



Contents:

- 1. List of Useful Contacts**
- 2. Gardaí and Racism**
- 3. Health**
- 4. Dentist**
- 5. Children and Education**
- 6. English Language Learning**
- 7. Employment and Enterprise**
- 8. Further Education and Training**
- 9. Money**
- 10. Driving**
- 11. Housing**
- 12. Bin Collection**
- 13. Community and Integration**
- 14. Rights and Citizenship**
- 15. Info and help**
- 16. Thank you!***

1. List of Useful Contacts

FAMILY NAME: _____

My personal Family Advocate(s): _____

Phone: _____

In an emergency call 112 or 999

List of useful contacts:

Organisation	Contact name/ other info	Phone number	Assistance
Bin Company	Ray Whelan Bins Oxigen	059 9147678 01 426 3118	Refuse, recycling and collection information
Career Guidance Counsellor (ETB)		057 8672963	Career advice and information about education and training
Citizen's Information	Opening hours: 10-12pm 2-4pm Monday to Friday	076 61075590	Advice on a variety of matters: Social welfare, health, employment, education, family reunification etc.
Cluid	Catherine Oakley-Dickson	087 9848871	Housing issues
Dentists:	1. Jessops Street Dental (Jessops Street) 2. Portlaoise Dental (26 Church Street) 3. Children's Dentist (emergency ONLY!) Call at 9am.	057 8620517 057 8621832 057 8621135	Always bring your medical card with you. The medical card covers some but not all procedures. There is a charge for missed appointments.
Department of Social Protection Portlaoise (Social)	Address: Church Street, Portlaoise	057 8678010 Community Welfare Officer (Abbeyleix Road office): 057 867020	
Doctors (GP)		Cedar Clinic: 0578621110 Annebrook Medical: 057 8620371 Dr White's Surgery: 057 8622101 Dr. Honan's Surgery: 057 8662929	OUT OF HOURS DOCTOR: 1850302702 – NOTE: This is not a drop in service. Call to make an appointment first. Location: Health Centre, Dublin Road
Doras Luimní	Address: Central Buildings 51a O'Connell Street Limerick City	089 4966540 or 061 310328	Call to make an appointment for: - advice and information - legal advice - report racism
Driver Theory Test		1890 606406	Candidate care line for people with special requirements e.g. an Arabic interpreter
ETB – Education and Training Board Portlaoise	Deirdre / Kathleen Address: Tower Hill, Portlaoise	057 8661338 Career Guidance Section: 057 8672963	Deirdre/Kathleen

Fáilte Isteach	Collette or Storm @ Laois Partnership Address may vary	087 9131236 or 087 1775729	Free conversation English classes. All levels.
Family Resource Centre	Address: Harpur's Lane Portlaoise	057 8686151	- Variety of classes, clubs and training courses - Counselling, support groups
Garda Station Portlaoise	Address: Abbeyleix Road Portlaoise	057 8674100 Immigration Unit: 057 8674154 (Garda Michelle Marrinan)	
Health Centre	Address: Dublin Road (opposite the prison)	057 862 1135	Children's dentist; Physiotherapy; Public Health Nurse SPRAOI Centre
Homework Club		Mary: 087 1777898 (O' Moore Place) Martina: 087 1777897 (Birchgrove)	After school club Summer Camp
Hospital – Portlaoise	Address: Dublin Road Portlaoise	057 8621364	
IOM (International Organisation for Migration)		1800 406406	
Laois Partnership	Address: Behind County Council Office	057 8661900 Storm Powell: 087 1775729	
Legal Advice	Yvonne Murphy	076 61075590	Free Legal Advice Centre (FLAC) at the Citizen's Information centre. Call to make an appointment. Waiting time approx. 2-3 weeks
Library – Portlaoise	Suzanne Carroll	057 8622333	Book rental, printing & colour printing, computers and internet service, learning English materials, variety of classes
OPMI (Office for the Promotion of Migrant Integration)		01 4748634	
Opticians (Specsavers)		057 8664802	
PCRS – Primary Care Reimbursement Service		01 8647100	Medical care queries Drugs payment scheme etc.
RedCross (Irish RedCross)		01 6424600	
Tusla (Child and Family Agency)	Colm Graham Grattan House, Dublin Road	057 8692567	School places Child protection issues School attendance
UNHCR (United Nations High Commissioner for Refugees)		01 6314613	
Volunteer Laois	Teresa / Storm Railway Street	057 8662732 or 087 2523171	Call to make an appointment if you are interested in volunteering
Women's Health Clinic	Dr. Sahar Abouathe JFL Avenue	057 8688750 / 087 6464568	Women's Health Issues
Youth Café Portlaoise	Elaine Boyle JFL Avenue	057 8665010	Youth activities

2. Gardaí and Racism

Emergency numbers

For fire, ambulance and police services call 112 or 999

Police

In Ireland, the police are called the Gardaí, commonly referred to as the Guards. Portlaoise Garda Station is located on the Abbeyleix Road. Phone: 057 8674100. In an emergency call: 112 or 999

Racism

If you have experienced or witnessed what you believe to be racism or discrimination, there are several reporting options:

- Report the incident at any Garda Station.
- Report racism online. If you would like to have an incident recorded but you do not wish to make a formal complaint, you can fill out an online form. See www.ireport.ie
- Contact a migrant support organisation such as Doras Luimní 061 310328 or the Irish Refugee Council 01 7645854 or ENAR (Irish Network against Racism).

Renewing your GNIB card

- Make an appointment with the Immigration Officer (Garda Michelle Marrinan) in advance of your card's expiry date. Contact: **057 8674154**.
- If the phone is unanswered *leave a message, your name and telephone number* and Garda Marrinan will return your call within a few days.
- You will need ID, a recent Utility Bill (e.g. electricity or gas bill), and your passport/travel document. The Guard may ask you for a letter from your school and/or a letter from the Department of Social Protection.
- If you lose your GNIB card or if it is stolen, you should report the loss or theft to the nearest Garda station and get a lost/stolen report.

You will need a Garda stamp for a number of documents e.g. Travel Document, Passport etc. You can drop into Portlaoise Garda station for this. An appointment is not necessary.

3. Health

My GP is _____ Phone: _____

Address: _____

MIDDOC and Emergency Services

If you need to see a doctor when your GP is closed you should first contact Midoc. Midoc is the GP out of hour's service. **Contact: 1850 302702.**

Midoc provides medical attention for patients with urgent medical needs that cannot wait until their GP reopens. NOTE: Midoc is not a drop-in service. **You must first all to make an appointment.**

Location: Health Centre, St. Fintan's, Dublin Road.

Monday to Friday 6pm - 8am. Saturday, Sunday and public holidays (24 hours)

If your case is urgent you should attend the Emergency Department of Portlaoise General Hospital on the Dublin Road. If you need an ambulance call 112 or 999.

Please show your medical card at the hospital, otherwise you will be sent a bill for €100 for using the emergency service.

If no-one is available to interpret for you, you can request to use the HSE's 'Emergency bilingual document' (Arabic-English) which all hospitals have a copy of.

Appointments at Hospitals

If you have an appointment at a hospital you will usually be sent a letter in the post outlining the time, date, location, department and other details. You can request an interpreter. The hospital will not presume that you need an interpreter so you must call them (or ask your advocate to call them) at least one week in advance to make this request. The number to call will be on the letter. If you prefer a female interpreter you can request one. It is advisable to request a Levantine or Iraqi Arabic interpreter. The Health Service Executive (HSE) should pay for the interpreter.

Medical card

Your medical card will generally be reviewed every year. The HSE will send you a review form in the post

It is very important to complete the review form and send it back as soon as possible with any supporting documents that are requested

If you have any questions about your medical card, you can contact The Primary Care Reimbursement Service (PCRS) on **01 8647100**. They will first ask you security questions like your PPS number, medical card number, full name and address, and telephone number.

Leisure Centre and Gym

Portlaoise leisure centre includes a gym, swimming pool and a wide selection of exercise classes. It is located very near the town centre at Moneyballytyrell, Park View, Portlaoise. See website for up to date times and details:

www.portlaoiseleisurecentre.ie

Unemployed people can access the facilities at reduced rates. You just need to get a form from the leisure centre and have it stamped by the Department of Social Protection to avail of discounts.

Sports Partnership

The Sports Partnership can link you to a variety of sports. See Laois Sports Activity Directory enclosed. Call 057 8671248 and Caroline and her staff will link you to your interests.

Trauma Therapy

People may have specific mental health, counselling or therapy needs. Please see the ***Laois Connects*** resource for contact information.

SPIRASI are a Dublin based NGO who work with asylum seekers, refugees and disadvantaged migrant groups with a special concern with survivors of war and torture. If you would like to make an appointment with them contact: 01 8389664 or see www.spirasi.ie

Making an appointment to see the doctor



Example:

Welcome to the Cedar Clinic. Please note calls may be recorded for training purposes. To order prescriptions or certificates please **press 1**. To make an appointment please **press 2**

- **"Hello Cedar Clinic, Amy speaking"**
- *"Hello, I would like to make an appointment to see the nurse/doctor on Monday/Tuesday/Wednesday/Thursday/Friday at 10am/___"*
- **"Ok. What is your date of birth?"**
- *"the 3rd of August 1977"*
- **"and what is your address?"**
- *"number 3, Park Drive, Kilminchy, Portlaoise"*
- **"Ok, thank you. I can give you an appointment at 10:15am, is that ok?"**
- *"Yes, that's fine"*
- **"Ok, we'll see you then"**
- *"Thank you"*
- **"Thanks. Bye!"**

4. Dentist

What Dental Services are provided to people with Medical Cards?

Adults (over 16 years of age) who have a valid medical card can access a range of dental services and treatments under the **Dental Treatment Service Scheme**.

All medical card holders are entitled to specific dental treatments e.g., a dental examination, two fillings in each calendar year, extractions as necessary. Some treatments such as the provision of dentures require the approval of the Health Service Executive (HSE) before the dentist can proceed and in this case, the dentist applies directly to the HSE.

You must call the dentist surgery in advance to make an appointment – you cannot drop in. If you are in pain, make sure you tell the receptionist. Most surgeries will charge you for a missed appointment.

For a list of Portlaoise dentists please see the USEFUL CONTACTS list

Children will see a dentist as part of their school programme. If your child is in dental pain you can arrange to see the emergency children's dentist. You must keep your child from school, call at 9am only to receive an appointment that day. You should try to have someone with you who can speak English. The surgery is located at the Health Centre on the Dublin Road. **Contact: 057 8692625.**

5. Children and Education

Important Info:

A Back to School Clothing and Footwear Allowance will be paid for each child if you are in receipt of Social Welfare. You will be sent a letter in the post with details in July/August.

School books can be expensive but most schools operate a School Book rental scheme. Please see your child's school website or ask at reception for information

School attendance and punctuality is taken very seriously in Ireland.

- If your child needs to miss school for *any* reason you must inform the school either in person or by writing a note.
- If your child misses 20 days of school the Child and Family Agency (TUSLA) will be informed by the school and they will investigate.
- Your Tusla contact in Portlaoise is Colm Graham – Tel: **057 8692567**. If you have any questions about your child's school or child protection please contact him. If he is unavailable please leave a message.

Your child's After-school Club fees must be paid every week. Please see the Useful Contacts for contact information for your child's after-school club.

Portlaoise Youth Café is a space for older children and teenagers. Please see their Facebook page for up to date info about their current activities and opening hours.

6. English Language Learning

Recommended Tips for learning English:

- **Attend English Classes** – the ETB have designed a special programme for the group
- **Attend *Fáilte Isteach* English Conversation Class:** the focus of these classes is on conversation and meeting new people. All levels are welcome. Free! If you would like to join contact Colette or Storm: **087 9131236 or 087 1775729**
- **‘Tune into’ English** by watching TV in English and reading local newspapers in English. Remember, you don’t have to understand everything but it is important to keep practising. Even try writing your shopping list in English!
- Visit **The Library** in Lyster Square. There is a good range of learning English (ESOL) materials that you can use for free. You just need proof of identity and proof of address to join.
- **Participate in social events** or programmes organised at the college and other organisations.
- Visit **websites** such as www.learnenglish.britishcouncil.org/en/ or www.bbc.co.uk/learningenglish. Watch **YouTube videos** Beginner lessons: www.youtube.com/watch?v=leaadwctbD4

7. Employment and Enterprise

Portlaoise Jobs Club (Laois Partnership)

The Jobs Club works with “job ready” people who seek training and advice on job seeking skills. This free service provides individual or group support and guidance sessions in all areas relating to looking for a job, particularly the preparation of CVs, cover letters and interview techniques.

For further information see <http://laoispartnership.ie/job-club/>

Phone: 057 8661900

Skills for Work (Education and Training Board, Tower Hill)

Skills for Work provide training and educational opportunities for those in part-time employment. It helps you deal with the basic skills demands of the workplace in areas such as: communications, maths, customer care, office skills.

Contact: 057 8670001

See: www.laoisoffalyetb.ie

Look for Work:

- In local newspapers – The Leinster Express or The Nationalist
- On Facebook: ‘Portlaoise Job Club’
- www.laoisjobs.ie www.jobsireland.ie
www.irishjobs.ie www.jobs.ie

Enterprise / Starting a business

- *Laois Partnership* offer a free advice and information service on starting a business. The Enterprise Mentoring Programme focuses on working with long term unemployed people who are interested in setting up a business. Support is provided in relation to self-employment, the Back to Work Allowance Scheme, company and tax registration and on business plan preparation. For further information, please contact karenbambrick@laoispartnership.ie or phone **057 8662732**.
- The *Laois Local Enterprise Office* offers a similar service in addition to training and workshops. See www.localenterprise.ie/Laois/ or call **0578661800**

8. Further Education and Training

Career Guidance Counsellor

There is a **career guidance counsellor** at the Further Education College or ETB, on Tower Hill. The counsellor can help you find courses and training suitable for you.

Education and Training Board (ETB – Tower Hill).

The ETB offers a wide selection of **long, short and evening courses**, from professional qualifications, skills for work, community education, to hobby and leisure courses. See www.laoisoffalyetb.ie for more details.

Springboard - Skillnets

For more information on free or **subsidised education or training** visit

Springboard

www.springboardcourses.ie/ And Skillnets www.skillnets.ie/unemployed

Aontas

Aontas is the national Adult Learning Organisation. They can provide further information on education and training. Call their information officers on 01 4068220 – or visit www.aontas.com

9. Money

Money, Advice and Budgeting Service (MABS)

The Money Advice and Budgeting Service is the State's money advice service, guiding people through dealing with budgeting, debt and money problems see www.mabs.ie/contact-mabs/laois/ for more information. Located at the Citizen's Information Office. Call 057 8661727

Portlaoise Credit Union

The purpose of the Credit Union is to provide the community with good financial services. Services include:

- Low cost loans
- Attractive return on savings
- Insurance (home, car, travel, medical, pensions etc.)
- Foreign exchange service
- Members can pay household bills at the credit Union
- Friendly but confidential service

Located at–James Fintan Lawlor Avenue. Call 057 8622594

10. Driving

It is not possible to convert a Syrian driving licence to an Irish one but you can drive for one year with an international licence.

After one year, you will have to go through the full driving licence procedure starting with the **driver theory test**.

The driver theory test examines your knowledge of the rules of the road. There are 40 questions and you must answer 35 correctly to pass. Theory test study materials are available in Eason's bookshop in Lyster square and you can download the free app 'Irish Driving Theory Test' for your phone.

It is possible to take the theory test in Arabic (an interpreter will be available) however the waiting list is currently approximately 16 weeks so please fill out an application form well in advance. You can only take a test with an interpreter in Dublin. If you wish to take the test in Arabic you must complete two forms. A copy of both forms are included in this pack

For future reference, the first regular application is available from:

<http://www.theorytest.ie/wp-content/uploads/2014/10/DTT-Car-Application-CY13OCT14.pdf>

The second part is for drivers with special requirements and you can get this application by calling (or asking your Family Advocate to call) **1890 606406**

If you do the test in English the waiting time is significantly reduced and you will be able to do it locally.

The Theory Test centre is located at:

Mobile Test Centre
Downey's Auto Stop
Dublin Road

The test will cost €45.

When you pass the test, you must then get your **Learner Permit**. You must apply in person and it costs €35. You will need to bring the following with you:

- A fully completed NDLS **Application Form for a Learner Permit D201**

- The appropriate fee, €35
- A completed **NDLS Eyesight report form D502** dated within one month of application
- Theory Test certificate which must be issued within two years of the date of application
- Documentation to verify your identity
- Documentation to verify your residency entitlement
- Documentation to verify your PPSN
- A completed **NDLS Medical report form** dated within one month of application if required in your case. For further details on when a medical report is required please see www.ndls.ie
- Evidence of address

You can find these forms on www.ndls.ie

The NDLS centre is located at: Unit 29A, Laois Shopping Centre, Portlaoise. You do not need to make an appointment.

When you get the Learner Permit you can then take driving lessons and drive with a person who holds a full driving license. You must be **accompanied at all times** by a person who holds a full driving license in the same category for a continuous period of two years. You must also display 'L' plates when driving. There is a fine of up to €1000 if you do not comply with these regulations

Driving instructors Portlaoise:

Prices vary, but lessons generally cost about €30 per session. You must do a minimum of 12 EDT driving lessons (Essential Driver Training) before you can take the test. Special offers are usually available.

- Midlands School of Motoring. Phone: 087 9248715
- Finlay School of Motoring. Phone 045 529333 085 7117700
- 1 Rock Solid Driving School. Phone: 057 8645707 / 087 9421935

For more information on EDT, see www.rsa.ie

Take the driving test

The driving test costs €90. For more information see www.drivingtest.ie.

11. Housing

Cluid is the organisation that provides your housing. If you have any questions or issues with your accommodation please contact **your** housing officer Catherine Oakley-Dickson on **087 9848871**.

Cluid provided a Tenancy Booklet when you moved into your home. This booklet is very important, it provides useful information about caring for your home in Irish weather and outlines what Cluid can and cannot do for you and your house. This booklet is also available online at: <http://www.cluid.ie/wp-content/uploads/2014/08/Tenant-Handbook.pdf>

12. Bin Collection

Bin Collection

Please see the Useful Contacts list for your bin company information. Be careful when separating your waste. Make sure you have the up to date stickers on the correct bin – these will be sent to your home in the post. Please note: littering is an offence in Ireland with heavy fines.

What goes in the bins?

If you put the wrong items in the wrong bin, your bins will not be collected.

Recycling Bin (Blue, or black with blue lid)

Recyclable items ONLY: drink and food tins, newspapers, magazines, books, envelopes, paper bags, plastic bottles, cardboard. **NO BLACK BAGS**

Compost Bin (Brown bin)

Organic and food waste: cooked and raw food, peelings, grass cuttings, egg shells, tea leaves, coffee grinds etc.

General Waste Bin (black bin)

Any waste you cannot put into your recycling or organic bins.

If you need to dispose of a large quantity of waste or recycling materials you can use Kyletalesha Landfill on the Mountmellick Road. Access for waste is by key fob only and you must attend the County Council first to obtain this. Contact: **057 8620653**. You will have to pay by weight or you can pay **€4** to dispose of recycling materials.

13. Community and Integration

Integration

Living in a new country can be a challenging experience, but a good way to feel comfortable in your new surroundings is to keep an open mind, try new things and meet new people! Remember you don't have to speak perfect English to join in!

- Take part in the **Fáilte Isteach programme**, this is an informal English conversation class where you sit and chat with a tutor over a cup of tea or coffee! It is a great way to meet people in your community. There are regular classes in Portlaoise, it is free and suitable for all levels. To join just contact Collette or Storm: **087 9131236** or **087 1775729**
- **Consider a short evening course** (usually 2 hours per week in the evening for 6 weeks) at the Education and Training Board. The Career Guidance Counsellor can provide more information and see www.laoisoffalyetb.ie for up to date information
- *Treo Nua* also runs a wide range of classes (Harpur's Lane).
www.treonua.com
- **Join a group** that interests you. For example The *Parish Centre* (beside St. Peter and Paul's church on the Dublin road) has a selection of activities for adults including: Photography club, Embroidery group, Literature studies group, Active retirement group, Fitness classes. Phone or call in for more details: **057 862 1142**
- Attend the **library**. It has a great range of social events and clubs e.g. traditional Irish singing sessions and a free **knitting group** every Wednesday from 11am – 1pm. Follow Laois Libraries on Facebook for updates.

- **Join Men's sheds:** A free male only group which meets to share skills and work on projects together. For example; furniture restoration, fixing bicycles or lawnmower, woodwork, crafts, gardening, growing vegetables, social evenings etc. All ages welcome. Drop in Tuesday 11am - 4pm, Wednesday evening 7.30 - 9.30, Thursday 11am - 4pm. Location: Portlaoise Equestrian Centre beyond KWS on the Timahoe Road. Check Portlaoise Men's Sheds on Facebook for updates. Call Alan for further information or call into the centre. **085 8636732 / 087 7698585**
- **Organise an event** in the community yourself!
A good way to do this is by joining the Doras Luimní initiative *Portlaoise Social Inclusion Network* whose members will offer support and advice. See *Portlaoise Social Inclusion Network* on Facebook. The group meets on the first Friday of every month at 11am in the Laois Partnership offices on Railway Street.

14. Rights and Citizenship

Programme refugees

Programme refugees will, for the period they are entitled to remain in the State, have the same entitlement to the rights and privileges given to convention refugees.

Under [Section 3 of the Refugee Act 1996](#), as amended, Convention refugees in Ireland have:

- The right to seek and enter employment in the State
- The right to carry on any business, trade or profession in the State
- The right to access education and training in the like manner and to the like extent in all respects as an Irish citizen
- The right to receive the same medical care and services and the same social welfare benefits, including housing, as an Irish citizen
- The right to reside in the State
- The same rights of travel in, or to or from the State as those to which Irish citizens are entitled (note: this is on the basis that the Minister for Justice and Equality issues a travel document)
- The same freedom to practise their religion and the same freedom as regards religious education of their children as an Irish citizen
- The right to the same access to the courts as an Irish citizen
- The same right to form and be a member of associations and [trade unions](#) as an Irish citizen
- The right to acquire, hold, dispose or otherwise deal with real or personal property or an interest in such property in the same way and subject to the same obligations and limitations as an Irish citizen
- The right to apply to the Minister for Justice and Equality for permission for a [member of their family or civil partner](#) to enter and reside in the State

Citizenship

Programme refugees may apply for citizenship after 3 years of residency in Ireland, a significantly shorter period than the 5 years residency required of citizenship applicants from other migrant groups.

Application forms and procedures may change. Please see the following for up to date information on applying for citizenship:

Citizenship Division: Helpline: 10:00 am -12:30 pm, Tuesdays and Thursdays only
Tel: 062 32500. **Locall:** 1890 252 854. **Homepage:** <http://www.inis.gov.ie/>
Email: citizenshipinfo@justice.ie or the Citizen’s Information Centre, Portlaoise will also be able to provide information.

15. Information and help

1. The **Citizens Information Centre (CIC)** provides information on a variety of matters. Open Monday to Friday - 10am-12pm and 2pm-4pm and is located above SuperValu in Lyster Square. The **Free Legal Advice Clinic** is located in the same centre but you will have to call to make an appointment and the current waiting time is approximately 2-3 weeks. Call: **076 61075590**

2. Your **Family Advocate** will be able to help you with a variety of day to day matters. Your individual Family Advocate contact details are on the Useful Contacts page.

3. *Doras Luimní* will be continuing a once weekly drop-in clinic from early September 2016. Details of exact times and days will be circulated soon by Karen.

Emergency numbers

For fire, ambulance and police services call 112 or 999

Local Information – opening times

AIB Bank– Lyster square

Monday	9:30-5:00 p.m.
Tuesday	9:30-4:30 p.m.
Wednesday	10:00-4:30 p.m.
Thursday	9:30-4:30 p.m.
Friday	9:30-4:30 p.m.
Saturday	Closed
Sunday	Closed

Citizens Information Centre – Lyster Square

Monday 10-12pm 2-4pm
Tuesday 10-12pm 2-4pm
Wed. 10-12pm 2-4pm
Thursday 10-12pm 2-4pm
Friday 10-12pm 2-4pm
Saturday Closed
Sunday Closed

Department of Social Protection – Church Street

Monday 9:30-12pm 2-4pm
Tuesday 9:30-12pm 2-4pm
Wed. 9:30-12pm 2-4pm
Thursday 9:30-12pm 2-4pm
Friday 9:30-12pm 2-4pm
Saturday Closed
Sunday Closed

Library – Lyster square

Monday Closed
Tuesday 10:00-5:00 p.m.
Wednesday 10:00-7:30 p.m.
Thursday 10:00-7:30 p.m.
Friday 10:00-5:00 p.m.
Saturday 10:00-4:00 p.m.
Sunday Closed

Post Office– Lyster square

Monday 09:00-5:30pm
Tuesday 09:30-5:30pm
Wed. 09:00-5:30pm
Thursday 09:00-5:30pm
Friday 09:00-5:30pm
Saturday 09:00-1:00pm
Sunday Closed

Public Holidays

- New Year's Day (1 January)
- St. Patrick's Day (17 March)
- Easter Monday.
- First Monday in May, June, August.
- Last Monday in October.
- Christmas Day (25 December)
- St. Stephen's Day (26 December)

16. Thank you!

Finally we would just like to say it has been an absolute pleasure meeting, getting to know and working with each and every one of you. It has been a busy year of drop in clinics, appointments, programmes, clubs, events and celebrations and we wish it could have long continued.

If you need any assistance you can always contact *Doras Luimní* and Karen will be your contact point going forward. We wish you all the very best in your future in Ireland and hope that you now consider Portlaoise your home.

Thank you for your generosity and all the great memories!

From Hannah, Karen and all the *Doras Luimní* staff



