

Clare Community Response Team Covid-19 / Coronavirus



Clare Helpline: **1800 203 600**



E-mail: **clarecommunityresponse@clarecoco.ie**

HSE Helpline 1850 241850

**IN AN EMERGENCY
YOU SHOULD ALWAYS
PHONE 999 OR 112**

The Helpline is open seven days a week from 8.00am to 8.00pm.

The Helpline is available for:

- ➔ Non-emergency queries and advice
- ➔ Non-medical emergencies or queries
- ➔ People who are self-isolating and require additional supports, eg, delivery of food, medicine etc
- ➔ Referring you to the right support agencies or other helplines



ANTHONY DALY
Clare's Community
Champion

Please note the following useful numbers to have at hand. Your EIRCODE is important in order to help locate you

Eircode		Family Doctor	
*Dept. Of Social Protection	Community Welfare Services/ Intreo Services Email. clarecwsswi@welfare.ie Tel: 065 6869298 / 065 6867800	Clare County Council	065 682 1616 www.clarecoco.ie
Garda Station	(Ennis) 065 684 8100 (Ennistymon) 065 707 2180 (Killaloe) 061 620 540 (Kilrush) 065 908 0550 (Shannon) 061 365 900	Citizens Information Services	Free, confidential and independent information / advice on your rights and entitlements . 0761 07 5260 www.citizensinformation.ie ennis@citinfo.ie Shannon.cic@citinfo.ie kilrush@citinfo.ie
Clare Haven Services	Providing support to women and children who have experienced domestic violence. Contact 065 68 22435 24-hour helpline	ALONE	If you are an older person in need of support, or would like to make a referral for an older adult 0818 222 024 or hello@alone.ie or www.alone.ie
Shannon Doc	1850 212 999	Childline Call Chat Text	Free Phone: 1800 66 66 66 Free Text: 50101



Supporting The Community Call and Clare COVID-19 Community Response Forum

IF YOU ARE EXPERIENCING FINANCIAL HARDSHIP, THE AGENCIES IDENTIFIED WITH AN *, HAVE SPECIFIC SUPPORTS AVAILABLE TO HELP & SUPPORT YOU AT THIS TIME

Additional Support Agencies and Helplines:

Age Action Call Safe Programme: 0818 911 109	Irish Red Cross Clare Community Support Services Our community transport service is such a vital role carried out by our volunteers. Members of the general public rely on our great volunteers of the Irish Red Cross Clare to get them to hospitals appointments doctors visits, tests and a hold range of reason from all corners of Co. Clare to hospitals all over Ireland - FREE OF CHARGE Tel: 086 8323456
AWARE Support Line: 1800 80 48 48	Local Link Limerick Clare - Rural transport services Tel: 065 6719101
Alzheimer's Society: Phone support for people living with Dementia and Carers: 086 8347195 Fiona - fstaunton@alzheimer.ie	Limerick Clare Education Training Board: clarefamilylearning.org - helping parents cope with home schooling and advice on how to keep children busy (early years, primary school, second level).
Clare Library Service: Download books, access free online courses, audio books, magazines www.clarelibrary.ie	*MABS: Money advisers are available to take your money advice queries by phone & email: 0761 07 2430 or ennis@mabs.ie
Clarecare Parents line: Parent Support Line Monday, Wednesday & Friday 10am - 1pm on 065 68 28178 or email parentingsupport@clarecare.ie	*Mid-West Simon Tel: 061-608980 for Ennis and County Clare
Clarecare Bushypark Addiction Support: Confidential Phone line Seven days a week 9am - 6pm 065 68 40944	MOVE: provides Domestic Violence Perpetrators Intervention Programmes for men. MOVE Clare: 086 414 9613
Clare Immigrant Support Centre: (CISC) free services and programmes to immigrants including refugees and asylum seekers in Co. Clare: 065 682 2026 0872385990 0879818790 or email cisc@gmail.com , orlacisc@gmail.com , karyncisc@gmail.com	Obair Meals on Wheels Service We offer a 2 course meal delivered hot to the door of older people Mon to Fri with meals also available Sat/Sun if required in the following areas; Ennis, Shannon, Clarecastle/Ballyea, Doora, Quin, Tulla, Kilkishen, Sixmilebridge, Cratloe, Bunratty and Newmarket on Fergus. Cost per person per day is €6. For further details call (061) 368052
Clare Local Development Company: (CLDC) provides supports to the self-employed, community and voluntary groups, entrepreneurs, the unemployed, farm families, children & youth: 065 686 6800 or www.cldc.ie	Order of Malta Shannon Available for community care work, first aid cover, delivering of medications/ shopping, provision of community welfare officer Order of Malta Shannon: 086 3850112 Order of Malta South West Region - Clare Area: 087 2734330
Clare PPN: A network of almost 300 community and voluntary groups in Clare. It exists to help groups have their voice heard in decision making structures & share relevant information www.clareppn.ie or 087 161 7375	Rape Crisis Midwest: Providing support & counselling to women & men in Co. Clare. 1800 311 511 or info@rapecrisis.ie
Clare Sports Partnership: Set of resources to keep you and your family fit and healthy during Covid-19 - www.claresports.ie	Roma Community: Dacă sunteți Rromi (membri ai comunității Roma) și locuiți în Irlanda și aveți nevoie de informații despre Coronavirus (Covid-19) sunați la 087 126 4606 , de luni până vineri, între orele 9 dimineața și 5 după-amiaza
Clare Volunteer Centre: Free service supporting people who wish to volunteer. We work with organisations to adopt good governance structures, safeguarding, training & access to Garda Vetting. www.volunteerclare.ie or 065 68 455 17	Pendant Alarm Queries: 1800 203 600
Clare Women's Network - Supporting individual women and women's groups in County Clare. Contact Elaine - 085 1554800 , Yvie - 083 8924700 Email: nccwnclarewomen@gmail.com	Samaritans: Telephone service 24 hours a day. For confidential, non-judgemental support: Freephone 116 123 or Text 087 260 9090 or E-mail: jo@samaritans.org
Clare Youth Service: For everything relating to teenagers & young people. For weekly activities and supports see @clareyouthservice on Facebook or info@clareyouthservice.org Rural Youth Work Manager - Brian Mc Manus 086 6090051 Education and Training Services Manager - Edel Mc Donough 085 8511990 Urban Youth Work Manager - Jean O'Keeffe 086 1568650	*St. Vincent de Paul: Wide range of supports from practical help to advice - 065 68 241 88
Family Carers National Freephone Careline - 1800 24 07 24	SpunOut: For any young person who is feeling overwhelmed or anxious around the current pandemic. Get anonymous support 24/7 with our text message support service. Text SPUNOUT to 086 1800 280 to begin.
Family Resource Centres: During this crisis Family Resource Centres will continue to offer mental health supports, provide information, advice and other practical supports including supporting the community volunteer response. Killaloe: 061 3747741 Shannon: 087 964 9948 NW Clare: 065 707 1144 West Clare: 086 752 4377	National Traveller Helpline: for Covid-19 queries 083 100 6300 available 7 days a week.
Farm & Rural Stress Helpline: 1800 742 645 or email farmandruralstress@hse.ie	Tusla TUSLA Mid West (Clare, Limerick North Tipperary) Tel: 061 588688 www.tusla.ie If a child is in immediate danger contact Gardaí at 112/999 or www.garda.ie
Farmer Covid Response: IFA Ph 1800 203600	Women's Aid: National Freephone Helpline for women experiencing domestic violence. 1800 341 900 available 24 hours, 7 days a week.
GOSHH: Information & support for adults & young people in the areas of Gender, Orientation, Sexual Health & HIV. 061 314 354 or info@goshh.ie	
Independent Living Movement Network: for people with disabilities. Damien Walsh 087 285 8485 www.llmi.ie	