



Directory of Services for Alcohol & Drug Misuse in Cork

2010 – 2012



**Cork
City
Partnership**



ciste na
gcuntas diomhaoin
**the dormant
accounts fund**

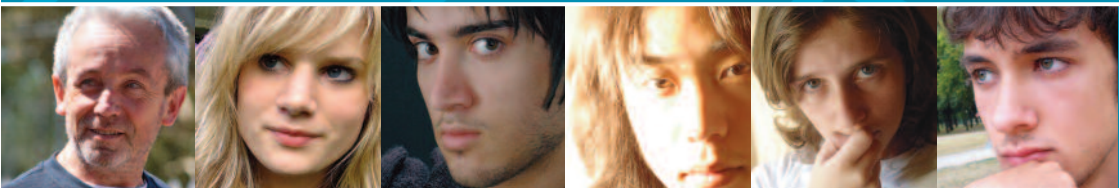


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National Development Plan 2007 - 2013
Transforming Ireland

This directory was produced by Cork City Partnership Ltd. using financial assistance from the Dormant Accounts Fund through Pobal



Directory of Services for Alcohol & Drug Misuse in Cork 2010 – 2012

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This edition is available in the following languages:

Русский (Russian)

عربي (Arabic)

Polski (Polish)

Français (French)

English

To obtain hard copies of the English or multi-lingual directory, contact Cork City Partnership. Tel: **021 430 2310**

To access multi-lingual or English copies of this directory electronically, go to:

www.corkcitypartnership.ie

www.corkldtf.ie or

www.srdtf.ie

This directory was produced by Cork City Partnership using financial assistance from the Dormant Accounts Fund through Pobal.

The English / multi-lingual Cork Drug & Alcohol Misuse Directory 2010 – 2012 is part of a Dormant Accounts funded project to reduce alcohol related harm. The project was co-ordinated by Cork City Partnership in conjunction with the following groups / agencies: HSE South, Arbour House, NeCoDrA – New communities Drug Awareness Group, Health Promotion Department, Cork Local Drugs Task Force, Southern Regional Drugs Task Force and An Garda Síochána – Community Policing.



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Co-ordination of Drug & Alcohol Services

Contact Information

David Lane

Co-ordinator of Services for
Substance & Alcohol Abuse
Cork Local Drugs Task Force
Floor 1, Kinvara House, Dublin Hill, Cork
Tel: 021 4930100
Email: david.lane1@hse.ie

Role of the Co-ordinator

The role of the Co-ordinator is to co-ordinate the planning and evaluation of services for persons involved with drug and alcohol misuse whether provided by the H.S.E or the voluntary sector and to liaise closely with all service providers. The Co-ordinator does not provide any treatment of Drug and Alcohol misuse directly to the public but is involved in:

- Determining needs within the community
- Developing recommendations and services in the prevention and treatment of drug and alcohol misuse

Currently treatment services are established in Co. Kerry, West Cork, North and East Cork and additional services in Cork City at Arbour House and a North City location.

As the Co-ordinator does not provide services directly to the public there is no access arrangement. However, considerable contact is maintained through liaison work with voluntary groups, the Local Drugs Task Force and the Southern Regional Drugs Task Force.



Cork Local Drugs Task Force

Services for Alcohol and Drug Abuse in Cork City



Cork Local Drugs Task Force

Contact Information

David Lane

Co-ordinator, Cork Local Drugs Task Force

Tel: 021 4930100

Email: david.lane1@hse.ie

Gemma O' Leary, Development Worker

Cork Local Drugs Task Force

Tel: 021 4930100

Mobile: 087 7851047

Email: gemma.oleary@hse.ie

Norma Madden, Administrator

Cork Local Drugs Task Force

Floor 1, Kinvara House, Dublin Hill, Cork

Tel: 021 4930102

Email: norma.madden@hse.ie

Website: www.corkldtf.ie

Role of the Co-ordinator & Development Worker

- Profiles all existing or planned services or resources available in the Task Force area to address the drugs issue;
- Facilitates multi-sectoral collaboration through increased participation in the Task Force;
- Supports the Task Force in reviewing emerging needs and prioritising responses;
- Disseminates information on local drugs issues, the Task Force plans, services and other responses;
- Establishes mechanisms for monitoring and evaluating the Task Force plans, which are consistent with the overall aims and objectives of the National Drugs Strategy;
- Ensures a proper evaluation framework is put in place for Task Force funded projects, so as to ensure their effective delivery, based on agreed objectives as outlined in the local area plan.

Southern Regional Drugs Task Force

Contact Information

Chris Black, Co-ordinator

Southern Regional Drugs Task Force

Email: chris.black@hse.ie

Tel: 021 4930100

Gordon Kinsley, Development Worker

Southern Regional Drugs Task Force

Tel: 021 4930100

Mobile: 087 0549116

Email: gordon.kinsley@hse.ie

Norma Madden, Administrator

Southern Regional Drugs Task Force

Floor 1, Kinvara House, Dublin Hill, Cork

Tel: 021 4930102

Email: norma.madden@hse.ie

Website: www.srdtf.ie

Role of the Co-ordinator & Development Worker

- To work across Counties Cork & Kerry (excluding Cork City) and deliver a Strategic Plan, developed by the Southern Regional Drugs Task Force, under the National Drugs Strategy.
- To develop and support community based responses to Drug & Alcohol misuse.
- To provide support to existing services, working in the field of drugs & alcohol.
- To provide up to date information to the Southern Regional Drugs Task Force, in order that a cohesive response be developed to issues as they arise.
- To work towards the improvement in service provision for those who are experiencing issues related to drug and alcohol misuse.
- To provide feedback from time to time to the Drugs Strategy Unit/Office for the Minister of Drugs and feed into national policy.
- To ensure that a real partnership approach is developed in response to drug and alcohol misuse.

Ballincollig Youth Initiative

Village Chambers, Village Shopping Centre,
Ballincollig, Co. Cork

CONTACT

Community Drugs Worker: Clare McCarthy

Tel: 021 4810373

Mobile: 087 2844426

Email: clare154@gmail.com

SERVICES PROVIDED

- Outreach, referral and support services to parents, families and young people living in Ballincollig
- One to one support and group activities with young people, helping to promote a healthy lifestyle
- Drug and alcohol education and awareness programmes for schools and youth groups in local community
- Parents Support Group

Ballyphehane Action for Youth (BAY)

20A Pouladuff Road, Ballyphehane, Cork City

CONTACT

Community Drugs Worker: Orla O'Shea

Mobile: 086 3450674

Tel: 021 4317784

Fax: 021 4509877

Email: orla1983@gmail.com

SERVICES PROVIDED

- Provides confidential, friendly, impartial support, advice and information to young people (14 – 24 years), who are currently using or at risk of using drugs. This service is free of charge and can be contacted by self referral / concerned parents / guardians / family members or other relevant agencies.
- One to one guidance and support for young people and parents
- Information and advice
- Educational and self developmental group work
- Referral to other appropriate relevant agencies

Blackpool D.T.F. Project (Hillgrove)

Room 2, Blackpool Community Centre,
Great William O'Brien St.
Blackpool, Cork City

CONTACT

Project Co-ordinator/ Community Drugs
Worker: Barry Corkery

Mobile: 087 7966020

Tel: 021 4500979

Fax: 021 4212225

Email: hillgrove.outreach@corkldtf.ie

SERVICES PROVIDED

- One to one confidential "Tier 2" support for persons presenting with substance misuse issues
- Auricular Acupuncture & Meditation group every Friday at 12 noon
- Parents/Concerned Persons Support group every Thursday at 10 a.m.

Carrigaline Youth Initiative

Carrigaline Community Complex,
Carrigaline, Co. Cork

CONTACT

Community Drugs Worker: Deirdre Nagle

Tel: 021 4919635

Mobile: 086 3837390

Email: Deirdre.nagle@foroige.ie

SERVICES PROVIDED

- Community based resource providing activities and programmes for 12 – 19 year olds
- Managed by Foróige in partnership with a local advisory committee

Club Cork

Health Promotion Department, HSE South,
Eye, Ear and Throat Hospital,
Western Road, Cork City

CONTACT

A/ Senior Health Promotion Officer –
Sandra Coughlan, Tel: 021 4921670

Health Promotion Officer –
Sharon McGillicuddy:

Tel: 021 4921670

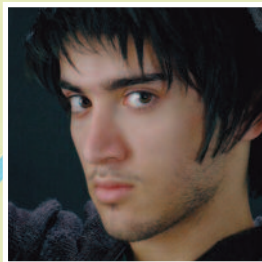
Fax: 021 4921655

Email: hpd.south@hse.ie

SERVICES PROVIDED

The Club Cork Alcohol and Drugs Awareness programme developed by the Health Promotion Department in partnership with An Garda Síochána and local publicans, aims to increase awareness and inform those working in the pub/club environment about the negative effects of drug and alcohol misuse and to explore/identify possible solutions to deal with such issues effectively.

This training is being developed in both Counties Cork and Kerry through funding from the Cork Local Drugs Task Force. For further information on any of these projects please contact the Health Promotion Department.



Cork City Partnership Ltd., Community Outreach Drug Awareness Project (CODAP)

Level 1, Heron House, Blackpool Retail Park,
Blackpool, Cork City

CONTACT

Project Promoter: Jacqui Sweeney

Community Drugs Worker/Development
Worker: Mella Magee

Community Drugs Worker/ Development
Worker: Jacqueline Daly

Tel: 021 4302310

Fax: 021 4302081

Email: mmagee@partnershipcork.ie

Email: jdaly@partnershipcork.ie

Web: www.corkcitypartnership.ie

SERVICES PROVIDED

Cork City Partnership Ltd. implements the Community Outreach Drugs Awareness Project. This project aims to support communities to develop drug prevention strategies at local level. It aims to support communities through the following measures:

- Education and training courses: short-term and accredited*
- Seminars and workshops both local and Citywide*
- Facilitates networking of community groups to promote good practice
- Technical assistance to community groups to prepare local strategies, funding applications etc.
- Community Drugs Library

* See website: www.corkcitypartnership.ie for further details on current events / training etc.

Cork Simon's Youth Homeless Drug Prevention Project

Cork Simon Day Centre, Andersons Quay,
Cork City

CONTACT

Community Drugs Worker: Aine Power

Tel: 021 4278732

Mobile: 087 6185907

Fax: 021 4278732

Email:

youthdrugsproject@corksmoncommunity.ie

Website: www.corksmon.ie

SERVICES PROVIDED

The Youth Homeless Drugs Prevention Project works as part of Cork Simon's Day & Outreach Team, offering individually tailored responses to marginalised young people. The project is supported by the Cork Local Drugs Task Force and works closely with other service providers throughout Cork. The YHDPP operates on a one to one basis, helping to re-establish contact with family, and offering support, advice and information.

CORK SIMON ALSO OPERATES A GATEWAY AND AN EMERGENCY SHELTER INITIATIVE WHICH ADDRESS DRUG AND ALCOHOL ISSUES. (SEE PAGE 29)

DAYS Project

(Douglas Area Youth Services)

Block B5, Donnybrook Commercial Centre,
Donnybrook, Douglas, Cork City

CONTACT

Project Co-ordinator/ Community Drugs
Worker: Andrew Fiddow

Tel: 021 4360001

Mobile: 087 1209001

Email: andrew.fido@yahoo.com

A community – based drug intervention project, which is committed to addressing the drug/ alcohol problem in the Douglas area.

SERVICES PROVIDED

- One to one support to young people who are actively involved in substance misuse

- Support and information for young people and parents living in the Douglas area
- Assessment service; making appropriate referral to other relevant services when required
- Diversionary activities to minimise the use of alcohol and drugs in the community

Dublin Hill / Ballyvolane Initiative for Youth

C/o Ógra Chorcaí, 20 Patrick's Hill, Cork City

CONTACT

Project co-ordinator/Community Drugs Worker:
Stephen Connolly

Mobile: 086 3668049

Email: stevec_ogra@yahoo.ie

Community Drugs Worker: Yvonne O' Toole

Mobile: 087 2933283

Email: yotoole.ogra@gmail.com

An Garda Síochána promoted project, administered by Ógra Chorcaí and managed in association with local interests.

SERVICES PROVIDED

We provide people in the Dublin Hill/ Ballyvolane area with the following services:

- Professional Community Drug Workers based in the area
- A knowledge based resource around drugs including alcohol
- Confidential support to individuals and families affected by drug misuse
- Referrals to relevant agencies
- Drug education/prevention work in the community

Farranree Alcohol and Drugs Awareness (FADA)

Farranree Community Resource Centre,
Pophams Road, Farranree, Cork

CONTACT

Community Drugs Worker: Mark Peyton
Mobile: 085 7147661

Community Drugs Worker: Tracey Dunne
Mobile: 086 1591507

Tel: 021 4212328

Fax: 021 4212329

Email: fadaproject@eircom.net

SERVICES PROVIDED

- The project can provide support, information and a referral service to individuals, parents and families in the Farranree area of Cork City
- An outreach/intervention service which aims to target young people at risk of misusing substances
- Education programmes which can provide individuals with the knowledge and skills, which can help them make more informed choices

Glanmire Drugs Project

C/o Glanmire Youth Project, G.A.A Pavillion,
Sallybrook, Glanmire, Co. Cork

CONTACT

Community Drugs Worker

Tel: 021 4877957

Mobile: 086 2182821

Email: dtfglanmire@hotmail.com

SERVICES PROVIDED

- Outreach, referral, support, information & education services to young people & their families in the Glanmire area
- Outreach, referral & support services to parents, families & young people with alcohol/substance misuse issues
- Confidential one to one support
- Delivering drug awareness workshops within the wider community

Glen Neighbourhood Youth Project

22 Errigal Heights, The Glen, Cork City

CONTACT

Project Co-ordinator/ Community Drugs
Worker: Lisa Sheehan

Mobile: 085 7845672

Tel: 021 4559505 / 4506147

Fax: 021 4506147

Email: lisasheehan@yahoo.com

SERVICES PROVIDED

- Outreach, referral and support services to young people, their families and the community living in the Glen and surrounding districts
- One to one and small group work for young people presenting with drug/alcohol related issues
- Education and prevention work
- Family support

Greenmount Youth Initiative

South Presentation College, Evergreen St.,
Cork City

CONTACT

Community Drugs Worker: Sinead McGrath

Mobile: 086 8364366

Email: sinead.mcgrath@foroige.ie

SERVICES PROVIDED

- Outreach, referral and support services to young people, parents and families living in the Greenmount area
- Confidential one to one guidance and support service
- Group activities with young people to raise awareness of drug and alcohol issues
- Drug and alcohol education and awareness programmes for schools

Gurranabraher / Churchfield Youth Development Project

11B Gurranabraher Road, Gurranabraher, Cork City

CONTACT

Project Co-ordinator: Eleanor O'Sullivan
Gurranabraher Arts Co-ordinator: Sinead Cliffe
Community Drugs Worker: Pat O'Connell
Mobile: 087 6294784
Tel: 021 4399862
Fax: 021 4399204
Email: patingurran@yahoo.com

SERVICES PROVIDED

Gurranabraher Arts Programme is designed:

- To introduce young people to the arts and allows them access to different mediums.

Community Outreach Project provides:

- Outreach, referral and support services for young people aged 15-25 and parents/families etc.
- Provides programmes in consultation with young people 15-25 with a drug and a related issue focus
- Recovery Group every Friday
- Concerned Persons programme
- Peer Education

Knocknaheeny Youth Project

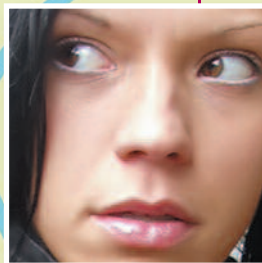
Hollyhill Shopping Centre, Knocknaheeny, Cork City

CONTACT

Project Co-ordinator/Community Drugs Worker: Celine Hurley
Tel: 021 4303902
Fax: 021 4399550
Mobile: 087 1224794
Email: celinehurley@eircom.net

SERVICES PROVIDED

- Outreach, referral and support services to parents, families and young people living in Knocknaheeny/Hollyhill area
- Confidential one to one support to young people/parents/families
- Making appropriate referrals to other relevant agencies
- Group activities with young people to raise awareness of drug and alcohol issues
- Delivering drug awareness workshops within the wider community
- Community addiction counselling service
- Personal development programmes
- Youth Café for teenagers in the area
- Concerned Persons programme



Mayfield Youth 2000 – Phase 1

Kerrigan Tyrell Youth Centre, Tinker's Cross,
Mayfield, Cork City

CONTACT

Community Drugs Workers: Deirdre Dennigan
& Niall O'Regan

Tel: 021 4551903

Mobile: 086 8523077 & 086 1527774

Email: deedennigan@eircom.net

SERVICES PROVIDED

- Support services and information for young people, parents and families
- Group activities for young people to raise awareness of drugs and alcohol
- One to one support for young people
- Referrals to relevant agencies
- Drug awareness workshops for the wider community
- Access to community addiction counsellor every Wednesday 9 a.m. – 1 p.m.

Mayfield Youth 2000 – Phase 2

Family Centre, 20 Lotamore Park,
Lotamore, Mayfield, Cork City

CONTACT

Project Co-ordinator/Community Drugs
Worker: Martina O'Keeffe

Tel: 021 4530898

Mobile: 086 3682061

Email: lotamore@hotmail.com

SERVICES PROVIDED

- A drugs information and resource base within the Lotamore and surrounding area
- Support service and information for young people, parents, families and other interested groups
- Programmes which are educational and preventative
- Addiction counsellor service available on a weekly basis in the Lotamore Family Centre

Togher Link-Up Ltd.

13 Tramore Rd, Togher, Cork City

CONTACT

Project Co-ordinator/Community Drugs

Worker: Kerry Dineen

Mobile: 086 8251561

Project Worker: Susan Smith

Mobile: 086 8240140

Tel: 021 4323839

Email: Kerrytogherlinkup@gmail.com or
togherlinkup.susan@gmail.com

Website: www.ograchorcai.org

SERVICES PROVIDED

- A link between the services available and the person experiencing difficulties either through their own or a significant other's drug/alcohol misuse
- Provides the community with a range of drug/alcohol support services through crisis intervention, harm reduction, one to one and family support

The (TVG) Traveller Support Project on Drugs and Alcohol

25 Lower John St., Cork City

CONTACT

Community Drugs Worker: Ann Jordan
Mobile: 086 6084659
Tel: 021 4503786
Email: tvgdrugsproject@gmail.com

The TVG Support Project is a Community Drugs project which is committed to prevention, education, intervention and information based work.

SERVICES PROVIDED

- Provides outreach, referral, support, information and education services to Travellers
- One to one and confidential support to persons presenting with substance misuse/abuse issues and support to persons in recovery from addiction
- Drugs and alcohol education and awareness programmes
- Group work, e.g. Prison group, Men's group, Social and Health group
- Liaise with the existing support services, agencies, projects and referring agencies

Yew Tree Project

22 Lakeland's Crescent, Mahon, Cork

CONTACT

Project Co-ordinator/Community Drugs Worker: Teresa Clifford
Mobile: 086 3801698
Tel: 021 4350445
Email: yewtreemahon@gmail.com

SERVICES PROVIDED

- Provide outreach, referral and support services to young people, their parents/families living in the Mahon and Blackrock area.
- Making appropriate referral to relevant agencies

YMCA (Cork)

11 – 12 Marlboro Street, (opp. Clancy's)
Cork City

CONTACT

Project Workers: Joy Cantwell / Catherine Leahy
Tel: 021 4270187 / 021 4273056
Mobile: 085 1268985
Email: ymcahealth@yahoo.co.uk
ymcahealth@gmail.com

SERVICES PROVIDED

HEART & SOUL is a holistic Health Education programme for youth groups. The ten available sessions cover concepts of health in its broadest form i.e. physical, mental, emotional, social, spiritual and societal health, with individual sessions focusing in on each e.g. stress, body image, relationships & sexual health.

NINOS - Youth immigrant education and social support club. A club for all teenage immigrants who like to meet new friends, improve their English and get assistance with their homework. Each Tuesday 4.30-7.00 p.m. Places limited. Same contact details as for Heart & Soul project.

D.I.O.N. Project

Project Worker: John Russell
Tel: 021 4270187

SERVICES PROVIDED

An Independent Living Skills Programme for Young people covering areas such as:

- Budgeting and finance
- Health and Hygiene
- Loneliness and Support
- Career Guidance Issues
- Tenancy Rights
- Information

Bandon Community Drugs Initiative

Room 6, Town Hall, North Main St.,
Bandon, Co. Cork

CONTACT

Community Drugs Worker: Julie Cummins
Tel: 023 20721
Mob: 086 8251215
Email: Julie.cummins@foroige.ie

SERVICES PROVIDED

This Initiative aims to help and support young people aged between 14 and 23 in the Bandon and surrounding area who are experiencing problems in their lives as a result of their alcohol and/or drug experimentation and misuse. The focus of the Project is on those young people who are at 'high risk' of misusing, who are currently misusing and who are in need of support with their recovery from substance misuse.

- Outreach and one to one support in a safe, confidential environment
- Information, advice and support for both young people and their families
- Assistance in accessing relevant referral services such as counselling, assessment, treatment, further education and training programmes
- Ongoing support and continuing care for both the young person and their family as appropriate

Club Co. Cork

Health Promotion Department, HSE South,
Eye, Ear and Throat Hospital, Western Road,
Cork City

CONTACT

A/ Senior Health Promotion Officer:
Sandra Coughlan
Tel: 021 4921670
Health Promotion Officer: Aoife Ní Chonchúir
Tel: 021 4921649
Fax: 021 4921655
Email: hpd.south@hse.ie

SERVICES PROVIDED

The Club Cork Alcohol and Drugs Awareness programme developed by the Health Promotion Department in partnership with An Garda Síochána and local publicans aims to increase awareness and inform those working in the pub/club environment about the possible solutions to deal with such issues effectively.

This training is being developed in both Counties Cork and Kerry through funding from the Southern Regional Drugs Task Force. For further information on any of these projects please contact the Health Promotion Department.

Club Kerry

Health Promotion Department,
Kerry Community Services, Rathass, Tralee,
Co. Kerry

CONTACT

A/ Senior Health Promotion Officer:
Sandra Coughlan
Tel: 021 4921670
Fax: 021 4921655
Email: hpd.south@hse.ie

Health Promotion Officer: Michelle Foley
Tel: 066 7184566/066 7195617
Mobile: 087 1314789
Email: michelle.mcsweeney@hse.ie

SERVICES PROVIDED

The Club Kerry Alcohol and Drugs Awareness programme, developed by the Health Promotion Department in partnership with An Garda Síochána and local publicans aims to increase awareness and inform those working in the pub/club environment about the possible solutions to deal with such issues effectively.

This training is being developed in both Counties Cork and Kerry through funding from the Southern Regional Drugs Task Force. For further information on any of these projects please contact the Health Promotion Department.

Cobh Community Drugs Initiative

C/o Cobh YMCA, 8 Westbeach, Cobh, Co. Cork

CONTACT

Community Drugs Worker: Gemma Turner

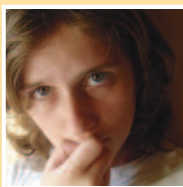
Tel: 021 4814060

Mob: 086 8283760

Email: gemma@ymca-ireland.org

SERVICES PROVIDED

- Work with 14-23 year olds from Cobh, on a one to one basis, whose lives are affected by drugs and/or alcohol
- Support young people in recovery from drug and/or alcohol addiction
- Tailor make a plan for each young person encouraging change, growth, healthy lifestyle choices and fulfilling their potential
- Support/provide information for loved ones and family members of young people referred to service
- Provide a safe, confidential environment where young people are listened to and free to discuss issues
- Provide a link between young people in Cobh and other services where appropriate i.e. treatment centres, health clinics, assessment and counselling services etc.
- Aim to act as an advocate for the young person



Fermoy Community Drugs Initiative (FREE)

Cloyne Diocesan Youth Services,
C/o Family Resource Centre, MacCurtain St.,
Fermoy, Co. Cork

CONTACT

Community Drugs Worker: Martina Munnelly

Tel: 025 51887

Mob: 086 6096874

Email: martina@cdys.ie

SERVICES PROVIDED

- One to one support to those aged 12-25 who are misusing drugs/alcohol
- Advice and information in relation to drugs and alcohol
- Supports to parents etc. affected by drug/alcohol issues in the family
- Referral pathways to treatment and other significant services

Macroon Community Drugs Initiative

C/o Youthreach, Millstreet Rd.,
Macroon, Co. Cork

CONTACT

Community Drugs Worker

Mob: 086 3836414

Email: t.b.c.

Web: www.cdys.ie

SERVICES PROVIDED

The project offers to provide support to young people and their families whose lives have been affected by drugs or alcohol. It offers one to one support, home visits, information and advice, referral to other services, and aims to act as an advocate for young people.

Mallow Community Drugs Initiative

C/o CDYS, Youth Centre, New Road
Mallow, Co. Cork

CONTACT

Community Drugs Worker

Tel: 022-53526

Mob: 086-8031109

Email: t.b.c.

Web: www.cdys.ie

SERVICES PROVIDED

- Free and confidential advice and information in relation to drug and alcohol queries
- One to one support for young people and their families affected by drugs and alcohol
- Programmes for users who want to cut down or stop using; such as “Brief Interventions” and “Holistic Harm Reduction”
- Group support for family members in the Family Support Programme and Strengthening Families Programme
- Acudetox Treatment (ear acupuncture) to educe cravings and withdrawal symptoms and restore balance
- Provide a link to other services that can help e.g. addiction treatment centres, counselling services, health clinics, complimentary therapies
- Be an advocate for young people in dealing with other agencies and services e.g. training centres, employers, housing etc.
- Further information and referral forms can be found on: www.cdys.ie

Mitchelstown Community Drugs Initiative

1 Thomas St., Mitchelstown, Co. Cork

CONTACT

Community Drugs Worker

Tel: 025 41511

Mob: 086 0439702

Email: t.b.c.

The project offers outreach services, one to one support, information on drug and alcohol misuse, educational programmes in-line with best practice and ongoing support when accessing relevant services.

SERVICES PROVIDED

The initiative aims to work primarily with young people aged 12 - 23 in the Mitchelstown and surrounding area who:

- Are at high risk of using/experimenting with drugs/alcohol
- Are currently misusing drugs/alcohol
- Are in need of support with their recovery from substance misuse
- We also support Families to cope with their children’s drug/alcohol misuse

Youghal Community Based Drugs Initiative

C/o Nagle House, South Abbey, Youghal,
Co. Cork

CONTACT

Community Drugs Worker: Eric Trihy

Tel: 024 90673

Mob: 086 3842183

Email: eric.trihy@foroige.ie

Website:

www.youghalcommunitydrugsinitiative.ie

SERVICES PROVIDED

- One to one support to those aged 14-24 years for drug users and concerned persons
- Help, guidance, advice and support on accessing services, community supports and referrals to rehabilitation
- Active family support group

Killarney Community Drugs Initiative

C/o KDYS Youth Centre, Fairhill, Killarney, Co. Kerry

CONTACT

Community Drugs Worker: Des Bailey

Tel: 064 31748

Mob: 086 7364605

Email: desbailey@kdys.ie

SERVICES PROVIDED

The initiative aims to provide low-threshold intervention to young people, aged between 17 and 22, who:

- are currently using drugs
- have recently stopped and need ongoing support
- are at risk of drug/alcohol misuse

also

- One to one support
- Information for young people, parents and their families
- Help in getting further support if needed
- Family / Concerned Persons Support

Listowel & North Kerry Community Drugs Project

C/o Upper Church St., Listowel, Co. Kerry

CONTACT

Community Drugs Worker: Gerard Lowe

Tel: 068 23744

Mob: 087 9263803

Fax: 068 23206

Email: gerardlowe@kdys.ie

SERVICES PROVIDED

- Supporting young people aged between 12 and 21 who are at risk due to drug/alcohol misuse
- One to one counselling
- Group work and activities
- Family support group

Tralee Community Drugs Initiative

C/o North & East Kerry Development Company Ltd., Ashe Street, Tralee, Co. Kerry

CONTACT

Community Drugs Worker: Pat Hannafin

Tel: 066 7180190

Mob: 087 6708702

Fax: 066 7129562

Email: phannafin@partnershiptrali.com

SERVICES PROVIDED

Support and information for young people aged between 16 and 21 in the Tralee area, who are experiencing problems in their life because of drug misuse.



Before 5 Nursery & Family Centre

Churchfield Hill, Churchfield, Cork City

CONTACT

June Hamill

Tel: 021 4303561

Fax: 021 4307863

Email: before5centre@gmail.com

SERVICES PROVIDED

Access to community counselling services.

Community Based Response to Cocaine

Cork Local Drugs Task Force, Floor 1,
Kinvara House, Dublin Hill, Cork
Tel: 021 4930100

CONTACT

Addiction Counsellors:

Liam O'Mahony

Mobile: 087 0688486

Email: Liam.OMahony@hse.ie

Pat O'Riordan

Mobile: 087 4155404

Email: Pat.ORiordan2@hse.ie

SERVICES PROVIDED

The addiction counsellors employed in this project provide outreach support to clients of the sixteen Cork Local Drugs Task Force community based projects in Cork City.

** Please see all community based C.L.D.T.F Projects under (Section 1) of the directory*

Community Counselling Service

10 Church Street (off Shandon St), Cork City

N.B.: This service will be moving to a north city location during 2010. The new location is being confirmed at the time of going to print. Contact Cork Local Drugs Task Force on tel. 021 493 0100 for details of new address / phone number for this service.

CONTACT

Counsellor on Duty

Tel: 021 4212382

Fax: 021 4212387

ACCESS TO SERVICES

The Community, Counselling and Advisory Service accepts referrals from various sources: i.e. Clients and family members, G.P.s, Probation Services, Social Services and Hospital Services. People are seen on an appointment basis only and the service is free to all.

Please note that this is not an emergency service.

SERVICES PROVIDED

The services meet with the following groups:

- People who have concerns about their own alcohol or drug misuse
- People who have concerns about a family member's alcohol or drug misuse
- Following consultation / assessment, a treatment plan is devised with the client who depending on needs, may indicate a brief intervention, one to one counselling, relapse prevention, non – residential / residential treatment programme, concerned persons programme or other intervention.

The Social & Health Education Project (SHEP)

Village Chambers, The Village Centre,
Station Road, Ballincollig, Co. Cork

CONTACT

Jim Sheehan

Tel: 021 4666180

Fax: 021 4870104

Email: socialandhealth@eircom.net

Website: www.socialandhealth.com

SERVICES PROVIDED

One to one, group and family counselling
(Coiscéim Counselling Programme).

UCC Student Counselling and Development Unit

Ard Patrick, College Road, Cork City

CONTACT

Student Counselling and Development Unit

Tel: 021 4903565

Fax: 021 4205168

Email: counselling@ucc.ie

SERVICES PROVIDED

Access to counselling services, also advice
and support for UCC students who may be
experiencing issues around drug/alcohol
misuse.

YMCA Youth Counselling Services (YCS)

11-12 Marlboro Street, (opp Clancy's)
Cork City

CONTACT

Susan Franklin

Tel: 021 4270187

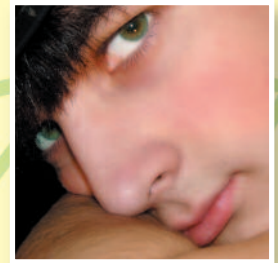
Fax: 021 4279248

Mobile: 085 1507623

Email: suzifranklin@yahoo.co.uk

SERVICES PROVIDED

The Youth Counselling Service (YCS) offers a
counselling service for those aged 15+ years,
under stress and at risk of alcohol or drug
misuse.



Anchor Treatment Centre Limited

Spa Glen, Mallow, Co. Cork

CONTACT

Counsellor on Duty

Tel: 022 42559

Fax: 022 43843

Email: anchor@anchorcentre.ie

SERVICES PROVIDED

- Assessment and problem diagnosis
- Twelve-Week Treatment Programme for persons with dependency on alcohol/drugs/gambling
- Twelve-Week Family Programme for concerned persons
- Continuing Care Programme following completion of the above programmes
- Individual Counselling
- Acudetox Programme – Auricular (ear) Acupuncture
- Complementary Therapy

Arbour House & Community Counselling Services

Health Service Executive (HSE) South, Substance & Alcohol Misuse Services, St. Finbarr's Hospital, Douglas Road, Cork City

CONTACT

The Administrator

Tel: 021 4968933

Fax: 021 4923276

Email: AddictionTreatment@hse.ie

SERVICES PROVIDED

- Consultation and assessment
- Treatment Programmes for adults who are addicted to drugs or alcohol, or both, on an out-patient basis
- Treatment programme for young people who are addicted to drugs, alcohol or both on an outpatient basis

- Family Support and Concerned Persons Information mornings
- Assessment and provision of methadone treatment

Cuan Mhuire Treatment Centre

Farnanes, Co. Cork

CONTACT

Staff on Duty

Tel: 021 7335994

Fax: 021 7336377

Email: cuanmhuirecork@eircom.net

SERVICES PROVIDED

Cuan Mhuire, Farnanes, offers a comprehensive twelve week residential treatment and rehabilitation programme for females suffering from addiction(s).

- Open 24 Hours
- Welcome and non-judgemental admission
- Structured assessment
- Residential Programme
- Transition House – 3 to 6 months
- Educational/Training/Development
- Two Year After-Care Programme
- Group Therapy and Individual Counselling
- Family Support Programme

Matt Talbot Adolescent Services

(Residential)

'Cara Lodge', Ahiohill, Enniskeane, Co. Cork

CONTACT

Olive O'Riordan

Tel: 023 8839000

Fax: 023 8839590

Email: caralodge@eircom.net

SERVICES PROVIDED

- Tier 4 service
- Residential treatment for adolescent boys between the ages of 14 – 18 years with serious substance misuse and collated psycho – social challenging behaviour
- A highly structured and diverse treatment programme focused on youth development and rehabilitation

Matt Talbot Adolescent Services

(Non-Residential)

'Rockview', Trabeg Lawn, Douglas, Cork City

CONTACT

Geraldine Ring / Edel Foley

Tel: 021 4896400

Fax: 021 4896419

Email: infotrabeg@mtas.ie

SERVICES PROVIDED

- Tier 3 Service
- Referral
- Engagement
- Assessment
- Treatment
- Pre – Residential Programme
- Family Programme
- Aftercare

Tabor Lodge

Addiction Treatment Centre, Ballindeasig, Belgooly, Co. Cork

CONTACT

Staff on duty

Tel: 021 4887110

Fax: 021 4887377

Email: taborlodge@eircom.net

SERVICES PROVIDED

- A 28 day residential treatment programme for people with addictions to alcohol / drugs / gambling / food
- Continuing care programme for both patient and concerned person
- Assessment and problem diagnosis
- Family Programme
- Intervention Support
- Seminars for employers and employees



Fellowship House

Spur Hill, Doughcloyne, Togher, Cork City

CONTACT

Counsellor on Duty

Tel: 021 4545894

Fax: 021 4344471

Email: fellowshiph@eircom.net

SERVICES PROVIDED

Fellowship House provides a residential supportive environment for addicted men in early recovery. Duration of programme is twelve weeks. It also provides a monthly in-house meeting for men who have completed the programme. The aim is to facilitate the development of a contented, healthy, sobriety, enabling a transition to independent living, accommodation and re-integration into the workplace

ADMISSION CRITERIA

- Diagnosis of addiction and have completed a primary treatment
- Willingness to participate in a work/training programme on a part-time basis
- Be 18 yrs of age or older
- Be free of alcohol/drugs for at least 72 hours prior to admission

THREE MONTH PROGRAMME

- The programme at Fellowship House includes individual and group counselling
- Provides education on personal development and relapse prevention
- Its emphasis is on personal responsibility, peer support, health care, participation in a Twelve Step Group and lifestyle changes
- Residents participate in a FÁS funded training programme at Northside Community Enterprises for 20 hrs per week
- Residents are encouraged to develop health/recreational skills
- Family participation is welcomed
- Residents are encouraged and supported in securing suitable 'move on' accommodation

Link Workers

Drug and Alcohol Services,
HSE South, Community Services Offices,
St. Finbarr's Hospital, Douglas Rd., Cork City

CONTACT

Link Workers – Drug and Alcohol Services,
HSE South

Tel: 021 4923135

SERVICES PROVIDED

The Link Workers, one for Cork City & County and one for County Kerry, work with Treatment Centres to support and assist clients in the treatment and rehabilitation process by engaging with other agencies to establish links with a wide variety of statutory and community/voluntary agencies.

The Link Workers will negotiate access to services for the clients with any agencies that can help them address their needs. Dealing with the clients' additional needs, other than treatment, which can allow the client to concentrate on their addiction problems.

Renewal – Women’s Residence

Shanakiel, Blarney Road (Near Calvary),
Cork City

CONTACT

Counsellor on Duty / Eileen Crosbie

Tel: 021 4300844

Fax: 021 4391395

Email: renewal@eircom.net

SERVICES PROVIDED

The primary mission of Renewal is to provide a residential supportive environment for addicted women in early recovery. The programme at Renewal emphasises personal responsibility, peer support, participation in a Twelve Step Programme and lifestyle changes

ADMISSION CRITERIA

- Diagnosis of addiction and have participated in a primary treatment programme.
- Aged 18 or older
- Free of alcohol and drugs for 72 hours prior to admission

- Willingness to obtain employment or voluntary work
- Willingness to participate in the programme of recovery and in employment (part or full time)

OTHER SERVICES PROVIDED

- Group Therapy
- One to one counselling
- Personal Development and Health Care
- Development of sober support system
- Learning sober recreational skills
- Relapse Prevention
- Monthly aftercare meetings



Big Brothers Big Sisters of Ireland (BBBS)

Foróige Regional Office,
Unit GC, North Valley Business Park,
Old Mallow Road, Cork.

CONTACT

Brenda Keating
Tel: 086 8513347
Email: brenda.keating@foroige.ie

Susan Delaney
Tel: 086 0412946
Email: susan.delaney@foroige.ie

Website: www.bbbsireland.ie

SERVICES PROVIDED

BBBS is a national youth mentoring programme operated by Foróige which has been running successfully in Cork since 2007. BBBS aims to make a positive difference in the lives of young people (10-18yrs) through a professionally supported one to one relationship with a caring older volunteer.

The volunteers, as Big Brothers or Big Sisters, are friends, mentors and positive role models who assist these young people in achieving their unique potential. Referrals can be made directly to Brenda and Susan or through Youth Work, Social Work, School etc.

The Bridge Recovery Group Ltd.

Room 21, South Parish Community Centre,
Sawmill Street, Cork City

CONTACT

Supervisor: Sharon O'Connell
Tel: 021 4313411
Fax: 021 4313574
Email: bridgerecoverygroup@eircom.net

SERVICES PROVIDED

Provides a recovery programme to people over 25 recovering from the misuse of alcohol and/or drugs. Services include:

- Day-care
- Ongoing support
- One to one and group counselling
- Meditation
- Schools: peer led drugs and alcohol education and awareness programme with young people in schools
- Painting and decorating for the elderly
- Parents support group: every Wednesday at 7.30 p.m.

Cork Alliance Centre

Robert Scott House, 6 St. Patrick's Quay,
Cork City

CONTACT

Sheila Connolly
Tel: 021 4557878
Fax: 021 4557880
Email: corkalliancecentre@eircom.net

SERVICES PROVIDED

The Cork Alliance Centre aims to empower prisoners & former prisoners to initiate change and promote personal progression in their lives to facilitate their integration into society.

We focus on the development of a range of services which support individuals to make a 'fresh start' in terms of reducing & engaging in positive participation in individual, family and community life. Participation in the programme is voluntary.

Churchfield Community Trust Ltd.

109 Knockfree Avenue, Churchfield, Cork City

CONTACT

Sinead Hurley

Tel: 021 4210348

Fax: 021 4210034

Email: cctrust@eircom.net

SERVICES PROVIDED

A Community Based Project for young men. We offer training, work and enterprise skills with a focus on Woodwork, Painting and Horticulture. We endeavour to bridge the gaps in formal education through skills such as literacy, computer (IT), cookery, metalwork and mechanics. Sports and leisure activities are also included.

Personal development is a key component of our programme as it can be a significant key to changes in attitudes, beliefs and behaviours. We can offer intensive support in a very safe and structured environment, thus providing the participants with the opportunity to grow and develop.

We also offer an alternative health programme – aromatherapy, massage and yoga. All of our clients are in different stages of recovery and therefore their needs vary and these are assessed and met accordingly.

The Dillon's Cross Project

The Glen Resource Centre, The Glen, Cork City

CONTACT

Eibhlin Davitt

Mobile: 086 8530895

SERVICES PROVIDED

Training and information for female relatives and partners of ex-prisoners through the following services:

- 30 week programmes for women
- Individual and group counselling
- Childcare, Parenting courses and Crafts (FETAC)
- Women's Health
- Communication Skills (FETAC)
- Work Preparation
- Access to CE schemes and further education
- Mentoring
- Assertiveness & Stress Management
- Computers

The Grattan Project

C/O Probation Services, St. Nicholas Church, Cove St., Cork

CONTACT

Project Co-ordinator: Pat Walsh

Mobile: 086 8385127

Tel: 021 4836728

Fax: 021-4845146

Email: patrick.inpro@gmail.com

SERVICES PROVIDED

Provides one to one and group counselling to clients of the Probation & Welfare service, Cork Prison, and ex-offenders experiencing alcohol and drug related problems.

H.O.P.E. Project

Northside Community Enterprises,
Sunbeam Industrial Park, Millfield,
Mallow Road, Cork City

CONTACT

Pam Lorenz / Des O' Brien / John Clarke
Tel: 021 4909979

SERVICES PROVIDED

Support services for juvenile offenders and their families through:

- Access to Youthreach, CE Schemes and further education / training / work opportunities
- Support and guidance for those with drug and/or alcohol problems and treatment needs, housing issues etc.
- Training Courses in woodwork skills / work preparation, literacy, numeracy and guitar
- Linkages with community agencies

Post Release Services

Cork Prison, Rathmore Road, Cork City

CONTACT

Project Co-ordinator: Frances Russell
Tel: 021 4518814
Fax: 021 4503279
Email: frussell@irishprisons.ie

SERVICES PROVIDED

Co-ordinator is responsible for giving information, advice, and liaising with statutory education & training services. A mentoring role in relation to the above is also available. Provides outreach, support, training and information for ex- prisoners and their families.

The Probation Services

St. Nicholas Church, Cove St., Cork City

CONTACT

Senior Probation Officer
Tel: 021 483 6715
Fax: 021 484 5146
Website: www.probation.ie

SERVICES PROVIDED

The Probation Service is part of the Dept. of Justice, Equality and Law Reform. We work with adults and young people who have appeared before the courts and have been convicted of a criminal offence. We write Probation Reports and supervise those subject to court orders. We supervise those on Community Service Orders so they can make amends to the community for their wrong doing.

We advise, assist and support in relation to Drug and Alcohol misuse, education, employment and other matters. We offer support and counselling to our clients and assist them to live law abiding lifestyles, thus promoting community safety.

The Samaritans

Coach Street, Cork City

CONTACT

Volunteer
Tel: 1850 609090
Tel: 021 4271323
Email: jo@samaritans.org
Websites: www.corksamaritans.ie &
www.samaritans.org

SERVICES PROVIDED

- 24-hour confidential, emotional support helpline for people who are experiencing feelings of distress or despair, including those which may lead to suicide
- Talks to community and interested groups about emotional health promotion, the value of listening and the signs and symptoms of suicide
- Facilitated external training programmes also available for community and interested groups

The Sexual Health Centre

16 Peter's Street, Cork City

CONTACT

Deirdre Seery

Tel: 021 4275837

Fax: 021 4274370

Helpline: 021 4274370

Email: info@sexualhealthcentre.com

Website: www.sexualhealthcentre.com

SERVICES PROVIDED

- Training and support for young people on sexual health and drugs, so that they can act as peer educators
- Free Pregnancy Testing, Post Abortion Counselling and Post Medical Check-up in a safe, respectful and supportive environment in which to explore options and discuss feelings
- Personal Support, Education and counselling to people with HIV and their significant other in a safe and welcoming environment
- Skills based Sexual Health workshops for Schools, Youth and Community Groups.
- Professional Training in Cork and Kerry so as to promote positive sexual health
- Multi- sessional Schools based mentoring programme

SHINE

Supporting People Affected by Mental Ill Health

32 South Terrace, Cork City

CONTACT

Regional Development Officer: Miriam Murphy

Tel: 021 4808124

Fax: 021 4808125

Mobile: 086 8525 755

Email: mmurphy@shineonline.ie

Information Helpline: 1890 621 631

Website: www.shineonline.ie

Information Resource: www.recover.ie

SERVICES PROVIDED

SHINE supports people affected by mental ill-health. SHINE runs self help support groups for people with mental health difficulties, called 'Phrenz' groups. SHINE also runs self help support groups for relatives and carers of people experiencing mental ill health. SHINE also runs Recovery courses, Healthy Lifestyle courses, and Family Education courses. All services can be accessed through self-referral:

- Regional Office - offers one to one support, information, and options.
- Advocacy - information on Social Welfare benefits, housing, other benefits and entitlements etc.
- Counselling (call office for further details)
- 'The Basement' Resource Centre – those experiencing mental health difficulties can join as members, and take part in activities and classes run daily in the centre. "Open morning" every Friday.

Teen Parents Support Programme (TPSP)

24 Dunbar St., Cork City

CONTACT

Project Leader: Teresa McElhinney

Tel. 021 4966780

Email: tpspcork@eircom.net

Website: www.teenparents.ie

OPENING HOURS

Mon. – Fri. 9.30 a.m. – 4.30 p.m.

SERVICES PROVIDED

- A drop in resource centre for young mums and dads, before and after the baby is born
- Provide support during pregnancy until the baby is 2 years old on issues such as ante-natal support, baby care and self-care, education, housing, benefits and entitlements
- Meeting other young parents
- Links and referrals to other support services in the person's local area

Adult Children of Alcoholics & Dysfunctional Families (ACoA / ACoD)

C/o Dominican Centre, Popes Quay, Cork City

CONTACT

Dominican Centre, Popes Quay, Cork City

Tel: 021 450 2267

Website: acoacork.googlepages.com

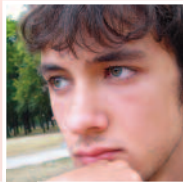
Adult Children of Alcoholics is a 12 step recovery programme for adults whose lives have been affected as a result of being raised in an alcoholic or otherwise dysfunctional family.

SERVICES PROVIDED

Self help support group for people who grew up in alcoholic or otherwise dysfunctional homes and wish to find freedom from the past and a way to improve their lives today.

Meetings held 1st & 3rd Saturday of every month at 3.00 p.m., Dominican Centre, Popes Quay, Cork City

Newcomers are always welcome



Alcoholics Anonymous (AA)

P.O. Box 137, Colso Industrial Park, Cork City

CONTACT

(AA) Member –

Monday – Sunday (8 p.m. – 10 p.m.)

Tel: 021 4500481

Website: www.alcoholicsanonymous.ie

Alcoholics Anonymous (AA) is a 'Twelve Step' fellowship dedicated to helping anyone suffering because of their drinking. The Twelve Step Programme is the suggested format for recovery from alcoholism and its effects. AA is for anyone with a desire to tackle their own drinking problem.

SERVICES PROVIDED

Self-help support group for people with an alcohol related problem

Multi-lingual (AA) Groups Cork City & County

Lithuanian Language AA Group

C/o 12 Patrick's Hill, Cork City

CONTACT

Raymondas

Mobile: 085 1211384

Meetings at 4 p.m. on Sundays

This group is multi-lingual, with Russian and Polish speakers also.

Polish Language AA Group

C/o Saint Augustine Church, Washington St., Cork City

CONTACT

Zdzislaw (Jeff)

Mobile: 087 6469175

Meetings at 7 p.m. on Mondays

SERVICES PROVIDED

- Support group
- Unity, service and recovery

Al-Anon Family Groups

P/O Box 55, Togher, Cork City

CONTACT

Telephone answering service:
(021) 4311899

To speak with a member- weekdays
(10:30 a.m. – 2:30 p.m.) and all week-end:
(01) 8732699

Websites:

www.al-anon.ie (for Information and Meetings)

www.al-anonuk.org.uk (Al-Anon Ireland & UK)

www.al-anon.org (Worldwide Al-Anon)

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

SERVICES PROVIDED

- Information Meeting on the first Wednesday of every month at 8.30 p.m. at the Dominican Centre, Popes Quay. Everyone is welcome
- In Cork City and County thirty groups meet weekly
- Al-Anon Family Groups offer hope to families and friends of problem drinkers, whether the drinker admits to a problem or not, whether the drinker is still drinking or not, or, even if the drinker is no longer in your life
- Al-Anon Family Groups are anonymous, self-supporting and have but one purpose: to help families of alcoholics

Gamblers Anonymous (GA)

c/o Room 6, Dominican Centre, Popes Quay,
Cork City

CONTACT

Member of Gamblers Anonymous

Tel: 087 2859552 (8 p.m. – 10 p.m.)

Email: info@gamblersanonymous.ie

Web: www.gamblersanonymous.ie

SERVICES PROVIDED

Self help group for those who are or have been affected by a gambling problem. Meetings held on Tuesday nights, in Room 6, Dominican Centre, Popes Quay, Cork City.

HADD Child & Family Support Group

Bessboro Estate, Blackrock, Cork City

CONTACT

Co-ordinator Joe Jeffers

Tel: 021 4515032

Fax: 021 4515062

SERVICES PROVIDED

Working for families living with A.D.H.D

- Parents Support Group
- Supports for Children & Families
- One to One Meetings with Parents
- Awareness and Information Meeting
- Referrals to Counselling Services
- Networking to improve services
- Parent to Parent listening service

Narcotics Anonymous (NA)

P.O.Box 89, Colso, Togher Industrial Park,
Togher, Cork City

CONTACT

Member of Narcotics Anonymous
Tel: 021 4278411
Monday-Friday (8 p.m. – 10 p.m.)

Helpline: 087 1368120
Monday - Friday (6 p.m. – 9 p.m.)
Website: www.nasouth.ie

SERVICES PROVIDED

Self-help support group for people who are addicted to substances.

MEETING TIMES

Mon:

8.15 p.m. St. Finbarr's Cathedral Hall, Dean St.,
Cork (SS)

8.30 p.m. McEgan Community College,
Macroom

Tues:

6.15 p.m. North Cathedral Presbytery Chapel,
Shandon St., Cork

8.00 p.m. Friary, Holy Trinity Church,
Fr. Matthew Quay, Cork

Wed:

6.30 p.m. Churchfield Community Trust,
109 Knockfree Ave, Churchfield, Cork City
(Meditation Meeting)

8:00 p.m. Rear Building Hospital,
Clonakilty, Co. Cork

8:00 p.m. Occupational Therapy Room, GF,
Cork University Hospital, Cork City

Thur:

8:00 p.m. at the following locations:

La Verna, Grattan St., Cork City

Churchfield Community Trust,
109 Knockfree Ave, Churchfield,
(**Newcomers Meeting**), Cork City

Church of the Resurrection, Mallow, Co.Cork

Resource Centre (Next to Fishmarket),
McCurtain St, Fermoy, Co. Cork

Parish Centre, next to Cathedral, Cobh,
Co. Cork

Fri:

8.00 p.m. at the following locations:

YMCA, 11-12 Marlboro St., Cork City

Nagle House, South Abbey, Youghal, Co. Cork

Basement Room, Perrott House, Skibbereen
Hospital, Skibbereen, Co. Cork

Sat:

12.00 noon La Verna, Grattan St., Cork City
(second Saturday of every month)

3.00 p.m. Dominican Centre, Popes Quay,
Cork City

8.00 p.m. St Finbarr's Cathedral Hall, Dean St.,
Cork City

Sun:

3.00 p.m. Churchfield Community Trust,
109 Knockfree Ave, Churchfield, Cork City

6.00 p.m. Block 2, Clonakilty Hospital,
Clonakilty Town, Co. Cork

8.00 p.m. YMCA, 11-12 Marlboro St. Cork City

Nar-Anon

Presentation Spirituality Centre,
Presentation Convent, Evergreen St.,
Cork City

CONTACT

Member of Nar-Anon
Tel: 086 1755122 (7 p.m. – 10 p.m.)

SERVICES PROVIDED

Support group for families and friends of those
with Drug dependent problems.

MEETING TIMES

Mon:

7 – 10 p.m. at Presentation Spirituality Centre,
Presentation Convent, Evergreen St., Cork City

Sat:

11 a.m. – 12 mid-day at the Dominican Centre,
Popes Quay, Cork City.

New Members welcome

Mahon Family Support Group

Mahon Family Resource Centre, Mahon Drive
Mahon, Cork City

CONTACT

Margaret O'Connor
Mobile: 087 2091550
Tel: 021 4399503 (FRC)
Fax: 021 4399866
Email: jennyfrc@eircom.net

SERVICES PROVIDED

Information and support group for families etc. affected by drugs and alcohol living in Mahon and surrounding area of the City. The group meets once a week on Tuesday, 10 a.m. until 12 midday, and offers confidential information and support. All welcome.

Parents Aware Ballincollig (PAB)

C/o Ballincollig Family Resource Centre,
134 Castlepark, Ballincollig, Co. Cork

CONTACT

Marie O'Connell
Tel: 021 4876295
Fax: 021 4876229
Email: ballincolligfrc@eircom.net

SERVICES PROVIDED

- Supporting parents etc. experiencing difficulties in a confidential setting
- Peer group support
- Information and referral to other services

'We The People' (CDP)

Drug Support & Youth Group,
Knocknaheeny Community Building,
Foyle Avenue, Knocknaheeny, Cork

CONTACT

Caroline O'Mahony / Lily Greaney
Tel: 021 4399503
Fax: 021 4399866
Email: wethepeople1@eircom.net

SERVICES PROVIDED

Information and support group for people affected by drugs and alcohol living in the Knocknaheeny / Hollyhill area of the City. The group meets once a month and offers confidential information and support. One to one support is also available.

FOR FURTHER INFORMATION ON **FAMILY SUPPORT GROUPS** IN YOUR AREA PLEASE CHECK OUT (1) BOTH THE LOCAL & REGIONAL DRUGS TASK FORCE PROJECTS AND (2) THE VARIOUS TREATMENT CENTRES.

Cork Foyer

Assumption Road, Blackpool, Cork City

CONTACT

Foyer Manager: Barry Waddingham

Tel: 021 42 88 524

24-Hr Mobile: 086 8531755

Fax: 021 42 88 536

Email: barry_waddingham@corkcity.ie

Web: www.corkfoyer.ie

SERVICES PROVIDED

Cork Foyer is an accredited Foyer that is owned and managed by Cork City Council. Offers safe and secure, supported accommodation for young adults aged 18-25 that are homeless or at risk of becoming homeless. Cork Foyer has 18 single, fully furnished en-suite rooms with shared kitchen facilities, including 3 adapted rooms for wheelchair users. The Foyer is equipped with an IT suite and a conference room, designed to ensure training and education remain at the heart of the project.

Cork Foyer offers:

- Furnished en-suite accommodation with shared kitchens
- Staff support with a range of personal support issues
- Assistance with move on accommodation
- Advice and guidance, access to training and employment opportunities
- Internal & external training & development opportunities
- External workshop & Garden project
- Fully furnished computer suite and training room
- Resident participation opportunities through organised events or via the Resident Committee
- A safe and secure environment to live, which is staffed 24 hours a day, 365 days of the year
- Toddler Play park (2 – 5yr olds) & Café seating area
- Small gymnasium

Cork Simon Community

P.O. Box 76, Togher, Cork City

CONTACT

Manager: Gerard Spillane

Tel: 021 4278731

Email: info@corksmoncommunity.ie

Web: www.corksmon.ie

SERVICES PROVIDED

- 24 hour direct access Emergency Shelter
- Three long term residential houses
- Soup run 365 nights per year
- A Food Run (Collects non-perishable foods)
- A Community Employment Scheme
- A weekly Social Club
- Street Outreach Team
- Day Centre
- Settlement Team with access to transitional flats and move on accommodation
- Advice and support for homeless people aged 18-26*

*SEE PAGE 6 CORK SIMON YOUTH HOMELESS DRUG PREVENTION PROJECT



Good Shepherd Services

Convent Avenue, Sunday's Well, Cork City

CONTACT

Sr. Jane Murphy

Tel: 021 4309505

Fax: 021 4305250

Email: gsscork@eircom.net

Website: www.goodsheperdservice.ie

SERVICES PROVIDED

Good Shepherd Services care for the needs of homeless girls, women and children in Cork through the following initiatives:

Bruac Community Training Centre (CTC)

Contact: Charlotte O'Donovan

Henry Street, Cork City

Tel: 021 4273890

Fax: 021 4222977

Email: bruac@gsscork@cork.ie

- Bruac Community Training Centre is a FÁS supported day centre for girls aged 15–21 who are homeless or at risk of homelessness and out of mainstream education.
- The service offers training and education including social and life skills
- Clients can work towards FETAC Certification in general learning at levels 3 and 4

Edel House

Contact: Esther Dolan

Residential Centre, Grattan Street, Cork City

Tel: 021 4274240

Fax: 021 4274160

Email: edelhouse@goodshepherdsservices.ie

- Provides emergency residential accommodation and support to women and children who are homeless

Good Shepherd Aftercare Team

Contact: Linda Mulcahy

Hearth, Redemption Road, Cork City

Tel: 021 4397314

Fax: 021 4392124

Email: lmulcahy@gsscork.ie

- The service supports clients who have experienced homelessness to make the transition to independent living. The team provides an outreach service to clients in the community and works in partnership with other agencies, both voluntary and statutory, to enable clients meet their objectives.

Riverview

Contact: Elizabeth Lowe

3 North Mall, Cork City

Tel: 021 4304205

Fax: 021 4304205

Email: elowe@goodsheperdsservices.ie

- Residential centre for adolescent girls out of home offering medium term placements (3 – 6 months) to girls 15 – 18 years
- Emergency placements (1 – 4 weeks) for girls 14 – 17 years

St. Helen's Care Association

Missionaries of Charity, Blarney, Cork

CONTACT

Sr.m.Felice m.c

Tel: 021 4381687

Convent: 021 4382041

SERVICES PROVIDED

- Hostel for homeless men
- Home for recovering alcoholics, drug and gambling addicts
- Counselling: one to one and group therapy
- Temporary aftercare service
- Men's support group:
Monday 6.30 p.m. – 8.30 p.m.

St. Vincent de Paul (SVP)

Ozanam House, 2 Tuckey Street, Cork City

CONTACT

Padraig McCarthy

Tel: 021 4270444

Fax: 021 4270644

E-mail: info@svpcork.ie

SERVICES PROVIDED

The Society (SVP) has 90 branches (conferences) in the region and has 750 members. The Society (SVP) offers many services including:

- Providing support to people in need through home visitation
- Provides hostels for homeless men
- Offers a range of educational supports

Threshold Ltd.

22 South Mall, Cork City

CONTACT

Margaret O' Neill

Tel: 021 4278848

Fax: 021 4805111

Email: threshold@eircom.net

Web: www.threshold.ie

SERVICES PROVIDED

- Provides free information, advice and advocacy services for people with housing problems.
- Provides an accommodation seeking service for homeless persons, or those at risk of being homeless.

Wellsprings

Wandesford Quay, Cork City

CONTACT

Audrey Mulvihill

Tel: 021 4318953

Fax: 021 4321193

Email: wellsprings@eircom.net

SERVICES PROVIDED

- Residential service for young women between the ages of 16 and 23. The service provides accommodation and support for those who are out of home, or require further assistance to make the transition from residential or foster care to independent living.
- An Outreach Service is offered to those who have moved on to live in the community.

Cork City Partnership Ltd., Community Outreach Drug Awareness Project (CODAP)

Level 1, Heron House, Blackpool Retail Park,
Blackpool, Cork City

AND

Centre for Adult & Continuing Education,
(CACE), University College Cork

CONTACT

Project Promoter: Jacqui Sweeney

Community Development Worker:
Jacqueline Daly

Tel: 021 4302310

Fax: 021 4302081

Email: jdaly@partnershipcork.ie

Web: www.corkcitypartnership.ie

Dr. Tom Mullins: Acting Director

Marian Elders: Course Co-ordinator

Centre for Adult & Continuing Education, UCC

Tel: 021 4904707

Fax: 021 4276619

SERVICES PROVIDED

Cork City Partnership Ltd. implements the Community Outreach Drugs Awareness Project through funding from the Health Services Executive for the Southern Area. This project in partnership with University College Cork provides a two – year accredited course namely the Diploma in Non-Formal Guidance.

The Diploma in Non-Formal Guidance is a two year part-time adult education course. The course is a response to the needs expressed by the local community groups working with at risk young people so that they may develop more skills and approach their work in an increasingly confident manner. This course includes a full module on drug prevention issues.

Cork Education Support Centre

The Rectory, Western Road, Cork City

CONTACT

James Mulcahy

Tel: 021 – 4255600

Fax: 021 – 4254245

Email: office@cesc.ie

Web: www.cesc.ie

SERVICES PROVIDED

Working with primary teachers to introduce the “WALK TALL” substance misuse prevention programme

Cork Institute of Technology

Rossa Avenue, Bishopstown, Cork City

CONTACT

Gus Murray

Department(s): Social and General Studies

Tel: 021 4347800

Email: gus.murray@cit.ie

SERVICES PROVIDED

Counselling & Psychotherapy Degree course

NCE Outreach Ltd.

St. Finbarr's, Farranferris, Redemption Rd.,
Cork City

CONTACT

Pat O'Leary

Tel: 021 4228100

Fax: 021 4228199

Email: info@nce.ie

SERVICES PROVIDED

Community Employment Programmes for
post-treatment referral

Health Promotion Department, HSE South

Eye, Ear and Throat Hospital,
Western Road, Cork City

CONTACT

Sandra Coughlan
A/ Senior Health Promotion Officer
Tel: 021 4921641
Fax: 021 4921655
Email: hpd.south@hse.ie

SERVICES PROVIDED

The following supports are offered in the context of the Health Promoting Schools Initiative:

- Support available to both primary and post primary schools to develop/review a School Substance Use Policy.
- Drug awareness training provided to both staff and parent groups within the school community
- Resources leaflets and posters on Alcohol, Tobacco and other drugs, as well as a range of other health related issues.

The Social & Health Education Project (SHEP)

Village Chambers, The Village Centre,
Station Road, Ballincollig, Co. Cork

CONTACT

Jim Sheehan
Tel: 021 4666180
Fax: 021 4870104
Email: socialandhealth@eircom.net
Web: www.socialandhealth.com

SERVICES PROVIDED

Training and Development:

- Training in personal and social awareness
- Training in group facilitation
- Training in personal development tutoring
- Training in community advocacy
- Training in organisational development mentoring
- Organisational development consultation

Therapeutic Support:

- One to one, group and family counselling (Coiscéim Counselling Programme)
- Psychotherapist – supported training
- Facilitation of support groups
- Advocacy services for older people (Cork Older People's Advocacy Services)



Cork Youth Information Centre

11-12 Marlboro Street, Cork City

CONTACT

Centre Co-ordinator: Edel Stout

Tel: 021 4270187

Fax: 021 4274726

Email: yiccork@iol.ie

Website: www.youthinformation.ie

SERVICES PROVIDED

- Caters to age range 13 – 25 years
- Provides comprehensive and user friendly information service specialising in such issues as education and training, employment rights, health and social services, travel and summer work abroad
- Produce a credit card sized guide of useful addresses for young people entitled “You are not alone!”
- C.V. service (nominal charge)
- Internet access (nominal charge)
- Drop in centre
- Open Mon to Fri: 9.30 a.m. – 5.30 p.m.

Health Promotion Department, HSE South

Eye, Ear and Throat Hospital,
Western Road, Cork City

CONTACT

Tel: 021 4921641

Website: www.healthpromotion.ie

SERVICES PROVIDED

A wide range of publications can be ordered online from www.healthpromotion.ie including information on drugs and alcohol, mental health, sexual health, smoking and other health topics. If you are working in the area of health, education, youth /community work or similar, publications can be ordered in large quantities following registration on the website. Information can also be sourced through the Health Promotion Department, Eye, Ear and Throat Hospital, Western Road, Cork.

Cork City Partnership Ltd., Community Outreach Drug Awareness Project (CODAP)

Level 1, Heron House, Blackpool Retail Park,
Blackpool, Cork City

CONTACT

Project Promoter: Jacqui Sweeney

Community Drugs Worker/Development
Worker: Mella Magee

Community Drugs Worker/ Development
Worker: Jacqueline Daly

Tel: 021 4302310

Fax: 021 4302081

Email: mmagee@partnershipcork.ie

Email: jdaly@partnershipcork.ie

Web: www.corkcitypartnership.ie

SERVICES PROVIDED

The objective of the project is to encourage and support community involvement in drug prevention strategies through education & training, awareness raising, intervention, information sharing and capacity building.

- Community Drugs Library: Open to all – 9 a.m. to 5 p.m. Monday to Friday
- Produces and maintains ‘Directory of Services for Alcohol & Drug Misuse in Cork’ (see below)
- Produces occasional publications i.e. Leaflet “How Does Your Drinking Measure Up”

See website for other CODAP actions.

Directory of Services for Alcohol & Drug Misuse in Cork 2010 – 2012

NOW AVAILABLE IN MULTI-LINGUAL FORMAT

Русский (Russian)

عربي (Arabic)

Polski (Polish)

Français (French)

English

To obtain hard copies of the English or multi-lingual directory, contact Cork City Partnership.

Tel: **021 430 2310**

To access multi-lingual or English copies of this directory electronically, go to:

www.corkcitypartnership.ie

www.corkldtf.ie or www.srdtf.ie

Asylum Seekers Outreach Service

Cork City Partnership Ltd.,
Level 1, Heron House, Blackpool Retail Park,
Blackpool, Cork City

CONTACT

Sorina Gabor
Tel: 021 4302310
Mobile: 087 9209478
Email: sgabor@partnershipcork.ie

SERVICES PROVIDED

- a free service providing information to asylum seekers at different stages of the asylum determination process
- to help asylum seekers interface with various service providers (state agencies, public and community and voluntary organisations) on issues relevant to them.

Outreach Clinics are provided in the following venues:

Employment Resource Centre Ltd.

13 North Main Street, Cork
Mondays: 2.00 – 4.30 p.m.

Kinsale Road Accommodation Centre

Tuesdays & Thursdays: 9.00 a.m. – 5.00 p.m.

Clinics also held, by appointment, at convenient locations in Cork City.

C.C.T.U. Cork Council of Trade Unions

Employment Resource Centre Ltd.,
13 North Main Street, Cork City

CONTACT

Willie Fitzpatrick
Tel: 021 4275876
Fax: 021 4279661
Email: cctu2@eircom.net
Web: www.cctu.ie

SERVICES PROVIDED

- Adult Education / Service provider
- Advice and support in a confidential setting
- Counselling by appointment only (free of charge)

Gay Men's Health Project

8 North Mall, Cork City

CONTACT

Outreach Worker
Tel: 021 430 4884
Email: gayhealthprojectcork@gmail.com
Web: www.gayhealthproject.com
www.gayyouthcork.com

SERVICES PROVIDED

The Gay Men's Health Project provides information, support and education on issues relating to sexual health, lifestyle and sexuality. Other services include one to one counselling, support, drop-in, prevention, outreach, helpline, referral, addiction services and a variety of support and self-awareness groups.

This project also operates a number of youth initiatives including the Unite Youth Group. See gay youth website above for details.

Office Hours:

9:00 a.m. – 5:30 p.m., Monday to Friday

Drop in Centre: The Other Place Café,
8 North Main St., Cork

2 p.m. – 10 p.m., Tuesday – Saturday (inclusive)

G.U.M. / STI Clinic

(Genito – Urinary Medicine)

Outpatients Department,
South Infirmary / Victoria Hospital Complex,
Old Blackrock Road, Cork City

CONTACT

Clinic Nurse Manager: Danny Quealey
Tel: 021 4966844
Fax: 021 4320667

SERVICES PROVIDED

- Free and confidential service offering screening, diagnosis and treatment of sexually transmitted infections.
- Appointment system only.

L.inC (Lesbians in Cork Ltd)

11A White St., Off Douglas St., Cork City

CONTACT

Co-ordinator: Toddy Hogan

Tel: 021 4808600

Email: info@linc.ie

Web: www.linc.ie

Confidential Help Line Tel: 021 4318318

Thursdays from 8:00 - 10:00 p.m.

DROP IN @ L.inC

Thursdays: 8.30 p.m. – 10:00 p.m.

LGBT Women in Recovery from Drugs/Alcohol

Fridays: from 6:00 p.m

Mná Mná Choir

Thursdays: 7:30 p.m. – 8:30 p.m.

L.inC (Lesbians in Cork) is a voluntary network and community resource centre based in Cork City. Its overall aim is to provide a safe and accessible resource for the benefit of women who identify as lesbian and bi-sexual.

SERVICES PROVIDED

- One to one support
- Education & Training
- Awareness around Sexual Orientation
- Equality & Diversity Training
- Access to Peer Support Services

NeCoDrA - New Communities Drugs Awareness Group

C/o Community Outreach Drug Awareness Project, Cork City Partnership Ltd., Level 1, Heron House, Blackpool Retail Park, Blackpool, Cork City

CONTACT

Co-Chairs: Aneel Lal & Caitriona Twomey

Mobile: 086 3551204 & 086 8764326 respectively

Co-Secretaries:

Olawunmi Oloyede & Mella Magee

Cork City Partnership Tel: 021 430 2310

Cork City Partnership Fax: 021 430 2081

Email: necodra@yahoo.ie

SERVICES PROVIDED

NeCoDrA is a new community led drug and alcohol awareness group based in Cork City. NeCoDrA aims to encourage and support ethnic minority involvement in drug and alcohol prevention strategies in Cork City through the following measures:

- information sharing at open monthly meetings held in city centre venue/(s)
- supporting the building up of expertise on drug and alcohol issues within ethnic minority communities through education and training and raising awareness of support services
- targeting ethnic minority families with children to achieve long term prevention
- linking with and making recommendations to service providers
- linking local and ethnic minority communities through involvement in drug prevention / awareness strategies

Northside Community Health Initiative (NICHE)

1st Floor, Knocknaheeny Community Building,
Foyle Avenue, Knocknaheeny, Cork City

CONTACT

Project Manager: Katherine Harford
Tel: 021 4300135
Fax: 021 4300137
Email: info@nicheonline.ie
Web: www.nicheonline.ie

The focus of Niche is on community, health and well-being, through the use of a community development approach. This involves recognising and building on strengths that exist within communities as well as acknowledging the structural barriers to availing of health-enhancing options.

Niche recognises the influence of environmental and socio-economic factors outlined in a social model of health, which are beyond the individual's control and which may require wider community and agency action.

SERVICES PROVIDED

- Health Information Services
- Health & Fitness
- Arts for Health
- Women's Hour: Mon 11 a.m.
- Men's Club: Thurs 6 p.m.

You are always welcome to come and visit us. There will be a Community Health Worker on site at the times below:

Tuesdays: 1.30 – 2.30 p.m.

Wednesdays: 10 – 11 a.m.

Thursdays: 3 – 4 p.m.

Fridays: 11 a.m. – 12 noon

Youth Health Service (YHS)

73 Shandon Street, Cork City
(Across the Bridge from the Gate Cinema)

CONTACT

Project Co-ordinator: Meadhb O'Connell
Tel: 021 4220490/1
Fax: 021 4220498
Email: yhs@hse.ie

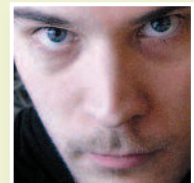
OPENING TIMES

Mon: 8.30 a.m. to 2.30 p.m. &
3.30 p.m. to 5.30 p.m.
Tues: 8.30 a.m. to 12.30 p.m. &
1.30 p.m. to 5.30 p.m.
Wed: 8.30 a.m. to 5.30 p.m.
Thurs: 9.00 a.m. to 12.30 p.m. &
3.30 p.m. to 7.30 p.m.
Fri: 8.30 a.m. to 3.00 p.m.

SERVICES PROVIDED

Are for young people aged under 25
YHS services include:

- Health Promotion
- Information and Support
- Sexual Health Screening
- Family Planning Services
- Crisis Pregnancy Counselling
- Drug/alcohol & Generic Counselling
- Youth Work Support



YOUTH GENERAL

www.spunout.ie

Irish online youth information centre covering all aspects of health, lifestyle and culture. Includes magazine, health clinic, services directory, youth media forum, take action initiative and more. The website is endorsed by all major Irish youth agencies.

www.gayswitchboard.ie

Site provides information on 'Gay Switchboard Dublin' phone line and service. Tel: 01 872 1055 Mon-Thurs 7-9 p.m.

www.belongto.org

Support for lesbian, gay, bi-sexual and transgender (LGBT) young people in Ireland, aged 14 – 23. Provides information on countrywide LGBT groups, discussion forums, and weekend online support through secure email link.

www.antibullyingcampaign.ie

Downloadable anti-bullying tools for secondary school teachers. Includes materials, links, discussion forums etc.

www.besomeonetotell.org.uk

A Parentline Plus website for parents worried about bullying in their child's life. Provides advice, guidance, tools and confidential email support for parents.

www.youthinformation.ie

A site that provides information and links to a variety of services for young people.

YOUTH HEALTH

www.bodywhys.ie

This site offers support and information for people affected by eating disorders and their families and friends. Operated by the Eating Disorder Association of Ireland. Helpline Tel. 1890 200 444

www.reachout.com

A web based service that inspires young people to help themselves through tough times and improve their mental health and well-being. Site is operated by Inspire Ireland Foundation. Provides links to Teenline Ireland, a confidential listening service for young people: Tel. 1800 833 634

www.headstrong.ie

Site for information on youth mental health and well-being (ages 12 – 25 years). Provides mental health resources, links to accessing supports etc.

www.sexualhealthcentre.com

Site details the work of Cork based centre that promotes and supports sexual health without judgement. Includes resources, links, information on sexual health and training, education and prevention programmes for young people.

www.b4udecide.ie

This campaign website encourages young people to delay having sex for the first time by providing information and 'the facts without the lectures'. Developed by the Crisis Pregnancy Agency.

DRUGS & ALCOHOL

www.drugs.ie

Provides information on all types of drugs and their effects. 'Live Helper' – an online chat information / support service provides free, confidential, online help from 9am to 1pm Monday to Friday. News, information, podcasts, links to services, resources for young people, parents and workers. Website is operated by Crosscare Drug and Alcohol Awareness Programme, supported by the HSE. Drugs Helpline Freephone: Mon-Fri Tel: 1800 459 459

www.talktofrank.com

A UK version of the above site, packed with information on drugs for young people. Also has online, email, text and phone support services providing support and information.

www.drinkaware.ie

The alcohol awareness website developed by MEAS (Mature Enjoyment of Alcohol in Society). The site challenges anti-social drinking behaviour and provides details on alcohol effects, unit consumption etc.

www.yourdrinking.ie

A HSE Health Promotion website providing information on alcohol, its effects, information resources, publications and links to support services for alcohol problems.

www.alcoholicsanonymous.ie

Irish site of the Alcoholics Anonymous fellowship. Provides information on the 12 step programme for recovery from alcoholism, details of local meetings etc. Cork phone service: Tel: 021 4500 481, 8 – 10 p.m.

www.nasouth.ie

Narcotics Anonymous fellowship website, for people in recovery from substance misuse. Provides information about NA in Southern Ireland, including local meetings, conventions, events etc. Helpline tel. 087 1386 120

www.fsn.ie

Website of the Family Support Network, a self-help organisation that supports family members living with drug use in Ireland. Contact details of Family Support Groups around the country, news, events etc.

www.corkldtf.ie

Cork Local Drugs Task Force website. Contains information on taskforce membership, community based project details, current events, planning etc. Dial to Stop Drug Dealing tel. 1800 220 220

www.srdtf.ie

Southern Regional Drugs Task Force website. Contains information on taskforce membership, community project details, initiatives, news etc. Dial to Stop Drug Dealing tel. 1800 220 220

www.pobail.ie/en/OfficeoftheMinisterforDrugs

Website of the Office of the Minister for Drugs. You can access policy documents like 'Ireland's National Drug Strategy 2009 – 2016', find out about regional and national initiatives, budgets etc. Site also lists contact details of all local and regional Drug Task Forces in Ireland.

MENTAL HEALTH**www.samaritans.org**

Website for the Samaritans, providing confidential emotional support for people in UK and Ireland through helpline, email, SMS or face to face support. Helpline no. tel.: 1850 60 90 90 email: jo@samaritans.org

www.letsomeoneknow.ie

Site targeted at teenagers to help them understand mental health difficulties and access help for themselves or friends who may be feeling down. Provides tips and advice, contact details for GPs and support organisations. Site provided by HSE National Office for Suicide Prevention.

www.yourmentalhealth.ie

An information resource about mental health and well being. Includes advice on minding your mental health, coping with problems and accessing support for yourself and others. Provided by HSE.

www.headsup.ie

Interactive website of the HeadsUp mental health promotion project, run by the RehabCare group. Targeted at 15 – 24 year olds, the website provides information on mental health, well being, training etc. Also provides contact details for support services countrywide and the HeadsUp text support service available through mobile phone. Text HeadsUp to 50424.

www.nosp.ie

Website of the National Office for Suicide Prevention, HSE. The site details national suicide prevention strategy, resources, research, training etc. Links to local GP finder: www.icgp.ie

Suicide Prevention Helpline no: 1800 742 745 6 – 10 p.m. daily

www.psychotherapy-ireland.com

Website of the Irish Council for Psychotherapy. Contains a search option 'Find a Psychotherapist' to help locate local therapists. Also explains various approaches to psychotherapy.

www.hse.ie

Website of the Health Service Executive, statutory health care provider for all public health services in Ireland. For queries contact the HSE INFOLINE tel. 1850 241 850 Mon to Sat 8 a.m. to 8 p.m.

www.sexualviolence.ie

Website of the Cork Rape Crisis Centre. Details its free, confidential services to the survivors of rape, sexual assault and child sexual abuse. Freephone Helpline tel. 1800 496 496

CHILDREN**www.barnardos.ie**

Website detailing the organisation's support for children whose well being is under threat, their work with children, families and communities and campaigns for the rights of children.

www.ispcc.ie

Website of the Irish Society for the Prevention of Cruelty to Children. Details the organisation's range of services supporting children including Childline (see below), Teenfocus, Childfocus and Leanbh.

www.childline.ie

Childline is a 24-hour listening service for children and young people up to 18 years of age. Access through free phone, email or online chat. Chat service is available every day 2 p.m. to 10 p.m., except Monday and Tuesday 6 to 10 p.m. Freephone tel. 1800 666 666

COMMUNITY**www.pclocalise.com**

Site for youth & community development organisations.

www.flac.ie

Free Legal Advice Centre is an independent human rights organisation dedicated to the realisation of equal access to justice for all. FLAC campaigns on a range of legal issues and provides basic, free legal services.

www.corkcitypartnership.ie

Website details the work of Cork City Partnership, a local development company operating under the National Development Plan. Includes details of community development work, unemployment and education services.

MULTI-CULTURAL**www.nascireland.org**

Website of NASC, the Irish Immigrant Support Centre, a Cork based NGO responding to the needs of immigrants, refugees and asylum-seekers.

www.coistine.ie

Website of Cois Tine, a multicultural Cork based organisation that works primarily with asylum seekers and refugees particularly those of African origin. Cois Tine is an outreach project of the Society of African Missions (with the support of other religious congregations and the local Church) with a remit of pastoral/religious care of immigrants.

www.welcomeenglish.com

A site which has information on a group who are committed to meeting the English language needs of those seeking asylum, or those with refugee status and also unemployed immigrants in Cork and its surrounds.

www.womenoftheworld.ie

Women of the World (WOW) is a voluntary, Cork based group for women from all ethnic origins, backgrounds and faiths. It meets monthly. To join email: wowcorkireland@gmail.com

www.culturewise.ie

Website of Culture Wise Ireland, a Cork based intercultural research and consultancy company promoting appreciation of cultural diversity. Access to a free on-line library & bookstore, details of training programmes etc.

If you would like your organisation to be included in the next edition of this directory please fill in this form and return it to:

Jacqueline Daly
Cork City Partnership Ltd., Level 1, Heron House, Blackpool Retail Park,
Blackpool, Cork City

PLEASE WRITE IN BLOCK LETTERS FOR CLARITY

Applicable Section i.e. 1 to 10:

Name of organisation: _____

Relevant contact person/role: _____

Address: _____

Tel: _____ Fax: _____

Mobile: _____ Email: _____

Website: _____

Brief description of organisation/nature of work etc.

Services Provided: _____

Any other relevant information:

Any suggestions you feel may be of use for future editions of this directory:

If you have any queries regarding eligibility or need any further details about this directory please contact Jacqueline at Cork City Partnership Ltd.

Tel: 021 4302310, Fax: 021 4302081 or email: jdaly@partnershipcork.ie

DIAL TO STOP DRUG DEALING

Help us fight the scourge of drug dealing in our community. It happens day and night. It happens everywhere. People hear things. Some see things. Some people are unable or unwilling to contact the Gardaí. But now you can phone the Dial-To-Stop-Drug-Dealing Freephone. We don't want your name and we won't record your number. That's a promise. But we do want to know what you know. Anything – small or significant – you know or have heard, could be important. We'll ensure the Gardaí get the information and we'll monitor what happens after that.

CORK
FREE FROM DRUGS
SAFE FOR CHILDREN

Why you should call

The people who supply dangerous drugs – the big dealers up the line – are devastating innocent lives and destroying families and communities. People don't feel safe. Neighbourhoods – estates with good, caring, responsible families – are getting a bad name. People are frustrated.

Well now there's something you can do. Something simple and effective. Call the Dial-To-Stop-Drug-Dealing Freephone.

- We won't ask for your name.
- We won't trace your call.
- We won't record your number.

We need information to help fight the scourge of drug dealing. This is a local initiative by community groups to get some effective action. It's about building up information, not names. We want to know what you know, not who you are. Something small could be very important.

IT'S NOT ABOUT TARGETING

VULNERABLE YOUNG PEOPLE.

IT'S ABOUT STOPPING DRUG SUPPLY.

**IT'S WHAT YOU KNOW
NOT WHO YOU ARE.**

CORK
DIAL TO STOP
DRUG DEALING

1800 220 220

ANONYMOUS AND SAFE. YOU DIAL, WE ACT