**South Donegal Primary Care Network**

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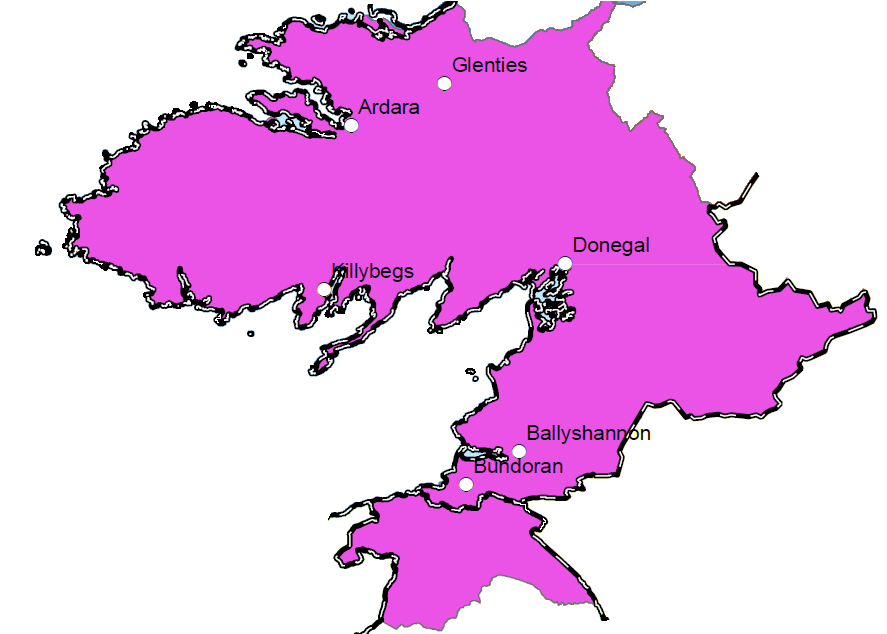
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**Education**

**Post Primary**:

|  |  |  |  |
| --- | --- | --- | --- |
| **School** | **Contact Person** | **Contact Address:** | **Telephone Number:** |
| Abbey Vocational School  Mixed (VEC) | **Principal:** Emmanuel McCormack  **SPHE Co-ordinator:** Celine Markey  **Guidance Counsellor: Jane Mc Morrow**  **Office Administrator:** Amanda Connolly **Office Administrator:** Anne Marie McCormick | Donegal Town  Co. Donegal | [avsprincipal@donegalvec.ie](mailto:avsprincipal@donegalvec.ie)  [amandaconnolly@donegalvec.ie](mailto:amandaconnolly@donegalvec.ie)  [ammccormick@donegalvec.ie](mailto:ammccormick@donegalvec.ie)  **Tel:** 074 9721105  [abbeyvs@donegalvec.ie](mailto:abbeyvs@donegalvec.ie) |
| Colaiste Cholmcille  Ballyshannon  Mixed | **Principal:** Jimmy Keogh  **SPHE Co-ordinator:** Shelia Coyne  **Guidance Counsellor:** Mairead McGurran  **Chaplain:** Pauline Kilfeather | Ballyshannon  Co. Donegal | [jkeogh@ccbs.ie](mailto:jkeogh@ccbs.ie)  [mmcgurran@ccbs..ie](mailto:mmcgurran@ccbs..ie)  **Mobile:** 087 6737526  [pkilfeather@ccbs.ie](mailto:pkilfeather@ccbs.ie)  **Tel:** 071 9858288 |
| Magh Ene College  [**Home**](#Home)  Mixed (VEC) | **Principal:** Jacqueline Dillon  **SPHE Co-ordinator:** Mary Patton  **Guidance Counsellor:** Sharon Brian | Bundoran  Co. Donegal | **Tel:** 071 9841364  **Tel:** 071 9841244  [teresaruane@donegalvec.ie](mailto:teresaruane@donegalvec.ie) |
| St. Columba’s Comprehensive School  Mixed | **Principal:** Frances Bonnar  **SPHE Co-ordinator:** Clodagh Duggan  **Guidance Counsellor:** Marie Mc Cullagh | Glenties  Co. Donegal | **Tel:** 074 9551172  [glentiesguidance@indigo.ie](mailto:glentiesguidance@indigo.ie) |
| St. Catherine’s Vocational  Mixed (VEC) | **Principal:** Ann Marie Luby  **SPHE Co-ordinator:** Anne Bowden    **Guidance Counsellor:** Nicola Mc Daid | Killybegs  Co. Donegal | **Mobile:** 086 8519965  [annemarieluby@donegalvec.ie](mailto:annemarieluby@donegalvec.ie)  **Tel:**074 9731491  [stcatherines@donegalvec.ie](mailto:stcatherines@donegalvec.ie) |
| Vocational School Carrick  Mixed (VEC) | **Principal:** Pauric O’Leime  **SPHE Co-ordinator**: Mary Doherty  **Guidance Counsellor:** Michael Griffin | Carrick  Co. Donegal | [padraigoleime@donegalvec.ie](mailto:padraigoleime@donegalvec.ie)  **Tel:** 074 9739017  [cnc@donegalvec.ie](mailto:cnc@donegalvec.ie) |
| Ballyshannon  Youth Reach | **Co ordinator:** Antoinette Clayton | Adult Education & Training Centre,  College Street,  Ballyshannon  Co. Donegal | **Mobile:** 086 8207375  [antoinetteclayton@donegalvec.ie](mailto:antoinetteclayton@donegalvec.ie)  **Tel:** 071 98 51286/276  **Website:**  [www.donegalvec.ie](http://www.donegalvec.ie) |

**Third Level**:

|  |  |  |  |
| --- | --- | --- | --- |
| **College** | **Contact Person** | **Contact Address:** | **Telephone Number:** |
| Third level  Tourism College Killybegs | Student Services: Mairead O’Kane | Shore Road  Killybegs  Co. Donegal | **Tel:** 074 9186662  [mairead.okane@lyit.ie](mailto:pauline.gavigan@lyit.ie) |

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**GP Surgeries**

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| --- | --- | --- | --- |
| **Surgery** | **Contact Person** | **Contact Address:** | **Telephone Number:** |
| Lettermacaward | Dr. Kevin Bonar | Lettermacaward,  Glenties,  Co. Donegal | **Tel:** 074 9544147 (Main surgery)  **Tel:** 074 9544172 (House line) |
| Donegal Practice | Dr. Maria Drumgoole  Dr Peter Kardos | Waterloo Place,  Donegal Town  Co. Donegal | **Tel:** 074 9721364 (Main Line)  **Tel:** 074 9722329  [oldschoolsurgery@gmail.com](mailto:oldschoolsurgery@gmail.com) |
| Bayview Family Practice | Dr Mary Quinn  Dr John Garvey  Dr Fiona Quinn  Dr Majella Grealish  Dr Maria Doherty  Dr Michael Shanley  Dr. Eamon Stack | Belleek Road – (Bundoran is the sister practice.)  Ballyshannon  Co. Donegal | **Tel:** 071 9851334  **Tel:** 071 9851600  **Tel:** 071 9841445  [bayviewfamilypractice@gmail.com](mailto:bayviewfamilypractice@gmail.com) |
| Bundoran Primary Care Centre  [**Home**](#Home) | Dr. Raymond Kerr  Dr. Philip Murphy Surgery | Bundoran Primary Care Centre  Bundoran  Co. Donegal | **Tel:** 071 9841250  **Tel:** 071 9841445/29159 |
| Glenties Health Centre | Dr. Michael Cooke | Glenties Health Centre,  Co. Donegal | **Tel:** 074 9551330  **Tel:** 074 9557995 |
| Donegal Mannion | Dr. Alfie Mannion Surgery | Upper Main Street,  Donegal Town,  Co. Donegal | **Tel:** 074 9723076  **Tel:** 074 9722234 |
| Donegal O'Kennedy | Dr. Austin O'Kennedy Surgery | The Diamond,  Donegal Town,  Co. Donegal | **Tel:** 074 9740032  **Tel:** 074 9721545 |
| Mountcharles | Dr. Barry Breen Surgery | Mountcharles H.C.,  Mountcharles,  Co. Donegal | **Tel:** 074 9735100 |
| Carrick | Dr Heather McIntyre | Carrick H.C,  Carrick,  Co. Donegal | **Tel:** 074 9739380 |
| Dunkineely | Dr Jarlath Kelly | Dunkineely Health Centre,  Co Donegal | **Tel:** 074 9737106 |
| Killybegs Family Health | Dr Brendan Woods  Dr Lisa Staunton | Killybegs Family HC,  Harbour View Court,  Shore Rd,  Killybegs  Co Donegal | **Tel:** 074 9741122/33  **Tel:** 074 9741122/34 |
| Killybegs Health Centre | Dr Charles Bourke | St. Catherine Rd,  Killybegs,  Co Donegal | **Tel:** 074 9731148  [killybegs@eircom.net](mailto:Killybegs@eircom.net) |

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**Mental Health Services**

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| **Service** | **Contact Person** | **Contact Address** | **Contact Number** |
| HSE – North West Community Mental Health | Suzanne Bonner – On Maternity leave till September 2013  Margaret Doherty | Donegal Community Hospital | **Mobile:** 087 2793787  [Suzanne.bonner@hse.ie](mailto:Suzanne.bonner@hse.ie) |
| Donegal Town Mental Health Association  Promoting positive mental health and actively supporting people with mental illness, families and carers through community based support inclusive of:   * Befriending * Social integration * Advocating rights * Garden Gnomes project * Also provide care for 16 residential clients * Day care services * Respite care for 22 clients | Contact the Development Officer  Or  Trevor McBreatry (SW Sector) | Rowanfield House  Donegal Town  Co. Donegal | **Tel:** 074 9721910  **Mobile:** 087 9197026  [trevor.mcbrearty@hse.ie](mailto:Trevor.mcbreatry@hse.ie) |
| Donegal Mental Health Service  Community Service | **Community Mental Health Nurse:** Sharon O’Hare | 18 Main Street  Donegal Town  Co. Donegal | **Mobile:** 087 9314067  [sharon.ohare@hse.ie](mailto:Sharon.ohare@hse.ie) |
| ASIST,  [**Home**](#Home)  Health Promotion  Two day interactive workshop on suicide first aid | **Coordinator:** Sarah Meehan | Health Promotion  Main street  Ballyshannon  Co. Donegal | **Mobile:** 086 0421040  **Tel:** 071 9852000  [sarahm.meehan@hse.ie](mailto:sarahm.meehan@hse.ie)  **Website:** [www.nosp.ie](http://www.nosp.ie) |
| SafeTALK  Half day workshop to support helpers in the identification of people with thoughts of suicide and connect them to suicide first aid resources | **Coordinator:** Sarah Meehan | Health Promotion  Main street  Ballyshannon  Co. Donegal | **Mobile:** 086 0421040  **Tel:** 071 9852000  [sarahm.meehan@hse.ie](mailto:sarahm.meehan@hse.ie)  **Website:** [www.nosp.ie](http://www.nosp.ie) |
| Ballyshannon Mental Health Association  Promoting positive mental health and providing community based support to people with mental illness, their families and carers | Development Officer | c/o Donegal MHI Development Officer  Saimer Court  Ballyshannon,  Co Donegal | [Donegal@mentalhealthireland.ie](mailto:Donegal@mentalhealthireland.ie) |
| Killybegs Mental Health Association  Promoting positive mental health and providing community based support to people with mental illness, their families and carers | C/o Mary Connaghan, Honary Secretary | C/o Mary Connaghan, Honary Secretary  Killybegs,  MHA  Five Points  Killybegs  Co. Donegal | **Tel:** 074 97 41968 |
| Carrick Mental Health Association  [**Home**](#Home)  Promoting positive mental health and providing community based support to people with mental illness, their families and carers | **Service Manager:** Mary | Carrick Day Centre  Carrick  Co. Donegal | **Tel:** 074 97 39354 // 39137  Monday to Thursday 9am-5pm |
| HSE – Psychology Dept | Karen Espey  Jacqueline Sherry  Monica Russell  Paul Boyle | Cruagory House  Water St  Donegal Town | **Tel:** 074 9722781  [karen.espey@hse.ie](mailto:Karen.espey@hse.ie)  [jacqueline.sherry@hse.ie](mailto:Jacqueline.sherry@hse.ie)  [monica.russell@hse.ie](mailto:monica.russell@hse.ie)  [paul.boyle@hse.ie](mailto:paul.boyle@hse.ie) |
| Alcohol & Substance Misuse Counselling | **Youth addiction 11-18 yr olds:**  Marina O’Brien  **Senior Addiction:** Patricia Garland | Charter House  Old Market Street  Co. Sligo | **Tel:** 071 9143316  [marina.obrien@hse.ie](mailto:marina.obrien@hse.ie)  **Tel:** 071 9822776  patricia.garland@hse.ie |
| Keyworker for Children with Physical & Sensory Disabilities | Amanda Doyle | Shiel House  Ballyshannon  Co. Donegal | [amanda.doyle@hse.ie](mailto:amanda.doyle@hse.ie) |
| CAMHS  **Regional contact person?** | Dr Don McDwyer  Dr Robertson |  | **Mobile:** 087 9372948  [don.mcdwyer@hse.ie](mailto:Don.mcdwyer@hse.ie)  **Tel:** 074 91 20340 |
| Killybegs Mental Health Association  [**Home**](#Home) | Anne Marie Murphy  Mary Connaghan | Fiafannon  Killybegs  Co. Donegal | **Tel:** 074 9731143  **Tel:** 074 9741968  [mary.connaghan@hotmail.com](mailto:mary.connaghan@hotmail.com) |
| Carrick Mental Health Association | **Service Manager:** Mary | Carrick Day Centre  Carrick  Co. Donegal | **Tel:** 074 9739354 – MAIN LL  **Fax:** 074 9139137 |

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**Crisis Intervention Services**

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| --- | --- | --- | --- |
| **Service** | **Contact Person** | **Contact Address** | **Contact Number** |
| Garda Siochanna, | **Juvenile Liason Officer:** Eamonn Mc Cooey  Covers Bundoran - Leitirmacaward | Garda Station  Quay St.  Donegal Town  Co. Donegal | **Mobile:** 087 0601743  [eamonnmccooey@gmail.com](mailto:eamonnmccooey@gmail.com) |
| Sligo General Hospital Emergency department  **The Emergency Department (ED) at Sligo Regional Hospital provides Emergency Medical Care to adults and children 24 hours a day, 7 days a week. The catchment area covers Sligo, Leitrim, and South Donegal** | **Consultant:** Fergal Hickey  **Consultant:** Keiran Cunningham | Emergency Department, Sligo Regional Hospital, The Mall, Co. Sligo | [edsecretaryfh@hse.ie](mailto:edsecretaryfh@hse.ie)  [edsecretarykc@hse.ie](mailto:edsecretarykc@hse.ie)  **Tel:** 071 9174504  **Fax:** 071 9174654 |
| HSE West Nowdoc |  | Nowdoc,  Mountcharles  Co. Donegal | **Tel:** 074 9735107 |
| Child Protection Services  [**Home**](#Home)  Millenium East Central Team  West Central Team  Buncrana  Donegal Town | **Secretary:** Phil Maria  **Social Worker**: Liam McConway  **Social Worker:** Louise Walsh  **Secretary:** Bridgin Smith-  **Social Worker:** Donna McTague  **Secretary:** Sharon Toy  **Secretary:** Sheila Gill  **Team Leader:** Paul McGill  **Team Leader:** Emlin Hughes  **Secretary:** Brenda Britton | Euro House  Kliiybegs Road,  Donegal Town  Donegal West | **Tel:** 074 9123672/3770  **Tel:** 074 9104714  **Tel:** 074 9320420  **Tel:** 074 9723540 |

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**Education and Training**

|  |  |  |  |
| --- | --- | --- | --- |
| **Service** | **Contact Person** | **Contact Address** | **Contact Number** |
| National Educational Welfare Board (NEWB)  (Covers SW Area) | David Bradley | 2nd Floor, Mc Kenderick Place, Pearse Road, Letterkenny  Co. Donegal | **Tel:** 074 9160810  [davidbradley@newb.ie](mailto:davidbradley@newb.ie) |
| VEC | **Adult Education Officer South Donegal:** Dr. Martin Gormley | VEC  Adult Education & Training Centre  Drumcliff  Donegal Town  Co. Donegal | **Tel:** 074 9721705  [martingormley@donegalvec.ie](mailto:martingormley@donegalvec.ie) |
| DLDC  Mensheds Project | **Admin:** Kathy Cunningham  **Project Officer:** Rachel Cranwell | Niall Mor Community & Enterprise Centre  Killybegs  Co. Donegal | **Tel:** 074 9732623  [margaretdoherty@dldc.org](mailto:margaretdoherty@dldc.org)  **Tel:** 07497 41863 – youth drop in centre |
| I.B.E.C North West | Pauric O Grady  Terry McNamara | 3rd Floor, Pier One  Quay Street  Donegal Town  Co. Donegal | [northwest@ibec.ie](mailto:northwest@ibec.ie)  **Tel:** 074 9722474  [Arlene.curristin@ibec.ie](mailto:Arlene.curristin@ibec.ie) |
| FAS Sligo Training Centre | **Manager:** Vinny McGrory, based between Sligo and Letterkenny | Ballytivnan  Sligo | **Tel:** 071 9159500  **Fax:** 071 9169506 |
| FAS Gaoth Dobhair Na Diore Beaga Training Centre  [**Home**](#Home) | \*\*will call us back with info | Leitirceanainn  Co. Dhun na nGall | **Tel:** 074 9560500  **Fax:** 074 9531114 |
| Atlantic View CDP  Community training e.g. FAS VEC 2nd chance education programmes etc. | Ann Mc Gowan\*\*\*left msg | Main Street  Ballyshannon  Co. Donegal | [Atlanticview01@eircom.net](mailto:Atlanticview01@eircom.net)  **Tel:** 071 9822833  [www.atlanticviewcdp.com](http://www.atlanticviewcdp.com) |

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**Youth Services**

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| **Service** | **Contact Person** | **Contact Address** | **Contact Number** |
| South West Donegal Youth Project  Provides youth services to young people in Killybegs and south west Donegal  Provides a late opening drop in café for young people | **Project Worker:** Zia Mc Clean | Unit 2  Carpet Factory  Killybegs  Co. Donegal | **Tel:** 074 9732793  [zia.mcclean@foroige.ie](mailto:zia.mcclean@foroige.ie)  [killybegsyouthproject@foroige.ie](mailto:killybegsyouthproject@foroige.ie) |
| Donegal VEC | **Youth Administrative Post:** Paddy Muldoon | Ard O’Donnell  Letterkenny  Co. Donegal | **Mobile:** 087 921 3299  **Tel:** 074 9161505  [paddymuldoon@donegalvec.ie](mailto:paddymuldoon@donegalvec.ie) |
| Youth Project & Drop-in Centre | **NWRC Counselling Student,**  **Youth Worker:** Peter Lawne  **Project Worker**: Zia Mc Lean (Foroige) | Old Niall Mor  Killybegs,  Co. Donegal | [eqemmmaquigley63@gmail.com](mailto:eqemmmaquigley63@gmail.com)  [peterlawne@live.co.uk](mailto:peterlawne@live.co.uk)  **Mobile:** 086 1618617  [zia.mclean@foroige.ie](mailto:zia.mclean@foroige.ie)  [killybegsyouthproject@foroige.ie](mailto:killybegsyouthproject@foroige.ie)  **Mobile:** 086 8579839 |
| Foroige Carrick | Martina Mc Shane | 74 Slieve League Ave  Carrick  Co. Donegal | **Mobile:** 086 6054390  [martinamcshane@gmail.com](mailto:martinamcshane@gmail.com) |
| Youth Information Centre (YIC) Foroige  [**Home**](#Home)  The DECK  Provides free confidential information service to young people  Late opening youth café  Offers a wide range of programmes and activities  Big Brother Big Sister Project (BBBS) | **Regional Youth Officer:** Susan Mc Laughlin  Kerry Gallagher (YIC)  Valerie Hegarty  **BBBS:** Finghin McClafferty | Donegal Town  Co. Donegal | [susan.mclaughlin@foroige.ie](mailto:susan.mclaughlin@foroige.ie)  **Tel:** 074 9723029\*\*left msg to call back  **Tel:** 074 9723050  **Mobile:** 086 799 6252  [kerry.gallagher@foroige.ie](mailto:kerry.gallagher@foroige.ie)  [valerie.hegarty@foroige.ie](mailto:valerie.hegarty@foroife.ie)  [donegalyic@foroige.ie](mailto:donegalyic@foroige.ie)  **Mobile:** 086 8213756  [Finghin.mcclafferty@foroige.ie](mailto:Finghin.mcclafferty@foroige.ie)  **Website:** [www.foroige.ie](http://www.foroige.ie) |
| Ballyshannon /Bundoran NYP  Foroige | Maura Gallagher  Caroline Cooke | Old Scared Heart School,  College Street  Ballyshannon  Co. Donegal | [maura.gallagher@foroige.ie](mailto:maura.gallagher@foroige.ie)  **Mobile:** 087 2492862  [caroline.cooke@foroige.ie](mailto:caroline.cooke@foroige.ie)  **Tel:** 071 9822803 |
| Regional Youth Officer with Foroige  County Wide | Trina Curneen Reg  **Area Manager:** Claire Gavigan |  | **Mobile:** 086 0493199  [trina.curneen@foroige.ie](mailto:trina.curneen@foroige.ie)  **Mobile:** 086 8312826  [claire.gavigan@foroige.ie](mailto:Claire.gavigan@foroige.ie) |
| Donegal Integrated Youth Project | **Integrated Youth Worker Foroige Social Work Team Donegal Town:**  Josephine Warnock | Killybegs Road  Donegal Town  Co. Donegal | **Mobile:** 086 0472546  [josephine.warnock@foroige.ie](mailto:josephine.warnock@foroige.ie) |
| Ballyshannon / Bundoran Neighbourhood Youth Project (NYP)  Works primarily with 10-18 year olds at risk of experiencing personal education family and social difficulties | Caroline Cooke | College Street  Ballyshannon  Donegal | **Tel:** 071 9822803  caroline.cooke@foroige.ie |
| Regional Youth Officer  Foroige |  | South Donegal | **Mobile:** 086 0493199 |
| [Townawilly Youth Club](http://www.donegalyouthservice.ie/node/100)  DYS | **Contact Person:** Sheena Boyle-Laverty / Charlene Logue | Townawilly Community Centre | **Tel:** 074 91 29630  **Opening Hours:**  Friday: 6:30pm to 9:30 pm  Friday: 7:30pm to 10pm alternative weeks |

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**Family Support Services**

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| **Service** | **Contact Person** | **Contact Address** | **Contact Number** |
| Bluestack Foundation  A voluntary not for profit organisation run predominately by parents of children with special needs and professional who not only work, but have a personal interest in the field.  Providing services for people of all ages with special needs  Speech therapy  Arts and crafts  Music therapy  Summer camps  Training for parents  Volunteer and respite support for families | Charlie Garratt  Patrick Mc Breaty  Ms Marie Garvey | The Glebe  Donegal Town  Co. Donegal | **Tel:** 074 9737758  [charliegarratt@iol.ie](mailto:Charliegarratt@iol.ie)  **Tel:** 074 9740828  [info@bluestackfoundation.com](mailto:info@bluestackfoundation.com)  **Website:**  [www.bluestackfoundation.com](http://www.bluestackfoundation.com) |
| Tir Boghaine Teo  Community based support | **Project Manager:** Evanna Schorderet  Ann Diver  Fionnuala Cunningham  Bernie Breslin  Nuala Sharkey  Katy McShance | Ballymoon  Kilcar  Co. Donegal  Carrick  Killybegs | **Tel:** 074 97 39800  [tirboghaine@gmail.com](mailto:tirboghaine@gmail.com) (Carrick)  **Tel:** 074 97 32735  [tiblsdk@gmail.com](mailto:tiblsdk@gmail.com)  (Killybegs)  **Tel:** 074 9733111  **Tel:** 074 97 33113  **Mobile:** 087 24143206 |
| Donegal FRC  [**Home**](#Home) | Kathleen Mc Hugh | Eskeside Bungalow, New Row, Donegal Town  Co. Donegal | **Tel:** 074 97 24337  [donegalfamilyresource@eircom.net](mailto:donegalfamilyresource@eircom.net)  **Website:** [www.familyresource.ie](http://www.familyresource.ie) |
| Downstrands FRC | Evelyn Doherty  Maria Murphy  Kate Morgan  Caroline Barrett  Michele Gavigan | Dolmen Centre  Kilclooney  Portnoo  Co. Donegal | [evelyndoherty@gmail.com](mailto:evelyndoherty@gmail.com)  **Tel:** 074 9545159  [downstrandsfrc@yahoo.ie](mailto:downstrandsfrc@yahoo.ie)  **Tel:** 074 9545879 |
| The Forge FRC | **Coordinator:** Martina Doyle | Main Street  Pettigo  Co. Donegal | **Tel:** 071 9861924  [theforgefrc@eircom.net](mailto:theforgefrc@eircom.net)  Mon to fir 9.30 to 5pm |
| Pettigo Family Resource Centre | Helen Simms | Pettigo,  Co. Donegal | **Mobile:** (0044) 07851051062  **Tel:** 071 9861713  [helensimms2778@yahoo.com](mailto:Helensimms2778@yahoo.com) |
| Tirhugh Resource Centre |  | The Mall  Ballyshannon  Co. Donegal | **Tel:** 071 9852476  [info@tirhugh.org](mailto:info@tirhugh.org) |
| Drug and Alcohol Worker | Majorie Callaghan |  | [marjoriecallaghan@gmail.com](mailto:marjoriecallaghan@gmail.com) |
| South West Donegal Community Partnership Limited  Works with the community in a fully inclusive way to identify and address essential issues ensuring peoples participation in the social cultural and economic development of their area | Margaret Doherty | Unit 8  The Carpet Factory  Killybegs  Co. Donegal | **Tel:** 074 9741863  [margaretswdcpl@eircom.net](mailto:margaretswdcpl@eircom.net)  **Opening Hours:**  Mon to Fri 9 to 4pm |

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**Advocacy**

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| **Service** | **Contact Person** | **Contact Address** | **Contact Number** |
| Ballyshannon Citizens Information Services |  | Ballyshannon CIC  Public Services Outreach Centre  Abbeyview  Ballyshannon  Co. Donegal | **Tel:** 071 9851666  [ballyshannon@citinfo.ie](mailto:ballyshannon@citinfo.ie)  **Website:** [www.citizensinformation.ie](http://www.citizensinformation.ie) |
| Donegal Town Citizens Information Services |  | Donegal Town CIC  Public Services Centre  Drumlonagher  Donegal Town  Co. Donegal | **Tel:** 074 9724460  [donegaltown@citinfo.ie](mailto:donegaltown@citinfo.ie)  **DCIS Manager:** 074 9126956 |
| South Donegal MABS |  | Donegal Public Services Centre  Drumlonagher  Donegal Town  Co. Donegal | **Tel:** 076 1072480  **Fax:** 074 974 0349  [southdonegal@mabs.ie](mailto:southdonegal@mabs.ie)  **Website:**  [www.mabs.ie](http://www.mabs.ie/)  **Opening Hours:**  Telephone for an appointment. |
| Killybegs  [**Home**](#Home)  Social Welfare Local Office |  | Bridge Street Killybegs Co. Donegal | **Tel:** 074 974 1010  **Fax:** 074 973 1928  **Opening Hours:**  Mon-Fri 9.30-12.00 & 2.00-4.00  <http://www.welfare.ie/EN/ContactUs/Pages/swbo_killybegs.aspx> |
| Donegal Town  Social Welfare Local Office |  | Super Valu Shopping Centre Unit 7 The Glebe Donegal Town Co. Donegal | **Tel:** 074 974 0050  **Opening Hours:**  Mon-Fri 9.30-12.00 & 2.00-4.00.  <http://www.welfare.ie/EN/ContactUs/Pages/swbo_donegal.aspx> |
| Ballyshannon  Social Welfare Local Office |  | East Port Ballyshannon Co. Donegal | **Tel:** 071 982 2030  **Fax:** 071 985 2380  **Opening Hours:**  Mon-Fri 9.30-12.00 & 2.00-4.00.  <http://www.welfare.ie/EN/ContactUs/Pages/swbo_ballyshannon.aspx> |

**Other**

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| **Service** | **Contact Person** | **Contact Address** | **Contact Number** |
| Garda Station  Carrick Co. Donegal |  |  | **Tel:** 074 973 9002  **Website:**  <http://www.garda.ie> |
| Mountcharles  Garda Station |  | Mountcharles Co. Donegal | **Tel:** 074 973 5002  **Opening Hours:**  10.00-1.00  **Website:**  <http://www.garda.ie> |
| Ardara  Garda Station |  | Ardara Co. Donegal | **Tel:** 074 954 1102  **Opening Hours:**  10.00-1.00  **Website:**  <http://www.garda.ie> |
| Pettigoe  Garda Station |  | Pettigoe Co. Donegal | **Tel:** 071 986 1512  **Opening Hours:**  10.00-1.00  **Website:**  <http://www.garda.ie> |
| Killybegs  Garda Station |  | Killybegs Co. Donegal | **Tel:** 074 9731002  **Fax:** 074 9731197  **Opening Hours:**  10.00-12.00 & 8.00-9.00  **Website:**  <http://www.garda.ie> |
| Glenties  Garda Station |  | Glenties Co. Donegal | **Tel:** 074 955 1108  **Fax:** 074 955 1603  **Website:**  <http://www.garda.ie> |
| Glencolumbkille  Garda Station |  | Glencolumbkille Co. Donegal | **Tel:** 074 973 0002  **Website:** <http://www.garda.ie> |
| Donegal Town Community Chamber | Sian Breslin | Bridge Street  Donegal Town  Co. Donegal | **Tel:** 074 9722312 |
| North West Regional Drug Task Force  Tackling issues associated with illicit drug and alcohol misuse across the North West (Donegal, Sligo, Leitrim) | **Co-Ordinator:** Sean O’Connor | Saimer Court  Main Street  Ballyshannon  Co. Donegal | **Tel:** 071 9852000  **Tel:** 071 9851287  [drugtaskforce@hse.ie](mailto:drugtaskforce@hse.ie)  **Website:**  [www.nwdrugtaskforce.ie](http://www.nwdrugtaskforce.ie) |

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**Support Groups**

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| **Service** | **Contact Person** | **Contact Address** | **Contact Number** |
| North West Grow Meetings | **GROW Chairperson:** Josephine Keavney  Elaine Patton  **Co-ordinator:** Maria Whelan | **Monday -** The Day Centre, Ballyshannon in Recess  Opposite Abrakebabra, Castle St,  **Tuesday -** Rowanfield House, Donegal Town **-** Time: 2.30pm  Donegal Town Day Hospital, Donegal Town - Time: 8.00 pm  (As you drive into Donegal Town from Ballybofey you pass Lidl on the left. There is a Maxol garage on the right. After this there is a right turn into the Day Centre)  Bayview Health Centre, Station Road, Bundoran in Recess  Time: 8.00 pm  Traveling Sligo/Bundoran direction take a right turn at 2nd set of traffic lights in centre of town. Bayview Health Centre is last building on left at roundabout. Go round the back to car park. Use back door to go into building. Walk round to the right to last room facing you (Conference Room) where meeting is. There ia a GROW sign on door.  **Thursday -** Nialll Mor Community Centre, Killybegs, Co. Donegal  Time: 7.30 pm | **Tel:** 1890 474 474  Kilkenny Main Office  **Tel:** 074 91 61628  **Mobile:** 086 770 2860 [mariawhelan@grow.ie](mailto:mariawhelan@grow.ie)  [info@grow.ie](mailto:info@grow.ie)  **Website:**  [www.grow.ie](http://www.grow.ie) |
| GROW  **Home** | Noreen Gallagher | 51 Points  Killybegs  Co. Donegal | **Tel:** 074 9731467  [noreen22@eircom.net](mailto:noreen22@eircom.net) |
| Donegal Town Asylum Seeker & Refugee Project  Providing support and advice for asylum seeker/refugees | Jo Hunt | c/o Cliffview Hostel  Coast Road  Donegal Town  Co. Donegal | **Mobile:** 087 7584910  [asylumseekersdonegal@gmail.com](mailto:asylumseekersdonegal@gmail.com) |
| Solace Donegal Cancer Support Group | Sr. Magdalene | St. Joseph’s Avenue  Donegal Town  Co. Donegal | **Tel:** 074 9740837  [solacedonegal@eircom.net](mailto:solacedonegal@eircom.net) |
| Tabor House  (Counselling support) | Fr. James Sweeney | Tabor House  Donegal Town  Co. Donegal | [taborhouse2004@eircom.net](mailto:taborhouse2004@eircom.net) |
| Aware North West (Donegal Sligo Leitrim)  A national organisation bringing vital emotional support and information to individuals and family members who are affected by depression | Ruth Cleary | Mountcharles,  Co. Donegal | **Tel:** 074 9735030  **North West Office:**  Mon to Fri 9am-5pm  [Ruth.cleary@aware.ie](mailto:Ruth.cleary@aware.ie)  (NW services)  [wecanhelp@aware.ie](mailto:wecanhelp@aware.ie)  (support via email)  **Website:** [www.aware.ie](http://www.aware.ie)  **Locall Helpline:** 1890 303 302  **Helpline:**  Mon - Wed 10am to10pm  Thur - Sun 10 am to 1 am |