



## Services for 0-3s and their parents in Ballymun

2015





# Index

This booklet has been compiled by members of the Ready, Steady, Grow Implementation Team. It is intended as a guide to services for 0-3 year olds and their families available in the Ballymun and nearby.

The Ready Steady Grow Implementation Team is made up of members from HSE Public Health Nursing, HSE Speech and Language Therapy, HSE Primary Care Psychology, HSE Child and Adult Mental Health Services, Ballymun Child and Family Resource Centre, Daughters of Charity, Tusla, Rotunda, BRYR, parent representatives and *youngballymun*. This booklet will be updated in 2016.

<b>1. Services during Pregnancy</b> .....	4
<b>2. Medical/Physical Support Services</b> .....	5
<b>3. Breastfeeding Support</b> .....	6
<b>4. Baby/Toddler Developmental Programme</b> .....	7
<b>5. Parent and Baby/Toddler Playgroups</b> .....	8
<b>6. Early Years Centres/Crèches/ Preschools</b> .....	9
<b>7. Parent Workshops/Programmes</b> .....	11
<b>8. Supports for Young Parents</b> .....	13
<b>9. HSE Primary Care Services</b> .....	14
9.1. Advice clinics .....	14
9.2. Children's services .....	14
<b>10. Specialist services</b> .....	16
<b>11. Counselling and Mental Health Services</b> .....	18
<b>12. Services for Substance Using Parents</b> .....	22
<b>13. Other Services and Supports</b> .....	24
<b>14. Notes</b> .....	26

# 1. Services during Pregnancy

## Antenatal Programme

Five-week programme for families living in the Ballymun Primary Care Team area who are expecting a baby. The programme is facilitated by a multidisciplinary team and supports parents-to-be to prepare for birth, bringing baby home and promotes positive mental health of both parents and babies.

**Where** The Reco Building, Sillogue Road

**When** Courses run in February, June and October

**Contact** Hazel 0872042715 [hazelm@youngballymun.org](mailto:hazelm@youngballymun.org) Anyone can refer

## General Practitioners

General medical advice and assistance throughout pregnancy and afterwards.

**Contact** Your family GP

- Ballymun Family Practice, Ballymun Civic Centre, Main Street. 01-846 7033/54/94 [www.ballymunfamilypractice.ie/](http://www.ballymunfamilypractice.ie/)
- Santry GP Family Doctors Clinic, Unit 1 Northwood Business Park, Santry. 018420007 <http://www.santrygp.ie/>

## Maternity Hospitals

Antenatal services, delivery, postnatal care, gynaecology and family planning services.

**Where** Maternity Hospital/Ballymun Healthcare Facility (Rotunda outreach)

**Contact** Family GP/Maternity Hospital

## Rotunda Community Midwifery service

Maternity care to low risk women, who have no history of medical problems, which might affect their pregnancy. Delivered by midwives work between the Rotunda and the local community. Antenatal care is provided in the local community.

**When** Thursday 2-4pm Ballymun Healthcare Facility

**Contact** 01 817 6849 or 817 6850

## 2. Medical/Physical Support Services

### **GP visits**

General medical advice and care for parents and infants, throughout pregnancy and afterwards. Free visits during pregnancy and free developmental exams when baby is 2 and 6 weeks (mother and infant scheme). Services also include sexual health and contraception advice.

**Contact** Family GP practice

- Ballymun Family Practice, Ballymun Civic Centre, Main Street. 01-846 7033/54/94  
[www.ballymunfamilypractice.ie/](http://www.ballymunfamilypractice.ie/)
- Santry GP Family Doctors Clinic, Unit 1 Northwood Business Park, Santry.  
018420007 <http://www.santrygp.ie/>

### **Public Health Nurse Visits**

Support service for all parents following discharge home from hospital or transfer into the area. Advice with feeding and looking after babies' physical and emotional needs. Assessment of mother's physical and mental wellbeing following return home from hospital.

**When** First visit to family usually within 48 hours of discharge from hospital. Continued visits depending on families' need.

**Where** In-home visits. Service is located on 1<sup>st</sup> Floor of Ballymun Healthcare Facility

**Contact** 01 8467152

### **Immunisation Clinics**

Walk-in BCG clinic available. All other Vaccinations are carried out by the family GP.

**When** Once a month

**Where** Ballymun Healthcare Facility

**Contact** 01 8467109 (HSE reception) for dates

### **Medical services for migrant children and families**

Cathedral Clinic is a service for migrant adults and children who have difficulty accessing medical care, including individuals with low / no income, and those who are without or are ineligible for, a medical card.

**When** Wednesday from 2pm-4pm, by appointment only 0858505302

**Where** Crosscare, 1 Cathedral Street, Dublin 1.

**Contact** [thecathedralclinic@gmail.com](mailto:thecathedralclinic@gmail.com)

### 3. Breastfeeding Support

#### **Cuidiú Breastfeeding Support**

Breastfeeding counsellors provide support and advice for breastfeeding mothers in group sessions or by phone.

**When** Group meets on the first Tuesday of every month in Ikea café at 10.15am (except in August)

**Contact** There are a number of local breastfeeding counsellors

Mary Rose 01-837-0898	Ellen 01-837-3350	Rita 087-741-7448
Olive 087-964-3785	Helen 086-273-7282	Denise 087-778-7310
Fionnuala 087-134-8712		

**Other info** There is also a weekly breastfeeding support group in Drumcondra; on Fridays during the school term, from 10-12 in the Corpus Christi parish centre



## 4. Baby/Toddler Developmental Programme

### Parent-Child Psychological Support Programme (PCPS)

Universal baby and toddler health and development clinic, supporting babies' physical, cognitive and social-emotional development, parent-child relationship and parental wellbeing.

**Age range** 3-18 months

**Who to refer** All babies/toddlers 3-18 months within the defined catchment area.

Introductory appointment from 8 weeks onwards.

**Appointments** 1 introductory visit (approx. 40 minutes) followed by 6 programme visits (approx. 1¼ hr each) between 3 and 18 months

**Who facilitates** Multidisciplinary team comprised of HSE Public Health Nurse, Speech and Language Therapy and Psychology Services and Ready, Steady, Grow

**Where** Ballymun East Child and Youth Centre, Woodhazel Close

**Contact** Carmel 01 8579411 [carmel@youngballymun.org](mailto:carmel@youngballymun.org)



## 5. Parent and Baby/Toddler Playgroups

### **Talk & Play Every Day**

Weekly play group for parents and toddlers (12-24months), supporting healthy parent-child interaction and tips to promote language and social-emotional development

**When** Wednesdays 10.30-12.00 (except school holidays)

**Where** Ready Steady Grow, Woodhazel Close, Ballymun

**Contact** Carmel 018579411 [carmel@youngballymun.org](mailto:carmel@youngballymun.org)

### **Geraldstown House parent and toddler group**

Weekly informal parent and toddler (up to age 5) playgroup with fun activities including art, song and dance. Supports parents in promoting their child's development.

**When** Monday or Thursday 10.00-12.00

**Where** Geraldstown House

**Contact** Rachel or Sharon on 018422408 or 018422554

### **Toddler Time**

Weekly drop-in parent and toddler group open for all parents with toddlers in Ballymun.

**When** Mondays 11.30am-12.30pm

**Where** Ballymun Child and Family Resource Centre, Shangan Green, Shangan Road

**Contact** 01 852 7183

### **Ballymun Library Parent and Toddler Group**

Informal drop-in group for parents and under three-year-olds. Group includes singing and other activities with opportunity for parents and toddlers to get to know each other.

**When** Tuesday mornings, 10.30-12.00

**Where** Ballymun Library, Ballymun Road

**Contact** 018421890



## 6. Early Years Centres/Crèches/ Preschools

<p><b><u>Axis Crèche</u></b></p> <p><b>Age range catered for:</b> Babies, toddlers and preschoolers  <b>Type of service:</b> full day care /part time day care  <b>Location:</b> Axis Centre, Main St, D.9  <b>Other information:</b> implementation of High Scope curriculum; engaged in Síolta quality assurance process  <b>Contact name &amp; number:</b> Martina Devey  01 883 2100</p>	<p><b><u>Ballymun East</u></b></p> <p><b>Age range catered for:</b> Babies, toddlers and preschoolers  <b>Type of service:</b> Full and part time day care  <b>Location:</b> Annex, Virgin Mary School, D.9  <b>Other information:</b> early stage implementation of High Scope curriculum and initial engagement in Síolta quality assurance process  <b>Contact name &amp; number:</b> Cathy  01 842 3729</p>
<p><b><u>Bernie’s preschool</u></b></p> <p><b>Location:</b> 311 Sillogue Rd, D.11  <b>Contact number:</b> 085 145 1862</p>	<p><b><u>Early Start</u></b></p> <p><b>Age range catered for:</b> 3yrs 2mths-4yrs 7mths on 1st September year of enrolment  <b>Type of service:</b> one-year programme to enhance young children’s development  <b>Location:</b> Virgin Mary School, D.9  <b>Contact number:</b> 018421314</p>
<p><b><u>Glor na Gael Naoinra</u></b></p> <p><b>Age range catered for:</b> Pre-school  <b>Type of service:</b> Sessional  <b>Location:</b> Santry Way, D.9  <b>Contact name &amp; number:</b> Melissa  01 842 3802</p>	<p><b><u>Our Lady’s Nursery</u></b></p> <p><b>Age range catered for:</b> Babies, toddlers and preschoolers  <b>Type of service:</b> Full day care  <b>Location:</b> Sillogue Gardens, D.11  <b>Other information:</b> early stage implementation of High Scope curriculum and initial engagement in Síolta quality assurance process  <b>Contact name &amp; number:</b> Bernie Kelly  01 8421142</p>

<p><b><u>Naoinra an tSeachtar Laoch</u></b></p> <p><b>Age range catered for:</b> Preschool aged children (2 ½ +)</p> <p><b>Type of service:</b> Sessional (am &amp; pm sessions)</p> <p><b>Location:</b> C/o Scoil an tSeachtar Laoch, Ballymun Rd, D.9</p> <p><b>Other information:</b> Síolta quality assured and early stage implementation of High Scope curriculum</p> <p><b>Contact name &amp; number:</b> Deborah Ó Braonain 085-1477735</p>	<p><b><u>Poppintree Early Education Centre</u></b></p> <p><b>Age range catered for:</b> Babies, toddlers and preschoolers</p> <p><b>Type of service:</b> Full day care/Part time day care/sessional</p> <p><b>Location:</b> Balbutcher Lane Poppintree Community &amp; Sports Centre, D.11</p> <p><b>Other information:</b> Síolta quality assured and full implementation of High Scope curriculum</p> <p><b>Contact name &amp; number:</b> Nóirín Coughlan 01 8427935</p>
<p><b><u>St Margarets Pre school</u></b></p> <p><b>Age range catered for:</b> Preschooler aged children (2yrs 2mths-schoolgoing)</p> <p><b>Type of service:</b> Part time day care</p> <p><b>Location:</b> St. Margarets Park, D.11</p> <p><b>Other information:</b> Síolta quality assured and full implementation of High Scope curriculum</p> <p><b>Contact name &amp; number:</b> Wendy Walsh 01 862 3192</p>	<p><b><u>Tír na nÓg</u></b></p> <p><b>Age range catered for:</b> Toddler and pre school</p> <p><b>Type of service:</b> Part time/sessional</p> <p><b>Location:</b> Sillogue Road, D.11.</p> <p><b>Other information:</b> engaged in Síolta quality assurance process</p> <p><b>Contact name &amp; number:</b> Mary Brady 01 842 3339</p>

## 7. Parent Workshops/Programmes

### Breakfast Buddies

A monthly parent workshop with fun and interactive activities to help children's speaking, reading and writing skills (with breakfast provided!)

**Age range** Parents with children under 12 (parents can bring along children of any age)

**Contact** Lána 018624564 [лана@youngballymun.org](mailto:лана@youngballymun.org)

### Baby Massage

5-week course on massage techniques that offers parents the opportunity to gain a deeper understanding of their baby's behaviour, unique language and cues.

**Age range** newborn up to crawling

**When** Courses throughout the year

**Who** Open to all parents living within defined catchment area (Ballymun ABCD)

**Contact** Hazel 087 204 2715 [hazelm@youngballymun.org](mailto:hazelm@youngballymun.org)

### Hanen You Make The Difference®

12-week group-based parent programme supporting parents in helping their child's language and social-emotional development. Delivered by Speech and Language Therapists.

**Age range** 0-5 years

**How** Parent Group Sessions

**Contact** Carmel 01 8579411 [carmel@youngballymun.org](mailto:carmel@youngballymun.org) or Speech & Language Therapy Department in Ballymun Healthcare Facility, 01 8467074/5

### Incredible Years Toddler Programme

13 week course supporting parents in helping their child's behaviour and social-emotional development. Available to families living in Ballymun ABCD.

**Age range** 1-3 yrs

**When** courses running throughout the year

**How** Parent Group Sessions

**Contact** Hazel 087 2042715 [hazelm@youngballymun.org](mailto:hazelm@youngballymun.org) or Cathy 087 6173667

## **Story Sacks in Geraldstown House**

10-week family literacy course to support parents to develop their children's reading, writing and talking skills.

**Age range** 6 months to 5 years

**Where** Geraldstown House

**How** Group sessions for parents; childcare provided in Geraldstown House crèche

**Contact** Mary Love 01 8622402



## 8. Supports for Young Parents

### Poppintree/ Women's Resource Centre Young Mothers' Group

Group for young expectant or new mothers to provide space to relax, unwind and make new friends.

**Where** Poppintree Youth Centre

**When** Tuesdays 10am

**Who facilitates** BWRC youth workers

**Contact** PYP: 01 8624580 BWRC: 8421731

### BRYR Young Fathers Group

Group for participants in the BRYR Outfit Service who are fathers; supporting fathers' relationships with babies.

**Where** The Reco

**When** Thursdays 3.30-6pm

**Contact** Mark Davis 0877526649

### BRYR Young Mothers Group

Support group for young mothers.

Space for young mothers to come together and share experiences and get support from the group and youth workers. Group includes group activities with mothers and babies/children, group sessions on relevant topics to being a young mother as well as general group work/ personal development sessions.

**Where** The Reco

**When** Fridays 11am-1pm

**Contact** Denise or Elaine 018667600

## 9. HSE Primary Care Services

### 9.1. Advice clinics

#### **Psychology**

Drop in service to talk about concerns about yourself, child or another family member with a Psychologist

**When** First Tuesday of every month, 9.30am-1.00pm

**Where** Ballymun Healthcare Facility

**How** No appointment necessary.

**Contact** 018467004

#### **Speech and Language Therapy**

Drop in service to talk about concerns about child speech and language development.

**When** Last Friday of every month, 2-4pm.

**Where** Rotating locations including Ballymun Healthcare Facility

**How** No appointment necessary.

**Contact** 01 8467074/5

### 9.2. Children's services

#### **Audiology**

Assessment and intervention for infants and children with suspected or identified hearing problems.

**Where** 44 North Great Georges Street

**Contact** Debbie McCrea 01 8146122

#### **Community Nutrition and Dietetics**

Community Nutrition and Dietetics provides a Therapeutic service for both children and adults where there is a concern about their nutritional status. Suitable referrals are accepted from health professionals. Part of the Dieticians' role is to link in with Health professionals who provide education sessions for clients, for e.g. the antenatal programme.

**Where** Ballymun Health Care Facility

**Contact** Referral Forms: 01-8467005. Queries: 01-8976103

#### **Occupational Therapy**

Occupational Therapy for children focuses on development of motor skills, balance and



co-ordination. Occupational Therapists can advise on approaches that may be used to support this development.

**Where** Ballymun Healthcare Facility

**Contact** 01 8467127

### **Ophthalmology**

Service that specialises in eye problems. Available for children in the area up to age 16. Access to service with prescription from hospital, private ophthalmologist or Navan Road clinic.

**Where** Ashgrove House

**Contact** 01 8276101/01 6811211

### **Physiotherapy**

Physiotherapy is concerned with restoring, developing, improving and maintaining independence, function, physical performance and health related quality of life.

**Where** Ballymun Health Centre

**Contact** 01 8167134/ 01 8467154

### **Psychology**

A clinical psychology service is available to children and families where there are concerns about a child's intellectual, social, emotional or behavioural development. The service places an emphasis on early identification and intervention as well as providing advice for mild-moderate problems. It does not provide either a psycho-educational assessment service or a multi-disciplinary assessment. Suitable referrals are accepted from parents or professionals and a referral form can be obtained by calling the psychology department. See information on advice clinic above.

**Where** Ballymun Healthcare Facility

**Contact** 01 8467004

### **Speech and Language Therapy**

Speech and Language Therapy provides assessment, diagnosis and treatment of clients with speech, language, fluency, voice and/or swallowing disorders. Speech and Language Therapy services are predominately health centre based with outreach services provided to designated facilities. See information on advice clinic above.

**Where** Ballymun Health Care Facility 01 8467074/5

Geraldstown House 01 8578028

**Contact** Referral Forms: 01 8467005

Queries: 01 8467177

## 10. Specialist services

### **Assessment of Need**

Parents of children (born after 1<sup>st</sup> June 2002) who feel their child may have a disability can apply for an Assessment of Need. The assessment details the child's needs and the services required to meet those needs.

**Where** Ballymun Healthcare Facility

**Contact** 01 8467159

### **Assessment and Intervention Team**

The AIT provides services for children with complex developmental needs who have mild intellectual disability; developmental coordination disorder/dyspraxia; specific language impairment and /or a non-specific diagnosis. Referrals can be made through GP, Public Health Nurses or other Health Care Professional working with the child.

**Where** 44 North Great Georges Street

**Contact** 01 8146151

### **Child and Adolescent Mental Health Service (CAMHS)**

A community mental health team that provides a specialist service in the assessment and intervention of moderate to severe mental health difficulties to young people, up to their 18<sup>th</sup> birthday. Referrals through your GP.

**Where** Ballymun Healthcare Facility

**Contact** 01 846 7219

### **Ready Steady Grow Parent-Child Therapeutic Support**

Individual therapeutic support to parents and 0-3 year olds to foster healthy social and emotional development and support parent and baby/toddler wellbeing. Referral via Parent-Child Psychological Support Programme or Public Health Nurse service.

**Where** In parent's home or Ready Steady Grow, Woodhazel Close.

**Contact** Mary Fanning, 018832156

### **Social Work**

The Social Work Department provides support and services to families in need of assistance and children who may be at risk.

**Where** Duty Social Work Department for the Ballymun Area is based in 22 Mountjoy Square, Dublin 1

**Contact** 01 8566806

### **Meitheal Practice Model**

Tusla, the Child and Family Agency have developed Meitheal, a National Practice Model to help meet the needs and develop the strengths of children and their families in a timely way and to ensure that children and families get the help and support needed to maximise their outcomes and rights. Meitheal is an early intervention, multi-agency (when necessary) response tailored to needs of an individual child or young person.

The first step in Meitheal is for a supportive person from a local child and family service, called a Lead Practitioner, in partnership with the family to identify a child/young person's needs and strengths. The Lead Practitioner works with the family and can help arrange necessary services for the family to come together to put a supportive plan in place.

Meitheal is voluntary and can only be undertaken when the parent/carer provides their written consent. Meitheal is used in partnership with parents to help them share their own knowledge, expertise and concerns about their child and hear the same from practitioners. The ultimate goal is to enable parents and practitioners to work jointly together to achieve a better life for the child.

The Child and Family Support Network Coordinator is responsible for coordinating Meitheal and supporting services and practitioners to successfully use the model.

**Contact** For Ballymun/Whitehall: Paul Madden, Child and Family Support Network Coordinator, Geraldstown House, Ballymun Cross, Ballymun, Dublin 9  
Mobile: 0860264944 E-mail: [paul.madden@tusla.ie](mailto:paul.madden@tusla.ie)

## 11. Counselling and Mental Health Services

### Accord

Relationship counselling for help with marriage and relationship difficulties or those seeking to enhance their relationship

**Where** Presbytery No1, Virgin Mary Church, Shangan Road, Dublin 9

**Contact** 018577000 [ballymun@dublin.accord.ie](mailto:ballymun@dublin.accord.ie)

### Adult Mental Health Service

Ballymun Adult Mental Health Team provides a community-based psychiatric service for adults (over 18) suffering from major mental illness. The team delivers a high quality multidisciplinary recovery-focused service empowering the individual in achieving recovery. All disciplines are represented on the team and include doctors, community mental health nurses, a social worker, an occupational psychologist and a clinical psychologist.

**Referrals** GP only

**Where** Ballymun Healthcare Facility (1<sup>st</sup> floor)

**Contact** 01 8467084

### Community Mental Health Nurse

HSE community-based nursing service for adults with mild to moderate mental health difficulties (e.g. anxiety, acute stress, mild to moderate depression, post traumatic stress). Service can consist of brief therapeutic interventions, education and consultation with wider services.

**Referral** via Adult Mental Health service

**Where** Ballymun Healthcare Facility

**Contact** 01 8467114

### Counselling in Primary Care (CIPC)

Short-term counselling service that provides up to 8 counselling sessions, following assessment, for medical card holders. The service is suitable for people who are experiencing difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress. Referrals by GP or Primary Care Team. Further details and referral forms available at: [http://hse.ie/eng/services/list/4/Mental\\_Health\\_Services/counsellingpc/](http://hse.ie/eng/services/list/4/Mental_Health_Services/counsellingpc/)

**Contact** 1890 252563

**Referrals** By GPs or other Primary Care team members. Referral form in writing to CIPC

Counselling Coordinator, Dublin North and North City, 34 Brews Hill, Navan, Co. Meath

### **Daughters of Charity Child and Family Services Family Centres**

Although there are no Daughters of Charity Child and Family Services Family Centres which accept referrals in the immediate Ballymun area, we have listed here details of two which are relatively nearby. These Family Centres provide a range of supports and therapeutic interventions in comfortable, non-clinical settings.

#### **Where:**

- Lisdeel Family Centre, Lisdeel House, Swords Road, Santry, Dublin 9. 018625195  
[lisdeelfc@docharity.ie](mailto:lisdeelfc@docharity.ie) Fax 8429321
- Connaught Street Family Centre, 85 Connaught Street, Phibsboro, Dublin 7  
01 838 8077 [cstreet@docharity.ie](mailto:cstreet@docharity.ie)

Referrals can be made by phone, email or in person

(Main office: Aistear Beo-Connaught Street Family Centre, 1<sup>st</sup> Floor, Commerical House, Westend Village, Blanchardstown, Dublin 15. 018852680. [aistearbeo@docharity.ie](mailto:aistearbeo@docharity.ie) Fax: 8852674)

### **Ballymun Child and Family Resource Centre Counselling**

Community-based voluntary counselling service free of charge to people living in Ballymun dealing with marriage breakdown, anxiety, stress, depression, bereavement/loss. Available for individuals and couples.

**Referrals** Individuals can ring and make appointments themselves or can be referred by other community organisations, statutory agencies, public health nurses, doctors.

**Where** Ballymun Child and Family Resource Centre, Shangan Green, Shangan Road

**Contact** 01 852 7183

### **Health and Relaxation Group**

Self-development, health and wellbeing group with focus on managing stress and anxiety. Takes place Mondays 10.30-12.30. Childcare places available.

**Where** Geraldstown House

**Contact** 018422544

### **Laragh**

Individual and group counselling for adults who suffered sexual, physical or emotional abuse as children, including institutional abuse.

**Where** 1 Prospect House, Prospect Road, Glasnevin, Dublin 9

**Contact** 1800 234110 or 018824100

### **Lír Psychological Services**

Therapeutic counselling and psychotherapy services based in Dublin 9 providing a safe space to express and understand difficult emotions, in order to heal and transform outdated ways of coping, for personal growth, current difficulties, or deeply rooted issues. Initial consultation is free, subsequent fees negotiated on a sliding scale.

**Referrals** by self or others

**Where** 204 Ballymun Road, Dublin 9

**Contact** 01 842 5964, 087 2817874 [info@lirtherapy.ie](mailto:info@lirtherapy.ie).

### **The Mindful Way**

Free 6-week introductory group course in mindfulness techniques run by Primary Care Psychology service and Geraldstown House. Run on Tuesday mornings, 9.30-11am in Geraldstown House. Available to anyone living in Primary Care Team. Limited childcare available in crèche.

**Contact** 018422544 (Geraldstown House) or 018467004 (Primary Care Psychology)

### **Northside Counselling service**

Confidential community-based counselling service on a wide variety of matters. Donation-based service. Also provides suicide support group and general coping-skills group.

**Referrals** By self or others

**Where** CDC, Bunratty Dr, Coolock, Dublin 17

**Contact** Pat Coughlan, 01 848 4789, [ncsl@eircom.net](mailto:ncsl@eircom.net)

### **Primary Care Adult Psychology Service**

Primary Care Adult Psychology service provides a range of services to adults presenting with mild-moderate psychological difficulties (e.g. depression, anxiety, relationship difficulties, coping with injury/illness, stress and trauma). The service offers clients a screening appointment following which a variety of interventions may be offered (e.g. bibliotherapy, stress lecture series, group therapy or individual therapy).

This service can also provide individual therapeutic intervention for parents to support healthy social and emotional wellbeing of both parent and children.

**Referrals** GP, Primary Care Team, Parent-Child Psychological Support Programme, Ready,



Steady, Grow

**Where** Ballymun Healthcare Facility

**Contact** 018824100

### **Stress Control Courses**

Free 6-week group course in techniques to reduce and manage stress run by Primary Care Psychology service. Normally run on Tuesday mornings, venues to be determined.

**Contact** 01 8467004

### **Teen Between**

Support, advice and counselling for teenagers whose parents are going through separation.

**Referrals** by self or others

**Where** 38 Upper Fitzwilliam Street, Dublin 2

**Contact** 1800 303 191 [www.teenbetween.ie](http://www.teenbetween.ie)

## 12. Services for Substance Using Parents

### **Infant-Parent Support Service**

This service offers information, support, and advocacy to expectant and new parents who have substance misuse issues. The service is aimed at women who are pregnant and parents of children less than 2 years of age.

**Referrals** by self or professional.

**Where** Ballymun Youth Action Project, Horizons Centre, Balcurris Road, Ballymun and Ready Steady Grow, Woodhazel Close, Ballymun

**Contact** Vera Hughes 01 8428071; 0866663770; verah@byap.ie

### **Áit Linn**

Alcohol treatment and support, group therapy, individual therapy, family therapy, couples therapy, assessment and referral, case consultation (mainly related to addiction).

**Where** 1 Longdale Terrace, Ballymun, Dublin 9

**Contact** 01 5373946 [www.aitlinn.ie](http://www.aitlinn.ie)

### **De Paul Ballymun Case Management Team**

Specialised in supports to address alcohol issues. Family needs identification and development of range of supports to meet needs including mental or physical health, social and economic issues.

**Where** Axis Centre, Main Street, Ballymun, Dublin 9

**Contact** 01 8832183/4

### **Domville House**

HSE Drug Treatment Centre that provides a multidisciplinary approach to prevention, treatment and rehabilitation

**Where** Domville House, Ballymun Road, Ballymun

**Contact** 01 8620111

### **DOVE Clinic**

Clinic based at the Rotunda hospital that looks after the specific needs of pregnant women who have or are at risk of blood and sexually transmitted bacterial/viral infections. Care is managed by a multidisciplinary team, enabling individualised care throughout pregnancy and after the birth of the baby.

**Where** Rotunda Hospital

**Contact** 01 817 1722 and 0874151478

**Dublin City Council Housing Welfare Section**

Advice and assistance for tenants experiencing difficulties in relation to housing, tenancies, mental health, domestic and other personal issues.

**Where** Ballymun Civic Centre, Main Street, Ballymun

**Contact** 01 2225646

**HSE Rehabilitation and Integration Service**

Community-based rehabilitation/integration service which provides an intensive person-centred assessment, planning, brokering, advocacy and rehabilitation guidance service to individuals wanting to address or move away from problem drug use.

**Where** Axis Centre, Main Street, Ballymun, Dublin 9

**Contact** 01-8832107 086-3835069 [helene.costigan@hse.ie](mailto:helene.costigan@hse.ie)

**Star Project**

Stabilisation and Drug Free Programme for men and women. Support and information for people affected by a family member or partner who is using drugs or alcohol

**Where** Star Project, Horizons Centre, Balcurris Rd, Ballymun

**Contact** 01 8467930

**Substance Abuse Service Specific to Youth (SASSY)**

Counselling/Psychotherapy support to young people under age 18 (at time of referral) using drugs (illegal/alcohol). Catchment area is Dublin North City and County.

**Where** 22 Mountjoy Square East, Dublin 1

**Contact** 018772300

**Youth Action Project**

Drug and alcohol information, counselling, family support, outreach, drop-in and aftercare services, detox, counselling, relapse prevention and complementary therapies.

Acupuncture, therapy

**Where** Horizons Centre, Balcurris Road, Dublin 11

**Contact** 01 8428071

## 13. Other Services and Supports

### **Ballymun Adult Read and Write Scheme**

Provision of adult literacy and basic education tuition through a partnership between volunteers, community organisations and statutory bodies in Ballymun.

**Contact** 01 8622402 [barws@eircom.net](mailto:barws@eircom.net). [www.ballymunreadandwrite.ie](http://www.ballymunreadandwrite.ie) Unit 1, Partnership Offices, Ballymun Town Centre

### **Ballymun Home Support Services**

Practical supports in the home for families/carers in need of help and support. Referral by self or professional

**Where** Ballymun Healthcare Facility

**Contact** 018467190

### **Ballymun Library**

Books for parents and infants.

**Where** Ballymun Road

**When** Mon-Thurs: 10am – 8; Fri-Sat: 10am - 5pm

**Contact for more info** 018421890

### **Irish Family Planning Association**

The Irish Family Planning Association promotes the right of all people to sexual and reproductive health information and dedicated, confidential and affordable healthcare services.

**Where** 5-7 Cathal Brugha Street Clinic, Dublin 1

**When** Mon-Weds 9am-5pm; Thurs 9am-8pm; Fri 9am-4pm; Sat 9.30am-4pm

**Contact for more info and referral** 01 872 7088

### **One Family**

One Family offers support, information and services to members of all one-parent families, to those experiencing an unplanned pregnancy and to those working with one-parent families. Information helpline and other services available including parenting support, child contact centres and counselling. Information available on managing finances; housing; childcare; parenting; legal issues; talking to your child about their family situation; social welfare benefits and relationship breakdown.

**Where** Cherish House, Pembroke Street Lower, Dublin 2

**Contact** Information and helpline 1890 622212 Tues 2.30-4.30pm; Weds 10am-12 noon; Thurs 1pm-3pm <http://www.onefamily.ie/>

### **MABS**

The Money Advice and Budgeting Service (MABS) is a free, confidential, independent and non-judgmental service for people in debt, or in danger of getting into debt.

**When** Monday 2pm-4pm; Tuesday-Friday, 9.30am-1pm and 2pm-4pm

**Where** Main Street, Ballymun, D.11

**Contact** Ballymun office: 0761 07 2150 ballymun@mabs.ie. Helpline: 0761 07 2000 (Monday-Friday 9am to 8pm) [www.mabs.ie](http://www.mabs.ie)

### **Supplementary Welfare Allowance Scheme**

Discretionary payments by Department of Social Protection representatives (formerly Community Welfare Officers) including weekly Supplementary Welfare Allowance, Rent Supplement, Mortgage Interest Supplement, Diet and Heating Supplements, Back to School Clothing and Footwear Scheme and exceptional needs payments.

**Where** Ballymun Healthcare Facility (ground floor), Main Street, Dublin 11

**When** Monday-Friday: 9.30-12:15 and 2.15-3.30

**Contact** 01 8467039/40/41/42/43/44

### **Well Woman Centre**

Family planning and sexual health information and services.

**Where** Northside Shopping Centre, Coolock, Dublin 5

**When** Mon, Tues, Wed, Fri 9:00am-6:00pm; Thurs 9:00am-8:00pm; Sat 9:30am-4:30pm

**Contact** 01 848 4511

### **Women's Aid**

Free, confidential support and information for women experiencing domestic violence. National free phone helpline and one-to-one support in Ballymun.

**Contact** 1800 341 900, 10am-10pm







