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Introduction

This Chapter aims to help you identify many of the information sources available to you. When phoning or asking for information from any Government Department or Community Organisation the following could be useful:

- Have your (and your spouses’) PPS number, date of birth and details of dates on which you applied for any payments written down so that you can refer to them.
- Always ask for the name of the person you are talking to.
- Have any letters or paperwork related to your enquiry at hand – they may contain information, names or a reference number you may need when making your enquiry.
- Before you phone write down a list of questions about what you need to ask or find out about so that you are as clear as possible.

Local Area Employment Services (LAES)

Area	Phone	Area	Phone
Cork LAES		Waterford South Tipperary LAES	
Cork City Partnership	021 430 2310	Buion Phort Lairge	058-54646
SECAD Partnership	021 4613432	Dublin LAES	
Avondu Blackwater Partnership	022 46580	Liffey Parnership	01 623 5612
BallyHoura Development CLG	025 85213	Blanchardstown and Tolka Area LAES	
IRD Duhallow	029 60633	Empower Local Development	01 820 9550
Limerick, Clare and North Tipperary LAES		Dublin City Centre LAES	01 473 2196
PAUL Partnership	061 419 388	Dublin Northwest Partnership	01 836 1666
Clare Local Development Co.	065 686 6800	South Dublin LAES	
North Tipperary Local Dev. Co.	067 566 76	Southside Partnership	01 706 0100
Cavan and Monaghan LAES		North Dublin LAES	
Cavan and Monaghan LAES		Northside Partnership	01 848 5630
Cavan County Local Development	049 433 1029	South County Dublin LAES	
Monaghan Integrated Dev.	042 974 9500	South Dublin County	01 464 9300
Galway LAES		Ballymun and Balbriggan LAES	
Galway City Partnership	091 566 617	Ballymun Job Centre	01 866 7000
Kilkenny LAES		Wicklow and Kildare LAES	
Kilkenny Leader Partnership	056 775 2111	Bray Area Partnership	01 286 8266
Louth and Meath LAES		Kildare LAES	045 43 666
Local Louth Development	087 340 7805		
Mayo and Roscommon LAES			
Mayo North East Leader P’ship	094 925 6745		
South West Mayo Dev. Co.	098 41950		
Roscommon Leader Partnership	090 663 0252		

Finding Information

EmployAbility Services AREAS

Carlow/Kilkenny	(059) 9135564	Limerick	(061) 493 095
Clare	(065) 6844007	Louth	(042) 938 6718
Cork	(021) 4294949	Mayo	(094) 904 3008
Donegal/Leitrim/Sligo	(071) 9153222	Meath	(046) 900 9249
Dublin North	(01) 8442700	Monaghan/Cavan	(047) 72424
Dublin South	(01) 4951992	North Tipperary	(067) 37896
Dublin West	(01) 4603081	Roscommon	(090) 664 7117
Galway	(091) 755235	South Tipperary	(052) 612 9465
Kerry	(066) 7118758	Waterford	(051) 855 035
Kildare	(045) 482064	West Cork	(027) 53765
Kilkenny/Carlow	(056) 7763903	Wexford	(053) 924 3930
Laois/Offaly/Westmeath/Longford	(057) 9323901	Wicklow	(0404) 20417

INOU Affiliate Organisations

The section below lists by county the INOU Affiliated organisations that provide welfare rights/welfare to work services. These affiliates are also listed on the INOU website: www.inou.ie/membership/our-member-organisations/. For more information about becoming affiliated to the INOU please contact us: tel: (01) 856 0088 or email: membership@inou.ie website: www.inou.ie

Providing welfare rights information/welfare to work services

CARLOW
County Carlow Development Partnership

Web: www.carlowdevelopment.ie / Tel: 059 972 0733
e-mail: info@carlowdevelopment.ie

CAVAN
County Cavan Local Development

Web: www.cclld.ie / Tel: 049 433 1029
e-mail: info@cclld.ie

CLARE
Clare Local Development Company

Web: www.cldc.ie Tel: 065 686 6800
e-mail: info@cldc.ie

Congress Information and Opportunities Centre

Web: www.cioc.ie Tel: 065 684 1009
e-mail: info@cioc.ie

EmployAbility Clare

Web: www.employabilityclare.ie Tel: 065-6844007
e-mail: info@employabilityclare.ie

North Munster Citizens Information Centre

Web: www.citizensinformation.ie
Tel: 0818 075 260 e-mail: ennis@citinfo.ie

CORK
Avondhu/Blackwater Partnership Ltd

Web: www.avondhublackwater.com
Tel: 022 46580
e-mail: info@avondhublackwater.com

Ballyphephane Community Resource Centre

Web: www.ballyphephanecommunity.com
Tel: (021) 496 5339 e-mail: info@ballyphehanec.com

Citizens Information Phone Service

Lo-Call 0818 777 121 (0818) 074 000
e-mail: information@comhairle.ie
e-mail: information@citinfo.ie

Cork City Partnership

Web: www.corkcitypartnership.ie
Tel: 021 430 2310 e-mail: info@partnershipcork.ie

EmployAbility Service Cork

Web: www.employabilitycork.ie/drupal
Tel: (021) 429 4949 e-mail: info@employabilitycork.ie

EmployAbility Service West Cork

Web: www.empservice.org
Tel: (027) 53765 e-mail: coordinator.ewc@gmail.com

South & East Cork Area Development Partnership

Web: www.secad.ie Tel: 021-461 3432
e-mail: info@secad.ie

South Munster Citizens Information Centre

Web: www.citizensinformation.ie
Tel: 0818 078 390 e-mail: bantry@citinfo.ie
Tel: 0818 076950 e-mail: cork@citinfo.ie

West Cork Development Partnership*

Web: www.wcdp.ie
Tel: 027 52266
e-mail: info@wcdp.ie

*welfare rights information by appointment

DONEGAL**Inishowen Development Partnership**Web: www.inishowen.ie Tel: 074-93 62218e-mail: enquiries@inishowen.ie**Letterkenny CDP**

Tel: (074) 912 0633

Web: www.lkcdp.iee-mail: letterkennycdp@lkennycdp.com**DUBLIN****Ballymun Jobs Centre**Web: www.bmunjob.ie

Tel: (01) 866 7000

e-mail: info@bmunjob.ie**Community Law and Mediation**Web: www.communitylawandmediation.ie

Tel: 01 847 7804

e-mail: info@communtiyawandmediation.ie**Crosscare Migrant Project**Web: www.migrantproject.ie

Tel: 01 873 2844

e-mail: migrantproject@crosscare.ie**Dublin City Centre (LAES)**

Tel: 01 473 2196

e-mail: info@dcclaes.ie**Dublin City Community Co-Op Ltd**Web: www.dublincitycommunitycoop.ie/programmes/

Tel: 01 855 7015

e-mail: info@dublincitycommunitycoop.ie**Dublin North West Partnership**

Tel: 01 836 1666

e-mail: info@dublinnorthwest.ie**Dublin South City (LAES)**Web: www.dsclcs.ie

Tel: 01 453 7229

Dublin South Citizens Information ServiceWeb: www.citizensinformation.ie

Tel: 0818-078340

e-mail: dscis@citinfo.ie**Dublin North Citizens Information Service**

Tel: 0818 07 7270 Tel: 0818 07 7450

e-mail: blanchardstown@citinfo.ie**Dublin North MABS**Web: www.mabs.ie

Tel: 0818-07170

e-mail: finglas@mabs.ie**Dublin South MABS**

Tel: 0818-07 2310, Tel: 0818 07 2520

EmployAbility Dublin NorthWeb: www.employabilitynorth.ie

Tel: 01 844 2700

e-mail: employability@bitc.iewww.inou.ie**EmployAbility Dublin South**Web: www.dsse.ie

Tel: 01 495 1992

e-mail: info@dsse.ie**Finglas Centre**Web: www.thefingalcentre.ie

Tel: 01 884 5228

e-mail: info@thefingalcentre.ie**FIT Ltd (Fastrack to IT)**Web: www.fit.ie

Tel: 01 882 5570

e-mail: info@fit.ie**Glin National College**Web: www.glinnationalcollege.ie

Tel: 01 847 9463

e-mail: info@glinnationalcollege.ie**Inner City Enterprise**Web: www.innercityenterprise.com

Tel: 01 906 1503

e-mail: info@innercityenterprise.com**Inner City Organisations Network (ICON)**Web: www.iconnetwork.ie

Tel: 01 836 6890

e-mail: info@iconnetwork.ie / iconet@iol.ie**Inner City Renewal Group**

Tel: 01 912 1200

e-mail: henrietta@icrg.ie**Larkin Unemployed Centre**Tel: 01 836 5544 e-mail: info@larkinctr.com**Liffey Partnership LAES**Tel: 01 623 5612 e-mail: info@bcpartnership.ieWeb: www.bcpartnership.ie**Northside Partnership LAES**Web: www.northsidepartnership.ie

Tel: 01 848 5630

e-mail: info@northsidepartnership.ie**St Andrews Resource Centre**Web: www.standrews.ie/edles

Tel: 01 677 1930

e-mail: jim.hargis@standrews.ie**Southside Partnership LAES**Web: www.southsidepartnership.ie

Tel: 01 284 1977 / 1800-200 501

e-mail: paul.ennis@sspshp.ie**Southside Partnership DLR**Web: www.southsidepartnership.ie

Tel: 01 706 0100 / 01 209 0610

e-mail: info@sspshp.ie**GALWAY****Ballinasloe Community Information Centre**

Tel: 090 964 4390

e-mail: bsloecic@gmail.com

Finding Information

EmployAbility Galway

Web: employabilitygalway.ie
Tel: 086 380 0444 / (091) 781 231
e-mail: info@employabilitygalway.ie

Galway City Partnership / LAES Network

Web: www.gcp.ie
Tel: 091 773 466
e-mail: info@gcp.ie

Galway Rural Development

Web: www.grd.ie
Tel: 091 844 335
e-mail: grd@grd.ie

KERRY

Tralee LAES

Web: www.traleeles.ie
Tel: 066 712 9675
e-mail: info@traleeles.ie

KILDARE

Kildare County Unemployment Service

Web: www.kildarelaes.ie
Tel: 045 895 555
e-mail: naas@www.kildarelaes.ie

KILKENNY

Kilkenny and Carlow ETB

Web: www.kilkennycarlow.etb.ie
Tel: 056 777 0966
e-mail: adultguidance@kkadulsted.ie

EmployAbility Service Kilkenny/Carlow

Web: www.kcases.ie
Kilkenny: 056 776 3903 Carlow: 059 913 5564
e-mail: info@kcases.ie

South Leinster CIS

Web: www.citizensinformation.ie
Tel: 076 107 7910
e-mail: tullamore@citinfo.ie

Mill Family Resource Centre

Web: www.millfrcurlingford.com
Tel: 056 883 8466
e-mail: millfrcmc@gmail.com

LIMERICK

EmployAbility Limerick

Web: www.employabilitylimerick.ie
Tel: 061 794 9500
e-mail: info@employabilitylimerick.ie

North Munster CIS

Web: www.citizensinformation.ie
Tel: 0818 075 780
e-mail: ciaran.casey@citinfo.ie

Moyross Community Enterprise Centre

Tel: 061 326 057

e-mail: info@moyross.ie

Northside LAES

Tel: 061 327 788
e-mail: ayelverton@les.ie

PAUL (People Action Unemployment Ltd)

Web: www.paulpartnership.ie
Tel: 061 419 388
e-mail: info@paulpartnership.ie

Tait House Community Enterprise

Web: www.taithouse.ie
Tel: 061 415 340 e-mail: info@taithouse.ie

West Limerick Resources Ltd

Web: www.wlr.ie Tel: 069 622 22
e-mail: info@wlr.ie

LONGFORD

Employment Development Information Centre

Web: www.edilongford.ie Tel: (043) 334 7515
e-mail: services@edilongford.ie

Longford Community Resources CLG

Web: www.lcrl.ie Tel: 043 334 5555
e-mail: enquiries@lcrl.ie

LOUTH

EmployAbility Service Louth

Web: www.louthlocaldevelopment.ie
Tel: 042 938 6718 / 087 638 6885
e-mail: info@employabilitylouth.ie

MAYO

EmployAbility Service Mayo

Web: www.employabilitymayo.ie
Tel: 094 902 5151
e-mail: info@employabilitymayo.ie

MEATH

Kells Family Resource Centre

Tel: 046 924 7161
e-mail: info@kellsfrc.ie

MONAGHAN

Clones Family Resource Centre

Web: www.clonesfrc.ie
Tel: 047 52919
e-mail: coordinator@clonesfrc.ie

EmployAbility Monaghan/Cavan

Tel: 087 797 7093 e-mail: info@mcases.ie

Farney Resource & Information Centre

Tel: 042 974 9500
e-mail: fameyinfo@eircom.net

Monaghan Integrated Development

Web: www.midl.ie
Tel: 042 994 9500
e-mail: info@midl.ie

North Connacht & Ulster MABS

Tel: 0818 807 2000

OFFALY**EmployAbility Midlands**Web: www.employabilitymidlands.com

Tel: 057 932 3901

e-mail: tullamore@employabilitymidlands.ie**SLIGO****EmployAbility North West**Web: www.employabilitynw.ie

Tel: 071 915 3222

e-mail: info@employabilitynw.ie**North Connacht & Ulster Citizens Information Service**Web: www.citizensinformation.ie

Tel: 0818 07 4000

e-mail: northconnachtulstercis@citinfo.ie**Sligo LEADER Partnership**Web: www.sligoleader.ie

Tel: 071 914 1138

e-mail: info@sligoleader.com**TIPPERARY****Knockanrawley Resource Centre**Web: www.knockanrawley.ie

Tel: 062 52688

e-mail: knockanrawleyrc@gmail.com**North Tipperary Development Company**Web: www.ntdc.ie

Tel: 050 523 379

e-mail: receptionHO@ntdc.ie**South Tipperary Development Company**Web: www.stdc.ie

Tel: 052 744 2652

e-mail: info@stdc.ie**WATERFORD****Ballybeg Key Project (BRILL FRC)**Web: www.brillfrc.ie

Tel: 051 350 100

e-mail: community@brillfrc.ie**Buion Phort Láirge**Web: www.buion.ie

Tel: 051 841 740

e-mail: info@buion.ie**North Munster Citizens Information Centre**Web: www.citizensinformation.ie

Tel: (0818) 075 780

e-mail: ciaran.casey@citinfo.ie**Waterford South Tipperary LAES**Web: www.wlp.ie

Tel: 058 44077 Tel: 058 54646

e-mail: greig.wilson@wlp.ie**WESTMEATH****Dr. Stevens Centre**Web: www.drstevensresourcecentre.com

Tel: 090 647 3001

e-mail: drstevensacc@gmail.com**Mullingar Congress Centre**Web: www.mullingarcongress.ie

Tel: 044 934 5060

e-mail: mullingarcongresscentre@gmail.com**WEXFORD****Gorey Family Resource Centre**Web: www.goreyfamilyresourcecentre.ie

Tel: 053 948 9017

e-mail: info@goreyfrc.ie**Gorey Unemployment Centre**Web: www.goreyuc.com

Tel: (053) 942 0037

e-mail: info@goreyuc.com**ARC Family Resource Centre**Web: www.arcfrc.ie

Tel: 051 442 888

e-mail: hello@arcfrc.ie info@raheenfrc.ie**Wexford Local Development**Web: www.wld.ie

Tel: 053 915 5864

e-mail: info@wld.ie**WICKLOW****Bray Family Resource & Development Project**Web: www.bfrdp.ie

Tel: 01 286 7644

e-mail: bfrdpoffice@gmail.com**Co. Wicklow Partnership**Web: www.wicklowpartnership.ie

Tel: 042 20955

e-mail: info@wicklowpartnership.ie**Wicklow Child and Family Project**Web: www.wicklowpartnership.ie/wicklow-child-family-project/

Tel: (0404) 64725

e-mail: adminwandfp@wicklowpartnership.ie

Support Services	Telephone	Website
Financial Support & Assistance		
Society of St. Vincent de Paul	(01) 838 6990	www.svp.ie
One Parent Family Support		
Barnardos	(01) 453 0355	www.barnardos.ie
One Family	(01) 662 9212	www.onefamily.ie
Treoir – National Information Centre for Unmarried Parents	(01) 670 0120	www.treoir.ie
Housing Services		
Department of Housing, Local Government & Heritage	(01) 888 2000	www.housing.gov.ie
Threshold	1800 454 454	www.threshold.ie
Peter McVerry Trust	(01) 823 0776	www.pmvtrust.ie
Focus Ireland	(01) 881 5900	www.focusireland.ie
Dublin Simon Community	(01) 671 5551	www.dubsimon.ie
Cluid Housing	(01) 707 2088	www.cluid.ie
Citizens Information		
Citizens Information	0818 074 000	www.citizensinformationboard.ie
Migrants Rights		
Migrants Rights Centre Ireland	(01) 889 7570	www.mrci.ie
Women's Groups		
National Women's Council of Ireland	(01) 679 0100	www.nwci.ie
Dublin Rape Crisis Centre	1800 77 8888	www.drcc.ie
Rape Crisis Ireland	1800 77 8888	www.rapecrisisireland.ie
Womens Aid	Freephone 1800 341 900	www.womensaid.ie
Training and Education		
Aontas	(01) 406 8220	www.aontas.com
Department of Education	(01) 889 6400	www.education.ie
FIT – Fastrack to Information Technology	(01) 882 5570	www.fit.ie
National Adult Literacy Agency (NALA)	Freephone: 1800 20 20 65	www.nala.ie
The Adult Guidance Association		www.adultguidanceassociation.ie
An Cosán	(01) 462 8488	www.nala.ie
Youth Services		
Swan Youth Service	(01) 856 0945	www.swanyouthservice.org
National Youth Council of Ireland	(01) 889 6400	www.youth.ie
Youth Work Ireland	(01) 858 4500	www.youthworkireland.ie

MONEY ADVICE AND BUDGETING SERVICE (website: www.mabs.ie)

County	Location of Service	Telephone
Carlow	Carlow Town	0818 072 070
	Cavan Town	0818 072 410
Clare	Ennis	0818 072 430
	Shannon	0818 072 790
	Cork City	0818 072 090
Cork	Mallow	0818 072 440
	Dunmanway	0818 072 450
	Charleville	0818 072 420
	Buncrana	0818 072 470
Donegal	Letterkenny	0818 072 460
	South Donegal	0818 072 480
	West Donegal	0818 072 650
Galway	Tuam	0818 072 560
	Galway South	0818 072 570
Kerry	Tralee	0818 072 190
	Killarney	0818 077 827
Kildare	Kilcock	0818 072 590
	Newbridge	0818 072 600
Kilkenny	Kilkenny	0818 072 610
Laois	Portlaoise	0818 072 620
Leitrim	Ballinamore	0818 072 630
Limerick	Limerick City	0818 072 210
Longford	Longford Town	0818 072 640
Louth	Dundalk	0818 072 540
	Drogheda	0818 072 490
Mayo	Ballina	0818 072 660
	Castlebar	0818 072 670
Meath	Navan	0818 072 680
Monaghan	Castleblaney	0818 072 690
Offaly	Tullamore	0818 072 710
Roscommon	Abbey Street	0818 072 720
Sligo	Sligo Town	0818 072 730
Tipperary	Thurles	0818 072 740
	Clonmel	0818 072 750
	Nenagh	0818 072 760
Waterford	Waterford City	0818 072 050
	Dungarvan	0818 072 770
Westmeath	Mullingar	0818 072 700
	Athlone	0818 072 400
Wexford	Wexford Town	0818 072 780
Wicklow	Bray	0818 072 250
	Arklow	0818 072 390

DUBLIN MABS

Ballymun	0818 072 150	Lombard St, D2	0818 072 520
Ballyfermot	0818 072 800	Dundrum	0818 072 310
Blanchardstown	0818 072 330	Dun Laoghaire	0818 072 530
Clondalkin	0818 072 270	Fingal	0818 072 550
Coolock	0818 072 290	Finglas/Cabra	0818 072 170
Crumlin	0818 072 500	Liffey South West	0818 072 350
Dorset Street	0818 072 510	Tallaght	0818 072 370

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