Leisure and Recreation Activities for People with Disabilities

NRB

1999
Leisure and Recreation Activities for People with Disabilities

The Report of the Commission on the Status of People with Disabilities noted that "Leisure and recreation, in the broadest sense, can cover most activities except those related to work, activities which are taken for granted by most people, but which cannot be taken for granted by people with disabilities."

(A Strategy for Equality; 1996; p.261)

For many people with disabilities, taking an active part in community life is difficult if not impossible, and often times they are socially excluded and isolated. In recent times, however, greater provision has been made in Ireland to assist people with disabilities to take part in leisure and recreation activities. This booklet lists some of the activities available. Those providing activities are listed in alphabetical order by Health Board Area and disability type.

The information in the document was compiled in consultation with providers of leisure and recreation activities. Where facilities cater primarily for one disability type, they have been listed in that particular category only. If any club, group, organisation or other initiative involved in leisure and recreation activities for people with disabilities has been inadvertently omitted, or if any of the information needs amending/updating, NRB would be grateful if this was brought to the attention of NRB's Research Department:

Tel: 01-6080400; Fax: 01-6609935; Email: research@nrb.iol.ie

If you require this report in a specialised format, please contact:

NRB Research Department, 25 Clyde Road, Ballsbridge, Dublin 4.
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Activities for People with a Physical Disability

**Action for Mobility**
8 Elizabeth Street
Dublin 3

*Activities: Weekend social outings, orienteering, bowling, pitch & putt.*

*Additional Information:* Action for Mobility's aim is to involve people with disabilities together with non-disabled people in leisure & recreation activities.

*Contact:* Seán Farrell
*Tel.:* 01-8378633

**Art and Cultural Society of the Deaf**
40 Lower Drumcondra Road
Dublin 9

*Activities: Art, folk dance, drama.*

*Contact:* Mary Moloney
*Fax.:* 01-8600231

**Brainwave - Irish Epilepsy Association**
249 Crumlin Road
Dublin 12

*Activities: Social activities, annual outing and party, monthly information meetings and support groups, regular meetings countrywide.*

*Additional Information:* Brainwave has regional offices in Cork, Donegal, Galway, Limerick, Sligo, and Waterford.

*Contact:* Geraldine Dunne/Pat Seagar/Philip Jackson
*Tel.:* 01-4557500/4730039

**C.A.S.A. (Caring and Sharing Association)**
Carmichael House
North Brunswick Street
Dublin 7

*Activities: Social outings, holidays and Lourdes pilgrimages.*

*Contact:* Ann Crowe
*Tel.:* 01-8725300
Activities for People with a Physical Disability (cont’d)

**Cerebral Palsy Ireland**  
Sandymount Avenue  
Dublin 4

**Activities:** Swimming, children’s summer project, children’s sports and fitness, children’s leisure programme, horse-riding for children, supported individual leisure activities for adults.  
**Additional Information:** All of the above activities, with the exception of swimming, are available only to children or adults attending Cerebral Palsy Ireland.  
**Contact:** Clare Lenehan  
**Tel.:** 01-2695355

**Cerebral Palsy Sport Ireland**  
Sandymount Avenue  
Dublin 4

**Activities:** Boccia, soccer, track and field, swimming, general fitness.  
**Additional Information:** Also provide advice on what children/adults can do, e.g. inclusive games, adapted games/ P.E.  
**Contact:** Brenda Green  
**Tel.:** 01-2695355

**Dublin Theatre of the Deaf**  
40 Drumcondra Road  
Dublin 9  
also:  
4 Artane Cottages  
Lower Malahide Road  
Dublin 5

**Activities:** Public drama performances twice yearly, workshops in mime, youth theatre workshops, international and Irish folk dancing.  
**Additional Information:** Performs as the National Theatre of the Deaf.  
**Contact:** Julianne Gillen  
**Tel.:** 01-6072761(work)/8311680(home)

**Grange Kildonagh Integration**  
c/o 192 Ashley Rise  
Portmarnock  
Co. Dublin

**Activities:** Bowling, snooker, cinema, table-tennis, arts & crafts, trips/outings, discos, barbecues, swimming, youth club.  
**Additional Information:** Activities take place at St. Michael’s School, Raheny Road. Meetings are held on Tuesday nights at 8.00pm at Donaghmede House.  
**Contact:** Anne Colbert  
**Tel.:** 01-8463548
Activities for People with a Physical Disability (cont’d)

Irish Deaf Sports Association
57 Clover Hill Estate
Blackrock
Cork

Activities: Swimming at St. Joseph’s School for the Deaf (Navan Road, Cabra, Dublin 7) every Saturday from 7.00-8.00pm.
Contact: Conor Brosnan (fax number only)
Fax.: 021-359342

Irish Disabled Fly Fishing Association
“St. Teresa”
Kilmaine
Co. Mayo

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
Contact: Seán Smyth for local contact details
Tel.: 071-66437

Irish Kidney Association
Donor House
156 Pembroke Road
Ballshbridge
Dublin 4

Activities: Transplant Games (at home and abroad), Family Sports Weekend (including activities for children, adults, dialysis patients and transplant patients), tennis, badminton, swimming, golf, track and field.
Additional Information: Recipients of heart and liver transplants are invited to these events.
Contact: John Cormican
Tel.: 0903-22277

Irish Wheelchair Association
62-64 Fenian Street
Dublin 2
(formerly Mount Street Day Activity Centre)

Activities: Arts & crafts, drama, music, photography, outings, meditation.
Contact: John O’Grady
Tel.: 01-6616183

Irish Wheelchair Association (Sport)
Blackheath Drive
Clontarf
Dublin 3

Activities: Basketball, athletics (track/field), bowls, swimming, archery, table-tennis, sailing, quad rugby, snooker.
Additional Information: IWA clubs are also located nationwide.
Contact: Clare O’Neill
Tel.: 01-8338241
Activities for People with a Physical Disability (cont'd)

**Multiple Sclerosis Society of Ireland**
2 Sandymount Green
Dublin 4

**Activities:** Summer outings, social evenings, special Christmas events, Trabolan weekend, Bundoran young persons' weekend.

**Contact:** Michael Dineen
**Tel.:** 01-2694599

**Muscular Dystrophy Ireland**
Carmichael House
North Brunswick Street
Dublin 7

**Activities:** Wheelchair hockey, swimming, cinema, orienteering, bowling, trips to Mondello Racing Park.

**Contact:** Catherine Hickey
**Tel.:** 01-8721501

**National Council for the Blind of Ireland**
PV Doyle House
Whitworth Road
Drumcondra
Dublin 9

**Activities:** Classes in pottery, yoga, keep-fit.

**Additional Information:** These classes are available only to registered blind and visually impaired people and a letter of fitness from a doctor is necessary.

**Contact:** Anne Smyth
**Tel.:** 01-8307033

**National League of the Blind of Ireland**
21 Hill Street
Dublin 1

**Activities:** Social club.

**Contact:** Eddie McGrath
**Tel.:** 01-8742792

**National Outdoor Training Centre**
Tiglin
Ashford
Co. Wicklow

**Activities:** Orienteering, canoeing, absailing, rock-climbing, gorge-walking.

**Contact:** Maeve MacPherson
**Tel.:** 0404-40169

**Riding for the Disabled Association**
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

**Activities:** Riding, pony & trap driving.

**Additional Information:** Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.

**Contact:** Niamh Kingston
**Tel.:** 01-2876498
Activities for People with a Physical Disability (cont’d)

Scout Association of Ireland (Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. A small number of groups, or sections within larger groups, have been set up specifically for children with disabilities.
Contact: Connie Larkin
Tel.: 01-6711244

Volunteer Stroke Scheme
249 Crumlin Road
Dublin 12

Activities: Weekly clubs, day outings, holidays.
Contact: Theo Davis (Mrs.)
Tel.: 01-4559036

YAH! (Young Action on Hearing)
c/o National Association for Deaf People
35 North Frederick Street
Dublin 1

Activities: Bowling, cinema, group meetings, social outings, support services, counselling, lip-reading classes for young people.
Contact: Robin McNamara
Tel.: 01-8723800

Activities for People with a Learning Disability

Action for Mobility
8 Elizabeth Street
Dublin 3

Activities: Weekend social outings, orienteering, bowling, pitch & putt.
Additional Information: Action for Mobility’s aim is to involve people with disabilities together with non-disabled people in leisure & recreation activities.
Contact: Seán Farrell
Tel.: 01-8378633
Activities for People with a Learning Disability (cont'd)

C.A.S.A. (Caring and Sharing Association)
Carmichael House
North Brunswick Street
Dublin 7

Activities: Social outings, holidays and Lourdes pilgrimages.
Contact: Ann Crowe
Tel: 01-8725300

Grange Kildonagh Integration
C/o 192 Ashley Rise
Portmarnock
Co. Dublin

Activities: Bowling, snooker, cinema, table-tennis, arts & crafts, trips/outings, discos, barbecues, swimming, youth club.
Additional Information: Activities take place at St. Michael’s School, Raheny Road. Meetings are held on Tuesday nights at 8.00pm at Donaghmede House.
Contact: Anne Colbert
Tel: 01-8463548

Irish Society For Autism
Unity Building
16/17 Lower O'Connell Street
Dublin 1

Activities: Swimming, cycling.
Contact: Pat Matthews
Tel: 01-8744684

KARE
Recreational Support Service
Industrial Estate
Newbridge
Co. Kildare

Activities: Social club, bowling, swimming, basketball, soccer, horse-riding, golf, table-tennis.
Additional Information: Previously known as Cill Dara Social Club.
Contact: Liz Callery
Tel: 045-431358

National Federation of ARCH Clubs
74 Meadow Grove
Dublin 16

Activities: Arts & crafts, games, social outings, various activities at local clubs.
Contact: Geraldine Birthistle
Tel: 01-2951081

National Federation of ARCH Clubs
Bawnogue ARCH Club
22 Lindisfarne Avenue
Bawnogue
Clondalkin
Dublin 22

Activities: Ring for details of activities.
Contact: Helen Doyle
Tel: 01-4575201
Activities for People with a Learning Disability (cont'd)

National Federation of ARCH Clubs
Blanchardstown ARCH Club
11 Roselawn Court
Castleknock
Dublin 15

Activities: Ring for details of activities.
Contact: Theresa Kinsella
Tel.: 01-8212997

National Federation of ARCH Clubs
Botherstown ARCH Club
1 Marreroo Terrace
Blackrock
Co. Dublin

Activities: Ring for details of activities.
Contact: Peter Robins
Tel.: 01-2889499

National Federation of ARCH Clubs
Bray ARCH Club
100 Beechdale
Kilcoole
Co. Wicklow

Activities: Ring for details of activities.
Contact: Marie O'Mahoney
Tel.: 01-2876317

National Federation of ARCH Clubs
Carraig Dubh ARCH Club
“Adare”
6 Millward Terrace
Meath Road
Bray
Co. Wicklow

Activities: Ring for details of activities.
Contact: Margaret McCracken
Tel.: 086-8138412

National Federation of ARCH Clubs
Clontarf ARCH Club
140 Shanliss Road
Santry
Dublin 9

Activities: Ring for details of activities.
Contact: Andy Kieran
Tel.: 01-8421856
### Activities for People with a Learning Disability (cont'd)

**National Federation of ARCH Clubs**
- **Clontarf/Killester Junior ARCH Club**
  - 50 Dunseverick Road
  - Clontarf
  - Dublin 3
  - Activities: Ring for details of activities.
  - Contact: Helen Friel
  - Tel.: 01-8339363

**National Federation of ARCH Clubs**
- **Dundrum ARCH Club**
  - 1 Nugent Road
  - Dublin 14
  - Activities: Ring for details of activities.
  - Contact: Theresa Walsh
  - Tel.: 01-2983160

**National Federation of ARCH Clubs**
- **Iona (Glasnevin) ARCH Club**
  - Holy Faith Sisters
  - CREDO
  - 1 Fairways Grove
  - Griffith Road
  - Dublin 11
  - Activities: Ring for details of activities.
  - Contact: Sr. Goretti Curtis
  - Tel.: 01-8348015

**National Federation of ARCH Clubs**
- **Kilmore West ARCH Club**
  - 1 Aldrin Walk
  - Woodville Park
  - Kilmore West
  - Dublin 5
  - Activities: Ring for details of activities.
  - Contact: Noeleen Flynn
  - Tel.: 01-8476110

**National Federation of ARCH Clubs**
- **Kingswood ARCH Club**
  - 3 Forest Green
  - Kingswood Heights
  - Dublin 24
  - Activities: Ring for details of activities.
  - Contact: Joe Tracy
  - Tel.: 01-4518294
Activities for People with a Learning Disability (cont'd)

National Federation of ARCH Clubs
Leixlip ARCH Club
24 Leixlip Park
Leixlip
Co. Kildare

Activities: Ring for details of activities.
Contact: Veronica Freaney
Tel.: 01-6244806

National Federation of ARCH Clubs
Navan Road ARCH Club
7 Coolmine Close
Blanchardstown
Dublin 15

Activities: Ring for details of activities.
Contact: Rory Murphy
Tel.: 087-2384802

National Federation of ARCH Clubs
Portmarnock ARCH Club
5 Strand Road
Portmarnock
Co. Dublin

Activities: Ring for details of activities.
Contact: Camillus Delahunty
Tel.: 01-8460385

National Federation of ARCH Clubs
Ronanstown ARCH Alive
Neilstown Village Centre
Clondalkin
Dublin 22

Activities: Ring for details of activities.
Contact: Caroline Lawless
Tel.: 01-4573859

National Federation of ARCH Clubs
Skerries ARCH Club
57 Townparks
Skerries
Co. Dublin

Activities: Ring for details of activities.
Contact: Pauline Cronin
Tel.: 01-8490547

National Federation of ARCH Clubs
Swords ARCH Club
32 Shenick Grove
Skerries
Co. Dublin

Activities: Ring for details of activities.
Contact: Brendan Ryan
Tel.: 01-8491863
Activities for People with a Learning Disability (cont'd)

**National Federation of ARCH Clubs**  
**Tallaght ARCH Club**  
51 Carrigmore Park  
Aylesbury  
Tallaght  
Dublin 24

**Activities:** Ring for details of activities.  
**Contact:** Kevin Connaughton  
**Tel.:** 01-4596501

**Riding for the Disabled Association**  
Rathlinn  
Templecarrig Lower  
Delgany  
Co. Wicklow

**Activities:** Riding, pony & trap driving.  
**Additional Information:** Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.  
**Contact:** Niamh Kingston  
**Tel.:** 01-2876498

**Scout Association of Ireland (Scouting Ireland SAI)**  
Morrison Chambers  
32 Nassau Street  
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.  
**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.  
**Contact:** Connie Larkin  
**Tel.:** 01-6711244

**Special Olympics Ireland**  
Ormond House  
Ormond Quay Upper  
Dublin 7

**Activities:** Athletics, swimming, bowling, basketball, golf, gymnastics, soccer, equestrian, alpine-skiing, poly hockey, table-tennis, motor activities.  
**Contact:** Frances Bolton  
**Tel.:** 01-8720300

**Volunteer Friendship Scheme**  
Menni Services  
Menni House  
Parnell Road  
Dublin 12

**Activities:** Leisure activities with non-disabled volunteers.  
**Contact:** Andrea Pepper  
**Tel.:** 01-4731474
Activities for People with a Mental Health Difficulty

**Action for Mobility**
8 Elizabeth Street
Dublin 3

**Activities**: Weekend social outings, orienteering, bowling, pitch & putt.

**Additional Information**: Action for Mobility's aim is to involve people with disabilities together with non-disabled people in leisure & recreation activities.

**Contact**: Seán Farrell
**Tel.**: 01-8378633

**C.A.S.A. (Caring and Sharing Association)**
Carmichael House
North Brunswick Street
Dublin 7

**Activities**: Social outings, holidays and Lourdes pilgrimages.

**Contact**: Ann Crowe
**Tel.**: 01-8725300

**Grange Kildonagh Integration**
c/o 192 Ashley Rise
Portmarnock
Co. Dublin

**Activities**: Bowling, snooker, cinema, table-tennis, arts & crafts, trips/outings, discos, barbecues, swimming, youth club.

**Additional Information**: Activities take place at St. Michael's School, Raheny Road. Meetings are held on Tuesday nights at 8.00pm at Donaghmede House.

**Contact**: Anne Colbert
**Tel.**: 01-8463548

**Riding for the Disabled Association**
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

**Activities**: Riding, pony & trap driving.

**Additional Information**: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.

**Contact**: Niamh Kingston
**Tel.**: 01-2876498

**St. John of God Hospital**
Stillorgan
Co. Dublin

**Activities**: Leisure Enhancement Groups, tennis, pitch & putt, table-tennis, basketball, gardening, woodwork.

**Additional Information**: Activities are provided for in-patients mainly, with some out-patients taking part.

**Contact**: Orla Donoghue
**Tel.**: 01-2881781
Activities for People with a Mental Health Difficulty (cont’d)

St. Paul’s Hospital
Special School for Autistic and Emotionally Disturbed Children
Beaumont
Dublin 9

Activities: Swimming, walking, general recreation and leisure activities.
Additional Information: Activities are provided for those enrolled in the school.
Contact: Mary Jeffries
Tel.: 01-8377673

Schizophrenia Ireland - Carers Support Group
Ballyfermot Branch
Resource Centre
Ballyfermot
Dublin 10

Activities: Various activities planned at meetings.
Additional Information: Meets second Thursday of every month at 8.00pm.
Contact: Ita O’Dowd
Tel.: 01-6234040

Schizophrenia Ireland - Carers Support Group
Cluain Mhuire Branch
Family Centre
Newtownpark Avenue
Blackrock
Co. Dublin

Activities: Various activities planned at meetings.
Additional Information: Meets first Monday of every month at 8.00pm.
Contact: Kathleen Troy
Tel.: 01-2845051

Schizophrenia Ireland - Carers Support Group
Naas Branch
Health Centre
Naas
Co. Kildare

Activities: Various activities planned at meetings.
Additional Information: Meets third Tuesday of every month at 8.00pm.
Contact: Tom Kelleher
Tel.: 045-897221

Schizophrenia Ireland - Carers Support Group
St. James’s Branch
Out-Patients Department
Psychiatric Unit
Hospital 6
St. James
Dublin 8

Activities: Various activities planned at meetings.
Additional Information: Meets last Monday of every month at 8.00pm.
Contact: Doirin McCaffrey
Tel.: 01-4509016
Activities for People with a Mental Health Difficulty (cont’d)

**Schizophrenia Ireland - Carers Support Group**  
**Swords Branch**  
Curam  
Town Mall Centre  
Swords  
Co. Dublin

**Activities:** Various activities planned at meetings.  
**Additional Information:** Meets second Monday of every month at 8.00pm.  
**Contact:** Irene O’Brien  
**Tel.:** 01-8403391

**Schizophrenia Ireland - Carers Support Group**  
**Vergemount Branch**  
Vergemount Psychiatric Clinic  
Clonskeagh  
Dublin 6

**Activities:** Various activities planned at meetings.  
**Additional Information:** Meets last Wednesday of every month at 8.00pm.  
**Contact:** Clodagh Fetherston  
**Tel.:** 01-2984894

**Schizophrenia Ireland - Carers Support Group**  
**Whitehall Branch**  
Whitehall Social Centre  
Collins Avenue  
Whitehall  
Dublin 9

**Activities:** Various activities planned at meetings.  
**Additional Information:** Meets first Wednesday of every month at 8.00pm.  
**Contact:** Sheila O’Leary  
**Tel.:** 01-8338284

**Schizophrenia Ireland - Phrenz Group**  
**Dublin North Branch**  
Arran Day Centre  
Arran  
Dublin 5

**Activities:** Various activities planned at meetings.  
**Additional Information:** Meets second Monday of every month at 7.00pm.  
**Contact:** Seán Broderick  
**Tel.:** 01-8472533

**Schizophrenia Ireland - Phrenz Group**  
**Dublin North Branch**  
38 Blessington Street  
Dublin 7

**Activities:** Various activities planned at meetings.  
**Additional Information:** Meets every Monday at 7.00pm.  
**Contact:** Anne Marie Maher  
**Tel.:** 01-8601620
Activities for People with a Mental Health Difficulty (cont’d)

Schizophrenia Ireland -
Phrenz Group
Dublin South East Branch
St. Lawrence's Community Centre
Kilmacud
Co. Dublin

Activities: Various activities planned at meetings.
Additional Information: Meets every Wednesday at 7.00pm.
Contact: Anne Marie Maher
Tel.: 01-8601620

Schizophrenia Ireland -
Phrenz Group
Dublin West Branch
Ballyfermot Day Centre
Ballyfermot
Dublin 10

Activities: Various activities planned at meetings.
Additional Information: Meets every Friday at 11.30am.
Contact: Anne Marie Maher
Tel.: 01-8601620

Schizophrenia Ireland -
Phrenz Group
Dublin West Branch
Ballyfermot Resource Centre
Ballyfermot
Dublin 10

Activities: Various activities planned at meetings.
Additional Information: Meets every Thursday evening 7.00-9.45pm.
Contact: Anne Marie Maher
Tel.: 01-8601620

Schizophrenia Ireland -
Spouses/Partners Group
Belgard Branch
Eastern Health Board Day Centre
Belgard Road
Tallaght
Dublin 24

Activities: Various activities planned at meetings.
Additional Information: Meets first Wednesday of every month at 7.00pm.
Contact: Iris Elliott
Tel.: 01-4516933

Scout Association of Ireland
(Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin
Tel.: 01-6711244
Activities for People with Mixed Disabilities

Action for Mobility
8 Elizabeth Street
Dublin 3

Activities: Weekend social outings, orienteering, bowling, pitch & putt.
Additional Information: Action for Mobility's aim is to involve people with disabilities together with non-disabled people in leisure & recreation activities.
Contact: Seán Farrell
Tel.: 01-8378633

Balbriggan/Swords Youth Service
17A North Street
Swords
Co. Dublin

Activities: Ring for details of activities and suitability.
Tel.: 01-8405100

Bray Youth Information Centre
Florence Road
Bray
Co. Wicklow

Activities: Provides general information on activities and services for youth.
Tel.: 01-2828324

Bray Youth Service
Florence Road
Bray
Co. Wicklow

Activities: Ring for details of activities and suitability.
Tel.: 01-2828324/2828325

C.A.S.A. (Caring and Sharing Association)
Carmichael House
North Brunswick Street
Dublin 7

Activities: Social outings, holidays and Lourdes pilgrimages.
Contact: Ann Crowe
Tel.: 01-8725300

Catholic Youth Council
Arran Quay
Dublin 7

Activities: Youth clubs/groups, summer projects, youth leadership training, faith development, youth arts, and information services.
Additional Information: Details available of houses in Co. Wicklow suitable for youth group holidays/retreats.
Contact: Paul Duffy
Tel.: 01-8725055
Activities for People with Mixed Disabilities (cont'd)

City of Dublin Youth Services Board
70 Morehampton Road
Donnybrook
Dublin 4

Activities: Swimming for the blind, Special Olympics, other activities.
Additional Information: Ring for details of local groups.
Contact: Aileen Mulhern
Tel: 01-6683198

Clondalkin Youth Information Centre
Monastery Road
Clondalkin
Dublin 22

Activities: Provides general information on activities and services for youth.
Tel: 01-4594666

Clondalkin Youth Service
Monastery Road
Clondalkin
Dublin 22

Activities: Ring for details of activities and suitability.
Tel.: 01-4594666/4594296

Dun Laoghaire Youth Information Centre
The Bell Tower
Marine Road
Dun Laoghaire
Co. Dublin

Activities: Ring for details of activities and suitability.
Tel.: 01-2809363

Dun Laoghaire Youth Service
Senior College
Eblana Avenue
Dun Laoghaire
Co. Dublin

Activities: Ring for details of activities and suitability.
Tel.: 01-2806147

East Wicklow Youth Service
Ormond House
Main Street
Arklow
Co. Wicklow

Activities: Ring for details of activities and suitability.
Tel.: 0402-39646
Activities for People with Mixed Disabilities (cont'd)

**Finglas Youth Service**
c/o The Presbytery
St. Canice's Church
Finglas
Dublin 11

Activities: Ring for details of activities and suitability.
Tel.: 01-8341436/8341437

**Grange Kildonagh Integration**
c/o 192 Ashley Rise
Portmarnock
Co. Dublin

Activities: Bowling, snooker, cinema, table-tennis, arts & crafts, trips/outings, discos, barbecues, swimming, youth club.

Additional Information: Activities take place at St. Michael's School, Raheny Road. Meetings are held on Tuesday nights at 8.00pm at Donaghmede House.
Contact: Anne Colbert
Tel.: 01-8463548

**Irish Association for Spina Bifida and Hydrocephalus**
Old Nangor Road
Clondalkin
Dublin 22

Activities: Activity centre at Dublin Branch, independence training course in Summer, leisure camp/holiday for age 18+, social activities.

Additional Information: Ring for details of local groups. Also run a Break-a-Way week for more profoundly mentally and physically disabled members.
Contact: The Secretary
Tel.: 01-4572326/4572329

**Irish Disabled Fly Fishing Association**
"St. Teresa"
Kilmaine
Co. Mayo

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
Contact: Seán Smyth for local contact details
Tel.: 071-66437

**Irish Girl Guides**
27 Pembroke Park
Dublin 4

Activities: Children with special needs are integrated into the Ladybird, Brownie and Guide units.

Additional Information: Ring for details of local groups.
Contact: Linda Peters
Tel.: 01-6683898
Activities for People with Mixed Disabilities (cont'd)

Lucan/North Kildare Youth Service
St. Mary's B.N.S.
Lucan
Co. Dublin

Activities: Ring for details of activities and suitability.
Tel.: 01-6280465

National Disabled Angling Facility
Aughrim
Co. Wicklow

Activities: Angling.
Additional Information: Access to Wildlife Park also available.
Contact: Paddy Byrne
Tel.: 0402-36552

Polio Fellowship of Ireland
Park House
Stillorgan Grove
Stillorgan
Co. Dublin

Activities: Day activity services include swimming, shopping, art, pottery, visits to galleries and museums, bowling, pitch & putt; Training services activities include group visits, quizzes, competitions, yoga, reading and writing groups, art.
Additional Information: Assistance/support is given to individuals to help identify activities appropriate to their own needs and help source ways of accessing them.
Contact: Sheelagh Collier
Tel.: 01-2885463

Riding for the Disabled Association
Rathlin
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston
Tel.: 01-2876498

Ronanstown Youth Service
Neilstown
Clondalkin
Dublin 22

Activities: Ring for details of activities and suitability.
Tel.: 01-4570363
Activities for People with Mixed Disabilities (cont'd)

**Scout Association of Ireland (Scouting Ireland SAI)**
Morrison Chambers
32 Nassau Street
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.

**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.

**Contact:** Connie Larkin

**Tel.:** 01-6711244
Midland Health Board Area

Activities for People with a Physical Disability

C.A.S.A. (Caring and Sharing Association)
Carmichael House
North Brunswick Street
Dublin 7

Activities: Social outings, holidays and Lourdes pilgrimages.
Contact: Ann Crowe for local contact details
Tel.: 01-8725300

Irish Disabled Fly Fishing Association
“St. Teresa”
Kilmaine
Co. Mayo

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
Contact: Seán Smyth for local contact details
Tel.: 071-66437

Irish Wheelchair Association
- Sport
Blackheath Drive
Clontarf
Dublin 3

Activities: Basketball, athletics, track and field, bowls, swimming, archery, table-tennis, sailing, quad rugby, snooker.
Contact: Clare O’Neill for local contact details
Tel.: 01-8338241

Kilcormac Development Association
St. Joseph’s
Kilcormac
Co. Offaly

Activities: Angling, picnic area.
Additional Information: Tuition is provided for anglers by arrangement.
Contact: Denis O’Driscoll
Tel.: 0509-35328

Multiple Sclerosis Society of Ireland
2 Sandymount Green
Dublin 4

Activities: Summer outings, social evenings, special Christmas events, Traboglan weekend, Bundoran young persons’ weekend.
Contact: Michael Dineen for local contact details
Tel.: 01-2694599
Activities for People with a Physical Disability (cont’d)

Muscular Dystrophy Ireland
Carmichael House
North Brunswick Street
Dublin 7

Activities: Wheelchair hockey, swimming, cinema, orienteering, bowling, trips to Mondello Racing Park.
Contact: Catherine Hickey for local contact details
Tel.: 01-8721501

Riding for the Disabled Association
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

Scout Association of Ireland (Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin for local contact details
Tel.: 01-6711244

Activities for People with a Learning Disability

C.A.S.A. (Caring and Sharing Association)
Carmichael House
North Brunswick Street
Dublin 7

Activities: Social outings, holidays and Lourdes pilgrimages.
Contact: Ann Crowe for local contact details
Tel.: 01-8725300
Activities for People with a Learning Disability (cont'd)

**Down Syndrome Ireland**  
Laois Branch  
c/o Teresa Brophy  
Forest  
Mountrath  
Portlaoise  
Co. Laois

**Activities**: Swimming, outings, speech & drama.  
**Contact**: Teresa Brophy  
**Tel.**: 0502-32147

**National Federation of ARCH Clubs**  
**Portarlington ARCH Club**  
14 Arlington Estate  
Portarlington  
Co. Laois

**Activities**: Ring for details of activities.  
**Contact**: Noreen Yarrow  
**Tel.**: 0502-43279

**National Federation of ARCH Clubs**  
**Portlaoise ARCH Club**  
Ballymaddock  
Stradbally  
Co. Laois

**Activities**: Ring for details of activities.  
**Contact**: Kate Dowling  
**Tel.**: 0502-25527

**National Federation of ARCH Clubs**  
**Tullamore ARCH Club**  
Sisters of Charity of Jesus & Mary  
The Tanyard Resource Centre  
The Tanyard  
Tullamore  
Co. Offaly

**Activities**: Ring for details of activities.  
**Contact**: Mary Murray  
**Tel.**: 0506-23018

**Riding for the Disabled Association**  
Rathlinn  
Templecarrig Lower  
Delgany  
Co. Wicklow

**Activities**: Riding, pony & trap driving.  
**Additional Information**: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.  
**Contact**: Niamh Kingston for local contact details  
**Tel.**: 01-2876498
Activities for People with a Learning Disability (cont’d)

**Scout Association of Ireland**  
(Scouting Ireland SAI)  
Morrison Chambers  
32 Nassau Street  
Dublin 2

*Activities*: General scouting activities with the emphasis on outdoor activities.  
*Additional Information*: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.  
*Contact*: Connie Larkin for local contact details  
*Tel.*: 01-6711244

**Special Olympics Ireland**  
Ormond House  
Ormond Quay Upper  
Dublin 7

*Activities*: Athletics, swimming, bowling, basketball, golf, gymnastics, soccer, equestrian, alpine skiing, poly hockey, table-tennis, motor activities.  
*Contact*: Frances Bolton for local contact details  
*Tel.*: 01-8720300

Activities for People with a Mental Health Difficulty

**C.A.S.A. (Caring and Sharing Association)**  
Carmichael House  
North Brunswick Street  
Dublin 7

*Activities*: Social outings, holidays and Lourdes pilgrimages.  
*Contact*: Ann Crowe for local contact details  
*Tel.*: 01-8725300

**Riding for the Disabled Association**  
Rathlinn  
Templecarrig Lower  
Delgany  
Co. Wicklow

*Activities*: Riding, pony & trap driving.  
*Additional Information*: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.  
*Contact*: Niamh Kingston for local contact details  
*Tel.*: 01-2876498
Activities for People with a Mental Health Difficulty (cont'd)

**Schizophrenia Ireland - Carers Support Group**
Longford Branch
Mount Carmel Day Hospital
Longford

Activities: Various activities planned at meetings.

Additional Information: Meets first Wednesday of every month at 8.00pm.

Contact: Marion Masterson
Tel.: 043-46779

**Schizophrenia Ireland - Carers Support Group**
Portlaoise Branch
Community Mental Health Centre
Portlaoise
Co. Laois

Activities: Various activities planned at meetings.

Additional Information: Meets first Thursday of every month at 8.30pm.

Contact: Mary Dunne
Tel.: 0502-22815

**Schizophrenia Ireland - Phrenz Group**
Longford Branch
Community Health Centre
Dublin Road
Longford

Activities: Various activities planned at meetings.

Additional Information: Meets second Thursday of every month from 7.00-9.00pm.

Contact: Mary Kennedy
Tel.: 043-46992

**Scout Association of Ireland (Scouting Ireland SAI)**
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.

Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.

Contact: Connie Larkin for local contact details
Tel.: 01-6711244
Activities for People with Mixed Disabilities

C.A.S.A. (Caring and Sharing Association)
Carmichael House
North Brunswick Street
Dublin 7

Activities: Social outings, holidays and Lourdes pilgrimages.
Contact: Ann Crowe for local contact details
Tel.: 01-8725300

Coolure House
Coole
Co. Westmeath

Activities: Holiday and activity centre, outdoor pursuits centre, leadership training centre, equestrian centre.
Additional Information: Coolure House is a project of the Catholic Youth Council, Dublin.
Contact: Christoph Kaupert
Tel.: 044-61251/087-2209506

Down Syndrome Ireland
Laois Branch
c/o Teresa Brophy
Forest
Mountrath
Portlaoise
Co. Laois

Activities: Swimming, outings, speech & drama.
Contact: Teresa Brophy
Tel.: 0502-32147

Irish Association for Spina Bifida and Hydrocephalus
Old Nangor Road
Clondalkin
Dublin 22

Activities: Activity centre at Dublin Branch, independence training course in Summer, leisure camp/holiday for age 18+, social activities.
Additional Information: Ring for details of local groups. Also run a Break-a-Way week for more profoundly mentally and physically disabled members.
Contact: The Secretary
Tel.: 01-4572326/4572329

Irish Disabled Fly Fishing Association
"St. Teresa"
Kilmaine
Co. Mayo

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
Contact: Seán Smyth for local contact details
Tel.: 071-66437
Activities for People with Mixed Disabilities (cont’d)

**Irish Girl Guides**
27 Pembroke Park
Dublin 4

**Activities:** Children with special needs are integrated into the Ladybird, Brownie and Guide units.

**Additional Information:** Ring for details of local groups.

**Contact:** Linda Peters
**Tel.:** 01-6683898

**Riding for the Disabled Association**
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

**Activities:** Riding, pony & trap driving.

**Additional Information:** Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.

**Contact:** Niamh Kingston for local contact details
**Tel.:** 01-2876498

**Scout Association of Ireland (Scouting Ireland SAI)**
Morrison Chambers
32 Nassau Street
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.

**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.

**Contact:** Connie Larkin for local contact details
**Tel.:** 01-6711244
Mid-Western Health Board Area

Activities for People with a Physical Disability

Brainwave - Irish Epilepsy Association
Limerick Branch
Social Services Centre
Henry Street
Limerick

Activities: Support group.
Additional Information: Ring for details of meeting times.
Contact: Anna Kelly
Tel.: 061-313773

Cerebral Palsy Ireland
Limerick Branch
Quinn’s Cross
Mungret
Limerick

Activities: Reflexology and aromatherapy, social outings, day-trips, bowling, cinema, trips to art exhibitions and to library.
Additional Information: All recreation activities occur between the hours of 9.00am to 5.00pm.
Contact: Anne Long
Tel.: 061-301830

Irish Disabled Fly Fishing Association
“St. Teresa”
Kilmaine
Co. Mayo

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
Contact: Seán Smyth for local contact details
Tel.: 071-66437

Irish Wheelchair Association - Sport
Blackheath Drive
Clontarf
Dublin 3

Activities: Basketball, athletics, track and field, bowls, swimming, archery, table-tennis, sailing, quad rugby, snooker.
Contact: Clare O’Neill for local contact details
Tel.: 01-8338241

Multiple Sclerosis Society of Ireland
2 Sandymount Green
Dublin 4

Activities: Summer outings, social evenings, special Christmas events, Trabolgan weekend, Bundoran young persons’ weekend.
Contact: Michael Dineen for local contact details
Tel.: 01-2694599
Activities for People with a Physical Disability (cont'd)

**Muscular Dystrophy Ireland**  
Carnichael House  
North Brunswick Street  
Dublin 7

**Activities:** Wheelchair hockey, swimming, cinema, orienteering, bowling, trips to Mondello Racing Park.  
**Contact:** Catherine Hickey for local contact details  
**Tel.:** 01-8721501

**Riding for the Disabled Association**  
Rathlinn  
Templecarrig Lower  
Delgany  
Co. Wicklow

**Activities:** Riding, pony & trap driving.  
**Additional Information:** Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.  
**Contact:** Niamh Kingston for local contact details  
**Tel.:** 01-2876498

**Scout Association of Ireland (Scouting Ireland SAI)**  
Morrison Chambers  
32 Nassau Street  
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.  
**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.  
**Contact:** Connie Larkin for local contact details  
**Tel.:** 01-6711244

Activities for People with a Learning Disability

**Down Syndrome Ireland Limerick Branch**  
Knockballymeath House  
Athlunkard  
Panteen  
Co. Clare

**Activities:** Swimming, dancing/drama, gymnastics, soccer, Youth Club dance.  
**Contact:** Carmel Clare O'Connor  
**Tel.:** 061-344387
Activities for People with a Learning Disability (cont'd)

National Federation of ARCH Clubs
Tipperary ARCH Club
Greenane
Tipperary

Activities: Ring for details of activities.
Contact: Anne Power
Tel.: 062-51663

National Federation of ARCH Clubs
Tipperary Junior ARCH Club
50 Canon Hayes Park
Tipperary

Activities: Ring for details of activities.
Contact: Ann Ryan
Tel.: 062-52035

Riding for the Disabled Association
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

Scout Association of Ireland (Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin for local contact details
Tel.: 01-6711244
Activities for People with a Learning Disability (cont’d)

**Special Olympics Ireland**
Ormond House
Ormond Quay Upper
Dublin 7

**Activities:** Athletics, swimming, bowling, basketball, golf, gymnastics, soccer, equestrian, alpine skiing, poly-hockey, table-tennis, motor activities.
**Contact:** Frances Bolton for local contact details
**Tel.:** 01-8720300

Activities for People with a Mental Health Difficulty

**Riding for the Disabled Association**
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

**Activities:** Riding, pony & trap driving.
**Additional Information:** Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
**Contact:** Niamh Kingston for local contact details
**Tel.:** 01-2876498

**Schizophrenia Ireland - Carers Support Group**
**Ennis Branch**
Ennis Day Hospital
Clare

**Activities:** Various activities planned at meetings.
**Additional Information:** Meets first Thursday of every month at 8.00pm.
**Contact:** Paul Guckian/Ann Bridgman
**Tel.:** 065-21414/061-365123

**Schizophrenia Ireland - Carers Support Group**
**Thurles Branch**
Mental Health Centre
Thurles
Co. Tipperary

**Activities:** Various activities planned at meetings.
**Additional Information:** Meets fourth Monday of every month at 8.00pm.
**Contact:** Mary Hayes
**Tel.:** 0504-23828
Activities for People with a Mental Health Difficulty (cont'd)

Scout Association of Ireland  
(Scouting Ireland SAI)  
Morrison Chambers  
32 Nassau Street  
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.  
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.  
Contact: Connie Larkin for local contact details  
Tel.: 01-6711244

Activities for People with Mixed Disabilities

Down Syndrome Ireland  
Limerick Branch  
Knockballymeath House  
Athlunkard  
Parteen  
Co. Clare

Activities: Swimming, dancing/drama, gymnastics, soccer, Youth Club dance.  
Contact: Carmel Clare O'Connor  
Tel.: 061-344387

Irish Disabled Fly Fishing Association  
"St. Teresa"  
Kilmaine  
Co. Mayo

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.  
Contact: Seán Smyth for local contact details  
Tel.: 071-66437

Irish Girl Guides  
27 Pembroke Park  
Dublin 4

Activities: Children with special needs are integrated into the Ladybird, Brownie and Guide units.  
Contact: Linda Peters for local contact details  
Tel.: 01-6683898
Activities for People with Mixed Disabilities (cont’d)

Riding for the Disabled Association
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

Scout Association of Ireland (Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin for local contact details
Tel.: 01-6711244
North-Eastern Health Board Area
Activities for People with a Physical Disability

**Brainwave - Irish Epilepsy Association**
Dundalk Club
Roden Place
Dundalk
Co. Louth

**Activities**: Support group.
**Additional Information**: Ring for details of meeting times.
**Contact**: Rita McCormack
**Tel.**: 042-9337585

**Irish Disabled Fly Fishing Association**
"St. Teresa"
Kilmaine
Co. Mayo

**Activities**: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
**Contact**: Seán Smyth for local contact details
**Tel.**: 071-66437

**Irish Wheelchair Association - Sport**
Blackheath Drive
Clontarf
Dublin 3

**Activities**: Basketball, athletics, track and field, bowls, swimming, archery, table-tennis, sailing, quad rugby, snooker.
**Contact**: Clare O'Neill for local contact details
**Tel.**: 01-8338241

**Multiple Sclerosis Society of Ireland**
2 Sandymount Green
Dublin 4

**Activities**: Summer outings, social evenings, special Christmas events, Trabolgan weekend, Bundoran young persons' weekend.
**Contact**: Michael Dineen for local contact details
**Tel.**: 01-2694599

**Muscular Dystrophy Ireland**
Carmichael House
North Brunswick Street
Dublin 7

**Activities**: Wheelchair hockey, swimming, cinema, orienteering, bowling, trips to Mondello Racing Park.
**Contact**: Catherine Hickey for local contact details
**Tel.**: 01-8721501
Activities for People with a Physical Disability (cont'd)

Riding for the Disabled Association  
Rathlinn  
Templecarrig Lower  
Delgany  
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

Scout Association of Ireland (Scouting Ireland SAI)  
Morrison Chambers  
32 Nassau Street  
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin for local contact details
Tel.: 01-6711244

Activities for People with a Learning Disability

Down Syndrome Ireland  
Louth-Meath Branch  
c/o Rosaleen Campion  
Clavinstown  
Drumree  
Co. Meath

Activities: Speech & drama classes.
Contact: Rosaleen Campion
Tel.: 01-8259642

Meath Sheltered Workshop  
Beechmount Industrial Estate  
Navan  
Co. Meath

Activities: Weekly swimming sessions/lessons, weekly horse-riding lessons.
Contact: Matthew Tormay
Tel.: 046-29883
Activities for People with a Learning Disability (cont'd)

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<tr>
<th>National Federation of ARCH Clubs</th>
<th>Activities</th>
<th>Contact</th>
<th>Tel.</th>
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<tbody>
<tr>
<td>Ardee ARCH Club</td>
<td>Ring for details of activities.</td>
<td>Margaret Cassidy</td>
<td>041-61063</td>
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<tr>
<td>62 Beechwood Drive</td>
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<td>Ring for details of activities.</td>
<td>Fergus Lane</td>
<td>042-61450</td>
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<tr>
<td>Clones ARCH Club</td>
<td>Ring for details of activities.</td>
<td>Pat Flynn</td>
<td>047-51002</td>
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<tr>
<td>Drogheda ARCH Club</td>
<td>Ring for details of activities.</td>
<td>Carol Fallon</td>
<td>041-32737</td>
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<tr>
<td>300 Ballsgrove</td>
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<tr>
<td>Dundalk ARCH Club</td>
<td>Ring for details of activities.</td>
<td>Mary T. O'Hare</td>
<td>042-78238</td>
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Activities for People with a Learning Disability (cont’d)

National Federation of ARCH Clubs
Monaghan ARCH Club
St. Davnet’s Hospital
Monaghan

Activities: Ring for details of activities.
Contact: Anne Slevin
Tel.: 047-81822

National Federation of ARCH Clubs
Navan ARCH Club
Grange
Bohermeen
Navan
Co. Meath

Activities: Ring for details of activities.
Contact: Edward Rispin
Tel.: 046-21563

Riding for the Disabled Association
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

Scout Association of Ireland (Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin for local contact details
Tel.: 01-6711244
Activities for People with a Learning Disability (cont'd)

Special Olympics Ireland  
Ormond House  
Ormond Quay Upper  
Dublin 7

Activities: Athletics, swimming, bowling, basketball, golf, gymnastics, soccer, equestrian, alpine skiing, poly hockey, table-tennis, motor activities.
Contact: Frances Bolton for local contact details
Tel.: 01-8720300

Activities for People with a Mental Health Difficulty

Riding for the Disabled Association  
Rathlinn  
Templecarrig Lower  
Delgany  
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

Schizophrenia Ireland - Carers Support Group  
Cavan Branch  
“Poolakeel”  
Cavan

Activities: Various activities planned at meetings.
Additional Information: Meets second Tuesday of every month at 8.00pm.
Contact: Philomena Finnegan
Tel.: 049-30838

Schizophrenia Ireland - Phrenz Group  
Dundalk Branch  
Community Contact Centre  
Ramparts  
Dundalk  
Co. Louth

Activities: Various activities planned at meetings.
Additional Information: Meets second Wednesday of every month at 8.00pm.
Contact: Eileen Daly
Tel.: 042-38948
Activities for People with a Mental Health Difficulty (cont'd)

Scout Association of Ireland (Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin for local contact details
Tel.: 01-6711244

Activities for People with Mixed Disabilities

Irish Association for Spina Bifida and Hydrocephalus
Old Nangor Road
Clondalkin
Dublin 22

Activities: Activity centre at Dublin Branch, independence training course in Summer, leisure camp/holiday for age 18+, social activities.
Additional Information: Ring for details of local groups. Also run a Break-a-Way week for more profoundly mentally and physically disabled members.
Contact: The Secretary
Tel.: 01-4572326/4572329

Irish Disabled Fly Fishing Association
“St. Teresa”
Kilmaline
Co. Mayo

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
Contact: Seán Smyth for local contact details
Tel.: 071-66437
Activities for People with Mixed Disabilities (cont'd)

Irish Girl Guides
27 Pembroke Park
Dublin 4

Activities: Children with special needs are integrated into the Ladybird, Brownie and Guide units.

Additional Information: Ring for details of local groups.

Contact: Linda Peters
Tel.: 01-6683898

Riding for the Disabled Association
Rathlin
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.

Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.

Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

Scout Association of Ireland (Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.

Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.

Contact: Connie Larkin for local contact details
Tel.: 01-6711244
## North-Western Health Board Area

### Activities for People with a Physical Disability

<table>
<thead>
<tr>
<th>Organization</th>
<th>Activities</th>
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<th>Contact</th>
<th>Tel.</th>
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</table>
| Brainwave - Irish Epilepsy Association  
Letterkenny Branch | Support group. | Ring for details of meeting times. | Agnes Megannety | 074-21577 |
| Brainwave - Irish Epilepsy Association  
Sligo Branch | Support group. | Ring for details of meeting times. | May McConnell/Anne McCarthy | 071-70606 |
| Irish Disabled Fly Fishing Association  
“St. Teresa” | Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level. | Sean Smyth for local contact details | 071-66437 |
| Irish Wheelchair Association  
- Sport | Basketball, athletics, track and field, bowls, swimming, archery, table-tennis, sailing, quad rugby, snooker. | Clare O’Neill for local contact details | 01-8338241 |
| Multiple Sclerosis Society of Ireland | Summer outings, social evenings, special Christmas events, Trabolgan weekend, Bundoran young persons’ weekend. | Michael Dineen for local contact details | 01-2694599 |
Activities for People with a Physical Disability (cont'd)

**Muscular Dystrophy Ireland**  
Carmichael House  
North Brunswick Street  
Dublin 7  

**Activities:** Wheelchair hockey, swimming, cinema, orienteering, bowling, trips to Mondello Racing Park.  
**Contact:** Catherine Hickey for local contact details  
**Tel.:** 01-8721501

**Riding for the Disabled Association**  
Rathlinn  
Templecarrig Lower  
Delgany  
Co. Wicklow  

**Activities:** Riding, pony & trap driving.  
**Additional Information:** Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.  
**Contact:** Niamh Kingston for local contact details  
**Tel.:** 01-2876498

**Scout Association of Ireland (Scouting Ireland SAI)**  
Morrison Chambers  
32 Nassau Street  
Dublin 2  

**Activities:** General scouting activities with the emphasis on outdoor activities.  
**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.  
**Contact:** Connie Larkin for local contact details  
**Tel.:** 01-6711244

Activities for People with a Learning Disability

**National Federation of ARCH Clubs**  
**Letterkenny ARCH Club**  
Adult Day Centre  
Pearse Road  
Letterkenny  
Co. Donegal  

**Activities:** Ring for details of activities.  
**Contact:** Margaret Curran  
**Tel.:** 074-25624
Activities for People with a Learning Disability (cont’d)

National Federation of ARCH Clubs
Tubbercurry ARCH Club
Carnaleck
Lavagh
Ballymote
Co. Sligo

Activities: Ring for details of activities.
Contact: Bernie Connolly
Tel.: 071-84174

N.W.H.B. Training Centre
Kilmacrennan Road
Letterkenny
Co. Donegal

Activities: Horse-riding, swimming, walking, computer games for immobile clients, shopping, visits to the cinema and museum, exhibitions.
Additional Information: Hope to include drama and music in the future.
Contact: Peter Canning
Tel.: 074-22033

Riding for the Disabled Association
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

Scout Association of Ireland
(Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin for local contact details
Tel.: 01-6711244
Activities for People with a Learning Disability (cont'd)

**Special Olympics Ireland**
Ormond House
Ormond Quay Upper
Dublin 7

**Activities**: Athletics, swimming, bowling, basketball, golf, gymnastics, soccer, equestrian, alpine skiing, poly hockey, table-tennis, motor activities.

**Contact**: Frances Bolton for local contact details
**Tel.**: 01-8720300

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**Activities for People with a Mental Health Difficulty**

**Riding for the Disabled Association**
Rathlin
Templecarrig Lower
Delgany
Co. Wicklow

**Activities**: Riding, pony & trap driving.

**Additional Information**: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.

**Contact**: Niamh Kingston for local contact details
**Tel.**: 01-2876498

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**Schizophrenia Ireland - Carers Support Group**
Buncrana Branch
Mental Health Centre
Buncrana
Co. Donegal

**Activities**: Various activities planned at meetings.

**Additional Information**: Meets first Thursday of every month at 8.00pm.

**Contact**: Kathleen Doherty
**Tel.**: 077-76530

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**Schizophrenia Ireland - Carers Support Group**
Carrick-on-Shannon Branch
Ardlougher
Drumsna
Carrick-on-Shannon
Co. Leitrim

**Activities**: Various activities planned at meetings.

**Additional Information**: Phone for details of meeting times.

**Contact**: Martina Fox
**Tel.**: 078-21842
Activities for People with a Mental Health Difficulty (cont'd)

**Schizophrenia Ireland - Carers Support Group**
**Easkey Branch**
Health Centre
Sligo

Activities: Various activities planned at meetings.
Additional Information: Meets last Wednesday of every month at 8.00pm.
Contact: James Lyons
Tel.: 096-49186

**Schizophrenia Ireland - Carers Support Group**
**Inishowen Branch**
District Hospital
Carndonagh
Inishowen
Co. Donegal

Activities: Various activities planned at meetings.
Additional Information: Meets third Thursday of every month at 8.30pm.
Contact: Mary Rose Gillen
Tel.: 077-81019

**Schizophrenia Ireland - Carers Support Group**
**Killybegs Branch**
Parochial Room
Killybegs
Co. Donegal

Activities: Various activities planned at meetings.
Additional Information: Meets first Thursday of every month at 8.30pm.
Contact: Rose McGuinness
Tel.: 073-31336

**Schizophrenia Ireland - Carers Support Group**
**Letterkenny Branch**
Conference Room
General Hospital
Letterkenny
Co. Donegal

Activities: Various activities planned at meetings.
Additional Information: Meets last Wednesday of every month at 8.00pm.
Contact: Michael Dorian
Tel.: 074-59286

**Schizophrenia Ireland - Carers Support Group**
**Sligo Branch**
The Manse
Wine Street
Sligo

Activities: Various activities planned at meetings.
Additional Information: Meets first Tuesday of every month at 8.30pm.
Contact: Francis Rooney
Tel.: 071-63727
### Activities for People with a Mental Health Difficulty (cont'd)

<table>
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<td><strong>Activities:</strong> General scouting activities with the emphasis on outdoor activities.</td>
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<td><strong>Contact:</strong> Connie Larkin for local contact details</td>
<td><strong>Tel.:</strong> 01-6711244</td>
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### Activities for People with Mixed Disabilities

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<td><strong>Activities:</strong> Activity centre at Dublin Branch, independence training course in Summer, leisure camp/holiday for age 18+, social activities.</td>
<td>Ring for details of local groups. Also run a Break-a-Way week for more profoundly mentally and physically disabled members.</td>
<td><strong>Contact:</strong> The Secretary</td>
<td><strong>Tel.:</strong> 01-4572326/4572329</td>
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<tr>
<td><strong>Irish Disabled Fly Fishing Association</strong></td>
<td><strong>Activities:</strong> Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.</td>
<td></td>
<td><strong>Contact:</strong> Seán Smyth for local contact details</td>
<td><strong>Tel.:</strong> 071-66437</td>
</tr>
</tbody>
</table>
Activities for People with Mixed Disabilities (cont'd)

Irish Girl Guides
27 Pembroke Park
Dublin 4

Activities: Children with special needs are integrated into the Ladybird, Brownie and Guide units.
Contact: Linda Peters for local contact details
Tel.: 01-6683898

Riding for the Disabled Association
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

Scout Association of Ireland (Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin for local contact details
Tel.: 01-6711244
South-Eastern Health Board Area

Activities for People with a Physical Disability

**Brainwave - Irish Epilepsy Association**  
**Waterford Branch**  
25 Tycor Avenue  
Waterford

**Activities:** Support group.  
**Additional Information:** Ring for details of meeting times.  
**Contact:** Teresa O’Brien  
**Tel.:** 051-370344

**Cerebral Palsy Ireland**  
**Kilkenny Branch**  
O’Neill Centre  
St. Joseph’s Road  
Kilkenny

**Activities:** Arts, crafts, sports training.  
**Contact:** Lucy Dooley  
**Tel.:** 056-62326

**Irish Disabled Fly Fishing Association**  
“St. Teresa”  
Kilmaine  
Co. Mayo

**Activities:** Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.  
**Contact:** Seán Smyth for local contact details  
**Tel.:** 071-66437

**Irish Wheelchair Association - Sport**  
**Blackheath Drive**  
Clontarf  
Dublin 3

**Activities:** Basketball, athletics, track and field, bowls, swimming, archery, table-tennis, sailing, quad rugby, snooker.  
**Contact:** Clare O’Neill for local contact details  
**Tel.:** 01-8338241

**Multiple Sclerosis Society of Ireland**  
2 Sandymount Green  
Dublin 4

**Activities:** Summer outings, social evenings, special Christmas events, Trabolgan weekend, Bundoran young persons’ weekend.  
**Contact:** Michael Dineen for local contact details  
**Tel.:** 01-2694599

**Muscular Dystrophy Ireland**  
**Carmichael House**  
North Brunswick Street  
Dublin 7

**Activities:** Wheelchair hockey, swimming, cinema, orienteering, bowling, trips to Mondello Racing Park.  
**Contact:** Catherine Hickey for local contact details  
**Tel.:** 01-8721501
Activities for People with a Physical Disability (cont'd)

**Riding for the Disabled Association**  
Rathlinn  
Templecarrig Lower  
Delgany  
Co. Wicklow

**Activities:** Riding, pony & trap driving.  
**Additional Information:** Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.  
**Contact:** Niamh Kingston for local contact details  
**Tel.:** 01-2876498

**Scout Association of Ireland (Scouting Ireland SAI)**  
Morrison Chambers  
32 Nassau Street  
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.  
**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.  
**Contact:** Connie Larkin for local contact details  
**Tel.:** 01-6711244

**Volunteer Stroke Scheme**  
St. Bridget’s  
Clifford Street  
Wexford

**Activities:** Outings, games.  
**Contact:** Helen Roche  
**Tel.:** 053-23819
Activities for People with a Learning Disability

**Brothers of Charity Services**
Belmont Park
Waterford

Activities: Athletics, aerobics, basketball, badminton, bowling, swimming, hockey, gymnastics, soccer, table-tennis, outdoor education.

Additional Information: Affiliated to Special Olympics.

Contact: Susan McGill  
Tel.: 051-832211

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**Club 96**
Shellomspath
Co. Kilkenny

Activities: Social outings (theatre, discos), club activities including bingo, cards, art, singing.

Additional Information: This club is based in NRB, 4 The Parade, Kilkenny.

Contact: Anna Seymour  
Tel.: 056-22782

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**County Wexford Community Workshop (Enniscorthy) Ltd.**
Bellefield  
Enniscorthy  
Co. Wexford

Activities: Swimming, bowling, table-tennis, athletics, horse-riding, motor activities, indoor soccer, basketball.

Contact: Frances O'Hagan  
Tel.: 054-33069

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**National Federation of ARCH Clubs**
Carlow ARCH Club  
Delta Centre  
Strawhall Industrial Estate  
Carlow

Activities: Ring for details of activities.

Contact: Eileen Brophy  
Tel.: 0503-43527

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**National Federation of ARCH Clubs**
Enniscorthy ARCH Club  
13 Bellefield Road  
Enniscorthy  
Co. Wexford

Activities: Ring for details of activities.

Contact: Maria Fenlon  
Tel.: 054-33285
Activities for People with a Learning Disability (cont’d)

National Federation of ARCH Clubs
Gorey ARCH Club
“Assisi”
Clonattin Lower
Gorey
Co. Wexford

Activities: Ring for details of activities.
Contact: Clare Doyle
Tel.: 055-21024

National Federation of ARCH Clubs
New Ross ARCH Club
8 Tower Grove
New Ross
Co. Wexford

Activities: Ring for details of activities.
Contact: Monica Byrne
Tel.: 051-21849

National Federation of ARCH Clubs
Thomastown ARCH Club
Blathanna Beaga
Stoneen
Thomastown
Co. Kilkenny

Activities: Ring for details of activities.
Contact: Liz Wright
Tel.: 056-62043

National Federation of ARCH Clubs
Thomastown CAPT
(Children & Parents Together)
Castlegarden
Thomastown
Co. Kilkenny

Activities: Ring for details of activities.
Contact: Joe Egan
Tel.: 056-24341

National Federation of ARCH Clubs
Tramore ARCH Club
Knockenduff
Tramore
Co. Waterford

Activities: Ring for details of activities.
Contact: Bridie Prenter
Tel.: 051-386264
Activities for People with a Learning Disability (cont'd)

**National Federation of ARCH Clubs**

**Wexford ARCH Club**
58 Upper John Street
Wexford

**Activities**: Ring for details of activities.
**Contact**: Joan Sinnott
**Tel.:** 053-23726

**Riding for the Disabled Association**

**Rathlinn**
**Templecarrig Lower**
**Delgany**
**Co. Wicklow**

**Activities**: Riding, pony & trap driving.
**Additional Information**: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
**Contact**: Niamh Kingston for local contact details
**Tel.:** 01-2876498

**Scout Association of Ireland (Scouting Ireland SAI)**

**Morrison Chambers**
32 Nassau Street
Dublin 2

**Activities**: General scouting activities with the emphasis on outdoor activities.
**Additional Information**: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
**Contact**: Connie Larkin for local contact details
**Tel.:** 01-6711244

Activities for People with a Mental Health Difficulty

**Special Olympics Ireland**

**Ormond House**
**Ormond Quay Upper**
**Dublin 7**

**Activities**: Athletics, swimming, bowling, basketball, golf, gymnastics, soccer, equestrian, alpine-skiing, poly hockey, table-tennis, motor activities.
**Contact**: Frances Bolton for local contact details
**Tel.:** 01-8720300
Activities for People with a Mental Health Difficulty (cont'd)

**Riding for the Disabled**  
**Association**  
Rathlinn  
Templecarrig Lower  
Delgany  
Co. Wicklow

*Activities:* Riding, pony & trap driving.  
*Additional Information:* Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.  
*Contact:* Niamh Kingston for local contact details  
*Tel.:* 01-2876498

**Schizophrenia Ireland - Carers Support Group**  
**Kilkenny Branch**  
Kilkenny

*Activities:* Various activities planned at meetings.  
*Additional Information:* Phone between 9.15am and 10.00am for details of meeting times.  
*Contact:* Christina Hickey  
*Tel.:* 056-52341

**Schizophrenia Ireland - Carers Support Group**  
**Waterford Branch**  
Brook House  
Cork Road  
Waterford

*Activities:* Various activities planned at meetings.  
*Additional Information:* Meets first Wednesday of every month at 7.30pm.  
*Contact:* Albert Murphy  
*Tel.:* 051-871424/871425

**Schizophrenia Ireland - Carers Support Group**  
**Wexford Branch**  
Mental Health Centre  
Wexford

*Activities:* Various activities planned at meetings.  
*Additional Information:* Meets last Thursday of every month at 8.00pm.  
*Contact:* Siobhán Whitehead  
*Tel.:* 053-33135

**Schizophrenia Ireland - Phrenz Group**  
**Waterford Branch**  
The Munster Bar (Top Floor)  
Waterford

*Activities:* Various activities planned at meetings.  
*Additional Information:* Meets second Wednesday of every month at 7.30pm.  
*Contact:* Deirdre English  
*Tel.:* 051-371998
Activities for People with a Mental Health Difficulty (cont'd)

**Scout Association of Ireland (Scouting Ireland SAI)**
Morrison Chambers
32 Nassau Street
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.  
**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.  
**Contact:** Connie Larkin for local contact details  
**Tel.:** 01-6711244

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Activities for People with Mixed Disabilities

**Irish Association for Spina Bifida and Hydrocephalus**
Old Nangor Road
Clondalkin
Dublin 22

**Activities:** Activity centre at Dublin Branch, independence training course in Summer, leisure camp/holiday for age 18+, social activities.  
**Additional Information:** Ring for details of local groups. Also run a Break-a-Way week for more profoundly mentally and physically disabled members.  
**Contact:** The Secretary  
**Tel.:** 01-4572326/4572329

**Irish Disabled Fly Fishing Association**  
"St. Teresa"
Kilmaine
Co. Mayo

**Activities:** Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.  
**Contact:** Seán Smyth for local contact details  
**Tel.:** 071-66437
Activities for People with Mixed Disabilities (cont'd)

Irish Girl Guides
27 Pembroke Park
Dublin 4

Activities: Children with special needs are integrated into the Ladybird, Brownie and Guide units.
Contact: Linda Peters for local contact details
Tel.: 01-6683898

Riding for the Disabled Association
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

St. Anthony's Unit
County Wexford Community Workshop (Enniscorthy) Ltd.
Bellefield
Enniscorthy
Co. Wexford

Activities: Swimming, table-tennis, athletics, horse-riding, bowling, motor activities, indoor soccer, golf, craft & drama.
Contact: Jacqueline Murphy
Tel.: 054-33069

St. Bridget's Old Folks Club - Day Centre
St. Bridget's Centre
Roches Road
Wexford

Activities: Social and cultural outings, crafts, art, aerobics, parachuting, exhibitions, library, relaxation, meditation, music & entertainment.
Additional Information: All members are aged 65 and over. The centre also takes people recommended by the Health Board.
Contact: Seán Kinsella
Tel.: 053-23819
Activities for People with Mixed Disabilities (cont'd)

**Scout Association of Ireland (Scouting Ireland SAI)**
Morrison Chambers
32 Nassau Street
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.

**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.

**Contact:** Connie Larkin for local contact details
**Tel.:** 01-6711244

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**South Tipperary Dolphin Swimming Club**
c/o Josephine O'Connor
(Secretary)
Cahir Road
Cashel
Co. Tipperary

**Activities:** Swimming for physical and mentally disabled.

**Additional Information:** Swimming session takes place at Ferryhouse Sports Complex, Clonmel.

**Contact:** Josephine O’Connor
**Tel.:** 062-61226
Southern Health Board Area

Activities for People with a Physical Disability

Abode Hostel and Day Centre
Mahon
Blackrock
Cork

Brainwave - Irish Epilepsy Association
Cork Branch
17 Washington Street
Cork

C.A.S.A. (Caring and Sharing Association)
Carmichael House
North Brunswick Street
Dublin 7

Irish Disabled Fly Fishing Association
“St. Teresa”
Kilmaine
Co. Mayo

Irish Wheelchair Association - Sport
Blackheath Drive
Clontarf
Dublin 3

Kerry Dioscesan Youth Service
Denny Street
Tralee
Co. Kerry

Activities: Respite breaks, crafts, art, woodwork, outings to local places of interest, shopping expeditions.
Contact: Clodagh Caulfield
Tel.: 021-357606

Activities: Support group.
Additional Information: Ring for details of meeting times.
Contact: Carmel Coughlan/Catherine Healy/Bernard Hughes
Tel.: 021-274774

Activities: Social outings, holidays and Lourdes pilgrimages.
Contact: Ann Crowe for local contact details
Tel.: 01-8725300

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
Contact: Seán Smyth for local contact details
Tel.: 071-66437

Activities: Basketball, athletics, track and field, bowls, swimming, archery, table-tennis, sailing, quad rugby, snooker.
Contact: Clare O’Neill for local contact details
Tel.: 01-8338241

Activities: Sports hall available for rental; information service open to all people with disabilities.
Contact: Alice Donohue
Tel.: 066-21674
Activities for People with a Physical Disability (cont'd)

**Lavanagh Centre**
Ballintemple
Cork

**Activities:** Summer activity week for children, duet cycle available to borrow, respite-break holiday house in Garryvoe, Co. Cork, youth club with sports and drama elements.

**Contact:** Alison Mehigan
**Tel.:** 021-294803

**Multiple Sclerosis Society of Ireland**
2 Sandymount Green
Dublin 4

**Activities:** Summer outings, social evenings, special Christmas events, Trabolgan weekend, Bundoran young persons' weekend.

**Contact:** Michael Dineen for local contact details
**Tel.:** 01-2694599

**Muscular Dystrophy Ireland**
Carmichael House
North Brunswick Street
Dublin 7

**Activities:** Wheelchair hockey, swimming, cinema, orienteering, bowling, trips to Mondello Racing Park.

**Contact:** Catherine Hickey for local contact details
**Tel.:** 01-8721501

**Riding for the Disabled Association**
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

**Activities:** Riding, pony & trap driving.

**Additional Information:** Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.

**Contact:** Niamh Kingston for local contact details
**Tel.:** 01-2876498
Activities for People with a Physical Disability (cont'd)

Scout Association of Ireland
(Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin for local contact details
Tel.: 01-6711244

Activities for People with a Learning Disability

CAIRDE Club
Old Monastery
Port Road
Killarney
Co. Kerry

Activities: Sports (outdoor and indoor), hostelling, cinema, Special Olympics, hobbies.
Contact: Pat Moriarty
Tel.: 064-32742

C.A.S.A. (Caring and Sharing Association)
Carmichael House
North Brunswick Street
Dublin 7

Activities: Social outings, holidays and Lourdes pilgrimages.
Contact: Ann Crowe for local contact details
Tel.: 01-8725300

Co-Action West Cork
Slip
Bantry
Co. Cork

Activities: Social outings, social evenings, discos, group holiday, swimming.
Contact: Rosemary Murray
Tel.: 027-50114

Co-Action West Cork
North Road
Castletownbere
Co. Cork

Activities: Social outings, social evenings, discos, holiday.
Contact: Úna Nic Charra
Tel.: 027-70835
Activities for People with a Learning Disability (cont'd)

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<td>Co-Action West Cork</td>
<td>Leisure activities with volunteers (Friendship Scheme), Saturday club for children.</td>
<td>Margaret Hayes</td>
<td>023-35188</td>
</tr>
<tr>
<td>Co-Action West Cork</td>
<td>Leisure activities with volunteers (Friendship Scheme).</td>
<td>Sinead Cripps</td>
<td>023-55505</td>
</tr>
<tr>
<td>Co-Action West Cork</td>
<td>Leisure activities with volunteers (Friendship Scheme).</td>
<td>Mary McCarthy</td>
<td>028-23043</td>
</tr>
<tr>
<td>COPE Foundation</td>
<td>Table-tennis, basketball, bowling, snooker, pool, aerobics, swimming, movement to music for different ability levels, a fitness room.</td>
<td>Oonagh Brennan</td>
<td>021-507131</td>
</tr>
<tr>
<td>Down Syndrome Ireland - Kerry Branch</td>
<td>Early Years music sessions (aged 2-8 years), music classes (aged 9 years - adult), social meetings and outings.</td>
<td>Jill O'Brien</td>
<td>066-80087</td>
</tr>
<tr>
<td>Getaway Youth Club</td>
<td>Gym activities, videos shown, 10-pin bowling, cinema, disco. Additional Information: This club is part of the social and recreational programme in the Vocational Training Centre and is open to past and present trainees of the centre.</td>
<td>Judy O'Connor</td>
<td>021-507131</td>
</tr>
</tbody>
</table>
### Activities for People with a Learning Disability (cont'd)

<table>
<thead>
<tr>
<th>Organization</th>
<th>Activities:</th>
<th>Contact:</th>
<th>Tel.:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kerry Dioscesan Youth Service</strong></td>
<td>Sports hall available for rental; information service open to all people with disabilities.</td>
<td>Alice Donohue</td>
<td>066-21674</td>
</tr>
<tr>
<td>Tralee Youth Centre</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Denny Street</td>
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<tr>
<td>Tralee</td>
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<tr>
<td>Co. Kerry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Riding for the Disabled Association</strong></td>
<td>Riding, pony &amp; trap driving.</td>
<td>Niamh Kingston for local contact details</td>
<td>01-2876498</td>
</tr>
<tr>
<td>Rathlinn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Templecarrig Lower</td>
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<td>Delgany</td>
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<tr>
<td>Co. Wicklow</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Scout Association of Ireland (Scouting Ireland SAI)</strong></td>
<td>General scouting activities with the emphasis on outdoor activities.</td>
<td>Connie Larkin for local contact details</td>
<td>01-6711244</td>
</tr>
<tr>
<td>Morrison Chambers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32 Nassau Street</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dublin 2</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Special Olympics Ireland</strong></td>
<td>Athletics, swimming, bowling, basketball, golf, gymnastics, soccer, equestrian, alpine skiing, poly hockey, table-tennis, motor activities.</td>
<td>Frances Bolton for local contact details</td>
<td>01-8720300</td>
</tr>
<tr>
<td>Ormond House</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Ormond Quay Upper</td>
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<tr>
<td>Dublin 7</td>
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</tr>
</tbody>
</table>
Activities for People with a Mental Health Difficulty

BALANCE
The Square
Ballincollig
Co. Cork

Activities: 1 week summer camp.
Contact: Jim Hyland
Tel.: 021-870598

C.A.S.A. (Caring and Sharing Association)
Carmichael House
North Brunswick Street
Dublin 7

Activities: Social outings, holidays and Lourdes pilgrimages.
Contact: Ann Crowe for local contact details
Tel.: 01-8725300

COPE Foundation
Social/Recreation Club
Bonnington
Montenotte
Cork

Activities: Table-tennis, basketball, bowling, snooker, pool, aerobics, swimming, movement to music for different ability levels, a fitness room.
Contact: Oonagh Brennan
Tel.: 021-507131

GROW Community Mental Health
11 Liberty Street
Cork

Activities: Writers' group (Friday afternoons).
Contact: Jean Hassell
Tel.: 021-393055

Riding for the Disabled Association
Rathlunn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498

Schizophrenia Ireland - Carers Support Group
Cork Branch
Cork University Hospital
Tutorial Room 1A
Cork

Activities: Various activities planned at meetings.
Additional Information: Meets last Tuesday of every month at 8.00pm.
Contact: Liam Dowling
Tel.: 021-541901
Activities for People with a Mental Health Difficulty (cont'd)

**Schizophrenia Ireland - Carers Support Group**
Tralee Branch
35 Ard na Li
Oakpark
Tralee
Co. Kerry

**Activities:** Various activities planned at meetings.
**Additional Information:** Meets second Tuesday of every month at 8.00pm.
**Contact:** Noreen McCarthy
**Tel.:** 066-26927

**Schizophrenia Ireland - Phrenz Group**
Cork Branch
Schizophrenia Ireland Office
Unit 28
Penrose Wharf
Cork

**Activities:** Various activities planned at meetings.
**Additional Information:** Meets second Tuesday of every month at 8.00pm.
**Contact:** Liam Dowling
**Tel.:** 021-541901

**Schizophrenia Ireland - Spouses/Partners Group**
Cork Branch
Tara
Curraheen
Carrigrohane
Co. Cork

**Activities:** Various activities planned at meetings.
**Additional Information:** Phone for details of meetings.
**Contact:** Gemma Owens
**Tel.:** 021-274051

**Scout Association of Ireland (Scouting Ireland SAI)**
Morrison Chambers
32 Nassau Street
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.
**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
**Contact:** Connie Larkin for local contact details
**Tel.:** 01-6711244
Activities for People with Mixed Disabilities

C.A.S.A. (Caring and Sharing Association)
Carmichael House
North Brunswick Street
Dublin 7

Activities: Social outings, holidays and Lourdes pilgrimages.
Contact: Ann Crowe for local contact details
Tel.: 01-8725300

COPE Foundation
Social/Recreation Club
Bonnington
Montenotte
Cork

Activities: Table-tennis, basketball, bowling, snooker, pool, aerobics, swimming, movement to music for different ability levels, a fitness room.
Contact: Oonagh Brennan
Tel.: 021-507131

Irish Disabled Fly Fishing Association
"St. Teresa"
Kilmaine
Co. Mayo

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
Contact: Seán Smyth for local contact details
Tel.: 071-66437

Irish Girl Guides
27 Pembroke Park
Dublin 4

Activities: Children with special needs are integrated into the Ladybird, Brownie and Guide units.
Additional Information: Ring for details of local groups.
Contact: Linda Peters
Tel.: 01-6683898

Lavanagh Centre
Ballintemple
Cork

Activities: Summer activity week for children, duet cycle available to borrow, respite-break holiday house in Garryvoe, Co. Cork, youth club with sports and drama elements.
Contact: Alison Mehigan
Tel.: 021-294803
Activities for People with Mixed Disabilities (cont'd)

OGRA Chorcai Ltd.
Cork Youth Association
20 Patrick’s Hill
Cork

Activities: Sports, arts, Youth Parliament, summer schemes, youth clubs, youth projects.
Additional Information: All activities are open to all young people.
Contact: Deirdre McAlister
Tel.: 021-502112

Riding for the Disabled Association
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
Contact: Seán Smyth for local contact details
Tel.: 071-66437

Scout Association of Ireland (Scouting Ireland SAI)
Morrison Chambers
32 Nassau Street
Dublin 2

Activities: General scouting activities with the emphasis on outdoor activities.
Additional Information: Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.
Contact: Connie Larkin for local contact details
Tel.: 01-6711244
Western Health Board Area

Activities for People with a Physical Disability

Brainwave - Irish Epilepsy Association
Galway Branch
Ozanam House
St. Augustine’s Street
Galway

Activities: Support group.
Additional Information: Ring for details of meeting times.
Contact: Maureen Fox
Tel.: 091-568180

Irish Disabled Fly Fishing Association
“St. Teresa”
Kilmaine
Co. Mayo

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.
Contact: Seán Smyth
Tel.: 071-66437

Irish Wheelchair Association - Sport
Blackheath Drive
Clontarf
Dublin 3

Activities: Basketball, athletics, track and field, bowls, swimming, archery, table-tennis, sailing, quad rugby, snooker.
Contact: Clare O’Neill for local contact details
Tel.: 01-8338241

Multiple Sclerosis Society of Ireland
2 Sandymount Green
Dublin 4

Activities: Summer outings, social evenings, special Christmas events, Traboglan weekend, Bundoran young persons’ weekend.
Contact: Michael Dineen for local contact details
Tel.: 01-2694599

Muscular Dystrophy Ireland
Carmichael House
North Brunswick Street
Dublin 7

Activities: Wheelchair hockey, swimming, cinema, orienteering, bowling, trips to Mondello Racing Park.
Contact: Catherine Hickey for local contact details
Tel.: 01-8721501
Activities for People with a Physical Disability (cont’d)

**Riding for the Disabled Association**
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

**Activities:** Riding, pony & trap driving.

**Additional Information:** Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.

**Contact:** Niamh Kingston for local contact details
**Tel.:** 01-2876498

**Scout Association of Ireland (Scouting Ireland SAI)**
Morrison Chambers
32 Nassau Street
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.

**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.

**Contact:** Connie Larkin for local contact details
**Tel.:** 01-6711244

**Western Regional Fisheries Board**
Weir Lodge
Earl’s Island
Galway

**Activities:** Coarse-angling, game-angling, sea-angling.

**Additional Information:** Fishing stands available for disabled anglers around lakes. Advice also given on where to fish, etc..

**Contact:** Danny Goldrick
**Tel.:** 091-563118/563119/563110

Activities for People with a Learning Disability

**Brothers of Charity Services**
Woodlands Centre
Renmore
Galway

**Activities:** Social club, weekends away, sports and sports training, summer projects, Special Olympics, snooker & pool, holidays, swimming, theatre, drama group.

**Contact:** P. McGinley
**Tel.:** 091-755241
Activities for People with a Learning Disability (cont'd)

Galway Association for Mentally Handicapped Children
The Halls
Quay Street
Galway

Activities: Bowling, swimming, pool, table-tennis.
Additional Information: Parents' groups operate swimming clubs in the evenings for some geared towards Special Olympics.
Contact: Sue Patching
Tel.: 091-522113

National Federation of ARCH Clubs
Ballina ARCH Club
Dereens
Knockanillaun
Ballina
Co. Mayo

Activities: Ring for details of activities.
Contact: Caroline Callaghan
Tel.: 096-70297

National Federation of ARCH Clubs
Ballinrobe ARCH Club
Claremorris Road
Ballinrobe
Co. Mayo

Activities: Ring for details of activities.
Contact: Mae Langan
Tel.: 092-41366

National Federation of ARCH Clubs
Mervue ARCH Club
Brothers of Charity
Failte House
Castle Park Road
Ballybane
Co. Galway

Activities: Ring for details of activities.
Contact: Gráinne Ní Flaharta
Tel.: 091-755231

Riding for the Disabled Association
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.
Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.
Contact: Niamh Kingston for local contact details
Tel.: 01-2876498
Leisure and Recreation Activities for People with Disabilities

Activities for People with a Learning Disability (cont’d)

**Scout Association of Ireland (Scouting Ireland SAI)**
Morrison Chambers
32 Nassau Street
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.

**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.

**Contact:** Connie Larkin for local contact details
**Tel.:** 01-6711244

**Special Olympics Ireland**
Ormond House
Ormond Quay Upper
Dublin 7

**Activities:** Athletics, swimming, bowling, basketball, golf, gymnastics, soccer, equestrian, alpine skiing, poly hockey, table-tennis, motor activities.

**Contact:** Frances Bolton for local contact details
**Tel.:** 01-8720300

**Western Regional Fisheries Board**
Weir Lodge
Earl’s Island
Galway

**Activities:** Coarse-angling, game-angling, sea-angling.

**Additional Information:** Fishing stands available for disabled anglers around lakes. Advice also given on where to fish, etc.

**Contact:** Danny Goldrick
**Tel.:** 091-563118/563119/563110
Activities for People with a Mental Health Difficulty

**Riding for the Disabled Association**

Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

**Activities:** Riding, pony & trap driving.

**Additional Information:** Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.

**Contact:** Niamh Kingston for local contact details

**Tel.:** 01-2876498

---

**Schizophrenia Ireland - Carers Support Group**

**Castlebar Branch**
St. Michael's Day Hospital
Castlebar
Co. Mayo

**Activities:** Various activities planned at meetings.

**Additional Information:** Meets first Wednesday of every month at 8.00pm.

**Contact:** Kathleen Culkeen

**Tel.:** 094-26337

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**Schizophrenia Ireland - Carers Support Group**

**Galway Branch**
Psychiatric Social Worker
Psychiatry Department
University College Hospital
Galway

**Activities:** Various activities planned at meetings.

**Additional Information:** Meets first Monday of every month at 8.00pm.

**Contact:** Kathy Eastwood

**Tel.:** 091-524222 Ext. 4458

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**Schizophrenia Ireland - Phrenz Group**

**Galway Branch**
The Resource Centre
Waterside
Galway

**Activities:** Various activities planned at meetings.

**Additional Information:** Meets every Thursday at 9.00pm.

**Contact:** Áine Ní Mhurchadha

**Tel.:** 091-553190

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Activities for People with a Mental Health Difficulty (cont’d)

**Scout Association of Ireland (Scouting Ireland SAI)**
Morrison Chambers
32 Nassau Street
Dublin 2

**Activities:** General scouting activities with the emphasis on outdoor activities.

**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.

**Contact:** Connie Larkin for local contact details
**Tel.:** 01-6711244

**Western Regional Fisheries Board**
Weir Lodge
Earl’s Island
Galway

**Activities:** Coarse-angling, game-angling, sea-angling.

**Additional Information:** Fishing stands available for disabled anglers around lakes. Advice also given on where to fish, etc.

**Contact:** Danny Goldrick
**Tel.:** 091-563118/563119/563110

Activities for People with Mixed Disabilities

**Brothers of Charity Services**
Woodlands Centre
Renmore
Galway

**Activities:** Social club, weekends away, sports and sports training, summer projects, Special Olympics, snooker & pool, holidays, swimming, theatre, drama group.

**Contact:** P. McGinley
**Tel.:** 091-755241
Activities for People with Mixed Disabilities (cont'd)

Irish Association for Spina Bifida and Hydrocephalus
Old Nangor Road
Clondalkin
Dublin 22

Activities: Activity centre at Dublin Branch, independence training course in Summer, leisure camp/ holiday for age 18+, social activities.

Additional Information: Ring for details of local groups. Also run a Break-a-Way week for more profoundly mentally and physically disabled members.

Contact: The Secretary
Tel.: 01-4572326/4572329

Irish Disabled Fly Fishing Association
“St. Teresa”
Kilmaine
Co. Mayo

Activities: Disabled anglers compete in fly-fishing competitions and the top 7 are selected to compete at international level.

Contact: Seán Smyth
Tel.: 071-66437

Irish Girl Guides
27 Pembroke Park
Dublin 4

Activities: Children with special needs are integrated into the Ladybird, Brownie and Guide units.

Additional Information: Ring for details of local groups.

Contact: Linda Peters
Tel.: 01-6683898

Riding for the Disabled Association
Rathlinn
Templecarrig Lower
Delgany
Co. Wicklow

Activities: Riding, pony & trap driving.

Additional Information: Medical permission forms required. Groups ride/drive mainly during school/workshop hours in term-time.

Contact: Niamh Kingston for local contact details
Tel.: 01-2876498
Activities for People with Mixed Disabilities (cont’d)

**Scout Association of Ireland**  
(Scouting Ireland SAI)  
Morrison Chambers  
32 Nassau Street  
Dublin 2  

**Activities:** General scouting activities with the emphasis on outdoor activities.  
**Additional Information:** Leaders in all groups throughout Ireland try to integrate children with disabilities into group activities. There are a small number of groups, or sections within larger groups, around the country which have been set up specifically for children with disabilities.  
**Contact:** Connie Larkin for local contact details  
**Tel.:** 01-6711244

**Western Regional Fisheries Board**  
Weir Lodge  
Earl’s Island  
Galway  

**Activities:** Coarse-angling, game-angling, sea-angling.  
**Additional Information:** Fishing stands available for disabled anglers around lakes. Advice also given on where to fish, etc..  
**Contact:** Danny Goldrick  
**Tel.:** 091-563118/563119/563110
| HEAD OFFICE        | 24/25 Clyde Road, Dublin 4  
<table>
<thead>
<tr>
<th></th>
<th>Tel: 01-608 0400 Fax: 01-660 9935</th>
</tr>
</thead>
</table>
| DUBLIN CITY & FINGAL | National Disability Resource Centre, 44 North Great Georges Street, Dublin 1  
|                    | Tel: 01-874 7503 Fax: 01-874 7490 |
| SOUTH DUBLIN & MID-EAST | Disability Resource Centre, Hainault House, The Square, Tallaght, Dublin 24  
|                     | Tel: 01-462 0444 Fax: 01-462 0494 |
| MIDLANDS/NORTH EAST | MULLINGAR The Manse, Castle Street, Mullingar, Co. Westmeath  
|                    | Tel: 044-40219/41056 Fax: 044-42897 |
|                    | DUNDALK Adelphi Court, Long Walk, Dundalk, Co. Louth  
|                    | Tel: 042-32913 Fax: 042-37081 |
|                    | CAVAN Magnet House, Farnham Street, Cavan, Co. Cavan  
|                    | Tel: 049-62533 Fax: 049-32525 |
|                    | TULLAMORE High Street, Tullamore, Co. Offaly  
|                    | Tel: 0506-41262 Fax: 0506-51523 |
| SOUTH WEST         | CORK 101 North Main Street, Cork, Co. Cork  
|                    | Tel: 021-270423/272762 Fax: 021-272935 |
|                    | TRALEE 3 Bridge Lane, Tralee, Co. Kerry  
|                    | Tel: 066-23292 Fax: 066-24810 |
| SOUTH EAST         | KILKENNY 4 The Parade, Kilkenny, Co. Kilkenny  
|                    | Tel: 056-65176/64212 Fax: 056-64211 |
|                    | WEXFORD 100 North Main Street, Wexford, Co. Wexford  
|                    | Tel: 053-24363/24354 Fax: 053-46319 |
|                    | WATERFORD 14 Gladstone Street, Waterford, Co. Waterford  
|                    | Tel: 051-850998/872431 Fax: 051-876575 |
|                    | CLONMEL 2-3 Emmet Street, Clonmel, Co. Tipperary  
|                    | Tel: 052-23486/23211 Fax: 052-26214 |
| MID-WEST           | LIMERICK Perycourt, Upper Mallow Street, Limerick, Co. Limerick  
|                    | Tel: 061-319779/314270 Fax: 061-412977 |
| WEST               | GALWAY 10 Ely Place, Galway, Co. Galway  
|                    | Tel: 091-583567/582111 Fax: 091-582114 |
|                    | CASTLEBAR Humbert Mall, Main Street, Castlebar, Co. Mayo  
|                    | Tel: 094-22834 Fax: 094-21963 |
| NORTH WEST         | SLIGO Strandhill Road, Sligo, Co. Sligo  
|                    | Tel: 071-62809/62459 Fax: 071-69716 |
|                    | LETTERKENNY Port Road, Letterkenny, Co. Donegal  
|                    | Tel: 074-21103 Fax: 074-23019 |

NRB E-Mail Address: nrb@iol.ie  
NRB Website Address: http://ireland.iol.ie/~nrb
This booklet is also available in the research section of NRB's website:

http://www.iol.ie/~nrb