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
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**

- Needle Exchange Times
- Ballyfermot Advance Project Community Drug Team - CDT
- HSE Outreach Service
- NA (Narcotics Anonymous)
- Ballyfermot STAR - Saoirse Cocaine Project
- Drugs/HIV Helpline
- Merchants Quay

**Treatment & Detoxification**

- These services are for people looking to make changes to their drug use or who want to become drug free:
  - Ballyfermot Advance Project Community Drug Team - CDT
  - HSE Outreach Service
  - NA (Narcotics Anonymous)
  - Aisling Clinic
  - HSE Young Peoples Programme

**Rehabilitation**

- These programmes are for people who have a history of drug use but are now ready to move on through education, employment and training. Some programmes are for people stable on methadone. Other programmes are for people who are fully drug free:
  - Fusion CPL
  - Jobplan Project - LES
  - Ballyfermot STAR - Realt Nua
  - Matt Talbot Community Trust
  - Ballyfermot Theatre Workshop
  - Liberties Recycling
  - Residential Rehabilitation Services
  - Residential Options Fund
### Needle Exchange Times

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Address</th>
<th>Opening Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aisling Clinic</td>
<td>01 620 6010</td>
<td>Cherry Orchard Hospital, Ballyfermot Road, D10.</td>
<td>Mon: 2pm-4pm</td>
</tr>
<tr>
<td>Ballyfermot Health Centre</td>
<td>01 626 4000</td>
<td>Ballyfermot Rd, D10.</td>
<td>Tues: 2.15pm-4.20pm</td>
</tr>
<tr>
<td>CASP Needle Exchange</td>
<td>01 616 6750</td>
<td>Ballyowen Meadows, Fonthill Road, Clondalkin, D22.</td>
<td>Mon/Thurs: 6.30-7.30pm</td>
</tr>
<tr>
<td>Merchants Quay Ireland</td>
<td>01 645 6524</td>
<td>4 Merchants Quay, D8.</td>
<td>Mon-Fri: 10am-12.45pm, 1.45pm-4.30pm, Tues: 1.45pm-4.30pm only</td>
</tr>
<tr>
<td>Rialto Community Drug Team Needle Exchange</td>
<td>01 454 0021</td>
<td>St Andrews Community Centre, 468 South Circular Road, Rialto, D8.</td>
<td>Thurs: 6.30pm-8pm</td>
</tr>
</tbody>
</table>

### Ballyfermot Advance Project

<table>
<thead>
<tr>
<th>Community Drug Team - CDT</th>
<th>Phone</th>
<th>Address</th>
<th>Opening Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Le Fanu House, 3b Le Fanu Road,</td>
<td>01 623 8001</td>
<td>Ballyfermot, D10.</td>
<td></td>
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<tr>
<td></td>
<td>01 620 8701</td>
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<tr>
<td>Who is it for?</td>
<td></td>
<td>People from Dublin 10 who are actively using drugs</td>
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<tr>
<td>What do they do?</td>
<td></td>
<td>Provide a welcoming supportive environment</td>
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<td></td>
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<td>Care planning</td>
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<td>Crisis Support</td>
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<td>Counselling</td>
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<td>Treatment options support</td>
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<td></td>
<td></td>
<td>Advice and information</td>
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<td>Support groups</td>
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<td>Holistic therapies</td>
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<td>Street Outreach</td>
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<td>Referral to other services</td>
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<td>Daily drop in service</td>
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<td>Breakfast morning</td>
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<td>Homeless support</td>
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<td>Hepatitis C Nurse</td>
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<td></td>
<td>Community Welfare Officer</td>
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<tr>
<td>How to contact:</td>
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<td>Self referral by ringing service or dropping in</td>
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<td>Referral from other drug projects and clinics</td>
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<td>Referral from GP</td>
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</tbody>
</table>
HSE Outreach Service

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

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:
- Tues/Thurs: 8.30pm
- Sat: 7pm

Who is it for?
People living in the Dublin 10 area who are experiencing difficulties with their cocaine use

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

Ballyfermot STAR - Saoirse Cocaine Project

Ballyfermot Star, 7 Drumfinn Park, Ballyfermot, D10.

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

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

How to contact:
- 1800 459 459
**Merchants Quay - Open Access Drugs Service**

<table>
<thead>
<tr>
<th>Details</th>
<th>Contact Details</th>
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</thead>
<tbody>
<tr>
<td>4 Merchants Quay, D8.</td>
<td>t: 01 679 0044</td>
</tr>
<tr>
<td></td>
<td>f: 01 671 3738</td>
</tr>
<tr>
<td>opening Times:</td>
<td>w: <a href="http://www.mqi.ie">www.mqi.ie</a></td>
</tr>
<tr>
<td>Mon/Wed/Thurs/Fri:</td>
<td></td>
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<tr>
<td>10am-12.45pm &amp; 1.45pm-4.30pm</td>
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<tr>
<td>Tues: 1.45pm-4.30pm</td>
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**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

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**Ballyfermot Advance Project - Community Drug Team**

<table>
<thead>
<tr>
<th>Details</th>
<th>Contact Details</th>
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</thead>
<tbody>
<tr>
<td>Le Fanu House, 3b Le Fanu Road, Ballyfermot, D10.</td>
<td>t: 01 623 8001</td>
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<tr>
<td></td>
<td>f: 01 620 8701</td>
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(See pg. 9 for more info)

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**HSE Outreach Service**

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<thead>
<tr>
<th>Details</th>
<th>Contact Details</th>
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<tr>
<td>Bridge House, Cherry Orchard Hospital, Ballyfermot Road, D10.</td>
<td>t: 01 620 6424</td>
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<td>01 620 6400</td>
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(See pg. 10 for more info)

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**NA (Narcotics Anonymous)**

<table>
<thead>
<tr>
<th>Details</th>
<th>Contact Details</th>
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</thead>
<tbody>
<tr>
<td>Ballyfermot Resource Centre, Sarsfield Rd, Ballyfermot, D10.</td>
<td>t: 01 672 8000</td>
</tr>
<tr>
<td></td>
<td>NA General Number</td>
</tr>
<tr>
<td></td>
<td>For times of meetings</td>
</tr>
<tr>
<td></td>
<td>m: 086 8629308</td>
</tr>
<tr>
<td></td>
<td>w: <a href="http://www.na.ireland.org">www.na.ireland.org</a></td>
</tr>
</tbody>
</table>

(See pg. 10 for more info)
**Aisling Clinic**

Cherry Orchard Hospital, Ballyfermot Road, D10.  
t: 01 620 6010  
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, Cherry Orchard Hospital, Ballyfermot, D10.  
t: 01 620 6400  
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 assessment 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
**Drug Services - Rehabilitation**

### Fusion CPL

**Address:**
CO Health Centre, Cherry Orchard Grove, Ballyfermot, D10.

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

**Contact Information:**
- **t:** 01 623 1499
- **f:** 01 623 1518
- **e:** info@fusioncpl.ie
- **w:** www.fusioncpl.ie

**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

**Address:**
4 Drumfinn Park, Ballyfermot, D10.

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

**Contact Information:**
- **t:** 01 623 5612
- **f:** 01 623 0922

**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

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>36b&amp;C Lavery Avenue,</td>
<td>01 612</td>
<td>01 612</td>
<td><a href="http://www.ballyfermotstar.ie">www.ballyfermotstar.ie</a></td>
</tr>
<tr>
<td>Parkwest Industrial Est.,</td>
<td>0950</td>
<td>0951</td>
<td></td>
</tr>
<tr>
<td>Cherry Orchard, D10.</td>
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</tbody>
</table>

**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
- Separate 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

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>PO Box 8372</td>
<td>01 626</td>
<td>01 623</td>
<td><a href="mailto:mtcommtrust@eircom.net">mtcommtrust@eircom.net</a></td>
</tr>
<tr>
<td>Kylemore Road</td>
<td>4899</td>
<td>4021</td>
<td></td>
</tr>
<tr>
<td>Ballyfermot, D10.</td>
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</tbody>
</table>

**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

- **Address:** Ballyfermot Community and Civic Centre, Ballyfermot Rd, D10.
- **Opening Times:** Mon-Fri: 9am-5pm
- **Programme Hours:** 10am-2pm
- **Contact Information:**
  - **t:** 01 445 1208
  - **f:** 01 620 7194
  - **e:** btwcep@gmail.com

#### 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

- **Address:** Unit D1C, Bluebell Industrial Estate (off Kylemore Rd), D12.
- **Contact Information:**
  - **t:** 01 419 3999
  - **f:** 01 419 3993
  - **w:** 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.
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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- Alateen 27
- HSE Alcohol Services 28
## AA (Alcoholics Anonymous)

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<tr>
<th>Location</th>
<th>Meeting Times</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballyfermot Resource Centre, Ballyfermot Rd, D10.</td>
<td>Tues: 1pm &amp; 8.30pm, Wed/Fri: 8.30pm</td>
<td>t: 1890 412 412, w: <a href="http://www.alcoholicsanonymous.ie">www.alcoholicsanonymous.ie</a></td>
</tr>
<tr>
<td>Ballyfermot Library, D10.</td>
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</tr>
</tbody>
</table>

**Meeting Times:**
- Tues: 1pm & 8.30pm
- Wed/Fri: 8.30pm

**Who is it for?**
People living in the Dublin 10 area who are actively using drugs and/or alcohol

**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

<table>
<thead>
<tr>
<th>Location</th>
<th>Meeting Time</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Le Fanu House, 3b Le Fanu Road, Ballyfermot, D10.</td>
<td>Tues: 8.00pm</td>
<td>t: 01 623 8001, f: 01 620 8701</td>
</tr>
</tbody>
</table>

**Meeting Time:**
- Tues: 8.00pm

**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

<table>
<thead>
<tr>
<th>Location</th>
<th>Meeting Time</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballyfermot Resource Centre, Ballyfermot Rd, D10.</td>
<td>Tues: 8.30pm</td>
<td>t: 01 873 2699, e: <a href="mailto:info@al-anon-ireland.org">info@al-anon-ireland.org</a></td>
</tr>
</tbody>
</table>

**Meeting Time:**
- Tues: 8.30pm

**Who is it for?**
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

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Details</th>
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</thead>
<tbody>
<tr>
<td>Phone for locations and meeting times</td>
<td>t: 01 873 2699</td>
</tr>
</tbody>
</table>

**Who is it for?**
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
HSE Alcohol Services - Glen Abbey

Belgard Road, Tallaght, D24.

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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- Aisling STD Clinic 32
- Cara Cheshire Ireland 33
- Hep C Liaison Nurse 34
- Drugs/HIV Helpline 34
- Women’s Health Project for Women in Prostitution 35
- Merchants Quay Ireland Open Access Service 36
- Other Local Health Services 37
Guide Clinic STI/HIV/Hep Clinic

St James Hospital, D8.

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

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

Cara Cheshire Ireland

Community Services,
Community & Civic Centre,
Ballyfermot Rd, D10.

t: 01 620 7187
f: 01 620 7185
e: ccs@cheshire.ie
w: www.cheshire.ie

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

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.

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.     

**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.

---

**Women's Health Project**  
for Women in Prostitution

Baggot Street Clinic,          
19 Haddington Road, D4.     

**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.

---

**Drugs/HIV Helpline - 1800 459 459**

**Opening Times:**  
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.
**DRUG RELATED HEALTH SERVICES**

**Merchants Quay Ireland**

**Open Access Services**

4 Merchant’s Quay, D8.

**Opening Times:**

Mon/Fri:
7.15am-12.45pm & 1.45pm-4.30pm

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

Sat-Sun:
7.15am-1.15pm

Primary Healthcare Service

**t:** 01 645 6524

**w:** www.mqi.ie

**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, Ballyfermot Road, D10.

**t:** 01 626 4000

Cherry Orchard Health Centre, Cherry Orchard Ave, D10.

**t:** 01 620 9500

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

THIS SECTION GIVES INFORMATION ON SERVICES FOR FAMILIES.

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- Women’s Aid 44
- CUMAS Grandparents Group 45
- MABS - Money Advice & Budgeting Service 46
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### Familiscope

**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

**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

**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

---

### Familiscope

- **Address:** 201c Decies Rd, Ballyfermot, D10.
- **Phone:** 01 620 6842
- **Website:** www.familiscope.ie

---

### Ballyfermot STAR - Realt na Clann

- **Address:** 11 Drumfinn Park, Ballyfermot, D10.
- **Phone:** 01 623 5644
- **Fax:** 01 623 6297
- **Email:** info@ballyfermotstar.ie
- **Website:** www.ballyfermotstar.ie

---

### Realt Beag Child & Family Centre

- **Address:** 7 Drumfinn Park, Ballyfermot, D10.
- **Phone:** 01 623 6203
- **Fax:** 01 623 6297
- **Email:** info@ballyfermotstar.ie
- **Website:** www.ballyfermotstar.ie

(See pg. 50 for more info)
<table>
<thead>
<tr>
<th><strong>BSII - Ballyfermot Social Intervention Initiative</strong></th>
<th><strong>Barnardos Cherry Orchard Family Support Project</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Who is it for?</strong></td>
<td><strong>Who is it for?</strong></td>
</tr>
<tr>
<td>- Families in which a young person is showing anti-social behaviour and where drug use may or may not be a problem</td>
<td>Families living in the Cherry Orchard/ Dumfinn Area</td>
</tr>
<tr>
<td>- Works with entire family or individual family members eg mothers, siblings or young person themselves</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>What do they do?</strong></th>
<th><strong>What do they do?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Support the family to look at the causes of anti-social behaviour and the effects on the family</td>
<td>- Providing a listening ear for parents and children</td>
</tr>
<tr>
<td>- Provides practical support with problems such as eviction, or relationship with Garda, DCC etc</td>
<td>- Supporting children and parents to develop their social skills, coping skills, self esteem and confidence</td>
</tr>
<tr>
<td>- Provides ongoing support, training and education to mothers through the WISE women’s group</td>
<td>- Supporting parents to set up routines in the home eg bedtime, homework etc</td>
</tr>
<tr>
<td>- Provides training, support and mentoring to young people from 18 years plus</td>
<td>- Supporting parents to deal with their children’s behaviour</td>
</tr>
<tr>
<td><strong>How to contact:</strong></td>
<td><strong>How to contact:</strong></td>
</tr>
<tr>
<td>- By phoning or calling into office</td>
<td>- Self referral by phoning Barnardos</td>
</tr>
<tr>
<td>- Through DCC Estate Management</td>
<td>- Through other organisations and agencies locally</td>
</tr>
<tr>
<td>- Probation and Welfare, Schools etc</td>
<td></td>
</tr>
</tbody>
</table>
### BTAP - Ballyfermot Travellers Action Project

<table>
<thead>
<tr>
<th><strong>Ballyfermot Community and Civic Centre,</strong> Ballyfermot Rd, D10.</th>
<th><strong>t:</strong> 01 626 4166</th>
<th><strong>m:</strong> 087 6412557</th>
<th><strong>e:</strong> <a href="mailto:btap@eircom.net">btap@eircom.net</a></th>
</tr>
</thead>
</table>

**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

<table>
<thead>
<tr>
<th><strong>t:</strong> 1800 341 900</th>
<th><strong>w:</strong> <a href="http://www.womensaid.ie">www.womensaid.ie</a></th>
</tr>
</thead>
</table>

**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

<table>
<thead>
<tr>
<th><strong>Cherry Orchard Ave, D10.</strong></th>
<th><strong>t:</strong> 01 623 1313</th>
</tr>
</thead>
</table>

(See pg. 54 for more info)

### CUMAS Grandparents Group

<table>
<thead>
<tr>
<th><strong>The Old Supermarket</strong></th>
<th><strong>t:</strong> 01 457 3515</th>
</tr>
</thead>
</table>

Neilstown Shopping Centre, Clondalkin, D22.

**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

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orchard Community, Cherry Orchard, D10.</td>
<td>t: 01 623 3900, e: <a href="mailto:cherry_orchard@mabs.ie">cherry_orchard@mabs.ie</a></td>
</tr>
<tr>
<td>Ballyfermot Library, Ballyfermot Road, D10.</td>
<td>t: 01 623 5443, e: <a href="mailto:cherry_orchard@mabs.ie">cherry_orchard@mabs.ie</a></td>
</tr>
</tbody>
</table>

#### 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

### HSE Family Support Service

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

#### 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 etc

#### How to contact:
Referals 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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- CARI Helpline 53
- Cherry Orchard Child & Family Centre 54
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- ISPCC - Childfocus 55
Familiscope

201c Decies Rd,
Ballyfermot, D10.

(See pg. 40 for more info)

t: 01 620 6842
w: www.familiscope.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

Ballyfermot STAR - Realt Beag

7 Drumfinn Park,
Ballyfermot, D10.

t: 01 623 6203
f: 01 623 6297
e: info@ballyfermotstar.ie
w: 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)

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

Barnardos Bereavement Counselling for Children

Christchurch Sq, D8.

t: 01 453 0355
w: 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.

**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.

---

**Support for Childcare Fund**

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

**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**

**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.

---

**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:** 01 620 6387
- **01 838 7122**
Cherry Orchard Child 
& Family Centre

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

ISPCC - Childfocus

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

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
THIS SECTION GIVES INFORMATION ON SERVICES FOR YOUNG PEOPLE.

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  - Youth Health Programme 59
  - Substance Misuse Programme 60
  - Teen Parent Support Programme 60
- HSE Young Persons Programme - YPP 61
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- Websites & Text lines:
  - Spunout
  - Headsup
  - Drugsinfo
  - Childline
  - Teenline

YOUNG PEOPLE
The Base Youth Centre

Le Fanu Park, Ballyfermot, D10.

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
f: 01 620 6493

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: 01 623 1398
e: cherryorcharddequeinecentre.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: 01 620 9160
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, Ballyfermot, D10.

(See pg. 54 for more info)

**Candle Community Trust**

PO Box 1145, Lynchs Lane, Ballyfermot, D10.

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 |
| w: www.bodywhys.ie |

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
• 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, St James St, D8.

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

**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

### Home School Liaison Programme

**HSL Coordinator for:**

- St Michael’s NS & St Gabriel’s NS  
  **t:** 01 623 5845
- 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

<table>
<thead>
<tr>
<th>Address</th>
<th>T: 01 620 3994</th>
</tr>
</thead>
<tbody>
<tr>
<td>201 Decies Road</td>
<td>F: 01 620 3747</td>
</tr>
<tr>
<td>Ballyfermot, D10.</td>
<td>E: <a href="mailto:able@foroige.ie">able@foroige.ie</a></td>
</tr>
<tr>
<td></td>
<td>W: <a href="http://www.foroige.ie">www.foroige.ie</a></td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Address</th>
<th>T: 01 620 9160</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cherry Orchard</td>
<td>E: <a href="mailto:whad@gofree.indigo.ie">whad@gofree.indigo.ie</a></td>
</tr>
<tr>
<td>Equine Centre,</td>
<td></td>
</tr>
<tr>
<td>Cherry Orchard Green,</td>
<td></td>
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<tr>
<td>Ballyfermot, D10.</td>
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</tbody>
</table>

**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

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

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

Ballyfermot Community & Civic Centre,
Ballyfermot Rd, D10.
t: 01 626 4166
f: 01 625 9651
e: btap@eircom.net
w: able@foroige.ie

49 Rossmore Ave,
Ballyfermot, D10.
t: 01 623 1055
f: 01 623 5617
ISPCC - Teen Focus

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Freephone:</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teen-Line</td>
<td>1800 833 634</td>
<td><a href="http://www.teenline.ie">www.teenline.ie</a></td>
</tr>
</tbody>
</table>
| 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 18 years 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 INCLUDE DEALING WITH DEPRESSION, STRESS, ANXIETY AND ABUSE.

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- Oasis Counselling 76
- HSE National Counselling Service 77
- Aware 77
- One In Four 78
- Grow 78
- Dublin Rape Crisis Centre 79
- Samaritans 80
Cherry Orchard Child and Family Centre

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

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

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

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

**Address:** 2 Holles Street, D2.  
**Phone:** 01 662 4070  
**Fax:** 01 611 4650  
**Website:** 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

### Dublin Rape Crisis Centre

**Address:** 70 Lower Leeson St, D2.  
**Phone:** 1800 778 888  
**Website:** 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

### Grow

**Address:** 2 Holles Street, D2.  
**Phone:** 1890 474 474  
**Website:** 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

### Samaritans - 1850 60 90 90

**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 phoneline
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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- Samaritans 85

BEREAVEMENT
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- Realt na Clann Bereavement Group 86
- Barnardos Bereavement Service for Children 87
## 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 Hospital

- St James Hospital
  - James Street, D8.
- **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

(See pg. 76 for more info)
Pieta House - Centre for the Prevention of Self-Harm or Suicide

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

Teen-Line - 1800 833 634

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

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

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
**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

---

**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

---

**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
This section is for prison-related services. These can be for prisoners themselves or for their families.
### 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

<table>
<thead>
<tr>
<th>Address</th>
<th>T:</th>
<th>F:</th>
<th>W:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Le Fanu Road (above Iceland)</td>
<td>01 623 3666</td>
<td>01 623 3737</td>
<td><a href="http://www.pws.ie">www.pws.ie</a></td>
</tr>
<tr>
<td>Ballyfermot, D10.</td>
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### 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.

## St. Patrick’s Institution

**Address:** 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

**Address:** Nth Circular Road, D7.
**T:** 01 885 8987

### Visiting Times:
Normal family visits **Mon-Sat**
10am-12 noon & 2pm-4pm

## Training Unit

**Address:** Glengarriff Parade, Nth Circular Parade, D7.
**T:** 01 806 2890

### Visiting times:
**Mon-Fri:** 2pm-4pm
**Sat-Sun:** 10am-12 noon & 2pm-7pm

## Visiting Times:
Normal family visits **Mon-Sat**
10am-12 noon & 2pm-4pm
This section gives information on services for people who are homeless.

**Contents**

- Ballyfermot Advance Community Drug Team - CDT 96
- Homeless Persons Unit - HPU 96
- Homeless Persons Unit - Freephone Service 97
- Night Bus Service - DCC 97
- Merchants Quay Homeless Service 98

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.

What do they do?
- Support 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 Accommodation

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

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.

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- dTalk Drug & Info Newsletter 102
- Ballyfermot Youth Service Peer Education Programme 102
- Community Addiction Studies Course 103
- The Base - Substance Misuse Programme 103
- Drug Awareness Training for Sports Organisations 104
- HSE Outreach Service 104
- Dublin City Council Sports Development Officer 105
- Diploma in Drug & Alcohol Studies 105
**d-Talk Drug & Info Newsletter**

**c/o Community Support Worker**
Ballyfermot Advance Project, D10.

**t:** 01 623 8001  
**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.  
Ballyfermot, D10.

**t:** 01 623 1431

**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,  
7 Drumfinn Park,  
Ballyfermot, D10.

**t:** 01 623 8002  
**f:** 01 623 6297  
**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,  
Le Fanu Park,  
Ballyfermot, D10.

**t:** 01 654 6800

**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

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

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

Dublin City Council Sports Development Officer

Who is it for?
Young People aged between 10-21 years

What does it do?
Provide Sports programmes to agencies working with young people

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

How to contact:
Contact Sports Development Officer

HSE Outreach Service

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

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

Diploma in Drug & Alcohol Studies

What do they do?
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

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
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 Coordinator 108
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- Local Community Grants 110
  - Local Development Group Grants 110
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- Garda Services 112
  - Garda Confidential Line 112
  - Local Garda Station 112
- Essential Information 113
  - Finding a Used Syringe 113
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  - CPR 115
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.

**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.

**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

**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:**  
Blaitnáid 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.
**Local Community 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

---

**Local Development Group Grants**

**Details:**
Annual award of small grants to a maximum of €2000. The 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 the Community Development Worker at the Ballyfermot Advance Project.

---

**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.

---

**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)
Garda Services

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       t: 01 666 7200
Ballyfermot, D10.     f: 01 666 7240

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.

(Source: www.pvac.org/main_files/learn/cpr/quickcpr.html)
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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.

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