

# Support Services

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There are a wide variety of services in Cork provided by public bodies and voluntary groups to meet any specific needs you may have. Support groups exist for older people, lone parents, people with addiction problems, people with bereavements, carers and pregnant women – to name just a few. We have outlined just some of the main services below – for a full listing it's worth taking a look at the "Green Book – Directory of Statutory, Community and Voluntary Sector Services in Cork". This very useful guide is available free of charge from the Dept of Social and Family Affairs, tel 021 4917477 or can be accessed at [www.thegreenbook.ie](http://www.thegreenbook.ie)

## People with Disabilities

The Southern Health Board provides a range of services for people with disabilities, including community care services such as home helps, personal assistance, speech and language therapy, physiotherapy, day care and respite care. Financial supports are also available, such as mobility allowances (contact details page 37).

FÁS, the national training agency, provides training and employment supports for people with disabilities (contact details page 12).

There are many voluntary organisations which provide services, support and information for people with disabilities, including:

**Enable Ireland**, Lavanagh Centre, Ballintemple, Cork. Tel 021 4294803.

**Cope Foundation**, Bonnington, Montenotte, Cork. Tel 021 4507131.

**Cork Association for the Deaf**, 5 MacCurtain St, Cork. Tel 021 4505944

**Centre for Independent Living**, 20 Commons Road, Cork. Tel 021 4391570

**People with Disabilities in Ireland**, 41 Penrose Wharf, Penrose Quay, Cork. Tel 021 4551986.

**National Council for the Blind of Ireland**, 21-23 Oliver Plunkett St, Cork. Tel 021 4271020

A booklet, named "Entitlements for People with Disabilities" can be obtained from any Citizens Information Centre, (see page ii) or can be downloaded from [www.comhairle.ie](http://www.comhairle.ie)

## Young People

There are also several centres in Cork providing help for children and young people. These include:

### **Cork Youth Information Centre,**

11/12 Marlboro Street, Cork.  
Tel 021 4270187 or 021 4273056,  
e-mail: yiccork@iol.ie,  
www.youthinformation.ie/ireland

The centre has also produced a free guide for young people entitled "You Are Not Alone".

### **Children Rights Information**

**Bureau, ISPC Centre, 12 Mary Street, Cork.**

Tel 021 4962949/ 4262485,  
e-mail: ispccork@indigo.ie – provides information for children and parents about children's rights and entitlements.

### **National Children Resource**

**Centre, 18 St. Patrick's Hill, Cork.**

Tel 021 4552100,  
e-mail: nrc@cork.barnardos.ie,  
www.barnardos.ie – provides a library and information centre related to children and families.

## Women

A free booklet – "Cork Women's Directory of Services" is available free of charge while supplies last from Cork City Partnership, Sunbeam Industrial Estate, Millfield, Mallow Road, Cork. Tel 021 4302310. We have deliberately not repeated this listing

here, but for cases of emergency have included some of the main support groups for women experiencing domestic violence or sexual abuse:

### **Cork Rape Crisis Centre, 5 Camden**

Place, Cork. Tel 021 4505577,

Free phone: 1800 496496,

e-mail: info@cork-rapecrisis.ie,

www.cork-rapecrisis.ie

### **Cork Domestic Violence Project,**

34 Paul Street, Cork. Tel 021 4275678.

### **Cuanlee Refuge, Kryl's Street, Cork.**

Tel 021 4277698 – supplies refuge for

women and their children who

experienced domestic violence.

### **Mná Feasa - Women's Domestic**

Violence Project, Ionad na nDaoine,

36 Ardmore Avenue, Knocknaheeny,

Cork. Tel 021 4211757

### **OSS (One-Stop-Shop), Domestic**

Violence Resource Information

Centre, 94 South Main Street, Cork.

Tel 021 4222979/4222966,

e-mail: osscork@eircom.net

## Older People

Cork Older People's Advocacy

Service, 4 Carriglee, Western Rd,

Cork. Tel 021 4278464/4357888,

e-mail: olderadvocacy@eircom.net