**South Donegal Primary Care Network**

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**Education**

**Post Primary**:

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| **School** | **Contact Person** | **Contact Address:** | **Telephone Number:** |
| Abbey Vocational SchoolMixed (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.ieamandaconnolly@donegalvec.ie ammccormick@donegalvec.ie**Tel:** 074 9721105abbeyvs@donegalvec.ie |
| Colaiste Cholmcille BallyshannonMixed | **Principal:** Jimmy Keogh **SPHE Co-ordinator:** Shelia Coyne **Guidance Counsellor:** Mairead McGurran**Chaplain:** Pauline Kilfeather | BallyshannonCo. Donegal  | jkeogh@ccbs.iemmcgurran@ccbs..ie**Mobile:** 087 6737526pkilfeather@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 9841244teresaruane@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 9551172glentiesguidance@indigo.ie |
| St. Catherine’s VocationalMixed (VEC) | **Principal:** Ann Marie Luby **SPHE Co-ordinator:** Anne Bowden **Guidance Counsellor:** Nicola Mc Daid  | Killybegs Co. Donegal  | **Mobile:** 086 8519965annemarieluby@donegalvec.ie**Tel:**074 9731491stcatherines@donegalvec.ie |
| Vocational School CarrickMixed (VEC) | **Principal:** Pauric O’Leime**SPHE Co-ordinator**: Mary Doherty **Guidance Counsellor:** Michael Griffin  | CarrickCo. Donegal  | padraigoleime@donegalvec.ie**Tel:** 074 9739017cnc@donegalvec.ie |
| BallyshannonYouth Reach | **Co ordinator:** Antoinette Clayton  | Adult Education & Training Centre, College Street, BallyshannonCo. Donegal | **Mobile:** 086 8207375antoinetteclayton@donegalvec.ie**Tel:** 071 98 51286/276**Website:** [www.donegalvec.ie](http://www.donegalvec.ie) |

**Third Level**:

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| **College**  | **Contact Person** | **Contact Address:** | **Telephone Number:** |
| Third level Tourism College Killybegs | Student Services: Mairead O’Kane | Shore Road Killybegs Co. Donegal | **Tel:** 074 9186662mairead.okane@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 DrumgooleDr Peter Kardos | Waterloo Place, Donegal TownCo. Donegal | **Tel:** 074 9721364 (Main Line)**Tel:** 074 9722329oldschoolsurgery@gmail.com |
| Bayview Family Practice  | Dr Mary Quinn Dr John Garvey Dr Fiona Quinn Dr Majella Grealish Dr Maria Doherty Dr Michael ShanleyDr. Eamon Stack | Belleek Road – (Bundoran is the sister practice.)BallyshannonCo. Donegal | **Tel:** 071 9851334**Tel:** 071 9851600**Tel:** 071 9841445bayviewfamilypractice@gmail.com |
| Bundoran Primary Care Centre [**Home**](#Home) | Dr. Raymond Kerr Dr. Philip Murphy Surgery | Bundoran Primary Care CentreBundoranCo. 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 9731148killybegs@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 2013Margaret Doherty | Donegal Community Hospital  | **Mobile:** 087 2793787Suzanne.bonner@hse.ie |
| Donegal Town Mental Health AssociationPromoting 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 OfficerOr Trevor McBreatry (SW Sector) | Rowanfield House Donegal TownCo. Donegal  | **Tel:** 074 9721910**Mobile:** 087 9197026trevor.mcbrearty@hse.ie |
| Donegal Mental Health ServiceCommunity Service  | **Community Mental Health Nurse:** Sharon O’Hare | 18 Main StreetDonegal Town Co. Donegal  | **Mobile:** 087 9314067sharon.ohare@hse.ie |
| ASIST, [**Home**](#Home)Health Promotion Two day interactive workshop on suicide first aid | **Coordinator:** Sarah Meehan  | Health PromotionMain streetBallyshannonCo. Donegal  | **Mobile:** 086 0421040**Tel:** 071 9852000 sarahm.meehan@hse.ie**Website:** [www.nosp.ie](http://www.nosp.ie) |
| SafeTALKHalf 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 PromotionMain streetBallyshannonCo. Donegal  | **Mobile:** 086 0421040**Tel:** 071 9852000 sarahm.meehan@hse.ie**Website:** [www.nosp.ie](http://www.nosp.ie) |
| Ballyshannon Mental Health AssociationPromoting positive mental health and providing community based support to people with mental illness, their families and carers | Development Officer | c/o Donegal MHI Development OfficerSaimer CourtBallyshannon,Co Donegal | Donegal@mentalhealthireland.ie |
| Killybegs Mental Health AssociationPromoting 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 SecretaryKillybegs,MHAFive PointsKillybegsCo. 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 CentreCarrickCo. Donegal  | **Tel:** 074 97 39354 // 39137Monday to Thursday 9am-5pm |
| HSE – Psychology Dept  | Karen Espey Jacqueline Sherry Monica Russell Paul Boyle | Cruagory House Water StDonegal Town  | **Tel:** 074 9722781karen.espey@hse.iejacqueline.sherry@hse.iemonica.russell@hse.iepaul.boyle@hse.ie |
| Alcohol & Substance Misuse Counselling  | **Youth addiction 11-18 yr olds:**Marina O’Brien**Senior Addiction:** Patricia Garland  | Charter HouseOld Market StreetCo. Sligo  | **Tel:** 071 9143316marina.obrien@hse.ie**Tel:** 071 9822776patricia.garland@hse.ie |
| Keyworker for Children with Physical & Sensory Disabilities  | Amanda Doyle  | Shiel HouseBallyshannonCo. Donegal | amanda.doyle@hse.ie |
| CAMHS **Regional contact person?** | Dr Don McDwyer Dr Robertson |  | **Mobile:** 087 9372948don.mcdwyer@hse.ie**Tel:** 074 91 20340 |
| Killybegs Mental Health Association[**Home**](#Home) | Anne Marie MurphyMary Connaghan  | FiafannonKillybegsCo. Donegal | **Tel:** 074 9731143**Tel:** 074 9741968mary.connaghan@hotmail.com |
| Carrick Mental Health Association  | **Service Manager:** Mary  | Carrick Day Centre CarrickCo. 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 CooeyCovers Bundoran - Leitirmacaward | Garda StationQuay St.Donegal TownCo. Donegal | **Mobile:** 087 0601743eamonnmccooey@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.ieedsecretarykc@hse.ie**Tel:** 071 9174504**Fax:** 071 9174654 |
| HSE West Nowdoc |  | Nowdoc, MountcharlesCo. Donegal  | **Tel:** 074 9735107 |
| Child Protection Services[**Home**](#Home)Millenium East Central TeamWest Central TeamBuncranaDonegal 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 TownDonegal West | **Tel:** 074 9123672/3770**Tel:** 074 9104714**Tel:** 074 9320420**Tel:** 074 9723540 |

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**Education and Training**

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| **Service**  | **Contact Person** | **Contact Address** | **Contact Number**  |
| National Educational Welfare Board (NEWB)(Covers SW Area) | David Bradley  | 2nd Floor, Mc Kenderick Place, Pearse Road, LetterkennyCo. Donegal  | **Tel:** 074 9160810davidbradley@newb.ie |
| VEC | **Adult Education Officer South Donegal:** Dr. Martin Gormley | VECAdult Education & Training CentreDrumcliffDonegal TownCo. Donegal  | **Tel:** 074 9721705martingormley@donegalvec.ie |
| DLDC Mensheds Project | **Admin:** Kathy Cunningham **Project Officer:** Rachel Cranwell | Niall Mor Community & Enterprise Centre Killybegs Co. Donegal  | **Tel:** 074 9732623margaretdoherty@dldc.org**Tel:** 07497 41863 – youth drop in centre |
| I.B.E.C North West | Pauric O GradyTerry McNamara | 3rd Floor, Pier OneQuay Street Donegal Town Co. Donegal  | northwest@ibec.ie**Tel:** 074 9722474Arlene.curristin@ibec.ie |
| FAS Sligo Training Centre | **Manager:** Vinny McGrory, based between Sligo and Letterkenny | BallytivnanSligo | **Tel:** 071 9159500 **Fax:** 071 9169506  |
| FAS Gaoth Dobhair Na Diore Beaga Training Centre[**Home**](#Home) | \*\*will call us back with info | LeitirceanainnCo. 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 BallyshannonCo. Donegal | 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 ProjectProvides youth services to young people in Killybegs and south west DonegalProvides a late opening drop in café for young people | **Project Worker:** Zia Mc Clean | Unit 2Carpet FactoryKillybegsCo. Donegal  | **Tel:** 074 9732793zia.mcclean@foroige.iekillybegsyouthproject@foroige.ie |
| Donegal VEC | **Youth Administrative Post:** Paddy Muldoon | Ard O’DonnellLetterkennyCo. Donegal  | **Mobile:** 087 921 3299 **Tel:** 074 9161505paddymuldoon@donegalvec.ie |
| Youth Project & Drop-in Centre | **NWRC Counselling Student,** **Youth Worker:** Peter Lawne **Project Worker**: Zia Mc Lean (Foroige) | Old Niall MorKillybegs, Co. Donegal | eqemmmaquigley63@gmail.competerlawne@live.co.uk**Mobile:** 086 1618617zia.mclean@foroige.iekillybegsyouthproject@foroige.ie**Mobile:** 086 8579839 |
| Foroige Carrick | Martina Mc Shane | 74 Slieve League Ave Carrick Co. Donegal | **Mobile:** 086 6054390martinamcshane@gmail.com |
| Youth Information Centre (YIC) Foroige[**Home**](#Home)The DECK Provides free confidential information service to young peopleLate opening youth caféOffers a wide range of programmes and activitiesBig 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**Tel:** 074 9723029\*\*left msg to call back**Tel:** 074 9723050**Mobile:** 086 799 6252kerry.gallagher@foroige.ie valerie.hegarty@foroige.iedonegalyic@foroige.ie**Mobile:** 086 8213756Finghin.mcclafferty@foroige.ie**Website:** [www.foroige.ie](http://www.foroige.ie) |
| Ballyshannon /Bundoran NYPForoige | Maura Gallagher Caroline Cooke | Old Scared Heart School,College Street Ballyshannon Co. Donegal | maura.gallagher@foroige.ie**Mobile:** 087 2492862caroline.cooke@foroige.ie**Tel:** 071 9822803 |
| Regional Youth Officer with ForoigeCounty Wide  | Trina Curneen Reg**Area Manager:** Claire Gavigan  |  | **Mobile:** 086 0493199trina.curneen@foroige.ie**Mobile:** 086 8312826claire.gavigan@foroige.ie |
| Donegal Integrated Youth Project | **Integrated Youth Worker Foroige Social Work Team Donegal Town:** Josephine Warnock  | Killybegs Road Donegal TownCo. Donegal  | **Mobile:** 086 0472546josephine.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 StreetBallyshannonDonegal | **Tel:** 071 9822803caroline.cooke@foroige.ie |
| Regional Youth OfficerForoige |  | 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 pmFriday: 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 FoundationA 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 needsSpeech therapyArts and craftsMusic therapySummer campsTraining for parentsVolunteer and respite support for families | Charlie Garratt Patrick Mc BreatyMs Marie Garvey | The Glebe Donegal TownCo. Donegal  | **Tel:** 074 9737758charliegarratt@iol.ie**Tel:** 074 9740828info@bluestackfoundation.com**Website:** [www.bluestackfoundation.com](http://www.bluestackfoundation.com) |
| Tir Boghaine Teo Community based support  | **Project Manager:** Evanna Schorderet Ann Diver Fionnuala CunninghamBernie Breslin Nuala SharkeyKaty McShance | BallymoonKilcarCo. Donegal CarrickKillybegs | **Tel:** 074 97 39800tirboghaine@gmail.com (Carrick)**Tel:** 074 97 32735tiblsdk@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 TownCo. Donegal  | **Tel:** 074 97 24337donegalfamilyresource@eircom.net**Website:** [www.familyresource.ie](http://www.familyresource.ie) |
| Downstrands FRC | Evelyn Doherty Maria MurphyKate MorganCaroline BarrettMichele Gavigan | Dolmen Centre KilclooneyPortnooCo. Donegal | evelyndoherty@gmail.com**Tel:** 074 9545159downstrandsfrc@yahoo.ie**Tel:** 074 9545879 |
| The Forge FRC  | **Coordinator:** Martina Doyle  | Main StreetPettigoCo. Donegal  | **Tel:** 071 9861924theforgefrc@eircom.net Mon to fir 9.30 to 5pm |
| Pettigo Family Resource Centre | Helen Simms | Pettigo,Co. Donegal | **Mobile:** (0044) 07851051062**Tel:** 071 9861713helensimms2778@yahoo.com |
| Tirhugh Resource Centre |  | The MallBallyshannonCo. Donegal | **Tel:** 071 9852476info@tirhugh.org  |
| Drug and Alcohol Worker  | Majorie Callaghan |  | marjoriecallaghan@gmail.com |
| South West Donegal Community Partnership LimitedWorks 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 FactoryKillybegsCo. Donegal | **Tel:** 074 9741863margaretswdcpl@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 CICPublic Services Outreach Centre Abbeyview BallyshannonCo. Donegal | **Tel:** 071 9851666ballyshannon@citinfo.ie **Website:** [www.citizensinformation.ie](http://www.citizensinformation.ie) |
| Donegal Town Citizens Information Services |  | Donegal Town CICPublic Services Centre DrumlonagherDonegal TownCo. Donegal | **Tel:** 074 9724460donegaltown@citinfo.ie**DCIS Manager:** 074 9126956 |
| South Donegal MABS |  | Donegal Public Services CentreDrumlonagherDonegal TownCo. Donegal | **Tel:** 076 1072480**Fax:** 074 974 0349 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 StreetKillybegsCo. 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 TownSocial Welfare Local Office |  | Super Valu Shopping CentreUnit 7The GlebeDonegal TownCo. 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> |
| BallyshannonSocial Welfare Local Office |  | East PortBallyshannonCo. 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 StationCarrickCo. Donegal |  |  | **Tel:** 074 973 9002**Website:**<http://www.garda.ie> |
| MountcharlesGarda Station |  | MountcharlesCo. Donegal | **Tel:** 074 973 5002**Opening Hours:** 10.00-1.00**Website:** <http://www.garda.ie> |
| ArdaraGarda Station |  | ArdaraCo. Donegal | **Tel:** 074 954 1102**Opening Hours:** 10.00-1.00**Website:** <http://www.garda.ie>  |
| PettigoeGarda Station |  | PettigoeCo. Donegal | **Tel:** 071 986 1512**Opening Hours:** 10.00-1.00**Website:** <http://www.garda.ie>  |
| KillybegsGarda Station |  | KillybegsCo. Donegal | **Tel:** 074 9731002**Fax:** 074 9731197**Opening Hours:** 10.00-12.00 & 8.00-9.00**Website:** <http://www.garda.ie>  |
| GlentiesGarda Station |  | GlentiesCo. Donegal | **Tel:** 074 955 1108**Fax:** 074 955 1603**Website:**<http://www.garda.ie> |
| GlencolumbkilleGarda Station |  | GlencolumbkilleCo. 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 ForceTackling issues associated with illicit drug and alcohol misuse across the North West (Donegal, Sligo, Leitrim) | **Co-Ordinator:** Sean O’Connor | Saimer CourtMain Street BallyshannonCo. Donegal | **Tel:** 071 9852000**Tel:** 071 9851287drugtaskforce@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 KeavneyElaine 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 RecessTime: 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. DonegalTime: 7.30 pm | **Tel:** 1890 474 474Kilkenny Main Office**Tel:** 074 91 61628**Mobile:** 086 770 2860 mariawhelan@grow.ieinfo@grow.ie**Website:** [www.grow.ie](http://www.grow.ie) |
| GROW **Home** | Noreen Gallagher | 51 Points KillybegsCo. Donegal | **Tel:** 074 9731467noreen22@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 7584910asylumseekersdonegal@gmail.com |
| Solace Donegal Cancer Support Group  | Sr. Magdalene | St. Joseph’s Avenue Donegal TownCo. Donegal | **Tel:** 074 9740837solacedonegal@eircom.net |
| Tabor House(Counselling support) | Fr. James Sweeney | Tabor House Donegal Town Co. Donegal  | 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-5pmRuth.cleary@aware.ie (NW services)wecanhelp@aware.ie (support via email)**Website:** [www.aware.ie](http://www.aware.ie)**Locall Helpline:** 1890 303 302**Helpline:**Mon - Wed 10am to10pmThur - Sun 10 am to 1 am |