



WEST CORK CARERS SUPPORT GROUP

Newsletter

OUTLINING THE RANGE OF SUPPORTS OFFERED TO CARERS

APRIL – MAY – JUNE 2015

EDITION No. 38

Carers Collaborating in West Cork

Welcome to our spring edition! It certainly feels like there is a change in the air and with the daffodils arriving, and the long winter nights drawing out, we are all looking forward to some warmer spring weather. Why not sit down, put the kettle on, have a cuppa and check out the up-coming events, articles and information included in your new newsletter.

National Carers Week is coming up in June. This is a great opportunity for Carers to come together, support one another and share ideas and information. You may have seen that some West Cork Carers are already preparing with a wonderful project that is showcasing the friendship and collaboration that exists between Carers.

Under the guidance of a crafts facilitator, many Carers have been working together to design and create a beautiful crochet quilt. This project has generated a great sense of community within Carers across West Cork and has given an opportunity to display creativity and talent.

On completion, the quilt will be raffled as part of our celebrations for National Carers Week from 8th to 14th June. All Carers who are in contact with us during National Carers Week will be entered into the free raffle. So please come along to one of the events, call in, phone or email and help us to make this a fantastic week of celebration for the wonderful work that family Carers do in our community.



Contents:

News / I.T. for You Page 2-3

Information and Support Services Pages 4-5

Know Your Rights/ Competition Time Page 6

Up-coming Events Page 7

Diary of Events Page 8

Weekly Supports

The Carers Drop-in Service and Support Line are confidential services offering:

- A listening ear
- Information on benefits and entitlements
- Information and referral to other relevant sources of information, services and supports

Carers Drop-in times are:
Tuesdays 10am to 1pm and
Thursdays 2pm to 5pm
at our office in Bridge Street, Bantry

The Carers Support-line
number is: 027-51731

This service is available **every**
Wednesday and Thursday
from 10am – 1pm

Outside of these times, if there is a trained support worker available, we will deal with your query immediately. If not, please leave your contact details and we will contact you as soon as possible.

New merger between The Carers Association and Caring for Carers



The Carers Association and Caring for Carers Ireland has announced that the two organisations will be merging. This will mean one national organisation to help support, lobby and advocate on behalf of Ireland's family Carers.

With both organisations offering services and support in different parts of Ireland, the merger will ensure the benefits and services of both organisations are available for family carers across the whole country.

Both organisations were founded 25 years ago – Caring for Carers Ireland in County Clare and The Carers Association in Dublin. While they have a lot in common, including being registered charitable companies of and for family carers; providing support services and training; and both involved in research and policy development - there are some differences.

Caring for Carers Ireland has a strong focus on clinical care (i.e. nurse led care) and also provides an annual respite weekend for family carers. The Carers Association focuses heavily on social care and provides a dedicated National Free phone Care Line and legal /mediation supports for family carers.

With a new name and logo for the merged organisation to be announced in the coming months, both organisations will wind up by the end of 2015. All existing services will continue to operate and the HSE has agreed that there will be no immediate funding cuts as a result of the merger.

Current contact details:

The Carers Association:

Tel: 1800 24 07 24 or Email: info@carersireland.com

Caring for Carers:

Tel: 065 686 6515 or Email: support@caringforcarers.org

Men's Health Week 2015

International Men's Health Week always begins on the Monday before Father's Day and ends on Father's Day itself. It is celebrated in most European countries, as well as in a number of other places worldwide. During 2015, it will run from Monday 15th until Sunday 21st June.

The overall aims of Men's Health Week are to:

- Heighten awareness of preventable health problems for males of all ages
- Support men and boys to engage in healthier lifestyle choices / activities
- Encourage the early detection and treatment of health difficulties in males

To celebrate this year's Men's Health Week, West Cork Carers Support Group has organised a morning of health & well-being for male Carers. The morning will include an introduction to the gym, a swim and use of the leisure facilities, followed by a lunch and an opportunity to catch up.

Date: **Monday 15th June** Time: **11am to 2pm**
Venue: **The Maritime Hotel, Bantry** Cost: **€10**

All male Carers are invited to attend, but please **book by calling 027-53848 in advance** to ensure that this event will run.



CELEBRATING NATIONAL CARERS WEEK JUNE 8th to 14th 2015

National Carers Week is an annual awareness campaign calling on individuals, organisations, the Government and the media to join a nationwide drive to reach thousands of Carers missing out on support and services.

From Monday 8th June to Sunday 14th June 2015, organisations and individuals will be joining in to raise awareness of caring, highlight the challenges Carers face and recognise the contribution Carers make to families and communities throughout Ireland.

Visit the National Carers Week Facebook Page www.facebook.com/nationalcarersweek for daily updates about events happening nationwide.

At West Cork Carers Support Group we are particularly hoping that Carers Week will help more people to identify themselves as Carers and be aware of the supports they can receive. We hope you will help us to encourage Carers to seek the supports that they deserve.

Carers Week is not just about raising awareness, but it is also a time for celebration, recognition and fun. Please take a look at our Up-Coming Events page to see what is happening in West Cork and help us make National Carers Week 2015 the best yet!

HAPPY HEART WEEKEND 8th – 9th MAY 2015

The Irish Heart Foundation is a National Charity which fights heart disease and stroke. Their vision is that every person living in Ireland will live a long, active and healthy life free from heart, stroke and blood vessel disease. They will be celebrating Happy Heart Weekend from 8th – 9th of May by creating awareness of heart health through events, fundraisers etc.

As part of this, West Cork Carers Support Group will be running Happy Heart evening on Thursday 7th May at the Clonakilty Support Group, from 8pm to 10pm in the Day Care Centre in Clonakilty. There will be talk by Catherine Cahalane, Cardiovascular Public Health Nurse on 'Carer's Health and Wellbeing'.

Carer's health checks will also be available. All Carers are welcome to attend.

Irish Heart Foundation Helpline: 1890 432 787



New Fuel Grant Scheme for Disabled Drivers & Disabled Passengers

A new fuel grant scheme has been introduced to replace the excise relief element of the Disabled Drivers and Disabled Passengers Scheme.

From January 2015, current and prospective members of the Disabled Drivers & Disabled Passengers Scheme will be eligible for a fuel grant in respect of fuel used during the year. This fuel grant will maintain the current practice of paying the sum a year in arrears, so that payments of the fuel grant will take place from 1 January 2016. The amount of grant available on the fuel grant will be the same as the relief available under the current excise relief.



Current members of the Scheme do not need to re-apply to receive the fuel grant. However, members of the Scheme should continue the current practice of retaining receipts on any qualifying fuel purchased under the Scheme.

If you would like further information, contact WCCSG on 027-53848 or West Cork Citizens Information Service at 0761 03 8390

I.T. for You - I.T. Security

As more and more of us use the internet for shopping, paying bills, on-line banking, surfing the net etc., it is advisable to be vigilant regarding internet fraud.

General Good Practise when using the internet

- Always ensure you have up-to-date anti-virus software in place
- Ensure that your operating system and other software are regularly updated
- Always make sure any passwords you use on-line are kept private. Never give these out to anyone and change occasionally if possible.
- Never click 'agree' or 'OK' to an unexpected pop up window. Close these by using the 'x' button on the top right hand corner of the pop up window.
- Do not respond to emails or click on any links you are not familiar with. Beware of unsolicited emails.
- Never open or download any attachments from senders you do not know, simply delete them
- Do not provide any details or reply to an email requesting personal information. No reputable company would ask you this by email.
- Always check your bank and credit card statements. If anything unfamiliar appears contact your bank immediately

Two areas of security to bear in mind are cold calling and Phishing. Here are some tips on how to deal with these issues.

COLD CALLING

This is when someone rings you without you asking them to. They might say that they are from a bank, credit union or software computer company. They will pretend that they are calling on behalf of legitimate companies to offer you support with your computer, to sell you something or to suggest there may be something wrong with your PC that needs immediate attention. Banks, software companies and other companies do not make calls like this, if you get a phone call like this:

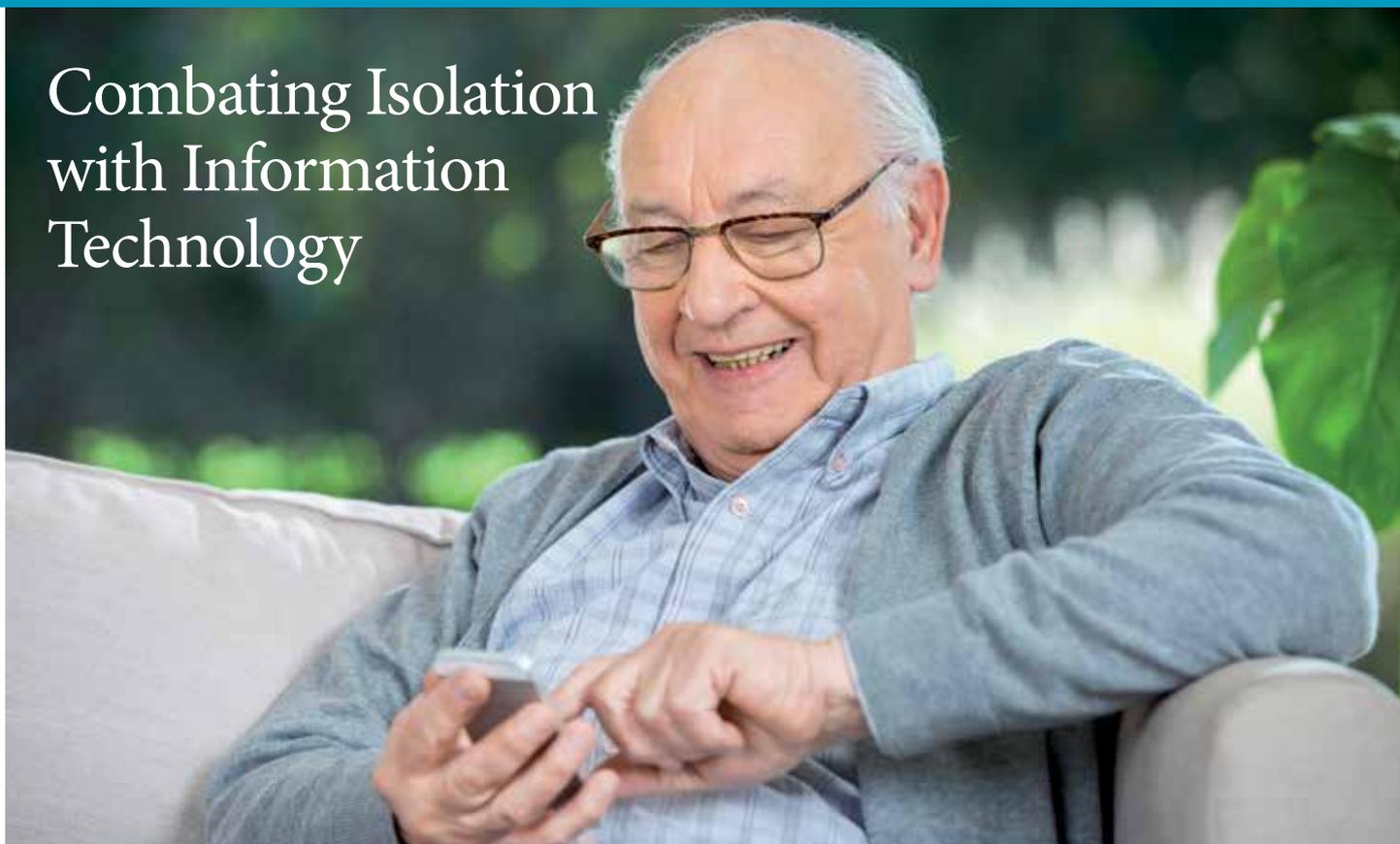
- Do not disclose any personal details regarding address, bank account, internet passwords
- Never give anyone access to your computer, over the phone
- Terminate the call immediately
- Contact your bank or the Gardaí after the call to seek advice

PHISHING (FISHING)

'Phishing' is when fake emails or websites are sent to your computer/email and will appear to represent legitimate banks or companies in order to obtain information from you like your passwords, accounts details or date of birth. If given, they will use this information to gain access to your account illegally. Banks etc. will **never** request date of birth, account numbers or any other information like this by email. Simply delete any unsolicited emails or websites and do not open them or reply to them. You can contact your own bank directly afterwards if you have any questions or are suspicious about emails.

Information and Supports Services

Combating Isolation with Information Technology



Many Carers can experience a sense of loneliness and isolation during their time as a Carer. They may not have the time to see family and friends as they used to and this can increase the sense of isolation. It is crucial for Carers to maintain a connection to friends, family and other Carers to ensure they do not feel lonely and embracing technology can be a very effective way of achieving this.

Here are some ways that technology can help keep you connected.

Telephone

It may be old fashioned technology but it's a great way to connect! Pick up the phone to a friend or family member for a catch up. Also, ring us at West Cork Carers Support Group for a chat, if you need a friendly listening ear, advice on benefits and entitlements or information on our support groups, training, social outings etc.

Mobile Phone

Mobile phones are a great way to keep in touch when you have a busy and demanding schedule. Whether it's a quick call, text, email or skype to friend, they can keep you connected wherever you are.

Free One To One Computer/It Support

If you would like help or assistance with emailing, accessing the internet, virus protection, Facebook, Skype etc. we are now able to offer Carers one- to -one computer/IT support in our Bantry office. We can also offer support with Tablets, iPads, mobile phones or any other IT enquiries. Please contact us on: 027-53848 to book a convenient time.

Internet

The internet can offer so many wonderful opportunities to access information on line, research your hobbies, on-line education, social media, emailing and much more. There is a world of information to access through the internet and this can give people a great sense of inclusion. Some suggested ways to connect with people through the internet are:

Email -email is a fast and cheap way to send a mail to someone anywhere in the world.

Skype - Skype is a great low cost way to keep in touch with family and friends both home and abroad.

Facebook - Facebook is a popular free social networking website that allows registered users to create profiles, upload photos and video, send messages and keep in touch with friends and family.

The Importance of Respite Breaks

Time off from caring (sometimes called respite) is vital to allow Carers to take a much needed break from their caring commitment. Carers often ignore, or don't have time for their own health and social needs and without regular breaks there is undoubtedly an increased risk of Carers being unable to cope and continue providing care.

When you have an opportunity to get some free time grab it! Continue to do the things you love like listening to music or the radio, taking a walk or spending time in the garden. If friends, neighbours or relatives offer to help, accept their offer.

Breaks can be taken in many forms and it is important to avail of any supports available such as:

- Home Help
- Day Care Centres
- Respite Care in residential centres
- Respite Care in public/private nursing homes or hospitals
- Weekend or week long breaks for Carers e.g. Ballybunion Respite Breaks administered through the Community Work Department, HSE South - contact: 0667195635 or 0667195634
- West Cork Carers Support Groups Respite funds to enable Carers to take a short break from caring

Respite Care for Older People in Community Hospitals

Remember, if you are planning respite care in Community Hospitals for 2015, the first 30 days are free. As per the changes announced in 2013, after the first 30 days respite in any 12 month period, there is now a charge of €175.00 per week.

Consider taking breaks early in your caring role – if you leave it until you are experiencing burn out then short breaks may not be enough for your recovery.

Talk to Staff at West Cork Carers Support Group or your Public Health Nurse if you need a break and are finding it difficult to manage or make arrangements.



World Autism Awareness Day will be celebrated in Ireland and all over the world on 2nd April.

If you are interested in any events happening locally or nationally, please log on to www.autismireland.ie

Irish Autism Action was founded in 2011 by parents of children with autism. It is an umbrella organisation with 51 member groups and 900 individual members. They offer Diagnostic & Assessment Services, outreach service programme, advocacy, educational support, information service and much more.

For more information contact them on: **044 9371680**

National and West Cork Mental Health Contacts

If you, or someone you care for is suffering from mental health issues, do not hesitate to contact your local or Nationwide supports who will give you advice, support and information about what services and supports are available to you.

NATIONWIDE ASSOCIATIONS

Headstrong

Leading the change in youth mental health
Tel: 01 – 4727010

Aware

A voluntary body which offers assistance to people who suffer from depression
LoCall helpline: 1890 303 302

Samaritans

Available 24 hours a day to provide confidential, emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.
Contact: National telephone: 116 123 (in ROI only) or Cork Branch 021 4271323

CORK BASED SUPPORTS

Cork Mental Health and Housing Association

Cork Mental Health Foundations ethos is to promote positive mental health throughout Cork City and County. Tel: 021 4511100

Irish Advocacy Network

The Irish Advocacy Network Ltd was set up to offer peer advocacy services throughout the island of Ireland. Contact: Noreen on: 087 9922997

Grow

Grow is a support group for people with mental health difficulties i.e. depression, anxiety etc.
Contact: Breda on 021 4277520

West Cork Mental Health Services

Acute Unit Tel: 027 53970
Section Headquarters (Skibbereen) Tel: 028 21384

Open Dialogue

The Open Dialogue approach involves meeting the service user in a place of their choice, with a family member or friend if you choose to, and sitting down with mental health professionals to talk about what is happening for the service user and how best they can be supported. Contact: Dr Iseult Twamley on: 027 52970

Family Matters

Supporting people and their Carers, relatives and friends to cope and grow through the challenges of mental health issues.

Contact Dr Iseult Twamley on: 027 52970

Respite Care Grant

Question: Can you tell me about the Respite Care Grant

Answer: The Respite Care Grant is an annual payment made to carers by the Department of Social Protection. Carers can use the grant in whatever way they wish. You can use the grant to pay for respite care if you wish, but you do not have to do so. If you are getting Carer's Allowance, Carer's Benefit, Domiciliary Care Allowance or Prescribed Relative's Allowance from the Department of Social Protection, you do not need to apply for the Respite Care Grant. It will be automatically paid to you in June.

If you are not getting one of the above mentioned payments you should fill in an application form for the Respite Care Grant. Forms are available from your local Citizens Information Centre or Social Welfare Office

If you are not getting one of the above payments and you got the Respite Care Grant last year, you do not need to reapply this year. If you got the grant last year, you will get a letter at the end of April this year from the Respite Care Section in the Department of Social Protection with a short questionnaire on the back. You must answer the questions on the back and return the letter to the Respite Care Section. A freepost envelope will be included with your letter. After you return the letter, the Department will use this and the information on file to reassess you for the Respite Care Grant.

The grant is €1,375 per annum and it is not taxable.

If you would like further information, contact West Cork Citizens Information Service at 0761 03 8390 or drop into their office. Contact details are listed below.

Know Your Rights has been compiled by the West Cork Citizens Information Service which provides a free and confidential service to the public. Tel: 0761 07 8390 Address: Wolfe Tone Square, Bantry, Co. Cork.

Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000 or the West Cork Help-line, 0761 07 8390

Competition Time

Across

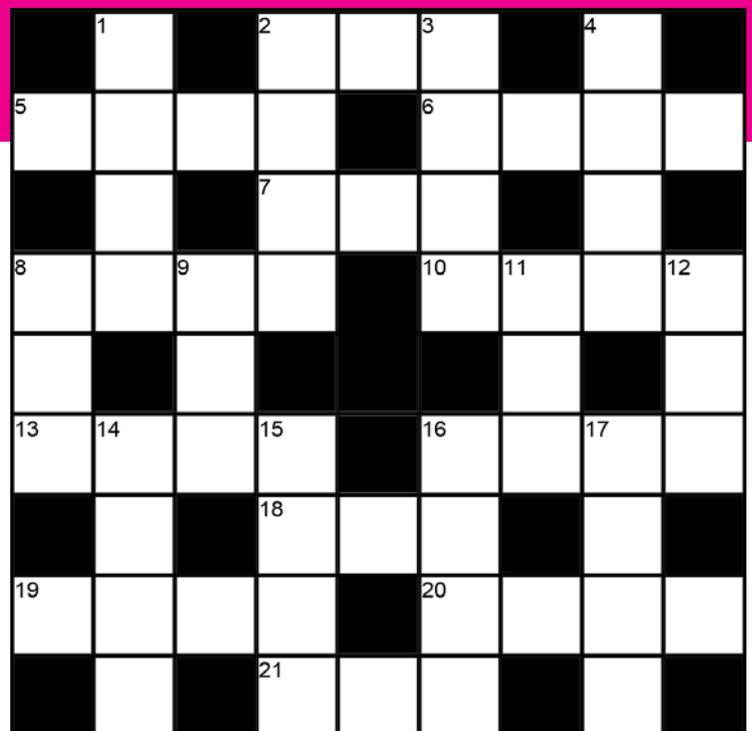
2. Assist
5. Tiny branch
6. Not common
7. Australian bird
8. In the center of
10. Kind of student
13. Fibbed
16. Prescribed quantity
18. Before dos
19. Small cut
20. Finished
21. Hearing organ

Down

1. Enjoy the pool
2. Got older
3. Medication
4. Neighbourhood
8. Not just some
9. Summer cooler
11. Carnival city
12. Expire
14. "____ it obvious?"
15. Trick
16. Way in, or out
17. Plant starter

Congratulations to Florence Deane, winner of our last crossword completion, answers below:

Across: 1. Dozen, 4. Cache, 7. Oblivious, 8. Yawn, 10. Eroded, 12. Eagles, 13. Idea, 16. Tarantula, 18. Nadir, 19. Tacit, Down: 1. Diary, 2. Zoo, 3. Nile, 4. Covert, 5. Crowded, 6. Eased, 9. Wagered, 11. Leaner, 12. Eaten, 14. Adept, 15. Aunt, 17. Arc



Complete this crossword, cut out this section and send it into us @ **West Cork Carers Support Group, Bridge Street, Bantry** - All correctly completed entries received will be entered into a draw to win a €20 Supervalu voucher! Deadline for entries is 31st May 2015. Winner will be notified by post.

Name*: _____ Tel: _____

Address: _____

*You must be registered with West Cork Carers Support Group to enter this competition. The decision of WCCSG is final and no correspondence will be entered into.

Up-Coming Events

Please see our back page for the full list of events and courses during April, May and June.

National Carers Week Events

We hope you will be able to join us during National Carers Week to celebrate the wonderful work that you are doing and take some well-deserved time out, whilst also helping us to raise awareness of the vital role and contribution of Carers in our community.

Monday 8th June - Carers Visit to Dzogchen Beara Retreat Centre

Enjoy tea/coffee and biscuits in the Care Centre on arrival, a tour of the Care Centre and the beautiful surroundings, and then attend a guided "Loving Kindness/Self Compassion" meditation. All followed by a lovely lunch together overlooking the ocean.

Time: Meet at Dzogchen Beara Care Centre at 11 am

Cost: €10 (including transport from Bantry if required).

Tuesday 9th June – Mamma Mia Sing-Along Night!

Carers are invited to experience the smash hit movie musical in a whole new way by singing along to the songs we all love. Mamma Mia! The Sing-Along Edition will feature the lyrics to every musical number on the screen, and you are invited to sing and dance along. Join in on all your familiar favourites like "Dancing Queen," "S.O.S.," "Money, Money, Money," and all the others from the film!

Venue: Clonakilty Cinema

Time: Film starts at 7.30pm

Cost: €5 per Carer

Thursday 11th June - Carers Pamper Morning

Join us for a morning of relaxation and leisure in the **Maritime Hotel**, from **10.30am to 2pm**. Enjoy a cuppa and chat followed by a relaxing spa treatment, use of the leisure facilities, all followed by a delicious lunch.

Treatment sessions will take place throughout the morning and will need to be pre-booked. You can enjoy a Mini facial – a 30 min cleanse tone and moisturise or a Mini massage - a 30 min shoulder and neck massage.

Cost: Swim or Treatment and Lunch €10, or

Swim plus Treatment and Lunch €15

Booking is essential for all these events.

Please book early to avoid disappointment by calling 027-53848



Stress Management and Mindfulness Workshop

Come and join us on **Wednesday 27th May from 10.15am – 2pm at the West Cork Hotel, Skibbereen** for a morning of stress management, confidence building and mindfulness.

We will explore how to manage stress by recognising the triggers of stress and how we can help ourselves cope by building resilience.

We will also look at how to identify simple and effective techniques to boost your self-confidence. During the morning we will be weaving in the techniques of Mindfulness to help us address these issues. Mindfulness helps us to find calm and stability in ourselves and in our relationships with others, in the midst of our busy, stressful lives.

Cost: €10 per Carer (includes lunch)

Booking essential.

Book early to avoid disappointment on 027 53848

Digital Photographs – Storage, Moving & Sharing

A number of Carers have inquired about how to copy files and photos from USB sticks, Cameras etc. and then how to store and share these files with others.

In response, we are offering a workshop where our facilitator John (WCCSG IT Support Worker) will go through photo storage, file transfer and sharing via Emailing, Facebook, Dropbox, etc. The session will take place on **Thursday 21st May** in West Cork Carers Support Group's Resource Centre, Bantry and can be held either in the morning **10.30am to 12.30pm** or evening **7.00pm to 9.00pm (or both depending on demand)**.

There is no charge for this event.

Please book by calling 027 53848



Drama performance of 'Eileen' – the Monologue

There will be a performance of 'Eileen' at **7pm- 9pm** in the **Maritime Hotel, Bantry**, on **Thursday 30th April**.

After the performance, there will be an open discussion around drama to identify if Carers would like to do a drama workshop in the future.

'Eileen' a Monologue written and performed by Karen Minihan. The piece runs for 40 minutes and tells the story of an ordinary, middle aged countrywoman, and local Tupperware rep, Eileen O'Brien. She is facing the difficulty of divorcing Jerry, her farmer husband of fourteen and a half years, with the enormous implications for her life in a small, close-knit, Catholic village. Eileen must learn to live alone and find new dreams with the support of her community.

Cost: €5.00 per Carer

Booking essential.

Book early to avoid disappointment on: 027 53848

Irish Red Cross Practical First Aid Course IrishRedCross



COURSE DATES:

Friday 17th April 7.00pm to 10.00pm & Saturday 18th April 9.30am to 5.30pm

COURSE VENUE:

Dunmanway Social Centre

COURSE DESCRIPTION: This course will give Carers a basic understanding of key First Aid situations and their treatment. Items covered on the course include:

1. An introduction to First Aid
2. Casualty Assessment
3. Heart Disease
4. CPR and choking
5. Wounds and Bleeding
6. Altered levels of consciousness
7. Musculoskeletal Injuries
8. Burns
9. Poisons

COURSE FEE: Normally €80, we are offering this course at a **subsidised rate of €30 to Carers** registered with West Cork Carers Support Group.

Course fee includes an Irish Red Cross Practical First Aid Workbook & Scenarios and a certificate.

BOOKING ARRANGEMENTS:

Early booking recommended as places will be limited. Tel: 02753848

Sewing Machine Workshop



Do you need help using your sewing machine or have you not used your machine in a while and need to brush up on your skills?

We will be hosting a sewing machine workshop on **Thursday 14th May from 10.30am to 12.30pm** in West Cork Carers Support Group's Resource Centre in Bantry. You will need to bring your sewing machine with you. There is no charge for this event.

If you are interested in attending please call us on 027-53848 as booking is essential.

Diary of Events

If you are interested in any of the events or courses where booking is required please call us on 027 53848

April

DATE	TIME	VENUE	EVENT/PROGRAM	COST
Thursday 2nd	8pm to 10pm	Dunmanway Day Care Centre	Dunmanway Support Group Benefits and Entitlements Talk	No Charge
Monday 13th	10.30am to 12.30pm	Adult Education Centre, Castletownbere	Beara Support Group West Cork Carers Crochet Project	No Charge
Friday 17th & Saturday 18th	Fri 7pm to 10pm. Sat 9.30am to 5.30pm	Dunmanway Social Centre	Practical First Aid Course	€30 per Carer <i>Booking essential Book early to avoid disappointment</i>
Thursday 30th	7pm to 9pm	The Maritime Hotel, Bantry	Drama performance of 'Eileen' – the Monologue	€5 per Carer <i>Booking essential</i>

May

DATE	TIME	VENUE	EVENT/PROGRAM	COST
Thursday 7th	8pm to 10pm	Day Care Centre, Clonakilty	Clonakilty Support Group Happy Heart Week Health Checks	No Charge
Thursday 14th	10.30am to 12.30pm	WCCSSG Office, Bantry	Bantry Support Group Sewing Machine Workshop	No Charge <i>Booking essential</i>
Thursday 21st	TBC	WCCSSG Resource Centre, Bantry	Digital Photographs – Storage, Moving & Sharing	No charge <i>Booking essential</i>
Wednesday 27th	10.15am to 2pm	The West Cork Hotel, Skibbereen	Stress Management and Mindfulness Morning	€10 per Carer (includes lunch) <i>Booking essential Book early to avoid disappointment</i>

June

DATE	TIME	VENUE	EVENT/PROGRAM	COST
Thursday 4th	8pm to 10pm	Dunmanway Day Care Centre	Dunmanway Support Group Coffee and a catch up	No Charge
Monday 8th	From 11am	Dzogchen Beara Allihies	Visit to Dzogchen Beara Retreat Centre	€10 per Carer <i>Booking essential Book early to avoid disappointment</i>
Tuesday 9th	7.30pm to 9.30pm	Clonakilty Cinema	Mamma Mia Sing-Along Night!	€5 per Carer <i>Booking essential Book early to avoid disappointment</i>
Thursday 11th	10.30am to 2pm	The Maritime Hotel, Bantry	Carers Pamper Morning	Swim or Treatment & Lunch €10 or Swim plus Treatment & Lunch €15 <i>Booking essential Book early to avoid disappointment</i>
Monday 15th	11am to 2pm	The Maritime Hotel, Bantry	Morning of health & well-being for male Carers	€10 per Carer <i>Booking essential Book early to avoid disappointment</i>

Subsidised Courses/events We are delighted to be able to offer subsidised training courses, events, information talks to our Carers. We aim to provide cost-effective, relevant, high quality training courses and events. The impact of Carers booking places and not attending courses has a huge bearing on the service financially and also on other Carers who would have liked to attend. We would ask everyone who books a course or event, if for any reason you cannot attend, to any let us know, so we can alter our numbers or give your place to another Carer. We understand that it is the nature of caring that there will be unforeseen circumstances and you may not be able to attend an event at the last minute but we would ask that you let us know as soon as possible.

WEST CORK CARERS SUPPORT GROUP

Bridge Street, Bantry, Co. Cork

Telephone: 027-53848 | E-mail: westcorkcarers@eircom.net | Website: www.westcorkcarers.ie