

Community Directory 2013



Ardara, Glenties, Rosbeg & Portnoo

Foreword

Welcome to the Community Directory for Ardara, Glenties, Rosbeg and Portnoo. Reading it you will see for yourself the abundance of community activity which goes on in our area from festivals, sports clubs, music and dancing, classes and support groups.

We have tried to gather together all of the information into one handy directory. You may be surprised by the range of activities and even find something you never knew existed, right on the doorstep.

I hope you will be inspired by this little booklet to take up a new activity, join a local club or lend a hand at one of the many community events and if you have a special interest and would like to start a new group Downstrands Family Resource Centre is here to help you get it off the ground.

Thank you to Joan Forrest who did the research for the directory and those of you in Ardara, Glenties and Portnoo who proof-read the contents to ensure we left nothing out. If however you notice any errors or activities we have forgotten please let us know. We cannot alter this directory but will do our best to keep the on-line version up to date.

Kate Morgan

Co-ordinator
Downstrands Family Resource Centre

Downstrands Family Resource Centre was started in 2006 to promote community activities, support families and provide information to the communities of Ardara, Glenties, Rosbeg and Portnoo. We are a registered charity managed by a group of community volunteers, currently chaired by Honora Gyo, Portnoo and funded by the Dept. Children and Youth Affairs.

Charity No. **CHY19156**

Contents

Sports and Fitness.....	4
Music, Drama and Dancing.....	8
Clubs and Interest Groups.....	10
Festivals and Events.....	12
Community Organisations.....	14
Community Venues.....	15
Community Support Services.....	17
Early Years.....	17
Children and Parents.....	17
Teenagers.....	18
Older People.....	18
Information Services.....	19
Drug & Alcohol.....	19
Physical & Mental Health.....	20
Disability.....	21
Financial.....	22

Family Resource Centre staff. L to R: Joan Forrest, Administration. Kate Morgan, Co-ordinator. Caroline Barrett, Counselling Manager. Bernie McTeague, Financial Administrator. Hazel Barrett, Project Administrator. Michele Gavigan, Youth Worker
photo: Daniel Johnstone



Sports & Fitness

Badminton

Ardara Badminton Club

Ardara Community Centre, Hillhead, Ardara

Weekly sessions for adults throughout the winter season

- Joe Ryan 087 6985141

Kilclooney Badminton Club

The Dolmen Centre, Kilclooney

Weekly sessions for adults throughout the winter season. There is a mixed session and a ladies only session

- The Dolmen Centre 074 9545010

Children's Badminton

The Dolmen Centre, Kilclooney

Weekly sessions for 2nd to 4th Class and 5th Class to 2nd Year

- Downstrands Family Resource Centre 074 9545879

Basketball

Kilclooney Children's Basketball Club

The Dolmen Centre, Kilclooney

Weekly basketball session for 3rd to 6th Class during term-time

- Downstrands Family Resource Centre 074 9545879

Glenties Children's Basketball Club

St Columba's Comprehensive School Gym

Weekly basketball session for 3rd to 6th Class during term-time

- Martin Regan 074 9551172

Cycling

Tir Chonnaill GAP Cycling Club

Glenties

Weekly meets at various levels of cycling ability, Club Run every Sunday open to all members. Weekly mountain bike run for experienced off-road cyclists. The club welcomes new members 14 years +

- John Boyle 0872469210

Field Sports

Ardara GAA

Kentucky, Ardara

Weekly training sessions for children and adults. Male and female teams at all levels.

- Men's Chairperson, Stephen McCahill 087 2484590
- Ladies Chairperson Tomas Boyle 087 2451573 www.ardaragaa.ie

Glenties GAA

Weekly training sessions for children and adults. Male and female teams at all levels.

- Senior Board Chairperson Peter McKelvey 087 6483685
- Ladies Chairperson Shauna Molloy 087 9704647 www.naomhconaille.com

Fishing & Shooting

Glenties Angling Association

Glenties

Fishing the Owenea and Owentocker rivers and local lakes April to September. Anyone resident in the Glenties area is entitled to become a member, junior anglers welcomed

- John Boyle 087 2469210

Ardara Anglers Association

Fishing the Owenea and Owentocker rivers and local lakes April to September. Open to anyone permanently resident or born in the parish of Ardara

- Gordon Young 087 9417118

Fishing Licences

Licences can be purchased from the Northern Regional Fisheries Board office, Glenties

- Lindsay Clarke or John McCallig 074 9551141 nrfglenties@eircom.net

Ardara & Downstrands Game Preservation Society

Gun club dedicated to the propagation of game and the destruction of vermin, holds regular clay shoots. New members welcome

- Grainne Byrne 087 7704744

Glenties Gun Club

Assists land owners with destruction of vermin, holds clay shoots. New members welcome

- Michael Breslin 087 1300834

Golf

Narin & Portnoo Golf Club

18 hole links with licensed club house, restaurant and shop, open to non-members

- The Club House 074 9545107 www.narinportnoogolfclub.ie

Sandfield Pitch & Putt

Sandfield, Ardara

Open April to Sept, 10.30am to one hour before sunset, 7 days a week

- Tom Finn 074 9541344

Gym & Fitness Training

Ardara Community Centre Gym

Hillhead, Ardara

Open 9.30am to 2.00pm and 6.00pm to 10.00pm. Everybody welcome 16 years + membership or pay-as-you-go

- Joe Ryan 087 6985141

The Dolmen Centre Gym & Sauna

Kilclooney, Portnoo

Open 9.00am to 3.30pm and 7.00pm to 10.00pm. Everybody welcome 16 years + membership or pay-as-you-go

- The Dolmen Centre 074 9545010

Ardara Circuit Training

Ardara Community Centre, Hillhead, Ardara

Twice weekly indoor circuit training. Pay-as-you-go

- Joe Ryan 087 6985141

Aerobics and Kettle Bells

Weekly classes in Kilclooney and Ardara

- Martina Mulhern 086 3846302

Zumba

Daytime and evening sessions in Ardara, Glenties and Kilclooney. Pay-as-you-go

- Bridget Robbins 087 9130558

Horse Riding

Castleview House

Loughros Point, Ardara

Pony trekking and beach rides open all year round

- Clint Boyd 087 2751334

Indoor + 5-a-side Soccer

Ardara Community Centre

Hillhead, Ardara

Weekly indoor soccer for children and adults

- Joe Ryan 087 6985141

The Dolmen Centre Astro-turf

Kilclooney, Portnoo

Flood-lit soccer is played throughout the year at Kilclooney. Join an existing ladies or men's team or get together with friends to form a new group, evening and daytime slots available. Changing rooms, showers and sauna on site

- The Dolmen Centre 074 9545010

Martial Arts

Kilclooney Judo Club

The Dolmen Centre, Kilclooney

Weekly judo classes for young people aged 8+ with Albert Kyles

- Downstrands Family Resource Centre 074 9545879

Special Olympics

Special Olympics Sports Club

Meets monthly in Killybegs

New members and supporters welcome

- Mary Brown 074 9541801

Swimming

Ardara Swimming Bus

Weekly swimming lessons Friday evening for children 7 years + during term time. Bus pick in Ardara Car Park to Ballyshannon Pool

- Patsy McHugh 087 2452979

West Coast Cormorants Swimming Club

Glenties

Weekly swimming lessons for children 7 years + beginners to life savers.

Bus pick-ups in Glenties, Ardara and Kilclooney to Ballyshannon Pool

- Clodagh Duggan 087 7427837

Irish Water Safety - Swim Weeks

Narin Beach and Portnoo Pier

Children's swimming and lifesaving training in the sea. Takes places annually for two weeks in July

- Clodagh Duggan 087 7427837

Walking + Climbing

Ardara Walking Group

The group walk Monday, Wednesday and Friday from the Holy Family Church. Leave 6.30pm for an hour's walk, everyone welcome

- Stephen McCahill 087 2424590

Bluestack Ramblers' Walking Club

Weekly Sunday walks in the Bluestacks and beyond of varying difficulty. Non-members welcome

- Bernard McGlinchy 086 2187609
www.bluestackramblers.com

Stieve League Walking Club

Walks on the last Sunday of the month in SW Donegal of varying difficulty. Non-members welcome

- Marion McGinley 086 6063923
www.sliabhliagwalkers.com

Accredited Mountain Guides

These guides are experienced and insured walking leaders available to lead individuals and groups in the uplands of Donegal

- Brian Forrest, Mountain Leader 086 8270880
- John D Gallagher 087 6655828
- Donal Haughey 086 2341061

- Ann Leonard, Walking Group Leader 087 7844803

- Ian Millar, rock climbing and sea stack ascents 087 7584810
www.uniqueascent.ie

Donegal Mountain Rescue

Old Fire Station, Glenties

24hr voluntary emergency response team. The team recruits trainee members with a strong interest in mountaineering, walking or climbing and navigation skills. It also welcomes volunteers with fundraising, administration and vehicle maintenance skills

- Brian Forrest 086 8720756
www.donegalmrt.ie

Dunkineely Climbing Wall

Methodist Hall, Dunkineely

Purpose built climbing wall available for hire

- Rev John Purdy 074 9737052

Watersports

Donegal Bay Sub Aqua Club

Killymard, Donegal Town

Meets twice weekly during the season. Provides on-going training to members. New trainees taken on in January each year for 9 months basic induction training

- Eugene Doherty 0876884953
www.donegalbaysubaquaclub.ie

Gweebarra Canoe Club

Community canoe club holds an open session Thursday evenings during the summer, everyone welcome, no experience necessary. Various courses and trips during the rest of the year, all levels and ages catered for

- Grainne Breslin 086 2713625
www.gweebarracanoclub.com

Loughros Point Rowing Club

Ardara

Community rowing club meets three times a week in the season at Loughros Point. New members welcome

- Kieran Keeney 087 2954642
loughrospointrowingclub@hotmail.com

Northwest Sea Kayaking

Edergole, Ardara

Individual and group lessons, guided trips and expeditions round the coast of Donegal, led by qualified and insured guide, all equipment and gear provided

- Brian Forrest 086 8270880
www.northwestseakayaking.ie



Kayaking Dawros Head

photo Brian Forrest

Rapid Kayaking

Glenties

Individual, family and group sit-on-top kayak trips and coastal expeditions led by qualified and insured instructors. No experience necessary, all equipment and gear provided. Also canadian canoe wilderness river trips

- Grainne Breslin 086 2713625
www.rapidkayaking.com

Rosbeg & Portnoo Sailing & Watersports Club

Community sailing club meets twice weekly in the season to sail dinghies from Portnoo Pier. Sea kayak group meet weekly for peer paddling and exploring, weather permitting. New members welcome

- Pat McLoone (sailing) 087 3544922
- Brian Forrest (kayaking) 086 8720756
- www.gosail.ie

Yoga & Tai Chi

Yoga Sessions

Daytime and evening sessions in Kilclooney and Killybegs. Course membership or pay-as-you-go

- Zia McClean 087 6463956

Tai Chi & Qigong

Community Centre, Glenties

Weekly exercise sessions on Wednesday evening

- Charles Shovlin 074 9551596



Community Sailing Club

Music, Drama and Dancing

Music

Fiddle Lessons & Guitar Lessons

Highland Hotel, Glenties

Monday to Thursday evenings during term time from 4.00pm. Classes are held every Wednesday night for adults

- Denise Boyle 087 7687694

Accordian & Tin Whistle

Individual and group lessons in Ardara

- Donna Harkin 086 2113994

Glenties Brass Band

- John Sweeney 074 9541769

Drama

Iniskeel Drama Society

Iniskeel Hall, Portnoo

Annual comedy production in Iniskeel Hall

- Hazel Barrett 087 1390242

Glenties Drama Society

Production every two years in Glenties Community Centre

- Ann Gallagher 087 6786503

Drama classes for children

Mondays from 5.00pm the Methodist Hall, Ardara

- Dixi Patterson 087 2153076

New Era Academy of Speech & Drama

Accredited speech and drama classes for children. Meets Wednesdays in Ardara

- Mairead O'Kane 086 1573100

Dancing

Cannon Bonner School of Dancing

Irish dancing classes for children Thursday from 5.30pm the Methodist Hall, Ardara

Tuesday from 4.00pm the Highlands Hotel, Glenties

- Marie Cannon 087 2494205

McNelis Cunningham School of Dancing

Irish dancing classes Fridays from 4.30pm the Heritage Centre, Ardara

- Isobel Cunningham 087 7450622

Ballet Classes for Children

Mondays from 4.00pm the Heritage Centre, Ardara

Tuesdays from 4.30pm the Highlands Hotel, Glenties

- Grainne Boyle 087 6401054

Disco

Downstrands Family Resource Centre, Kilclooney

Supervised disco for 12 -14 years. Last Friday of the month 9.00pm – 11.00pm

- Downstrands Family Resource Centre 074 9545879

Set Dancing

The Heritage Centre, Ardara

Dancing every Monday night during the winter months

- Clement Gallagher 074 9737142

Two-hand & Ceili Dancing

Highland Hotel, Glenties

Dancing every Wednesday during the winter months, beginners welcome

- Connie McKelvey 086 3082876

Jiving

Monday night during the winter months, Highland Hotel, Glenties

Thursday night during the autumn, Ardara Heritage Centre

- Grainne McNelis 087 1373961

'Friday Night Disco' A supervised disco for 12 to 14 years once a month at the Dolmen Centre, Kilclooney photo Daniel Johnstone



Clubs & Interest Groups

Ardara Portnoo Bridge Club

The Nesbit Arms, Ardara

Meets weekly on Monday evenings during the winter months, new members welcome

- John Joe Doherty 074 9545146

Glenties Bridge Club

Highlands Hotel, Glenties

Meets weekly on Wednesday evenings during the winter months.

- Conal McLoone 9551227

The Dolmen Centre Bridge Club

The Dolmen Centre, Kilclooney

Meets weekly on Thursday evenings during the winter months, welcomes new members and beginners

- Nora Shovlin 074 9545936

Ardara Men's Shed

Woodhill, Ardara

A place where men meet together to undertake practical projects and pass on skills. Current projects include loom restoration and weaving, making a wind-turbine, woodturning and carpentry. Open to all men to drop-in and see what's happening

- Nick North 085 5869686
nickswdms@gmail.com

Rosbeg and Portnoo Men's Shed

Kilclooney, Portnoo

Current projects include boat-building, making carts and wood-turning. New members always welcome

- Patsy Harkin 087 2529660

Rosbeg and Portnoo Men's Shed

photo Declan Doherty



Iniskeel Historical Society

The Dolmen Centre, Kilclooney

Meet every three weeks over the winter months. New members welcome

- Mary McLaughlin 086 3540928

Kilclooney Country Market

The Dolmen Centre, Kilclooney

Local baking, crafts, vegetables and preserves. Saturdays 11am to 1pm, once a month throughout the year, weekly July & August

- Beth Herron 087 2189389

Kilclooney Community Garden

Downstrands Women's Centre, The Old School, Kilclooney

Promoting organic vegetable growing the garden has 18 raised beds and a poly tunnel. New members welcomed, beds available from the start of the season

- Downstrands Family Resource Centre
074 9545879

Knit & Crochet Group

St Shanaghan's Sheltered Housing, Ardara

Meets weekly on Monday mornings for complete beginners and experts. Learn from each other, swap patterns and have a cup of tea. New members of all ages welcome

- Josephine Breslin 087 3589017

Owenea FM 100.8

Main Street, Ardara

Donegal Sounds Community Radio broadcasting from 12.00 midnight on Fridays to midnight on Saturdays

- Bosco McGill 087 2981073 for sponsorship. Owenea FM 074 9590123
- Requests and Texts 087 3686799
www.donegalsounds.com

Mid-West Vintage Club

Ardara

Meets monthly and organises vintage rallies. New members welcome

- Daniel Moy 087 6315695

Glenties Bingo Club

The Community Centre, Glenties

Weekly bingo session on Tuesday evenings

- Mary Thompson 087 9695053

Foróige Youth Clubs

Open to all young people 12 years + More leaders are need to resume the Ardara and Glenties Clubs. Downstrands Club meets at the Dolmen Centre on Friday evenings. If you are able to help out please call the Family Resource Centre

- Downstrands Family Resource Centre
074 9545879 www.foroige.ie

La Jolie Ronde

French language learning for 5 to 12 years meets on Monday and Wednesday in Glenties

- Malinda Jackson 086 3008276

Ardara Community Library

Ardara Community Centre, Hillhead

Wednesday evenings, Saturday mornings

- Joe Ryan 087 6985141

Downstrands Community Library

The Dolmen Centre, Kilcooney

Open 9.30am to 3.30pm and 7.00pm to 10.00pm Monday to Friday

- Downstrands Family Resource Centre
074 9545879



Festivals & Events

If you have time to spare and would like to become involved in a community activity what better way than to volunteer with one of the many community events that are held throughout the year. Help is always welcome.

January

New Year's Day Swim

Narin Strand

- Downstrands FRC 074 9545879

Country & Western Weekend

Ardara

- Thomas McWhinnie 087 2463505

March

Ardara International Walking Festival

- Donal Haughey 086 2341061

Ardara St Patrick's Day Parade

- Gerard McHugh 087 6488628

Rosbeg St Patrick's Day Parade

- Evelyn Doherty 087 9773161

May

The "Cup of Tee" Festival

Ardara

- Stephen McCahill 087 2424590

The Rectors Challenge, Charity Cycle

- Hazel Barrett 087 1390242

June

Glenties Busking Festival

- Glenties Community Action Group
074 9557896

Balloon Release

photo Kate Morgan



Bealtaine Festival

The Melting Pot Festival Ardara

- Martin McGuinness 086 6774069

July

Church of Ireland Garden Fete

Ardara

- Rev John Deane 074 9541124

Buffet Suppers

Iniskeel Hall

- Hazel Barrett 087 1390242

Jazz and Bluegrass Festival

Ardara

- Pat McGill 087 6900714

MacGill Summer School

Glenties

- Mary Clare O'Donnell 074 9551103

Maghera Beach Family Fun Day

- Hughie Gavigan 074 9541392

Midwest Vintage Club Road Tour

- Daniel Moy 087 6315695

August

Ardara Agricultural Show

- Pat Gavigan 087 9363857

Buffet Suppers

Iniskeel Hall

- Hazel Barrett 087 1390242

September

Ceili Dancing Weekend

Glenties

- Connie McKelvey 086 3082876

Glenties Harvest Fair

- Glenties Community Action Group
074 9557896

October

Fiddlers Weekend

Glenties

- Bluestacks Arts Festival 074 9121968

Fireworks Display

Narin Strand

- GAP Tourism, Grainne Breslin
086 2713625

Halloween Ball and Carnival Parade

- Glenties Community Action Group
074 9557896

November

Ardara Matchmaking Weekend

- Thomas McWhinnie 087 2463505

December

Poor Farmers Association Auction

- Gerard McHugh 087 6488628



Community Organisations

Ardara Parish Council

Monthly meetings open to the public

- **Martin McGuinness 086 6774069**

Ardara Focus Group

Works to promote and develop tourism related enterprises and opportunities in the parish of Ardara

- **Stephen McCahill 087 2424590**

Community Employment Schemes

Managed by local, voluntary committees, the FAS Community Employment schemes carry out a wide range of work in the community. There are 6 schemes in our area and below is an outline of some of the work they do

- **Ardara GAA Scheme**
Maintains Ardara GAA, assists Ardara Tidy Towns
Supervisor: Sean Cannon 086 6068751
- **Údarás Scheme in Ardara & Glenties**
Mullaghmore School Supports Ardara Community Centre and the church and graveyards in Glenties.
Supervisor: Conal McHugh 086 3082009
- **Glenties Community Centre Scheme**
Glenties Community Centre
Manages the Community Centre and maintains Ard McGill estate
Supervisor: Mary Thompson 074 9557880
- **Glenties Tidy Towns Scheme**
The Old Parochial Hall, Glenties
Maintains the village of Glenties
Supervisor: Frank McDonald 086 3664037

- **Glenties Scheme**
McCloskey Crescent, Glenties
Maintains McCloskey Crescent, supports Glenties Care of Aged and Glenties Museum
Supervisor: John McSwiggan 074 9551766
- **The Dolmen Centre Scheme**
Kilcooney, Portnoo
Maintains the Dolmen Centre, supports the Care of the Aged in Portnoo, Ardara and Lettermacaward and carries out maintenance in Portnoo area
Supervisor: Tim Cranley 074 9545010

Downstrands Family Resource Centre

Offers support to families and voluntary groups in Ardara, Glenties and Portnoo. Organises children activities, summer camps, adult education classes and support groups. Administrative support, photocopying, loan of equipment etc to local voluntary groups.

- **Downstrands Family Resource Centre 074 9545879**

GAP Tourism

Promotes activities and tourism in the Glenties, Ardara, Portnoo area including the GAP triathlon, GAP challenge and the development of the Bord na Mona walking trail, Glenties

- **Grainne Breslin 086 2713625**
www.gaptourism.com



Glenties Community Action Group (formerly Glenties Parish Council)

Promotes the cultural and community development of Glenties and the surrounding area and acts as a voice for the community. Runs the Harvest Fair, Halloween Ball and Busking Weekend.

- **Glyn Hughes 074 9557896**

Tir Boghaine Teo

Community development organisation focusing on social needs of the community in SW Donegal including the parish of Ardara

- **Evanna Schorderet 074 9738459/086 1734497**

South West Communities Partnership

Niall Mór Centre, Killybegs

Community development organisation

which covers 7 parishes in SW Donegal including Ardara

- **SW Communities partnership 074 9741863**

Narin Portnoo Rosbeg Community Co-operative Society

The Dolmen Centre, Kilclooney

Manages and develops The Dolmen Centre, a vibrant community sports and social venue. New members welcome

- **Patsy Harkin 087 2529660**

Tidy Towns Committees

- **Ardara: Michael Conway 087 2369905**
- **Glenties: Mary Thompson 087 9695053**
- **Portnoo: Mary Nicholson 074 9545216**

Community Venues

These venues are available to hire for meetings, sports activities, classes, children's birthday parties etc. Some offer catering services or have self-catering facilities.

Ardara Community Centre

Hillhead, Ardara

Sports hall and gym, meeting rooms, kitchen facility

- **Joe Ryan 087 6985141**

Ardara Methodist Hall

Sports hall, kitchen facility

- **Gordon Young 087 9417118**

Downstrands Women's Centre

The Old School, Kilclooney

Meeting rooms and counselling rooms

- **Hazel Barrett 087 1390242**

Glenties Community Centre

Sports hall with a stage, meeting rooms, 2 pool tables, kitchen facility

- **Mary Thompson 087 9695053**

Iniskeel Community Hall

Portnoo

Sports hall with a stage, self-catering facility

- **Hazel Barrett 087 1390242**

Ionad Pobail agus Spóirt Naomh Mhuire

Glen Road, Glenties

Community sports hall

- **John McCann 074 9551521**

St. Columba's Comprehensive School Gym

Glenties

Sports hall

- Martin Regan 074 9551172

The Dolmen Centre

Kilclooney, Portnoo

Sports hall, gym, sauna, floodlit astro-turf, playground, meeting room, catered/self-catering facility

- Tim Cranley 074 9545010

The Heritage Centre

Ardara

Hall and meeting room, catering available by Shelia's Cafe

- Stephen McCahill 087 2424590

The Parish Centre

Holy Family Church, Ardara

Meeting rooms, catering available

- Josephine Maguire 074 9541236

International Women's Day 8th March



Community Support Services

A range of support services are available in the area. Where a service is not available locally the nearest location in Co. Donegal is listed. If you cannot find what you are looking for please call the Family Resource Centre and we will try to help you 074 9545879

Early Years

Ardara Community Childcare Centre

Full and part day care for children from 3 months to 12 years, including an afterschool service

- Rosaleen Breslin 074 9537744

Glenties Community Playgroup

Glen Road, Glenties

3 years to 5 years pre-school and 4 years to 12 years afterschool club

- Bridie McCahill 074 9551907

Downstrands Parent & Toddler Group

The Dolmen Centre, Kilclooney

Meets twice a week on Tuesday and Friday morning during school term time. All toddlers and their parents or carers welcome

- The Dolmen Centre 074 9545010

Lifestart

Newtowncunningham

Early-years child development programme available to all families in Ardara, Glenties and Portnoo. A home visitor meets with the parent and child monthly.

- Mary Walker Callaghan 074 9156644
www.lifestartfoundation.org

Children and Parents

Rainbows

Downstrands Family Resource Centre, Kilclooney

Support programme for children who have experienced loss through bereavement or parental separation. 'Rainbows' for 7 years to 12 years and 'Spectrum' for teenagers

- Downstrands Family Resource Centre
074 9545879

Dyslexia Support Group (Glenties & Ardara Branch)

St Columba's Comprehensive School, Glenties

Weekly support sessions for children aged 8 to 18 with a diagnosis of dyslexia

- Margaret O'Donnell 087 7422304

Downstrands Child & Family Counselling Service

Downstrands FRC, Kilclooney

A confidential service offering a range of therapies. Fully qualified and registered counsellors with many years experience helping clients to understand and cope with their feelings

- The Counselling Manager
087 3652577



Parentstop

Free listening and support service for parents. Available in Donegal Town and Letterkenny

- **Helen Kelly 074 9177249**
www.parentstop.ie

Parentlink

Parent support group for new parents of Down syndrome children

- **Jennie Bradley 074 9122090**

Teenagers and Young People

Belong to

Young people's Lesbian, Gay, Bisexual, Transgender group 16 years + meet weekly on Saturdays in Letterkenny call or txt for details

- **Belong to 085 7411607**
www.belongto.org

Jigsaw

Pearse Road, Letterkenny

Free confidential support and counselling service for young people 15 to 25. Drop-in Monday to Thursday 4.00pm to 6.00pm or make an appointment by phone

- **Jigsaw 074 9726920**

Young Women's Health Clinic

Letterkenny Women's Centre, Port Road Letterkenny

Free sexual health clinic, contraception, pregnancy testing, counselling and support for 17 to 26 years. Every Monday 5.00pm to 8.00pm (excluding bank holidays) Drop in or make an appointment

- **Letterkenny Women's Centre**
074 9124985 www.sheinfo.ie

Youth Drug & Alcohol Education & Prevention Project

For young people aged 10 to 17 years, support to address misuse of drugs and alcohol

- **Vanessa Scahill 086 0481977**

Youth Information Centre

16-18 Port Road, Letterkenny

Support and information on anything of concern to young people; education, work, travel, benefits, health etc.

- **Youth Information Centre**
074 9129640
www.yicletterkenny@eircom.net

Older People

Ardara Sheltered Housing

St Shanaghan's Sheltered Housing, Ardara

25 self-contained apartments for older people within a sheltered housing complex. Apartments available

- **Seamus Gallagher 074 9537006**

Dr McCloskey Crescent

Glenties

16 community houses and a day-care centre

- **St Connal's Conference of St Vincent de Paul c/o the Day-care Centre**

Glenties Community Care

Day-care Centre

Dr McCloskey Crescent, Glenties

Manages the day-care centre and provides a 3-course lunch, activities and outings on Mondays, Tuesdays and Wednesdays

- **Chair Community Care,**
Michael Cannon 074 9551193
- **Manager Day-care Centre,**
Fiona McDyre 074 9551766



The Alzheimer Society of Ireland

Dr McCloskey Crescent,
Day Care Centre, Glenties

Provides day-care on Thursdays for people with Alzheimers

- **Catriona Mullen**
074 9551766
www.alzheimer.ie

Rosbeg and Downstrands Care of the Aged

The Dolmen Centre, Kilclooney

Provides a 3-course lunch and activities on Wednesdays and Thursdays, chiropody services, outings and events

- **Bernie McHugh 087 0560824**

Ardara Care of the Aged

Provides a 3-course lunch, activities and outings on Tuesdays

- **Brid McGill 086 3540051**

Community Alert

Supplies personal medical alarm systems, security lighting and smoke alarms to older people

- **Downstrands: Michael Friel**
074 9545151
- **Ardara: Noreen McNern**
074 9541223
- **Glenties: John McSwiggan**
087 7794171

Information

Citizens Information Service

Niall Mór Centre, Killybegs

Monday morning outreach service from Donegal Town. Information and advice on services, benefits, entitlements, work, travel and finances etc

- **Donegal Town Office 076 1075510**
www.citizensinformation.ie

Downstrands Family Resource Centre

Kilclooney, Portnoo

Confidential support and information for individuals and families requiring a range of services. Help with accessing benefits, entitlements, community and statutory services etc

- **Kate Morgan 074 9545879**

Drugs & Alcohol

Alcoholics Anonymous

Supports men and women to address their alcohol dependency meetings held weekly at various local venues in Ardara, Killybegs, Dungloe and Bruckless. Call Dublin or Belfast for meeting times and venues

- **Dublin 01 8420700**
- **Belfast 048 90434848**
www.alcoholicsanonymous.ie

Narcotics Anonymous

Day Room, Old Donegal Hospital, Donegal Town

Self help support group for people with drug related problems meets Fridays at 8.30pm, new members welcome at anytime

- **01 6728000 www.na-ireland.org**

Lets Talk

Downstrands Family Resource Centre, Kilclooney

Information and support for families living with addiction

- **confidential helpline 087 3551718**



Friends of Bill W Club

First Floor, Simple Simon's,
The Diamond, Donegal Town

A safe and welcoming place for all those seeking help and recovery from addictions including alcohol, drugs, gambling etc. The Club offers friendship, support and assistance in a relaxed, coffee shop atmosphere. Open Monday to Saturday 11.00am to 5.00pm

• **087 1308176** www.friendsofbillw.ie

Al Anon

Support group offering strength and hope for friends and families of problem drinkers. Killybegs group meets Thursdays at 8.30pm, Bruach na Mara, Shore Road, Donegal Town group meets Sundays at 8.30pm, The Day Centre, Community Hospital

• **01 8732699** www.al-anon-ireland.org

Physical & Mental Health

Public Health Nurses

Provide a wide range of services including; visiting new-born infants and the elderly, providing nursing care, advice and information and assistance with accessing community care, hospice and other health services

- **Ardara: Lorraine Sweeney**
074 9541548
- **Glenties: Michelle Cunningham**
074 9551329

Donegal Action for Cancer Care

Old Laghey Road, Donegal Town

'Solace' supports cancer sufferers and their families in practical and emotional ways and campaigns for cancer services in the NW

• **074 9740837** www.dacc.ie

Overeaters Anonymous

Community Hospital, Donegal Town
Meets Wednesdays at 8.00pm. You do not have to be a member, anyone can come along who wishes to address their overeating

• **Nuala 086 3217957** www.oa.org

Slimming World

The Parish Centre, Church of the Holy Family, Ardara

Meets Wednesdays at 5.30 and 7.30pm, open to adults and children 11 years + accompanied by a parent

• **Donna Gillespie 087 6264618**

Weight Watchers

The Parish Centre, Church of the Holy Family, Ardara

Meets Thursdays at 6.00pm

• **Annette Diver 087 6486047**

Downstrands Carers Group

Downstrands Family Resource Centre, Kilclooney

Support group for men and women caring for a family member or friend

• **Kate Morgan 074 9545879**

Letterkenny Women's Centre

Port Road, Letterkenny

Provides a range of support services for women including a women's health and family planning clinic, support group for widowed and separated women and a young women's health clinic including 'Positive Option' crisis pregnancy service

• **074 9124985** www.postiveoptions.ie



Community Mental Health Nurse

For information and assessment regarding all aspects of mental health; depression, suicidal thinking, anxiety, schizophrenia, eating disorders, bi-polar disorder, post-traumatic stress disorder. Appointments available throughout the week in Ardara and Glenties

Paul McCann

- **Ardara: 074 9541134**
- **Glenties: 074 9551330**

Downstrands Child & Family Counselling Service

Downstrands FRC, Kilclooney

A professional and confidential service to support individuals, families and children cope with a range of issues

• **The Counselling Manager**
087 3652577

Living Links

Practical help, information and support for people bereaved by suicide

• **Donegal Co-ordinator 0879286007**

Grow

Niall Mór Centre, Killybegs

Support group for men and women struggling with anxiety and depression meets weekly on Thursdays

• **Shauna 086 7702861**

Aware

Donegal Family Resource Centre,
Upper Main Street, Donegal Town

Depression support group meets every Monday at 7.30pm (except bank holidays)

• **01 6617211** www.aware.ie

Accord

The Diamond, Donegal Town

The catholic marriage counselling service offers relationship, marriage and sex counselling and marriage preparation courses

• **074 9723944** www.accord.ie

Donegal Women's Domestic Violence Service

Letterkenny

Provides practical help, support and advice for women experiencing domestic abuse. Provides safe emergency accommodation for women and their children

• **24hr helpline 1800 262677,**
local contact 074 9129725

Donegal Sexual Abuse and Rape Crisis Centre

Letterkenny

Provides practical support to men and women in the immediate aftermath of rape and long term support and counselling for victims of sexual abuse (including clerical abuse) and rape

• **074 9128211** freephone 1800 448844

Disability

Woodhill Resource Centre

Woodhill, Ardara

Day-centre for adults with intellectual disabilities

• **Mary Brown 074 9541801**

Special Olympics Sports Club

Meets monthly in Killybegs. New members and supporters welcome

• **Mary Brown 074 9541801**

Donegal Centre for Independent Living

McCaul House, Pearse Road,
Letterkenny

A support movement of people with disabilities including managing the Personal Assistant's programme and lobbying for disability rights

• 074 9128945 www.donegalcil.com

Irish Wheelchair Association

Port Road, Letterkenny

Provides a range of services to people with limited mobility including disabled parking permits, motoring services, help with modified living arrangements and provision of assisted living services

• 074 9122495 www.iwa.ie

DeafHear.ie, Sensory Resource Centre

Justice Walsh Rd, Letterkenny

Promotes the rights of deaf children and adults to enjoy full equality

• 074 9188252

Donegal Down Syndrome

Letterkenny

A voluntary organisation promoting opportunities, inclusion and choices for people with Down Syndrome

• 074 91 03527

Financial**Community Welfare Officer**

Public Services Centre, Dungloe

Administers supplementary welfare allowances, exceptional needs payments and rent and mortgage supplements

• Ann McGill 087 4120808/ 074 9559206

clinics:

- Ardara Health Centre
Mon 10.00am – 12.00pm
074 9541686

- Lettermacaward
Tue 10.00am – 11.30am
074 9544146
- Fintown Health Centre
Wed 10.00am – 11.30am
074 9546126
- Glenties Primary Care Centre
Thu 11.30am – 1.00pm
074 9551659
- Dungloe PSC
Fri 10.00am – 12.00pm
074 9559206

St. Vincent De Paul

Confidential practical and financial support for individuals and families experiencing difficulties

- Ardara: Jimmy Boyle 074 9541178
- Kilclooney: Tony Finnerty 086 6783556
- Glenties: Confidential helpline
087 1539018

Money Advice and Budgeting Service

Donegal Public Services Centre,
Donegal Town

A free, confidential service helping people in debt or in danger of getting into debt manage their budget

- Donegal Town 0761 072480
- Helpline 0761 072000 www.mabs.ie

New Beginning

Provides and implements responsible solutions for homeowners in arrears or facing legal proceedings

- 01 8719499 www.newbeginning.ie

Downstrands Family Resource Centre

Management Committee

Chairperson:	Honora Gyo
Secretary:	Michael Classon
Treasurer:	Ann Ryan
Directors:	Claudia McGinley
	Patsy Harkin
	Eva Friel
	Geraldine Ferguson
	Johnny Gavigan
	Eileen Harkin
	Maureen Conway
	John Farren
SITT Representative:	Joyce Classon

Downstrands Family Resource Centre

Kilclooney, Portnoo, Co. Donegal

Office open Monday to Thursday
9.30 – 5.30 Friday 9.30 – 1.00

Tel: 074 9545879
downstrandsfrc@yahoo.ie

Project Funders

