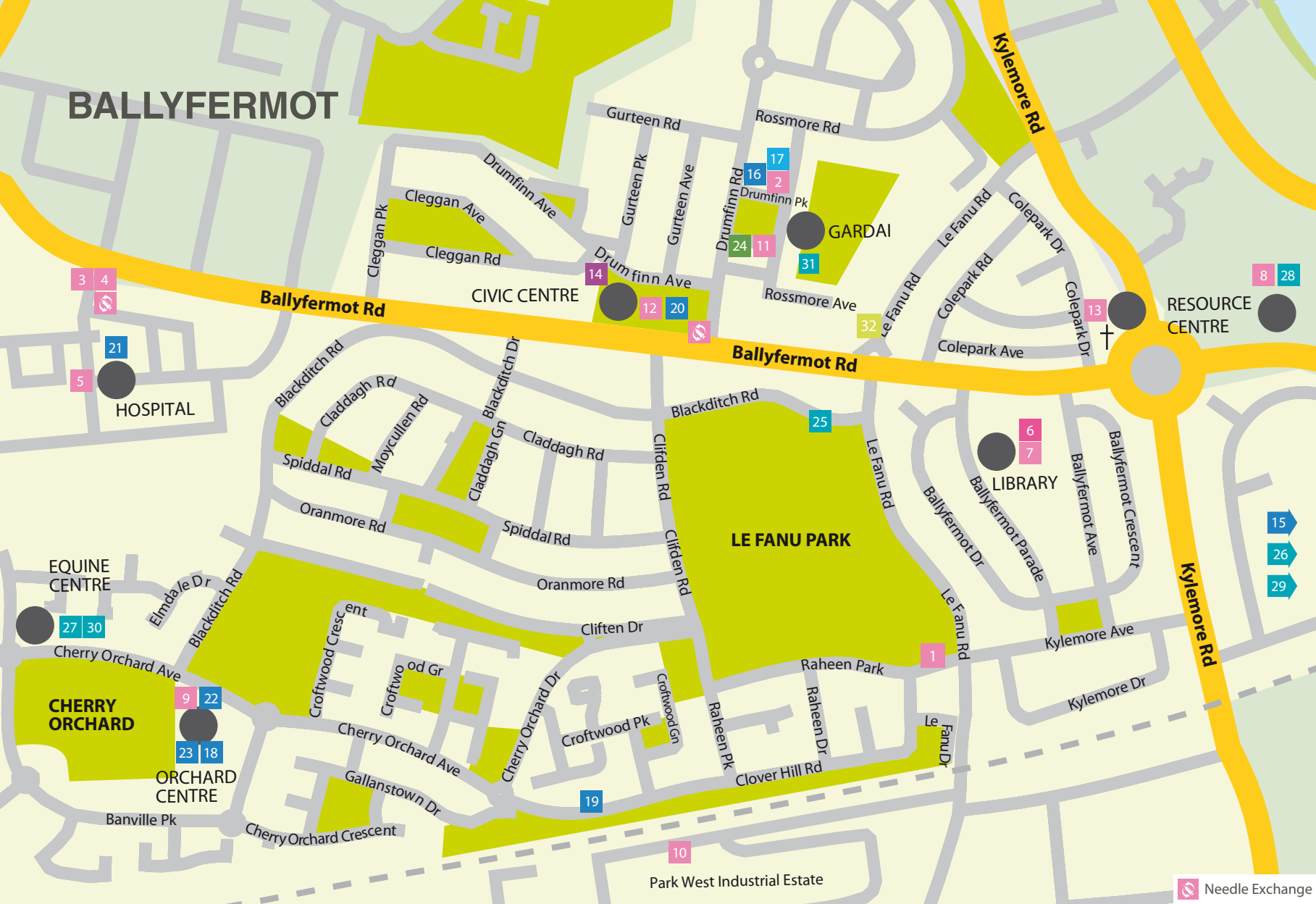




# D10 DRUG AND RELATED SERVICES DIRECTORY





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## WELCOME!

This Directory has been put together by the Ballyfermot Advance Project on behalf of the Ballyfermot Local Drugs Task Force.

The aim of the Directory is to provide people living and working in Ballyfermot with clear and concise information on the many excellent services delivered by local community and statutory agencies in response to the problems arising from drug misuse in our community.

The range of services included in this directory stretch far beyond those directly dealing with drugs, alcohol and addiction. This is because problematic drug use rarely exists in isolation and can have an effect on many aspects of an individual's life and their family's life.

The non-drug specific services listed in this directory work equally with people with no history of drug use, and so this is a valuable resource for everyone living in the community.

Looking for support when problems arise can be difficult. It is hoped that this directory will make taking that first step to getting help easier for everyone.

**David Connolly**  
Chairperson of BLDTF

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# DRUG SERVICES

THIS SECTION GIVES INFORMATION ON DRUG SERVICES FOR PEOPLE WITH PROBLEMATIC DRUG USE AND THEIR FAMILIES. IT COVERS SERVICES FOR:

## ACTIVE DRUG USE

## TREATMENT & DETOXIFICATION

## REHABILITATION

## DRUG SERVICES

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**TREATMENT & DETOXIFICATION** - These services are for people looking to make changes to their drug use or who want to become drug free:

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Needle Exchange Times

**Aisling Clinic** t: 01 620 6010  
Cherry Orchard Hospital  
Ballyfermot Road, D10.

Opening Times:  
Mon: 2pm-4pm

**Ballyfermot Health Centre** t: 01 626 4000  
Ballyfermot Rd, D10.

Opening Times:  
Tues: 2.15pm-4.20pm

**CASP Needle Exchange,** t: 01 616 6750  
Ballyowen Meadows,  
Fonthill Road, Clondalkin, D22.

Opening Times:  
Mon/Thurs: 6.30-7.30pm

**Merchants Quay Ireland** t: 01 645 6524  
4 Merchants Quay, D8.

Opening Times:  
Mon-Fri: 10am-12.45pm,  
1.45pm-4.30pm  
Tues: 1.45pm-4.30pm only

**Rialto Community Drug  
Team Needle Exchange** t: 01 454 0021  
St Andrews Community Centre,  
468 South Circular Road,  
Rialto, D8.

Opening Times:  
Thurs: 6.30pm-8pm



Ballyfermot Advance Project  
Community Drug Team - CDT

Le Fanu House, t: 01 623 8001  
3b Le Fanu Road, f: 01 620 8701  
Ballyfermot, D10.

Opening Times:  
Mon/Wed/Fri:  
9.30am-5pm  
Tue/Thur:  
9.30am-9pm

**Who is it for?**  
People from Dublin 10 who are actively using drugs

- What do they do?**
- Provide a welcoming supportive environment
  - Care planning
  - Crisis Support
  - Counselling
  - Treatment options support
  - Advice and information
  - Support groups
  - Holistic therapies
  - Street Outreach
  - Referral to other services
  - Daily drop in service
  - Breakfast morning
  - Homeless support
  - Hepatitis C nurse
  - Community Welfare Officer

- How to contact:**
- Self referral by ringing service or dropping in
  - Referral from other drug projects and clinics
  - Referral from GP



## DRUG SERVICES - ACTIVE DRUG USE

### HSE Outreach Service

Bridge House,  
Cherry Orchard Hospital,  
Ballyfermot Road, D10.

**t:** 01 620 6424  
01 620 6400

#### Who is it for?

People affected by addiction and their families

#### What do they do?

Offers a range of supports to people including:

- Referral to Treatment
- Referrals to drug projects and other agencies
- Advice and information on drug use, drug related health issues such as HIV/Hep C, sexual health
- Run needle exchanges
- Street work, education and group work

**How to contact:** Phone outreach worker

### NA (Narcotics Anonymous)

Ballyfermot Resource Centre,  
Sarsfield Rd, Ballyfermot, D10.

**Times of meetings:** **t:** 01 672 8000  
**Tues/Thurs:** 8.30pm **w:** [www.na.ireland.org](http://www.na.ireland.org)  
**Sat:** 7pm

#### What do they do?

- Provide a safe and welcoming space for people who are trying to overcome their drug addiction
- Fully confidential and supportive meetings
- Meetings run on a daily basis throughout the city and people can attend as many meetings as they need

#### How to contact:

- Directly attend any of the meetings
- Call **086 862 9308** for meeting times

## DRUG SERVICES - ACTIVE DRUG USE

### Ballyfermot STAR - Saoirse Cocaine Project

Ballyfermot Star,  
7 Drumfinn Park,  
Ballyfermot, D10.

**t:** 01 623 8002  
**f:** 01 623 6297  
**w:** [www.ballyfermotstar.ie](http://www.ballyfermotstar.ie)

#### Who is it for?

People living in the Dublin 10 area who are experiencing difficulties with their cocaine use

#### What do they do?

- Offer one-to-one support, advice and information
- Holistic treatments
- Debt advice and support
- Ongoing contact
- Out-of-hours service

#### How to contact:

Phone for an appointment

### Drugs/HIV Helpline - 1800 459 459

**t:** 1800 459 459

#### What do they do?

- Offers support, information, guidance and referral to anyone with a question or concern related to substance use and/or HIV and sexual health





Merchants Quay -  
Open Access Drugs Service

4 Merchants Quay, D8.      **t:** 01 679 0044  
   **f:** 01 671 3738  
**Opening Times:**                **w:** www.mqi.ie

**Mon/Wed/Thurs/Fri:**  
10am-12.45pm &  
1.45pm-4.30pm  
**Tues:** 1.45pm- 4.30pm

**Who is it for?**  
Drug users, particularly those using heroin and cocaine

- What do they do?**
- Needle exchange
  - Crisis support for drugs users and those getting treatment
  - Drugs health promotion service
  - Access to long and short term residential drug-free treatment programmes
  - Re-integration and settlement support

**How to contact:**  
Drop in or contact for an appointment



Ballyfermot Advance Project -  
Community Drug Team

Le Fanu House,                    **t:** 01 623 8001  
3b Le Fanu Road,                **f:** 01 620 8701  
Ballyfermot, D10.

(See pg. 9 for more info)

HSE Outreach Service

Bridge House,                    **t:** 01 620 6424  
Cherry Orchard Hospital,        01 620 6400  
Ballyfermot Road, D10.

(See pg. 10 for more info)

NA (Narcotics Anonymous)

Ballyfermot                        **NA General Number**  
Resource Centre,                **t:** 01 672 8000  
Sarsfield Rd,  
Ballyfermot, D10.                **For times of meetings**  
   **m:** 086 8629308  
   **w:** www.na.ireland.org

(See pg. 10 for more info)



Aisling Clinic

Cherry Orchard Hospital,      t: 01 620 6010  
Ballyfermot Road, D10.      f: 01 620 6011

Assessment Times:

Mon-Thurs:  
2pm-3.45pm

Who is it for?

- People actively using drugs in the Dublin 10 area who want to make changes to their drug use

What do they do?

- Assessment to see if you are best suited to going on a methadone programme or a detoxification programme
- Methadone Maintenance Programme
- Detox Programme
- Counselling for clinic clients and concerned persons
- HIV/HEP C and STI testing for Aisling Clients
- Community Welfare Officer support for clients
- Creche for children of Aisling clients while attending appointments at Clinic
- Alcohol Programme for clients on Methadone Programme
- Drug Liaison Midwife for expectant mothers on Clinic

How to contact:

- Self referral by attending for an Assessment  
Assessments held Mon-Thurs 2pm-3.45pm
- Drop in to the Clinic or phone
- Referrals can be made through your GP, drug service, probation and welfare



Young Person's Programme -  
Adolescent Addiction Services

Bridge House,      t: 01 620 6400  
Cherry Orchard Hospital,      01 620 6493  
Ballyfermot, D10.      f: 01 620 6474

Opening Times:

Mon-Fri: 9am-5pm

Who is it for?

- Young people under 18 years who are using alcohol and/or drugs and require support
- Contact with parents, guardians or social workers is requested

What do they do?

- Provides individual support to young people and their parents around a young person's drug use
- Medical and psychiatric assesment carried out
- Organises counselling and psychological support
- Helps young person to look at their drug use and the reasons they may be using
- Supports family to make necessary changes to help young person
- Works with school or other services to get young person back into education or training
- Deals with homelessness if that is an issue for the young person
- Professional consultation for schools and services

How to contact:

- Phone to make an appointment
- Referral through GP, social worker, probation and welfare, schools, A&E and youth services





## Fusion CPL

CO Health Centre,  
Cherry Orchard Grove,  
Ballfermot, D10.

t: 01 623 1499  
f: 01 623 1518  
e: info@fusioncpl.ie  
w: www.fusioncpl.ie

**Opening Times:**  
Mon-Fri: 9am-5pm

### Who is it for?

- Men and women over 18 years who are stabilised in their drug use for at least 3 months (can be on methadone)
- Living in the Dublin 10 area or in any of the prisons

### What does they do?

- Support given to those wanting to return to education, training and employment living in the community
- Works with people in prison who are preparing for release and for a period after release
- Holistic therapies such as Reiki, acupuncture and homeopathic
- Group training in drug education and personal development
- Support around homelessness, social welfare, and addiction

### How to contact:

- Self Referral
- Treatment Clinics
- GP
- Probation Services
- Social Workers
- Other drug projects



## Job Plan Project - Ballyfermot Partnership Local Employment Services

4 Drumfinn Park,  
Ballyfermot, D10.

t: 01 623 5612  
f: 01 623 0922

**Opening Times:**  
Mon-Fri: 9am-5pm

### Who is it for?

- People who have a history of drug and/or alcohol misuse and who want to prepare themselves for going back to work, training or education
- Must be unemployed for six months or more
- Must live in the Dublin 10 area
- Must be stable on methadone for six months or more and sufficiently stable to take part in all aspects of the programme
- Must want to commit to changing a drug using lifestyle

### What do they do?

Jobplan offers 2 programmes:

#### The 10 week Course:

This is a preparation course for the five month course

#### The 5 month programme:

- Therapeutic group work and addiction counselling
- Self Care skills such as stress management and meditation
- Practical skills such as Basic Computers and Jewellery/Craft
- FETAC level 3 certificates

### How to contact:

- Through Probation Services, Social Welfare, Drug services, Family Services, CE projects, Ballyfermot Local Employment Service etc
- Self referrals by phoning the service



**Ballyfermot STAR -  
Realt Nua**

36b&C Lavery Avenue,  
Parkwest Industrial Est.,  
Cherry Orchard, D10.

**t:** 01 612 0950  
**f:** 01 612 0951  
**w:** [www.ballyfermotstar.ie](http://www.ballyfermotstar.ie)

**Opening Times:**  
**Mon-Fri:** 9am-5pm

**Who is it for?**

- People who are stable in their recovery from drug use
- People who are just beginning their recovery
- People living in the Dublin 10 area

**What do they do?**

- Runs Training and Education Programmes for people recovering from drug use
- Seperate programmes available depending on their stage of recovery
- FETAC Courses in Maths, computers, horticulture, office procedures, craft and design
- Personal development modules
- Keyworking

**How to contact:**

- Self referral by phoning
- Referrals through Probation and Welfare, Treatment centres, Drug Projects



**Matt Talbot Community Trust**

PO Box 8372  
Kylemore Road  
Ballyfermot, D10.

**t:** 01 626 4899  
**f:** 01 623 4021  
**e:** [mtcommtrust@eircom.net](mailto:mtcommtrust@eircom.net)

**Opening Times:**  
**Mon/Wed/Thurs/Fri:**  
10am-12.45pm

**Who is it for?**

- People who are in prison or coming out of prison
- People who have become drug free and want training, education or support
- Over 18yrs
- For the day programme people need to be completely drug free

**What do they do?**

- CE scheme with education programmes
- Adult literacy
- Computer skills
- Personal development
- Woodcrafts etc

**How to contact:**

- By phoning for appointment
- Through Probation and Welfare
- Through Prison Chaplain



## Ballyfermot Theatre Workshop

Ballyfermot Community  
and Civic Centre,  
Ballyfermot Rd, D10.

**t:** 01 445 1208  
**f:** 01 620 7194  
**e:** btwcep@gmail.com

**Opening Times:**  
Mon-Fri: 9am-5pm

**Programme Hours:**  
10am-2pm

### Who is it for?

- The BTW has 14 spaces for people who have had a history of drug use
- People need to be in recovery and have stabilised their lifestyle
- Must have an address in the Dublin 10

### What do they do?

- CE scheme
- Fetac Level 3 training in drama
- The participants put on 3 drama productions every year including a Panto at Christmas
- Non-drama related training modules such as computers
- Individual training to match peoples own interests
- Participants get ongoing support from FusionCPL while they are on the Programme

### How to contact:

The Ballyfermot Theatre Workshop can only take referrals through Fusion-CPL for the Drugs Task Force spaces

## Liberties Recycling

Unit D1C,  
Bluebell Industrial Estate  
(off Kylemore Rd), D12.

**t:** 01 419 3999  
**f:** 01 419 3993  
**w:** [www.libertiesrecycling.com](http://www.libertiesrecycling.com)

### Who is it for?

People 18+ who are drug free or stabilised on methadone

### What do they do?

- Offer practical work experience, accredited training and rehabilitation supports in a textile recycling social enterprise
- FETAC Accredited VEC delivered courses in-house and external training in forklift, van driving, payroll
- Rehabilitation services
- Relapse prevention programme
- Support groups
- Counselling

### How to contact:

- Referrals through clinics, GP's, drug projects etc
- Self referrals





## DRUG SERVICES - REHABILITATION



### Residential Rehabilitation Services

HSE Outreach Team **t:** 01 620 6424  
01 620 6400

Ballyfermot STAR **t:** 01 623 8002

The Ballyfermot Advance Project -  
Community Drug Team **t:** 01 623 8001

There are many centres around the country that offer Drug Detoxification, Treatment and Rehabilitation. Some of these centres are run by the HSE and some by Voluntary and Not-for-profit Organisations. The time you can spend in a drug detox and rehabilitation centre can vary from 6 weeks to 12 months depending on the type of programme offered by the centre. If you feel ready to enter a Detoxification and Rehabilitation programme or would just like more information about the options open to you, talk to your local drugs projects. Financial assistance through the Residential Options Fund can be discussed with a project worker.

### Residential Options Fund

Contact Community Development  
Worker at the Ballyfermot Advance  
Project: **t:** 01 623 8001

Provides funding to cover the cost of residential treatment for people from the Dublin 10 area.



# ALCOHOL SERVICES

THIS SECTION GIVES INFORMATION ON ALCOHOL SERVICES FOR PEOPLE WITH PROBLEMATIC ALCOHOL USE AND THEIR FAMILIES.



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AA (Alcoholics Anonymous)

Ballyfermot Resource Centre, **t:** 1890 412 412  
Farsfield Road, Ballyfermot, D10. **w:** [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

Meeting Times:

Tues: 1pm & 8.30pm  
Wed/Fri: 8.30pm

Ballyfermot Library, D10.

Meeting Times:

Mon/Wed/Fri: 12.30pm

What do they do?

- Offer daily support meetings for people trying to overcome alcohol problems
- Provide a confidential, non judgemental, supportive space to talk to other people along the road to recovery

How to contact:

- Go along to a meeting
- Ring central number for more locations and times

Ballyfermot Advance Project - CDT

Le Fanu House, **t:** 01 623 8001  
3b Le Fanu Road, **f:** 01 620 8701  
Ballyfermot, D10.

Who is it for?

People living in the Dublin 10 area who are actively using drugs and/or alcohol

What do they do?

- Offer support to people who are using drugs/alcohol
- Counselling, drop-in service, referrals to alcohol and drug detox facilities, holistic treatments

**How to contact:** Call in or phone for an appointment



Alanon

Ballyfermot Resource Centre, **t:** 01 873 2699  
Ballyfermot Rd, D10. **e:** [info@al-anon-ireland.org](mailto:info@al-anon-ireland.org)

Meeting Time:

Tues: 8.30pm

Unit 5, Youth Support & Training Unit, Oakfield, (off 9th Lock, near Mill Centre), Clondalkin, D10.

Meeting Time:

Tues: 8.00pm

What do they do?

Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment, whether the alcoholic is still drinking or not

How to contact:

Go along to one of the meetings

Alateen

Phone for locations and meeting times **t:** 01 873 2699

What do they do?

Alateen is part of the Al-Anon fellowship and is for young people aged 12 - 17 who are affected by a problem drinker

How to contact:

Phone for meeting times and locations



## ALCOHOL SERVICES

### HSE Alcohol Services - Glen Abbey

Belgard Road,  
Tallaght, D24.

t: 01 451 6589  
01 451 6754

#### Opening Times:

Mon-Fri: 9am-5pm

#### Who is it for?

Anyone 18 years+ who is having difficulties with their own drinking or a family members' drinking

#### What do they do?

- Provide Individual Counselling
- Long-term Group Programmes
- After Care programmes
- Concerned Person's Group
- Alcohol Education Group
- Referrals for Alcohol Detoxification

#### How to contact:

Referrals through

- GP
- Drug service
- Probation
- Welfare
- Self referral



# HEALTH SERVICES

THIS SECTION GIVES INFORMATION ON HEALTH SERVICES RELATED TO DRUG AND ALCOHOL USE.

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Guide Clinic STI/HIV/Hep Clinic

Cara Cheshire Ireland

St James Hospital, D8.      **t:** 01 416 2315  
01 416 2316

**Clinic Times:**

Mon: 9am  
Tues/Thurs: 1pm  
(See below for more details)

Community Services,      **t:** 01 620 7187  
Community & Civic Centre,      **f:** 01 620 7185  
Ballyfermot Rd, D10.      **e:** ccs@cheshire.ie  
      **w:** www.cheshire.ie

**Opening Times:**  
Mon-Fri: 9am-5pm

**What do they do?**

Full blood testing for Sexually Transmitted  
Infections/Diseases, HIV and Hep C

**When is the service available?**

- Walk in Clinic Monday 9am - Due to very large demand people need to arrive at 7.15am to get a ticket to attend Monday clinic
- Walk in Clinic Tuesday & Thursday 1pm - need to arrive at 10.30am to get a ticket to attend clinics

**How to contact:**

- Attend a clinic
- Patients referred by a GP can receive an appointment
- Patients 18 years and under can phone to make an appointment and will not have to queue

**Who is it for?**

People with a disability who also have  
a drug or drink problem

**What do they do?**

- Social Days Out
- Information on services and entitlements
- Home visits
- Help with getting to hospital and doctor appointments
- Breaks away during the year

**How to contact:**

Phone and speak to a manager

Aisling STD Clinic

Cherry Orchard Hospital, D10.      **t:** 01 620 6010

STD/HepC/HIV testing  
for clients attending  
the Aisling Clinic only  
(See pg. 14 for more details)



## Hep C Liaison Nurse

Bridge House,  
Cherry Orchard Hospital,  
Ballyfermot, D10. **t:** 01 620 6418

### Who is it for?

Anyone who has Hepatitis C or has concerns that they may have contracted the virus

### What do they do?

Offer support, advice and education around Hepatitis C

### How to contact:

Phone for information or an appointment

## Drugs/HIV Helpline - 1800 459 459

**Opening Times:** **t:** 1800 459 459  
10am-5pm

### What do they do?

Offer support, information, guidance and referral to anyone with a question or concern related to HIV, sexual health or substance use

## Women's Health Project for Women in Prostitution

Baggot Street Clinic,  
19 Haddington Road, D4. **t:** 1800 201 187  
01 669 9505

### Opening Times:

**Wed:** 2pm-4pm  
**Thurs:** 8.30pm-10.30pm

### Who is it for?

Women involved in prostitution

### What do they do?

- Outreach service for women involved in prostitution on the street and in parlours
- Drop-in clinic providing a medical service which includes STI screening, HIV, Hepatitis and smear testing
- Harm reduction addiction service available

### How to contact:

- Drop in or phone
- No appointment is necessary and there is no waiting list





Merchants Quay Ireland  
Open Access Services

4 Merchant's Quay, D8.      Primary Healthcare Service  
t: 01 645 6524

**Opening Times:**  
Mon/Fri:                      t: 01 645 6500  
7.15am-12.45pm &  
1.45pm-4.30pm              w: www.mqi.ie

**Tues:**  
7.15am-9am &  
1.45pm-4.30pm only

**Sat-Sun:**  
7.15am-1.15pm

**Who is it for?**

Homeless people and others in need of support

**What do they do?**

- Primary healthcare service including doctor, nurse, chiropodist and dentist
- Drop in
- Crisis support, referral & advice
- Meals services – breakfast and lunch

**How to contact:**

Drop in or phone for times of the Primary  
Healthcare Service on 01 645 6524

Other Local  
Health Services

**MEDICAL CARD**

Ballyfermot Health Centre,      t: 01 626 4000  
Ballyfermot Road, D10.

Cherry Orchard  
Health Centre,                      t: 01 620 9500  
Cherry Orchard Ave, D10.

You can apply for a medical card or GP  
visit card at your local health centre



THIS SECTION GIVES INFORMATION ON SERVICES FOR FAMILIES.



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Familiscope

201c Decies Rd,  
Ballyfermot, D10.

**t:** 01 620 6842  
**w:** [www.familiscope.ie](http://www.familiscope.ie)

Who is it for?

Families and children affected by drug misuse  
in the D10 area

What do they do?

- Offer practical support and advice to parents, children and families affected by addiction and other issues including abuse, trauma etc
- Provide intensive support to families in crisis
- Organise child counselling and psychological supports
- Provide educational supports to children and families including art, music and speech therapy
- Offer parenting skills

How to contact:

- Phone for an appointment
- Referrals taken through schools, drugs projects & other agencies

Ballyfermot STAR - Realt na Clann

11 Drumfinn Park  
Ballyfermot, D10.

**t:** 01 623 5644  
**f:** 01 623 6297  
**w:** [www.ballyfermotstar.ie](http://www.ballyfermotstar.ie)

Who is it for?

Families affected by drug misuse living in  
the Dublin 10 area

What do they do?

Provide a range of individual and group supports to mothers, fathers, guardians, siblings and grandparents affected by a family members drug use

Services offered:

- Counselling
- Holistic therapies
- Ongoing support
- Advice
- Bereavement support
- Men's group

How to contact:

Phone to make an appointment

Realt Beag Child & Family Centre

7 Drumfinn Park,  
Ballyfermot, D10.

**t:** 01 623 6203  
**f:** 01 623 6297  
**e:** [info@ballyfermotstar.ie](mailto:info@ballyfermotstar.ie)  
**w:** [www.ballyfermotstar.ie](http://www.ballyfermotstar.ie)

(See pg. 50 for more info)



BSII - Ballyfermot Social Intervention Initiative

83 Cherry Orchard Crescent,  
Cherry Orchard, D10.      t: 01 626 7041

Who is it for?

- Families in which a young person is showing anti-social behaviour and where drug use may or may not be a problem
- Works with entire family or individual family members eg mothers, siblings or young person themselves

What do they do?

- Support the family to look at the causes of anti-social behaviour and the effects on the family
- Provides practical support with problems such as eviction, or relationship with Garda, DCC etc
- Provides ongoing support, training and education to mothers through the WISE women's group
- Provides training, support and mentoring to young people from 18 years plus

How to contact:

- By phoning or calling into office
- Through DCC Estate Management
- Probation and Welfare, Schools etc

Barnardos Cherry Orchard Family Support Project

21 Cherry Orchard Ave,  
Cherry Orchard, D10.      t: 01 626 1985  
01 626 1986  
e: [finola.halligan@barnardos.ie](mailto:finola.halligan@barnardos.ie)

Who is it for?

Families living in the Cherry Orchard/ Dumfinn Area

What do they do?

Supports families in a number of ways that improves the emotional wellbeing and development of their children including:

- Providing a listening ear for parents and children
- Supporting children and parents to develop their social skills, coping skills, self esteem and confidence
- Supporting parents to set up routines in the home eg bedtime, homework etc
- Supporting parents to deal with their children's behaviour
- Working with other agencies to support children and families

How to contact:

- Self referral by phoning Baranardos
- Through other organisations and agencies locally



## BTAP - Ballyfermot Travellers Action Project

Ballyfermot Community and Civic Centre,  
Ballyfermot Rd, D10.  
t: 01 626 4166  
m: 087 6412557  
e: btap@eircom.net

### Who is it for?

Members of the Travelling Community in Ballyfermot

### What do they do?

Works with travellers to improve their quality of life through:

- Skills development and training
- Challenging racism and discrimination
- Advice and Information provision
- Outreach Work
- Youth Programme

### How to contact:

Email or phone and speak to a support worker

## Women's Aid

t: 1800 341 900  
w: www.womensaid.ie

### Who is it for?

Women and Children who are at risk or experiencing violence in the home

### What do they do?

- Provides confidential information, advice and support to women and children experiencing violence
- Act as a referral to refuges, counseling services, solicitors, legal aid etc

## Cherry Orchard Child & Family Centre

Cherry Orchard Ave, D10.  
(See pg. 54 for more info)  
t: 01 623 1313

## CUMAS Grandparents Group

The Old Supermarket  
Neilstown Shopping Centre, Clondalkin, D22.  
t: 01 457 3515

### Who is it for?

Grandparents who are caring for grandchildren as a result of a family members' drug use

### What do they do?

- Offer support and advice to grandparents who are taking care of grandchildren
- Run a grandparent support group

### How to contact:

Ring for meeting times or to make an appointment



# MABS - Money Advice and Budgeting Service

# HSE Family Support Service

Orchard Community Centre, Orchard Grove, Cherry Orchard, D10.  
t: 01 623 3900  
e: cherry\_orchard@mabs.ie  
w: ballyfermot@mabs.ie

Cherry Orchard Hospital, Ballyfermot Road, D10.  
t: 01 620 6387

Ballyfermot Library, Ballyfermot Road, Ballyfermot, D10.  
t: 01 623 5443  
e: cherry\_orchard@mabs.ie

## Who is it for?

Anyone experiencing problems with:

- Money
- Making ends meet
- Paying bills
- Repaying debts

## What do they do?

- Support people to look at their money and how it is being spent, negotiate with suppliers when someone has fallen into arrears eg ESB, gas, rent etc
- Help people to budget realistically and to ensure that they are receiving all their entitlements

## How to contact:

- Ring for an appointment
- Call into one of the offices

## Who is it for?

Families who are experiencing a range of problems including addiction issues

## What do they do?

A Family support worker works with the family in their own home on a range of practical issues including:

- Budgeting
- Parenting
- Managing routines
- Self esteem
- Support with attending appointments ect

## How to contact:

Referrals are taken through:

- Schools
- Health workers
- Community Services



# CHILD SERVICES

THIS SECTION GIVES INFORMATION ON SERVICES FOR CHILDREN. YOU CAN ALSO CHECK THE FAMILY SECTION AND YOUNG PERSON SECTION FOR OTHER SERVICES THAT MAY BE USEFUL TO YOU.



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## Familiscope

201c Decies Rd,  
Ballyfermot, D10. **t:** 01 620 6842  
**w:** [www.familiscope.ie](http://www.familiscope.ie)

(See pg. 40 for more info)

## Ballyfermot STAR - Realt Beag

7 Drumfinn Park,  
Ballyfermot, D10. **t:** 01 623 6203  
**f:** 01 623 6297  
**e:** [info@ballyfermotstar.ie](mailto:info@ballyfermotstar.ie)  
**w:** [www.ballyfermotstar.ie](http://www.ballyfermotstar.ie)

### Who is it for?

Children of drug users and children from the wider community of Ballyfermot

### What do they do?

- Provides an early learning centre for children of drug users and children from the wider community of Ballyfermot
- Offers childcare for children from 3 months to 5 years
- Trained staff to work with children and families affected by addiction or presenting with other needs
- Offer support to parents and grandparents of children attending the crèche

### How to contact:

Phone to make an enquiry

## Barnardos Cherry Orchard Family Support Project

21 Cherry Orchard Ave,  
Cherry Orchard, D10. **t:** 01 626 1985  
01 626 1986

(See pg. 43 for more info)

## Barnardos Bereavement Counselling for Children

Christchurch Sq, D8. **t:** 01 453 0355  
**w:** [www.barnardos.ie](http://www.barnardos.ie)

### Helpline

**t:** 01 473 21 10  
**Mon-Fri:** 10am-12noon

### Who is it for?

Children and Young People who have lost a loved one through death

### What do they do?

Provides Information, Counselling and Therapy for bereaved children and their families

### How to contact:

- Through helpline
- Referrals taken through parents/carers
- Referrals through Agencies



## HSE - Social Work Department

Social Work Department,  
Cherry Orchard Hospital,  
Ballyfermot, D10.

t: 01 620 6387  
**Crisis Intervention Service**  
t: 01 838 7122

### Who is it for?

The Social Work Department offers a service to children and families in the Dublin West area including Ballyfermot

### What do they do?

- The Social Work Department accepts referrals of concerns regarding child abuse and child protection
- The four categories of child abuse which are dealt with are: physical abuse, sexual abuse, neglect and emotional abuse
- Because of the large number of referrals and existing level of resources, a high threshold is operated in terms of referrals of neglect and emotional abuse
- Recruits and supports foster families for children who are in the care of the H.S.E.

### How to contact:

- Self referrals and referrals from members of the public are taken by telephone
- Referrals from professionals, community and voluntary agencies are expected to be in writing
- Outside office hours all child protection concerns should be referred to the Gardaí

### Crisis Intervention Service:

The HSE operates an out-of hours Crisis Intervention Service in the Dublin area, which can be accessed by emergency services like Hospitals and the Garda Síochána outside of office hours

t: 01 838 7122

## Support for Childcare Fund

Ballyfermot  
Advance Project  
Le Fanu House,  
3b Le Fanu Rd,  
Ballyfermot, D10.

t: 01 623 8001

### What do they do?

Financial support for parents with drug/substance misuse issues to pay for childcare while they are taking part in treatment, training or education

### How to contact:

Contact the Community Development Worker

## CARI Helpline - 1890 924 567

### Helpline

t: 1890 924 567

w: [www.cari.ie](http://www.cari.ie)

### Who is it for?

Children and families affected by child sexual abuse

### What do they do?

- Offer professional child centred therapy and counselling
- Helpline for a safe place to discuss concerns
- Help and advice around child sexual abuse and what to do if you have concerns

### How to contact:

Phone Helpline for support and/or appointment



## Cherry Orchard Child & Family Centre

## ISPCC - Childfocus

Cherry Orchard Ave,  
Ballyfermot, D10.      **t:** 01 623 1313  
   **f:** 01 623 1345

29 Lower Baggot Street, D2.      **t:** 01 676 7960  
   **w:** [www.ispcc.ie](http://www.ispcc.ie)

### Who is it for?

Children under 18 and their families

### What do they do?

Counselling service for children and families who are experiencing difficulties because of a range of issues including alcohol and drug use

### How to contact:

- By phoning the service and making an appointment
- Referrals taken through doctor, school, social worker etc

### Who is it for?

Children aged 12 years and under

### What do they do?

Provides counselling and support to children who may be having difficulties at home, in school, with friends or if they just feel sad or unhappy

### How to contact:

- Children, parents/guardians or professionals can phone Child Focus to organise an appointment
- Contact can be by telephone if you do not want to meet face-to-face

## Oasis Counselling

1 Drumfinn Park,  
Ballyfermot, D10.      **t:** 01 626 851

(See pg. 76 for more info)



# YOUNG PEOPLE

THIS SECTION GIVES INFORMATION  
ON SERVICES FOR YOUNG PEOPLE.



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## The Base Youth Centre

Le Fanu Park,  
Ballyfermot, D10.

t: 01 654 6800  
e: [info@thebase.ie](mailto:info@thebase.ie)  
w: [www.thebase.ie](http://www.thebase.ie)

### Who is it for?

Young People between 10 and 25 years living,  
working or going to school/training in the D10 area

### What do they do?

Provides a wide range of facilities and services  
for young people in a purpose built building

### Specific Programmes at The Base:

- Youth Work Programme (see details)
- Substance Misuse Programme (see details)
- Youth Health Programme (see details)
- Teen Parent Support Programme (see details)
- Arts & Media Programmes and facilities
- Theatre and recording facilities
- Child Care facility

### How to contact:

- Ring the Youth Work Project Leader
- Call into the youth centre and talk to one of the Youth Workers

## Youth Work Programme

### What do they do?

- Work with young people on a one-to-one basis and in groups
- Provides advice, support and practical help to young people experiencing difficulties
- Works with parents, schools and other services on young person's behalf
- Focus on developing young people's well-being through education and recreational pursuits available on site in the Base

### How to contact:

- Ring the youth work project leader for further information on all the youth work programmes and referral procedures
- Call into the youth centre and talk to one of the youth workers

## Youth Health Programme

### What do they do?

- Offers support around health issues for young people
- Provides support for service providers in the area that deliver sexual health or drugs awareness and mental health awareness programmes
- Delivers health related services (alternative therapies, GP, Nurse,) operating from the base health suite
- Deals with referrals for young people to the appropriate services for treatment and general support

### How to contact:

Contact the health coordinator, or any youth worker by phone or drop in



Substance Misuse Programme

What do they do?

- Provides information, one to one support, referrals and crisis intervention to young people affected by their own drug/alcohol use or a family member's drug/alcohol use
- Delivers drug and alcohol programmes in schools, training centres and community agencies

How to contact:

- By ringing the substance misuse youth worker and arranging to meet either in the Base Youth Centre
- Meet at a place that suits you

Teen Parent Support Programme

Who is it for?

- Young men and women age 13-19 yrs who are expecting a baby or already have a baby and need support
- Living in Ballyfermot, Bluebell or Inchicore

What do they do?

- Supports young parents during pregnancy and for the first 2 years after the birth of the baby
- Helps young parents to deal with issues such as housing, entitlements, returning to education, family issues, addiction, child development and other needs

How to contact:

- By phoning the service and arranging to meet a Project Worker
- Referrals taken through services, schools, GP's etc

HSE Young Person's Programme - YPP

Bridge House,  
Cherry Orchard Hospital,  
Ballyfermot, D10.

t: 01 620 6400  
01 620 6493  
f: 01 620 6474

Who is it for?

Young people under 18 years who are using alcohol and/or drugs and require support

What do they do?

- Provides individual support to young people and their parents around a young person's drug use
- Organises counselling and psychological support
- Helps young person to look at their drug use and the reasons they may be using
- Supports family to make necessary changes to help young person
- Works with school or other services to get young person back into education or training
- Deals with homelessness if that is an issue for the young person

How to contact:

- Phone to make an appointment
- Referrals through schools, A&E, Youth Services, Probation and Welfare



## Ballyfermot Youth Service - BYS

41 Decies Road,  
Ballyfermot, D10.

### Opening Hours:

Normally 9am-9.30pm

Head Office

t: 01 623 1431

Information Office

t: 01 623 7401

Outdoor Education Centre

t: 01 612 0948

w: admin@ballyfermotys.ie

### Who is it for?

Young people age 10-21 years living in D10 area

### What do they do?

- Leadership programmes
- Young men's groups
- Drop in activities
- Internet café
- Young women's groups
- Sexual health programmes
- Peer Education training
- Outdoor education programmes
- Peer Education drugs and alcohol primary
- Secondary school programmes
- After schools programmes
- Information service

### How to contact:

- Drop in to BYS to enquire about joining a group or participating in an activity
- Referrals are taken from organisations in the area

## Cherry Orchard Integrated Youth Service - COIYS

C/O Equine Education  
and Training Centre,  
Cherry Orchard Green,  
Ballyfermot, D10.

t: 01 620 9160

e: [cherryorchardequinecentre.ie](mailto:cherryorchardequinecentre.ie)

### Opening Hours:

10am-9.30pm

### Who is it for?

Young People from 10 to 25 years old living in Cherry Orchard

### What do they do?

- Offer one to one support, group work, outreach service and family support
- Support young people in difficult situations eg negotiate with families and schools on behalf of young people

### How to contact:

Self referral, Parents, Schools, Health Service and friends

## Crosscare Teen Counselling

Quarryvale Community  
and Leisure Centre,  
Greenfort Gardens, D22.

t: 01 623 1398

f: 01 623 2594

### Who is it for?

Young people from 12-18 years who need counselling

### What do they do?

Provides counselling to young people who may be experiencing difficulties eg. family problems, drug or alcohol abuse, overdose, anxiety, depression, bereavement etc

### How to contact:

- Ring for an appointment
- Referrals taken from parents, teachers, social workers,
- doctors, hospitals, Probation and Welfare Service, JLO etc





## Cherry Orchard Child & Family Centre

Cherry Orchard Ave, t: 01 623 1313  
Ballyfermot, D10. f: 01 623 1345

(See pg. 54 for more info)

## Candle Community Trust

PO Box 1145, t: 01 626 9111  
Lynchs Lane, 01 626 9112  
Ballyfermot, D10. 01 626 9335  
f: 01 626 9379  
w: [cashe@candletrust.ie](mailto:cashe@candletrust.ie)

### Who is it for?

Young people from 11-21 years in the local community who are at risk of leaving school early or who have left school early and/or who are particularly vulnerable

### What do they do?

- Provides a training centre for young people which includes activities such as: woodwork, metalwork, communications, maths, personal development, literacy and jobskills, art, computers, health & fitness, routes into training and employment
- Afternoon and evening youth activities
- Interagency work, support and keyworking

### How to contact:

Referrals taken through the Probation Service, families, young people themselves, FÁS, drug services, social services etc



## Bodywhys

Helpline t: 01 283 4963  
t: 1890 200 444 w: [www.bodywhys.ie](http://www.bodywhys.ie)  
(for 2 hours per day)

### Who is it for?

Support for people affected by eating disorders and their families and friends

### What do they do?

- Provide confidential, non-judgemental support and information for people affected by eating disorders.
- Helpline **1890 200 444** for info and to talk
- Support Group for people with eating disorders - 1st & 3rd Wed of the month at 7.30pm The Friends Meeting House, 4/5 Eustace Street, Temple Bar, Dublin 2
- Support Group for Family and Friends - 3rd Wed of the month at 7.30pm same location
- Email Support - questions to [alex@bodywhys.ie](mailto:alex@bodywhys.ie)
- Online Support Group

### How to contact:

Call the helpline, ring for an appointment or email

## U18's Guide Clinic - STI/HIV/Hep C

St James Hospital, t: 01 416 2315  
St James St, D8. 01 416 2316

### What they do?

Full blood testing for STI/STD/ HIV/ Hep C

### How to contact:

Patients 18 years and under can phone to make an appointment and will not have to queue



School Completion Programme

Home School Liaison Programme

SCP Coordinator for:

- Kylemore College,  
Mary Queen of Angels,  
St Ultan's National School  
& Model School Inchicore t: 01 626 5910
- St John's College &  
De La Salle Primary School t: 01 626 4943
- St Louises Junior and  
Senior Primary School  
& Caritas College t: 01 626 5928
- St Dominic's Secondary School,  
St Raphael's, St Gabriel's &  
St Michael's Primary School t: 086 3512865

Who is it for?

Young people attending primary and secondary schools in the Ballyfermot area who are at risk of leaving school early

What do they do?

- The School Completion Programme is run in schools throughout Ballyfermot
- The programme is designed to prevent early school leaving and to support young people who may be at risk of leaving school early by making school a more meaningful and positive experience
- Some of the activities run as part of the SCP are: family therapy, after school programmes, clubs, anger management, peer support, skills workshops, exchange programmes etc

How to contact:

Phone the relevant SCP Coordinator for information and referral

HSL Coordinator for:

- St Michael's NS &  
St Gabriel's NS t: 01 6235845
- St Raphael's NS t: 01 623 5845
- St Louise's NS t: 01 626 5081
- Caritas College t: 01 626 5927
- St John's College t: 01 623 9637
- Kylemore College t: 01 626 5901
- Mary Queen of Angels t: 01 626 5207
- De La Salle NS t: 01 623 4829
- St Dominic's  
Secondary School t: 01 626 6493

Who is it for?

Children and young people attending schools in Ballyfermot

What do they do?

Supports children, parents and families to address problems that may affect the child's ability to stay in school and their educational development in school

How to contact:

Ring the relevant school and ask for Home School Liaison Coordinator



## A.B.L.E Project

201 Decies Road  
Ballyfermot, D10.  
**t:** 01 620 3994  
**f:** 01 620 3747  
**e:** [able@foroige.ie](mailto:able@foroige.ie)  
**w:** [www.foroige.ie](http://www.foroige.ie)

### Who is it for?

Boys and Girls from 12-18 yrs

### What do they do?

- Garda Youth Diversionary Project
- Group Work
- One-to-one work
- Non-formal education:  
arts and crafts, computers, pool etc
- Youth café
- Drug Awareness Programme

### How to contact:

Referrals by:

- Young person themselves
- JLO (Juvenile Liaison Officer)
- Home School Completion
- Home School Liaison
- Local organisations

## W.H.A.D Youth Project

Cherry Orchard  
Equine Centre,  
Cherry Orchard Green,  
Ballyfermot, D10.  
**t:** 01 620 9160  
**e:** [whad@gofree.indigo.ie](mailto:whad@gofree.indigo.ie)

### Who is it for?

Young men from 14 yrs to 20 yrs who are going through the Probation Service or who are at risk

### What do they do?

- Provides outdoor activities and experiences for young men who are at risk or going through Probation Services
- Aim is to reduce offending behaviour in the area and support young men to take responsibility for their actions in their own communities
- Probation Funded Project

### How to contact:

Referrals taken from:

- Probation and Welfare
- Community based services
- Garda JLO
- Schools etc



## BTAP - Ballyfermot Travellers Action Project

Ballyfermot Community  
& Civic Centre,  
Ballyfermot Rd, D10.

**t:** 01 626 4166  
**f:** 01 625 9651  
**e:** btap@eircom.net  
**w:** able@foroige.ie

### Who is it for?

Young Travellers in Ballyfermot

### What do they do?

- Run a Youth programme for young travellers
- Girls Group for 12 - 18 yrs
- Boys Group for 14 - 17 yrs
- Programme explores issues that affect young people and develop confidence in their identity as travellers
- Support young traveller participation in mainstream youth services
- Drugs Education and Awareness Programme

### How to contact:

Phone to speak to a support worker



## Ballyfermot Youthreach

49 Rossmore Ave,  
Ballyfermot, D10.

**t:** 01 623 1055  
**f:** 01 623 5617

### Who is it for?

Young men and women from 16 yrs - 20 yrs

### What do they do?

- Second Chance Education Programme
- FETAC Level 3 & 4
- Outdoor Pursuits
- 'Copping on' Drug Awareness and Crime Initiative

### How to contact:

Self referral or through Social Work Dept,  
Probation and Welfare, Schools etc



ISPCC - Teen Focus

29 Lower Baggot Street, D2.  
t: 01 6767960  
w: www.ispcc.ie

Who is it for?

Young people between 13 and 18 yrs who are at risk of misusing drugs or alcohol, are having difficulties at home, or are finding it hard to cope

What do they do?

- Provides counselling and support to young people in a location that they are comfortable with
- Provide telephone support if a young person doesn't want to meet face-to-face
- Provide Web-based counselling for young people who are most comfortable communicating through the internet

How to contact:

Referrals taken from young people, parents/guardians or professionals

Websites & Text lines

Teen-Line  
Freephone: 1800 833 634  
w: www.teenline.ie

Offers a safe space to talk for young people who are experiencing distress.  
Wed 3-6pm, Thurs/Fri/Sat 9-12pm, Sun 8-11pm

Spunout  
w: www.spunout.ie

Website for young people with lots of information on topics such as health, mental health, sex, relationships, family, accommodation etc.

Headsup  
txt: 50424

Free 24 hr text service for young people who need support on a range of issues such as Suicide, Drugs, Sexuality, Abuse etc. Text 'Headsup' to 50424 and a list of relevant organisations that can help are texted back.

www.drugsinfo.ie  
txt: 51900

Drugs Information site. Offers live chat facility where you can email your questions to a drugs professional and receive replies. Text Service 51900 - text the name of a drug to 51900 and have info on that drug texted directly back.

Childline  
Freephone: 1800 66 66 66

Free confidential helpline for children and young people up to 18years who are having difficulties or are in distress.



# MENTAL HEALTH

THIS SECTION IS FOR MENTAL HEALTH SERVICES. ONE IN FIVE IRISH PEOPLE WILL EXPERIENCE MENTAL HEALTH DIFFICULTIES DURING THEIR LIFE TIME. THIS CAN INCUDE DEALING WITH DEPRESSION, STRESS, ANXIETY AND ABUSE.



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## Cherry Orchard Child and Family Centre

Cherry Orchard Ave,  
Ballyfermot, D10.      **t:** 01 623 1313  
   **f:** 01 623 1345

### Who is it for?

Children under 18's and their families

### What do they do?

Counselling service for children and families who are experiencing difficulties because of a range of issues including alcohol and drug use. Parents must be stabilised or drug free if children are attending counselling

### How to contact:

- By phoning the service and making an appointment
- Referrals taken through doctor, school, social worker

## Oasis Counselling

1 Drumfinn Park,  
Ballyfermot, D10.      **t:** 01 626 8519  
   **w:** [www.oasiscounselling.net](http://www.oasiscounselling.net)

### Who is it for?

Open to all adults and children

### What do they do?

- One to one counselling for a wide range of issues including relationship problems, bereavement, sexual abuse, lone parenting, support for families affected by substance misuse
- Specialised counselling for children and teenagers - parents must be stabilised or drug free

**Cost:** Low cost or voluntary contribution

**How to contact:** Phone for an appointment

## HSE National Counselling Service

66 Old Bawn Road,  
Tallaght, D24.      **Freephone**  
18 Upper Quay, D7.      **t:** 1800 234 112  
   **w:** [www.hse-ncs.ie](http://www.hse-ncs.ie)

### Who is it for?

Over 18's who experienced emotional, physical or sexual abuse as children

### What do they do?

Provides free counselling for adults who experienced trauma/abuse as children including those who experienced abuse in institutions

### How to contact:

By phoning and making an appointment

## Aware

**Freephone**      **t:** 01 661 7211  
**t:** 1890 303 30      **w:** [www.aware.ie](http://www.aware.ie)

### Who is it for?

For anyone who experiences depression or their family and friends

### What do they do?

- Provides a listening service on the Aware Helpline
- Run support groups for people experiencing depression

### How to contact:

- Ring Helpline
- Ring **01 661 7211** for support group times and locations



## One In Four

2 Holles Street, D2.

**t:** 01 662 4070

**f:** 01 611 4650

**w:** [www.oneinfour.org](http://www.oneinfour.org)

### Who is it for?

People 17+ unless younger children are attending in the context of family therapy

### What do they do?

Provides a range of services for people who have experienced sexual abuse including:

- Individual, group, couple, or family psychotherapy
- Perpetrator assessment and treatment
- 24 hour support on online message boards
- Sliding scale of fees depending on your ability to pay

### How to contact:

Ring for an appointment or go online

## Grow

2 Holles Street, D2.

**t:** 1890 474 474

**w:** [www.grow.ie](http://www.grow.ie)

### Who is it for?

For anyone who has suffered from a mental illness and needs support in recovering from all forms of breakdown

### What do they do?

Run support groups for people affected by mental illness

### How to contact:

Phone for details of group meetings

## Dublin Rape Crisis Centre

70 Lower Leeson St, D2.

**Freephone**

**t:** 1800 778 888

**w:** [www.drcc.ie](http://www.drcc.ie)

### Who is it for?

Women and men who are affected by rape, sexual assault, sexual harassment or childhood sexual abuse

### What do they do?

Offer help and support to anyone who has experienced sexual violence of any kind recently or in childhood

Services include:

- Freephone Helpline 24hr  
365 days a year
- Individual counseling
- Group counseling
- Medical and Court Accompaniment
- Help for family and friends

## Samaritans - 1850 60 90 90

**Freephone**

**t:** 1850 60 90 90

**w:** [www.samaritans.ie](http://www.samaritans.ie)

### Who is it for?

Anyone experiencing feelings of distress and despair and who want support

### What do they do?

Provides 24 hour Confidential, non judgemental, emotional support to people through its national phonenumber





# SUICIDE & BEREAVEMENT

THIS SECTION GIVES INFORMATION ON SUICIDE PREVENTION SERVICES AND FAMILY SUPPORT IN THE EVENT OF SUICIDE.

IT ALSO HAS INFORMATION ON BEREAVEMENT SERVICES AVAILABLE TO PEOPLE WHO HAVE LOST A LOVED ONE.



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Suicide Advice

In the event that someone close to you attempts to take their own life, get immediate medical attention for them:

- Contact your local doctor
- Go to, or contact, the Accident and Emergency Department at St Jame’s Hospital or Tallaght Hospital which are responsible for the D10 area

**If you are worried that someone might be thinking of taking their own life or self-harming it is very important not to ignore the signals. Talking about suicide will NOT plant an idea in a vulnerable person’s mind.**

How to Respond:

- Show you care by being supportive, for example say something like:  
“I’m worried about you and I am here to help.”
- If you are worried that someone is acutely suicidal find out by asking them if they have plans to harm themselves
- Get help or encourage them to get help, for example by saying “I will stay with you until you can get help”



Local Hospitals

St James Hosptial

St James Hosptial  
James Street, D8.

t: 01 410 3000

Emergency Department  
t: 01 4162774/5

Tallaght Hospital

The Adelaide and Meath  
Hospital Dublin  
Incorporating the  
National Children’s  
Hospital, Tallaght, D24.

General number  
t: 01 414 2000  
  
National Children’s  
Hospital  
t: 01 414 2925

Emergency Department  
t: 01 414 3501/  
01 414 3601

Oasis Counselling

1 Drumfinn Park,  
Ballyfermot, D10.

t: 01 626 8519  
w: [www.oasiscounselling.net](http://www.oasiscounselling.net)

(See pg. 76 for  
more info)



## Pieta House - Centre for the Prevention of Self-Harm or Suicide

Old Lucan Road  
Lucan, Co Dublin.

t: 01 601 00 00  
w: [www.pieta.ie](http://www.pieta.ie)

### Who is it for?

For children, young people and adults who have attempted suicide, have suicidal thoughts, and/or have self harmed

### What do they do?

- Individual psychotherapy
- Specialised children's programme
- Family support
- Training in suicide awareness
- Service is completely free of charge

### How to contact:

By phone 9am-5pm for an appointment

## Suicide Assist Trained Projects

Ballyfermot Community Drug Team t: 01 623 8001  
Fusion CPL t: 01 623 1499  
BLES-Jobplan t: 01 623 5612  
Ballyfermot STAR: t: 01 623 8002

A number of projects in the area have taken part in a specialised training programme to help people who may be having suicidal thoughts and feeling

Ask for the Suicide Assist trained worker at the above organisations



## Teen-Line - 1800 833 634

Freephone

t: 1800 833 634  
w: [www.teenline.ie](http://www.teenline.ie)

### What do they do?

Offers a safe space to talk for young people who are experiencing distress including suicidal feelings and thoughts

### Times:

Wed: 3-6pm  
Thurs/Fri/Sat: 9-12pm  
Sun: 8-11pm

## Samaritans - 1850 60 90 90

Freephone

t: 1850 60 90 90  
w: [www.samaritans.ie](http://www.samaritans.ie)

### Who is it for?

Anyone experiencing feelings of distress and despair and who want support

### What do they do?

Provides 24 hour Confidential, non judgemental, emotional support to people through its national phone line



Console

Freephone  
t: 1800 201 890  
w: www.console.ie

**Who is it for?**  
For people who have been bereaved through suicide

- What do they do?**
- Freephone Helpline for a safe and secure space to talk
  - Counselling services
  - Support groups

Realt na Clann Bereavement Group

11 Drumfinn Park  
Ballyfermot, D10.  
t: 01 623 5644  
w: www.ballyfermotstar.ie

**Who is it for?**  
For people who have lost a loved one through drugs or alcohol

**How to contact:**  
Phone for an assessment meeting before joining the group



Barnardos Bereavement  
Counselling for Children

Christchurch Square, D8.  
Helpline  
t: 01 473 2110  
Opening Hours:  
Mon-Fri: 10am-12 noon  
t: 01 453 0355  
w: www.barnardos.ie

**Who is it for?**  
Children and Young People who have lost a loved one through death

**What do they do?**  
Provides:  

- Information
- Counselling
- Therapy

for bereaved children and their families

**How to contact:**  

- Through helpline
- Referrals taken through parents/carers
- Referrals through Agencies

# PRISON SERVICES

THIS SECTION IS FOR PRISON - RELATED SERVICES. THESE CAN BE FOR PRISONERS THEMSELVES OR FOR THEIR FAMILIES.



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FOR PRISON TIMES AND CONTACT DETAILS SEE: [WWW.IRISHPRISONS.IE](http://WWW.IRISHPRISONS.IE)





Fusion CPL -  
Community Prison Link

Cherry Orchard Health Centre,  
Cherry Orchard Grove, D10.  
t: 01 623 1499  
f: 01 623 1518  
w: www.fusioncpl.ie

Who is it for?

Prisoners who are affected by drug use  
and are approaching release date.

What do they do?

- CPL (Community Prison Link) provides practical advice and support to prisoners who have/ had a drug problem and are due for release
- Works with people for up to 6 months before release and for 6 weeks after release
- Provides support around housing, treatment and detox options, entitlements, training, education, literacy, and emotional supports such as counselling

How to contact:

- By phoning service and arranging a visit from the Prison Links worker
- Through Probation and Welfare worker
- Families can phone and make contact on behalf of a family member in prison



Cloverhill Prison  
Visitors Centre

Cloverhill Road  
Clondalkin, D22.  
t: 01 630 4646  
e: cloverhillcentre@eircom.net

Opening Times:

Mon-Sat:

10am-12noon  
& 2pm-4pm

What do they do?

- Jointly run by the Society of St. Vincent De Paul and The Society of Friends
- Childcare/play area which is fully equipped and staffed by two qualified and experienced childcare workers
- Free snack bar service is provided which is staffed by experienced project workers
- Information service is available to visitors on matters such as Probation and Welfare, visiting and phone call rights, access to the Chaplaincy service etc

How to contact:

Call to Visitors Centre



Probation & Welfare Service

Le Fanu Road  
(above Iceland)  
Ballyfermot, D10.

t: 01 623 3666  
f: 01 623 3737  
w: www.pws.ie

What do they do?

- The Probation Service is a branch of the Department of Justice Equality and Law Reform
- Assess and supervise offenders in the community on behalf of the Courts Service and the Prisons to reduce offending and make communities safer
- Work with appropriate services in the community eg rehabilitation for addictions, homeless services, mental health services and other relevant services
- Prepare victim impact reports as requested by the courts

How to contact:

Phone to speak to a Probation Officer

Cloverhill Remand Prison  
& Wheatfield Prison

Cloverhill Road,  
Clondalkin, D22.

t: 01 630 4530  
01 630 4531  
f: 01 630 4580

Visiting Times:

Normal family visits **Mon-Sat**  
10am-12 noon & 2pm-4pm



St. Patrick’s Institution

Nth Circular Road, D7.

t: 01 806 2896  
f: 01 830 7705

Visiting times:

**Mon/Wed/Fri/Sat**  
10am-12 noon & 2pm-4pm

Dochas Centre

Nth Circular Road, D7.

t: 01 885 8987

Visiting Times:

Normal family visits **Mon-Sat**  
10am-12 noon & 2pm-4pm

Training Unit

Glengarriff Parade,  
Nth Circular Parade,  
D7.

t: 01 806 2890

Visiting times:

**Mon-Fri** 2pm-4pm  
**Sat-Sun** 10am-12 noon & 2pm-7pm

# HOMELESS SERVICES

THIS SECTION GIVES INFORMATION ON  
SERVICES FOR PEOPLE WHO ARE HOMELESS.

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FOR HOSTELS AND ACCOMMODATION  
PROJECTS IN DUBLIN SEE:  
[WWW.HOMELESSDUBLIN.ORG](http://WWW.HOMELESSDUBLIN.ORG)







Ballyfermot Advance - CDT

Le Fanu House,  
3b Le Fanu Road,  
Ballyfermot, D10.

t: 01 623 8001  
f: 01 620 8701

What do they do?

- Supoport and guidance around accessing accommodation for people with an addiction

Homeless Persons Unit - HPU

For Single Men  
Requiring Accommodation  
149 James Street, D8.  
t: 01 881 5200  
10am-12 noon

For Women and Families  
Requiring Accommodation  
16-18 Wellington Quay, D8.  
t: 01 881 5180  
10am-12 noon

Who is it for?

Anyone who finds themselves homeless and needs assistance

What do they do?

Daytime Service: 9am-5pm

- Assess your housing needs
- Organise temporary accommodation
- Provide Advice and information
- Organise social welfare payments
- Apply for Medical Card on clients behalf
- Organise access to GP, dentist, hospital etc

Night Service: 5pm-1am

- Soup Run
- Organise Emergency Accomodation



Homeless Persons Unit  
Freephone Service - HSE

Parkgate Hall,  
6-9 Conyngham Rd,  
D18.

Freephone  
t: 1800 724 724  
f: 01 838 3475

What do they do?

- Information and referral service for people who are homeless
- Facility for making appointments with other homeless services and accommodation referrals

How to contact:

Ring Freephone number 7 days a week from 10am-1am

Night Bus Service -  
Dublin City Council

Freephone  
t: 1800 724 724  
t: 01 703 6100  
9am-5pm  
m: 086 815 0763  
(evening time)

Who is it for?

Anyone sleeping rough in Dublin City Centre

What do they do?

- Open 10pm-2am 7 days a week
- Finds available accommodation
- Drives People to available accommodation
- Provides Blankets and Sleeping Bags

## HOMELESS SERVICES

### Merchants Quay Homeless Services

Cook Street, D8.

t: 01 645 6524

f: 01 671 3738

w: [www.mqi.ie](http://www.mqi.ie)

#### Who is it for?

- Homeless people aged 18+ and people in need of social support

#### What do they do?

- Drop in, advice and crisis intervention.
- Meal services:  
Breakfast **Mon-Sun** 7.15am-9am,  
Lunch **Mon-Fri** 1.45pm-2.45pm,  
**Sat** 11.30am-1pm, **Sun** 11am-1pm
- Shower facilities
- Primary health care, including counselling, chiropody, nursing, GP and dental services
- Group projects
- Creative, practical and educational workshops
- Keyworking
- Individual literacy tuition
- Women's group

#### How to contact:

Drop in or contact for an appointment

#### Opening times:

**Mon/Wed/Thurs/Fri**

7.15am-12.45pm,

1.45pm-4.30pm

**Tues** 1.45pm-4.30pm

**Weekends** 7.15am-1.15pm





# DRUGS EDUCATION

THIS SECTION GIVES INFORMATION ON  
DRUGS EDUCATION SERVICES AND RESOURCES.



## DRUGS EDUCATION



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## d-Talk Drug & Info Newsletter

c/o Community Support Worker **t:** 01 623 8001  
Ballyfermot Advance Project, D10. **f:** 01 620 8701  
**e:** community@ballyfermotadvance.ie

### What does it do?

Drug News and Information Newsletter delivered to every home and service in the Dublin 10 area. Produced by Ballyfermot Advance Project

## Ballyfermot Youth Service Peer Education Programme

41 Decies Rd, **t:** 01 623 1431  
Ballyfermot, D10.

### Who is it for?

Young people in local primary and secondary schools from 6th class to 6th year

### What do they do?

- Young people are trained to deliver drugs awareness messages to other young people in a structured way
- Deliver Drug Education Programmes in Primary and Secondary Schools
- Offer training for young people who would like to become involved as peer educators in their community

### How to contact:

Contact Peer Education Co-ordinator



## Community Addiction Studies Course

FETAC NCVA Level 5 – 1 module Approved Course

Ballyfermot STAR, **t:** 01 623 8002  
7 Drumfinn Park, **f:** 01 623 6297  
Ballyfermot, D10. **w:** info@ballyfermotstar.ie

### What do they do?

A course to enable people living or working in the community to become more effective when they encounter drug or alcohol abuse

### Areas covered include:

- Pharmaceutical information on drugs and their effects
- Process of addiction
- How addiction affects individuals, families, communities
- How individuals and communities can respond
- Field visits to drug services
- Individual project work

### When does it take place?

Autumn time every year

## The Base - Substance Misuse Programme

The Base, **Substance Misuse Worker**  
Le Fanu Park, **t:** 01 654 6800  
Ballyfermot, D10.

### What does it do?

Delivers drug and alcohol programmes in schools, training centres and community agencies

### How to contact:

Ring the Base



### Drug Awareness Training for Sports Organisations

c/o Community Support Worker,  
Ballyfermot Advance Project, D10. **t:** 01 623 8001

#### Who is it for?

Sports organisations and clubs who receive a Sports Grant from Ballyfermot Advance Project under their annual Small Grants Scheme

#### What do they do?

8 week drug awareness course including recognising signs and symptoms of drug use, drug types, supporting young people who may be displaying signs of drug use etc

### HSE Outreach Service

Bridge House **t:** 01 620 6424  
Cherry Orchard Hospital 01 620 6400  
Ballyfermot Road, D10.

#### What do they do?

Provide training to groups and projects on a wide range of drug related topics including addiction, sexual health, safer injecting etc

#### How to contact:

Phone outreach worker



### Dublin City Council Sports Development Officer

Sports Development Officer, **t:** 01 222 8571  
Dublin City Council, **m:** 086 3821773  
Sport & Leisure Services Section,  
Ballyfermot Leisure Centre, D10.

#### Who is it for?

Young People aged between 10-21 years

#### What does it do?

Provide Sports programmes to agencies working with young people

#### How to contact:

Contact Sports Development Officer

### Diploma in Drug & Alcohol Studies

Cherry Orchard Hospital **t:** 01 620 6417  
Ballyfermot Rd, D10. **e:** james.fletcher@hse.ie

- 1 year part-time course accredited by the University of Limerick
- Successful Completion leads to an award of a Level 7 Diploma
- Programme designed for those working in the Drug and Alcohol field and professionals who come into contact with individuals at risk of drug and alcohol misuse



# COMMUNITY & TASKFORCE

THIS SECTION GIVES INFORMATION ON:

- THE LOCAL DRUGS TASK FORCE AND COMMUNITY INITIATIVES
- WHAT TO DO IF YOU FIND A USED SYRINGE IN A PUBLIC PLACE
- WHAT TO DO IN THE EVENT OF A DRUG OVERDOSE



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Ballyfermot Local  
Drugs Task Force - BLDTF

The Ballyfermot Local Drugs Task Force is a body that meets once a month and is made up of local community representatives, statutory agencies and voluntary organisations concerned with the drugs issue.

The members of the Local Drugs Task Force come from: local community, local drugs organisations, HSE, Garda, FAS, Department of Education, Probation and Welfare, National Drugs Strategy Team, Dublin City Council.

Ballyfermot Local Drugs  
Task Force Co-ordinator

Frank Gilligan  
Bridge House,  
Cherry Orchard Hospital,  
Ballyfermot, D10.

t: 01 623 8001  
m: 087 2252231  
e: taskforce@ballyfermotadvance.ie

**Function of Task Force Co-ordinator:**  
To implement and coordinate the Local Drugs Strategy in Ballyfermot so that there are services available on the ground when people need them.



BLDT Community  
Representatives

Community Representatives on the Ballyfermot Local Drugs Task Force live in the Dublin 10 area and have an interest in the Drugs issue. They ensure that the community has a strong and effective voice at the Task Force table. If you would like to speak to your Community Rep please see contact details below.

**DRUMFINN:**  
Patsy Moran  
t: 01 623 8002  
(and leave a message)

Veronica Hallahan  
t: 087 966 4958  
e: veronicahallahan@gmail.com

**LOWER BALLYFERMOT:**  
Blaitnaid Dunne  
t: 01 623 8001  
e: bdunne@ballyfermotadvance.ie

Henry Harding  
t: 085 1471711  
e: hardingh@eircom.net

Henry will bring any drug related issues affecting people living in the Lower End to the Ballyfermot Local Drugs Task Force table





BLDTF Community  
Representatives

CARNA / KYLEMORE:

Pam O'Reilly  
t: 01 623 8001  
(and leave a message)

Pam has been an active member of the Local Drugs Task Force since it began 10 years ago. Pam is very approachable if people want to speak to her and she can bring problems to the Local Drugs Task Force on your behalf

CHERRY ORCHARD:

Tommy McGrane  
t: 085 7108177  
e: thomas.mcgrane@gmail.com

Janice McGarry  
t: 01 623 8001  
(and leave a message)



Local Community Grants

Local Development Group Grants

**Details:**  
Annual award of small grant to a maximum of €5,000. This grant is specifically aimed at those organisations with the capacity to work with the target group as defined by the Young People Services and Facilities Fund

**Application Procedure:**  
Administered through the Ballyfermot Advance Project

**Information:**  
Contact **Gwen Doyle** - CDYSB liaison Officer.  
Ballyfermot Community & Civic Centre  
t: 01 432 1100

Ballyfermot Advance Project  
Community Grants

**Details:**  
Annual award of small grants in the region of €1000 (maximum award €2000) to community organisations, schools and sports organisations for drug related activities

**Application Procedure:**

- Grants advertised in local press and public spaces
- Application form to be filled out for relevant grant and returned by closing date to Ballyfermot Advance Project

**Information:**  
Contact the Community Development Worker at the Ballyfermot Advance Project





**Garda Confidential Line -  
1800 666 111**

- This Free Phone number allows you to leave information confidentially on a voice recorder, so you do not speak to any person
- All details will be handled with strictest confidence. You can leave your name and contact details if you wish
- In an emergency, please phone 999 or 112, as these numbers will get an immediate response

## Local Garda Station - Ballyfermot

Rossmore Avenue  
Ballyfermot, D10.

Community Garda are available on request

## Essential Information

## Finding a Used Syringe

If you find a used syringe in a public place or in your garden please do not ignore it and presume someone else will deal with it.

Dublin City Council is responsible for disposing of hazardous waste. Ring the following numbers and someone will come out and dispose of the syringe:

## DCC Cleansing Department

t: 01 626 5122

## Parks Section

t: 01 626 5064

If you find a syringe  
outside working hours  
or at the weekend:  
t: 01 222 2222

**Drug Overdose**

**A drug overdose is a very serious situation and the person overdosing requires IMMEDIATE MEDICAL HELP.**

**If somebody overdoses ring 999 immediately and ask for an ambulance.**

**If you know what drug/s the person has taken tell the ambulance crew. This information could save their life.**

**Place the person in the emergency position so that they cannot choke on their own vomit.**

**If they stop breathing perform CPR (see diagram opposite).**

**The priority of the emergency services is to help the person who has overdosed and not to try and find out who else has been using illegal drugs.**

**CPR**



**CALL** - Check the victim for unresponsiveness. If there is no response, Call 999 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.



**BLOW** - Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.



**PUMP** - If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 1.5 to 2 inches 30 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.



**CONTINUE WITH 2 BREATHS AND 15 PUMPS UNTIL HELP ARRIVES**

**NOTE** - This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

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Every effort has been made to include all relevant services in this Directory. In the event that your service has not been included and you would like inclusion in forthcoming editions please contact the Ballyfermot Advance Project.

Ballyfermot Advance Project,  
3b Le Fanu Road,  
Ballyfermot, D10.

t: 01 623 8001  
f: 01 620 8701  
e: [info@ballyfermotadvance.ie](mailto:info@ballyfermotadvance.ie)

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#### DISCLAIMER

This Directory is provided for information only. The information contained herein is NOT a substitute for professional medical care/advice by a qualified doctor or other health care professional. ALWAYS check with your doctor/health care professional if you have any concerns about your drug use, condition or treatment.

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