

Directory Of Health Services In Clondalkin



Information and Services Directory

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Acknowledgements:

Thank you to the following people and groups who helped in the production of this directory.

Firstly the members of the Clondalkin Community Health Initiative, for their advice and support in researching this guide:

- Thanks also to the members of the Clondalkin Health Alliance for their support and guidance:
- Thanks to the children and young people from the Dochas Family Centre who designed the cover of the directory.
- Special thanks to the organisations that provided information for this directory and continue to develop essential health related services in this community.

Foreword

The Clondalkin Community Health Initiative was established in 2001. By using a participatory and community development approach, the project aims to increase the awareness of health issues and address inequalities and inequity of access to health services in Clondalkin. The Initiative assists with the training of local people, with a particular focus on health promotion issues. To date the Initiative has commissioned and published two pieces of research on health in Clondalkin, and in April 2004 it established the Clondalkin Health Alliance. An external evaluation was completed on the initiative in 2006.

One of the needs identified by members of the Initiative is the need for a Clondalkin specific directory providing details on health and associated services. By adopting the WHO's (World Health Organisation) definition of health as being "a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity", the directory provides information on a variety of services. In other words, it recognises that there are individual, environmental and social factors that determine and also impact on a person's health. The social and environmental factors include housing, local environment, education, employment and access to health services. Examples of these services include:

- Education: Training services for adults and young people
- Employment: Local Employment Service
- Housing & Environment: South Dublin County Council
- Community: Community Development Projects, Family Resource Centres
- Health services: health clinics, doctors, dentists, drug services

This directory aims to provide a comprehensive list of services and contacts in the Clondalkin area. We recognise that some services may be left out, and we apologise for this. If there is any particular service not listed in this directory that you need information on, please contact the Clondalkin Community Health Initiative or your local Citizens Information Centre (details of both listed in the directory).

We hope that you find it useful.

Maeve O'Sullivan

Chairperson

Clondalkin Community Health Initiative.

Directory



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General Practitioners (GPs):

Dr. Lindy Barnes

20 Glenfield Ave., Clondalkin
Tel: (01) 625 6562

Dr. R. Bismilla

St. Marys, Orchard Rd & 98 Monastery Rd.,
Clondalkin
Tel: (01) 459 2831

Dr John A. Carthy

North Clondalkin Health Project, Neilstown
Tel: (01) 457 4200

Dr. Brian Cronin

Neilstown Surgery, Clondalkin
Tel: (01) 626 3497

Dr. E Geraghty

100 St. John's Wood
Tel: (01) 457 3589

Dr. L. Hamilton

North Clondalkin Health Project
Tel: (01) 4574200 &
3 Orchard Rd, Clondalkin
Tel: (01) 457 3080

Dr. Declan Herbert

19 Ashwood Rd, Bawnogue
Tel: (01) 457 3335

Dr. Michael Lim

Newlands Cross Medical Centre
Tel: (01) 451 4670

Dr. Liam Lynch

North Clondalkin Health Project
Tel: (01) 4574200 &
3 Orchard Rd, Clondalkin
Tel: (01) 457 3080

Dr. John O'Grady

48 Tower Rd, Clondalkin
Tel: (01) 457 3143

Dr. Alison McSorley

17 Wheatfield Close, Monastery Rd, Clondalkin.
Tel: (01) 626 3497

Dr. J. McCarthy

24 Cherrywood Grove, Monastery Rd, Clondalkin.
Tel: (01) 457 2788

Dr. J Murphy

20 Glenfield Ave, Clondalkin.
Tel: (01) 626 0562

Dr. Ken Olinger

7 Castle Crescent
Monastery Rd, Clondalkin.
Tel: (01) 459 2596

Dr. Liam Quigley

20 Glenfield Ave, Clondalkin
Tel: (01) 626 0562

Dr. Deena Ramiah

Nangor Medical Centre, Clondalkin.
Tel: (01) 459 3325

Dr. Chenead Ramiah

Nangor Medical Centre, Clondalkin.
Tel: (01) 459 3325

Dr. H. Weber

98 Monastery Road, Clondalkin.
Tel: (01) 459 2831

Dr. Maria Wilson

19 Ashwood Road
Clondalkin.
Tel: (01) 457 3335

Dentists:

Dr. James Walsh

7 Castle Terrace
Monastery Road
Clondalkin
Tel: (01) 459 3118

Dr. Derval Cafferty

Dr. Paul Fitzsimmons

Dr. Ciaran Burke

Tully House
Monastery Road
Clondalkin
Tel: (01) 457 4733

Dr. Hilary Garvey

Dr. S Duffy

Dr. L Keenan

Dr. R Weld-Moore

1 Tower Road
Clondalkin
Tel: (01) 4574848

Opticians:

Mary Cunningham

7 Castle Crescent
Monastery Road
Clondalkin
Tel: (01) 459 3681

McNally Opticians

The Mill Centre
Clondalkin
Tel: (01) 457 5552

Hospitals:

(The Adelaide and Meath Hospital)
+ the National Childrens Hospital

Tallaght Hospital

Tallaght
Dublin 24
Tel: (01) 414 2000

James Connolly Memorial Hospital

Blanchardstown
Dublin 14
Tel: (01) 821 3844

St. James Hospital

P.O. Box 580
James's Street
Dublin 8
Tel: (01) 410 3000

Our Lady's Childrens Hospital

Crumlin
Dublin 12
Tel: (01) 409 6100

Cherry Orchard Hospital

Dublin 10
Tel: (01) 626 4702

Coombe Women's Hospital

Cork Street
Dublin 8
Tel: (01) 408 5200

Health Service Executive Services

Listed here are some HSE services. For a more comprehensive list of local HSE services, contact the Dublin West Local Health Office on 6206300 for a copy of the Dublin West "Your HSE Guide"

Social Work Service

Bridge House, Cherry Orchard, Dublin 10

Tel: (01) 620 6387

Fax: (01) 620 6388

Description of service:

The social work service is responsible for providing support to children and families in the community. This involves family support services, and care for older people. In cases where children are at risk of harm through abuse, child protection social workers have an important role in providing care, assessment and follow up to those children and their families.

Opening hours:

Monday-Friday 9am-5pm

Clondalkin Mental Health Centre

Unit 1A, The Village Centre,
Orchard Rd, Clondalkin

Tel: (01) 457 0009

Description of service:

The aim of this service is to provide a comprehensive community based mental health service. The team consists of a consultant psychiatrist, psychiatric medical staff, psychiatric nurses, social workers, an occupational therapist, psychologist and secretarial staff. The centre provides a day hospital service, a day centre for people needing on going support, a homecare service an out patients clinic and a new patients clinic. Referrals can come only from GP's, Accident and Emergency Departments and Medical consultants.

Opening hours:

Monday-Friday 9am-5pm

Child & Adolescent Mental Health Service

St. James Hospital, Dublin 8

& Linn Dara, Monastery Road, Clondalkin

Tel: (01) 416 6600

Description of service: This service is for children and families. Children and young people up to the age of sixteen are seen when there are concerns about their behaviour or emotional well-being. If you have worries about your child's behaviour or emotional well-being the first thing you could do is talk to someone who knows your child. This might be your doctor, teacher, public health nurse, speech and language therapist or social worker. Together then you might decide that you would like a referral to the St. James's Child Guidance Clinic. It might also happen that somebody outside the family is concerned, and asks your permission to refer your child to us. The team consists of Clinical Psychologists, Consultant Child and Adolescent Psychiatrists, Nursing/Play Therapists, Registrars in Child and Adolescent Psychiatry, Secretary, Social Worker/Family Therapist and a Speech and Language Therapist. The Clondalkin service based on the Monastery Road is due to open in September 2006. For details contact the Child Guidance Clinic in St.James' hospital on the number above.

Opening hours:

Monday-Friday 9am-4.45pm

Local Health Centres:

Boot Road Health Centre

Boot Road, Clondalkin

Tel: (01) 459 2549 / 459 1558

Fax: (01) 459 2746

Services Include:

Community Welfare Officers (CWO), Dentist for children and adults with medical card, developmental clinic, and home care service.

Opening hours:

Contact health centre between 9am-5pm to enquire about times each service is available.

Deansrath Health Centre

St. Cuthberts Rd, Clondalkin

Tel: (01) 457 3957

Fax: (01) 457 4108

Services Include:

Community Welfare Officers (CWO), Doctors referral clinic, developmental Clinic, dental clinic, home help, and speech and language therapy.

Opening hours:

Contact the Health Centre between 9am-5pm to enquire about times each service is available

Rowlagh Health Centre

Rowlagh, Clondalkin

Tel: (01) 675 4900

Fax: (01) 623 4326

Services Include:

Community Welfare Officers (CWO), Doctors referral clinic, developmental Clinic, baby clinic, ante-Natal clinic, BCG clinic, dental clinic, home help, physiotherapy and speech and language therapy.

Baby clinic on every Tuesday 10am-12pm

Opening hours:

Contact the Health Centre between 9am-5pm to enquire about times each service is available

Useful Health Service Executive numbers

Chiropody

01 6206345

Customer Services

01 6206461 / 01 6206462/6463

Domiciliary Care Allowance

01 6206090

Drugs Payment Scheme

01 6206075/6076

Home Adaptations

01 6206325

ECW Grants

01 6206325

Immunisations

01 6206235

Medical Cards

01 6206463

Mobility Allowance

01 6206326

Blind Welfare Allowance

01 6206326

Motorised Transport Grant

01 6206325

Community Physiotherapy

01 6206256

Community Speech and Language Therapy Department

01 6206256

Dental Service

01 6777671

Physical and Sensory

Disability service 01 6206091

Regional Autism services 01 4632210

Health Promotion Services

Director of Health Promotion:

Sheilagh Reaper- Reynolds

Third Floor
52 Broomhill Road
Tallaght
Dublin 24
Tel: (01) 463 2800
Email: hpd@mailm.hse.ie

Description of service: The role of health promotion services within the Health Service Executive South West Region is to enhance the well being of individuals and communities in our area by supporting the development of personal skills, facilitating supportive environments and formulating healthy public policy. Information leaflets, brochures and literature on a variety of health promotion topics can be obtained from the department. The health promotion training & development programme is designed to meet the training needs identified by staff, community groups and other organisations. There are a variety of courses on offer designed to support those who are in a position to promote health on a daily basis. The Library and Information service has a range of books, journals, videos, resource packs and reports and is open to all staff and organisations affiliated to the health promotion department.

Opening hours:

Monday-Friday 9am-5pm

HSE Drug Treatment Services

Aisling Clinic

Drug Treatment Centre
Cherry Orchard Hospital
Dublin 10
Tel: (01) 620 6010
Tel: (01) 626 2487

Services Include:

Counselling, support and referral, opiate detoxification, Methadone maintenance, HIV testing, stabilization, outreach and needle exchange.

Opening hours:

Contact the centre between 9am-5pm Monday to Friday for details of clinic times.

Fortune House

Drug Treatment Centre
Cherry Orchard Hospital
Dublin 10
Tel: (01) 620 6030
Fax: (01) 623 7358

Services Include:

Outpatient detoxification for opiate use, a structured programme which includes, counselling, group work, family work, medical treatment and referral to rehabilitation services.

Opening hours:

Contact the centre between 9am-5pm Monday to Friday for details of clinic times.

Needle Exchange facilities:

(Nangor Rd): 460 9663
 Anti-Social Behaviour Unit 414 9265
 Clondalkin Office –
 Community Department: 414 9384

Aisling Clinic

Cherry Orchard Hospital, Ballyfermot, Dublin 10
 Tel: (01) 620 6010

Opening hours:

Monday 2.15-4.30

Inchicore Health Centre

Emmet Road, Inchicore
 Tel: (01) 453 1978

Opening hours:

Tuesday 2.15-4.30

Ballyfermot Health Centre

Dublin 10
 Tel: (01) 626 4000

Opening hours:

Tuesday 2.15-4.30

Merchants Quay Project (non HSE)

Tel: (01) 679 0044

Opening hours:

Monday-Friday 10am-12.45pm
 1.45pm-4.30pm

Closed Tuesday mornings

South Dublin County Council services:

Clondalkin Offices

Civic Centre, Clondalkin Village, Dublin 22
 Tel: (01) 414 9000 or 414 9392
 fax: (01) 467 0233
 email: secretariatdept@sdblincoco.ie
 web: www.southdublin.ie

Opening hours:

Monday-Thursday 9am-12.45pm
 2pm-5pm
 Friday 9am-12.45pm
 2pm-4.30pm

Environmental Health Officers

Important non-Clondalkin based services:

Breast Check

89/94 Capel Street, Dublin 1
 Tel: 1800 454 555

Irish Family Planning Association

The Square, Tallaght, Dublin 24
 Tel: (01) 459 7685/6

Everyman Centre (Men's health)

4 Lower Mount St, Dublin 2
 Tel: (01) 678 8010

Rape Crisis Centre

Tel: (01) 661 4911
 1800778888 (freephone)
 70 Leeson St Lower, Dublin 2

Women's Aid

Everton House, 47 Old Cabra Rd, Dublin 7
 Tel: (01) 868 4721
 Tel: 1800 341 900 (free phone)

Community based Projects and Services:

Bawnogue Women's Development Group:

Bawnogue Community Centre
Bawnogue, Clondalkin

Tel: (01) 457 7382
Fax: (01) 457 7382
Email: bwdg@eircom.net

Project description: Bawnogue Women's Development Group runs a range of training courses for women including, maths, communications, art & crafts, computers, stress management, yoga and healthy lifestyles. Programme of courses varies each term. Registration for courses takes place three times a year in September, January and April. For more details on courses contact Emily at the above number. A crèche is provided for children of women taking part in courses.

Opening hours:

Monday-Friday: 9.30-2.30

Bawnogue Youth and Family Support Group

Unit 11 Bawnogue shopping centre
Bawnogue
Clondalkin

Tel: (01) 457 2938
Mob: 087-7831012
(24 hour helpline)
Fax: (01) 457 2958
Email: byfsg@eircom.net

Description of project: Advice and information to drug users and their families. The group provides information on treatment options available, educational and employment opportunities. BYFSG offers one to one support, counselling, complementary therapies and a daily drop in to service users.

Opening hours:

Mon-Thurs: 9-5pm Fri: 9-4pm

Beacon of Light Counselling Service

4 Collinstown Grove, Neilstown, Clondalkin

Tel: (01) 457 8700
Email: beacon of light@iolfree.ie

Description of service: Beacon of Light offers individual counselling, group therapy, educational programmes and personal development workshops in order to help people build self confidence develop coping and life skills and enable people to make positive choices. Issues covered include relationships, families, substance misuse, personal development, bereavement, behavioural difficulties, depression, anxiety and anger management.

Opening hours:

Monday-Thursday: 9am-9pm Friday: 9am-5pm

Cairdeas

Unit 1-2 Neilstown Shopping Centre
Neilstown Road
Clondalkin

Tel: (01) 457 3515
Fax: (01) 457 3122
Email: cairdeas@unison.net

Description of service: Cairdeas provides advocacy on issues presented by service users, and aims to counteract the social exclusion of drug users. Offers advice and information on a number of issues including, health, housing and legal entitlements. Provides a 12 week training course twice yearly (subject to funding) covering a number of modules including computers and positive lifestyles.

Opening hours:

Monday-Friday: 9.30-5.00

Carline Centre of Learning

Lynch's Lane
Balgaddy
Co.Dublin

Tel: (01) 624 9965
Fax: (01) 624 9969
Email: carlinecentre@gmail.com

Description of project: The Carline Learning Centre is an independent school that works with young people aged 13-18 years who cannot access mainstream education due to learning support needs and social, emotional and behavioural issues. The centre operates from an educational and social development ethos. The team of teachers and social care staff work together to ensure that the best and most productive learning experience possible is achieved for each young person. The programme is designed to cater for the student; it is designed to work to the strengths of the student and to improve upon their weaknesses. The programme is FETAC accredited. Courses include; maths, English, living in a diverse society, preparation for work, horticulture drama, personal development and interpersonal skills, food and cookery and self advocacy. For more information contact the centre manager, Olivia Keavenay at the phone number or email address above

Opening hours:

Monday-Friday 9.30am-5.30pm

Clondalkin Addiction Support Programme (CASP)

Ballyowen Meadows
Fonthill Rd
Clondalkin.

Tel: (01) 623 8000 / 623 8030
Fax: (01) 467 0467
Email: casp@iol.ie

Description of project:

CASP provides a range of treatment options for drug users including detox and maintenance treatment programmes, counselling, family therapy, support, urinalysis, aftercare, health care, referral if appropriate and complementary therapies. Support groups are hosted including a women's group, men's group, groups for young drug users and people at risk and various family support groups.

Opening hours:

Monday	11-8.30	
Tuesday	9.30-5.30	7-9pm
Wednesday	9.30-5.30	7-9pm
Thursday	9.30-7pm	
Friday	9.30-5.30	

Clondalkin Centre for the Unemployed LTD

Aras Rualach
Neilstown Rd, Clondalkin

Tel: (01) 623 0633
Fax: (01) 623 6839
email: ccuinfo@eircom.net

Description of project: A resource centre for local residents providing CV preparation and typing, career guidance and job seeking services (Local Employment Service), welfare rights information, full time training in conjunction with FAS and part time IT and office skills training. Console provides a counselling service by appointment in Aras Rualach (see under Console for more details)

Opening hours:

Monday/Tuesday 9am-9.30pm closed each day from 1-2pm for lunch
Wednesday/Thursday 9am-7pm
Friday 9am-4pm

Clondalkin Citizens Information Centre (CIC)

Luke Cullen House
Oakfield Industrial Estate, Clondalkin

Tel: (01) 457 0861 / 457 9045
Fax: (01) 457 0861

Description of project: CIC offers a free confidential service, which offers advice and information on a range of services and entitlements. Makes appropriate referrals to relevant agencies and provides advocacy and support in employment rights appeals and social welfare appeals. A variety of forms are available and assistance is offered with filling out forms. A Solicitor is available on Tuesday evenings between 7pm-8.30pm to provide free legal advice.

Opening hours:

Monday-Thursday 9am-1pm 2pm-5pm (Tuesday- free legal advice 7pm-8.30pm)
Friday 9am-1pm 2pm-4.30pm

Clondalkin Community Health Initiative

4 Neilstown Crescent
Clondalkin

Tel: (01) 457 0665
Fax: (01) 450 8800
Email: dscales@clondalkinpartnership.ie
lgriffin@clondalkinpartnership.ie

Description of project: The Clondalkin Community Health Initiative was set up in 2001. The project aims to increase the awareness of health issues in Clondalkin, to deliver health programmes, to train local people as trainers and to develop a local Health Alliance to examine health service delivery in the area. The initiative was set up to address health inequalities and inequity of access to health services in Clondalkin through the use of Community Development principles. To date the initiative has organised training in Relationship and Sexuality training, Promoting Positive Lifestyles, and healthy eating (through the 'Healthy Food Made Easy' programme). Our healthy living centre is located in Neilstown Crescent. We run a number of courses from this centre including stress management and healthy eating. Two pieces of research on health in Clondalkin have been published and the Clondalkin Health Alliance was set up in April 2004.

Opening hours:

Monday-Friday 9am-5pm

Clondalkin Domestic Violence Service

Helpline: 467 0655

Description of project: A free and confidential service for women and children living with domestic abuse. We offer support, information, company to court, Gardai and referral to other services. (The abuse can be emotional, physical, sexual, financial and by threats and intimidation).

Opening hours:

Monday, Tuesday, Thursday 9am-1.30pm

Wednesday 9am-5pm

- Messages can be left on the answer phone at anytime and we will respond
- Women's Aid helpline is also available on 1800 341900 between 10am-10pm everyday except Christmas day.
- Rathmines Refuge 24 hour helpline 01-4961002
- Dublin Rape Crisis Centre 24 Hour Helpline 1800 778888 (free phone until 12 MN)

We have a right to feel safe all of the time.

Break the silence make the call

Clondalkin Public Library

Monastery Rd, Clondalkin

Tel: (01) 459 3315

Fax: (01) 459 5509

Description of service:

Books, newspapers and magazines available. Adult and junior libraries. Talking books/large print books available. Services include a book club, computer classes, talks, lectures, workshops and exhibitions. Internet, word processing and printing facilities available. Children's activities also take place

Opening hours:

Monday-Thursday 9.45am-8pm

Friday-Saturday 9.45am-4.30pm

Clondalkin Sports and Leisure Centre

Nangor Rd
Clondalkin

Tel: (01) 457 4858
Fax: (01) 457 6058
Email: info@clondalkinleisure.com
web: www.clondalkinleisure.com

Description of centre: Clondalkin Sports & Leisure Centre is a multi-activity venue catering to the needs of the people of Clondalkin and the surrounding community. In addition to a swimming pool and sports hall, facilities at the Centre include a fitness studio, coffee shop, crèche, and climbing wall. The Centre is also home to a physiotherapy unit, hairdressing salon, beauty salon, 2 play schools, a sports shop and golf professional. South County Dublin Leisure Services Ltd. manages the centre on behalf of South Dublin County Council. It is the aim of this organisation to provide and promote leisure opportunities and services, which will enhance the quality of life of the community. The opportunities and services provided include: sporting, play and recreational activities, Sports coaching and development and the development of holistic health.

Opening hours:

Monday to Friday 7am-10pm
Saturday/Sunday 9am-4pm

Clondalkin Travellers Development Group

Clondalkin Enterprise Centre
Neilstown Rd
Clondalkin

Tel: (01) 457 5124
Fax: (01) 457 3904
Email: ctdg@iol.ie

Description of project: The Clondalkin Travellers Development Group was established in 1989 to address the needs of Travellers living in the Clondalkin area. The group implements developmental programmes and activities that seek to develop the capacity of Travellers to collectively address issues that affect their community. These programmes include a Youth initiative, Accommodation initiative, and a Primary Health Care initiative. The organisation carries out specific training initiatives and workshops on accommodation, the Traveller economy, welfare, and anti-discrimination. The group also supports the Traveller Community by lobbying and campaigning on issues facing Travellers and by supporting people on their rights and entitlements. The Primary Health Care initiative is a peer led programme which concentrates on the following areas of health: Women's health, dental health, Children's health, environmental health and mental health. This initiative has published a guide to community and health services in the Clondalkin area as well as a number of health promotion leaflets.

Opening hours:

Monday-Friday 9am-5pm

Clondalkin Women's Network

Tel: (01) 643 4922

Quarryvale Community and Leisure Centre
Quarryvale
Clondalkin

Description of project: The Women's Network works on behalf of Women's Groups in Clondalkin. Its role is to support Women's Groups through outreach, training, support, development, networking, research, representation and lobbying activities. The Network facilitates a Women's Health Forum, which aims to build the capacity of Women's Groups to address the recommendations contained in a needs analysis on health published by the Network in 2001, and to develop creative methods of highlighting the lack of health facilities for women in Clondalkin.

Opening hours:

Monday-Friday 9am-5pm

Clondalkin Youth Service

Tel: (01) 459 4666

Monastery Rd
Clondalkin

Fax: (01) 459 3523

Email: info@cys.ie

Description of service: CYS offers a comprehensive youth information service in its information centre on Monastery Rd. Internet access is available at this office (advance booking preferred). Provides information on a wide range of topics relevant to young people and those working with young people. Provides an outreach service and drop in facilities for children and young people in a number of areas in Clondalkin (including Deansrath, Bawnogue, Knockmitten, Sruleen and Clondalkin Village). The youth service and Youth Information Centre works with schools on issues such as bullying, team building, retreats and leadership skills. Offers sports based activities including soccer clubs, and outward-bound activities, such as orienteering, hiking etc.

Opening hours:

Monday-Friday 9.30-1pm

Monday-Friday 2pm-5pm

- Evening clubs and occasional discos for young people (contact for details)

Community Mothers Programme

Tel: (01) 675 4919

C/o Rowlagh Health Centre
Rowlagh, Clondalkin

Description of project: The Community Mothers programme is a parent support programme in which local women known as Community Mothers carry out monthly visits to first and second time parents in their homes. These visits are made by appointment and they focus on health care, nutrition and the baby's overall development. The Community Mothers are volunteers and are guided and supported by Family Development Nurses. The programme sets out to recognise that parents are the experts with their own baby, it aims to boost parents self confidence, to develop a large range of skills, to exchange ideas and information and provide on-going support in the first year of the baby's life.

Opening hours:

For more details of the programme and to arrange visits contact Ann Savage on 0871215476 for the Deansrath and Boot Rd health centre areas or Ann O'Neill for the Rowlagh and Ballyfermot health centre areas on 086 8535026.

CONSOLE

Tel: (01) 459 5463

21 Monastery Heath Court
Monastery Heath, Monastery Rd, Clondalkin

Helpline: 1800 201 890

Description of project: Console is a charity offering support to people bereaved by suicide. Support includes individual counselling and family counselling; a monthly support group and a national free phone helpline. Counselling is available in central Clondalkin and North Clondalkin.

Opening hours:

Counselling is by appointment only. Office hours are 9am-5.30pm Monday to Friday.

Cumas

Tel: (01) 457 3515

Unit 1-2 Neilstown Shopping Centre
Neilstown Rd, Clondalkin

Fax: (01) 457 3122

Email: cumasproject@eircom.net

Description of project: Cumas provides support to grandparents, parents and siblings of drug users. It also provides information and advice on drug related issues.

Opening hours:

Monday-Friday 9-5pm

Groups for young people and children take place on Wednesday and Thursday evenings until 7pm.

DBD Advice and Information Centre

Unit 14 Bawnogue Shopping Centre
Bawnogue, Clondalkin.

Tel: (01) 457 7925
Fax: (01) 457 7304
Email: bawnogue2002@yahoo.com

Description of project: DBD offers advice and information on a wide range of issues including, education, disability, employment, housing, welfare entitlements, legal issues and health. Provides advocacy for people seeking entitlements. DBD has applications and leaflets on a range of issues including social welfare, medical cards, passports etc. The centre also provides computer training and the driver theory test. Photocopying, fax and typing services are also available.

Opening hours:

Monday-Thursday 9.30-5pm
Friday 9.30-4.30pm

Deansrath Family Resource Centre

(inc. Happy Days Childrens Centre)

Deanrath Health Centre, St.Cuthberts Rd, Clondalkin, Dublin 22

Tel: (01) 457 4069
Fax: (01) 457 4108

Description of project: Deansrath Family Resource centre provides a family support service, which incorporates educational and play supports to children 0-8 years old. Support is offered to parents through group and individual support. Support for parents includes the Incredible Years parenting programme, stress management sessions, and a small group Dino programme. Open access family mornings take place on Thursday mornings 10-11.30am. The pre-school operates on a sessional basis. This service also has a social skills group for children who are not quite ready for pre-school or may need additional supports.

Opening hours:

Pre-school operates Monday-Friday: 8.50am-4pm

Deansrath Women's Group

An Tobar, Presbytery No.2, Deansrath, Clondalkin

Tel: (01) 457 1423

Description of project: Deansrath Women's Group is a women's community education project. We run courses based on the needs of local women, for example, personal development, first aid, Healthy Food Made Easy, art and salsa dancing. We provide a limited number of crèche places for the children of women participating. We encourage and support women who want to further their education or get involved in community work.

Opening hours:

Monday, Tuesday, Thursday, Friday 9.30am-1.30pm (closed Wednesday)
Outside opening hours contact Maria Murray on 085 7783551

Dochas Family Centre

Liscarne Gardens, Clondalkin

Tel: (01) 623 4531

Fax: (01) 623 2785

Description of project: Dochas offers support to children who have emotional, social or behavioural needs and their families. The project also offers individual therapeutic, personal development and group work. Family work through home visits, counselling and group work are also core parts of the project. Dochas provides Relationship and Sexuality Education courses for children, young people and their families involved in the centre.

Opening hours:

Monday-Friday 9.30am-5.30pm

Dolcain Community Development Project (CDP)

Bawnogue Enterprise and Community Centre
Bawnogue Rd
Clondalkin

Tel: (01) 457 6053/5

Fax: (01) 457 6293

Email: swccdp@iol.ie

Description of project: The aim of the Dolcain project is to work with the communities of South West Clondalkin to build and develop a community that is safe, equal and inclusive of everyone. Dolcain works with local people and projects on issues relating to the community including health issues.

Opening hours:

Monday-Friday 9am-5pm

Headway Training Centre

Bawnogue Community and Enterprise Centre,
Bawnogue Rd

Tel: 1890200278

Web: www.headway.ie

Description of project: Headway is the National Association for Acquired Brain Injury. The association was founded in 1985 to develop, provide and promote services to enhance the potential of people with acquired brain injury. Headway also works to highlight public and political awareness of acquired brain injury and its impact on individuals, families and carers. Services include a national helpline (see number above), day services, rehabilitation training, psychological services, information and education services and supported employment services.

Opening hours:

Monday-Friday 9am-5pm

Local Employment Service (LES)

Unit 3

Oakfield Industrial Estate, Clondalkin

Tel: (01) 457 7308

Fax: (01) 457 7313

Email: les@lesclondalkin.com

Services include: The LES provides information on jobs, training, education, welfare rights and careers. Offers one-to-one support with job placements and advice on options.

Jobs Clubs: The job clubs offer training and advice with preparing C.V's., writing a cover letter, preparing for interviews and increasing self-confidence. Access available to telephone, photocopier, fax, newspapers and jobs notice board. Job clubs take place at the Quarryvale, Oakfield and DBD contact points.

The LES has the following main contacts points:

DBD contact point:

Bawnogue Enterprise &
Community Centre, Bawnogue Road

Tel: 4578861

Fax: 4578863

CCU contact point:

Aras Rualach

Rowlagh

Tel: 6230071

Fax: 6234605

Oakfield contact point:

Unit 3, Oakfield Industrial Estate
Clondalkin

Tel: 457 7308

Fax: 457 7313

Opening hours:

Monday-Friday 9am-1pm

Monday-Friday 2pm-5pm

North Clondalkin Community Development Project

Christy Melia House,
24 Neilstown Park, Clondalkin

Tel: (01) 457 1744

Fax: (01) 457 5325

Description of project: North Clondalkin CDP works with the community in North Clondalkin on all issues relevant to the development of the area. The NCCDP is involved in awareness raising on issues facing the community and advocating for and with the community. By working to improve the environmental, educational and housing conditions in the area the NCCDP works towards improving the health of people living in the community.

Opening hours:

Monday-Friday 9.30am-5pm

Phoenix Clubhouse

Station Rd Business Park
Clondalkin

Tel: (01) 467 0632

Description of project: The Phoenix clubhouse is a rehabilitation programme for people with mental health issues. Members are fully involved in the daily running of the project through engaging in the catering and administration of the project and through involvement in the clubhouse's educational and employment programmes. Out of Hours social events are also a key part of the project.

Opening hours:

Monday-Thursday 8.30am-4pm
Friday 8.30-3pm

Quarryvale Community House

4b Greenfort Drive,
Clondalkin

Tel: (01) 623 2540

Fax: (01) 626 1470

Email: quarryvalecommunityhouse@eircom.net

Description of project: A Community Development Project established in 1987. Its primary role is to take action in response to key issues and needs in the area, to lobby and influence relevant agencies and decision making bodies and to provide educational development opportunities to build skills and confidence of local residents. Some major areas the project is involved in are housing refurbishment, health, an after schools programme and an older persons group.

Opening hours:

Monday-Friday 10am-2pm

Quarryvale Community and Leisure Centre

Greenfort Gardens
Clondalkin

Tel: (01) 623 3417

email: adminqvale@hotmail.com

Web: quarryvaleclc.com

Description of centre: Provides facilities for community groups to meet and provide activities. Facilities can be used for a number of activities including youth groups, soccer clubs, Irish dancing groups, training courses etc. The centre also has a public café serving refreshments daily.

Opening hours:

Monday-Wednesday 9am-10pm
Thursday 9am-9pm
Friday 9am-7pm
Saturday-Sunday 10am-4pm

Quarryvale Resource Centre

Quarryvale
Clondalkin

Tel: (01) 623 0264
Fax: (01) 623 0244
Email: qrc@eircom.net

Description of service: Quarryvale Resource Centre facilitates groups in the community to hold meetings and training courses, e.g. parenting skills training and computer courses, by providing space and information on trainers on a wide range of subjects. The centre also arranges its own courses and activities, many FETAC accredited, e.g. in computers, literacy and numeracy, creative writing, driving theory test, Indian head massage, healthy eating and yoga. One-off information events are also held, e.g. about complementary health therapies, social welfare rights, financial matters, LGBT issues and environmental issues. Most afternoons during term time the computer room becomes an Internet cafe for adults. The centre provides a crèche for children aged 2+ on both a full day and a half day basis.

Opening hours:

Monday-Friday: 8.30 a.m.-5.30 p.m. / 9 p.m.

Recovery Inc

Block B
Cherry Orchard Hospital, Dublin 10

Tel: (01) 626 0775
Email: recovery1@indigo.ie
Web: www.recovery-inc-ireland.ie

Description of project: Recovery is a self help mental health programme for people suffering from phobias, anxiety, depression, fear, anger, insomnia and nervous symptoms. At weekly meetings techniques can be learned which help control these symptoms and fears and eliminate the extreme ones. Recovery is also an aftercare programme for those who have been hospitalised for nervous illnesses, helping to prevent relapses in former patients. Recovery INC encourages its members to continue to attend doctors and clinics and follow their advice.

Opening hours:

Meetings every Monday night (except bank holidays) in Rowlagh Church Community Room at 8pm (side entrance is left of main door). For more details, including details of other meetings in Dublin, contact Ellen at the number or email address above.

Ronanstown Community Development Project (CDP)

43 Collinstown Grove
Clondalkin

Tel: (01) 457 0687
Email: anntroycdp@eircom.net

Description of project: Ronanstown CDP is a community development project. Activities facilitated by the CDP include: education and awareness raising programmes, health and fitness is encouraged through healthy eating workshops and keep fit classes. Personal development and community development courses are organised using creative methods of learning. Opportunities to develop or improve artistic ability are available such as glass painting, pottery, painting, creative writing, drumming, gardening, cooking and jewellery making. Other activities also offered include carpentry, community development computer courses and car maintenance. Access to third level studies is organised and supported through Clondalkin Women's Community Education Forum. Lobbying to have 3rd level education available on an outreach basis in Clondalkin is an on-going activity. Social events are planned such as outings, family days and nights out. The project offers programmes, information and support to women who solo-parent, and to women from new communities. A crèche is provided for people who avail of the programmes and activities. A limited counselling service is provided by appointment. Open days, seminars and conferences are used as a means of bringing people together, assessing their needs and planning programmes around those needs. Tailor made programmes with supports built in are provided to enable participants to prepare for the return to the work place. The CDP is a registered FETAC accredited centre. For more information contact Ann Troy at the number or email address above.

Opening hours:

Monday-Friday: 9am-5pm

Ronanstown Youth and Resource Centre

Neilstown Village Centre
Neilstown Rd, Clondalkin

Tel: (01) 457 0363 / 457 3859
Fax: (01) 457 8505
Email: info@rys.ie

Description of project:

RYS offers a wide range of programmes for young people. Provides advice, information, advocacy and support to young people. The project provides a wide range of services to homeless people, including access to health care and harm reduction equipment, such as sleeping bags to those sleeping rough. Operates two late night drop in services between 10pm-12am Wednesday and Thursday.

Opening hours:

Monday: 9.30am-10pm
Tuesday/Friday: 9.30am-11pm
Wednesday/Thursday 9.30am-12am

Rowlagh Women's Group

Tel: (01) 623 0574

Aras Rualach, Neilstown Rd, Clondalkin

Description of project: Rowlagh Women's Group has been in existence since 1988. The project is a Community Development Project delivering education programmes for women living in North Clondalkin. The project provides childcare for women who wish to avail of programmes. All the education programmes are identified by women and tailored around the needs of women. Programmes include: Garden flower arranging, life skills, arts/crafts, basic and accredited computer training, anger management, salsa dancing, D.I.Y. and literacy. The project also provides a Back To Education Initiative, FETAC accredited course, alongside Bawnogue Women's Group and a Women's Studies Centre UCD, outreach Certificate and Diploma course, alongside Ronanstown Women's Group. Health programmes include relaxation, yoga, reflexology, healthy eating and Indian head massage. The project also invites speakers on topics such as breast and cervical cancer and the importance of smear testing.

Opening hours:

Monday-Friday 9am-4pm (contact centre for details of evening courses)

Teen Counselling

Tel: (01) 623 1398

Quarryvale Community Centre

Fax: (01) 623 2594

Greenfort Gardens, Clondalkin

Description of service: Teen Counselling is a family based teenage counselling service, with teenagers and parents regarding a broad range of adolescent issues. Staffed by two professional counsellors with an emphasis on working with young people and parents together on agreed issues. Support is offered both jointly and separately to young people and their parents. The catchment area is the Greater Clondalkin area. The service is based on Monday and Tuesdays in Quarryvale and on Wednesday and Thursday in Bawnogue. Young people and parents can refer themselves by phone at the above number. This service is free.

Opening hours:

Monday-Thursday 9.15am-5.00pm

Tower Programme

North Clondalkin Probation Project Ltd., Cusack House,
St. Marks Lane, Neilstown Road, Clondalkin

Tel: (01) 623 6230

Fax: (01) 623 6237

Email: towerprogramme@eircom.net

Description of service: The Tower project provides education and training to FETAC level for 16-28 offenders and ex-offenders from North Clondalkin. The programme offers support to address offending behaviour, in addition to numeracy, literacy, art, woodwork and computer training. The programme places importance on mental and physical health. Nutrition and healthy eating courses, as well as personal development courses with holistic health components, are part of the programme. The project also has links with a counsellor from CASP who meets with participants if requested. There is also a gym on site in the project.

Opening hours:

Monday-Thursday: 9am-8pm

Friday: 9am-5pm

Youth Support and Training Unit

5 Oakfield Industrial Estate
Clondalkin

Tel: (01) 457 9444

Fax: (01) 457 9422

Description of project: Operates an outreach service to early school leavers. Assists young people in finding suitable education and training programmes and monitors and supports their progress. Provides information and advice on a wide range of issues such as drug/alcohol use, employment, health issues (including mental health and sexual health), legal issues and welfare entitlements.

Opening hours:

Monday-Friday: 9.30-5pm

Drop-in service Monday-Friday 2.30pm-4.45pm

Services for People with disabilities:

HSE services:

Physical and Sensory Disability Service

01 6206091

Regional Autism services

01 4632210

Mobility Allowance

01 6206326

Blind Welfare Allowance

01 6206326

Home Adaptations

01 6206325

Central Remedial Clinic

Tel: (01) 854 2200

(National Organisation for the care, treatment and development of people with physical and multiple disabilities)

Penny Ainsley Building, Vernon Ave, Clontarf, Dublin 3

Centre for Independent Living

Tel: (01) 873 0455 / 873 0986

Fax: (01) 873 0998

Email: info@dublincil.org

Carmichael House, Nrth Brunswick St., Dublin 7

Description of organisation:

To provide support for people with disabilities to live and work in the community. To provide a forum for people with disabilities to explore and realise their human, civil, social, political and economic rights. To facilitate the raising of disability issues at a local Government, State, European and International level.

Opening hours:

Monday-Friday 9am-5pm

Services based in Clondalkin:

The Irish Association for Spina Bifida and Hydrocephalus

Tel: (01) 457 2329 Email: info@iasbah.ie

Fax: (01) 457 2328 Web: www.iasbah.ie

Old Nanger Rd, Clondalkin

Description of service: The association aims to provide support, advice to people with Spina Bifida and/or Hydrocephalus; their parents and carers, as well as to promote social inclusion and equality for people with Spina Bifida and/or hydrocephalus in Irish Society.

Opening hours:

Monday-Friday 9am-5pm

NCBI

Tel: (01) 405 6950

Fax: (01) 457 6123

Solas Centre, Unit 8

Oakfield Industrial Estate, Clondalkin

Description of service: NCBI is a charitable organisation which offers support and services to people experiencing difficulties with their eyesight. Services include advice and information as well as emotional and practical support to people at home or in the resource centre. The NCBI offers a low vision service, rehabilitation and mobility training, professional and peer counselling, an early learning centre and a range of assistive technology.

Opening hours:

Monday-Friday 9am-1pm 2pm-5pm

Childcare and Pre School Centres:

Ronanstown Community Childcare Centre

Tel: (01) 457 2269
Neilstown Village Complex, Clondalkin, Dublin 22

Opening hours:

Monday-Friday 8am-6pm

The Lime Tree Community Childcare Centre

Tel: (01) 457 9003
Bawnogue Enterprise Centre, Bawnogue Road, Clondalkin, Dublin 22

Opening hours:

Monday-Friday 8am-6pm

First Steps

Tel: (01) 675 4917
Rowlagh Health Centre, Clondalkin

Opening hours:

Contact centre for details

Happy Days

Tel: (01) 457 4069
Deansrath Health Centre, Clondalkin

Opening hours:

Monday-Friday 8.50am-12.30pm
1.30pm-3.50pm

Quarryvale Resource Centre

Tel: (01) 623 0264
Quarryvale, Clondalkin

Opening hours:

Monday-Friday 8.15am-12pm
1pm-6pm

Kozy Kids

Tel: 085 702 9221
St. Ronan's National School, Deansrath, Dublin 22

Opening hours:

Contact project for details

St. Ronan's Playschool

Tel: (01) 457 8211
St. Ronans Community Centre, Deansrath, Clondalkin, Dublin 22

Opening hours:

Contact project for details

Bush Centre Play Group

Tel: (01) 457 4111
Balgaddy, Co. Dublin

Opening hours:

Monday-Friday 9am-12pm and 12.30pm-3.30pm

Bawnogue Women's Group Crèche

Tel: (01) 457 7382
Bawnogue Community Centre, Bawnogue Rd Clondalkin, Dublin 22

Opening hours:

Provides childcare for the children of women participating in courses in the women's group. Contact project for details.

Rowlagh Women's Group Crèche

Tel: (01) 623 0574
Aras Rualach, Rowlagh, Clondalkin

Opening hours:

Provides childcare for the children of women participating in courses in the women's group. Contact project for details.

Ronanstown Women's Group Crèche

Tel: (01) 457 0687
43 Collinstown Grove, Clondalkin

Opening hours:

Provides childcare for the children of women participating in courses in the women's group. Contact project for details.

South Dublin County Childcare Committee

Tel: (01) 457 0122
(Information on funding/grants for childcare and advice on filling out forms)
Bawnogue Enterprise Centre, Bawnogue Clondalkin, Dublin 22

Parent/Carer Toddler Groups:

Centre	Day/Time	Age Group	Contact
Bawnogue Community Centre	Tuesdays 10.30-12pm	0-5yrs	457 6734
Knockmitton Community Centre	Thursday 10am-12pm	0-5yrs	411 1511
Rowlagh Women's Group	Summertime	0-5yrs	623 0574
Deansrath Family Resource Centre	Thursday 10am-11.30am	0-5yrs	457 4069
Dochas Family Centre	Wednesday 10.30am-12pm	0-5yrs	623 4531
The Bush Centre, Balgaddy	Wed/Thurs 10am-12pm	0-5yrs	457 4111
St. Ronan's Community Centre	Thursday 10am-12pm	0-5yrs	457 8211
Two's Club, Bawnogue Community Centre	Friday 10am-11.30am	2+	457 6734

Community Centres:

Centre	Day/Time	Contact
Bawnogue Community Centre	Bawnogue Road	457 6734
Knockmitton Community Centre	Knockmitten Park	411 1511
Rowlagh Community Centre	Neilstown Road	621 5119
Neilstown Community Centre	Neilstown Village Centre	457 5943
Quarryvale Community & Leisure Centre	Greenfort Gardens	623 4531
The Bush Centre, Balgaddy	Foxdene Drive	457 4111
St. Ronan's Community Centre	St. Cuthbert's Road	457 8211

National Helplines:

HSE Info line	Tel: 1850 241 850
Rape Crisis Centre	Tel: 1800 778 888
Women's Aid	Tel: 1800 341 900
Drugs/AIDS helpline	Tel: 1800 459 459
BreastCheck	Tel: 1800 454 555
IFPA: Pregnancy helpline	Tel: 1850 495 051
AA (Alcoholics Anonymous)	Tel: (01) 842 0700
Al-anon, Al-ateen	Tel: (01) 873 2699
Alzheimers National helpline	Tel: 1800 341 341
Bodyways <i>(helpline, support around eating disorders)</i>	Tel: 1890 200 444
CARI (For people affected by sexual abuse)	Tel: 1890 924 567
One Family	Tel: 1890 662 212
Childline	Tel: 1800 666 666
Cura (pregnancy counselling service)	Tel: 1850 622 626
GROW (promoting better mental health)	Tel: 873 4029
Irish Cancer Society	Tel: 1800 200 700
Irish Sudden Infant Death Association	Tel: 1850 391 391
The Meningitis Research Foundation	Tel: 1890 413 344
NA (Narcotics Anonymous)	Tel: (01) 672 8000
Parentline (parents under stress)	Tel: 1890 927 277
Parkinson's Association of Ireland	Tel: 1800 359 359
Samaritans	Tel: 1850 609 090
Senior Helpline	Tel: 1850 440 444
AWARE	Tel: 1890 303 302
Bray Women's Refuge- 24 hour hotline	Tel: (01) 286 6163
Schizophrenia Ireland helpline	Tel: 1890 621 631

Useful websites:

www.aware.ie	Support around depression
www.irishcancersociety.ie	Irish Cancer Society
www.irishheart.ie	Irish Heart Foundation
www.ika.ie	Irish Kidney Association
www.ms-society.ie	Multiple Sclerosis Society
www.mentalhealthireland.ie	Mental Health Ireland
www.migraine.ie	Migraine Association
www.parentline.ie	Parentline support organisation
www.ncaop.ie	National Council for Aging and Older Persons
www.diabetesireland.ie	Diabetes Federation of Ireland.
www.enableireland.ie	Enable Ireland (support and advocacy on disability issues)
www.ibts.ie	Irish Blood Transfusion Service.
www.citizensinformation.ie	Citizens information website.
www.positiveoptions.ie	Crisis pregnancy support.
www.breastcheck.ie	Breast cancer screening programme.
www.womensaid.ie	Support for women experiencing violence in the home.
www.spunout.ie	Youth website.
www.hse.ie	Health Service Executive.
www.cairde.ie	Support around ethnic minority health issues.
www.headroom.net.au	Mental health and wellbeing website for young people.
www.healthpromotion.ie	Health Promotion unit site.
www.pieta.ie	Centre for the prevention of self harm or suicide.
www.altzheimers.ie	Alzheimer's society.



Clondalkin Partnership

Clondalkin Partnership

Nangor Road Business Park, Nangor Road,
Clondalkin, Dublin 22

Tel: (01) 450 8748, Fax: (01) 450 8800

Email: mail@clondalkinpartnership.ie

Website: www.clondalkinpartnership.ie



NATIONAL DEVELOPMENT PLAN

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