



Information Guide to Services for Older People in County Cavan

Introduction

The Cavan Age Friendly Alliance was formally established in 2012 and consists of relevant stakeholders in the development of the older persons sector in the county and the promotion of a positive approach to ageing. Through cooperation and consultation with older people in Cavan, the Alliance developed and is implementing the Cavan Age Friendly Strategy, 2022 to 2024. This strategy sets out the vision and the aims as regards making Cavan an age friendly county.

Cavan Older Persons Council

Cavan Older People's Council was set up in 2013 as a way of bringing together all the older people's groups in County Cavan and representing the views of older people. It works closely with local agencies and the voluntary sector to deliver the county's Age Friendly Strategy.

The Council is a network of about older people's and social services groups and individuals. The full network meets once a year at its AGM (Annual General Meeting) and on other occasions for consultations and events.

The Council has an Executive Committee which is elected from its members. If you are interested in joining the Cavan Older People's Council, you need to fill in a registration form. Once you become a member, you will be included on the mailing list for any newsletters, information about events etc. Members can also put themselves forward for election to the Executive Committee of the Older People's Council at their annual AGM. For further information and to join the Older People's Council contact:

Social Inclusion Unit

Email: agefriendly@cavancoco.ie

Tel: 049-4378581

Disclaimer for phone call costs

Premium rate voice services have a 15 prefix (e.g. 1515 or 1530) and premium rate text services are five digit short codes beginning with the number 5 (e.g. 57XXX). Calls and texts to PRS typically cost more than ordinary telephone calls/texts depending on the prefix number or short code. Check the cost of calling or texting PRS from your phone with your own phone company (landline, mobile or cable) as they may charge an additional amount to the advertised rate

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INFORMATION & ADVICE

■ Cavan Citizens Information Service

Cavan Citizens Information Service is part of North Connacht & Ulster Citizens Information Service, which comprises counties Cavan, Monaghan, Donegal Sligo and Leitrim. The service is funded & supported by the Citizens Information Board. The service is free, confidential, impartial and independent. Information, Advice and Advocacy supports are provided in a range of areas such as social welfare, employment, housing, health, immigration and many more areas.

Cavan Citizens Information Service, Ground Floor, Elm House, Elm Bank, Cavan H12 A8H7

Telephone: 0818 07 5200 Email: cavan@citinfo.ie

Opening Times are: Monday to Friday 9:15 am – 5:00 pm

We offer support online, over the phone and face to face. Please telephone before visiting the centre to ensure the service is available for face to face consultations.

Income supports for older people*

A range of payments are made to older people by the Department of Social Protection (DSP) and the Health Service Executive (HSE). If you are unsure whether or not you would qualify for a payment, you should apply anyway.

Generally payments are made up of a personal payment for yourself and extra amounts for your dependent spouse, civil partner or cohabitant and any dependent children. A cohabitant is a person living in an intimate and committed relationship with a person of the same or opposite sex who is not that person's spouse, civil partner, or a close relative.

You should apply to the Department of Social Protection for your pension at least **3 months in advance**.

Social insurance payments

You need enough PRSI contributions to qualify for these payments. Apply to the Department of Social Protection.

State Pension (Contributory)

The State Pension (Contributory) is payable from the age of 66. You are allowed to have income from any other source while you receive this pension, but both the income and the pension are taxable.

There are a number of pro-rata State Pensions (Contributory) which are paid at a lower rate. These were introduced to deal with issues that arose as a result of people paying different types of social insurance contributions or not paying contributions for various reasons.

Under the National Pensions Framework, a number of other changes are planned to the qualifying conditions for the State Pension (Contributory). These changes do not affect the State Pension (Non-Contributory).

Widow's, Widower's or Surviving Civil Partner's Contributory Pension

You may be eligible for Widow's, Widower's or Surviving Civil Partner's Contributory Pension if you are widowed or a surviving civil partner, have not remarried or entered into a new civil partnership, and are not cohabiting. You can transfer to the State Pension (Contributory) at the age of 66.

Means-tested payments

Any means you may have, such as weekly income or savings, are taken into account for these payments, but not your own home. You must also satisfy the habitual residence condition. Apply to the Department of Social Protection.

State Pension (Non-Contributory)

The State Pension (Non-Contributory) is a payment for people aged 66 or over who do not qualify for a State Pension (Contributory).

Working in retirement

If you are getting a means-tested payment, working or being self-employed affects the amount of that payment. You can have up to €200 earnings from insurable employment without affecting your State Pension (Non-Contributory).

Widow's, Widower's or Surviving Civil Partner's Non-Contributory Pension

If you are a widowed person or a surviving civil partner who is not entitled to a Widow's, Widower's or Surviving Civil Partner's Contributory Pension, has not remarried or entered into a new civil partnership, has no dependent children and is not cohabiting, you may be eligible for a Widow's, Widower's or Surviving Civil Partner's Non-Contributory Pension. This is a means-tested payment. At age 66 you transfer to the State Pension (Non-Contributory).

Private pensions*

Occupational and personal pensions

Occupational pensions are organised by employers to provide pensions to employees on retirement or to surviving dependants on the death of an employee. Personal pensions or Personal Retirement Savings Accounts (PRSAs) are organised individually by self-employed people or employed people who do not have an occupational pension scheme.

You need to deal directly with the pension provider to find out exactly what benefits your pension gives you. The Pensions Authority is the regulatory body for occupational pensions and PRSAs. If you have a complaint, the Authority will advise you about your rights. The Pensions Ombudsman investigates and decides on complaints relating to occupational pensions and PRSAs. Generally, you may have income from other sources, for example, from work, if you are receiving a pension. There are some restrictions on people getting both a pension and employment income from the public sector – you should check with the pension provider.

Other social welfare payments*

Increase for Living Alone

The Increase for Living Alone is a supplementary payment for people on social welfare pensions who are living alone. It is also available to people under the age of 66 who get certain other payments from the Department of Social Protection.

Aged 80 increase

If you are getting a social welfare pension, you automatically get an increase in your pension when you reach 80 years of age.

Household Benefits Package

The Household Benefits Package includes the Electricity or Natural Gas Allowance and a Free TV Licence. If you are aged 70 or over, you qualify regardless of your income or who lives with you. The scheme may also be available to people aged 66 and over who get certain social welfare payments or whose income is below certain limits.

Free travel

If you are over the age of 66 or getting a carers' or certain other social welfare payments, you can get a Free Travel Pass, entitling you to free travel at any time on bus, road, rail and DART services operated by Bus Átha Cliath, Bus Éireann, Iarnród Éireann, LUAS services, the Aran Islands ferry service and on certain private services which have opted into the scheme.

You can also use your Free Travel Pass on any of the 34 schemes under the Rural Transport Initiative. People who are entitled to free travel are also entitled to have their spouse/partner travel free with them or may be entitled to a Companion Pass on medical grounds. The Free Travel Scheme also covers public transport services in Northern Ireland for people over 66 years of age who have a Senior SmartPass Card.

National Fuel Scheme

The National Fuel Scheme is a means-tested payment to help people who cannot afford their own heating costs. You may qualify if you get certain payments from the Department of Social Protection or the EU equivalent.

Telephone Support Allowance

The Telephone Support Allowance is a supplementary payment for people on certain social welfare payments who are also getting both the Living Alone Increase and the Fuel Allowance.

Carers

If you are providing full-time care to someone who is ill or incapacitated, you may qualify for a carer's payment. The main payments are Carer's Allowance (Means Assessed) and Carer's Benefit (PRSI based). If you are caring for two or more people, your rate of Carer's Allowance is increased by 50% (maximum) each week. If you are getting another social welfare payment, you may get half-rate Carer's Allowance. The Carer's Support Grant is automatically paid to people getting Carer's payments in June each year.

Additional Needs Payment

An Additional Needs Payment is a payment available to you if you have expenses that you cannot pay from your weekly income. You may get this payment even if you are not getting a social welfare payment. It also may be available to you if you are working and on a low income. Additional Needs Payments are available for:

- essential repairs to property, including motor vehicles and replacing household appliances and furniture
- the increased cost of fuel and electricity
- assistance with deposits for private rented accommodation
- furniture, bedding and other items if you are setting up a home for the first time
- funeral costs
- recurring travel expenses such as for hospital appointments or visiting relatives in hospital or prison
- food, clothing or shelter in the aftermath of a fire, flood or other emergency event
- other additional exceptional needs as they happen

Additional Needs Payments are paid under the Supplementary Welfare Allowance Scheme and is administered by the Community Welfare Service (CWS) of the Department of Social Protection. Application is made on form SWA1.

Rent Supplement

Rent Supplement is a means-tested payment for certain people living in private rented accommodation who cannot provide for the cost of their accommodation from their own resources. It is a short-term income support for people in the private rented sector. This supplement is administered by the Community Welfare Service.

Housing Assistance Payment

The Housing Assistance Payment (HAP) is a form of social housing support for people who have a long-term housing need. HAP is available in all local authority areas and will eventually replace long-term Rent Supplement. The scheme is administered by the local authorities, who pay the landlords directly. The rent being charged for the accommodation must be within the limits for the household type in that local authority's area. Tenants pay a weekly HAP rent contribution to the local authority, based on their income and ability to pay. Under the HAP scheme you can take up full-time employment and keep your housing support. This payment is administered by Cavan County Council.

*Further information and application forms on all of the above are available from Cavan Citizen Information Centre 0818 07 5200

■ MABS—Money Advice & Budgeting

MABS is the Irish money advice service. They have been helping people to deal with problem debt for 30 years. If you're struggling with debt and need help, we're here for you. You can get impartial advice from MABS to help you manage your money and take control of debt. We offer support online, over the phone and face to face.

The MABS helpline number is 0818 07 2000 and is available Monday to Friday from 9:00am – 8:00pm.

Cavan MABS is located at: 1st Floor, Elm House, Cavan, H12 A8H7

Telephone: 0818 07 2410

Email: Cavan@mabs.ie

Web: www.mabs.ie

HEALTH

■ Health Service Executive

The HSE provides a range of Health and Social Services for Older People including: Medical Cards, E111 Cards, Drugs Payment Scheme, Long Term Illness Scheme, Hardship Allowance, Chiropody, Adult Optical and Appliances, etc.

If you would like more information please contact the HSE infoline from 8am to 8pm, Monday to Saturday. Callsave 1850 24 1850 or 041 685 0300

You can also contact the Cavan Local Health Office located in Cavan by contacting 049 43 61822

■ Public Health Nurse

Public Health Nurses in Ireland are employed by the HSE to provide a range of health care services in the community. They are usually based in the Local Health Centre and may be your first contact with the health services. The public health nurse provides home and clinic nursing care to persons over 65 years who have a medical card.

Services include post hospital care, dressings, injections, referral to respite and day care and assessment for Nursing Home Subvention, home support, nursing aids and appliances. Your Public Health Nurse will also advise you on Dietary, Diabetic and Counselling Services.

A list of Public Health Centres in County Cavan can be found in the appendices of this guide.

■ Medical Card Scheme

The Medical Card Scheme entitles certain people to free public health services. To be eligible, your income must be below a certain level. If you do not qualify for a card on income grounds you may get a GP Visit Card. There are different guidelines for the means test depending on whether you are under or over 70 years of age. In the case of a couple, the assessment is based on the age of the older person.

You can apply online at www.medicalcard.ie Or

Tel: 1890 252 919 or visit your Local Citizens Information Centre for more information

- **GP Visit Card for Over 70s**

Everyone aged 70 or over and ordinarily resident in Ireland is eligible for free GP care, regardless of income. Medical Card holders and GP Visit Card holders do not have to register for this scheme. If you do not have one of these cards you can apply online at www.hse.ie. You can also contact the HSE info line (listed on the previous page) or your Local Citizens Information Centre to find out more.

- **Treatment Benefit Scheme**

The Dept. of Social Protection provides limited dental, optical and aural services under the Treatment Benefit Scheme. This Scheme is available to insured workers and retired people who have the required number of PRSI contributions. For further information, contact the Treatment Benefit Section on Locall: 1890 400 400 or contact your Local Citizens Information Centre

- **The Dental Treatment Services Scheme**

This Scheme (DTSS) provides access to limited dental treatment for adult medical card holders (only) and does cover GP Visit Cardholders. This includes a free oral examination every calendar year and free emergency dental treatment to relieve pain.

- **Long Term Illness Scheme**

Drugs and medicines for the treatment of a particular range of conditions are free of charge. Check with your Public Health Nurse or ask at your Local Citizens Information Centre for the list of Long Term Illnesses covered by this Scheme.

- **Home Care Package**

This Scheme is operated by the HSE. It aims to help people who need medium to high care support to continue to live at home independently. It is tailored to individual needs and may include services of nurses, home helps, physiotherapy and occupational therapy. For more details contact your Public Health Nurse.

■ Respite Care

Respite Care is a service provided within the residential units whereby older people receive care for a period of 1 or 2 weeks to give their main carer / family a well-earned break. This service is provided in 2 residential units in Cavan:-

1. The Sullivan Centre provides respite care for those who have a diagnosis of Dementia.
2. Virginia Community Health Centre

Cavan has 3 public residential care units. These units provide long term care, respite care and palliative care to older people from the area. Below is a list of residential units in the county.

- Virginia Community Services
- Sullivan Centre - this centre care for those with a diagnosis of dementia
- Breffni Care Centre, Ballyconnell

Lisdarn Transitional Unit is situated on the grounds of Cavan General Hospital, which has 32 Beds and provides 24hr nursing care for those who no longer require acute nursing care. The ICPOP Hub Cavan is also situated adjacent to Lisdarn Centre.

■ Respite Care Grant (Carer's Support Grant)

Persons in receipt of Carer's Allowance, Carer's Benefit, and/or Prescribed Relative's Allowance automatically receive the Respite Care Grant from the Department of Social Protection. This is paid once a year usually on the first Thursday in June. For more information or to get an application form you can contact your Local Social Welfare Office or your Local Citizens Information Centre.

■ **Nursing Home Information**

Cavan HSE Nursing Homes Support Office: Lisdarn, Cavan Tel: 049 43 73155 / 112/ 191

The Nursing Home Support Scheme known as the 'Fair Deal' provides financial support to people who need long term nursing home care. Under this scheme, you will make a contribution towards the cost of your care and the State will pay the balance. This applies whether the nursing home is public, private or voluntary. The HSE administers the Fair Deal Scheme with the resources available. Applicants cannot avail of State Funding for a nursing home place prior to receiving approval of their application. Your Public Health Nurse can supply you with the nursing home list and application forms.

For more information on this Scheme or help with your application form visit your Local Citizens Information Centre.

■ **Day Centres for the Elderly**

Day centres are places where Older People come together locally to combat loneliness, to have a chat and do activities such as exercises, arts & crafts, painting, computers, play cards, bingo, listen to music and sometimes dance. Older People are warmly welcomed and are treated to a cuppa and home bake, and a 3 course lunch. A list of Day Centres in Cavan is available in the appendices of this guide where you can find details of who to contact in order to attend your local Centre.

■ **Cavan General Hospital**

Cavan General Hospital is an acute general and maternity Hospital, which forms an integral part of the Health Service Executive North East Region. The Hospital aims to deliver a patient-centred, quality-driven focused service and provides a wide range of diagnostic and support services for Co. Cavan. Tel: 049 43 76000

■ Occupational Therapy

These services are provided to people who through illness or disability are in need of support or change to their lifestyle. Occupational Therapists can advise on changes that may be needed in the home to support a person with special needs and on activities that will help a person to regain their independence. Referral to the Community Occupational Therapy Service is done through your local Public Health Nurse.

■ Assist Ireland

The website www.assistireland.ie contains information on daily living aids, mobility aids and assistive technology. It includes a directory of products available from suppliers for people with disabilities and older people.

■ Chiropody Services

This is provided by the HSE for free to Medical Card holders over sixty five. Application forms and information on services available can be obtained at your Local Health Centre or Citizen's Information Centre.

■ GP Out of Hours Service — NEDOC (North East Doctor on Call)

This is a service to provide you and your family with access to urgent family doctor services outside of normal surgery hours. Access to the service is by appointment only, by contacting 1850 777 911. NEDOC is not a walk-in service.

NEDOC Cavan

Address:

Cavan General Hospital Cavan
Co. Cavan

Directions

- In Cavan town follow the signs for the hospital (R198).
- Take the second exit off the roundabout, NEDOC is in the grounds of the Hospital.
- Follow the signs.
- The GP centre in Cavan is located in the grounds of Cavan General Hospital, beside the Emergency Department.

■ Mental Health Services in Co. Cavan

Mental health problems are common and can range from a low period to more serious depression, to a small number of people who will experience very severe issues. If you feel persistently sad, have trouble sleeping or experience unexplained aches and pains, you should visit your GP for advice. If you are worried about yourself or someone you know it is important to get help as soon as possible. There are a number of options:

- Contact your local GP. If it's late in the evening or night-time, contact NEDOC.
- Go to the Emergency Department at your nearest hospital, Cavan General Hospital or Monaghan General Hospital. Contact emergency services on 999 or 112.
- Call the Samaritans, the 24 hour listening service, to talk to someone about what's on your mind. Call 116 123.
- Contact the HSE Mental Health Administrator for Cavan on 049 43 78920
- GROW is a voluntary organisation that provides friendship and support for people with mental health problems and people who are at risk of mental health problems. Contact number 1890 474 474
- The website www.yourmentalhealth.ie contains advice on mental health.

Health Centres in Co. Cavan

Bailieborough - Cootehill Municipal District

Bailieborough	042 96 75540
Darely, Cootehill	049 55 52555
Kingscourt – Meath HSE Area	042 96 79800
Shercock	042 96 69208

Ballyjamesduff Municipal District

Ballinagh	049 43 37217
Ballyjamesduff	049 85 44281
Gowna	043 83254
Kilnaleck	049 43 36494

Cavan - Belturbet Municipal District

Ballyconnell	049 95 25510
Ballyhaise	049 43 38132
Belturbet	049 95 22288
Drumalee, Cavan	049 43 53100
Killashandra	049 43 34767
Swanlinbar	049 95 21574

HOUSING

■ Cavan County Council Housing Department

Cavan County Council's Housing Department provides confidential support services for older people and people with disabilities who are in need of housing or who need to improve the accessibility of their homes. The level of grant aid available under each scheme shall be determined on the basis of gross household income and the improved costs of the works as assessed by Cavan County Council. For more information you can contact Cavan County Council.

Tel: 049 43 78300 Email: housinggrants@cavancoco.ie or visit their website www.cavancoco.ie

■ Housing Aids for Older People Grant Scheme

The Scheme of Housing Aids for Older People is available to assist older people living in poor housing conditions to have necessary repairs or improvements carried out.

The types of works grant-aided under the Scheme include reroofing, re-wiring and the provision of central heating (where none exists) or is broken beyond economical repair.

Applicants should be 66 years of age (or over). The maximum grant available is €8,000.

■ Housing Adaptation Grant for People with a Disability

This scheme is available to assist in the carrying out of works that are reasonably necessary for the purposes of rendering a house more suitable for the accommodation of a person with a disability who is a member of the household. Works grant aided under the Scheme include; a ramp, grab rails, level access shower, a stairlift, an extension (typically for a bedroom and /or bathroom to accommodate a person with a disability). The maximum grant available is €30,000

HOME SERVICE SUPPORTS & MAINTENANCE

■ Better Energy Warmer Homes Scheme

This scheme aims to improve the energy efficiency and warmth of homes owned by people on low income. It is operated by the Sustainable Energy Authority of Ireland (SEAI) and is available nationwide. The service involves the **installation** of standard energy efficiency measures appropriate to the eligible household subject to SEAI survey, budget allocation and available capacity. The service is provided at no cost to the household and the measures currently available under this scheme are:
Attic insulation, draught proofing, lagging jackets, energy-efficient bulbs, cavity wall insulation and energy advice.

For more information, call the Better Energy Warmer Homes helpdesk on: LoCall 1800 250 204.

■ Better Energy Homes Scheme

The **Better Energy Homes Scheme** provides **grants** to homeowners to improve energy efficiency in their homes. This scheme is different to that listed previously as it provides grants to improve energy efficiency rather than installation. Grants are available for the following energy saving work:

Roof insulation

Wall insulation - for example, cavity wall, internal dry lining or external insulation

Heating controls upgrade

Installation of a high-efficiency boiler (more than 90% efficiency) including a heating controls upgrade

A Building Energy Rating (BER) after the energy-saving work is carried out (you must get this BER to qualify for the grant)

Solar heating

For more information, contact Better Energy Homes Scheme on LoCall 1850 927 000

Website: www.seai.ie to find out more information on these schemes.

SAFETY & SECURITY

■ Emergencies

At some point in your life, you may need to call the emergency services such as firemen, police, or medical personnel. By being prepared for calling the emergency services, you can get the help you need much more quickly which can often make a big difference.

In Ireland we have two emergency numbers, **999** and **112**.

112 also works in all EU countries and from any phone, free of charge.

Remember when calling **112** (or **999**), 'stay calm, stay focused and stay on the line'.

■ The Seniors Alert Scheme

The Seniors Alert Scheme is run by Pobal and provides grant support for the supply of equipment (e.g. Personal Pendant Alarms*) to enable older people without sufficient means to continue to live securely in their homes. The grant assistance is made available through community and voluntary groups registered with Pobal. To be eligible you must be:

- Aged 65 or over and have limited means or resources
- Living alone or with someone who also meets the eligibility criteria
- Living in the area covered by the community group administering the grant support
- Able to benefit from the equipment being supplied
- Willing to maintain contact with the community group

For more information contact Pobal on 01 511 7000 or visit their website www.pobal.ie A list of local community organisations providing this grant assistance is provided within the Directory.

*A Personal Pendant Alarm is a pendant worn at all times which, when activated in cases of emergency, provides immediate contact with persons appointed by the pendant alarm user to call emergency services.

■ Crime Prevention Officer

Crime Prevention Officers (CPOs) are trained to encourage, promote and advise on crime prevention to both the private and business community. There are dedicated Crime Prevention Officers within each Garda Division. The Crime Prevention Officer for the Cavan/Monaghan Garda Division is Sergeant Michael Duffy and his contact number is 087 1451638.

■ Community Engagement Unit

Cavan/Monaghan Community Engagement Unit came into being in May 2021 and saw the introduction of four dedicated Community Engagement Units in County Cavan and County Monaghan covering each of the four Garda Districts in the Garda Division. This new unit provides an enhanced service to the communities in Cavan and Monaghan and all four units engage with their respective communities in many different ways:

- Promote and develop on initiatives such as the Schools Programme, Hospital Watch, Business Watch, Neighbourhood Watch and Community Alert.
- Engage with the elderly and vulnerable and also offer support and guidance to Families who find themselves in difficult circumstances.
- Regular community patrols have been conducted providing reassurance and support to the public.
- Visit local retirement homes and will develop new community initiatives as part of their role.

Contact Details:

Bailieboro Community Engagement Unit: Bailieboro.Community@garda.ie

Cavan Community Engagement Unit: Cavan_DS@garda.ie

Divisional Community Engagement Inspector Ann Marie Lardner:

Email: ann.marie.lardner@garda.ie

■ **Garda Stations in Co. Cavan**

Bailieborough District – contact number for all stations 042 9694570

Ballyjamesduff	Mullagh
Bailieborough	Virginia
Cootehill	Shercock
Kingscourt	

Cavan District – contact number for all stations 049 4368800

Cavan	Blacklion
Ballyconnell	Dowra
Arva	Killeshandra
Ballinagh	Kilnaleck
Belturbet	Swanlinbar

SOCIAL & LEISURE ACTIVITIES

- **Active Retirement Ireland**

Active Retirement Associations were established to enable retired people and anybody over 55 to enjoy a full and active life and to advocate for them. Their mission is for people to remain healthy and active through engaging with their peers within their own community.

At local level Active Retirement Associations arrange social events, educational options and activities which encourage and support retired people to remain healthy and active. Many Active Retirement Association members are also involved with other local organisations, providing much needed volunteers in a variety of activities. If you would like to register for one of these groups or you would like more information please contact 01 873 3836 or visit the website www.activeirl.ie

Below are the active retirement associations in County Cavan as listed on the Active Retirement Ireland website.

Active Virginians
Ballyconnell
Blacklion and Belcoo
Dowra Active Age
Drumcor
Kingscourt
Mullagh / Cross Friendship Club

■ **Cavan Sports Partnership**

Cavan Sports Partnership was established in 2008 to coordinate and support the development of sport and physical activity in County Cavan. The key role of the organisation is to increase participation in sport and physical activity by creating sustainable structures for people to become involved at a level of their choosing regardless of their ability, gender or background, highlighted by CSP Strategic Plan Title “Sport and Activity For Life For All”.

Under the Active Adults 50+ programme, community based physical activity programmes are run in local areas to enable people to be active in their later years by providing new opportunities for people to participate in sport and physical activities. Examples of the groups the programme links with locally are Active Retirement Groups, ICA, Mens Sheds and day care services. A range of programmes have been identified including Activator, Dancing, Yoga, Golf and Lawn Bowls.

Telephone: 049 43 78582 Website: www.cavansportspartnership.com

■ **Cavan & Monaghan Education & Training Board (CMETB) - Further Education and Training (FET) Services**

Services provide a range of adult and further education and training programmes. CMETB's Adult Guidance & Information Service can provide information on education and training options available to you, both within the ETB and through other education and training providers.

Adult Education provide a wide range of programmes to suit learners of all ages and at all stages of their lives. Whether you are seeking to do a full or part time certified course, a hobby course or brush up on your reading, writing and maths skills, our FET Services has something for you.

CMETB's Community Education Programme supports the delivery of adult education courses in the community.

Telephone: 049 4361881 Website: www.cmetb.ie

▪ **Libraries**

Your local library will also have information on book clubs and other events in your area.

Arva Library — Market Street, Arva, Co.Cavan, H12 X215

Tel: 049 433 5905

Bailieborough Library — Market House, Bailieborough, Co.Cavan, A82 RH73

Tel: 042 966 5779

Ballyconnell Library — Church St, Ballyconnell, Co.Cavan, H14 A278

Tel: 049 952 6844

Ballyjamesduff Library — Health Centre, Percy French Park, Ballyjamesduff, Co. Cavan

Tel: 049 854 5184

Belturbet Library and Civic Centre — Belturbet, Co.Cavan

Tel: 049 952 2683

Central Library Cavan Town Library — Johnston Central Library, Farnham Street, Cavan

Tel: 049 437 8500

Cootehill Library — Bridge Street, Cootehill , Co.Cavan

Tel: 049 555 9873

Kingscourt Library — St Mary's Hall, Kingscourt , Co.Cavan

Email: library@cavancoco.ie

Virginia Library, - Health Centre, Bailieborough Road, Virginia, Co. Cavan A82 XP04

Tel: 049 854 8456

*For more information on Libraries in Cavan including events and catalogues please visit their website: www.cavanlibrary.ie

■ **Cavan Volunteer Centre**

Cavan Volunteer Centre's mission is to offer equal opportunities to all sections of the community to participate in meaningful voluntary activity. Anyone who is interested can apply and the volunteer centre will help find you a placement that matches your interests and experience. The Volunteer Centre also provide a free service for organisations who need volunteers as they can advertise a volunteer vacancy through their networks. Tel: 01 636 9446 for more information or visit their website: www.volunteer.ie

■ **Community Gardens**

Community Gardens are a good way for people of all ages, backgrounds and levels of gardening experience to take part in a shared interest. They are ideal places to join if you enjoy gardening with other people, if you feel overwhelmed by gardening on your own, or you only have a couple of hours to spare but want to do something productive outside. For more information on community gardens please visit the Community Garden Network website www.cgn.ie

■ **Birdwatch Ireland**

For information on events and meetings in County Cavan please contact:- E-Mail: cavanbirdwatching@gmail.com

Telephone: 01 281 9878 Website: www.birdwatchireland.ie

■ **Breffni Historical Society**

For information on upcoming events and meetings and to learn about the work of the Society, please contact

Cumann Seanchais Bhreifne c/o

Cavan Genealogy

1st Floor, Johnston Central Library Farnham

St

Cavan, Co Cavan

.

Tel: 049 43 61094 or Email: info@breifnehistory.com

You can also visit their website www.breffnihistory.com

■ Men's Sheds

Men's Shed is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities. Men's Sheds are open to all men regardless of age, background or ability and are a place to share skills and knowledge while maintaining or enhancing the well-being of the participants.

Below are the Men's Sheds in County Cavan as listed on the national Men's Shed website www.menssheds.ie. You can also contact their national number on 01 891 6150 for more information.

Belturbet Station Men's Shed

Old Belturbet Railway Station

Contact: Tony Prior

Tel: 087 2639764

Cavan Town Men's Shed

'Tar Isteach' Cavan House,

Farnham Street, Cavan

Contact: Peter O'Hanlon

Tel: 086 8328369

Email: cavantown@mensshed.ie

Ballyconnell Men's Shed

CAMAS, Daisyhill

Ballyconnell, Co. Cavan

Contact: Seamus Cunningham

Tel: 071 98 53321

Virginia Men's Shed

33 River View

Virginia, Co. Cavan

Contact: John Brodie / Finbar O'Reilly

Tel: 049 85 48230

• **Killashandra Men's Shed**

Focus FRC, Portaliffe Centre

Main Street, Killashandra, Co. Cavan

Contact: Mick O'Connor / Philip Elvins

Tel: 087 248 9501 / 087 278 1938

• **Tullac Mongan Men's Shed**

Tullacmonagan Resource Centre

Killymooney Drive, Cavan.

Contact: Bernie Brady

Tel: 087 610 5170

• **Bawnboy Workhouse Mens Shed**

Bawnboy

Co. Cavan

Contact: Jan Dolman

Tel: 085 7229504

• **Bailieborough Men's Shed**

Beckscourt

Bailieborough

Co. Cavan

Tel: 085 7229504

TRANSPORTATION

■ TFI Local Link Cavan Monaghan

TFI Local Link Cavan Monaghan, one of the 15 national Transport Coordination Unit's, has responsibility for managing the provision of Rural Transport on behalf of the National Transport Authority (NTA) in the Cavan and Monaghan Area.

Door to Door Services

Door to Door routes are bus services that operate a pick-up and drop-off at the door service, for people living in rural areas. These services have provision for wheelchair passengers and are demand responsive, that is they require you to pre-book by calling 047 51840. Single adult fare is €3, return is €5.50 & Free Travel Passes are accepted.

Regular Rural Service

These daily bus services operate to a scheduled timetable, stopping at bus stops along a fixed route between towns & villages. Currently Local link operate seven daily services across Cavan and Monaghan. Cavan services are listed below.

C1 – Cavan Town Route - operates 7 days a week.

Ballyhaise – Butlersbridge – Drumgola – Institute – Bus Station – Aldi – Crystal Retail Park – Kilmore Roundabout

C2 – Cavan Town Route - operates 7 days a week.

Ballinagh – Corlurgan Business Park – Moynehall (Lidl) – Bus Station – Town Centre – Swellan – Hospital

C3 – Cavan Town Route - operates 7 days a week.

Redhills – Ballyhaise – Breffni College – Rocklands – Drumalee – Castlemanor – Institute – Town Centre (Sunday/ Bank Hols only) – Bus Station – Hospital – Farnham Est.

176 – Cavan to Monaghan Cross County Route - operates 7 days a week.

Cavan – Ballyhaise – Scotshouse – Clones – Newbliss – Threemilehouse – Monaghan

929 - Cavan Town Daily Commuter Route - operates 6 days a week.

Corlough Devines Cross – Ballinamore – Newtowngore – Taffs Cross – Killeshandra – Bus Station – Institute

For more information on Local Link services, fares and timetables phone 047 51840 or visit

www.localinkcm.ie Follow on Facebook @localinkcavanandmonaghan

■ Free Travel Scheme

Everyone aged 66 and over living permanently in the State is entitled to the Free Travel Scheme. Some people under 66 also qualify. If you qualify for free travel, you are issued with a card that you must carry with you when using public transport. In some cases, a Free Travel Companion Card is available which allows a person to travel with the holder (if they are unable to travel alone).

Free travel is available on all State public transport with some exceptions and is also available on certain private bus and ferry services. You may also travel free of charge on certain cross-border services between Ireland and Northern Ireland. Private bus transport operators that have opted in to the Free Travel Scheme accept free travel cards. Contact SITT to check if your private bus operator accepts free travel cards.

■ Free Travel and Public Services Card

The Government is introducing a Public Services Card which will allow people to access a range of government services and payments. The Public Services Card will eventually replace the Free Travel Pass. If you are entitled to free travel, when you are issued with your new Public Services Card it will also be your Free Travel Card. The card will have F-T printed in a yellow octagon in the top-left-hand corner of the card. You must show your Public Services Card to the travel operator when you are using public transport

you are aged 66 or over and are getting a social welfare pension, the Free Travel Card will issue automatically if you have registered for your Public Services Card. If you have not registered for a Public Services Card, you will be asked to register before your Free Travel Card issues to you.

■ All Ireland Free Travel Scheme

This scheme allows a Free Travel cardholder to travel free of charge on all bus and rail services within Northern Ireland using a Senior Smartpass card. Free Travel cardholders wishing to avail of the All Ireland Free Travel scheme within Northern Ireland must first get a Senior SmartPass card. To get this you must fill in an application form. (It is **not possible to get this form online**, you must contact your social welfare local office).

For more information on any of these schemes or for help with application forms please contact the Free Travel Section of the Social Welfare Services Office in Sligo:

Tel: 071 915 7100

Locall: 1890 500 000

Website: www.welfare.ie

LOCAL SUPPORT GROUPS

■ Meals on Wheels

The Meals on Wheels service is delivered through Cavan Local Development Company. Available for those 65 years and over or who are housebound due to a disability or illness. A range of meal options are delivered straight to your door once a week for €5.00 per dinner. Deliveries are made through the RSS (Rural Social Scheme) Workers, Cash or Card payment is acceptable on delivery.

Contact: info@cld.ie 0877529948 or 0872700626 for an application form or further information. Referrals also accepted from Public Health Nurses, GPs, health professionals, and existing meals on wheels, SVP and other charities.

■ St Vincent de Paul

St Vincent de Paul is a charitable organisation which offers a number of services among which are supports for older people to continue to live independently in their own homes and communities. Services include cooked meals, social and recreational activities, self-care services such as showering and laundry facilities and helping those in need, including support and friendship.

For more information you can visit their web site www.svp.ie or contact:

Local Office

Cavan Town, Cavan

Tel: 049 433 2614

Email: stvdpcavan@gmail.com

■ Family Carers Ireland

Family Carers Ireland is Ireland's national voluntary organisation for family carers in the home and is the merger of Caring for Carers and The Carers Association. Family Carers Ireland provides a variety of supports and services to family carers such as training for carers; home care services; information on carers' Rights and Entitlements; free legal advice; and both one-to-one counselling and personal advocacy services.

They operate a confidential Freephone Careline on 1800 240 724 which offers advice and support to family carers.

Contact: Family Carers Manager for Counties Cavan and Monaghan is Brigid Finnegan, Tel: 087 6833732.

■ Good Morning Programme

The Good Morning Programme offers a free telephone support service for people aged 60 and over who may be at risk of isolation or loneliness. The Service is managed from the main office in Cavan. A Garda vetted and trained local volunteer telephones the service user regularly to ensure they are safe and well and to provide friendship, information & support.

Advocacy: The service also advocates for older people and refers clients to health services and other organisations that can help with each individual's needs & concerns.

- **Family Resource Centres in County Cavan**

Family Resource Centres promote & support health, well being and quality of life for families and individuals in their communities through social, recreational and educational activities. There are two of these centres in Cavan:

FOCUS Family Resource Centre

Portaliffe Centre

Main St

Killeshandra

Co Cavan

County Cavan

Phone Number 049 4364065

Teach Oscail Resource Project Ltd

Tullacmongan Resource Centre

Kilmooney Drive

Cavan Co

Cavan

County Cavan

Phone Number 049 4372730

■ Alzheimer's Society

The Alzheimer Society of Ireland works across the country in local communities providing dementia specific services and supports and advocating for the rights and needs of all people living with dementia and their carers. They also operate the Alzheimer National Helpline offering information and support to anyone affected by dementia on 1800 341 341.

The Alzheimer Society Services in Co. Cavan

Cavan Day Care Centre, Opens every Thursday and Friday @ The Social Services Centre, Cathedral Road, Cavan. Contact Details: Geraldine Maxwell, Tel: 086 3803 898 or email: Geraldine.Maxwell@alzheimer.ie.

Temporarily closed due to renovation of the building.

Cavan Day Care at Home Service

This is a weekly service for people living at home with Dementia. A Carer will visit for up to 4 hours per week to provide stimulation, activities or just to reminisce with that person and allow the Carer a few precious hours of free time.

Contact: Genny Lavery. Tel: 087-3967906.

Monthly Support Group

Held the first Thursday of every month at 7.30pm in the Cavan Local Development Company office, Corlurgan Business Park. This is for carers, family or anyone dealing with Dementia here in Cavan.

Contact: Carole Beattie on 085-2669542 for further information or just call in on the night. All welcome.

Forget-me-not Café

Held the last Wednesday of every month from 11am to 12.30pm. This is a safe and welcoming space for people with Alzheimer's, Dementia and their Carers. For the enjoyment of being together, swapping information and/or just listening to some excellent music. This is a free Service. Tea/Coffee etc provided.

Contact: Carole Beattie on 085-2669542 for further information.

Virtual Choir

Held on Google meet every second Monday morning from 11am till Noon. Music and a sing-song for those with Dementia and their Carers.

Email: cavanvirtualchoir@alzheimer.ie for further information.

- **Older Persons Service (OPS) Development Officer**
Cavan Local Development Company

The role of the Older Person's Co-ordinator is to support the work and development of community & voluntary groups across the counties of Cavan and Monaghan. The Development Officer co-ordinates the following activities:

- Supporting Older Person Groups - who receive funding under the HSE section 39 fund for Older persons services and advise, support them with information and programmes running locally.
- Meal on Wheels Service - co-ordinate this service throughout the county. Dinners delivered to over 65 year old people's house once a week, small cost of 5euro per dinner, referral accepted through the GP or the PHN, health worker.
- Care & Repair Service in West of Cavan - Coordinate this scheme which is limited to odd jobs for people living alone, using a pool of volunteers and handypersons to carry out small repairs and complete minor home tasks for older people.

Contact details: Joanne Mc Cabe, Cavan County Local Development

Email: jmccabe@cld.ie Tel: 0877529948 / 049 4331029

OTHER USEFUL NUMBERS

■ Age Friendly Ireland

Home of the Age Friendly Cities and Counties Programme, Age Friendly Towns and Age Friendly Business Programme in Ireland. In its role as an intermediary organisation, Age Friendly Ireland is dedicated to supporting the development of effective multi-agency Age Friendly Alliances to improve health and well-being outcomes for older people across Ireland.

If you would like more information about the Age Friendly Programme you can contact Cavan County Council or log on to the Age Friendly Ireland website: www.agefriendlyireland.ie

■ Third Age

Third Age is a national voluntary organisation celebrating the third age in life when people may no longer be in paid employment, but can remain healthy, fulfilled and continue to contribute to society. They run a Senior Help Line which is a confidential listening service for older people provided by trained older volunteers for the price of a local call anywhere in Ireland. LoCall 1850 440 444

For more information please visit their website www.thirdageireland.ie

■ Age & Opportunity

Is a national organisation that inspires everyone to reach their full potential as they age. The organisation facilitates opportunities to engage in arts, cultural activities, sport and physical activity and to learn and be involved as active citizens.

For more information please Tel: 01 805 7709 or visit their website:

www.ageandopportunity.ie

■ Age Action Ireland

Is a charity which promotes positive ageing and better policies and services for older people across the country. For more information please Tel: 01 475 6989 or visit their website: www.ageaction.ie

■ Elder Abuse

Elder abuse is defined as “a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person or violates their human and civil rights.” (Protecting Our Future, Report of the Working Group on Elder Abuse, 2002).

If you are concerned about a suspected case of elder abuse, **please call the HSE helpline on 1850 24 1850** (Monday to Saturday – 8am to 8pm)

Local HSE contact details for reporting Elder Abuse:

Please contact your local Public Health Nurse

■ Falls Prevention Programme

Falls and falls related injuries are a growing problem for older adults. Falls can result in disability, loss of independence, fear and ongoing pain. An integrated falls prevention and awareness service is currently being developed by Older Persons Services, HSE in Cavan.

From June 2016 "Active and Healthy Ageing, Falls Prevention and Awareness clinics" will be operating from each of the Community Hospitals in the county. These clinics will be a central point of referral for Older People who have had or are at risk of falls.

Any Older Person attending the clinic will undergo a comprehensive falls risk assessment which will include assessment of their fall history, medical history and general health, balance and mobility, vision, bone health, education on falls prevention and other tests as required. Following assessment at the clinic onward referral may be made to other health care professionals for appropriate interventions in order to prevent and reduce the risk of falling.

For further information please contact:

Tel: 01 518 0357

Public Health Centres in County Cavan

Centre	Phone	Opening Hours	Wheelchair 36access- sible
Bailieborough Health Centre, Kells Road, Bailieborough,	Tel: 042 967 5540	Mon – Fri 9.00-1.00 & 2.00-5.00	Yes
Ballinagh Health Centre, Ballinagh,	Tel: 049 433 7217	Mon – Fri 9.30-11.00 & 2.00-4.00	No
Ballyconnell Health Centre, Ballyconnell,	Tel: 049 952 5510	Mon – Fri 9.30-10.30	Yes
Ballyhaise Health Centre, Ballyhaise,	Tel: 049 433 8132	Mon, Tue, Wed 10.00-1.00, Fri 9.00-1.00	Yes
Ballyjamesduff Health Centre, Ballyjamesduff,	Tel: 049 854 4281	Mon – Fri 9.30-11.00	Yes
Belturbet Health Centre, Belturbet,	Tel: 049 952 2288	Mon – Fri 9.00-1.00	Yes
Darely Health Centre, Fairgreen, Cootehill,	Tel: 049 555 2555	Mon – Fri 9.30-11.00	Yes

Centre	Phone	Opening Hours	Wheelchair 37ccass- Access
Drumalee Primary Care Centre, Cavan Town Cavan	Tel: 049 435 3100	Mon – Fri 9.00-1.00 & 2.00-5.00	N/A
Gowna Health Centre, Gowna, Co. Cavan	Tel: 043 83254	Mon 3.30-4.30, Thur 4.00-5.30	Yes
Killashandra Health Centre, Killashandra,	Tel: 049 433 4767	N/A	N/A
Kilnaleck Health Centre, Kilnaleck,	Tel: 049 433 6494	Mon – Fri 9.30-10.30	Yes
Kingscourt Primary Care Centre, Kingscourt,	Tel: 042 967 9800	Mon – Fri 9.00-5.30	Yes
Lisdarn Community Service, Lisdarn, Co. Cavan	Tel: 049 436 1822	Mon – Fri 9.00-1.00 & 2.00-5.00	Yes
Shercock Health Centre, Shercock,	Tel: 042 966 9208	Mon – Fri 9.30-10.30	Yes
Stradone Health Centre, Stradone,	Tel: 049 433 0722	Mon – Fri 9.30-10.30	Yes
Swanlinbar Health Centre, Swanlinbar,	Tel: 049 952 1574	Mon – Fri 9.30-11.00	Yes

Social Day Centres County Cavan

Name of Agency	Address	Telephone
Active Virginians Active Retirement group	Raclaghy, Mount Nugent, Cavan	085-2025134
Age & Opportunity Denn	Crumlin, Cavan, Co. Cavan	086-1563404
Arva Social Club	Farrangarve, Arva, Co. Cavan / Main Street, Arva, Co. Cavan	049 4335037
Ballyhaise/Castletara Social club for the Elderly	Cavan Road, Ballyhaise, Co. Cavan	049 4338288
Ballyjamesduff Social Services Centre	Ballyjamesduff, Co. Cavan	Anita 086-3270650
Bunroe Senior Social Club	Lisboduff, Cootehill, Co. Cavan	047-55099
Cavan Social Services	Dongil', Drumalee, Cavan, Co. Cavan	049 4332306
Cootehill Senior Citizens	40 Clements Town, Cootehill, Co. Cavan	086-1017475
Cornafean Active Age	Drumcrow, Corlismore, Co. Cavan	049 4337469
Drumgoon Community Centre Co-Op Society (Gallonray House)	Gallonray House, Maudabawn, Co. Cavan	049 5552239
Kill Community Alert	Degnavanty, Cootehill, Co. Cavan	049-5552908 / 086-2027530
Killeshandra Day Care Services	Creenagh, Killeshandra, Co. Cavan	049 4334990
Kilnaleck Social Services	Shannow, Ballinagh, Co. Cavan	087-7559862
Laragh Area Development group	Stradone Community Centre, Stradone, Co. Cavan	086-2488913
Laragh Senior Social club	Tunnyconnolly, Poles, Cavan	049 4330191
Lavey Social Services	Lavey, Stradone, Co. Cavan	087-6168426
Lough Gowna Senior Citizens	Gowna PO, Loch Gowna, Co. Cavan	043 6683101
Positive Age (Centre for Social Gain)	Stradone Community Centre, Stradone, Co. Cavan	087 7759584
Positive Age Mullahoran	Drumcor, Loughduff, Co. Cavan	087-9728101
Shercock Day Care Centre	Main Street, Shercock, Co. Cavan	087 6941473
Swanlinbar Day Care	Swanlinbar, Co. Cavan	049 9521574
Templeport Day Care Centre	Gowlagh South, Bawnboy, Co. Cavan	0499523322 / 0872857471

Day Care Centres

Day Care Centre Name	Address Line 1	Person in Charge Name / Coordinator /Manager
Cootehill Day Care Centre	Cootehill, Co. Cavan	Rose Gilsenan
Virginia Day Care Centre (HSE owned & Managed)	Dublin Road, Virginia, Co. Cavan	Nichola Brady

Community Organisations Registered with Pobal who provide equipment under the Seniors Alert Scheme

Organisation	Area	Contact Person	Contact Details
Kilinkere Community Alert Group	Virginia	Freddie Kettyle	086 8331294
Mullahorn Community Alert	Mullahorn / Loughduff	Donnie Smith	087 7534177
Society of SVDP	Bailieborough / Shercock / Tierworker	John Rooney	042 966 5783
Mountnugent Community Alert	Mountnugent	Teresa Brady	087 2052861
Lavey Community Alert	Cavan	Marie Tierney	049 854 4366
Knockbride Community Alert	Bailieborough / Cootehill	Majella Lynch	042 966 0494
Arva / Cornafean Community Alert	Arva	Alice Murtagh	086 1943109
Virginia Community Alert	Virginia	Mary O'Reilly	049 854 7316
Killeshandra Community Alert	Killeshandra	Minnie Gilsenan	049 433 4770
Killina / Glangevlin Community Alert	Blacklion / Dowra / Glangevlin	Ita Curran	071 985 3323
Kingscourt Community Alert	Kingscourt	Sean Corcoran	042 966 7421
Munterconnaught Community Alert	Virginia	Martin Cadden	086 0434445
Butlersbridge Community Alert	Butlersbridge	Sean Clail	087 7661967
Ballyconnell Community Alert	Ballyconnell	Garry McKiernan	087 7630687
Cootehill Community Alert	Cootehill	Seamus Tackney	049 555 5472
Kilnaleck Social Services	Kilnaleck	Mary Gilroy	049 433 6944
Miltown Community Alert	Milltown	Kieran McCabe	087 9451024
Denn Age and Opportunity	Crosskeys	Margaret Tennyson	049 854 4582
Kill Community Alert	Kill	Breda O'Brien	049 555 2908

Castlerahan Community Alert	Castleraham	Kathleen McDonald	049 854 1549
Laragh / Stradone Community Alert	Stradone	Eugene Smith	086 6044415
Ballinagh Community Alert	Ballinagh	Peter Fox	049 433 7169

*This list is maintained and updated on the website www.pobal.ie

