The Meath

PRIMARY CARE CENTRE

www.sicp.ie/en/primarycareteams/

Call us on (01) 7085700 for an appointment

Opening Hours
Monday to Friday 8am to 8pm
WHAT IS THE MEATH PRIMARY CARE TEAM?
The Meath Primary Care Team is made up of 2 primary care teams, Liberties and Cathedrals. They are a team of health care professionals responsible for organising and delivering primary health care for the local population. The teams are made up of Community Nurses, A Physiotherapist, An Occupational Therapist, Social Worker, & participating GPs, practice nurses & administrative staff. Other services include Dietician, Dental Service, Home Help Service, Speech & Language, Chiropody and Counselling Psychologists to support the teams in delivering health and social services. The aim of the teams is to provide Primary Care services that are accessible, integrated, of a high quality and which meet the needs of the local population.

AM I ELIGIBLE TO ACCESS THE TEAM?
Please contact reception on 01-7085700 to find out if you are eligible to access the team.

HOW MUCH DOES THE SERVICE COST?
HSE services are free, but you may have to pay for any equipment you require, depending on whether you have a medical card or not. GP services are free with a medical card or GP visit card (other patients must pay a consultation fee).

HOW CAN I ACCESS THE TEAM?
Referrals to services in the team can be made by your GP or any member of the Primary Care Team, yourself or a family member, as long as you live in the catchment area. Referral forms are available from your GP or from Meath Primary Care Centre and once they have been filled in can be returned to reception at the Centre to be passed on to the relevant service within the team. If you wish to see your GP you can make an appointment by contacting them directly. (Please see page 4)

Address: Meath Primary Care Centre, 1-9 Heytesbury Street, Dublin 8.

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

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 your sexual health
• Rest and relaxation
Looking after these things will help you stay healthy and avoid problems with your health in the future. Your Primary Care Team can provide you with Advice, support, information and encouragement to help you achieve these goals and make healthy lifestyle choices.

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 directly with your GP. (Please see page 4)

A general practitioner or GP is a medical practitioner who provides primary care and specializes in family medicine. A general practitioner treats acute and chronic illnesses and provides preventive care and health education for all ages. Other services offered may include:
• Chronic Disease Management
• Family Planning
• Children’s Vaccines
• Minor Surgery
• Weight Management
• Diabetes Care
• Women’s and Men’s health
• Maternity Care
• Cryotherapy
• Anti-Coagulation Clinic
• Blood Pressure Monitoring
• Dermatology
• Medico-legal Management
• Phlebotomy Service
### GPs
There are 9 GP practices linked with Meath Primary Care Centre:

#### Liberties Primary Care Team

<table>
<thead>
<tr>
<th>GP Practices</th>
<th>Practice Opening Hours</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>Camden Practice</td>
<td></td>
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</tr>
<tr>
<td>Dr Deirdre Carroll</td>
<td>Monday to Friday 8.30am to 12pm &amp; 2pm to 5pm</td>
<td>01 4536636</td>
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<tr>
<td>Dr Safia Sayed</td>
<td></td>
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<tr>
<td>Dr Alan O'Reilly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Practice Nurse</td>
<td></td>
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<tr>
<td>Orla Brennan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr Joe Martin</td>
<td>Monday to Friday 9.30am to 11.30am &amp; 2pm to 4pm Wednesday 9.30am to 12.30pm</td>
<td>01 4020022</td>
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<tr>
<td>Dr Pauline King</td>
<td></td>
<td></td>
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<tr>
<td>Dr Michael O'Tighearnaigh</td>
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<tr>
<td>Practice Nurse</td>
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<tr>
<td>Ann Kemen</td>
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#### Cathedrals Primary Care Team

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<thead>
<tr>
<th>GP Practices</th>
<th>Practice Opening Hours</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>Mercer’s Medical Ctr</td>
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<td>01 4022300</td>
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<tr>
<td>Dr Killian Mc Grogan</td>
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<tr>
<td>Dr Alan O’Donohoe</td>
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<tr>
<td>Dr Judith Kavanagh</td>
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<td></td>
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<tr>
<td>Dr Una O’Neill</td>
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<tr>
<td>Practice Nurses</td>
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<td></td>
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<tr>
<td>Carol Kelly</td>
<td></td>
<td></td>
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<tr>
<td>Stephanie O’Dwyer</td>
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<tr>
<td>Grainne O’Grady</td>
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<tr>
<td>Dr Ken Harris</td>
<td>Monday to Thursday 9am to 5.30pm Friday 9am to 4.30pm Open during lunch for phone calls only</td>
<td>01 6712122</td>
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<tr>
<td>Dr Deirdre Doyle</td>
<td></td>
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<tr>
<td>Dr Keith Perdue</td>
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<tr>
<td>Dr Sarah Mc Gowan</td>
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<tr>
<td>Dr Sinead Rowell</td>
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<tr>
<td>Dr Shannon Houston</td>
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<tr>
<td>Practice Nurse</td>
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<tr>
<td>Maryrose Fox</td>
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<tr>
<td>Dr Fergus Brady</td>
<td>Monday &amp; Wednesday 9am to 1pm &amp; 2pm to 5pm Tuesday &amp; Thursday 9am to 1pm &amp; 2pm to 6pm Friday 9am to 1pm &amp; 2pm 3pm</td>
<td>01 4756300</td>
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<tr>
<td>Dr Colm Brady</td>
<td></td>
<td></td>
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<tr>
<td>Dr Michael Burnell</td>
<td>Monday to Friday 9am to 11am &amp; 2pm to 4pm Wednesday 9am to 11am</td>
<td>01 4533745</td>
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### Public Health Nursing Service - Tel: 01-7085700 & press option 1

The aim of the Public Health Nursing Service is to deliver a nursing service, spanning the life cycle, which effectively meets the health needs of the population. The Public Health Nursing Service consists of Public Health Nurses (PHNs), Registered General Nurses (RGNs) and Health Care Assistants (HCAs). Clients are seen either in their homes, Primary Care Centre or other community clinics. Each person is assessed and a care plan is developed where their needs are identified and prioritised. This holistic approach to care is to encourage and maintain independence and the quality of life of individuals.

Services are provided to:

<table>
<thead>
<tr>
<th>Infants, Children and Families</th>
<th>Older Persons and People with Physical, Sensory or Intellectual Disabilities</th>
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<tbody>
<tr>
<td>• Support and advice to parents from birth to age six</td>
<td>• Home-based needs assessment and nursing care as required</td>
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<td>• Child health assessments and developmental support</td>
<td>• Support for families and carers</td>
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<tr>
<td>• Provide breastfeeding support, nutrition and parenting advice</td>
<td>• Assist with access to respite, day care and chiropody services etc</td>
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<tr>
<td>• School Screening Programme for vision and hearing</td>
<td>• Continence assessment, management and advice</td>
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<tr>
<td>• School Immunisation Programme</td>
<td>• Client and family advocacy for services and funding</td>
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<td></td>
<td>• Palliative Care and end of life care for clients</td>
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Clinics run by our service:

- Wound Clinic
- Nurse-led Child Health Clinic

Clinic Times:

- Monday to Friday, 9am to 1pm, by appointment only

The Public Health Nursing Team can be accessed by contacting Meath Primary Care Centre from 9am - 1pm & 2pm - 5pm, Monday to Friday. There is a weekend service available on Saturday, Sunday and Bank Holidays for planned essential home nursing visits.

**Occupational Therapy - Tel: 01-7085700 & press option 3**

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. Various groups facilitated by occupational therapists throughout the year include Memory Group, Stress & Well Being, Falls and Balance Groups etc.

Occupational Therapists may work with clients, their families and carers to:

- Re-learn skills e.g. dressing or cooking
- 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
- Develop new skills, abilities or interests

**Physiotherapy - Tel: 01-7085700 & press option 4**

A Chartered Physiotherapist is a qualified health professional who has an in-depth understanding of how the body moves. The Physiotherapist 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. Various group classes are run throughout the year such as Falls Prevention & Balance Retraining, Men’s Health Programme etc.
A Chartered Physiotherapist can help you with:

- Neck and back pain
- Orthopaedic conditions
- Rehabilitation after surgery or illness
- Breathing problems such as chronic bronchitis and asthma for example
- Rehabilitation of neurological conditions (For example: Stroke, Multiple Sclerosis, Parkinson’s disease etc.)
- Mobility problems
- Balance or coordination problems
- Falls or fear of falling

Clinic Times:

**Solomon Popoola MISCP- Senior Physiotherapist**

**Outpatient:** Mondays, Tuesdays, Thursday and Fridays  
**Domiciliary Visits:** Wednesdays

**Mohammed Atham MISCP - Senior Physiotherapist**

**Outpatient:** Mondays and Wednesdays  
**Domiciliary Visits:** Fridays

Social Worker Tel: 01-7085700
The Social Worker in the Meath Primary Care Team can assist you in dealing with a range of social issues that may be impacting on your general health. Some of the issues that people can seek assistance with include:

- Care Support, for example, when a carer feels stressed looking after another person
- Homelessness
- Domestic violence
- Crisis pregnancy
- Stress & Coping Difficulties
- Crisis Bereavement

Community Dietician - Tel: 01-7085700 & press option 5
The Community Dietitian is a qualified healthcare professional, who provides evidence-based advice on all aspects of nutrition and diet in order to promote health, prevent disease and help manage existing conditions. The Dietitian can give you dietary advice and information to help with many conditions for example: Diabetes, pre-diabetes, overweight, heart disease, coeliac disease, underweight or poor appetite, childhood obesity.
The service is available to adults and children. Services offered include:

- Individual appointments for adults and children
- X-PERT Diabetes Programme
- Weight management groups
- Nutrition health promotion

**Psychology Tel: 01-7085700 & press option 5**

The counselling psychology service provides a sensitive and non-judgemental service for all kinds of life issues and emotional difficulties. Most people, at some stage of their lives will experience emotional difficulty of some kind. It is important to deal with these as early as possible. You can be referred to Psychology Services through your GP or any member of the Primary Care Team.

**St Kevins Home Help Services Ltd & Meals on Wheels - Tel: 01-7085759**

Our mission is to offer a home help/care service appropriate to the individual needs of each client thereby promoting their independence in the comfort and security of their own home. Our service focuses on assisting with activities of daily living for example meal preparation, personal care, shopping and light household duties.

We provide these services to the following:

- Older persons
- Families in stress
- People with disabilities
- Persons with Mental Health issues

Meals are also organised from various centres and are then delivered in the local area by the Home Helps. These services are provided to those in need following a Home Assessment.

Referrals are accepted from hospitals, primary care teams, GP’s, P.H.N. or others. All referrals are assessed and cases are reviewed on a regular basis.

If you have any concerns or wish to discuss the service please contact the Homehelp Manager Margaret Gibney on 01-7085759.
Other services in the centre include:
Lloyds Pharmacy - Tel: 01 4730131
Euromedic - Tel: 1890 400 444
Dental - Tel: 01 4547464
Spine & Sports Physiotherapy Clinic - Tel: 01 4543335
Atlantia Food - Tel: 0876754618
Himerus Health - 01 9065325
**Buses to the Meath Primary Care Centre include:**
Towards City Centre: 27, 49, 54A, 56A, 77A, 150 & 151 (Get off at Patrick St/St Patrick’s Cathedral) 9, 16, 68, 122 (Get off at Harrington St)
Towards Tallaght: 27, 49, 54A, 56A, 77A, 150 & 151 (Get off at Kevin St)

For bus timetables and further information please contact Dublin bus on (01) 873 4222. Or [www.dublinbus.ie](http://www.dublinbus.ie)

**By Luas**
Disembark at Harcourt Street (Green Line) & continue down Harcourt Street in direction of City Centre. Turn left onto Montague Street.
Continue through crossroads at Camden Street (beside Whelan's Bar).
Continue up Camden Row to T Junction & The Meath Primary Care Centre is across the road at T Junction.

**By Car**
**From the M50**
Turn off the M50 at Junction 9, the Red Cow Junction
Follow the signs for City Centre
This will bring you on to the Naas Road inbound.
At the next junction, turn right onto the Long Mile Road
Continue on to the Drimnagh Road. You will pass Our Lady's Children's Hospital on your left.
Continue to the Crumlin Road & cross the Grand Canal at Dolphin's Bridge
Turn right on to South Circular Road at the next junction.
Continue along South Circular Road until you reach the junction with Heytesbury Street just before St Kevin's Church.
Drive along Heytesbury Street until the junction with Camden Row/Long Lane.
The Meath Primary Care Centre is on the corner to your left.

**From Smithfield/Church Street**
Drive along Church Street until you reach the Liffey.
Cross at the Father Mathew Bridge.
Drive up Bridge Street and at the top of the hill, join High Street.
Stay in the right-hand lane, as you need to turn right on to Patrick Street at the next junction.
Drive along Patrick Street until you reach the crossroads with Dean Street/Kevin Street.
Turn left on to Kevin Street Upper & at the next set of traffic lights, turn right on to New Bride Street.
At the next crossroads, The Meath Primary Care Centre will be on your right, on the junction between Heytesbury Street and Long Lane.