

# Louth Age Friendly County



## Directory of Services

Website: [www.louthagefriendlycounty.ie](http://www.louthagefriendlycounty.ie)

LoCall: 1890-253240

## **Age Friendly County**

### ***Introduction***

The Louth Age Friendly County Initiative is a cross agency initiative headed up and supported by Louth County Council. The aim of the Initiative is to make Louth an “Age Friendly County” with all agencies working together to promote and maintain the best possible health and well-being of older people, and to make the County itself a great place to grow old. The theme of the initiative is “***Sharing the Journey***”.

The three core principles in the Louth Age Friendly County Initiative are participation, partnership and innovation. The Initiative has been driven by two guiding forces, the voice of Older People through the Louth Older People’s Forum and R&D projects which include collaborations between Dundalk Institute of Technology (DkIT), Louth Local Authorities and HSE North East. The dynamic which underpins the collaboration is “Participation of Older People in a Partnership Approach enriches Innovation”.

### **Louth Older People’s Forum**

The Louth Older People’s Forum was established in 2009. The structure of the forum was agreed by older people during 4 workshops held in Drogheda and Dundalk and comprises of older peoples groups, advocacy groups, nursing homes, day care centres and individuals. There are 230 people registered with the forum to date. An executive group of 26 people has been elected and has formally met on a monthly basis since its inception. To find out more information about the Older People’s Forum contact Mary Deery, CDB Secretariat, County Hall 042 9324389 or [mary.deery@louthcoco.ie](mailto:mary.deery@louthcoco.ie)



Mary Deery—Louth County Council

### **Directory of Service**

#### ***Introduction***

This Directory of Service is being compiled in order to group together all the services and groups relevant to older people in the County. The Directory is a work in progress and if you feel it needs any amendment or you would like to add your group’s details to the directory contact me by email on [linda.kelliher@louthcoco.ie](mailto:linda.kelliher@louthcoco.ie).

## **Nursing Homes in Co. Louth**

St. Oliver Plunkett Hospital Dublin Road, Dundalk, Co. Louth	Phone: (042) 9334488 Email: <a href="mailto:kay.okeefe@hse.ie">kay.okeefe@hse.ie</a>
St. Peters Nursing Home Sea Road, Castlebellingham, Co. Louth	Phone: (042) 9382106 Fax: (042) 9382180 Email: <a href="mailto:stpeters@guardianhealthcare.ie">stpeters@guardianhealthcare.ie</a>
Sunhill Nursing Home, Termonfeckin, Co. Louth	Phone: (041)-9885200



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## Nursing Homes in Co. Louth

Aras Mhuire Nursing Home, Beechgrove, Drogheda, Co. Louth	Phone: (041)-9842222
Blackrock Abbey Nursing Home, Cockle Hill, Blackrock, Co. Louth	Phone: (042)-9321258 Fax: (042)-9323285
Boyne Valley Nursing Home, Douth, Drogheda, Co. Louth	Phone: (041)-9836130
Boyne View House Dublin Road, Drogheda Co. Louth	Phone: (041) 9837495 Email: seamus.mccaual@hse.ie
Carlingford Nursing Home, Old Dundalk Road, Carlingford, Co. Louth	Phone: (042)-9383993
Cottage Hospital Drogheda Scarlet Street, Drogheda, Co. Louth	Phone: (041) 9801100 Email: Geraldine.matthews@hse.ie
Dealgan House Nursing Home, Toberona, Dundalk, Co. Louth	Phone: (042)-9355016 Email: dealganhouse@gmail.com
Moorehall Lodge Nursing & Convalescent Centre, Hale Street, Ardee, Co. Louth	Phone: (041)-6856990/1890- 335533 Fax: (041)-6856993 Email: info@moorehall.ie
St. Joseph's Hospital Ardee Ardee, Co. Louth	Phone: (041) 6853304 Email: Eileen.dullaghan@hse.ie
St. Mary's Residential Unit Dublin Road, Drogheda, Co. Louth	Phone: (041) 9838680 Email: joanne.percival@hse.ie

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## Active Retirement Ireland

Telephone Number: 01-8733836



Active Retirement Ireland is a national network.

The purpose of Active Retirement Ireland is to enable retired people to enjoy a full and active life and to advocate for them. Active Retirement Ireland has voluntary organisations involving a membership approaching 23,000 older people in a countrywide active retirement movement. Founded in 1978 and currently organised into eight regional councils, the movement's principal aim is to help men and women, who are retired or semi-retired, from paid or unpaid work, to lead a full, happy and healthy retirement by offering organised opportunities for a wide range of activities - holidays, outings and socials; creative and learning programmes; indoor and outdoor sports and community work.

The movement is nationwide, non-political and non-sectarian with a membership of men and women drawn from many occupations and all walks of life.



Name	Location	Meeting Times
Medical Missionaries of Mary	Beechgrove Drogheda	
Myhome-care.ie	Mill Street, Dundalk	
Nestling Project Men's Group	Barrack Street, Dundalk	Choir Every Monday 12-1pm Every Tuesday 11-12.30pm 2.30-4pm Day trips every 6 weeks
Nestling Project Women's Group	Lios na Dara Carrick Road Dundalk	Every Wednesday 11am-1pm Every Thursday 11am-1pm Day trips every 6 weeks
Older Women's Network	Senior House, All Hallows College, Gracepark Road, Drumcondra, Dublin 9	
Omeath & District Active Retirement	Taranaki Greenore Road, Carlingford	
Redeemer Young at Heart	Redeemer Community Centre	Every Wednesday 2.00pm-4.00pm
Servisource Healthcare	Quayside Business Park, Mill Street, Dundalk	

<i>Name</i>	<i>Location</i>	<i>Meeting Times</i>
Drogheda Senior Citizens	Unit 7, West Street Arcade, Drogheda	
Faughart Social Group	Kilcurry Resource Centre, Kilcurry, Dundalk	
Ferrard Day Centre	Community Hall, Chapel Road, Clogherhead	
Great Northern Haven	Barrack Street, Dundalk	
Kilkerley Development Group	Kilkerley Community Centre	Dance every Sunday 9:30pm-12:30pm
Kilkerley ICA	Kilkerley Community Centre	Every 2 <sup>nd</sup> Wednesday 8pm-10pm
Kilkerley Young at Heart	Kilkerley Community Centre	Every 2 <sup>nd</sup> Thursday 6:30pm-8:30pm
Lannleire & District Active Retired	The Pavillion, Shamrock Hill, Dunleer	Every Tuesday 2pm-4:30pm

## **Age & Opportunity**

**Telephone: 01-8057709**



### ***Who we are***

Age & Opportunity is the national organisation that works to inspire and to create opportunities so that we can live healthy and fulfilling lives as we age. We do this by working with other national and local bodies to provide access to a wide range of activities, events and training opportunities in:

- ◇ arts and culture
- ◇ sport and physical activity, and
- ◇ education and active citizenship.

Age & Opportunity aims to contribute to changes in attitudes and practices in relation to ageing and older people in Ireland such that as people age they can develop their full potential on three levels – the personal, the societal and the civic - to the extent that each individual chooses. This is informed by international public policy initiatives as well as research showing that participating in society is good for individual health and well-being, and good for communities through the building of social capital. Fundamentally it is also informed by the conviction that full citizenship is the right of everyone no matter what their age or background.

### ***What we do***

Age & Opportunity promotes participation to change the way people think about ageing. We do that in three intersecting ways:

- ◇ Active Participation - We work to create programmes that people can participate in.
- ◇ Influencing & Enabling Development - We work to influence the structures which can ensure that older people are included when planning services and projects.
- ◇ Accredited Education & Training - We work to build skills among older people and those who work with them to ensure that meaningful participation can happen.

## Age Action Ireland

Telephone Number: 01-4756989



### About Age Action

Age Action is a charity which promotes positive ageing and better policies and services for older people. Working with, and on behalf of, older people we aim to make Ireland the best place in the world in which to grow older.

If you would like to know more please contact Lorraine Dorgan, Deputy Chief Executive at 01 4756989, or any of our staff.

### Vision and Mission

Vision of Ageing in Society in Ireland

*'Ireland becomes the best country in which to grow older'*

Our vision is that Ireland is the first country to apply fully the United Nations Principals for Older Persons into our national way of life in order to improve the quality of life of all older people and to transform all our attitudes towards ageing and older people. The UN principals are summarised below.

### OUR MISSION

The Mission of Age Action Ireland is:

*"To achieve fundamental change in the lives of all older people by empowering them to live full lives as actively engaged citizens and to secure their rights to comprehensive high quality services according to their changing needs"*

This mission statement reflects the fundamental shift in our attitude towards and our relationship with older people. All our activities will be geared to supporting older people to speak and act for themselves in bringing about the fundamental changes they want to live full lives.

## Active Retirement Groups in Louth

Name	Location	Meeting Times
50+ Active Relaxation Group	Drogheda & District Support 4 Older People, Unit 7, Haymarket Drogheda	
Ardee Active Retirement	Ferdia House  See the website below <a href="http://www.louthagefriendlycounty.ie">www.louthagefriendlycounty.ie</a>	Every Thursday
Clogherhead & Callystown Leisure Time Group	Clogherhead Community Hall	Every 2 <sup>nd</sup> Tuesday 2:00pm-4:30pm
Comfort Keepers	Bridge Street, Ardee	
Cooley Active Retirement Group	Cooley Sports Complex	Every Thursday 2:30pm-4:30pm
Dundalk Active Retirement	Carroll Meade, Dundalk	Every Monday 2:30pm-4:30pm
Dundalk Railway Heritage Group	Men's Shed, Seatown, Dundalk	
Dundalk Widows Association	30 Hawthorn Crescent, Bay Estate, Dundalk	
Drogheda Community Services	Scarlet Street, Drogheda	
Drogheda & District Support 4 Older People	Haymarket, Drogheda	Monday and Friday 10am-1pm Tuesday to Thursday 10am-2pm
Drogheda Senior Citizens	Unit 7, West Street Arcade, Drogheda	



Third Age is a national voluntary organisation celebrating the third age in life when people may no longer be in paid employment, but can remain healthy, fulfilled and continue to contribute to society. The longer that people are encouraged to remain in this life stage, the better for older people themselves, their families, communities and society as a whole.

Third Age, through a variety of local and national programmes, demonstrates the value of older people remaining engaged and contributing in their own community for as long as possible.

Third Age recognises and celebrates the fact that older people are a diverse group with different needs, abilities, backgrounds and experiences. Third Age responds dynamically continually developing new responses as new needs emerge.

Programmes and services are designed so that members have a real say in their development, thus instilling a sense of ownership, responsibility and mutual support.

Given that older people are often marginalised, a policy and philosophy of social inclusion underpins all programmes. This extends to older people living in long-stay residential care, Travellers, non-Irish nationals and through the generations.

Third Age plays a role in the championing of older people locally, nationally and internationally in an interconnecting range of initiatives, including the challenge of negative perceptions and the representation of older people at policy-making fora.

### **National Programmes**

#### **Senior Helpline**

Senior Help Line is a confidential listening service for older people by trained older volunteers for the price of a local call anywhere in Ireland, LoCall 1850 440 444.

### **Ageing Well Network**

**Telephone Number: 01-6127040**



#### **About Us**

The network is an independent group of leaders, heads of organisations and strategic thinkers who share a **Vision of “an Ireland that is one of the best countries in the world in which to grow old”**.

The 75 members include CEOs and heads of units across public, private and voluntary organizations, Secretary Generals and Assistant Secretaries of the relevant government Departments, the Director of the Office for Older People and leading academics. Their expertise relates to all aspects of people’s lives: health/ medicine, community care, transport, the built environment, education, employment, pensions, social welfare, civic participation, new technology, sporting and cultural activities, and older people as consumers.

#### **The mission of the network is two-fold:**

- ◇ To reframe the agenda on ageing – by extending the focus beyond health, care and pension provision to also address the significant opportunities of a rapidly ageing global population: and
- ◇ To act as a catalyst and support for better long-term planning and greater collaboration among agencies involved in policy development and service provision across the public, private and voluntary sectors.

#### **We work in a number of ways:**

- As a think-tank, a knowledge community of experts and opinion formers, we provide forums for members to come together to explore critical opportunities and challenges of our Vision, share expertise, test and debate ideas, access the latest research and policy developments from Ireland and abroad, influence and be influenced by the cutting-edge thinking of the many different disciplines represented, and together determine best practice in relation to all aspects of ageing and older people. The Network is not an advocacy body, and does not lobby or take up public positions. Instead, it operates as a ‘think tank’.
- As a forum for collaboration through initiatives such as our Age-friendly Counties Programme, Silver Technologies Working Group, Positive Ageing Strategy Working Groups. The core work is supported by a series of specialised working groups and an information service, all serviced by professional staff in Dublin. It is funded by Atlantic Philanthropies.

### **Ardee Day Care Centre**

Church Hill  
Ardee  
Co. Louth  
Tel. 041-6853045

### **Arthritis Ireland**

**Telephone Number: 1890-252846**



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

Little things can make a big difference to a person with arthritis. Difficulty with the little things like making a cup of tea, getting dressed or opening the front door can all add up to have a big impact on a person's quality of life. At Arthritis Ireland we understand this. That is why we are Ireland's only organization working single-mindedly to transform the experience of people living with arthritis and those who care for them.

Every day, we work in communities across the country providing community based education programmes to help people effectively manage and control this devastating disease. We actively drive grassroots advocacy so that the voice of people with arthritis is heard and understood and we work with the medical community to control and cure arthritis.

If arthritis is affecting your life or the life of someone you love, call us and talk to someone who understands, someone who will listen, chat and point you towards the people, resources and programmes that can make a big difference to your life.

At Arthritis Ireland we are dedicated to eliminating arthritis as a major health problem and to improving the lives of those living with the condition.

#### ***We do this by:***

**Funding** high quality **research** into the causes, treatments and cures for arthritis.

**Educating** and **informing** patients, the general public and health professionals on all aspects of arthritis.

**Campaigning** for better patient services and treatments for all those living with arthritis.

### **The Irish Hospice Foundation**

**Telephone Number: 01 679 3188**

Email:  
Angela.edghill@hospicefoundation.ie



#### OVERVIEW OF OUR WORK

#### OUR WORK CENTRES ON DEVELOPMENT, AIMED AT:

- ◇ improving access to hospice services
- ◇ ensuring the continuous development of high-quality care for people with life-limiting illness and their families, from initial diagnosis through to bereavement
- ◇ building support for the hospice philosophy in allcare settings

#### Activities:

We inform, educate and train, notably in the area of loss and bereavement.

We undertake pioneering projects (e.g. Hospice Friendly Hospitals Programme; Palliative Care for All Programme; and Primary Care Programme) aimed at the long-term development and accessibility of hospice/palliative care, often in partnership with other bodies

Through advocacy and awareness-raising, we work to promote a better understanding of end-of-life care issues and to influence decision-makers to make services more widely available to all who need them

We actively promote discussion of issues related to dying, death and bereavement in order to identify Irish people's concerns about these matters and consider how they might be addressed

We provide financial support for hospice/palliative care services in certain circumstances, e.g. in the form of grants and funding for night nursing

We support independent voluntary hospice groups around Ireland by coordinating national fundraising events and facilitating meetings

We actively fundraise on our own behalf in order to support the above activities.

#### **Objectives**

To advocate for quality services for care at end of life for all, including bereavement care.

To continue, through partnership, to build capacity at the end-of-life and bereavement care needs of patients and their families in all care settings irrespective of age or diagnosis.

To develop innovative responses to specific end-of-life care challenges in the areas of service equity, patient choice and the physical environment.

To inform, educate and empower about key issues at end of life, including bereavement.



**The Birches:** Telephone Number: 042 935 1388



The Birches is an Alzheimer Day Care Centre situated in Dundalk, Co. Louth catering for persons suffering with Alzheimer's Disease or Alzheimer related Dementia.

The ethos of Day Care is that of a holistic nature caring for the physical, emotional and spiritual needs of the person with Alzheimer's Disease.

From 10 a.m. when breakfast is served to afternoon tea at 3.15 p.m. The full attention of staff and volunteers is geared to creating a happy and safe environment for the person with Alzheimer's disease. We strive to maintain self esteem and dignity and also to find a silver lining in an otherwise dark cloud.

Their aim is to maintain where possible the interests and hobbies of each person attending "The Birches" Day Care Centre, reading the daily paper, listening to old time music, Reminiscence Therapy, recitations, playing bowls and participating in Arts and Crafts such as Painting, Pottery, Knitting are a few examples of all on that is on offer daily.

When the weather permits and on many other occasions the Minibus takes them all on outings that encompass visits to local Parks, Churches, Museums, Beaches etc.

## **Bealtaine**

Bealtaine Festival  
Age & Opportunity  
Marino Institute of Education  
Griffith Avenue  
Dublin 9  
Tel. 01-8535178

<http://bealtaine.com>

Bealtaine Coordinator  
Rebecca.McLaughlin@ageandopportunity.ie

Bealtaine meaning May in Irish belongs to the Bealtaine Festival, celebrating creativity as we age! Over 120,000 people now take part in Bealtaine from dance to cinema, painting to theatre.

It is a chance for people to make new and challenging work, a chance to communicate tradition between the generations.

Each year age and opportunity invites local authorities, arts centres and libraries active retirement groups, care settings, community groups from every part of the country to run Bealtaine events that celebrate creativity as we age.

## Bereavement Counselling

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### Bereavement Counselling Services

#### **Dundalk Counselling Centre**

3 Seatown Place, Dundalk  
T 042 933 8333

#### **Drogheda Community Services Centre**

Drogheda Community Services Bereavement Counselling Services

One to one counselling is available by appointment

Our fully trained counsellors are there to help people work through their grief in an atmosphere of safety and understanding.

Counselling is available for recently and long term bereaved

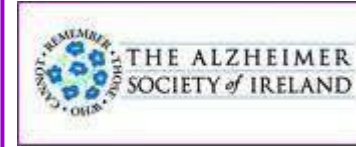
*There is no charge for this service*

Scarlet Street, Drogheda  
T 041 983 6084

#### **Acorn Counselling & Therapy Counselling Centre**

Wellington Quay, Drogheda  
T 041 984 4277

Clients must contact the Counselling Service themselves.



**Telephone Number: 1800-341341**

### The Alzheimers Society of Ireland

The Alzheimer Society of Ireland is the leading dementia specific service provider in Ireland.

The Alzheimer Society of Ireland was founded in 1982 by a small group of people who were caring for a family member with Alzheimer's or a related dementia. Today, it is a national voluntary organisation with an extensive national network of branches, regional offices and services that aims to provide people with all forms of dementia, their families and carers with the necessary support to maximise their quality of life.

Last year, to mark The Alzheimer Society of Ireland's 30th Anniversary we launched our new website and published a new newsletter called, *The Voice*. A very special event was held in June 2012 when President of Ireland and Patron to The Alzheimer Society of Ireland, Michael D. Higgins, officially opened Waterman's Lodge Day and Respite Centre in Killaloe, Co. Tipperary. Many celebratory events were held around the country throughout the year including an event in the Aras for some of our volunteers in November.

This year Gerry Martin joined The Alzheimer Society of Ireland as CEO on 1st May. Gerry comes from Permanent TSB where he held leadership roles for the past 15 years including General Manager for the bank's branch network. Gerry has joined The Alzheimer Society of Ireland at an exciting time as the Government are preparing to honour the introduction of a National Dementia Strategy in 2013.

**Our Mission:** To help meet the needs of people with Alzheimer's or dementia and their carers.

**Our Vision:** An Ireland where no one goes through dementia alone, where policies and services respond appropriately to the person with dementia, and their carers, at the times they need support.

**Positive Age Week**

From Friday 27<sup>th</sup> of September to Saturday 5<sup>th</sup> October 2013 Age Action is celebrating Positive Ageing in Ireland. Positive Ageing Week (PAW) is a festival which highlights the positive aspects of ageing and celebrates the contribution older people have made and continue to make to their communities.

**St. Vincent de Paul**

53 Trinity Street  
Drogheda

Tel. 041-9843832  
<http://svp.ie>

**Carers Ireland**

Freephone: 1800 24 07 24



<http://www.carersireland.com/>

***About Us***

The Carers Association is Ireland's national voluntary organisation for and of family carers in the home. Family carers provide high levels of care to a range of people including frail older people, people with severe disabilities, the terminally ill and children with special needs.

The Association was established in 1987 to lobby and advocate on behalf of carers. While the government has begun to initiate some services for carers, we believe that the vast majority of Ireland's family carers still remain without vital services. These services, such as in-home respite, are essential to family carers. This allows us to continue in our roles as family carers, thus implementing government policy to care for people in their own homes for as long as possible.

Today, The Carers Association has 16 Resource Centres and two Service Projects from which it delivers our range of services.

***Our Services***

The Carers Association provides a number of services nationwide, to family Carers, which are aimed at helping to increase the quality of life for the Carer and the person receiving care at home.

The services we provide are as follows:

- à Advocacy and Lobbying
- à Care Line
- à Home Respite Service
- à Information
- à Membership
- à Resource Centre
- à Support Groups
- à Training
- à Volunteer

### **Carlingford and Omeath Red Cross**

Phone Barry 087-9893863 or Josephine 9393863

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

### **Carroll Meade**



Carroll Meade is a Charity Company that provide sheltered housing for the elderly in Carroll Meade, Pearse Park, Dundalk where they can live independently close to all amenities.

The committee consists of 7 members and in recent years the focus has been to create a greater community and social spirit among the residence. The development itself was started over 40 years ago and was the brain-child of the late Agnes Carroll (P.J. Carrolls)

It now has 24 residential units most of which have been totally refurbished in the last 7 years. The grounds and roads have also been refurbished.

There is also a community hall which is home to many different groups such as:

- ◇ The Active Retirement, Meals on Wheels and some artgroups.
- ◇ The development is funded by rent received for the hall and a weekly contribution received from the residents (this is not a rent) which includes heating security provided by a resident caretaker.

**Citizens Information** Dundalk 0761 075950 Drogheda 0761 07 5940

Citizens Information Phone Service: 0761 074000



The Citizens Information Board is the statutory body which supports the provision of information, advice and advocacy on a broad range of public and social services. It provides the Citizens Information website, [www.citizensinformation.ie](http://www.citizensinformation.ie), and supports the voluntary network of Citizens Information Centres.

**Men's Sheds** Telephone Number: 085 889 4471 Eva Beirne



The Louth Men's Sheds project started by the Netwell Centre and Louth County Council targets men at risk of isolation or experiencing major life changes. The project is very simple and has one criteria, men. The 'shed' environment encourages men to share skills and learn new ones for example, skills in wood turning, mechanical work and horticulture, to name but a few. Socialising is a large part of the project too, providing opportunities for the development of new friendships as well as the renewal of old ones. For further information please contact Eva Beirne on [eva.beirne@netwellcentre.org](mailto:eva.beirne@netwellcentre.org)

Cooley Men's Sheds, The Bush, Riverstown, Co. Louth, <http://menssheds.ie>  
Drogheda Men's Sheds, Green Hills, Tel. 041-9800078,  
Dundalk Men's Sheds, Seatown

### **National Association for the Deaf**

14 Jocelyn Street

Dundalk

Co. Louth

Tel. 042-9332010

[www.dundalk@deafhear.ie](mailto:www.dundalk@deafhear.ie)

### **Nestling**

The Netwell Centre is developing new ideas that enhance the quality of life and well-being of older people and those who care for them, through more integrated community-oriented services, more sustainable home and neighbourhood design, and more age-friendly technologies – with the ultimate aim of enhancing longer living in smarter places.

<http://www.netwellcentre.org>

### **The Netwell Centre**

Dundalk Institute of Technology

PJ Carroll's Bldg – Bright Room

Dublin Road

Dundalk

Tel. 042-9370497

## **Meals on Wheels**

**Telephone Number:** 042 933 2848

This service is available to people in the community who are unable to cook their own meals due to age, illness or disability. The Meals on Wheels service is generally provided by a mixture of voluntary and statutory bodies. It varies from area to area.

Charges for Meals on Wheels may apply and are at the discretion of each voluntary group.

In order to qualify for Meals on Wheels you will need a note from your Doctor or from your Public Health Nurse stating that you are in need of help.

There is a waiting list for the service and it will depend on how many people are on this list. There is no age limit for Meals on Wheels. Anyone in need of this service can apply.

Meals on Wheels are delivered on Monday, Wednesday and Saturday in the Dundalk area.

### **To apply for Meals on Wheels in the Dundalk area please contact:**

Social Services Council  
15A Clanbrassil Street  
Dundalk



## **Community Alerts**

Telephone Number: In an emergency dial 9 99/112



You should use this service if a crime or incident is happening now or if anyone is in immediate danger. Appropriate steps to deal with all incidents and ensure that emergency and life threatening calls receive priority. We will endeavour to get to you within 15 minutes in urban locations and as soon as possible, given the distance to be travelled, in more rural areas.

### **Emergency SMS**

The 112 SMS service lets deaf, hard of hearing and speech-impaired people in the Republic of Ireland send an SMS text message\* to the Emergency Call Answering Service (ECAS) where it will be passed to An Garda Síochána, the Ambulance service, the Fire service, or the Irish Coastguard. The ECAS operator will act as a relay between the texter and the required emergency service. Before you can use the 112 SMS service, you will need to register your mobile phone on [www.112.ie](http://www.112.ie) website.

Remember that this is an Emergency Service and should only be used in an emergency i.e. life is at risk, crime or incident is happening now, anyone is in immediate danger.

\*An SMS text message is a non real-time service and therefore there is no guarantee that your SMS will be delivered.

<b>Traffic Watch</b>	<b>1890205805</b>
<b>Confidential Line</b>	<b>1800666111</b>
<b>Crimestoppers</b>	<b>1800250025</b>

<http://www.garda.ie/controller.aspx?page=1668>

You can apply to your local Community Alert Group for a Personal Alarm. You do not pay for the alarm installation if you qualify but you will have to pay the monitoring fee each year.

If you are a community group you can apply to the Department of Community Equality & Gaeltacht Affairs to receive funding to administer this scheme. The full address for the Government Department is **Department of Community Equality & Gaeltacht Affairs, Tubbercurry, Sligo, Co. Sligo.**

For more information on personal alarms contact:

St. Vincent de Paul

Dundalk

Tel: 042 9339056

**The following are the local groups you can contact to acquire a personal alarm**

Ait na Daoine	Knockbridge Community Alert
Carlingford Community Alert	Monasterboice Community Alert
Cooley Community Alert	Omeath District Development
Clogherhead & Callystown Leisure Group	Ravensdale & District Community Alert
Drogheda Community Services	Seatown Neighbourhood Watch Committee
Drogheda Senior Citizen Interest Group	Sliabh Breagh Mullameelan Neighbourhood Watch
Dundalk Active Retirement Group	Smarmore & District Community Alert
Dundalk Social Services Council	Togher Community Project Group
Dunleer Neighbourhood Watch	Womens Lifestyle Development Group Limited
Glenmore Castletowncooley Community Alert	SVDP Blackrock
Haggardstown & Dublin Road Community Alert	SVDP Dundalk Jocelyn Street St Ronan's Conference
Kilkerley Community Alert	SVDP Tallanstown
Kilsaran Castlebellingham Community Alert	

**Louth Volunteer Centre** :Telephone Numbers: Dundalk: 087 607 1127  
Drogheda: 041 980 9008 Ardee: 086 022 6657



**Louth Home Care Service**

Youth Volunteer Centre provides a free volunteer matching service; making it easier for you to volunteer in Louth. We are part of a network of 22 centres nationwide supported by Volunteer Ireland which is the main body that oversees volunteering within Ireland.

Our Aim is to match individuals and groups interested in volunteering with suitable local volunteering opportunities listed on [www.volunteerlouth.ie](http://www.volunteerlouth.ie)

Volunteering helps you to:

- Give something back and feel part of your community
- Gain experience or improve your skills
- Use your free time to make a difference, make new friends or just try something new.

**What do I need to do to start volunteering?**

**Decide** what type of volunteering suits you. What are your interests and skills? What is your availability like and for how long can you commit? Where suits you to volunteer?

**Look** at the possibilities for volunteering. Visit Our website on [www.volunteerlouth.ie](http://www.volunteerlouth.ie) to register as a volunteer, or call us to get more information or to make an appointment to sit down with someone from our team.

**Apply** to be a volunteer. We will forward your details to the organisation and ask them to contact you. We also send the organisation's contact details to you. If you wish we will also send you monthly updates on new opportunities.

**Volunteer** You are on your way to having fun and feeling part of your community.

For Community Organisations we offer support and training including Volunteer Management Training and act as an authorised signatory for the Garda Vetting Service.

Organisations can register their organisation and post volunteering roles freely on our website [www.volunteerlouth.ie](http://www.volunteerlouth.ie)

## **Louth Linx:**

Telephone Number **041 6857442**

LouthLinx is a community based rural transport programme whose aim is to provide affordable, accessible and flexible transport to people in rural areas which will tie in where possible with existing public and private service providers. Go to [www.louthlinx.com](http://www.louthlinx.com) or [www.louthagefriendlycounty.ie](http://www.louthagefriendlycounty.ie), then go to Transport & Mobility and then Rural Transport links.

## **Louth Sports Partnership in Coniunction with the HSE:**

Telephone Number: **042 93 24356**



### **Older adult dance classes**

Classes started in Dundalk with participants of 6 that quickly changed as the numbers grew week on week, the number to date in Dundalk is 36, as the classes got larger we decided to continue this success in Drogheda by giving them the same opportunity, five week classes free of charge. From taking part in these classes a group formed in Drogheda to continue learning how to jive and is still running successfully and independently to date. The number to date in Drogheda ranges from 37 – 42 participants.

## **Cuidigh Linn**

Telephone Number: 042—933 4984



Cuidigh Linn aims to ensure that the needs of older people are identified and met.

Below are some of the services available.

- Assisted living/Visitation
  - service Odd-jobs and
  - maintenance
- Links with services and social activities and referral arrangements.

Maintenance work carried out by Cuidigh Linn includes:

- 
- Internal painting and decorating
- Wooden floors laid
- External house
- painting Gardening
- Gutters etc.

The maintenance people will assess and cost the work at a specially reduced price, both parties agreeing the work to be carried out. A follow up visit will be made to ensure complete satisfaction.

The criteria to avail of this service are simply to be over 65. This does not effect your entitlements to any other services such as meals on wheels, home support workers or carers. To contact Cuidigh Linn please telephone 042 933 4984.

## Cultaca



**Pat Kerins 087 936 9936**

**Ann Marron 087 936 9931**

"Cúltaca" is an Irish word meaning a strong support or backup, a name given to our service brokers scheme here at the Netwell Centre, PJ Carroll Building, DkIT. The service is based in Dundalk, Co. Louth. The aim is to strengthen capacity to provide information to older people. The Cúltaca promote and develop a person-centred approach to care to ensure the wants and needs of the older people take priority over standard service delivery. The Cúltaca act as a liaison between the statutory and non-statutory services and the older person, and in doing so aim to breakdown some of the barriers that are regularly encountered.

Website: [www.louthagefriendlycounty.ie](http://www.louthagefriendlycounty.ie)

LoCall: 1890-253240

## Drogheda & District Support 4 Older People

Telephone Number: 1800 200 100



Drop in Office - For a cup of tea, a chat or just general information regarding your rights and entitlements. Drop in centre and "Internet Café" especially designed for older people.

Failte Isteach - Helping new migrants with conversational English.

Care & Repair - To help senior citizens with small jobs and repairs around their homes at **no cost**.

## Good Morning Louth:

Telephone number: 042-9330103



Good Morning Louth is a free telephone service for people over 65 years of age. Good Morning Louth, part of the Nestling Project, is for older people living in County Louth, and is ideally suited to people who are living alone.

Good Morning Louth operates Monday to Friday (9.30 to 1 pm), with pre-arranged calls made to service users to check on their well-being. The main aim of Good Morning Louth is to ensure you are safe and well in your home.

In addition, it will provide opportunities for users to share worries or concerns, and it will raise awareness of potentially useful local services, thus connecting people to their local community.

Good Morning Louth has a system in place to alert others if a call is not answered, ensuring peace of mind for service users and their families.

Good Morning Louth is staffed by local volunteers, many of whom are retired and like the idea of giving something back to their community. Details: 042 933 0103.

## IT Classes

Information on IT classes will be provided shortly



## **Good Morning Drogheda**

Telephone Number Freephone: 1800 200 100



Free telephone service for older people in Drogheda and surrounding areas. This service offers a telephone call up to five mornings per week to check that people are safe and well thereby reducing the feelings of isolation and insecurity, loneliness and vulnerability. This service can also remind clients of hospital and doctor appointments. If there is no answer they will speak with a nominated contact to check on your well-being. IT'S FREE.

### **Important Numbers:**

- ◆ **Good morning Louth: 042-933 0103**
- ◆ **Good morning Drogheda 1800 200 100**
- ◆ **Senior Helpline 1850 440 444**
- ◆ **HSE: 1850 24 1850**
- ◆ **Citizens Information**  
**Centre: Dundalk: 0761**  
**07 5950 Drogheda: 0761**  
**07 5940**

## **Drogheda Community Services**

**Day Care Centre for the Elderly**

**Drogheda Community Services**

**Scarlet Crescent,**

**Drogheda,**

**Co. Louth**

**Tel. 041-9836084**

The centre is opened Monday to Friday and is staffed by a matron plus 14 trained carers, chiropodist and a P.E. teacher, all of whom give their services voluntarily. Facilities include bathing, chiropody, hairdressing, laundry and there are special exercise classes. Social activities include games i.e. cards, skittles, bingo and painting classes, which has resulted in a number of exhibitions. Members of the Day Care have formed their own band and provide entertainment on a weekly basis. There are numerous outings during the year. Free transport is provided daily. Clients also can avail of:

- Hairdressing (Qualified Stylists available on request)
- Reflexology/ Massage ( Fully qualified trained staff on site)
- Art Classes ( For fun and recreation)
- Knitting Club ( For overseas Charities)
- Exercises ( Go for Life Programme) and additional courses
- Phone Alarms (pendants) for Older People ( For your peace of mind)
- Legal Aid ( Legal Advice- Free)

Enquiries call 041 9836084

### **Drogheda Day Care**

St. Laurence's Gate

Drogheda

Co. Louth

Contact: Bertie Kiribathgoda

Phone: 041-9841311

### **Drogheda Rotary Club**

Anyone interested in finding out more about Drogheda Rotary Club or who is interested in becoming a member, should please contact Philip Richardson at [philip@richardson.ie](mailto:philip@richardson.ie) (email) or at 0872551719.

For enquiries of a general nature please contact us via email [info@droghedarotary.org](mailto:info@droghedarotary.org)  
<http://www.droghedarotary.org>

### **Drogheda Senior Citizens**



- ◇ Drop-in Information & Advice Centre
  - ◇ Care & Repair Service
  - ◇ Go for Life Fitline
  - ◇ Free Bereavement Counselling
  - ◇ Provision of Personal Alarm Service (annual monitoring fee is €66.00)
  - ◇ Installation of smoke alarms for seniorcitizens
  - ◇ Collaboration with the Government Departments
- Open Monday to Friday 10.00 am till 2.00 p.m. Call in for information or for a chat. **Contact Details are as follows:**  
Email: [seniorcitizens@eircom.net](mailto:seniorcitizens@eircom.net)

### **Fáilte Isteach**

Fáilte Isteach is a community project with older volunteers welcoming new migrants through conversational English classes. Fáilte Isteach utilises the skills, talents and expertise of older volunteers and harnesses their desire to contribute positively to society.

### **National Advocacy Programme**

The Third Age National Advocacy Programme was established in 2008 to provide an independent advocacy service for older people in long-stay nursing home care. See ThirdAge on page 36. This is also delivered by Drogheda and District Support.

### **Ferrard Day Centre**



E-mail: [ferrard.daycentre@gmail.com](mailto:ferrard.daycentre@gmail.com)

The Ferrard Day Centre recently celebrated its 4<sup>th</sup> birthday and are going from strength to strength. They now have over 30 members with people coming from Annagassan, Baltray, Clogherhead, Drogheda, Monasterboice, Togher and Walshestown. Days out begin with the collection of members from their homes and on arrival serve them with a light breakfast. They also get a hot meal at lunchtime and afternoon tea before being taken home.

During the day activities consist of arts and crafts, light exercise and maybe singing and dancing. Music is provided by professional musicians. In November 2012 the group were invited to visit the President Mr Michael D Higgins and his wife Sabina in Aras on Uachtarain for tea and they have many further outings in 2013 to look forward to.

## Dundalk Railway Heritage Society



The Society emanated from an ad hoc committee of former employees of the GNR, Barrack Street Goods Depot, who embarked on the project to commemorate the historic significance of the Depot over 150 years. The Depot closed in 1995 and the site is now the location of County Hall, Government Departments, Swimming Pool and HSE medical centre.

The project was conducted and organised by Dr Lucia Carragher of the Netwell Centre, DkIT and culminated in the erection of a plaque on the wall of the Medical Centre unveiled by Lord Roden on 14<sup>th</sup> April 2011.

From that the Society was formed and set about developing the potential of railway heritage in Dundalk and involving people who had worked in the G.N.R., D.E.W. C.I.E and Irish Rail.

An introductory meeting was held on 28<sup>th</sup> September 2011 and the Society held its second AGM in the Museum, Dundalk on 6<sup>th</sup> February 2013. They now have some 100 members and are currently progressing some railway oriented lectures and excursions for members during the coming months.

## Dundalk Social Services

15 Clanbrassil Street  
Dundalk  
Co. Louth

Tel. 042-9332848

## Dundalk Lions Club

Telephone Number: 086-8335342

<http://www.dundalklionsclub.ie>



### *Message in a bottle*

Here is news about a new initiative called *message in a bottle* that Dundalk Lions Club, in conjunction with the Drogheda Lions club are launching in the county of Louth this coming September.

Message in a bottle is a simple idea to encourage people living on their own or those with known medical condition to keep their personal and medical details in a common location where they can be found in an emergency.

The message in a bottle is a white plastic bottle that contains a form on which one user (or a relative/friend/support person) completes with their vital information. The bottle is located where emergency services are trained to look, in the refrigerator door. The bottle is also supplied with three green cross stickers that are placed on the inside of the front door, the back door and on the fridge door to indicate to the emergency services that the bottle is present in the house.



**We can be contacted 24/7 on the emergency support lines below:**

SOSAD Drogheda	SOSAD Dundalk
30 Magdalene Street	42 Jocelyn Street
Drogheda	Dundalk
Co. Louth	Co. Louth
041-9848754 or 041-9802854	042-9327311
Email: <a href="mailto:info@sosadireland.ie">info@sosadireland.ie</a>	Email: <a href="mailto:dundalk@sosadireland.ie">dundalk@sosadireland.ie</a>

SOSAD Ireland provides support for clients in several ways:

- ✚ A Safe & Comfortable place to talk and be listened to
- ✚ Detailed Psychological or Suicide Risk Assessments
- ✚ Professional Counselling
- ✚ Bereavement Support
- ✚ Follow-up Support
- ✚ Referral to most appropriate Support Service available

SOSAD does not have all the answers but we are very fortunate to have excellent agencies/organisations in Louth whom we can refer people to in order to ensure the client has access to the most appropriate support service.

Remember we are just a call away: 041-9848754 or 042-9327311.

**Sage- Support and Advocacy Service for Older People**



Sage- Support and Advocacy Service for Older People's mission is "to promote and protect the rights, freedoms and dignity of older people by developing support and advocacy services wherever ageing poses a challenge for individuals."

Ireland is ageing and more people are living longer and better lives. A minority of older people – probably one in five – require some form of support. With appropriate supports many older people can live, and die, in the place of their choice which, for the majority of older people, repeated surveys indicate is their own home.

In circumstances where people have to depend on others, there is a need to ensure that rights, freedoms and dignity are promoted and protected. Through advocacy the voice of the older person is honoured, thus ensuring s/he is heard without undue pressure from family and/or systems' interests. The Sage approach is to collaborate where possible and to challenge where necessary. Sage needs volunteers to provide support and advocacy services with and for people in all care settings. Training, support and supervision will be provided to all successful applicants. For more information contact 01 536 7330 or go to [www.sage.thirdageireland.ie](http://www.sage.thirdageireland.ie)



## Louth Family Carers Support Group

e-mail: [louthfamilycarers@gmail.com](mailto:louthfamilycarers@gmail.com)

Contact no: 087 281 5714

### **Write-up for inclusion in Louth Age Friendly County Directory of Services**

The Louth Family Carers Support Group is a new initiative in Co Louth. We launched on 19 February 2016 in the Boyne Valley Hotel and since then we have established support groups in Clogherhead, Drogheda and Dundalk. We now plan on establishing a support group in the Ardee/Collon and surrounding areas.

The Support Groups provides time out for the family carer, the opportunity to share their experiences, feelings, concerns, to receive both emotional and practical support, learn about benefits and entitlements and much more and all over a cup of tea and a chat.

The Groups meet on a monthly basis. The carers that attend these meetings set the Agenda. Carers often use the time to share coping strategies and local information in addition to offering emotional support. Groups provide a valuable opportunity to meet others with similar caring experiences. Indeed this is how many enduring friendships begin.

Guest speakers including Public Health Nurses, Social Workers, Nutritionists and Stress Management experts are invited to meetings to address carers on issues of interest to them.

Groups play a vital role in promoting recognition of the identity, contribution and needs of family carers, in articulating existing and emerging needs and in representing family carers' issues both to policymakers and to the general community.

Carer groups allow carers to:

- share their experiences, feelings, ideas, concerns, information and problems
- access information on their rights and entitlements
- act together to highlight carers issues with decision makers
- have a sense of connection with other family carers in similar circumstances
- have a break from the caring situation
- relax, socialise and learn from other carers
- cope from day to day

Interested in learning more about our Support Groups, please call 087 316 1323