

Irishtown and Ringsend Primary Care Team



Call us at (01) 660 8629 for an appointment



Teicneannacht na Seirbhíse Sláinte
Health Service Executive

YOUR HEALTH IS IMPORTANT

Achieving and maintaining good health is of central importance to enable people live healthy and fulfilled lives.

In order to stay healthy it is important to look after your body and mind.

Having a healthy lifestyle will help you do this.

This includes:

- Eating a healthy diet and being a healthy weight
- Being physically active
- Stopping smoking and cutting back on excessive alcohol intake
- Looking after your mental health and dealing with stress

Looking after these things will help you stay healthy and avoid problems with your health in the future.

Advice, support, information and encouragement to help you achieve these goals and make healthy lifestyle choices is available from your primary care team.

OTHER NUMBERS YOU MAY FIND USEFUL INCLUDE:

| | |
|---|---------------------------------|
| Ambulance / Fire Brigade / Garda | 999 or 112 from a mobile |
| Irishtown Garda | 01-6669600 |
| D Doc Out Of Hours | 01-2094021 |
| Elder Abuse Helpline | 1850 440 444 |
| Care and Repair Age Action | 1890 369 369 |
| Ringsend Chemist | 01-6684618 |
| Irishtown Chemist | 01-6684481 |
| Spellman Centre (Ringsend District Response To Drugs) | 01-6677666 |
| St Patrick's Church Sacristy | 01-6685955 |
| The Library | 01-6680063 |
| Irishtown Stadium | 01-6697211 |
| Friendly Call Service | 01-8247342 |

Irishtown and Ringsend Primary Care Team (01) 660 8629

| | |
|---------------------------------------|-------------|
| Ringsend Primary School | 01-6685928 |
| Ringsend Technical Institute | 01-6689591 |
| ESB Emergency | 1850-372757 |
| Bord Gais Emergency | 1850-205050 |
| News Four | 01-6673317 |
| Regal House | 01-6601327 |
| MABS | 1890-283438 |
| Ringsend Action Project | 01-6607558 |
| Ringsend & Irishtown Community Centre | 01-6604789 |

WHAT IS THE IRISHTOWN AND RINGSEND PRIMARY CARE TEAM?

The Irishtown and Ringsend Primary Care Team is a team of health care professionals responsible for organising and delivering primary health care for the local population.

The team is made up of Nurses, Physiotherapist, Occupational Therapist, participating GPs, Social Worker and Administrative Staff.

There is a network of other services available in the building including Audiology, Community Welfare, Mental Health, Dental Services and Dietitian to support the team in delivering health and social services.

The aim of the team is to provide Primary Care services that are accessible, integrated, of a high quality and which meet the needs of the local population.

We aim to provide:

- Improved access to services
- Accessibility to a greater range of health and social care services within the community
- Better integration between hospital and primary care services
- Increased involvement in the planning of primary care services by the local community

HOW CAN I ACCESS THE TEAM?

You can make a GP appointment by dropping into the centre or by telephone. Referrals to other services in the team can be made by any member of the Primary Care Team, yourself or a family member. Referral forms are available at reception and once they have been filled in can be returned to reception to be passed on to the relevant service within the centre.

WHAT SERVICES ARE OFFERED BY THE PRIMARY CARE TEAM?

G.P. Services

You can access the full range of medical card and private patient GP services by making an appointment.

GP services offered:

- Family Planning
- Children's Vaccines
- Travel Vaccines and Care
- Minor Surgery
- Weight Management
- Diabetes Care
- Women's and Men's health
- Chronic Disease Management
- Maternity Care
- Cryotherapy
- Blood Pressure Monitoring
- Dermatology
- Medico-legal Management

GPs

There are 3 GP services linked with Irishtown and Ringsend Primary care centre:

| | |
|--|---|
| Dr. Tony O Sullivan | Monday, Tuesday, Wednesday and Friday 9:30 a.m. to 12:30 p.m. and 2.00p.m. to 4.00p.m. Evening Surgery Thursday 4:30 p.m. to 6:00 p.m. |
| Minor Surgery | Thursday 9:30 a.m. to 12:30 p.m. and 2:00 p.m. to 4:00 p.m. |
| Dr. Ciara O’Dowd | Thursday 9:30 a.m. to 12:30 p.m. |
| Caitriona O’Sullivan, Practice Nurse | Monday, Tuesday and Friday 9:30 a.m. to 12:30 p.m. |
| Out of Hours Emergencies only phone: (01) 8300244 | |

| | |
|--|--|
| Dr. John Ryan | Monday, Tuesday and Thursday 9:30 a.m. to 11.30 p.m. |
| Dr. Miriam Daly | Wednesday and Friday 9:30 a.m. to 11:30 p.m. |
| Dr. Doreen Myers | Tuesday and Wednesday 2:00 p.m. to 4:00 p.m. |
| Nurse Clair Wallace | Monday 9.30 a.m. to 12.30 p.m. |
| Dr. Dennis Corboy | Sandymount Clinic, 29 Sandymount Road, Dublin 4. Ph: (01) 668 0077 Fax: (01) 667 3984 by appointment only |
| Dr. Ryan, Dr. Daly, Dr. Myers and Nurse Wallace | are also available in the Sandymount Clinic |

| | |
|--|--|
| Dr. Damien Rutledge, Dr. Christine Hayes, Dr. Suzanne Walsh | Ringsend Medical Centre, 12 Thorncastle Street, Ringsend, Dublin 4 (Opposite the church) |
| Practice Nurse Jean Burke | - Vaccinations for children on a Tuesday by appointment. Phone: (01) 668 4846 Fax: (01) 668 4847. |
| Open: Monday to Friday, 9:30 a.m. to 12:00 p.m. and 4:00 p.m. to 6:00 p.m. | |

For out of hours emergencies for the practices of Dr. John Ryan and Dr. Damien Rutledge :

Call Eastdoc for appointment: (01) 209 4021
 6:00 p.m. to 10:00 p.m. Weekdays
 10:00 a.m. to 6:00 p.m. Weekends and Bank Holidays
 Doctor on Duty for House Calls (01) 453 9333

Remember this is strictly an Emergency Service

Nursing

The Nursing Community Team consists of a Community Nurse, Public Health Nurses and a Health Care Assistant. They provide a full nursing service for all members of the community at home and clinic based as needed. The Public Health Nurse (PHN) provides a home visiting service to new mothers and offers follow up support and advice.

**Public Health enquiries
 and to make appointments
 Wound Clinic**

Monday to Friday, a.m.
 10:00 a.m. to 11:00

Monday to Friday,
 9:00 a.m. to 10:30 a.m.
 (by appointment only)

**Home Nursing
 Terminal Care
 Health Promotion
 Child Health Clinic**

Tuesday, 2:00 p.m. to 3:45 p.m.
 (open clinic)

Baby Development Clinic

Monday and Thursday
 (by appointment only)

**Doctor and Public Health Nurse
 Development Clinic
 Breast Feeding Support Group**

Wednesday, 10:00 a.m. to 12:30 p.m.
 (by appointment only)

First and Third Thursday of every month
 11:00 a.m. to 12.30 p.m.

School Hearing and Vision Screening

Occupational Therapy

Occupational Therapists are qualified health professionals who are trained to work with people of all ages, helping them to carry out the activities that they need or want to do in order to lead healthy and fulfilling lives. Occupation may include anything from having a bath to driving a car. Occupational Therapists may work with clients, their families and carers to:

- Re-learn skills
- Assess and adapt the home
- Improve their ability to take in and use information
- Explore leisure or work needs
- Provide education in how to use enabling equipment

Physiotherapy

A Chartered Physiotherapist is a qualified health professional who has an in-depth understanding of how the body moves. She or he will work with you to provide pain relief, muscle strengthening, improve joint mobility, enhance balance and coordination, decrease inflammation and improve your body's overall function.

A Chartered Physiotherapist can help you with:

- Neck and back pain
- Orthopedic conditions
- Rehabilitation after surgery or illness
- Rehabilitation of neurological conditions (Stroke and Multiple Sclerosis for example)
- Mobility problems
- Balance or coordination problems
- Falls or fear of falling
- Breathing problems such as, chronic bronchitis and asthma for example.

Primary Care Social Work Service

The Social Worker in Irishtown Primary Care Team can assist you in dealing with a range of social issues that may be impacting on your general health. The issues that people can seek assistance with include:

- Overcoming addiction
- Housing Issues
- Financial difficulties
- Arranging care in the home
- Advice for carers and advice about other community services
- Bereavement

People can refer themselves directly to the Social Worker or through other members of the team.

DENTAL

Children's Dental Services

All children under 16 years are eligible for treatment. Emergency services are available at 9.00 a.m. on any day that the dental clinic is open (usually Monday, Thursday and Friday). An emergency can include pain or any concern a parent may have about a child's oral health.

Routine dental treatment is provided through the school dental screening programme. Children in 2nd, 4th and 6th class are screened every year and offered treatment if required.

Adult Dental Services

All adults over 16 years who hold their own medical card can access dental treatment from private dentists who are contracted by the HSE. A full list of these dentists is available at reception.

For further information please contact:

Cornmarket Dental Clinic

10 Cornmarket, Dublin 8

Tel: (01) 645 5411 / 677 7671

Community Dietitian

The Community Dietitian is a qualified healthcare professional who assesses diet and nutritional status and provides evidence-based advice on all aspects of nutrition and diet in order to promote health, prevent disease and help manage existing conditions. The Community Dietitian provides advice to help manage various conditions, for example diabetes, heart disease and high cholesterol.

Community Welfare Service

The Community Welfare Officer (CWO) administers a scheme called **Supplementary Welfare Allowance**. This is a means tested payment. The Community Welfare Officer is responsible for ensuring that every person has access to a basic weekly payment. This also includes supplements in relation to:

- Rent
- Mortgage
- Diet
- Heating needs

The CWOs also assess the need for exceptional needs payments such as:

- Hospital inpatient clothing
- Funeral expenses
- Household items
- Urgent needs payments, for example, in relation to fire and flood.

The Community Welfare Officer offers advice in relation to Social Welfare entitlements and assist clients to access these services. Clients can be assisted with money advice such as budgeting and the social worker can help with any necessary referrals or can liaise with other agencies on clients' behalf.

Mental Health

If you have concerns about your mental health please speak to your GP. He or she may refer you to the Mental Health Team. Dublin Mid-Leinster Mental Health services run a satellite clinic on Wednesday afternoons in Irishtown and Ringsend Primary care Centre. The service is offered to existing clients on an appointment only basis. While attending this service your care maybe provided by these professionals: Psychiatric Social Worker, Clinical Nurse Specialists, Psychiatric Registrars and a Consultant Psychiatrist.

Accessibility

Irishtown and Ringsend Primary Care Centre aims to provide a physical environment in which people can use the building independently.

- The building is fitted with an induction loop. Hearing aids should be set to the "T" setting.
- All signage is clear and also in braille.
- There is an elevator for access to the first floor of the building.
- The reception area is spacious and the reception desk is at a universal level.
- Appointments can be made via text for hard of hearing only. The number is (01) 668 3924. Your appointment will then be texted back to you.
- There is an accessible toilet on each floor of the building. The toilet on the first floor has a hoist facility. Access to the first floor of the building is via elevator.
- There are 2 accessible parking bays directly outside the centre and access to the centre is on level ground with automatic doors.

Getting here by bus:

The following buses go to the Irishtown and Ringsend Primary CareCentre:

| Route | Description |
|-------|---|
| 1 | Parnell Square East to Poolbeg Extension. |
| 2 | Parnell Square to Sandymount (St. John's Church). |
| 3 | Larkhill to Sandymount (St. John's Church). |

For information on when accessible buses run on this route please call Ringsend Bus Depot on (01) 703 4533. For bus timetables and further information please contact Dublin bus on (01) 873 4222.

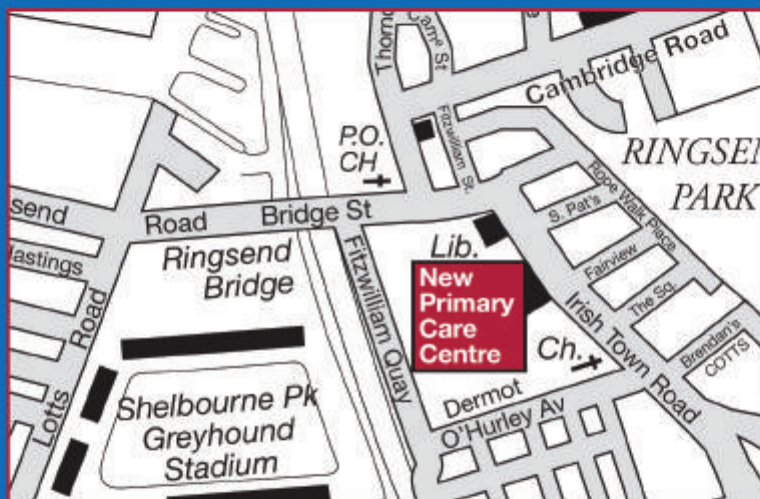
Getting here by train

The nearest train station is Grand Canal Dock (10 minutes walking) or Pearse Station (20 minutes walking).

WHERE IS IRISHTOWN AND RINGSEND PRIMARY CARE CENTRE?

Address:

Irishtown and Ringsend Primary Care Centre,
Irishtown Road, Dublin 4.



GPS Coordinates using satellite navigation:

53° 20' 30" N, 6° 13' 40" W

Phone (01) 660 8629

Fax (01) 668 3906

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