe and supportive environment where people of all ages and abilities can experience the benefits of therapeutic riding and unmounted learning.

To offer high-quality programs that are tailored to each individual's needs and goals, and that are delivered by qualified instructors and trained volunteers.

Services provided: Equi-Me offers equine assisted activities for people with additional needs. A fun, engaging and rewarding way to experience the benefits and power of horses.

Equi-Me will utilise different activities according to each client's needs and goals, offering therapeutic horse riding, and unmounted learning along with bespoke programmes or camps.

Therapeutic horse riding is a form of therapy that involves riding or interacting with horses under the guidance of a qualified therapeutic riding coach. It can help people improve their balance, coordination, strength, flexibility, and endurance. It can assist people in developing social skills, communication skills, self-esteem, and coping skills.

Unmounted learning with Equi-Me refers to educational activities that involve horses but do not require riding them. These activities include grooming, feeding, leading, and interacting with horses in various ways. Unmounted learning can benefit people with additional needs by providing them with opportunities to develop skills, confidence, and well-being.

How to refer into the organisation? Contact Jennie by phone or email

Address: Glenleary Riding School, Ramelton, Co. Donegal

Opening Hours: By appointment

Website: www.equi-me.ie

Telephone: 0861959510

 [EquiMeDonegal](https://www.facebook.com/EquiMeDonegal)

 [quimedonegal](https://www.instagram.com/quimedonegal)

 equimedonegal@gmail.com

Equi-me





Special Olympics transforms lives through sport.

We are a sports organisation for people with an intellectual disability from the age of 4 years old with no upper age limit. Currently almost 8,000 athletes from across the island of Ireland participate in 15 different sports through Special Olympics.

Through our sports, health and leadership programmes our athletes learn to be physically, mentally and emotionally fit. They get to learn new skills, increase confidence and most importantly they get to experience the joy of sport and make life-long friendships!

Special Olympics Clubs in Co. Donegal:

Donegal Dynamo's'Special Olympics Club

*Golf, Murvagh Golf Course, TUE:11:00-13:00

*Football, Donegal Town F.C, TUE:17:30-20:00

[Click here to apply](#)

Errigal Special Olympic Club

*Equestrian, Dunlewy Equestrian Centre, WED:11:00-13:00

*Bocce, St Columba's'Community Centre, MON:20:00-22:00

*Swimming, An Cuirt, MON:10:00-12:00

[Click here to apply](#)

Inishowen Special Olympics Club

*Tenpin Bowling, Brunswick Moviebowl, Derry, MON:19:30-21:00

*Golf, Foyle Golf Centre, Derry

[Click here to apply.](#)

Jump n Jacks Special Olympics Club,

*Gymnastics, Letterkenny Community Centre, SAT:15:15-16:00

[Click here to apply](#)

Letterkenny Strikers Special Olympics Club

*Tenpin Bowling, Arena 7 --en Pin Bowling, MON:18:30-20:00

[Click here to apply.](#)

Nemo Special Olympics Club

*Swimming, Ballyshannon Leisure Centre, THU:18:00-19:00

[Click here to apply.](#)

North West Special Olympics Club

*Football, Cairde Le Cheile, WED:17.30-19:30

*Basketball, Cairde Le Cheile, SAT:11:00-13:30

[Click here to apply.](#)

The Atlantic Special Olympics Club

*Basketball, St Catherine's' Vocational School Gym, Killybegs

SAT:11:00-12:30

*Athletics, St Catherine's' Vocational School Gym, Killybegs

SAT:11:00-12:30 [Click here to apply.](#)



Services and Clubs Across Co. Donegal

Ability Rocks



Ability Rocks is a group is for school aged children with additional needs, operated by parents.

Fee: €3/ child.

Based in the Dolmen Centre, Portnoo but available for children countywide to attend.

Contact Martin 087 8390151

Bernie 087 2244724

Yvonne 087 9315948

Kilclooney Dolmen Centre, Portnoo

Acquired Brain Injury Ireland



ACQUIRED
BRAIN INJURY
IRELAND

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

individuals and their families.

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

How to refer into the organisation?

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

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

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

Donegal service: Loughnagin, Ramelton Road, Letterkenny.

Website: www.abiireland.ie

Telephone: Donegal office (074)9176902

Head office Dublin- (01) 2804164

 [Acquired Brain Injury Ireland](https://www.facebook.com/acquiredbraininjuryireland)

 amcmonagle@abiireland.ie

Step Ahead is a national vocational programme for brain injury survivors aged between 18 and 29 years old to help young people return to work, training or education.

Step Ahead is designed to provide education for employers, tutors and trainers who are supporting *Step Ahead* participants. The service is led by a senior occupational therapist and has two centres located in Dublin and Cork to serve the country.

Our service offers vocational assessment focused on participants' functional capacity, work capacity and identifying transferable skills for the workplace. We then create a person-centred Personal Vocational Plan based on the individual's goals, strengths and needs. Our vocational facilitators work on the ground, if appropriate to help clients apply their Personal Vocational Plan.

We accept referrals from all counties as long as the person can travel to Dublin or Cork for the specialist assessment.

Cork -based assessments (Cork office):

Contact: Sinéad Stack

Phone: 086 6034633

Email: sstack@abiireland.ie

Dublin -based assessments (Dublin office):

Contact: Emer Duffy

Phone: 086 603 7353

Email: eduffy@abiireland.ie

For more details on referral criteria see: www.abiireland.ie/stepahead



Aims of organisation:

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

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

How to refer into the organisation?

Phone or email the office

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

Phone line Opening Hours: Mon-Friday 10am to 1pm

Website: www.adhdireland.ie

Telephone: 01 8748349

 info@adhdireland.ie

 [ADHD Ireland](https://www.facebook.com/ADHD Ireland)

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



Advocates for Personal Potential (APP) Training Service



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

APP provides a person-centred, community-based service throughout county Donegal for adults on the Autism spectrum. This service is co-ordinated from our main office base located in Letterkenny. Co Donegal.

What We Do

Through our "Making Connections" programme, we provide a one-to-one strictly confidential service which aims to improve the quality of life of an individual by enabling and empowering them to make decisions and choices that enhance their capacity to live more meaningful lives in their community.

We offer impartial advice, guidance and support to help people better understand themselves and their needs. We also help people develop new perspectives by working with them to confront any perceived barriers they may face in their community.

Making Connections Programme

A comprehensive programme that helps people with their future plans and is specific to the individual's needs and aspirations. The Making Connections Programme provides emotional and practical support, identifies each individual's future plans - whether related to family, career, hobbies or personal development - and determines the supports and services needed to achieve these.

Working Together

We will work hard to help you reach your goals; we just need you to commit to the programme and be in a position to make changes in areas of your life.

How to refer into this service?

All referrals into our service are made through the HSE:


Adult Day Service Support Guidance & Development Unit,
Community Inclusion Hub, Kilmacrennan Road, Letterkenny, Co. Donegal.
Telephone: 074 9127309.

Opening Hours: Mon- Thur 9.5pm
Fri 9-4pm

Address: APP Training Services Unit BG 9 Justice Walsh Road Letterkenny Co Donegal F92 KD8C

Website: www.appts.ie

Telephone: Letterkenny Office - 074 9113661

 info@appts.ie

Atlantic Special Olympic Club



Special Olympics
Atlantic Killybegs


The aim of our organisation is to provide opportunity for people with an intellectual disability (over 16 years) to access Athletics and Basketball coaching in a fun and welcoming environment.

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

How to refer into the organisation? Contact Yvonne Carbery on 087 9115160 or send application form through [Special Olympics](http://SpecialOlympics.org).

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

Telephone: 087 9115160

 'Atlantic Killybegs'



The Ark Counselling and Psychotherapy Service



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

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

How to refer into the organisation?

Self-referral, GP Referral / Referral from Support Organisations.

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

Address: The Ark Counselling Service, Bundoran, Co. Donegal.

Opening Hours: By appointment.

Website: www.thearkcounselling.ie

Telephone:

Female Counsellor: 086 605 91 31.

Male Counsellor: 086 830 85 94

✉ jacquelinecounselling@yahoo.ie,

✉ johncounselling@yahoo.ie



AsIAM Autism Spectrum Information Advice & Meeting Point CLG



We aim to bring about a more inclusive Ireland for those living with Autism. We seek to engage with a broad range of stakeholders, from across society to grow knowledge and understanding of Autism

and enable individuals, groups, organisations and services to become more Autism-Friendly.

- Services we offer.* - Autism Friendly Towns
- School & Community Talks
 - Community Support Events
 - Early Years Training
 - Youth Leadership Team

How to refer into the organisation?

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

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

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

Website: www.asiam.ie



The Autism Family Support Group (North- East Donegal)



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

Services provided:

Family Support meetings, Social Opportunities Workshops and seminars, Autism Awareness

How to refer into the organisation?

Direct contact to our organisation

Address: 1A Convent Road, Letterkenny, Co Donegal, F92 D278

Opening Hours: 9-5pm (Please call initially to arrange a suitable time)

Telephone: 074 911 1461/0861058086

 autismletterkenny@gmail.com

The Sonic Club

The organisation is Solely focused on members with Autism Spectrum Disorder (ASD). Our main services and activities for teens and young adults on the Autism Spectrum are:

- *Weekly youth club (1.5 hours) Periodic day trips/events Social & life skills
- *Physical & mental well-being Group projects
- *Promoting ASD in the community Mentoring & guidance
- *Parent & carer support

Youth Club Members - 12yrs to 18yrs. Associate Members - 18+yrs

Opening Hours: Weekly on Thursdays from 7:00pm to 8:30pm

Ad hoc day trips/outings at weekends (usually 10:00am to 3:00pm)

Contact Number: Claire Foody: 0876371916

Fergal O'Mahony: 0867300538

Address: 1a Convent Road, Letterkenny, Co. Donegal, F92 D278

 sonicletterkenny@gmail.com

Website: www.autismilk.com

Autism and Aspergers Support Group (South West Donegal)



We are a self-organised, informal Family and Parent Support group. We provide homework support, organising days out, information evenings etc.

How to refer into the organisation?

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

Telephone: Aziliz: 0876399610, Valerie: 0876108066



[AutismSWDonegal](#)

Aware



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

NW Support & Self Care Groups:

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

Mayo: Community Room, Garryduff Court,

Castlebar: every Tuesday at 8pm

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

How to refer into the organisation?

No referral is necessary

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

Aware provides information on depression, bipolar disorder, related mood conditions, and tips on how to manage your mental health at aware.ie

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

Opening Hours

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

Website: www.aware.ie

Telephone: Support Line 1800 80 48 48

✉ supportmail@aware.ie
info@aware.ie

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

t [@aware](https://twitter.com/aware)



Bay House Counselling

During the years I've accompanied many who suffer and struggle with O.C.D., work related stress, trauma, P.T.S.D., fear and self-esteem issues and have helped guide both adults and adolescences in their journey through their difficulties.

My work includes individual and couple counselling, anxiety and addiction difficulties in the various cases are central to much of my current work.

Contact: Philip O'Rourke

Address: Bay House, Donegal Town

Telephone: +353 87 961 4045

Website: [Bayhouse Counselling](http://BayhouseCounselling)

✉ philip@bayhousecounselling.ie





The Bluestack Foundation (est. in 2006) has as its core aim to “*Enhance the Lives of People with Additional Needs*”.

Working with families who have dependants with physical, sensory, intellectual, and psychological disabilities, regardless of whether the disability results in profound, moderate or mild additional needs. We also work with families pre-diagnosis, offering a needs-based response to our members.

The Bluestack House is a multi-purpose community facility, and we operate an open -door policy.

With ongoing support from our valued volunteers and community, we can continue to influence the general discourse on inclusion, empower people living with a disability to self-advocate and express their needs.

We provide a Listening Ear Service, access to Low -Cost Counselling and sign-posting to Behaviour Therapy, Play Therapy and a range of other necessary supports.

The building is also equipped with a Changing Places step down facility.

Programmes and Activities

Afterschool

Our Afterschool is registered with Tusla for school aged children, and we are a partner service with the National Childcare Subsidy scheme. Afterschool runs from 2.30pm- 5.30pm, Monday to Thursday during the school year.

Afterschool is child led and fun. We offer sensory play, arts and crafts, tabletop activities, sports, reading, help with homework, music, Lego, outdoor play and lots more. Children can come from junior infants right through to secondary school.

Teen Club

Teen Club is held every Thursday evening 6.30pm to 8.00pm. Support is given from Staff and volunteers in a fun, caring environment. Teen Club offers a social environment for our Teens and young Adults through group games, arts and crafts, table football, movie nights, talent shows, discos, bingo and more.

Guitar Lessons

Guitar lessons run every Tuesday with two sessions, 4pm-5pm (under 12's) 5pm-6pm (over 12's) in the Foundation Building. Guitar Lessons are a fun, friendly way for members to learn the guitar, learn how to recognise sounds, learn how to play different chords and to improve their low motor function skills.

Saturday Club

Saturday club takes place in different locations throughout Donegal on a Saturday morning 10.30am until 1.00pm. Providing a fun, safe, happy environment for two and a half hours every Saturday morning, by one to one care with our trained staff and volunteers.

Children have an opportunity to engage in various activities like art, music, outdoor play, exploring senses, Lego, tabletop activities, role play, drama and more. This inclusive space fosters friendships, boosts confidence and celebrates each child's unique potential.

The Bluestack Choir

The Bluestack Choir meet every Monday from 6.30pm-7.30pm at the Foundation building. The choir is a harmonious blend of music and communication while also using Lámh signs. This inclusive choir not only creates beautiful melodies but also builds social skills and confidence, empowering its members to perform in front of audiences, showcasing their remarkable talents.

Parent Support Network

Parents come together the first Tuesday of every month to share experiences, enjoy a friendly chat over tea/ coffee and listen to guest speakers who cover a wide range of topics. It's a wonderful opportunity for Parents to ask questions, seek advice and find support within a warm and welcoming environment.

Summer Camp

Bluestack Summer camp is the epitome of fun and excitement, filling the five weeks of summer with unforgettable memories. It's an opportunity where kids embark on thrilling adventures, make friends, take part in sensory play, arts and crafts, table top activities, build with Lego, sports, races, reading, outdoor play, music, dance, fun with water and lots more activities.

Community Services Programme (CSP)



The Bluestack Shack is a social enterprise supporting young adults with additional needs in the community, while helping to fund important projects within the Bluestack Foundation. We work in collaboration with our Training and Progression Program to provide training and work experience opportunities to our members along with giving them the confidence to get out into the work force and be more involved with their local communities.

Everything we offer is baked in house by our young adults with additional needs, again incorporating our "free-from" menu to ensure egg free, dairy free and gluten free options are available. Barista style coffees with a personal touch, available for all dietary requirements.

We also facilitate outside catering for private parties or corporate events.

Opening time: Monday to Friday from 09:30 – 04:30

Location: The Bluestack Shack is situated in the Bluestack Foundation's garden in Donegal Town, with sheltered outdoor sitting area, playground and a wheelchair swing available for our customers and members.

Room Hire the Bluestack Special Needs Foundation includes room hire within its extensive list of income generation designed to help increase funds that can be redirected back into our many clubs and programmes.

- ✚ Conference Room: Ideal for large gatherings or meetings. Capacity of 20 people.
- ✚ Quiet Room: Sits 4 people comfortably. Ideal for counselling or family meetings.
- ✚ Sensory Room: Equipped with sensory equipment, LED lights, bean bags and cushions. Ideal for meditation or destress sessions.

For rates or bookings please contact our offices at 074 97 40828 or email info@bluestackfoundation.com for more information.

Disability Equality Training

At the Bluestack Special Needs Foundation, it is our commitment to fostering an inclusive society where everyone, regardless of their abilities, can participate fully and thrive. Through education, empathy, and empowerment, this program aims to bridge the gap between misconceptions and realities, dispelling

stereotypes and biases often associated with disabilities. Whether you work in the public or private sector we hope to empower you in an open and honest environment to discuss and challenge stereotypes and hopefully together we can drive meaningful change.

Key features of the Disability Equality Training

Interactive Workshops: Engaging and thought-provoking workshops led by our most experienced staff members. Participants will have the opportunity to learn about different types of disabilities, accessibility requirements, and effective communication strategies.

Acknowledgement: Insights into the daily challenges faced by individuals with disabilities. These conversations encourage empathy and a deeper understanding of the importance of accessible and inclusive environments and what ways are best to assist.

Communication skills: How to be disability confident and how best we can support people with additional needs through appropriate language and terminology. To educate and ensure staff on how to adapt neurodiversity into the workplace while keeping with best practice and governance.

Please contact our offices at 074 97 40828 or contact Anna Good, the Community Service Programmes manager at cspmanager@bluestackfoundation.com for more information.

Outreach Respite

The Bluestack Foundation CLG provide Outreach Respite packages to a number of external organisations. The four key elements of the package are:

Respite - To offer Short Term Respite to the family – This may involve having an extra pair of hands in the home at high stress times, particularly where there is more than one child presenting with additional needs, and again particularly in one-parent homes. It is also an opportunity for the parent/carer to take time out, have a break, or spend time with the siblings within the family without needing to focus attention on the child with additional needs.

Support with Home Based Therapeutic Interventions – If a child is engaged in therapeutic interventions such as SLT, Physio or OT, the Home-Based Programme can often add extra time pressure and stress on a family. The

Outreach Respite Family Support Worker will meet with the relevant therapist and support the parents/carers in the daily Home-Based routines recommended by the therapist.

Social Engagement and Community Involvement– Many of our young people with additional needs may not get the opportunity to engage in their local community, in locally based mainstream extra-curricular activities. They may be bussed to and from their education facility resulting in families not having the opportunity to engage with other parents outside the school gates, as is common in families where the child does not have a disability. Many mainstream extra-curricular activities are not equipped with the resources to support the child with additional needs and this may inhibit participation. The Outreach Respite Family Support Worker can accompany a child with a disability to extra-curricular activities and support their participation in their local community.

Life Skills and Progressing Independence – The Outreach Respite Family Support Worker has a responsibility to support the child/young person with a disability in their day-to-day activities. Creating opportunities, to learn about cooking, cleaning, self-care, shopping, money management etc...

This service is available through referral from HSE or Tusla only.

Training and Progression Programme



The Training and Progression Programme is 3 years old venture by the Bluestack Foundation funded through the Dormant Accounts Fund targeted at our young adults with additional needs.

Our three core aims are:

- To prepare for/ find employment
- To further education
- To explore enterprise

Our aim is to work on an individual basis and in a group setting to help set goals, find out what their personal aspirations are whilst working towards fulfilling them.

In the programme we are working on core skills that benefit the participants throughout every walk of life, for example money management, IT skills, communication, literacy confidence building, interpersonal and social skills, working as part of a team but also independently as well as gaining accreditations e.g. Manual handling and fire safety.

We cover a broad range of practical skills and other workshops relevant to the interests and progression of each individual. The programme is about setting our young adults on the pathway towards their personal goals within these core aims.

Upon joining the programme, trainees will automatically enter phase one, where they develop their independent living and essential life skills. In Phase One, trainees will also be exposed to different elements of the working world through workplace visits and placements in order to help setting goals to themselves and decide what kind of a job they would like.

Trainees then progress into Phase Two, they will work on job skills and build the confidence needed to enter the workforce or further their education.

Then trainees will enter Phase Three. At this stage they will know what kind of a job they would like to see themselves in and we come up with a person-centred plan to help achieve this. This phase is also known as our Exit Strategy, where our members begin the journey of moving on from the program.

We hold an over 18's inclusive Disco every 6/8 weeks in a local nightclub. To express interest in coming to one of our discos please contact the foundation on 0749740828 or the Training and Progression department on 0877712932.

How to refer into the organisation?

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

Opening Hours: Monday –, Friday 9:30-5pm

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

Website: www.bluestackfoundation.com

Telephone: 074 9740828

 [BluestackSpecialNeeds](https://www.facebook.com/BluestackSpecialNeeds)



info@bluestackfoundation.com

   @bluestackfound



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

How to refer into the organisation?

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

Citizens Information Centres (CIC)

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

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

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

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

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

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


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

Opening Hours Monday to Friday 9.00 a.m. to 4.30 p.m.

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

Website: www.citizensinformation.ie

Telephone: 0761 07 5400

 donegalcis@citinfo.ie

Challenging Behaviour Specialist Donegal/Derry John Curran




John Curran's Service is for Parents/Professionals experiencing direct/in/direct involvement with an individual displaying any type of challenging behaviour (appropriate/inappropriate). Positive Behaviour Support offers an intense (weekly) support for parents /professionals (including phone support) within any environment the target behaviours take place (Home, school, residential, respite etc.) ensuring a generalised approach within all environments.

How to refer into the organisation?

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

Telephone: 07709118384

 [Johncurranbehaviourspecialist](https://www.facebook.com/Johncurranbehaviourspecialist)

 jc.aba@hotmail.co.uk



John Curran- Challenging Behaviour Therapy

Catriona Doherty Registered Home Tutor

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

How to refer into the organisation?

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

Telephone: 0872379390

 catriona-doherty@hotmail.com

Child behaviour Consultancy Roisin Doherty



Roisin Doherty is a Board Certified Behaviour Consultant who Consults with parents of children from 3 – 12 years of age to help address behavioural issues.

The service is for parents of children with/without a diagnosis.

Parents can directly contact the organisation in order to get a Consultation set up.

In person, or on zoom, the service is available to all parents in all locations.

Opening times: Mon – Sat 9:00am – 5:00pm

Address: Tullyarvan, Buncrana, Co. Donegal, F93WK4V

Telephone: 353 89 451 1432

www.thechildbehaviourconsultancy.com

[!\[\]\(6bb0e4f14c4133b37d2887cb37e67ddd_img.jpg\) Roisin Doherty Board Certified Behaviour Analyst](#)

[!\[\]\(47734e4656765d20df4fdbd5b7aff048_img.jpg\) thechildbehaviourconsultancy@outlook.ie](mailto:thechildbehaviourconsultancy@outlook.ie)

Cairde Le Cheile



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

Our Mission Statement is:

“Friends together supporting people with disability.”

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

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

- Sports hall
- Meeting Room/Boardroom
- Function/general purpose room

- Social Areas including small staff kitchen, office and bathrooms.
- Fern Coffee Shop in St. Conal's
- Outreach Shop

We are currently erecting an extension to our existing building over looking the town park . The new build will include access from the park directly into the facilities with disability ramps, sensory room and garden, multi-purpose changing area for people with a disability including toilets, Tea room and multi-purpose area for meetings and events, also public toilets. Work will be completed by December 2023


We have a working partnership with North West Special Olympics whose base camp is located in our complex. We also organise an annual Summer Camp for young people with disabilities and have provided services to 26,000 services users in 2022 and we are continuing to develop and grow our services.

To contact us or find out more:

Phone: 0749120123

Website: www.cairdelecheile.com

 [CairdeleCheileLK](https://www.facebook.com/CairdeleCheileLK)

 stconalschurch@gmail.com





Donegal Sports Partnership Works In Collaboration With Citadel Gymnastics On A Number Of Gymnastics Programmes For Children With A Disability.

Gym INC A fun and inclusive gymnastics programme for all which aims to promote the development of fundamental movement skills amongst children and young people with a disability. Fun interactive videos are created which participants can follow and take part in their own time and at a level suitable for them.

The programme is delivered by NGB accredited coaches from Citadel Gymnastics who are experienced delivering programmes tailored to the needs of children and young people with a disability.

GymABLE

A Gymnastics Ireland led initiative; is an inclusive gymnastics programme targeted at providing gymnastics opportunities for people with disabilities.



Dynamic Warriors

Dynamic warriors is a specific class designed for children with neuro diverse needs, such as Autism and / or ADHD. This was a pilot program which was run in collaboration with our local CAMHS (Child and Adolescent Mental Health Service).

Spirit Warriors

Is a weekly session for children with mental and intellectual disabilities called Spirit Warriors. This involves the basics of gymnastics and movement in a safe and stimulating environment.

Super Warriors


Super warriors is a weekly session class for children with physical disabilities only. Children have time and space to learn how to adapt equipment and skills to suit their own physical abilities. This involves breaking down the basic skills in


order to teach an adaptive method of learning to encourage integration into mainstream classes later.

Telephone: 074 92 04101

 [citadelgymnastics](https://www.facebook.com/citadelgymnastics)

 info@citadelgymnastics.com

 GYMABLE TIMETABLE			
MON	Spirits Warriors (For kids with intellectual disabilities) 5:00-6:00pm		
TUE	<table border="1"> <tr> <td> Dynamics Warriors (For kids with Autism and/or ADHD) 5:15-6:00pm </td> <td> Supers Warriors (For kids with physical disabilities only) 5:00-6:00pm </td> </tr> </table>	Dynamics Warriors (For kids with Autism and/or ADHD) 5:15-6:00pm	Supers Warriors (For kids with physical disabilities only) 5:00-6:00pm
Dynamics Warriors (For kids with Autism and/or ADHD) 5:15-6:00pm	Supers Warriors (For kids with physical disabilities only) 5:00-6:00pm		
WED	<p>These classes are designed for children that have physical, intellectual, sensory or social needs. During these classes, we use a wide range of resources and equipment for getting these kids accustomed to activities and exercises by using fun games, engaging challenges and gymnastics skills.</p> <p>Each class is suited to the needs of the children in it giving the child the chance to continue to progress in their class or be integrated into one of our mainstream classes at a later stage.</p>		
THU			
FRI			
SAT			

 GWEEDORE TIMETABLE (FRIDAY ONLY)			
3-4s	Little Warriors 3:15-4:00pm		
5-6s	5-6 Year Olds 4:00-4:45pm		
7-9s	7-9 Year Olds 5:45-6:45pm		
OPEN	<table border="1"> <tr> <td> Open Age (Primary School Age) 4:45-5:45pm </td> <td> Open Age (Primary School Age) 6:45-7:45pm </td> </tr> </table>	Open Age (Primary School Age) 4:45-5:45pm	Open Age (Primary School Age) 6:45-7:45pm
Open Age (Primary School Age) 4:45-5:45pm	Open Age (Primary School Age) 6:45-7:45pm		
10-16s	10-16 Year Olds 7:45-8:45pm		
LOCATION	Ionad Naomh Padraig, Dobhar		



Formerly known as the National Association for Deaf, our organization delivers on our strategic goals through our 3 core services which include:

- ✓ Care Services,
- ✓ Technology Services,
- ✓ Advice & Information Services.

In addition to our services, we drive awareness of key issues through our campaigns and advocacy work. Our values drive us forward and are central to our culture. We are committed to achieving high level of financial governance, reporting and transparency of how we operate.

Contact: 1800256257, 0879221046

rejoin@chime.ie

Head Office: THE NATIONAL ASSOCIATION FOR THE DEAF T/A CHIME

Company limited by guarantee registered in Ireland No. 21627
(RCN 20008772).

Address: 35 North Frederick Street, Dublin 1 D01 W592

Tel: 018175700

Text: 0879221046

Skype Chime NFS

www.chime.ie

 info@chime.ie



Disability Federation of Ireland (DFI)



Our vision...

...is an Ireland where people with disabilities and disabling conditions are fully included and enabled to reach their full potential in the spirit of the United Nations Convention on the Rights of Persons with Disabilities (UN CRPD).


Our mission...

...is to advocate for the full and equal inclusion of people with disabilities and disabling conditions in all aspects of their lives.


DFI provides organisational and policy support to Member Organisations in Donegal.

Website: DFI

Telephone: 0863811261

 info@disability-federation.ie

 [DFIIreland](https://www.facebook.com/DFIIreland)

 DisabilityFed



Donegal Carers Association CLG



The aim of Donegal Carers Association is to support and care for Carers, those who are caring for children and people with special needs, be the needs physical or mental, the elderly, the long term and terminally ill.

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

How to refer into the organisation?

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

 rosbangarden@gmail.com



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

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.

DCIL provide the following services:

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

How to refer into the organisation?


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

Address: Ballymacool, Letterkenny

Opening Hours Mon—Thurs 9:30—5pm Fri 9:30—4pm

Website: <http://www.donegalcil.com/>

Telephone: 074 9128945

 Donegal Centre for Independent Living

 dcil@donegalcil.com

Contact Name: Rosaleen Bradley



Donegal County Childcare Committee



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

Some of the services we provide are:

- Informing parents of the childcare options available to them.
- Informing parents about the funding programmes available to support them with their childcare costs. Helping parents of children with additional needs find out what additional assistance is available for them in early childhood education via the Access and Inclusion Model (AIM)
- Providing information in relation to Parent and Toddler Groups.
- Providing parents with advice on childcare specific issues /problems.
- Supporting childcare services to provide quality, affordable childcare in Donegal.

How to refer into the organisation?

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


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

Website: www.donegalchildcare.com

Telephone: 074 91 23442

 info@donegalchildcare.com

 [Donegal County Childcare Committee](https://www.facebook.com/DonegalCountyChildcareCommittee)

 [donegalchildcare](https://twitter.com/donegalchildcare)



Donegal Down Syndrome Association



The aim of our organisation is to help enhance the life of our members.

“See the person not the syndrome.”

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

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

Donegal Down Syndrome is an organisation set up by parents in the aim of supporting members with Down Syndrome to have full inclusion and choice.

- Life Skills and Social Groups
- Friday Fun Club for Adults and Teenagers
- Coffee Morning for Parents and Toddlers
- Saturday Kids Club 5 12 years
- FUTSAL

How to refer into the organisation?

Just call in to office anytime or by telephone. We have membership forms available if you would like to become a member for free. We also have a Parent Link support service in Donegal. Call anytime we are here for you.

Amber 0872741750

Gina 0858428694

Katie 0868467509

Maureen 0868348975


Sheila 0872072795

Yvonne 0879315948

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

Opening Hours 11am to 2pm Mon to Fri.

Telephone: 0749103527, 0858428694

 donegaldownsyndrome@eircom.net

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

 [Donegal Down Syndrome](https://www.facebook.com/DonegalDownSyndrome)

Donegal Education and Training Board (Donegal ETB)



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

- Donegal ETB programmes are provided through fifteen post-primary schools and colleges
- Further Education and Training (FET) service,
- Gartan Outdoor Education and Training Centre,
- Music Partnership
- Also has legal responsibilities for Youth Work.

Information on its schools and FET provision can be found on Donegal ETB's website. Specialised Training Programmes are also provided by its FET Service to address the identified training needs of people with disabilities and who may be experiencing exclusion and labour market disadvantage. These programmes aim to provide student-focussed training and related services to assist students to achieve a nationally recognised qualification, in order to aid progression to further training and/or education and employment. Information on these programmes is also available on the Donegal ETB website.

How to refer into the organisation?

Information on referral to Donegal ETB's FET programmes is available at:

[ETB Course Finder](#)

Address: Head Office, Ard O Donnell, Letterkenny

Opening Hours: 9am – 5pm

Website <https://www.donegaletb.ie>

Telephone: 074 9161600

 info@donegaletb.ie



Donegal ETB

Donegal ETB Adult Guidance and Information Service Tel. 074 9178088

Donegal Fibromyalgia Support Group



Fibromates is a registered charity with the aim to help support patients & families live with fibromyalgia, and to educate /provide awareness to the general public and health care professionals.

To people with physical needs we provide Support/Advice & Awareness & Act as a signpost to other services. Meetings are held once a month in Stranorlar – Milbrae Health Centre.

How to refer into the organisation?

Self-referral/ health care professional referral

Website: www.fibroireland.com



[Donegal Fibromates](https://www.facebook.com/DonegalFibromates)

Telephone: 089 4156802,



fibromates@outlook.com

Donegal Horizons



Training service for adults with intellectual disabilities (Referrals directly from HSE Guidance Officers)

Target Audience School Leavers (18 upwards)

Opening Hours: 9am – 5pm Monday-Thursday 9am-3pm Friday

Contact Number: (Letterkenny)

(Inishowen)

Address: Letterkenny office: 074 9726281

Unit 1 Port House, Port House, Letterkenny. F92 FP9H

Carndonagh Office: 074 9726282

Unit 8 Carndonagh Business Centre, Station Road, F93 HPA0

 adam@newhorizonpartnership.co.uk

 patricia@newhorizonpartnership.co.uk

Website: Donegalhorizonsltd.ie



The aim of the Sports Inclusion Disability Programme (SIDP) is to promote and encourage sport and physical activity amongst people with a disability. Since the inception of the SIDP programme in 2008 they have been developing a range of physical activity initiatives

throughout County Donegal.

Delivering a comprehensive suite of sports related training and education initiatives which support capacity building and skill development.

www.activedonegal.com

 [activedonegal](https://www.facebook.com/activedonegal)

Telephone: 07491 16078; 074 91 16079



Donegal Travellers Project



The overall aim of this project is to achieve full equality and social, political, economic and human rights for Travellers and Roma as distinct ethnic minority groups in Ireland.

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

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

At DTP and under the PHCT we provide individual one-to-one support on a weekly basis through walk and talks, positive mental health initiatives and events including delivering of programmes for isolated vulnerable adults and young people.

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

How to refer into the organisation?

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

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

*Contact Number :*Joleen Kuyper 0867880553

Address: 18 Celtic Apartments, Letterkenny, Co. Donegal, F92YF57

Website: www.donegaltravellersproject.ie

 [donegaltravellersproject](https://www.facebook.com/donegaltravellersproject)

 joleenkuyper.dtp@gmail.com

Donegal Women's Domestic Violence Service



Donegal Women's Domestic Violence Service

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

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

How to refer into the organisation?

Our helpline is the easiest way 1800 262677 Freephone

(or main line 074 91 26267), or you can email us or message on Facebook.

Telephone: 1800 262677

Opening Hours: 24hr service

Website: www.donegaldomesticviolenceservice.ie

✉ ddvsrefuge@gmail.com

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



Donegal Youth Service



Donegal Youth Service aims to offer young people opportunities to learn and develop through youth work processes, in a safe and enjoyable way.

All young people are encouraged and supported to realise their potential and play a part as valued members of society. Young Carers Groups are running in Buncrana, and Letterkenny. For more information please see www.familycarers.ie for more information.

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

How to refer into the organisation?

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

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

Address: 16-18 Port Road, Letterkenny

Website: www.donegalyouthservice.ie

Telephone: 071 9129630

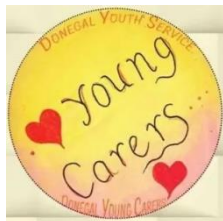
 [DonegalYouthService](https://www.facebook.com/DonegalYouthService)

 admin@donegalyouthservice.ie

 DonegalYouthSvc



DYS 'Young Carers' Project



The Young Carers project exists to support young people who take on extra caring responsibilities at home, which often impacts other areas of their lives, like school work, time spent with friends, extra- curricular activities and hobbies. Contributing to household chores and family responsibilities is a common part of life in a home but young people who are caring for a relative often take on more of these responsibilities and tasks. This can affect their well-being and therefore they may need some support. We aim to provide space for these young carers to have time to themselves, meet young people undertaking similar roles in their homes and provide fun activities for them to engage in.

Age group: 12-24 years

Opening Hours : Tuesday's 5.30-6.30pm (Currently online)

Saturday's Times may vary (Face-to-face) please contact us below for further information

Contact Number: 074 91 29630



Address: Donegal Youth Service 16 - 18 Port Road Letterkenny
Co. Donegal F92 N2kc



admin@donegalyouthservice.ie/
eimile.lewismcgee@donegalyouthservice.ie

Website: www.donegalyouthservice.ie

EmployAbility Northwest Ltd

(previously Employment Response North West)



Providing a Supported Employment Service in Donegal, Sligo, and Leitrim

We support People with disabilities, injury, or illness, mental illness and health conditions to get and keep jobs, and we help Employers to solve their staffing needs. The supported employment EmployAbility Service is funded through the

Department of Social Protection. Our Team of Job Coaches have secured hundreds of job matches since our Service was established in 2001, and we work with Companies large and small, both private and public.

We have offices in Sligo, Letterkenny, Buncrana, Falcarragh, Donegal Town and Ballinamore.

Job Seekers Supports

Our focus is on people's abilities, skills, and interests, combined with their motivation to find paid employment. Individuals are referred through the INTREO Employment Service Office in the Department of Social Protection. You do not need to be in receipt of a social welfare payment to avail of our service.

Services provided:

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

Employers Supports

We provide a free Recruitment and Coaching service for Employers. We match the recruitment needs of Employers with the skills and abilities of Job Seekers with disabilities and simultaneously help Employers to improve their profitability. There are a number of incentives available to Employers, including the Wage Subsidy Scheme, and we can provide advice on the most suitable options for your Company.

Website: www.employabilitynw.ie

How to refer into the organisation?

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

Sligo/North Leitrim area

Custom House Quay, Sligo, F91 CD54
071 915 3222

Letterkenny area

1B Grand Central, Canal Road, Letterkenny, Co Donegal, F92 DHX7
074 912 9779

Inishowen area

Inishowen Development Partnership Building, St. Mary's Road, Buncrana, Co Donegal, F93 PW61
074 912 9779

West Donegal area

An tSeán Bheáiric, Falcarragh, Co Donegal, F92 YE2C
074 912 9779

South Donegal area

Donegal Public Services Centre, Drumlonagher,
Donegal Town, Co Donegal, F94 DK6C
074 912 9779

South Leitrim area
Golf Course Road, Ballinamore,
Co Leitrim, N41 D6Y1
071 915 3222

ENDpae

(Eire Neuro developmental Disorder Prenatal Alcohol Exposure)



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

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

Services provided:

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

How to refer into the organisation?

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

Website: www.endpae.ie

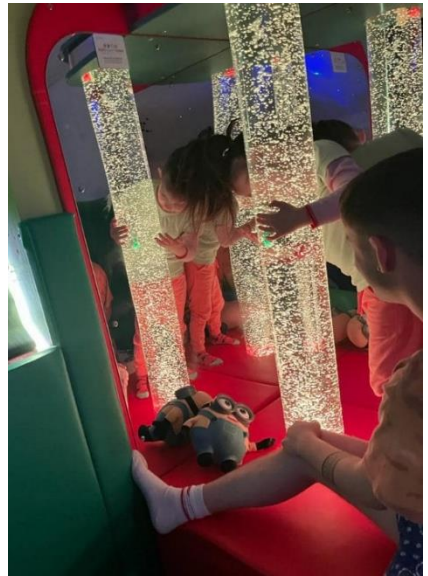
Telephone: 083 0493722



ENDpae



info@endpae.ie





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

The aim of our organisation is to:

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

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

How to refer into the organisation?

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

Address: Agnes Mooney

Community Resource Officer, Epilepsy Ireland, 2nd Floor
Grand Central Complex, Canal Road, Letterkenny, Co. Donegal.

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

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

Website: www.epilepsy.ie

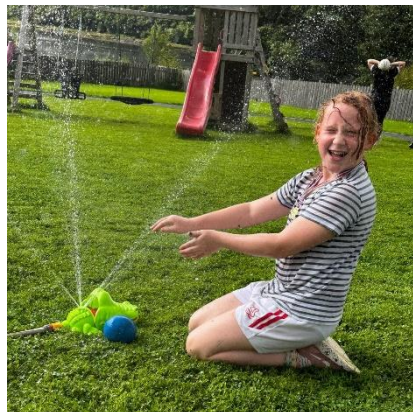
Telephone: (Donegal office) 0749168725, 0858689433



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

amooney@epilepsy.ie

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





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

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

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

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

Address:

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

Local office, Sligo/Leitrim, Family Carers Ireland, **Martina Cawley**
53 St Brigid's Place, Sligo, F91 YY59,
Tel: 071-9143123/0861726664, Fax: 071 9143135,
 mcawley@familycarers.ie

Careline 1800 240724

Website: www.familycarers.ie



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

Foróige



Foróige aims to enable and encourage young people age 10 to 18 to take responsibility for themselves and to be part of shaping the world around them while developing their talents, skills and abilities. Foróige works with young people through our Foróige clubs and our youth projects across Donegal. While Foróige is not specifically

for Children and Young People who have a physical, sensory or intellectual disability and their Families, these families can avail of our provision where possible.

How to refer to the organisation or get involved?

Referrals can be made by directly linking with a Foróige Project or Service in your area. If you are not sure if Foróige is near you check out our website or if you are interested in setting up a club, feel free to contact us.

Opening Hours: Projects and services are in the main provided after school in the evenings, some weekends and during holiday times.

Address: 6 Tir Conaill St, Milltown, Donegal,

Website: www.foroige.ie

Telephone: 074 97 23029

(Donegal Town office, leave a message & someone from the team will return your call).

 infodonegal@foroige.ie



[foroigedonegal](https://www.facebook.com/foroigedonegal)

Grow In Ireland

(North-West Region)



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

Grow is a national, community-based organisation providing support and education around emotional and mental wellbeing. Our 12 Step Recovery Program provides effective peer support, motivation and empowerment to enable you to take action to change your circumstances. With over 120 community-based support groups there is a group near you.

The unique strength is that this support is coming from people who are in, or are coming from, similar situations. Members support, encourage and guide each other to a better place-building true friendships and resilience.

Services provided:

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

How to refer into the organisation?

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

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

Opening Hours:

Regional Office hours 8.30am-2pm, Mon to Thurs

Meetings are held at various times usually evenings starting around 7pm or 8pm

Contact Number:

Info line: 1890 474 474 /

Letterkenny office: 074 9161628

Address: Grow Mental Health C/O DCIL

Ballymacool House Letterkenny, Co. Donegal F92 YY01

Website www.grow.ie



GROWIreland



info@grow.ie

northwestregion@grow.ie



iADULT



iAdult Day Service is for young adults aged 18+, presenting with mild/ moderate Autism Spectrum Condition with an intellectual disability.

The service helps individuals to be more independent; helping them to contribute to and be more included in their communities; empowering them with the skills and confidence to be active in the workforce and supporting them to be in charge of their health and wellness.

We offer a person-centred service and support, a comprehensive Person-centred Plan, working within the framework of the HSE New Directions Policy, a key worker, each person is protected by the HSE Safeguarding Vulnerable Persons at Risk of Abuse National Policy and Procedures and the promotion of a culture of quality, community inclusion and active citizenship.

Referrals: Service users who attend are school leavers from the Inishowen area of Donegal,. must be grant aided by the HSE, referred by the HSE Guidance Officer.

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

Opening time: Monday- Friday 09:45am- 03:45pm.

Telephone: 083 073 4092



iadultdayservices



iAdult



agnesdoherty@icare.ie

www.icare.ie

i.CARE

Inishowen Children's Autism Related Education



i.C.A.R.E is working directly with children/young people with Autism and similar disabilities and their families providing high quality respite, support, education, and training. To establish supportive professional relationships with parents coping with high anxiety and stress. Supporting families in need and distress. Help individuals with

disabilities participate as fully as possible in the delivery of plans or programmes to promote social inclusion in the Inishowen community.

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

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

How to refer into the organisation?

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

Address:

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

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

Website: www.icare.ie

Telephone: 074 9362226 Mobile 0861081200

 [iCARE](https://www.facebook.com/iCARE)

 centremanager@icare.ie

 [@iCARE2000](https://twitter.com/iCARE2000)



Inclusion Ireland



INCLUSION IRELAND

autonomy.

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

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

How to refer into the organisation? No referral necessary

Address: Regional office: Inclusion Ireland, The Model, Sligo

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

Opening Hours 9am – 5pm Mon –
Fri

Website:

www.inclusionireland.ie

Telephone: 01-8559891

 info@inclusionireland.ie

 [Inclusion Ireland](https://www.facebook.com/InclusionIreland)

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



Inishowen Development Partnership



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

Services Provided:

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

How to refer into the organisation?

Direct contact through 074 9362218 or through our webpage, www.inishowen.ie or social media accounts

Opening Hours: 9-5 Monday to Friday

Website: www.inishowen.ie

Telephone: 0749362218

 enquiries@inishowen.ie

  [Inishowendevlopmentpartnership](https://www.facebook.com/Inishowendevlopmentpartnership)



Inishowen Family Action Network



Inishowen Family Action Network (IFAN) was set up in 2007 in response to research commissioned by the HSE and carried out with Families, Parents and Children and with agencies and organisations which support them in Inishowen. The feedback from that consultation resulted in a more joined up collaborative approach which was critically needed to support families in all

spheres of their lives. All agreed that a mix of universal and targeted interventions were needed, with a responsive and preventative focus on offering advice and support as and when it is needed. Families are at the centre with a rights based approach. Hosted by IDP, its aim is

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

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

How to refer into the organisation?

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

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

The network meets approximately every six weeks.

Website: www.inishowen.ie

Telephone: 0749362218



[Inishowendevpartnership](https://www.facebook.com/inishowendevpartnership)



enquiries@inishowen.ie



[#inishowendevpartnership](https://twitter.com/inishowendevpartnership)



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

Services Provided:

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

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

How to refer into the organisation?

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

Contact Name: Mary McGrenra

Address: Glenview, Carnamuggagh Upp. Letterkenny

Contact details: Letterkenny office


t: 074 9177448/087-7448184


e: dramanor@iwa.ie

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

Website: www.iwa.ie

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

 Mary.mcgrenra@iwa.ie

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



Irish Society for Autism Service

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 Number: 01 874 4684

✉ admin@autism.ie

Website www.autism.ie

The Jack and Jill Children's Foundation



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

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

How to refer into the organisation?

We have referral from on our website www.jackandjill.ie that can be filled in and emailed or faxed (045894558) to the office.

Naas Office: Liaison nurse Anne Reilly, Naas C. Kildare at 045894538

Donegal Contact: email anne@jackandjill.ie, phone: 0876612255

Website: www.jackandjill.ie

✉ info@jackandjill.ie

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

t [@jackandjill1997](https://twitter.com/jackandjill1997)

in [jackandjill/jackandjillevents](https://www.linkedin.com/company/jackandjill/jackandjillevents)

ig [jackandjillcharityboutiques](https://www.instagram.com/jackandjillcharityboutiques)



Jigsaw Donegal provides a free and confidential support service for young people aged 12–25 on Pearse Road in Letterkenny. Jigsaw Donegal aims to make sure that young people’s voices are heard, and that they get the right support, where and when they need it.

How can Jigsaw Donegal help? if I’m a young person...

- Jigsaw offers a one-to-one support service for young people aged between 12 and 25.
- We can assess your mental health and help you to understand what is going on for you.
- We will work with you to set goals around what you would like to be different in your life. Then we will support you to reach those goals, through talking things out, problem solving, learning new skills and / or hooking you up with other services that might be able to help (e.g., education & training; youth services etc).
- Jigsaw helps young people through the current hurdles, learning skills along the way that will help them overcome the next challenge that comes their way.
- Jigsaw is a free and confidential service that is built on really listening to you and your experience and working with you to make things better.

Jigsaw Live Chat

Get free, text-based support with a clinician online through 1:1 webchats if you’re between 12-25 years old (based in Ireland).

<https://jigsaw.ie/talk-online/live-chat/>

How to refer into the organisation?

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

Opening Hours

Monday 9am – 1:15pm, 2:15pm – 5.30pm

Tuesday 9am – 1:15pm, 2:15pm – 5.30pm

Wednesday 9am – 1:15pm, 2:15pm – 5.30pm

Thursday 9am – 1:15pm, 2:15pm - 7pm

Friday 9am – 2.30pm

Call or email the service for an appointment:

Telephone: 074 97 26920

✉ donegal@jigsaw.ie

Address: Pearse Road, Letterkenny, Co. Donegal, F92 FH36

Website: www.jigsaw.ie/jigsaw_donegal/

Telephone: 074 9726920

f [JigsawDonegal](https://www.facebook.com/JigsawDonegal)

✉ donegal@jigsaw.ie

🐦 [jigsawdonegal](https://twitter.com/jigsawdonegal)



Letterkenny Youth & Family Service (LYFS)



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

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

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

- Afterschool's Support
- Anger Management
- Emotional Development
- Healthy Eating & Exercise Programme (MEET)
- Parental Support Programmes
- Sensory Santa
- Social Prescribing Project
- Social Skills Development
- Advocacy Service
- Parents Plus Special Needs, Healthy Families and ADHD Programme
- Parent Support Group for Parents of Children with Neuro Diverse

Conditions

How to refer into the organisation?

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

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

Address:

No.1 New Line House, New Line Rd Letterkenny Co.Donegal,F92 K103

Opening Hours:10am- 5.00pm

Telephone: 074 91 23078; Mobile: 0861237917

 lyfs@live.ie / garryglennon1@hotmail.com

 [Lyfscommunityproject](#)

Young Persons Support Programme:

This 10 session activity programme supports young people Age (15+yrs) living with sibling, parental/carer problem drug or alcohol use.

Mentoring and Career Guidance

Supporting Personal and Professional development

Research Education, Training and Employment options CV Preparation and ‘mock interviews’ . This programme is offered for teens age of 14 and over.

Smart Start Road Safety Programme

Evidence based interactive road safety programme delivered across Donegal for teens aged 14-17yrs.

Big Fish Little Fish – Schools Transition Programme

Evidence based programme supporting transition from national school to secondary school.

Supporting emotional wellbeing and developing practical skills .

Age group: 6th class and 1st Year

Anger Management Support

Supporting individuals to- Reduce anger outbursts, Manage Emotions, Improve behaviour, Reduced social isolation. This programme is offered for all ages.

Intellectual Disabilities Exercise Programme

(In conjunction with National Learning Network)

Weekly fun games session introducing a variety of games to improve aerobic and anaerobic fitness.

Age group: over 18

Opening Hours Wednesdays 1.30pm-2.45pm

Contact Number: 0749123078/ 0861237917



Lifestart Services is a home-based child development, and parent education programme offered universally to first time parents from pre-birth to the age of two. The programme is also adapted to offer a unique model of family support to families experiencing difficulty or with complex needs up until their child reaches 5 years of age if required.

Lifestart Services deliver support to many families of children with additional physical, sensory, intellectual, or mental health needs. The overall vision of Lifestart is:

“To produce better child development outcomes by making available to parents’ evidence-based knowledge and information on how young children develop and learn”.

How to refer into the organisation?

Any service both statutory and voluntary working with parents and their children (up to 5 years of age) can refer to Lifestart Services. Also if a parent wishes to contact Lifestart Services they can make a self-referral and Lifestart Services will inform the PHN with the parent’s permission.

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

Website: lifestartfoundation.org

Telephone: +353 (0)74 9156644

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

 marylsl@lifestartfoundation.org



The McGuire Programme



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



How to refer into the organisation?

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

Opening Hours Monday-Friday: 9am-6pm

Website: www.stammering.ie

Telephone: 074 91 25781 / 086 342 9602

 McGuire Programme
 joe@mcguireprogramme.com





Working for People with Sight Loss

Our mission:

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

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

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

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

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

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


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

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

Website: www.ncbi.ie

Telephone: 1800 911 250

 @NCBIsightloss

 info@ncbi.ie





National Learning Network
Empowering People. Changing Perspectives.

The aim of our organisation is to promote equality by providing world-class training, education and employment access services,

and by actively influencing the creation of a more inclusive society

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

How to refer into the organisation?

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

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

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

Opening Hours:

Mon. – Thurs. 9.00am – 5.30pm

Friday 9.00am – 3.00pm

Website: www.nln.ie

Telephone: 074 9168288



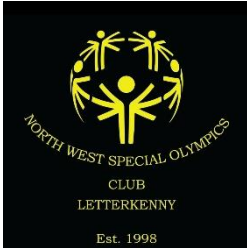
[National Learning Network](http://www.nln.ie)

letterkenny@nln.ie

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



North West Special Olympics Club



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

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

How to apply: Call us or send a message on our website, Specialolimpics.ie.

Opening Hours: Football Wednesday 5.30pm – 7.30pm

Basketball Saturday 11am – 1.30pm

Telephone: 086 8980542

 nwsoclubletterkenny@eircom.net

 [North West Special Olympics Club](#)

No Barriers Foundation



The No Barriers Foundation is 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: Stephen McNally BSc (Hons), MSc, PhD, Service Coordinator & Chartered Physiotherapist

Telephone: 083 8855056

Website: www.nobarriers.ie



Donegal Parent and Family Support Service ([DPFSS](#)) is the trading name for a series of support and information initiatives for children, parents, and families available both locally and across the county of Donegal. We are a community-based Charity funded by Tusla and the HSE, working from a two-site location and have various outreach points across Donegal.

Services under the DPFSS umbrella include:

- [Finn Valley Family Resource Centre](#)
- [Springboard Family Support Project](#)
- Springboard Childcare Service
- [Pathways Parent Support Service](#)

Pathways Parent Support Service

Aims to improve outcomes for families, children and young people across County Donegal through embedding early intervention approaches.

- Parents/Carers of children from 0-24 years old can avail of personalized, evidence based early interventions.
- We offer a call back service for parents/carers. A parent support worker will hear the query/concern and link the family with the service most relevant to any issue they may be experiencing.
- Request for support from the Pathways Parent Support Service will come from a number of sources including community, voluntary and statutory organizations and self referrals.
- Referrals can be made by contacting the service directly or another service can make the referral on behalf of the family.

Additional Services

- Support and signposting for parents
- 1:1 Parent Support Sessions
- Managing Challenging Behaviours
- Family Communication
- Co-Parenting When Separated Supports
- Conflict resolution
- Family Advocacy

- 1:1 sessions for children and young people

Opening Hours:

Monday—Thursday: 8.30am– 4.30pm Friday: 8.30– 11.30am

Contact Number: 0749131245, 087065186

Address: Donegal Parent and Family Support Service, Pathways Parent Support Service, Drumboe Avenue, Stranorlar, Co. Donegal, F93 ET28



chloe.mcginity@dpfss.ie

Pastoral Centre Letterkenny



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

How to refer into the organisation?

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

Opening Hours: 9.00am-5.00pm Monday to Friday

Website: www.raphoepastoralcentre.ie

Telephone: 07491-21853



[The Pastoral Centre](#)



pastoralcentre@raphoediocese.ie

Serenity House Learning Centre and Moville Mental Health

The aim of our organisation is to promote positive mental health and wellbeing in the Inishowen area through the provision of appropriate programmes of learning, training and support to ensure greater inclusion and participation by disadvantaged groups.


Services provided:


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

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

Opening Hours: 9am – 4pm

Telephone: 0749382945

 [serenity.house.learningcentre](https://www.facebook.com/serenity.house.learningcentre)

 serenityhouse@eircom.net

‘Something Special’ Support Group



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

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

The main aim of the group is to bring parents in similar situations together to talk, support one another, share information and build friendships. All meetings and discussions taking place are treated as highly confidential.

Services provided:

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

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


How to refer into the organisation?

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

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

Telephone: 0749145796 or 0873641503

 [Raphoe Family Resource Centre](#)

 info@raphoeirc.ie

Special Needs Parents Donegal



This group is for parents/guardians of children with disabilities and additional needs in Donegal. The purpose of the group is to bring us together so that we can effectively advocate for our children and for peer to peer support.

 snpdonegal@gmail.com

 [Special Needs Parents Closed Facebook Group](#)

Spina Bifida & Hydrocephalus Ireland SBHI



We are a local branch of the national association of Spina Bifida & Hydrocephalus Ireland SBHI, comprising of mostly families and members with either one or both conditions.

We support each other on a local level socially, and with education.

We have access to a family support worker covering our area.

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

Telephone: Chairperson: Kevin Harrold 0862620474

Secretary: Maria McBrien 0863260530



donegalbranchsbhi@gmail.com

Spraoi agus Sport Family Centre Limited



Our vision is to be a centre of excellence in Inishowen in the provision of parental networks and activities for children, their families and the community together with developing and sharing our family centre model with other organisations to help establish family centres

throughout the country. We are committed to supporting those most in need to have brighter, healthier future.

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

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

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

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

Website: www.spraoiagussport.ie

Telephone: 0749373303 and 086 8420203



spraoiagussport.ie



info@spraoiagussport.ie



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

Springboard Family Support Project



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

Services provided:

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

Project Manager: Corina Catterson Flynn

Childcare Leader: Mairead Connolly

Family Support Team Leader: Claire O’Kane

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

Address: Castlegrove, Raphoe, F93 XF53

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

Telephone: 074 - 9173918



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



springbrdraph@eircom.net

Tír Boghaine Family & Community Support Service



Tír Boghaine offers a broad range of individual and group-based family support services to parents/carers and families. Our catchment area extends from Glencolmcille to Ardara and Bundoran boundary.

Our aim is to improve outcomes by working in partnership with families to achieve positive outcomes by developing the existing strengths of parents/carers and children and tailoring our programme to suit the individual needs of each family. We work in conjunction with all agencies to ensure that families get a holistic approach.

Tír Boghaine staff are actively involved in the Meitheal Process – A Tusla led support plan.

In addition to coordinating the provision of core family support services in the community, we also deliver evidenced based programmes that include:

- **Circles of Security** – A relationship-based programme around security and attachment.
- **Parents Plus Programmes** Early Years (1-6yrs)
 Children’s programme (6-11yrs),
 Adolescent Programme (11-16yrs),
 Special Needs Programme,
 Parenting When Separated.

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

Opening Hours: Mon. – Wed. 9am – 5pm,

Thursday – 9am – 2pm,


Fri. – Closed


Telephone: Office-074 -9741660

Mob: 086 1734497

Website: www.parenthubdonegal.ie

 [tir.boghaine](https://www.facebook.com/tir.boghaine)

 tirboghaine@gmail.com

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



Deirdre Ward-UNLOCK Play Therapy



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

Services provided:

-Play Therapy

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

Working with children aged 2years-18years, child-led, gentle and holistic approach that is all about having fun!


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

Opening Hours By appointment.

Website: www.unlockirl.ie

Telephone: 087 7784729

 [Deirdre Ward- Unlock](https://www.facebook.com/Deirdre-Ward-Unlock)

 info@unlockirl.ie



This resource was compiled by Sophie Seljan, Bluestack Foundation, Donegal Town, Co. Donegal.

We would like to thank for all contributors and funders, Healthy Ireland and CYPSC.

If you are aware of a resource or support not included in this document, or you would like your service to be added in the next edition, please contact us at sophie@bluestackfoundation.com.

Disclaimer

This information has been taken from submitted forms and publicly available website data.

All photos used in the booklet were taken by Bluestack Staff of Bluestack Members, unless otherwise stated under the photograph.
