



## Factsheet 1: Useful Contacts and Links

*We want to 'signpost' some useful contacts and links for you, your friends and family. Here are details for some key local and national organisations who can help you to find information, services and supports for ageing well.*

### Community Services and Supports - Local

#### Age Action, Galway

##### Care and Repair

Tel: 091 527831

Email: [aaw@ageaction.ie](mailto:aaw@ageaction.ie)

##### Getting Started Computer Training

Tel: 091 527831

Email: [gettingstartedgalway@ageaction.ie](mailto:gettingstartedgalway@ageaction.ie)

Website: [www.ageaction.ie](http://www.ageaction.ie)

#### COPE Galway

Tel: 091 778750

Email: [info@copegalway.ie](mailto:info@copegalway.ie)

##### COPE Senior Support Services

Tel: 091 700800

Email: [seniorsupport@copegalway.ie](mailto:seniorsupport@copegalway.ie)

##### Community Catering/Meals on Wheels

Tel: 091 700800

Email: [communitycatering@copegalway.ie](mailto:communitycatering@copegalway.ie)

Website: [www.copegalway.ie](http://www.copegalway.ie)

#### Croi na Gaillimhe Resource Centre

Tel: 091 895 203

Email: [info@croinagaillimhe.ie](mailto:info@croinagaillimhe.ie)

#### Galway Age Friendly Programme

Tel: 091 509591

Email: [agefriendly@galwaycoco.ie](mailto:agefriendly@galwaycoco.ie)

Website: [www.galway.ie/agefriendly/](http://www.galway.ie/agefriendly/)

## **Galway City Community Network /Public Participation Network**

Tel: 087 9326467

Email: [info@galwaycitycommunitynetwork.ie](mailto:info@galwaycitycommunitynetwork.ie)

Website: [www.galwaycitycommunitynetwork.ie/](http://www.galwaycitycommunitynetwork.ie/)

## **Galway City Partnership**

Tel: 091 773466

Email: [info@gcp.ie](mailto:info@gcp.ie)

Website: [www.gcp.ie/](http://www.gcp.ie/)

## **Galway Contact**

Tel: 091 867892

Email: [galwaycontact@eircom.net](mailto:galwaycontact@eircom.net)

Website: [www.galwaycontact.ie](http://www.galwaycontact.ie)

## **Galway County PPN/ Public Participation Network**

Tel: 091 509147

Email: [resourceworker@galwaycountyppn.ie](mailto:resourceworker@galwaycountyppn.ie)

Website: [www.galwaycountyppn.ie/](http://www.galwaycountyppn.ie/)

## **Meals4Health**

Tel: 091 354000

Email: [info@meals4health.ie](mailto:info@meals4health.ie)

Website: [www.meals4health.ie/](http://www.meals4health.ie/)

## **Volunteer Galway**

Tel: 091 581727

Email: [info@volunteergalway.ie](mailto:info@volunteergalway.ie)

Website: [www.volunteergalway.ie/](http://www.volunteergalway.ie/)

## **Westside Age Inclusion**

Tel: 091 589861

Email: [westsideageinclusion@eircom.net](mailto:westsideageinclusion@eircom.net)

## Community Services and Supports - National

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### Active Retirement Ireland

Tel: 01 8733836      Email: [info@activeirel.ie](mailto:info@activeirel.ie)

Website: [www.activeirl.ie/](http://www.activeirl.ie/)

### Age Action / Information Service

Tel: (01) 475 6989      Lo Call: 1890 369369

Website: [www.ageaction.ie](http://www.ageaction.ie)

### Age and Opportunity

Tel: 01 805770      Email: [info@ageandopportunity.ie](mailto:info@ageandopportunity.ie)

Website: [www.ageandopportunity.ie/](http://www.ageandopportunity.ie/)

### Sage Advocacy

Tel: 01 5367330      Email: [info@sageadvocacy.ie](mailto:info@sageadvocacy.ie)

Website: [www.sageadvocacy.ie/](http://www.sageadvocacy.ie/)

### Seniorline– National Confidential Listening Service for Older People

Lines are open every day 10.00am to 10.00pm

Tel: 1800 80 45 91

Website: [www.thirdageireland.ie/seniorline](http://www.thirdageireland.ie/seniorline)

## Public Services and Supports - Local

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### Citizens Information Service

Lo Call: 0761 07 7600      Email: [galway@citinfo.ie](mailto:galway@citinfo.ie)

Website: [www.citizensinformation.ie](http://www.citizensinformation.ie)

## Department of Employment and Social Protection

### Intreo Centre, Galway

Tel: 091 500800

Email: [galway@welfare.ie](mailto:galway@welfare.ie)

Website: [www.welfare.ie](http://www.welfare.ie)

### Galway City Council

Tel: 091 536400

Email: [customerservice@galwaycity.ie](mailto:customerservice@galwaycity.ie)

Website: [www.galwaycity.ie](http://www.galwaycity.ie)

### Galway County Council

Tel: 091 509000

Email: [customerservices@galwaycoco.ie](mailto:customerservices@galwaycoco.ie)

Website: [www.galway.ie](http://www.galway.ie)

### Galway Public Libraries – Branches and Opening Times

Website: [www.galway.ie/en/services/library/openingtimes/](http://www.galway.ie/en/services/library/openingtimes/)

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### HSE - Health Service Executive

**HSE Live:** Mon- Fri 8.00am to 8.00pm; Sat 10.00am to 5.00pm

Tel: 041 6850300

Callsave: 1850 24 1850 Email: [hselive@hse.ie](mailto:hselive@hse.ie)

#### HSE Galway Local Health Office

Tel: 091 523122

#### HSE Galway Home Care Support Services

Tel: 091 546356

Website: [www.hse.ie](http://www.hse.ie)

***This information, along with some useful Factsheets is also available to read or download on the COPE Galway website [www.copegalway.ie/](http://www.copegalway.ie/)***

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