

Fermoy Directory of Services



Fermoy Family
Co-ordinating Group

Introduction

Welcome to the Fermoy Directory of services 2012.

The purposes for compiling this directory are:

- Firstly, to ensure services and information is relevant for users.
- Secondly, to celebrate and acknowledge services available across the voluntary, community statutory and leisure sectors held in the community.
- Thirdly, the directory will be of use to professionals, who may be in position to recommend a person to avail of the services listed. It will also be invaluable for newcomers in the town.

It is hoped that every household in the area will receive a complimentary copy of the directory.

The directory has been compiled by the members of Fermoy Family Coordinating Group which is a network of voluntary, statutory and community groups, members of which meet at the Resource Centre, every two months to share information and to identify needs in the community. In collaboration with the community, the group endeavours to develop initiatives to support families and community development in Fermoy.

The information in the directory is primarily relevant to the Fermoy area. However, where a service is not available in Fermoy or if a service covers a wider area than Fermoy, the information is included if possible. It does not claim to be an exhaustive trawl, but every effort has been made to include appropriate material. The accuracy of the information presented cannot be guaranteed; neither can responsibility for errors and omissions be accepted by the group. Inclusion in this directory does not imply any endorsement or guarantee of services by members of the network or the sponsor and support organisation.

Special thanks to Avondhu Blackwater Partnership Limited, HSE, Fermoy Credit Union, North & East Cork County Citizens Information Service, the Department of Social Protection, and Cork Mental Health Foundation for their generous financial assistance.

Particular thanks to those who volunteered their time very generously to complete the data collection most especially Mary Duane, Jacinta Davis, Dyan Cannon, Ciaran Casey, Geraldine Buckley, Rev. Eileen Cremin and Brendan Scahill. Thanks also to Bill Power for the use of the photograph that is on the front cover.

Finally, the members of the network would like to acknowledge the Community Development work of the Avondhu Blackwater Partnership Limited and the Community Work Department of the HSE South.

This is a tool to provide easy access to community information which was developed in the principle of partnership and the building of a cohesive community.

“Together we can all make a positive difference!”.

Best wishes
Fermoy Family Coordinating Group

Services Index

Addiction Services	1
Births Deaths & Marriages	2
Charity Shops	3
Childcare	4
Churches	6
Citizens Information	7
Community Centres	7
Community Development Programmes	8
Counselling	9
Dentists	10
Disability	11
Doctors	14
Domestic Violence	15
Education / Adult Education	18
Employment & Enterprise	20
Health	21
Housing	26
Legal	26
Library	27
Mental Health	27
Money Advice	31
Musical Activities	31
Older People (Leisure)	33
Older People (Support)	34
Other Groups	36
Parent Supports	38
Pregnancy	39
Schools	40
Social Welfare Services	43
Sport and Leisure	43
Support Groups	49
Traveller Support	52
Transport Services	53
Volunteering	54
Youth Services	55
Useful Numbers	57
Serviços De Emergência	57
Números Úteis	57
Emergency Services	62
Background Information & Sponsors	64

Addiction Services

Servicos de Toxicodependencia

Pomoc z Uzaleznieniem

Alcoholics Anonymous

Helpline Tel: 01-8420700

www.alcoholicsanonymous.ie

9.30pm – 5pm Monday - Friday

Services: Adults with a problem with Alcohol meet at Loretto Convent, Fermoy on Wednesday and Sunday at 8.30pm

Al-Anon – Al-Teen

Tel: 021-4311899

Anchor Treatment Centre Limited

Tel: 022-42559

Opening Times: 9.15am – 5pm Monday to Friday

Telephone Line(s) available 9.15am – 5pm, Monday to Friday (answering machine at other times)

Spa Glen, Mallow Co Cork

Fax: 022-43843

E-mail: anchorcentre@eircom.net

Contact Person: Counsellor on duty.

Service: Confidential service for people affected by alcohol, drug or gambling problems, Family support and individual counselling provided. No charge for initial assessment. Appointments arranged by telephone.

Arbour House

Tel: 021 4968933 / Fax: 021 4320391

(Alcohol & Drugs), (North Cork)

Health Service Executive, Arbour House, St.Finbarr's Hospital, Douglas Road, Cork

Service: This service meets with the following –

- Individuals with concerns about their own alcohol/drug use
- Individuals who have concerns about a family member's alcohol or drug use.

This service operates in various venues in North Cork and is free to all. Self-referrals welcome. Appointments arranged by telephone.

Gamblers Anonymous

Tel: 087-2859552

Quaker House, Capwell, Summerhill South, Cork

www.gamblersanonymous.ie

Opening Hours: Mondays - 8.30pm, Tuesday - 8.30pm, Sunday - 8.30pm

Gamblers Anonymous (GA) provides help to people through attendance at GA meetings. If gambling is causing you problems, we believe you may be able to find help by attending a GA meeting as soon as possible.

Contact the Resource Centre at (025) 32962 for details of a meeting for the Fermoy area.

Cloyne Diocesan Youth Services (CDYS)

Fermoy Community Drugs Initiative: (086) 609 6874

Fitzgeralds Place, Fermoy

This project offers one to one support for young people aged 12-21 that are experiencing difficulties with drugs and alcohol. The service also offers support and guidance to families and information to the local community of Fermoy.

Fermoy Youth Project: (086) 8031291

Births Deaths & Marriages

Nascimentos, Mortes e Casamentos

Rejestracja narodzin, zgonów i zawarcia związku
małżeńskiego

Birth, Death And Marriage Registration (Mallow Office)

Tel: 022 50230

Registration Office: 9 West End, Mallow

Opening Hours: 9.30am - 12.30pm & 2.00pm - 5.00pm, Wednesday & Thursday
9.00pm - 15.30pm. Friday 9.00pm - 15.30pm.

Birth, Death And Marriage Registration (Cork Office)

Email: crs@hse.ie

Tel: 021 4275126

Registration Office: Adelaide Court, Adelaide Street, Cork Fax: 021 4270280

Thursday 9.00am - 16.30pm (16.30pm - 19.30pm for marriage or civil
partnership notifications by appointment only) Friday 9.00am - 15.30

Opening Hours: 9.00am - 16.30

Charity Shops

Lojas de Caridade

Sklepy charytatywne

Thrift Shop – Fermoy Community Resource Centre

Tel: 025 32962

42 McCurtain Street, Fermoy, Co. Cork

Second Hand Clothes Shop

Opening Hours: Monday – Friday 3pm – 5pm, Tuesday morning 10am – 12pm

St Vincent De Paul

Tel: (086) 7336667

Connelly Street, Fermoy, Co. Cork

Service: Second Hand Clothes, shoes, books, toys and bric-a-brac. Proceeds to St Vincent De Paul

Opening Hours: Monday - Saturday 10am – 5pm. Closed for lunch.

Sue Ryder Charity Shop

Tel: 085 8568601

53 Patrick Street, Fermoy, Co. Cork

Service: Second Hand clothes shop Proceeds to Sue Ryder Foundation

Opening Hours: Monday – Friday 10am – 5pm

Childcare

Cuidado da Crianca

Opieka nad dzieckiem

Blackwater Childcare Ltd.

Tel: 025 82761

Failte Leanai

Rathcarrig Estate, Pike Road, Fermoy, Co Cork

Email: mcollins.blackwaterchildcare@gmail.com

Service Provided: Community childcare facility run by a voluntary management committee providing quality childcare at affordable prices. Full day, half day and sessional care services provided catering for children from 0-12 years. ECCE, CETS & CCS Schemes catered for.

Opening Hours: Monday – Friday 7.45am-6pm

CATS Parent and Toddler Group, Fermoy

Tel: 025 27661

087 2514099

Service: CATs is a “parent and toddler” group open to all preschool children and whoever cares from them. The group is held in the Presbyterian Church, Allen’s Walk, Fermoy on Wednesday mornings from 10.30am until 12.30pm during the school term. Babies and children play while parents and carers may relax and socialise over a cup of tea or coffee. Parents/carers are responsible for their own children during the sessions. There is no cost.

Clondulane Parent and Toddler Group

Clondulane, Fermoy

Contact Sinead Sheridan at 087 7972126

Opening Hours: 10.00am - 12.00pm

Group meets every Friday morning in the local community centre. New parents and toddlers welcome.

Fermoy Community Pre-School/Play Group

Tel: 025 34550

College Road, Fermoy, Co. Cork.

Email: fcpp1@eircom.net

Service: Pre-School Playgroup operating two sessions daily, Morning and afternoons for children aged 33 months to 5 years

Contact Name: Catriona Lacey

Jolly Tots Community Play School

Tel: 025 32962

c/o Fermoy Community Resource Centre, 42 McCurtain Street, Fermoy, Co. Cork.

Service: Pre-School operating from 9.30am – 12.30pm, five mornings a week, 38 weeks of the year. Caters for children 2 years 5 months to school going age. Participating in E.C.C.E. Scheme

Teach Na Leanai, Montessori Pre-School

Tel: 025 31395

Mobile No: 086 3847961

E.T.B. Centre, College Road, Fermoy, Co Cork

Enquiries: Lisa McLaughlin

Participating in E.C.C.E. Scheme

Montessori Accredited

Opening Hours: Morning Class: 8.45am – 11.45pm

Afternoon Class: 12.45pm – 3.45pm

P.I.P.S. Club (Parents Infants and Pre-Schoolers)

Tel: 087 9247700

Kilworth Community Hall, Kilworth Village, Co. Cork.

Contact person: Sharon Kelleway

Service: Parents and toddler group for children up to 5 years and their mothers, fathers and carers. We provide a safe and stimulating environment for small children to enjoy and play with a variety of toys. Sessions €2 per family.

Opening Hours: Friday from 10.15am – 12.15pm in Kilworth Hall

Closed school holidays

Tusla

Tel: 087 6595410 (Fermoy Area) 021 4923516

Area Managers Dept., Ground Floor, Aras Slainte, Wilton Road, Cork.

Tusla, the Child and Family Agency is the dedicated State agency responsible for improving wellbeing and outcomes for children. Under the Child and Family Act, 2013 the Child and Family Agency is charged with supporting and promoting the development, welfare and protection of children, and the effective functioning of families offering care and protection for children in circumstances where their parents have not been able to, or are unlikely to provided the care that a child needs. The agency's services include a range of universal and targeted services: Child protection and welfare services, educational welfare services, psychological services, alternative care, family and locally-based community supports, early years services and domestic sexual and gender-based violence services.

In the fermoy area, there is a child and family support network, comprised of local statutory providers, local voluntary/community children and family services and a Tusla staff working in partnership to support all families in the locality.

I.S.P.C.C.

Tel: 021 4509588

Fax: 021 4550608

1st Floor, Penrose Wharf Cork.

3/4, Alfred Street, Cork.

Email: cork@ispcc.ie

Service: Provide a range of independent, unique service which are preventative and empowering in nature.

Churches

Igrejas

Kościół

Church of Ireland

Tel: 025 31016

Christ Church, Dublin Road, Fermoy, Co Cork

E-mail: evcremin@eircom.net

Presbyterian Church

Tel: 025 82953

Greenhill, Allen's Walk, Fermoy, Co Cork

Tel: 021 891582

Queen of Peace

Tel: 025 31414

Dublin Road, Fermoy, Co Cork

St Patrick's Church

Tel: 025 31414

Fermoy, Co Cork

Priest on Call: Mob: 087 2552276

Email: aquinc@eircom.net

Citizens Information

Informacao aos Cidadãos

Informacja obywatelska

Fermoy Citizens Information Centre

Tel: 0761 077970

66 Lower Patrick Street, Fermoy, Co. Cork

Email: Fermoy@citinfo.ie

Web: www.citizensinformation.ie

Opening times: Monday 9am to 1pm and 2pm to 5pm
Tuesday 9am to 1pm
Wednesday 9am to 1pm
Thursday and Fridays 10am to 1pm
Telephone line(s) available at the times stated above

Service: The service provides free, confidential and impartial information, advice and advocacy on rights and entitlements in Ireland. Referrals to other agencies that can help further are also provided.

Community Centres

Centros Comunitarios

odpowiednik domów kultury

Community Resource Centre

Tel: 025 32962

42 McCurtain Street, Fermoy, Co. Cork

Service: There are various support services and groups operating out of this centre. These include Thrift Shop, Meals on Wheels and Childcare for mothers associated with Mothers' Group. Various courses, training initiatives and special interest talk available. The Centre also has a part-time Pre-School Service operating five mornings a week. Rooms can be booked for voluntary, community and statutory group activities.

Fermoy Community Youth Centre

Ashe Quay, Fermoy, Co. Cork

Contact: Kieran Barry Manager 087 2881525

Email: info@fermoyyouthcentre.ie

Tel: 025 32042

Fax No: 025 32547

Services: Weekly activities: Monfort dancing, Monfort College Speech and Drama, Fermoy Gymnastic Club, Tae Kwon Do, Boxing Club, Racquette Ball and Handball and Squash. Annual Activities: M.A.D.D. – Music-Art-Drama (every year in the first two weeks of July for 4-14 year old boys and girls. Fermoy Pantomime (from October to January for 4-16 year old boys and girls).

Cork County Federation Muintir na Tire

8 Sidney Place Wellington Road, Cork.

Contact: Kieran Barry Manager 087 2881525

Email: admin@muintircork.com

Tel: 021 4500688

Website: www.muintircork.com

Mobile: 087 2034876

An independent voluntary body who promote the welfare of the people of County Cork through the process of Community Development in particular the promotion of community councils. Programmes include Community Development Community Care and Pride in our Community.

Community Development Programmes

Desenvolvimento de Programas Comunitarios

Ośrodki zajmujące się Programami Rozwoju Społeczeństwa

Avondhu Blackwater Partnership Ltd

Tel: 022 46580

The Mill, Castletownroche, Co. Cork

Website: avondhublackwater.com

Partnership integrated leader partnership company for North County Cork was incorporated in 2008. Organisation core responsibilities include the delivery of the Rural Development Programme, Social Inclusion Activation Programme, Community Services Programme, Rural Socail Scheme and Tús.

Opening Times: 9.00am – 5.30pm

Counselling

Aconselhamento

Doradztwo psychologiczne

Accord Catholic Marriage Care Services

Tel: 025 31899

E-mail: accordclyone@eircom.ie

Website: www.accord.ie

St. Colman's Hill, Fermoy Co Cork

Service: Marriage counselling, marriage preparation courses and marriage enrichment courses

Office Opening Hours: 10am – 1pm Monday - Friday

Coiscéim Low-Cost Counselling Programme:

Tel: 021 4666180/087 7998602

The Social & Health Education Project

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

Service: Coiscéim Counselling referral programme offers confidential, low-cost counselling to individuals, couples & families. We have a large panel of fully qualified counsellors who work with a broad range of life issues e.g. relationships, depression, bereavement, anxiety, sexual abuse, anger, bullying, stress, trauma, self-esteem issues etc. Our counsellors are based in Cork City and throughout the Counties of Cork and Kerry. If you would like more information please ring us on the above number and we would be very happy to talk with you

Console

Tel: 021 4274218

Address: Console House, 1A Perrott Ave., College Road, Cork

Service: Console was established in 2002 by Paul Kelly after he had experienced the grief of losing a loved one by Suicide. Through his loss, Paul recognised a need for a dedicated Suicide Prevention, Intervention and Postvention Service here in Ireland.

Since then Console has developed into a National Organisation supporting people in Suicidal Crisis and those Bereaved by Suicide through Professional Counselling, Support and Helpline Services.

Console is a National Service with Centres in Dublin, Cork, Galway, Limerick, Athlone, Wexford and Kildare.

Email: info@console.ie

Website: www.console.ie

Sr. Úna Boland

Lima, College Road Fermoy

M.A. IACP / ACPE

Professional Membership: LCM MA

Tel: 025 40627

Tel: 087 6263934

Services Include: Individual Counselling/Couple Counselling/Family Counselling General Bereavement – Individual and Group Bereavement for families Stress Management. 6 week bereavement support group in October and April

Le Cheile Family Resource Centre

Counselling - Outreach from Mallow

Mallow Community Campus, Fair Street,

Mallow, Co. Cork

Email: lecheilefrc@eircom.net

Tel No: 022 42439

Or 022 50001

Dentists

Dentistas

Dentyści

Mr Matthew O'Callaghan BDS

Tel: 025 31831 / Emergency no 086 3850186

Kent Street, Fermoy, Co. Cork

Mr Liam O'Connor BDS

Mrs Pauline O'Connor BDS

Miss Marie O'Callaghan Hygienist

Service: Offer PRSI/Medical Card Dental Treatment

Fermoy Dental Centre

Tel: 025 31137

66 Lower Patrick Street, Fermoy, Co Cork

David O'Meara, BDS

Andrew O'Brien, BDS

John Mills, BDS

Cian O'Meara, BDS

Service: Comprehensive General Dental Clinic catering for all aspects of dentistry. Facial and dental development (Functional Jaw Orthopedics) a speciality. Dental Hygiene service. Keen prices guaranteed.

Disability

Incapacidade

Niepełnosprawność

Fermoy Family Carers' Support Group

Tel: 025 32962

Services: Group was set up in 2002, where the experiences and difficulties of caring can be shared with others. Space for carers to become aware of their own needs and to balance looking after others and themselves.

Carer's Association

Tel: 021 4806397

9 Tuckey Street, Cork

Cork based support Service for carers.

COPE Foundation

Tel: 025 33329

Dun Aoibhin, Duntahane Road, Fermoy, Co Cork

E-Mail: headoffice@cope-foundation.ie

E-Mail: fermoy@cope-foundation.ie

Contact person: Mary Kearney

Services: Full accommodation is provided for 9 people with mild and moderate degrees of intellectual disability.

Respite Place: Provided to give relief to families who care for son or daughter at home.

FACE (Fermoy Action Children's Education For Children with specific Learning Difficulties) **Tom Flynn**

Mobile No: 087 2278459

Email: facefermoy@gmail.com

Opening Hours: Monday - Friday 10.00am - 6.00pm,

Saturday 10.00am - 2.00pm

Service: Our group FACE was set up to help children with specific learning difficulties such as DCD, ADHD, Dyslexia, Aspergers and Dyspraxia. Our objective is to set up workshops to help children and organise outings and events in relation to OP and Speech and Language and Coordination. Also other fun outings to help the children integrate who have the same problems and to socialise. We aim to improve their fine and gross motor skills, their sensory integration and their visual perception.

M.S. (Multiple Sclerosis)

Tel: 025 31434

Services: The only National Organisation supporting and providing services for people and families living with Multiple Sclerosis.

Provide: Care Work Officers
 Community and Development Work

National Advocacy Service for people with disabilities

Gerry Rattigan 0860223998
Ann Marie O'Sullivan 0860224073

101 North Main Street, Cork.

Email gerry.rattigan@advocacy.ie
annmarie.osullivan@advocacy.ie

National Advocacy Service for people with disabilities (NAS) is an independent, confidential and free advocacy service for people with disabilities. The purpose of advocacy is to enable people to seek and receive information, explore and understand their options and make their wishes and views known to others. The National Advocacy Service aims to assist more vulnerable people with disabilities who:

- May not be in a position to self-refer
- Are isolated in the community
- Live in residential institutions.

If you or someone you know would like the support of an independent advocate then please contact us.

Parents and Friends of People with Special Needs

Tel: 025 31395

Greenhill, Fermoy, Co. Cork

Service: Support for people with children with special needs.
Run Saturday Afternoons: 3pm – 5pm up to 14 years
Sports Club for children in Loreto Sports Hall from 2pm – 4pm
Summer: Monday, Wednesday and Friday in July for 3 weeks

Cork Association for the Deaf

Tel: 021 4505944

5A McCurtain Street, Cork

Fax: 021 4506190

Email: mail@corkdeaf.ie

Services: Provide a broad range of services for the Deaf, Deaf-blind, Hard of hearing people and people with Tinnitus.

Including: Sign Language
Deaf Awareness Training
Social Work Support
Assistive technology
Adjust to hearing loss programme

Opening hours: Monday – Friday 9am – 1pm, 2pm – 5pm

Irish Wheelchair Association

Tel: 021 4350282

Nore House, First Floor, Bessboro, Blackrock, Cork.

Fax: 021 4350288

Email: cork@iwa.ie

Tel: 087 2385373

Service: Day Resource Centre; Transport; Driving school; aids and appliances; respite/holidays; care attendant services; sport; advocacy group; wheelchair sales, service and hire; peer counselling.

EmployAbility Services Cork

Tel: 021 429 4949

For details see "Employment & Enterprise Section"

National Council for the Blind

Tel: 021 4214 962

1 Emmet House, Barrack Square, Ballincollig, Cork

Working with people with Sight Loss. NCBI is not for profit charitable organisation which offers support and services nationwide to people experiencing difficulties with their eyesight.

Range of services to assist people with vision impairments to adapt to their situation and maintain their independence.

Doctors

Medicos

Lekarze

SouthDoc

Out of hours

Tel: 1850 335 999

Family First Medical Practice, Fermoy Medical Hall

McCurtain Street, Fermoy

Tel: 025 32734 / 025 33599

Fax No: 025 33991

Doctors: Dr. Deirdre O'Grady, Dr. Carol Collins, Dr. Peter McCarthy, Dr. Marty Moller and Dr. Barry O'Sullivan.

Services: Well women care, childhood vaccinations, flu and Pneumonia vaccinations, employment medicals, eyesight, minor surgery, diabetes and blood pressure.

Medina Medical Group

61/63 McCurtain Street, Fermoy, Co Cork.

Tel: 025 31929

Fax No 025 33310

Doctors: Dr. Paddy Burke, Dr. Conor McGarry and Dr. Elmary Parker

Dr. Joseph Keane

5 Church Place, Fermoy, Co. Cork

Tel: 025 33932

Fax: 025 31209

Dr. Charles McCarthy

The Park Clinic, Fermoy, Co. Cork.

Services: Family Medical Practice, Well Women Clinic, Family Planning and Sport Medicine,

Training General Practice with UCC Cork Vocational Programme

Tel: 025 33233

Fax No: 025 33156

Rathcormac Medical Centre

Main Street, Rathcormac

Doctors: Dr. Joe Moran, Dr. Martin Gorman and Dr. Mairn Harrington

Tel: 025 33133

Domestic Violence

Violencia Domestica

Przemoc domowa

YANA Helpline (You Are Not Alone) North Cork Domestic Violence Project

27-28 Bank Place, Mallow, Co. Cork

North Cork Domestic Violence Project provides a free confidential listening, support, information and referral service for women experiencing domestic abuse including physical, emotional verbal and sexual abuse.

The telephone times are 9am – 5 pm Monday to Thursday.

Tel: 022 53915

Cuanlee Refuge, Kyrils Quay, Cork

Service: Crisis accommodation for mothers and children experiencing domestic violence. Work towards encouraging women to recognise their right to live free from violence and abuse.

Provide: Support and information, 24 hour helpline and Outreach service

Tel: 021 4277698 / 021 4277594

Good Shepherd Services

supports women who are vulnerable to homelessness on the path to independent living. (www.goodshepherdservices.ie)

Edel House

residential unit for homeless women and children

Tel: 021 4274240

Fax: 021 4274160

Riverview

emergency accommodation for homeless teenage girls 15 to 18 years

Tel: 021 4304205

Fax: 021 4304205

Bruac

education and training for girls and women who have fallen out of mainstream education

Tel: 021 4397314

Aftercare

support women move from homelessness to independent living

Tel: 021 4273890

Mná Feasa Women's Domestic Violence project.

Telephone No: 021-4212955 Office / 021 4211757 Helpline

Service: Helpline, Individual Appointments, Accompanying Women to Court, Garda Station and Hospital, Weekly Support Groups, Education Workshops and School Programme.

Opening Hours: Monday to Friday 9.30am – 4.00pm (Helpline)

E-mail: mnafeasa@eircom.net

Safe Ireland (formerly NNWRSS)

Tel: 0906 479078

Fax: 0906 479090

Unit 5, Centre Cauty, Blyry Business Park, Co Westmeath

Website: www.safeireland.ie

Email: office@safeireland.ie

Services: National Representative Body for frontline Domestic Violence Services in Ireland. Services to women and their children who experience violence in intimate relationships.

OSS One Stop Shop

Freephone: 1800497497

94, South Main St. Cork
Email: advice@osscork.ie
Website: www.osscork.ie

Service: Domestic Violence resource information centre. Information is provided on a broad range of issue, including legal, financial and housing. The service is free and confidential. Opening Hours: Mon - Fri. 9.00am - 1.00pm

The Sexual Violence Centre Cork

5 Camden Place, Cork

Tel: 021 4505577 Mobile No: 087 1533393

Freefone: 1800 496496

Email: info@sexualviolence.ie

Website: www.sexualviolence.ie

Service Includes: Provides service to women, men and teenagers (over 14) who have been raped, sexually assaulted or are survivors of child sexual abuse.

Services include: help line, information, advocacy support, accompaniment, counselling and victim impact reports.

Support Services Specific to Men

MOVE (Men overcoming violence)

Tel: 086 0691834 / Mobile No. 086 1721593

St. Nicholas Church, Cove Street, Cork

Email: thomas@moveireland.ie

Provides intervention programmes for men who abuse – male perpetrators of abuse and violence.

AMEN

(St Anne's Resource Centre, Railway Street Navan)

Tel: 046 9023718 / Mobile No: 086 7941880

Email: info@amen.ie

Service: Provides confidential helpline information and support service for male victims of domestic abuse and their children.

Education / Adult Education

Educacao / Educacao de Adultos

Edukacja/ Edukacja dla dorosłych

Avondhu Blackwater Partnership Group

TThe Mill, Castletownroche, Co Cork

Tel: 022 46580

Website: www.avondhublackwater.com

Service: The Avondhu Blackwater Partnership offer a range of community, enterprise and employment related training courses. The training provided is based on the needs identified locally. Contact the office for details of upcoming courses.

The Social and Health Education Project (SHEP)

Tel: 021 4666180

Village Centre, Station Road, Ballincollig

www.socialandhealth.com

Email: info@socialandhealth.com

Service: The Social and Health Education Project (SHEP) is a registered charity and community-based training and development organisation which works to enhance the health and well-being of individuals and communities.

It provides training in personal development and social awareness, training in facilitation, and specialist training for community tutors, advocates and community facilitators. SHEP tutors facilitate courses for community groups in personal development, managing stress, effective communication, women's well-being, men's well-being, family communication, grief, loss and change, bullying awareness, health, well-being and empowerment for older people, and intercultural awareness. SHEP works in the Fermoy area and throughout Counties Cork and Kerry.

ETB North Cork Adult Education Services

Tel: 025 42945

Fax: 025 82957

E-mail: gercanning2007@eircom.net
College Road, Fermoy Co Cork
Contact Person: Geraldine Canning

Services: Offering Community Education and Back to Education Initiatives. Information is available for adults who would like to upgrade their skills. Also provides funding or part-funding for approved courses organised locally by groups such as Parents Association, Family Centres or other local organisations.

Youthreach

Training and education for young people (See page 55)

Unit 4A, Faber Castell Business Complex,
Dublin Road, Fermoy, Co. Cork.

Contact person: Imelda O'Donovan (Coordinator)

Tel: 025 33633

Fax: 025 33395

National Learning Network

Email: hollyhill@nln.ie
Web: www.rehab.ie/nln
Hollymount Industrial Estate, Hollyhill, Cork
Contact: Noel Shannon

Service: Non-government training organisation offering over 40 accredited training courses at venues around the country. Training available includes: electronics manufacturing skills, IT, business studies, catering, horticulture, home-based computer training and personal development skills.

Tel: 021 4300144

Fax: 021 4854708

Employment & Enterprise

Zatrudnienie Przedsiębiorstwa

Avondhu Blackwater Partnership Limited

The Mill, Castletownroche, Co. Cork

Tel: 022 46580

Website: www.avondhublackwater.com

Service: A dedicated staff team at the Avondhu Blackwater Partnership provide advice, mentoring, marketing, training and other enterprise supports. In certain circumstances business ideas will qualify for grant aid assistance.

Contact the office for details of a grants and other assistance available.

Fermoy Enterprise Board:

Tel: 025 31111

Service: The Board being a voluntary organisation seek to develop and promote the economic well being of Fermoy and surrounding area.

Employment Issues Department of Social Protection

Tel: 021 4806000

For details see "Social Welfare Services Section"

EmployAbility Services Cork

Tel: 021 4294949
Fax: 021 4293828

33 Penrose Wharf, Penrose Quay, Cork

Email: info@employabilitycork.ie

Service: is a Supported Employment Service operating in Cork City & County, it's funded by FAS and is free to job seekers who have a disability and also to employers.

Benefits of using the service:

When you access our service, you will be linked with a local Job Coach who will work one-to-one with you in a supportive and confidential setting. Assistance can be offered in the following areas:

- Complete skills assessment
- Assistance in identifying prospective employers
- CV preparation
- Assistance in job searching/job application
- Interview preparation
- Support whilst in employment leading to independence
- Information on employment grants and supports available

You are eligible to use the service if you have a disability, are living in Cork City or county, over 18, willing and able to work 8 hrs or more & require support to access & maintain employment in the open labour market.

North Cork Enterprise Board

Tel: 022 43235

Fax: 022 43247

E-mail: northcork@leo.corkcoco.ie Website: www.theenterpriseoffice.com

Ground Floor, Blackwater House, Mallow Business Par, Gouldskill,
Mallow, Co Cork

Services: NCEB promotes enterprise and employment in the North Cork region. Our first priority is focused on meeting new and potential entrepreneurs who are starting or growing their businesses. We also support and partner some local and business groups

Opening Hours: Monday – Friday 9am-5pm

Health

Saude

Zdrowie

AIDS / HIV Family Support Group

Freephone: 1800 232320

Tel: 021 4551331

E-mail: aids cork@eircom.net

MacCurtain House, 21-22 MacCurtain St., Cork

Service: provides support and counselling to HIV/AIDS sufferers and their families, along with education, advice and assistance with social services.

Arthritis Ireland (Cork branch)

Martina Leahy Tel: 087 8559233

Asthma Society of Ireland

Tel: 1850 445464

Website: www.asthmasociety.ie Email: nurse@asthmasociety.ie

Office hours: Tuesday – Thursday 10am-1pm

Specialist asthma nurse available at these times to answer your asthma queries.

BodyWhys

(Anorexia and Bulimia Helpline)

Tel: 1890 200 444

Website: www.bodywhys.ie Email: info@bodywhys.ie

Provides information and support for people with eating disorders.

Irish Cancer Society Helpline

Cork Office Tel: 021 4840597

Tel: 1800 200 700

Lawley House, Monahan Road, Cork

Website: www.cancer.ie Telephone line(s) available:

9am-7pm, Mon-Thurs, 9am - 5pm Friday

Brainwave Irish Epilepsy Association

Tel: 021 4274774

Fax: 021 4272672

35 Washington Street, Cork.

Website: www.epilepsy.ie Email: brainwavecork1@epilepsy.ie

Support and Information for people with epilepsy

Irish Heart Foundation

Tel: 021 4505822

42 Penrose Wharf, Penrose Quay

Website: www.irishheart.ie

Helpline: 1890432787, Mon –Fri, 10am – 5pm

Irish Red Cross

Tel: 087 0521097

Liam's Lifts Transport Service

Tel: 086 7257218

Triona O'Flynn, Duntaheen Road, Fermoy, Co Cork

Service: Transport for those requiring health services.

Liam's Lifts is a community-based transport service. See Transport section.

St Patrick's Community Hospital, Fermoy

Tel: 025 31300

Fax: 025 33686

Ambulance calls to ambulance control Tel: 021-4922182

Other enquiries during office hours to Tel: 025-31300

Service: Fermoy Hospital maintains a homely relaxed, therapeutic atmosphere that supports the delivery of professional care standards.

Services include

- Continuing Care, Respite Care,
 - Convalescent Care, Palliative Care,
-

Fermoy Hospital Fundraising Committee

Tel: 087 6257198

Service: Co-ordinating activities in support funds to meet with the constant new equipment for the hospital and to be the first form of contact for new sponsors.

Health Service Executive (HSE) Primary Community and Continuing Care Services

For more information, contact North Cork Local Health Office at

Tel: 022 31855

The HSE provides a broad range of community services besides the services which are included below: Nursing Home Care, Long Term Illness Scheme, Child and Adolescent Psychology, Mental Health Services, Occupational Therapy, Podiatry, Traveller Health, Community Work, Speech and Language, Services for Older People, Home Help Services, Disability Services.

HSE North Cork Social Work Department

Tel: 022 54100

Child Protection & Welfare Service
134 Bank Place, Mallow, Co Cork

Opening Hours: 9am - 5pm

Assessment and social work intervention with children and families in the North Cork area. Promotion of health, social and emotional development of children and families at risk.

North Cork Fostering Department

Tel: 022 21484

Assessment of foster carers and provision of foster placements to the North Cork Social Work Department.

Community Welfare Officers' Clinic

Fermoy Office

Tel: 025 32405

Mallow Office

Tel: 022 44900

Service: Financial assessment for health services, e.g. medical cards, information and advice, Budgeting, advocacy, financial support through the supplementary welfare allowance scheme.

Fermoy Health Centre

Tel: 025 32405

Chapel Hill, Fermoy

Services: Child Development clinic, Eye clinic, Hearing clinic and psychology.

HSE Dental Clinic

Tel: 025 31122

Chapel Hill, Fermoy

Public Health Nursing Service

Tel: 022 58739 / 58645

St. Francis Welfare Home, Rathealy road, Fermoy, Co. Cork

Service: Home nursing, pre-natal and post-natal services, child health promotion, surveillance, Breast feeding Support Group, Child Health and Development Screening clinics and Child Ophthalmic Clinics and School Health service and Immunization programme, Assessment of individuals needs, Home Help Assessment and ongoing referral, wound assessment and referral, assessment of individual and family needs, supporting families in times of crisis, Health Promotion, Palliative Nursing Care, Referral to Day Care Nursing Service. For medical and surgical aids and appliances Home Care packages and to HSE Multidisciplinary Team (E.g. Community Physiotherapy, Occupational Therapy, Podiatry, Alzheimers' Day and respite service.

HSE Customer Information Centre

Tel: 1850 241850

Fax: 041 6850330

Email: info@hse.ie

Service: The HSE information line provides advice on health services, entitlements, eligibility, application forms and contact details for services across the country.

HSE G.U.M. / S.T.I. Clinic

Tel: 021 4966844

Outpatients Dept. South Infirmary, Victoria Hospital Complex, Old Blackrock Rd., Cork.

Service: Free and confidential service offering diagnosis and treatment of sexually transmitted infections, HIV testing and contact tracing. Health advice also offered. Phone for appointment.

Housing

Habitacao

Mieszkania

Fermoy Town Council

Courthouse Road, Town Hall, Fermoy

Website: www.fermoytowncouncil.ie

Tel: 025 31155

Fax: 025 82970

Email: fermoytowncouncil@eircom.net

Cork County Council

Tel: 022 21123

Fax: 022 21983

Email: northcork@corkcoco.ie Website: www.corkcoco.ie

Annabella, Mallow, Co. Cork

Service: Local authority housing services for the North Cork division, responsible for the provision of affordable housing, housing maintenance, estate management and disabled persons grants. Monday to Friday 9am – 5pm.

Cluain Dara

Tel 025 33315

C/O Mary Butler

Sheltered Housing For Active Retired/Older People

Legal

Juridico

Prawne

Legal Aid Board

1A South Mall, Cork

North Quay House, Popes Quay, Cork

Tel: 021 455 1686

Tel: 021 427 5998

Service: The Legal Aid Board is responsible for the provision of legal aid and advice on matters of civil law to persons unable to fund such services. The Board's services are provided by a variety of means including a network of thirty three full time law centres located throughout the country.

Library

Biblioteca

Biblioteka

Fermoy Library

Connolly St. Fermoy

Email: fermoylibrary@corkcoco.ie

Tel: 025 31318

Opening times: 10am-1pm, 2pm-5.30pm, Tues-Sat.

Fermoy Library provides free Internet access for library members

Mental Health

Saude Mental

Zdrowie Psychiczne

Alzheimer's Society of Ireland

St. Mary's Day Care Centre, Lower Bearforest, Mallow

Tel: 1800 341341

Tel: 022 43322

Conna Day Care

Tel: 058 59739

Email: northcorkdaycentre@alzheimer.ie

Services. Day Care, Home Care and Support Group. Programme of physical and mental stimulation, Reminiscence Therapy, Occupation Therapy, exercises and socialisation, meals, transport and pastoral care.

Home Care: Assigns trained dementia care workers to client in their home for a few hours a week.

Wheelchair friendly premises and transport available.

The main objectives of the society are to supply information, to help and support people with dementia and their families and to campaign for rights for people with dementia especially those under 65.

Opening times: Mallow 9:30am – 4:30pm, Mon. to Fri

Opening Times: Conna – Every Wednesday 9:30am-4:30pm

Autism (Cork Association)

Administrative Office: Tel: 021 4883789
Asperger's Outreach Team: 021 4271808
Website: caa@indigo.ie 021 4207003
Greenville House, Carrigtwohill, Co.Cork. Fax: 021 4278038

Service: The Cork Association for Autism provides residential, respite, day service and outreach supports to adults with Autism and Asperger Syndrome. It operates from two large centres in Carrigtwohill and Mogeely and also has two offices in Cork City.

Aware: (Depression)

Email: info@aware.ie Tel: 6617211
Website: www.aware.ie Free Phone: 1890 303 302

Helping to defeat depression, support groups in over 60 locations. Meetings are held at Iniscarrig House (Across from Erinville), Western Rd, Cork every Tuesday at 8pm.

Barnardos

Web-site: www.barnardos.ie Tel: 021 4310591
Regional Office: The Bowling Green, White Street, Cork
Service: Early intervention/trauma service for children and their families bereaved by sudden death. Longer term bereavement counselling.

Smaritans

Free Phone: 116 123

CDYS

Tel: 025 51887 / 086 8031200 / 022 53526

2 Fitzgeralds Place, Fermoy
www.cdys.ie

CDYS operates 2 programmes: Rainbows for Primary school Children,
Spectrum for Secondary school children in Fermoy

Both of these programmes provide Support to young people who have been Bereaved, have parents who are separated Or are experiencing change, transition or have lost friends etc.

Programme which is one to one Support for teenagers whose parents have separated.

GROW

11 Liberty Street, Cork.

Service: Mental health support group.

Tel: 021 4277520

Info Line: 1890 474474

Health Service Executive, Mental Health Service

Tel: 021 4821411

Website: www.hse.ie

St. Stephen's Hospital, Sarsfield's Court, Glanmire, Co. Cork

Also Community Mental Health Service, Fermoy / Mitchelstown. Access service through GP.

Fermoy Mental Health Committee

This branch of Cork Mental Health Foundation was founded in December 2007.
Its aim is to foster positive mental health

Contact: Cork Mental Health Foundation

Tel: 021 4511100

E-mail: admin@corkmentalhealth.com

HSE Farm and Rural Stress Helpline

Tel: 1800 742645 (24/7)

Confidential advice and support for people living in a rural area.

HSE Harbour Counselling Service

Tel: 021 4861360

Freephone: 1800 235 234

E-mail: harbour@mailp.hse.ie

Service: This is a counselling service for adults who are victims of child abuse.

HSE Suicide Helpline

Tel: 1800 742 745

Confidential advice and support for those who are feeling suicidal.

Irish Advocacy Network

Tel: 047 38918

Tel: 01 8728684

Website: www.irishadvocacynetwork.com

Supporting Mental Health Service Users

Irish Friends of the Suicide Bereaved

Tel: 021 431 6722

The Planning Office, St. Finbarr's Hospital, Cork

The Social and Health Education Project (SHEP)

Tel: 021 4666180.

Village Centre, Station Road, Ballincollig.

www.socialandhealth.com

Service: SHEP works with individuals and groups to support positive mental health and well-being. It provides a range of services - low-cost counselling (Coiscéim), psychotherapist supported training, facilitated support groups, WRAP (Wellness Recovery for Action Planning) groups, support for people dealing with loss and change in life, advocacy for older people - as well as personal development group-work and other training.

1Life

Tel: 1800 247 100

Pieta House, Cork

Tel: 021 4341400

Money Advice

Concelhos de Dinheiro

Doradztwo Finansowe

MABS - North Cork Money Advice & Budgeting Service

E-mail: mallow@mabs.ie

Tel: 0761 072440

Fax: 022 43878

Helpline Monday - Friday 9am - 8pm

(HELPLINE) 0761 07 2000

National Debt Line:

25 O'Brien Street, Mallow Co Cork

Service: A free, independent and confidential service. Appointments arranged locally. Advice on Money management: The main purpose is to assist people in dealing with their existing debt difficulties and help them to begin to manage their own resources. The service is open to anyone living or working in the North Cork Area.

Opening Times: 9.30am – 1pm and 2pm – 5.30pm.

Musical Activities

Actividades Musicais

Zajęcia Muzyczne

Fermoy Choral Society

Tel: 025 31119

Service: Fermoy Musical Society provides an opportunity to the local community to take part in all aspects of the preparation for and staging of musicals and concerts in Fermoy.

Fermoy Comhaltas Ceoltoiri Eireann Traditional Irish Tuition

Email: fermoyceoltoiri@gmail.com

Contact: 086 3898162

Service: Classes available in Gaelscoil na Hide for primary and secondary school students, every Monday night from September to May. New members always welcome. Tuition ranges from flute, pipes, banjo, accordion, fiddle and tin whistle. Branches take part in events throughout the year.

Fermoy Concert Band

Tel: 086 0575830

Tel: 086 1700500

Tel: 025 31955

E-mail: fermoycb@gmail.com

Service: The Fermoy Concert Band (FCB) is a thriving group of 70 members, all with a shared love of playing music. The FCB comprises of three bands: a Training Band for accomplished players. We employ a professional Musical Director and professionally trained tutors for all brass (trumpet, trombone, horn and tuba) and woodwind (flute, clarinet and saxophone) instruments, as well as percussion. The FCB welcomes new members from ages 7 and up and we can often provide an instrument for beginners. Rehearsals take place at the CYMS Hall, Fermoy (Mon & Thurs). The Youth and Senior Bands frequently perform in and around Fermoy and also at national competitions. For younger children, we also run a "Mini Mozart" music club on Saturdays.

St. Patrick's Parish Choir

Tel: 086 8666997

The church choir is a voluntary group of thirty or so members who sing at 10.30am mass on Sundays throughout the year. We meet weekly on a Thursday night at 8.00pm for an hour's rehearsal. New members are always welcome and do not need any musical training. Any one the choir members can be contacted about joining.

Folk Group – "Queen of Peace"

Tel: 025 32230 / 087 9240855

Thomas Kent Pipe Band

Tel: 025 31735 / 025 32874

Service: Practices at CYMS Hall, drumming and piping on Wednesday nights.
The band consists of 20 members in uniform with eight trainee members.

Older People (Leisure)

Pesoas idosas (Lazer)

Seniorzy – Rozrywka

Fermoy Care and Entertainment Group Senior Citizens Club

127 Rathcarrig, Pike Road Fermoy, Co. Cork

Mobile No: 086 8762355

Service: Social entertainment calendar

Fermoy and District Active Retirement Association

Further Information From: 025 32042 / 025 49970

The above association was set up in October 2008 and now has sixty members, mostly women but a few men.

Membership is open to men and women over 55 years whose day is no longer taken up with paid or unpaid full-time work.

Our aim is to help older people lead a full, happy and healthy life. Throughout the year we socialise a lot by meeting with other groups and going on outings. These activities are aimed at keeping older independent, active and well. Once a year we also arrange a five day trip with elderly. The Active Retirement Association is a lifeline for many older people who would otherwise, feel isolated and lonely. We advertise our activities on the Avondhu Press and the Parish Newsletter.

(See also section on Southern Health Executive for active-elderly supports)

Fermoy Men's Club

Tel: 087 1874566

This is a social group for men. It's aim is to provide an opportunity for men to socialize in a male-only environment. Membership is open to all. The group meets on the 2nd Monday of each month at 3p.m. in Fermoy Community Youth Centre. Activities include monthly meetings with guest speakers and a monthly day trip to places of interest. There are other activities too, including weekly 45

card games at Fitzgibbon's Bar, a weekly Chess Group meeting at Fermoy Library, monthly club walks and singers who entertain at nursing / retirement homes and other venues. Additional activities will be coming on-stream shortly. New members are always welcome. Paul O'Kelly Lynch. 6th October 2015.

Older People (Support)

Pesoas Idosas (Apoio)

Seniorzy – Wsparcie

Amberley Home

Acres, Fermoy, Co Cork

Tel: 025 40900

Email: info@amberleyhome.ie

Fax No: 025 40901

Amberley Home and Retirement Cottages are set in five acres of tree-lined lawns and well-tended flower gardens. Local doctors, professional nurses and 40 support staff facilitate the residents medical and care needs. Residential accommodation numbers 39 rooms plus four double rooms (with en-suites, TV and telephone), there is also a large dining room, four sitting rooms, a social activity room a quiet room.

Further facilities and services comprise of a chapel, day outings (Amberley has its own bus), afternoon music, arts & crafts, indoor games, reminiscence and physiotherapy sessions; additionally there is a safe enclosed seated summer garden.

Blackwater Community Connect

Tel: 022 46580

C/o Avondhu Blackwater Partnership

Contact person: Mary Allen

Service: Blackwater Community Connect is a community service programme targeting older people who may feel lonely or isolated, especially those living in rural and remote communities in North Cork and the surrounding area.

Telephone Service: is about giving people daily contact outside the home and a friendly ear to swap news and seek information.

Handyman Service: involves minor plumbing, moving furniture, power-hosing

footpaths, cleaning gutters, changing bulbs, fitting smoke alarms, gardening and general maintenance

Complementary Services: Participants can also avail of occasional calls, home visits, computer courses, newsletter, excursions and social activities offered under the programme.

Cluain Dara Sheltered Housing – Day Centre

Duntahane, Fermoy

Tel: 025 33315 / 025 32532

Service: Care of older persons. To give carers a break. To combat loneliness. To provide nursing care/ public health nurse. Daily meals provided. Chiropody. Hairdressing. Physiotherapy. Socialisation. Pastoral Care: - Liturgies, daily prayer, weekly communion. Activities: - Gentle exercises to music, reminiscing therapy, bingo, cards, sing-song, art therapy, I.T. skills.

Fermoy Geriatric Association

Tel: 025 33315

Service: Day Care and Sheltered Housing complex

Opening times: Daily Day Care service with midday meal and variety of programmes and activities.

Meals on Wheels

Tel: 025 32962

Fermoy Community Resource Centre, 42 McCurtain Street, Fermoy, Co. Cork

Service: Offers quality affordable meals (Main Meal & Dessert) which are delivered by a dedicated team of volunteers every Monday, Wednesday and Friday mornings.

Protection Services for the Elderly (HSE)

Tel: 022 31831

Contact: Ted Myers, Senior Case Worker

Service: This service is for any older person Is a victim or maybe a victim of abuse.

Fermoy Neighbourhood Watch

Joe Tobin

Tel: 087 3234436

Fermoy Neighbourhood Watch aims to deliver socially monitored alarm systems (Seniors Alert Scheme) for those individuals over 65 years of age, living alone, or living in households made up exclusively of older people and who are unable themselves to install or buy such equipment.

St. Francis Home

Rathealy Road, Fermoy, Co. Cork.

Contact person: Matron

Tel: 025 31304

Fax: 025 31621

St Francis Home is a 22 bedded unit which caters for both male and female residents.

Service: 13 and a half hour Nursing Care. Residents retain access/care from their own G.P. Physiotherapy, Chiropody and hairdresser services are available as required.

Strawhall Nursing Home

Email: mcrise@eircom.net

Contact person: Margaret Rice (Proprietor)

Service: Within walking distance of Fermoy town, 24 Hour nursing care, choice of G.P., South Doc out of hours, access to consultants, hairdressing and therapies, social programmes, religious services, long and short term stay and pleasant surroundings with old world charm incorporating modern standards.

Tel: 025 31678

Mobile No: 086 8076577

Other Groups

Outros Grupos

Inne Grupy

Altar Society

Tel: 02531653

Service: Take charge of flowers on altar. 24 people on rota system, so two people would arrange it each month. Any queries regarding flowers please contact the above person.

The Avondhu Newspaper

McCurtain Street, Fermoy

Email: bleddy@avondhupress.ie

Tel: 025 32227 / 025 32229

(Fermoy Office)

Service: The Avondhu is the leading local weekly newspaper. Established in 1978 it covers the areas of North Cork, West Waterford, South Limerick and South Tipperary. The Avondhu caters for all queries, related to the newspaper. The Avondhu now also has a fully interactive online digital edition available on the website www.avondhupress.ie

Fermoy Becoming a Tidier Town

Contact: Noel McCarthy (chairperson).

Tel: 086 3751736

Christy Roche (secretary).

Tel: 025 33699

The Irish United Nations Veterans' Association (Fermoy Branch)

Tel: 086 3893949

Service: They organise events for deceased members' families who served with the defence forces. They also do annual events for local charities.

Fermoy Lions Club

Tel: 087 9352561

Email: don_ocallaghan@hotmail.com

Service: Fermoy Lions Club is a part of a world leading voluntary service organisation, Lions Clubs International. We are a registered charity who's goal is to empower volunteers to serve their understanding through Lions Clubs.

St. Joseph's Young Priests Society

Tel: 025 31983

087 2268113

Service: St Joseph's Young Priests Society are a group of lay people, who foster vocations to the priesthood and religious life and to assist financially in the education of students to the priesthood. We meet in the Resource Centre the second Wednesday of every month at 2.15pm, except for the months of July, August and January.

Toastmasters

Contact: Kevin Walsh

Tel: 058 60100
0871228684

Service: Fermoy Toastmasters Club offers a venue of pleasant and enjoyable recreation through the pursuit of personal growth in the use of speaking and communication skills, the better use of powers of individual thought and self improvement, with enhanced listening and assessment capabilities in a convivial atmosphere of mutual support and good fellowship. Our emphasis is on brevity of expression, in saying the most with the fewest words and in so allowing everyone their voice to tell of their unique richness of experience and ideas in a step-by-step development programme while all the time learning fresh insights from the togetherness and building friendships.

Parent Supports

Apoio para Pais

Pomoc Rodzicielska

Gingerbread

Email: info@gingerbread.ie

Tel: 01 8146618

Service: Association for One-Parent Families.

Info Line: 1850 241850

Parenting Services at the Fermoy Resource Centre Service

Tel: 025 32962

Mothers' Group – the group meet every Tuesday morning from 11:00 – 12. The women participate in education & training initiatives, while their children are taken care of in-house.

Parentline (for parents under stress)

Tel: 1890 927 277

E-mail: info@parentline.ie Website: www.parentline.ie

Pregnancy

Gravidez

Ciąża

CURA

Tel: 1850 622 626

Tel: 021 4277544

Email: curacares@cura.ie

Website: www.cura.ie

Miscarriage Association of Ireland

Tel: 01 8725550

Tel: 01 8735702

E-mail: info@miscarriage.ie Website: www.miscarriage.ie

I.S.I.D.A. (Irish Sudden Infant Death Association)

Helpline: 1850 391 391

Carmichael Centre, 4 North Brunswick Street, Dublin 7

E-mail: isida@eircom.net Website: www.isida.ie

Schools

Escolas

Szkolnictwo

National Schools

Bishop Murphy Memorial School

Tel: 025 31116

Fermoy, Co. Cork

Email: bishopmurphyschool@eircom.net

Service: Provides primary education under the national system for boys only from 2nd to 6th classes. A range of learning and resource supports are available. The ethos of the school is Catholic and pupils are prepared for First Communion and Confirmation.

Opening times: 9am – 2.40pm

Clondulane National School

Tel: 025 32863

Email: info@clondulane.org

Clondulane, Fermoy, Co. Cork.

Service: Clondulane National School is a small school in the heart of Clondulane village. It has three full time teachers and has several part-time and ancillary staff. There are over 60 pupils in our school.

Fermoy Adair School

Tel: 025 33765

Greenhill, Fermoy, Co. Cork

E-mail: adairns@eircom.net

Service : This school is under Church of Ireland management, but children from all denominations are welcome.

Opening times: 8.50am – 2.30pm

Gaelscoil de h-Íde

Tel: 025 31217
025 30899

Ait Briscoe, Fermoy, Co. Cork

Email: gaelscoildehide@eircom.net

Service: Mixed Irish medium primary school and caters for all classes from junior infants to sixth class.

Opening times: 8.50am – 1.30pm Infants.
8.50am – 2.30pm Everyone

Grange National School

Tel: 025 32799

Grange, Fermoy, Co Cork

Email: gnschool@eircom.net

Opening Times: 9:20 a.m. – 3 p.m.

Scoil Freastogail Mhuire – Presentation Convent

Tel: 025 31550

College Road, Fermoy, Co. Cork.

Email: presentationfermoy@eircom.net Website: www.presfermoy.org

Service: Primary school curriculum. Children 4 – 12 years. Mixed infants to first class. Girls only 2nd – 6th class. There is a special class for children with autism, as well as a pre-school for autistic children aged 3+

Opening times: 8.50am – 2.30pm, Mon – Fri
Telephone line(s) available: 9am – 3.00pm, Mon – Fri

Scoil Iosaif Naofa (St Joseph's National School)

Tel: 025 32284

Oliver Plunkett Hill, Fermoy, Co Cork

Email: office@stjosephsfermoy.ie

Service: St Joseph's is a co-educational school. We cover all aspects of the curriculum and have a particular emphasis on sport: swimming, athletics, soccer, hurling, football and pitch and putt. Our school endeavours to ensure that the children in our care enjoy the education provided for them and that their self esteem is nourished and fostered by the quality of that provision.

Secondary Schools

Coláiste An Chraoibhín

Duntaheen Road, Fermoy, Co. Cork.

Email: colaiste@c-chraoibhin.ie

Tel: 025 31622

Fax: 025 32748

Service: Colaiste on Chraoibhin is a co-educational multi-denominational, VEC, second level college. It is a modern educational establishment catering for the social, cultural, pastoral, physical and educational needs of all its students. We have an ultra modern building with excellent facilities. We cater for the Junior Cycle, Transition Year, Leaving Certificate, and Leaving Certificate Applied Program.

Loreto Secondary School

Fermoy, Co. Cork

Email: principalloretofermoy@eircom.net

Contact person: Principal

Website: www.loretofermoy.com

Opening times: 8.30am – 5pm, Mon –Fri (during term time)

9.30am – 4.30pm, Mon –Fri (rest of year)

Service: Loreto Secondary School is an All Girls Catholic Voluntary Secondary School. The school is managed by a Board of Management appointed by the Loreto Trust Board. Education is provided from First to Sixth Year. T.Y., L.C.A. and L.C.V.P. Programmes are also offered. Sports facilities, comprise of a Sports Hall and All Weather Pitch, which are available to clubs and others at hourly rates outside of school hours.

St. Colmans' College

Fermoy, Co. Cork

Email: stcolmansfermoy@eircom.net Website: www.stcolmansfermoy.net

Tel: 025 31930 / 025 31622

Fax: 025 31634

Service: Boys Secondary School. From 1st year to Leaving Cert. Applied Leaving Cert and Transition Year options also available.

Opening Times: 8:50 a.m. – 3:45 p.m.

Social Welfare Services

Servicos de Seguranca Social

Pomoc Społeczna

Department of Social and Family Affairs

Tel: 025 49010

Fax: 025 31562

Social Welfare Local Offices, O'Rahilly Row, Fermoy Co Cork

Service: Information on social welfare entitlements including:

The One-Parent Family Payment is for parents who are bringing up a child/children without the support of a partner (must satisfy a means test).

The Family Income Supplement (FIS) is a weekly cash payment to help families with a child/children on low pay who are working for at least 19 hours a week and not getting unemployment benefit/assistance (must satisfy a means test).

Open: 9:30 a.m. – 12:00 p.m. & 2-4 p.m.

Sport and Leisure

Desporto e Lazer

Sport i Rozrywki

Billiards and Snooker Club

Tel: 087 1257132

Fermoy Blackwater Sub-Aqua Club

Tel: 086 8126840 086 8523928

Rathealy Road, Fermoy Co Cork

E-mail: blackwatersubaqua.ie

Service: Blackwater Sub Aqua Club which consists of a recreational diving club and a search and recovery unit, founded in 1981 and clubhouse located on Rathealy Road, Fermoy. The club dives all year round and sometimes takes visiting divers (with suitable qualifications and equipment). The search and recovery unit provides a voluntary service in North Cork and regularly provides safety cover for water based events and search call outs.

Cards Club

Tel: 025 32086

Contact: Kay Clifford

Service: Whist Drive held every Sunday night at 8.30pm sharp in Fermoy Education Centre. All welcome.

Fermoy Cycling Club

Tel: 025 32391
087 41070978

Michael O'Connor

Website: www.fermoycyclingclub.com

Service: Fermoy Cycling Club cater for all types of cycling activity. It promotes a full programme of activities each year, varying from a number of road races, tours and club leagues etc.

Coarse Fishing Association

Contact: Tom Lawton

Tel: 025 33574
086 1043040

Service: Fermoy Coarse Fishing Association continue to promote Fermoy as a Coarse Angling destination for Tourist Anglers, or hard working committees' over the years has done tremendous work in enticing tens of thousands of UK, French and European Anglers to Fermoy.

Fermoy Boxing Club

Contact: John Bowes

Tel: 086 0637878

E-mail: fermoyboxingclub@live.com

Service: Fermoy Boxing Club trains every Monday and Wednesday night from 7pm until 9pm at Fermoy Community Youth Centre. We cater for boys and girls from the age of 7 and upwards. Our head coach is former Irish international of 1992 Olympic Boxer, Paul Buttimer. Our women's development officer and coach is Irish International and current national intermediate champion, Ciara Noonan.

St. John's Boxing Club

Tel: 087 1675884

Contact: Club Secretary Pat Flynn

Service: Train every Monday, Tuesday, Wednesday and Thursday from 7.00-9.00pm. Train every Sunday morning also from 11.30 am to 1.30 pm.

Fermoy Bridge Club

Contact: Nula O'Neill

Tel: 086 8371806

Service: Fermoy Bridge Club is situated on Mill Road and has over 100 members. Members play bridge every Monday and Thursday nights at 7.30pm all year round in the clubhouse. From September to May members also play on Tuesday morning at 10.30am. The bridge club is open to new members all year round.

Fermoy Community Games

Tel: 025 32042

Fermoy Field Club

Contact: Mabel Scanlon

Tel: 025 31282

Service: A historical society based in Fermoy for 50 years. Meetings usually second Wednesday of month in Grand Hotel from September to April. Outings, once a month in the summer. News items appear in Avondhu. Irish and local history is our main interest.

Fermoy FC Soccer Club

Tel: 025 32006

Service: Senior Team in the Munster Senior League, Junior Team in the Munster Junior League and Youth (under18's) Cork Youth's League. Schoolboys Team is the Cork Schoolboys League. U11's, U12's, U13's, U14's, U15's and U16's. The soccer season runs from end of August until early May. Summer football competitions include, Noble Cup, Pats Noonan's Cup. Competition for the Schools sponsored by the Credit Union.

Carrig Cubs: Children under 6 years old are trained in the skills of the game two evenings a week from April onwards.

Fermoy FC Schoolboy's Soccer Club

Tel: 025 32006

Fermoy Flower and Garden Club

Contact: Mabel Scanlan

Tel: 025 31282

Service: Fermoy Flower and Garden Club is a very long established Club with approximately 70 members. We aim to encourage the love of flowers and gardening and plant material. We meet on the first Tuesday of the month at Adair New Hall at 8pm. There are two outings a year in May and June. Fee is €25 per year. Visitors are welcome also.

Fermoy Golf Club

Email: fermoygolfclub@eircom.net

Tel: 025 32694

Tel: 025 31472

Contact: Denis Twomey (Secretary) / Brian Moriarty (Professional Shop)

Fermoy Handball Club

Tel: 025 32042

Tel: 086 3761906

Contact: Mick Jordan E-mail: fermoyhandball@gaa.ie

Fermoy Karate Club (KEN-BU-KAN DOJO)

Contact: Brian Twomey

Tel: (087) 2500783

Service: Tuesday – Children at 8 p.m. and Adults 9 p.m.

Thursday – Children at 7 p.m. & Advanced Children at 8 p.m.

Fermoy Leisure Centre

Town Park, Fermoy www.fermoyleisurecentre

Tel: 025 33272

E-mail: leisurecentre@eircom.net

Fax: 025 33232

Service: 25 meter swimming pool. Public swimming sessions for adults and kids, kiddies pool birthday parties. Kiddies Splash Pool, fully accessible to disabled people, free car parking, cafeteria, parent and toddler sessions, aqua aerobics, water safety, private group sessions organised, funsaver tickets and swimming club. Ring in advance for public session timetable.

Opening Times: 11am-10pm, Mon-Fri, and 11am-5pm, Sat, Sun and Bank Holidays. One Session: 45 minutes, commencing on the hour

Fermoy GAA Club

Senior Club

Tel: 085 7542558

Secretary Tom McCarthy

E-Mail: tommccarthy3@yahoo.ie

Juvenile Club

Tel: 087 2504614

Bosco Creed

Secretary bng.fermoy.cork@gaa.ie

Fermoy Ladies Gaelic Football Club

Tel: 086 0698377

c/o Cora Roche / Colette Moore

fermoysec@gmail.com

Fermoy Hockey Club

Secretary: Maeve Murphy

086 4038565

Grange West, Fermoy, Co. Cork

Email: secretary@fermoyhockeyclub.com

www.fermoyhockeyclub.com

Activities:

Fermoy Hockey Club has 3 senior ladies teams playing in Munster Leagues and a vibrant junior section catering for boys and girls from 6 years of age.

Fermoy Rowing Club

Email: secretary@fermoyrowingclub.com

Tel: 089 2070332

Seamus McEvoy (Secretary)

Captain: Stephen Donellan

Fermoy Rugby Club

Tel: 025 32175 / 087 2595025

Contact: Sean Lomansey info@abbeyvillehouse.com

Fermoy Swimming Club

Tel: 025 33272

c/o Swimming Pool. Contact Name: Jim Crowley

Fermoy Scout Club

Tel: 087 2579278

Showgrounds, Bridget Street Entrance, Fermoy

Contact: Adrian McGrath E-mail: adrianmcgrath@gmail.com

All queries regarding Beavers, Cubs, Scouts contact the above number

Beavers 6-9yrs, Cubs 9-12yrs, Scouts, 12-16yrs, Ventures 16-18yrs and Rovers 18-26yrs

Service: Fermoy Scout Group is a uniformed, non-formal educational group catering for males and females aged between 12 and 20 years. The emphasis of the programme is on "Learning by Doing" and is largely based outdoors, especially for the 12-20 year age groups. Scouting promotes character training, independence, leadership and the ambition to learn in a fun environment. New youth members and adult volunteers more than welcome to join.

Fermoy Town & District Angling Club

Tel: 087 6120718

Contact: Chris O' Donovan

E-mail: ftadac@yahoo.com Discoverireland.ie/Fermoywheelboat.

Service: Providing Wheelchair access to the River Blackwater. Department of the marine registered/fully registered and insured. Explore the beautiful hidden Blackwater River cruise- nature-photography-fishing-sightseeing.

Grange Athletic Club

Tel: 025 32101

Contact: Maurice Tobin

Service: The Club is open to both Juvenile and Senior athletes from age 7 and upwards. We train at the Colaiste an Chraoibhin in summer (April to October) and Colman's pitch and hall in winter. There is also an indoor facility in Colman's if the weather is bad in the winter.

Pitch and Putt Club

Email: <mailto:fermoypitchandputtclub@gmail.com>

Tel: 025 31415

Fermoy GAA & Pitch & Putt, Fitzgerald Park, Fermoy Secretary: Eamonn Joyce.

Services: Fermoy GAA Pitch and Putt Club is located in the Fitzgerald Park Complex. The Pitch and Putt accept green fees at €5 for adults and €3 for juveniles. We also welcome club outings from other courses with full bar and catering facilities available. Each year we hold an eight day open with pitch and putt players from all over Ireland to play on our course.

Women's Reading Club

Tel: 025 31282

Contact: Mabel Scanlon

Service: The Reading Club is located at Fermoy Library and is open to all. We meet once a month throughout the year at 11.00 am on the first Wednesday of the month. We read two books per month and the Library supply them free of charge. We have 8 to 10 members and no fee, no tea and no holiday.

Support Groups

Grupos de Suporte

Grupy Wsparcia

CLM (Christian Leadership Movement)

Tel: 087 1325082

17 Liam MacGearailt Place, Fermoy, Co. Cork.

Contact person: Lorraine O'Halloran

Service: The Fermoy branch of CLM works specifically with people with intellectual/learning disabilities. In addition to accompanying our members to Lourdes, we organise various events and trips throughout the year for our members. This includes Easter, Halloween and Christmas parties and the highlight of the year is our annual "Summer Centre" trip.

Fermoy Community Network

Contact Persons:

Brendan Scahill, HSE Community Work Dept

Tel: 021 4928373

Jacinta McCormack

025 32962

Services: This is a group of individuals representing voluntary, community and statutory groups, who operate in the Fermoy area, together with community members who meet once every six weeks in the Community Resource Centre. The group is jointly facilitated by Health Services Executive, Community Work Dept and Avondu Blackwater Partnership Limited. This network works towards identifying community and family needs and developing joint responses to these needs.

Fermoy Neighbourhood Watch

Contact: Joe Tobin

Tel: 087 3234436

Fermoy Community Garda Station

Tel: 025 82100

Service: Neighbourhood Watch is a crime prevention programme designed to be run by the people themselves in partnership with An Garda Síochána.

Legion of Mary

Contact persons: Maura Cronin

Tel: 087 2552276

Services: The object of the Legion of Mary is the glory of God through the holiness of its members developed by prayer and active co-operation in Mary's and the Church's work. In Fermoy our weekly meetings are held in the Marian Hall (next door to Community Play School) College Road every Monday night at 7.30pm. Type of work, we visit St Patricks Hospital, Amberly Nursing Home and elderly living on their own. We also do general visitations to family homes. New members are very welcome.

Natural Parents Support Group

C/O Eileen at 086 7368715

Support for Mothers who lost Children to Adoption – Support Group meeting second Sunday every month in Cork.

Widows Association

Tel: 025 32162

Contact person: Noreen Condon

Service: Fermoy Widow's Association is formed since 1972. We meet once a month on the third Wednesday of the month at 8.15pm at Fermoy Community Resource Centre. We have a talk and demonstration and we also have a cup of tea and chat. We have an annual Mass for deceased and present members, a dinner at Christmas and an outing to various places. The association is open to all widows and friends.

Southern Gay Men's Health Support Project

Tel: 021 4304884

Helpline: 021 4271087

E-mail: Info@gayhealthproject.com

Confidential support services provided.

St. Nicholas Trust

Tel: 086 1768266 / 086 1768267

E-mail: stnicholastrust@gmail.com

Cove St. Cork.

Support and information group for families of prisoners.

Suicide Bereavement Network

Tel: 087 9974076

Monthly drop-in for people bereaved by suicide in the Fermoy Community Resource Centre.

St. Vincent de Paul

Tel: 086 7831728

Service: The aim of the St Vincent de Paul Society is to tackle poverty in all its forms. The Society operates in small groups called “Conferences”, based in local parishes, which meet regularly. It is our privilege to visit people in their own home and to offer assistance in the form of food vouchers. However, the Society has responded to social changes, providing additional services such as shops, holiday schemes, educational budgeting service and FLAC (free legal aid).

Victim Support Group

Tel: 1850 661 771

E-mail: info@victimsupport.ie

Service: Voluntary support organisation that offers emotional support and practical help to victims of crime. There is a team of trained volunteers to meet the needs of victims.

Traveller Support

Wsparcie dla Społeczności Koczowniczych

Travellers of North Cork Limited, (TNC).

Riverside, Doneraile, Co Cork

Tel: 022 71035

Contact Name: Bridget O’Brien, Mary O’Reilly, Marie Griffin.

Email: tcndoneraile2@gmail.com

Service: TNC is a Traveller led organisation. We support the development of a network of Traveller Groups in North Cork through the provision of support, advice and training to the Traveller Community. We also advocate for Traveller’s rights in areas such as accommodation, health, education and social inclusion.

We work in partnership with members of the local Traveller Community, other Traveller and non Traveller organisations and members of the general population to further the promotion of Traveller’s rights.

Employability Cork Traveller Employment Support Service

Unit B, Russet Court, Churchyard Lane, Ballintemple, Co. Cork.

Tel: 021 4294949

Contact Names: Bernadette Twomey - 087 2912378

Frances Higgins - 087 76575514

Email: admin@employabilitycork.ie

We have a Traveller Specific Programme in North Cork and our aim is to support Travellers into the Labour Market, mainstream training or towards self employment through the support of a job coach. We work in partnership with other Traveller Organisations, Community Partnerships, Employers, FAS and other non Travelling Organisations.

Transport Services

Servicos de Transporte

Wsparcie dla Społeczności Koczowniczych

Local Link Cork

Courthouse Road, Fermoy, Co. Cork

Tel: 025 51454

Tel: 0818 227 226

E-mail: info@locallinkcork.ie

Coordinator: Damien Tobin

Bus Services (Enquiries)

Tel: 021 4508188

Email: www.buseireann.ie

Telephone line (s) available 9 am – 6 pm, Monday – Friday.

Liam's Lifts Transport Service

Tel: (086) 7257218

c/o Triona O'Flynn, Duntaheen Road, Fermoy, Co Cork

Email: liamslifts@hotmail.com

Contact Name: Triona O'Flynn

Service Description: Liam's Lifts is a community-based transport service. The purpose is to provide discreet, affordable and personal transport to members of our community who are attending oncology appointments in Cork. We hope that our service will remove the worry that transport can often cause at this stressful time. The first step to avail of the service is to contact us with details of your appointment. We will then contact one of our volunteer drivers who would ring you to introduce themselves and arrange details. The service includes collecting you from your home, bringing you to your appointment and waiting for you before driving you home. There is a nominal fee which contributes to the running costs of the program. Given the need for this service, in time we hope to be in a position to extend it to areas beyond Fermoy and Mitchelstown and for medical appointments other than oncology. As such, we would encourage anyone to contact us at any time if they think that we could be of assistance.

Volunteering

Cork Volunteer Centre

70 Shandon Street Cork

Tel: 021 4396510

Email: info@volunteercork.ie

Website: www.volunteercork.ie

Opening times: Monday-Friday 9 AM – 5 PM, Closed from 1pm - 2pm

Service: Cork Volunteer Centre provides a placement service matching individuals who would like to volunteer with non profit organizations who involve volunteers in their activities.

Youth Services

Services da Juventude
Ośrodku Młodzieżowe

CDYS Ltd. Fermoy

Tel: 086 8031200

Website: www.cdys.ie

Tel: 025 51887

Service: CDYS Ltd is a youth service with a number of youth projects and youth clubs based throughout East and North Cork. The service is committed to providing a range of services that positively value and nurture young people. Currently, the service has 2 projects operating in Fermoy:

Fermoy Community Drugs Initiative: Siobhan Mackey (086) 609 6874

This project offers one to one support for young people aged 12-21 that are experiencing difficulties with drugs and alcohol. The service also offers support and guidance to families and information to the local community of Fermoy.

Fermoy Youth Project: (086) 8031200

Fermoy Youth Project offers one to one and group work support and activities for young people aged 12-19 years.

Fermoy Youthreach

Tel: 021 4966950

unit 4A, Faber Castell Business Campus, Dublin Road, Fermoy, Co. Cork.

Contact person: Imelda O'Donovan (Coordinator)

Gretta Dunne (Resource Person)

Email: fermooyouthreach@gmail.com

Service: Training and Education for 15-21 year olds. Provision of full FETAC level 3 and level 4 certificates. Provision of LCA. Work experience. Community involvement programme. Creche facilities available. Training allowance available.

Other Youth Services Fermoy based:

Juvenile Liaison Officer Fermoy/Mallow

Tel: 025 82100

Garda Station, Fermoy, Co Cork

Tel: 025 82164

Contact Person: John Hurley

Fax: 025 82183

Service: Assists younger people who come into contact with members of the Garda; assists in diverting young people from criminal activity and advice for parents and other people responsible for young people.

Other Youth Services Cork based:

YMCA, Cork

Email: reception@ymcacork.net

11-12 Marlboro Street, Cork Website: www.ymcacork.net

Tel: 021 4270187/4273056

Service: YMCA is a cross denominational organisation committed to actively responding to local youth and community need. Our aim is to work alongside young people to further their social, physical and spiritual development through a range of challenging programmes and services.

YHS Youth Health Service.

Contact: Meadhbh O'Connell

YHS Co-ordinator

Tel: 021 422 0490

Fax No: 021 422 0498

Mobile No: 076 1084150

Email yhs@hse.ie

Service: The Youth Health Service (YHS) is a dedicated sexual health and counselling service for young people under the age of 21. It provides family planning and STI clinics, crisis pregnancy counselling, drug and alcohol counselling, youth work interventions – including contact with parents, and also provides information on general health promotion.

Useful Numbers

Números Úteis / Przydatne Numery Telefónów

Alcoholics Anonymous
Alcoólicos Anônimos
Anonimowi Alkoholicy 01 8420700
01 4538998

Al-Anon and Al-Teen
Al-Anon e Al-Teen
Grupy wsparcia dla rodzin alkoholików 021 4311899

Bord Gáis Emergency
Emergência Bord Gais
Pogotowie Gazowe 1850 205 050

Bus Eireann
Autobusy 021 4508188

Childline
Telefon zaufania dla dzieci i młodzieży 1800 666 666

Civil Defence
Defesa Civil
Obrona Cywilna 022 30404

Cork County Council
Urząd Hrabstwa Cork 025 31155

Credit Union
Credit Union (Banco)
Credit Union bank 1800 27 29 27

CURA CARES (Unexpected pregnancy)	
CURA CARES (gravidez inesperada)	021 4277544
Telefon zaufania w przypadku nieplanowanej ciąży	1850 622626
<hr/>	
Drugs helpline	
Drogas helpline	1800 459 459
Telefon zaufania dla osób z problemami narkotykowymi	021 4930100
<hr/>	
Drugs/HIV Helpline	
Drogas / HIV Helpline	
Telefon zaufania dla narkomanów/osób zarażonych HIV	1800 459 459
<hr/>	
Farm and Rural Stress Helpline (HSE)	
Telefon zaufania dla rolników i mieszczkańców wsi	1800 742 645
<hr/>	
Fermoy Court House	
Sąd w Fermoy	025 31155
<hr/>	
Gamblers Anonymous	
Jogadores Anônimos	
Anonimowi Hazardziści	087 2859552
<hr/>	
Garda Confidential Line	
Garda Linha Confidencial	
Policyjny telefon zaufania	1800 666 111
<hr/>	
Garda Station	
Tráfego Garda Assista	
Posterunek Policji	025 82100
<hr/>	

Garda Traffic Watch
Patrol Drogowy 1890 205 805

St. Patrick's Hospital
Szpital Św. Patryka 025 31300

Irish Cancer Society Helpline
Irlandesa Cancer Society Helpline
Telefon zaufania Irlandzkiego
Stowarzyszenia na Rzecz Walki z Rakiem 1800 200 700

ISPCC
Irlandzkie Towarzystwo Zapobiegania
Przemocy Wobec Dzieci 021 4509588

National Smokers Quit Helpline
Telefon zaufania dla osób chcących
rzucić palenie 1850 201 203

National Poisons Centre
Venenos Centro Nacional
Krajowe Centrum Toksykologiczne
01 8379964 / 01 8092566

Ombudsman
Provedor de Justiça
Rzecznik Praw Obywatelskich 1890 22 30 30

Parentline
Linha de ajuda a pais
Telefon zaufania dla rodziców 1890 927 277

Passport Office
Passaportes
Biuro Paszportowe 021 4944700

Post Office
Correios
Poczta 025 031446

Priest on Sick Call
Sacerdote em Call Doente
Ksiądz – Ostatnia Posługa (087) 2552276

Samaritans
Samaritanos
Samarytanie (Punkt Interwencji Kryzysowej) 1850 60 90 90

Senior helpline
Helpline sênior
Telefon zaufania dla osób starszych 1850 440 444

Smoking cessation helpline
Telefon zaufania dla osób chcących
rzucić palenie 1890 333 100

Sexual Violence Centre, Cork
Centro de Violência Sexual, Cork
Ośrodek do spraw Przemocy
Seksualnej w Cork 1800 496 496

Suicidal Helpline (HSE)
Linha de ajuda a suicidas (HSE)
Telefon zaufania dla osób ze skłonnościami
samobójczymi 1800 742 745

Motor Tax Office
Secretaria de Fazenda
Biuro Skarbowe 021 4544566

Revenue Tax Office

021 6027000

Victim Support Group

Grupo de Apoio à Vítima

Grupa Wsparcia Ofiar Przemocy

1850 661 771

YANA (You Are Not Alone)

Yana (Violência Doméstica)

**Nie Jesteś Sama – centrum pomocy ofiarom
przemocy domowej**

022 53915

Emergency Services

Służby Alarmowe / Serviços De Emergência

All Emergency Services 999 / 112 from mobile phone

Wszystkie Służby Alarmowe

999/112 z telefonu komórkowego

Todos os Serviços de Emergência

999 / 112 de um telefone móvel

Fermoy Garda Station

Posterunek Policji w Fermoy

Delegacia de Poicia de Fermoy

(025) 82100

Garda Confidential Line

Policyjny Telefon zaufania

Garda Linha Confidencial

1800 666111

Samaritans

Samarytanie

Samaritanos

116 123

Suicidal Helpline

**Telefon zaufania dla osób o
skłonnościach samobójczych**

Text Help: 51444

1800 742 745

Southdoc

Lekarz Dyżurny

1850 335 999

FERMOY CREDIT UNION LTD



27-29 Patrick Street , Fermoy , Co Cork
Freephone 1800 27 29 27
www.fermoyscreditunion.ie

Fermoy Credit Union is a community based progressive financial co-operative providing its members with a wide range of equitable financial services. It is run by its members, for the benefit of its members.

We Offer

- Convenient opening times – open on Saturdays and during lunch
 - A full financial package for all our members
- Three convenient locations- Fermoy , Watergrasshill and Glenville
 - Friendly and efficient staff
 - Online access to your account
 - An ATM Card
 - Support to the local community

Savings :

Your savings are used in the community in the way of loans to members. Your savings help to give added impetus to the economic and social well - being of Fermoy and surrounding areas.

Loans :

Consumer loans, car loans, further education loans, loans for nearly every purpose with the added advantage that your loan is repaid in the event of your death (subject to some conditions) at no extra cost to you the member

Foreign Exchange :

For all your foreign exchange requirements, foreign currency and travel insurance

Insurances :

Discount with VHI for all members of 10%, AXA insurance also offers discounts to members, Repayment Protection Insurance in the case of you becoming unemployed.

Electronic Fund Transfers (EFT):

Pay your bills in the Credit Union electronically, send funds abroad by electronic transfer, transfer funds to bank accounts in Ireland and Internationally.

Western Union Money Transfers:

Money in minutes – worldwide

Euro Eddie Saver Stamps:

Encouraging children to save with Euro Eddie in the Primary Schools – helping to create a saving habit

Saving stamps:

€2 saving stamps , a handy way to start saving and build up a lump sum. Saving cards are available at the counter.

Money Advice:

Have you a problem with money management or family budgeting ? Have you borrowed from moneylenders? We are here to help you . We have the experience and knowledge to be of real assistance to you. Contact us in the strictest confidence.

Website:

Check your account online, pay bills, transfer between accounts in Fermoy Credit Union. Log on today to see what you can do.

ATM Card:

Access your money anywhere in the country at over 4500 ATM points

Remember

- No hidden fees or transaction charges
- Repayments calculated on reducing balance
- No penalties for early loan repayment



Find us on facebook [facebook](#)

Fermoy Directory Background & Sponsors



Members of Fermoy Family Co-ordinating Group
Summer 2011

The directory has been compiled by the members of Fermoy Family Coordinating Group which is a network of voluntary, statutory and community groups, members of which meet at the Resource Centre, every two months to share information and to identify needs in the community. In collaboration with the community, the group endeavours to develop initiatives to support families and community development in Fermoy.

Avondhu Blackwater Community Connect

A Community Service Programme delivered to older people and those with a disability to enable them live for as long as possible in their own home and maintain their independence

Telephone Befriending Programme for older people

- Regular Telephone Call
- Friendly chat
- Information
- Help with filling forms
- Advice on available additional services
- Reminders
- Tailored to needs of Person

Complementary Services

- Day trips
- Christmas Party
- Arranging Computer Classes
- 'Reaching Out' Newsletter

Handyman Service

- Security Checked
- Insured
- Trained
- Variety of Tasks including
 - Cleaning gutters, windows, chimneys
 - Gardening
 - Minor Plumbing
 - Powerwashing
 - Moving furniture
 - Fitting door locks
 - Fitting smoke alarms
 - Painting



Cork Mental Health Foundation & Housing Association

Cork Mental Health Foundation and Cork Mental Health Housing association were established in 1962 and have been actively supporting the people of Cork who have mental health difficulties ever since. We also promote positive mental health within the community through various projects throughout the year. Below are just some of the services we provide in both Cork City and County.

- Provide voluntary housing projects for people experiencing mental health difficulties
- Organise a public speaking project for schools within the county
- Provide mental health awareness workshops for post-primary schools
- Arrange annual public seminars promoting positive mental health
- Organise a 'Reflecting through Art' project which is open to anyone using the mental health services.
- Organising various fundraising activities annually

We are always looking for new volunteers to help us in the running of all the above projects, so if you are interested in volunteering please do not hesitate to contact the office or you can get an application form from our website.

Contact details:

Cork Mental Health Foundation & Housing Association

Nore House

Bessboro Road

Blackrock

Cork.

www.corkmentalhealth.com

Tel: 021 4511100



Citizen's Information

Need information on your Rights and Entitlements?

Contact Fermoy Citizens Information Centre at 66 Lower Patrick Street, Fermoy (tel: 0761 077970). Our service is free, independent and totally confidential. We provide information on:

- Employment Law
- Housing
- Social Welfare
- Farm Assist
- Health Services
- Local Information
- Redundancy
- Education
- Consumer Affairs
- Family Matters
- Justice

Opening Hours: Mon: 9.00-13.00 & 14.00-17.00
 Tues & Wed: 09.00-13.00
 Thurs & Fri: 10.00-13.00



Household Advice and Tips

This information is for your benefit and anyone who is staying in your house who may not be familiar with your basic household information. Often in emergency situations, because of the stress of the situation essential information is miss-communicated to responding services etc. Therefore it is helpful to keep information close at hand for these very situations. What we are recommending is that this information will contain:

Your name:

Directions to Your House (For emergency situations) / Specify Local Landmarks

- Garda local Number: 025 82100
- Next of Kin:
- G.P Name: G.P Tel:
- Keyholder
- Plumber
- Electrician
- Gas
- Community Alert
- Location of Stopcock
- Location of Gas Supply
- Bottle in the Fridge (Medication Advice) – Please indicate

Courtesy of Blackwater Community Connect and Diarmuid Cronin, Community Alert Development Officer

Directions to your Home

On regular occasions every year we all give detailed instructions to strangers, how they can find and drive directly to our home.

Strangers such as; Couriers with a parcel, deliveries of new furniture or equipment, the lists are endless, but consider the implications of poor directions given to a Fire Brigade or Ambulance.

When seconds are critical, proper preparation saves lives.

Prepare a short written description advising a stranger on how to find your home, starting from a well-known local landmark. A few sentences should suffice.

Place this description prominently, somewhere near your home-phones.

You personally may need it when God forbid, its' you on the floor and a frightened youngster or a visitor to your home making a call to South Doc or the Ambulance services
Courtesy of Diarmuid Cronin.

Community Alert Development Officer, {Kerry, Limerick, Cork}

086 – 6000 752

021 – 7339 011

Email: communityalert2@eircom.net

Fermoy Directory of Services

Fermoy Family
Co-ordinating Group

Community Resource Centre
McCurtain Street,
Fermoy, Cork
tel: 025 32962

