



WELCOME TO SLIGO

A guide to Sligo Town and County

2026 Edition



An Roinn Dlí agus Cirt,
Gnóthaí Baile agus Imirce
Department of Justice,
Home Affairs and Migration



LAIT Sligo.

Foireann Udaráis Áitiúil um Imeascadh
Local Authority Integration Team



SLIGO

Sligo is a beautiful county in the northwest of Ireland, known for its stunning landscapes, friendly communities, and rich cultural heritage.

Surrounded by mountains, lakes, and the Atlantic coastline, Sligo offers breath-taking scenery and outdoor activities like hiking, surfing, and exploring nature.

The town of Sligo is vibrant and full of history, with shops, schools, healthcare services, and community supports to help you settle in.

It is also famous for its connection to the poet W.B. Yeats and traditional Irish music.

We hope you find Sligo a warm and welcoming place to start your new chapter.



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Foireann Údaráis Áitiúil um Imeascadh
Local Authority Integration Team

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LAIT Sligo.

Foireann Údaráis Áitiúil um Imeascadh
Local Authority Integration Team

Sligo Local Authority Integration Team LAIT

The Integration Team acts as the direct point of contact to provide information, guidance and advice. We visit IPAS Accommodation Centres to identify and offer supports needed by residents.



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Foireann Údaráis Áitiúil um Imeascadh
Local Authority Integration Team

Sligo County Council

Integration Team

Providing on-going integration supports to people in any of the following groups living in Sligo.

- Those with Refugee, Subsidiary Protection or Leave To Remain Status
- Program Refugees
- International Protection Applicants (IPA)
- Beneficiaries of Temporary Protection (BOTP)



Aoife - 087 0330871



Michael - 087 6059191

integration@sligococo.ie





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Local Authority Integration Team

What can LAIT help with ?

- ➔ Initial orientation to life in Ireland
- ➔ Support in acquiring English language proficiency
- ➔ Support in finding suitable employment
- ➔ Provision of support payments (for those not in paid employment)
- ➔ Support to access education and/or training
- ➔ Support to access health care in line with needs
- ➔ Support for cultural, social and political participation
- ➔ Support in living with and/or overcoming identified vulnerabilities



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Orientation to Life in Ireland

Ireland is a friendly and diverse country where people value community, fairness, and respect for others. Everyday life is shaped by a strong sense of local neighbourhood, a tradition of helping one another, and a belief in equality for all who live here. While English is the main language spoken, Irish (Gaeilge) is also an important part of national identity and you may see it on signs and public buildings. People in Ireland generally appreciate politeness, punctuality, and open communication, and it is common to greet others with a smile or a simple “hello.” As you settle in, you will find that Ireland’s culture—its music, traditions, and community life—offers many opportunities to connect and feel part of society.



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Emergency Contacts

- ➔ For emergencies call **999** or **112** - You will then be asked which service you need:
An Garda Síochána (police)
Ambulance
Fire Station

- ➔ For non-emergencies

Service	Contact Number
Garda Station Sligo Town	071 91 57000
Ballymote Garda Station	071 91 89500
Fire Station Sligo Town	071 91 11404
Sligo University Hospital	071 91 71111



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English Language Supports

This guide is designed to help newcomers navigate English language support services in Sligo, making your transition smoother and more enjoyable. We hope this document will provide you with useful information.



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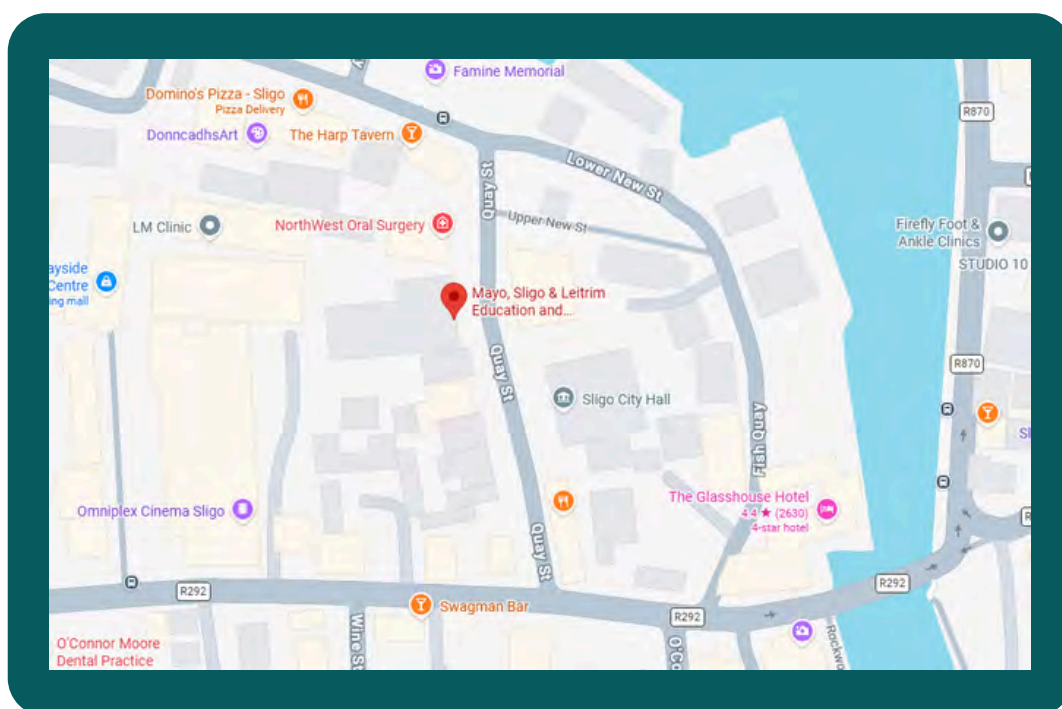


Mayo Sligo Leitrim Education and Training Board (MSLETB)

Classes : ESOL Literacy, ESOL Accredited QQ1 Levels 1-5, ESOL Preparations for Cambridge exams and International English Language Testing System.

Class times vary contact doloresmcloughlin@msletb.ie for further information.

English classes are run in terms/blocks please contact the LAIT team for the most up to date class timetables/availability.





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Education & Training

County Sligo offers a warm and supportive environment for learners of all ages. The Mayo, Sligo and Leitrim Education and Training Board (MSLETB) provides a wide range of learning opportunities, including adult education, English language supports, literacy programmes, vocational training, apprenticeships, and community education initiatives, helping newcomers gain skills for work and daily life.

Local organisations, such as Sligo LEADER, also offer guidance on accessing education—both for adults and young people—including help finding English conversational groups and understanding Ireland's education system, making it easier to settle in and pursue learning goals.



→ The Irish Education System

The Irish education system provides learning for children from early childhood through secondary school.

Education is compulsory for children aged 6 to 16.

The main stages include Early Childhood education (preschool), Primary School (ages 4–12), and Secondary School (ages 13–18), where students complete the Junior Cycle and later the Leaving Certificate, which supports entry into further or higher education.

→ The Early Childhood Care and Education

The Early Childhood Care and Education (ECCE) programme in Ireland is a free, universal preschool scheme that provides children with up to two years of early learning before they start primary school.

It is funded by the Department of Children, Disability and Equality and is available to children who are between 2 years 8 months and 5 years 6 months within the programme year.

ECCE offers 3 hours of preschool per day, five days a week, for 38 weeks a year, giving children a structured early learning experience based on the national frameworks Síolta and Aistear.

For information on ECCE places in Sligo contact Sligo County Childcare Committee 071 91 48860





msletb

Bord Oideachais agus Oiliúna
Mhaigh Eo, Shligigh agus Liatróid
Mayo, Sligo and Leitrim
Education and Training Board



→ School Places - Primary and Secondary School

Primary and secondary schools in Ireland provide free education to children as they progress from early learning into more formal studies.

Primary school usually caters for children aged 4–12, focusing on foundational skills, while secondary school typically covers ages 12–18, preparing students for the Junior Cycle and Leaving Certificate.

→ REALT

The Regional Education and Language Team (REALT) have been put in place by the Department of Education to identify school places, school transport and supports. REALT can be contacted by Centre Managers or can be contacted directly by International Protection Applicants who require assistance.

- REALTS will assist with finding children primary and secondary school places.
- They will also help arrange transportation to and from school.
- They will communicate with local schools to find suitable capacity within those schools.
- They will be able to provide the best information in relation to special needs schools.



msletb

Bord Oideachais agus Oiliúna
Mhaigh Eo, Shligigh agus Liatróid
Mayo, Sligo and Leitrim
Education and Training Board



Regional Education and Language Team (REALT)

Need a School Place for a Child (Age 5-18)?

How to Apply: Please fill out the School Pre-Enrolment Form by scanning the QR code below.

Email:

realt@msletb.ie or
Phone: 085 826 9416





→ School Transport

The school transport scheme provides transport for children who live 3.2km or more from their local primary school, and for post-primary students who live more than 4.8km away from their nearest school.

Bus Éireann operates the school transport service on behalf of the Department of Education and Youth who funds the scheme.

To qualify for the post-primary school transport scheme, your child must:

- Be enrolled in their nearest post-primary school, and
- Live 3.2km/4.8km or more from the nearest suitable school

The Department of Education and Youth determines what the nearest suitable school is, considering the school's ethos and language. Bus Éireann decides if your child qualifies by checking the distance from the nearest school to your child's home.

There are some exceptions to the nearest school rule. Your child may also qualify for school transport if they attend:

- Their nearest minority religious denominational school due to religious ethos, even if it is not their nearest school
- Their nearest all-Irish school, even if it is not their nearest school
- Their nearest all-English school, even if it is not their nearest school



School Transport

Children with special educational needs are also eligible for free transport to and from special schools and to special classes.

Pupils from Ukraine should not apply on the Bus Éireann website. Applications will continue to be accepted as families are relocated or as new families arrive. Pupils from Ukraine should visit gov.ie/ukraine for details on how to apply for school transport.



School Uniform Allowance

The Back to School Clothing and Footwear Allowance is a once-off, means-tested payment designed to help families with the cost of school uniforms and footwear each autumn.

It is available to households receiving qualifying social welfare payments, meeting income limits, and with eligible children who are resident in the State. For 2026, the scheme provides €160 for children aged 4–11 and €285 for those aged 12–22, with an extension of the €160 rate to eligible 2- and 3-year-olds.

The allowance is issued automatically to many families in June, while others can apply online through MyWelfare during the scheme's annual June–September window.





Continuing Education



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Further Education:



The National Framework of Qualifications

The National Framework of Qualifications (NFQ) is a system that organises all qualifications in Ireland into ten levels, reflecting a progressive scale of knowledge, skill, and competence. Levels 1–10 encompass the full spectrum of learning, from basic skills at entry level to the most advanced academic and professional awards, such as doctoral degrees. The framework provides a transparent and consistent structure that helps learners, employers, and educators understand the value and progression pathways of each qualification.

National Framework of Qualifications (NFQ) Levels 1 - 10:

- Junior Cycle (NFQ Levels 1, 2, and 3)
- Leaving Certificate (NFQ Levels 4 and 5)
- Advanced Certificate / Higher Certificate (NFQ Level 6)
- Ordinary bachelor's degree (NFQ Level 7)
- Honours bachelor's degree / Higher Diploma (NFQ Level 8)
- Master's Degree / Postgraduate Diploma (NFQ Level 9)
- Doctoral Degree (NFQ Level 10)

If you do not have a valid work permit, you are not able to do any course that is higher than level 3 on the QQI framework. There are options of other courses. Please contact grainedunne@msletb.ie to make and an appointment to discuss your options.



Third Level Education

Third-level education in Ireland includes universities, technological universities, institutes of technology, and other colleges offering a wide range of undergraduate and postgraduate programmes. It provides learners with advanced knowledge, practical skills, and research opportunities across diverse fields of study.

Key Requirements for IPAS Applicants:

- In the first instance- Time in Protection Process: They must have been an international protection applicant for at least three years before the start date of their chosen course. (otherwise, you will be charged international university fees)
- International Protection Status: Applicants must be in the process of seeking international protection (asylum) and not have a final decision on their application.
- No Deportation Order: Applicants must not have been issued with a deportation order.
- Approved Course and Institution: They must be applying for an approved higher education or PLC (Post Leaving Certificate) course at an approved institution.
- Income Thresholds: Income levels for the applicant (and their parents unless they are an independent mature student) are assessed against the scheme's income limits.
- Progression in Education: Applicants should be actively progressing in their education. This means going up in level e.g. from level 7 to level 8 on QQI. If you already have obtained a level 8 degree, this option is not available to you to get funded.



The SUSI logo is a 3D magenta cube with the word "SUSI" in white, bold, sans-serif capital letters on its front face.

SUSI



→ Third Level Education: Financial Support

International Protection applicants in Ireland can apply for financial support for third-level education through the International Protection Student Scheme (IPSS).

This scheme, administered by **SUSI** (the Student Universal Support Ireland), helps with course fees and maintenance grants. To be eligible, applicants must have been in the protection process for at least three years and not have a deportation order.

Applying for the IPSS:

- Applications for the IPSS are made through SUSI.
- It is recommended to apply as early as possible to ensure timely processing.
- The application process may involve submitting documentation related to their international protection status and financial information.

→ University Entry Requirements

- If you complete a level 6 qualification in English, you will waive the requirement for an English language assessment. If you do not complete level 6 or equivalent in English, you will be required to achieve a IELTS overall score of 6.5 and no lower than 5.5 in any specific area.
- 



➔ Foreign qualifications recognised in Ireland

Some information about getting your foreign qualifications recognised in Ireland. To get started, you will need to search for your type of qualification on the NARIC database and download a comparability statement.

- [How to get your foreign qualification recognised in Ireland](#)
- [Recognition of professional qualifications in Ireland](#) (For example, Teacher, Architect, Doctor, Pharmacist, etc).
- [NARIC – Ireland Foreign Qualifications](#). Compare your foreign qualification to an Irish qualification of a similar type.
- [Entry requirements](#) guidance from NUIG website based on what country your educational achievements are from.
- [National Framework of Qualifications](#) Is a system of 10 levels that allow you to compare different types of qualifications available in Ireland. The NFQ allows you to compare qualifications to help with your choice of programme or course, knowing that it will be recognised at home and abroad.
- [Guide on how to get your qualification recognised \(English\):](#)
- [Guide also available in multiple languages](#) including Arabic, Ukrainian, French, and more.
- You can apply to have your qualification recognised by submitting this [online QQI form](#).
- There is also a process of [recognition of prior learning](#).

→ Permissions Based on Status

Legal Status	Permission to Work	Permission to Study
Refugee	Yes	Yes
Subsidiary Protection	Yes	Yes
Family Members of Refugee's or Subsidiary	Yes	Yes
Leave to Remain / Temporary Permission to Remain	Yes	Generally, people with Leave/Permission to remain have a stamp 4 and the majority are eligible for SUSI and all Social Welfare entitlements, however there are a small number not eligible for SUSI, generally those who received their stamp 4 on a discretionary basis from the DoJ Minister.
Protection Applicant (resident for less than 6 months)	No	No (Except for: English for Speakers of Other Languages & literacy supports)
Protection Applicant (resident for over 6 months)	Yes Labour Market Permission Letter and valid Temporary Residence Card (TRC) required.	Yes Labour Market Permission Letter and valid Temporary Residence Card (TRC) required.



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Financial Support

You are permitted to work in Ireland upon successful application and receipt of your work permit. To work in Ireland, you will need:

- A PPS (Personal Public Service) number
- Labour market access permission (work permit)
- Valid identification
- A bank account
- A CV/resume
- Proficiency in English



An Roinn Coimirce Sóisialaí Department of Social Protection

→ Daily Expenses Allowance

International Protection applicants who are living in, or waiting to move into, accommodation provided by the International Protection Accommodation Services (IPAS) are entitled to the Daily Expenses Allowance (DEA) while their application is being processed.

The DEA provides a weekly payment of €38.80 per adult and €29.80 per child, increasing to €113.80 per week for adults who have not yet been offered IPAS accommodation.

Applicants can apply by completing the DEA1 form and sending it to the Sligo CWS Support Team, Social Welfare Services, College Road, Sligo, F91 T384, and any queries can be directed to NWCWS@welfare.ie.

Depending on the type of centre, supports may include catered services or grocery provisions through pre-paid debit cards or vouchers for use in selected stores. Vouchers are allocated on a points system as outlined below.

	Points per Person/Child per week	Aggregate points per household unit per week
First Adult in Household	62 points per week	
Second Adult in Household	25 points per week	87 points per week
Third Adult in Household	31 points per week	118 points per week
Fourth Adult in Household	25 points per week	143 points per week
Fifth Adult in Household	31 points per week	174 points per week
Children	Age 0-5 years	15.5 points per week
	Age 6-14 years	19 points per week
	Age 15+	Adult points (25 or 31)
Single Adult Sharing	45 points per week	



An Roinn Coimirce Sóisialaí Department of Social Protection

→ Daily Expenses Allowance and Employment

An income assessment is applicable for the Daily Expenses Allowance for people 18 years or over who are receiving an income for 12 weeks or more. Income includes pay from a job, self-employment and social welfare payments.

For couples or families, the Daily Expenses Allowance payment from the person who has income may be reduced or withdrawn. This will not affect any payments other family members are getting.

If you are receiving the Daily Expenses Allowances and you have other income from a job, self-employment, social welfare payments and/or any other source, you should email NWCWS@welfare.ie with the details, for example if you have started work.

The table below provides some examples of how the income testing may be applied to persons on standard rate of Daily Expenses Allowance.

Income	Less Disregard	Amount on Income Assessable (Income less Disregard)	Amount of Means Applied (60% of Income Assessable)	Rate of DEA Payment
€50	€60	€0	€0	€38.80
€70	€60	€10	€6	€32.80
€80	€60	€20	€12	€26.80
€90	€60	€30	€18	€20.80
€100	€60	€40	€24	€14.80
€110	€60	€50	€30	€8.80
€120	€60	€60	€36	€2.80
€125	€60	€65	€39	€0



An Roinn Coimirce Sóisialaí Department of Social Protection



Supplementary Welfare Allowance

The Supplementary Welfare Allowance scheme offers a safety net within the overall social welfare system by aiding people in the State whose means are insufficient to meet their needs and those of their dependents.

If you require an application form for Supplementary Welfare Allowance you can request this in the follow link [eForms](#)

If you wish to download an application form you can do so at www.gov.ie/SWA1

If you wish to apply for a once-off Additional Needs Payment, you can also apply online via www.mywelfare.ie

The National Intreo Contact Centre (NICC) for Community Welfare Service (0818 607080) was established within the Department to respond efficiently and effectively to telephone calls made to Intreo Offices nationally. These are dealt with in real time and, in instances where CWS queries are deemed to be emergencies, these calls are prioritised and escalated to the Duty Community Welfare Officer line.



An Roinn Coimirce Sóisialaí Department of Social Protection



Additional Payments

You can apply for discretionary payments such as Exceptional Needs Payments, Urgent Needs Payments and the Back-to-School Clothing and Footwear Allowance.

The Additional Needs Payment includes the Exceptional Needs and Urgent Needs payments.

· <https://services.mywelfare.ie/en/topics/community-welfare-services/additional-needs-payment/>

· **Additional Needs Payment** - <https://www.gov.ie/en/service/4eb45-additional-needs-payment/>

· **Exceptional Need Payments** - <https://www.gov.ie/en/service/80b24c-exceptional-needs-payments-swa/?referrer=http://www.gov.ie/enp/>

· **Urgent Needs Payment** - <https://www.gov.ie/en/service/19ef0f-urgent-needs-payments-swa/?rel=outbound>

Sligo Intreo Centre

Address: Government Offices, Cranmore Road, Sligo, Co Sligo, F91 V83R

Website: www.gov.ie/intreo

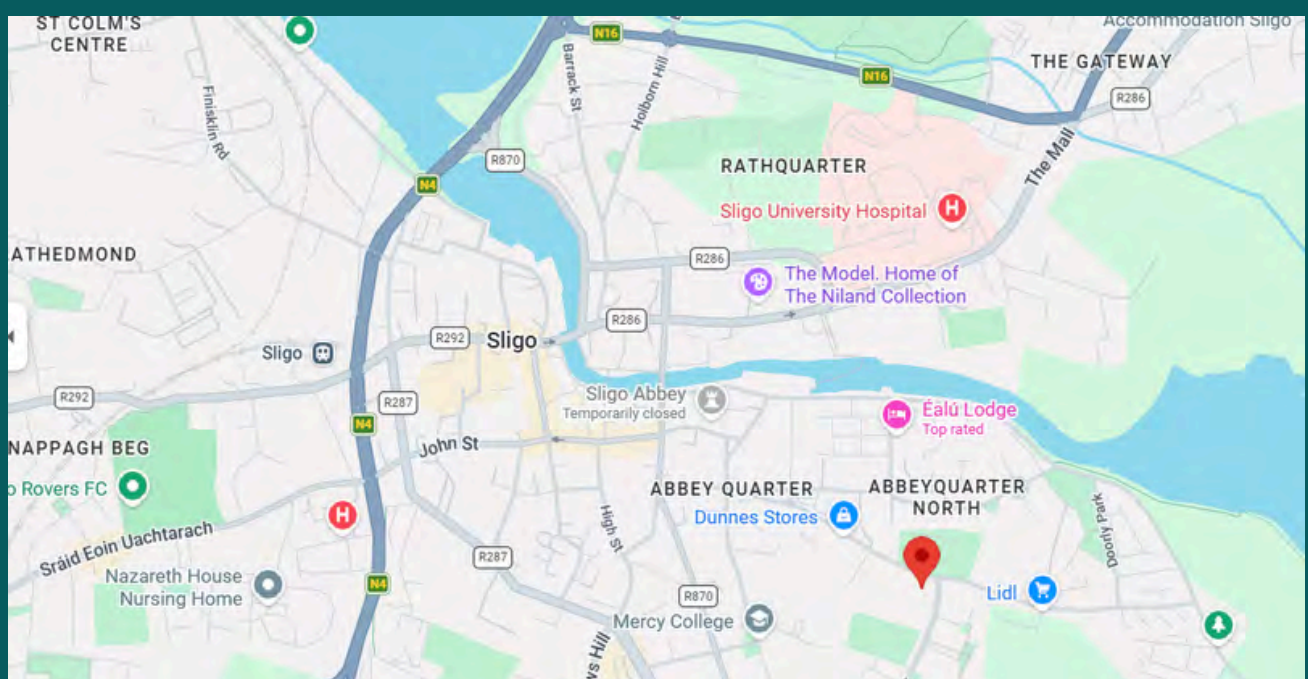
Email: sligo@welfare.ie, PSCSligo@welfare.ie

Telephone: [0818 405060](tel:0818405060)

Map: [View location on map](#)

Opening Hours:

Monday:	09:15am - 5pm
Tuesday:	09:15am - 5pm
Wednesday:	09:15am - 5pm
Thursday:	10:30am - 5pm
Friday:	09:15am - 4:30pm





MyGov.ie is Ireland's official government platform that provides centralised access to public services and information, helping citizens navigate benefits, supports, and government departments easily. It also offers online tools and forms to simplify interactions with public services.

→ **My GovID - Creating a basic MyGovID account:**

- Visit [MyGovID](#) and select Login to MyGovID in the top right corner.
- You will be brought to the MyGovID login page where you can select [Create Account](#).
- Fill in all details required for a Basic Account, confirm you are over 16 years old and select create account.
- A code will be issued to the email address you have. This can be entered on the next page.
- When this code is confirmed, you will have created a Basic MyGovID account.

→ **How to verify your MyGovID account:**

- You must have a [Public Services Card \(PSC\)](#) to be able to verify your MyGovID account.
- Visit [My Welfare](#) and select login with MyGovID in the top right corner of the screen.
- You will be prompted to verify your account.
- To verify the account, you will need to input your [PPS number](#), your PSC number, and the PSC expiry date on your card.
- If your phone number is already verified with the department, you will receive a pin by text to input on the next page.
- If your phone number is not verified with the department, you can have the pin sent to you by post to enter later.
- If you have received your pin by post, you will be asked to add and verify your phone number once this pin has been entered.

Once you have entered the pin, your MyGovID will be verified. This means your MyWelfare account will also be verified



Bank Account

To open an account, you require documentation to confirm who you are (proof of identity), where you live (proof of address) and possibly your source of income.

If you are unable to provide documents such as a passport and utility bill, the bank can accept alternative documents for identifying and verifying you. All banks give the option of setting up a Current Account. These accounts may charge monthly fees. AIB also gives an option of setting up a basic account that does not charge fees.

Proof of identity – Temporary Residence Certificate - Temporary Residence Certificate (TRC) This document must be in date. This is the blue card you receive after your application at the IPO.

Proof of Address - A letter of introduction from an approved IPAS accommodation provider. You should be able to use proof of address provided by your centre.

Proof of Income – Receipt from payment from post office or letter from Intreo/Department of Social Protection. May not be needed to set up account For alternative proof of identity and address please see the links above for each bank.



Useful Links

AIB – Allied Irish Bank - <https://aib.ie/content/dam/aib/personal/docs/help-and-guidance/aib-refugee-account-opening.pdf>

Bank of Ireland – <https://personalbanking.bankofireland.com/financial-wellbeing/financial-inclusion/bank-accounts/>

PTSB – Permanent TSB - <https://www.ptsb.ie/help-and-support/help-with-banking/required-documents/current-accounts/>



Post Office Account



How to open a current account

You must be at least 16 years old, resident in the Republic of Ireland and have an Irish mobile number.

You'll need a valid passport or driving licence and proof of address dated within the last six months (utility bill, bank statement or a letter from Revenue or Department of Social Protection).



Open a current account from your mobile or tablet

- 1) Download the An Post Money app available on the [App Store](#) and [Google Play](#).
- 2) Open the app and select "Never used the app before".
- 3) Set up security and enter your personal information.

Once we approve the account, we'll send the account details and debit card within 5 working days.



Open a current account at your local post office

- 1) [Download, print and complete our application form](#) and bring it to any [post office](#) or pick up the form at your local post office.
- 2) Bring along a valid passport or driving licence and proof of address, dated within the last six months (utility bill, bank statement or a letter from Revenue).

Once we approve the account, we'll send the account details and debit card within 5 working days.



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Employment

You are permitted to work in Ireland upon successful application and receipt of your work permit. To work in Ireland, you will need:

- A PPS (Personal Public Service) number
- Labour market access permission (work permit)
- Valid identification
- A bank account
- A CV/resume
- Proficiency in English



→ Labour Market Access Permission

International protection applicants can apply for a work permit. This permit is called a Labour Market Access Permission. Many protection applicants refer to this simply as 'work permit.'

After a minimum of 5 months, you can apply for a work permit. You can apply online using this link:

<https://www.irishimmigration.ie/my-situation-has-changed-since-i-arrived-in-ireland/labour-market-access-permission/>

If an applicant receives their first instance refusal decision (prior to appeal) within 6 months of application, they do not qualify for or receive LMA permission. If they receive their first instance refusal decision after 6 months of application, they would have already received their LMA permission prior to appeal and this is not revoked while the appeal is underway. Note: Applicants from a country of safe origin go through the accelerated procedure, with a first instance decision made within 3 months.

Due to a high number of applicants, it can take 2 months or longer to receive your work permit.





Application for Work Permit

→ Applying for a Work Permit

Wait 5 months after you apply for International Protection. That is 5 months after the “Application Received” date shown in the centre of your TRC (blue card)

Ensure you have fully co-operated with the International Protection Office including attending all interviews, submitting your questionnaire, submitting documentation and pursuing documentation in support of your claim.

Ensure your TRC (blue card) is in date

You must ensure your address is up to date with the international protection office as this is where the permit will be posted

To begin your online application

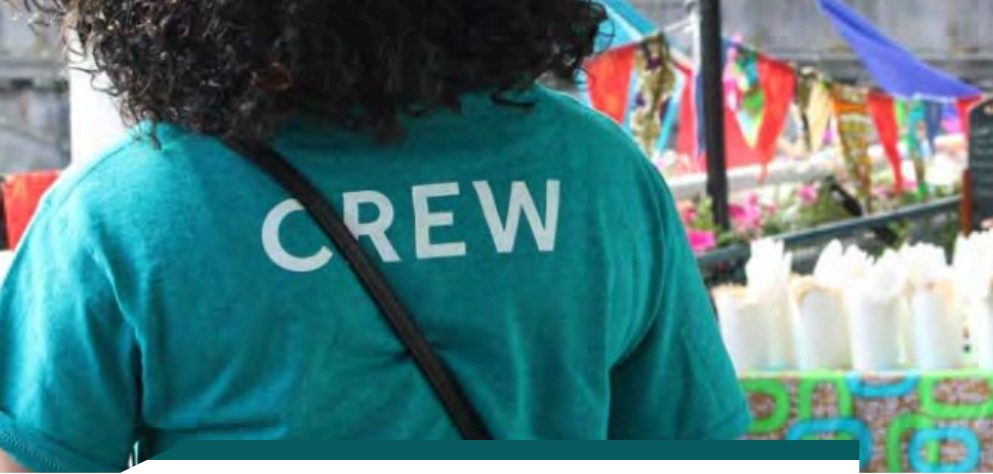
You will need to set up an online account you can find [information on how to setup an online account](#), information can be found [here](#).

For a first permit you will need to attach:

- A clear copy of your valid and in date TRC
- A copy of the identity documents you have provided to the IPO to establish your identity
- Or a description of the efforts you have made to obtain identity documents.

Where possible identity documents should be either a passport, national ID card, or birth certificate.

If you do not have identity documents, please get a birth affidavit- contact LAIT for local advice.



Seeking Employment

You are permitted to work in Ireland upon successful application and receipt of your work permit. To work in Ireland, you will need:

- A PPS (Personal Public Service) number
- Labour market access permission (work permit)
- Valid identification
- A bank account
- A CV/resume
- Proficiency in English



Employment Supports

1. Pre employment supports - CV preparation, register for Manual Handling, Safe Pass and Forklift driving licences etc.

Karen Gabbidon Tel: 087 2054596 Email: kgabbidon@sligoleader.com

2. CV Updates with training, previous employment, english classes for employment.

Mabel Chah Tel: 086 1728140 Email: mchah@sligoleader.com



Job Search



Jobsearch Websites



1. These can be used to search for jobs and opportunities.
2. Irish Jobs - [Jobs in Ireland - Best jobs Ireland has to offer | IrishJobs.ie](#)
3. Indeed - [Job Search | Indeed](#)
4. Jobs Ireland - [Home - JobsIreland.ie](#)
5. Monster - [Find Jobs in Ireland | Monster.ie](#)



Recruitment Agencies



Recruitment agencies are contracted by employers to fill job vacancies and source candidates for a fee.

Recruiters are often paid on commission for placing successful candidates.

Recruitment agencies are used more in some sectors than in others. For example, they are often used in the IT and healthcare sectors.

A list of these agencies is provided on the Employment and Recruitment Federation website:



1. nrf.ie/agency-list
2. <https://atlanticcare.ie/caregiver-jobs/caregiver-sligo/>
3. [West Care Home Care](#)
4. [Sligo & Mayo | Bluebird Care](#)
5. [Sligo - Dovidia IE](#)



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Health Services

Ireland's health services are delivered through a mixed public-private system, with the Health Service Executive (HSE) responsible for providing and overseeing most public healthcare nationwide.

Migrants, asylum seekers, and refugees in Ireland are entitled to access public health services, with many eligible for a medical card providing free GP visits, prescription drugs, and hospital care. Services include emergency, maternity, and mental health support, often facilitated through HSE, local health offices, and NGOs like Spirasi for torture survivors.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



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GP Services



If you live in state provided accommodation and have no allocated GP, you can access the below GP clinic.

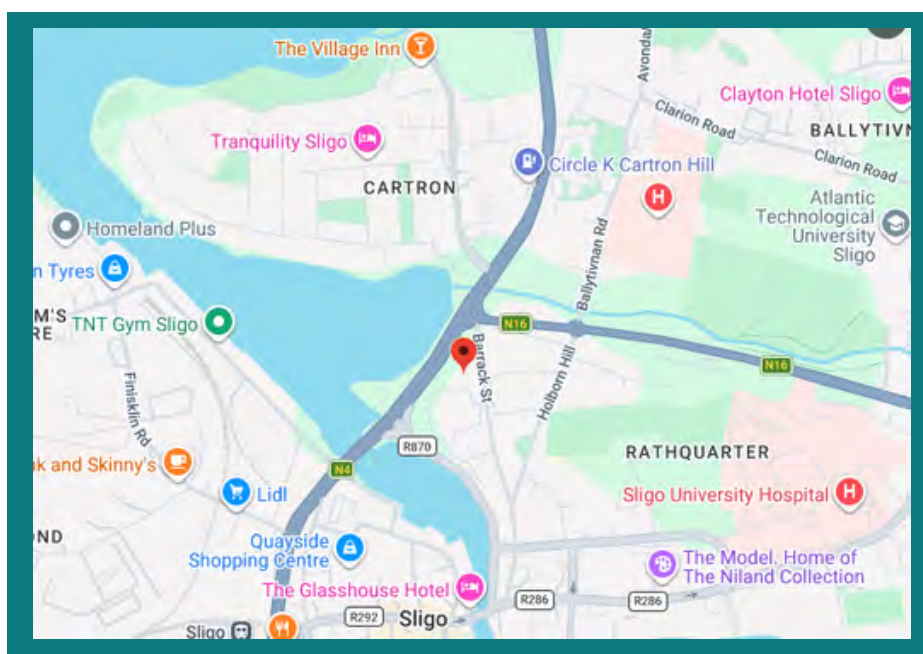
Tuesdays: HSE PRIMARY CARE CENTRE, Markievicz House, Barrack St, Sligo F91 XC84

GP Clinic - By appointment only.

Wednesdays: HSE PRIMARY CARE CENTRE, Markievicz House, Barrack St, Sligo F91 XC84

GP & Nurse Triage Clinics - Appointments & Walk-ins.

Caredoc is an urgent, appointment-only out-of-hours family doctor service for patients needing medical attention when regular GP surgeries are closed. To make an appointment with Care doc call 0818 365 399 (NOTE: there will be a charge if you do not hold a medical card).





→ Medical Card



The Irish medical card system provides eligible recipients with free access to a wide range of public health services, including GP visits, public hospital care, prescribed medicines (with a small charge per item), and certain dental and optical services. Eligibility is based primarily on income, though some people qualify automatically under specific EU regulations or health-related schemes. The medical card ensures that those with the greatest financial or medical need can receive essential healthcare without cost barriers.

→ Eligibility

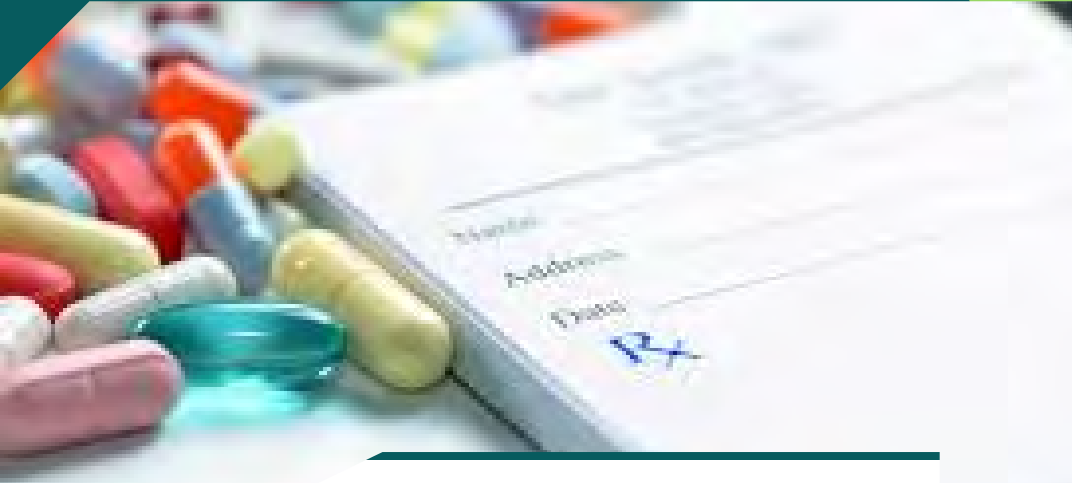
You may automatically qualify for a medical card if you:

- are participating in certain government schemes
- have been affected by the drug Thalidomide
- have had a surgical Symphysiotomy
- are a child diagnosed with cancer within the last 5 years
- are in foster care
- live in direct provision
- qualify under EU Regulations

For any of these you will not be subject to a financial assessment. But you will still need to apply.

First step is to find a GP that is taking on new patients - a full list of GP's in Sligo can be found on the HSE website [here](#) then an application can be submitted for a medical card.





→ Obtaining Medical Prescription's



Over-the-counter (OTC) medicines are drugs you can buy in a shop or pharmacy without seeing a doctor. They're used for common problems like headaches, colds, or minor aches. Prescription medicines, on the other hand, must be given to you by a doctor or another qualified healthcare professional. These medicines usually treat more serious conditions or require monitoring to make sure they're safe and effective for you. If you're unsure which type you need, a pharmacist can help guide you.

We advise IPAS residents visit the Healthwise Chemist, Milligan Place, Connaughton Rd, Sligo, F91 NH64, as they are familiar with HSE staff and resident's needs.

If there is an issue with your prescription, please contact integration@sligococo.ie or klynch@sligoleader.com for further assistance.

→ Dental Services

The list of all dental practices and registered dentists in Sligo can be found <https://www.gov.ie/en/department-of-social-protection/publications/list-of-dentists-in-county-sligo/>

→ Emergency Dental Services

You need to go straight to A&E if you have;

- Facial swelling affecting your vision, breathing, or preventing your mouth from opening more than two finger width
- Trauma causing loss of consciousness, double vision, or vomiting





Maternity Care

Maternity care in Ireland is provided through the public healthcare system, with most maternity services offered free of charge to all residents. Care includes antenatal visits, labour and delivery, and postnatal support, delivered through public hospitals under the Health Service Executive (HSE). The system ensures that expectant mothers receive essential, evidence-based care throughout pregnancy and childbirth.



Registering a Birth

You must register the birth of your baby within 3 months of their birth.

However, you have up to 12 months to register the birth in some circumstances. If you need to register a birth after 12 months, contact the Civil Registration Service for advice.

If you had a hospital birth, you should wait 3 weeks after the birth before booking an appointment to register the birth (for a hospital birth only). If your baby was born at home, you can book an appointment at any time.

If a birth is registered within 3 months, the information will be automatically sent to the Department of Social Protection, and Child Benefit forms and a PPS number will be sent automatically to the qualified informant, usually the parent(s).

If you register your baby's birth after 3 months, you will have to contact Client Identity Services and the Department of Social Protection to arrange the PPS number and Child Benefit.





Mental Health Services

Looking after your mental health is an essential part of overall wellbeing, and it matters just as much as caring for your physical health.

In Ireland, a wide range of supports—both community-based and national—are available to help people manage stress, navigate difficult emotions, and seek help when needed. Reaching out early can make a meaningful difference, and there are many organisations, helplines, and professional services ready to offer confidential support.



Services Available

Social Prescribing Service – Contact – Loretta 083 403 6985
lorettafrc@gmail.com

Diversity Sligo Counselling Service – for migrants and refugees. 086 232 5951 or email diversitysligo@yahoo.ie

Aware - provides support & info for people who experience depression or bipolar disorder and their concerned loved ones. Freephone - 1800804848.

North West STOP - Free counselling service, you can safely talk about loss, stress, confusion, conflicts and other pain in your life. Contact 0818 444 000.

Jigsaw is a youth mental health charity in Ireland offering free therapy and support to children and young people aged 12 to 25. [01 472 7010](tel:014727010)

Childline - Ireland's 24-hour listening service for young people up to the age of 18. Childline is a service from the ISPCC. Freephone 1800 666 666, any time. Text 50101 any time. Chat online at childline.ie



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Spunout is Ireland's youth information website created by young people, for young people. Articles and information for young people on many topics, including mental health.

Free-text SPUNOUT to 50808 to chat with a trained volunteer, any time. - spunout.ie

Barnardos - Services for children, families and communities, to transform the lives of vulnerable children affected by adverse childhood experiences. Barnardos also provide a Children's Bereavement Service.

Freephone 1800 910 123, Monday to Friday 10am to 2pm barnardos.ie

BeLong To Youth Services - Support, information and groups for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland, their parents and carers, and other professionals. belongto.org

CARI - Therapy for children and young people who have been affected by child sexual abuse. CARI also provide information, support and counselling to non-abusing parents, carers, and siblings.

Phone [0818 924567](tel:0818924567), Monday to Friday 9am to 5pm Email: hello@cari.ie
Website cari.ie

Mulhern Counselling and Play Therapy Centre - Counselling Adults. Service for children and young people. Play Therapy. Children aged 6-17 years. Clients can self-refer for this service.

1 Stephen Street, Sligo, F91AC0V. Phone: 086 0295031
mulherncounsellingandplaytherapy@yahoo.com

Turn2me (Online Service) - One to One (Individual) Counselling offers support for whatever you are going through.

Adults 18+ Online support Groups. 15 to 17 years. www.Turn2me.ie

Solace CAFÉ

Hope · Comfort · Support

sligo social
services



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→ Solas Café

Solace Café is a FREE out-of-hours, non-clinical mental health service.

This service is for anyone over the age of 18 experiencing a crisis, supporting someone in crisis, or experiencing a mental health difficulty that is causing emotional overwhelm or a feeling of being unable to cope.

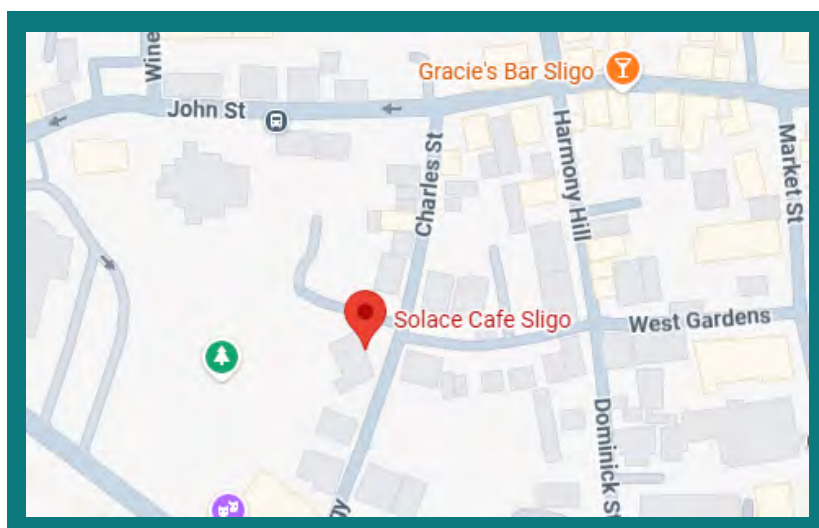
It is a comfortable, friendly, and safe environment. Staff are on hand to provide direct assistance and signposting but if you do not feel like talking, that is okay too... they will give you the space to sit and have some tea.

This is an appointment-only service. They accept self-referrals and referrals from healthcare practitioners, NGO's, and community partner agencies.

To book please call/text 085 2204571 or email
solace@sligosocialservices.ie

A member of staff will contact you to arrange your booking.

Please be aware the phone and email are not always manned and therefore anyone who requires immediate support due to risk of harm, please attend your local A&E or call 999/112 for assistance.





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Transport

Summary: Transport in County Sligo

Roads	2,834 km network; major national routes; ongoing N4/N15/N16/N17 upgrades
Buses	Bus Éireann intercity; Local Link rural services (103+ routes); Connecting Ireland upgrades planned.
Rail	Intercity Dublin–Sligo line with multiple county stations.
Active Travel	E-bike share (Bolt), walkways, greenways, cycling infrastructure under expansion.
Air Access	Ireland West Airport Knock reachable via bus and road links.



Travel by Bus

You can travel on Bus Éireann services in Sligo, for as little as €1.50 with a TFI Leap Card.

TFI Leap Card is 30% cheaper than cash single fares and can be used in Sligo on the following bus services:

Bus Éireann S1 – Sligo Town Service

Bus Éireann S2 – Rosses Point / Strandhill via Sligo Town Centre



Sligo Town Single Fares	TFI Leap	Cash
Adult Single	€1.50	€2.00
Adult Single (higher fare)	€1.50	€2.00
Student Single	€0.75	N/A
Student Single (higher fare)	€0.75	N/A
Child Single	€0.65	€0.90
Child Single (higher fare)	€0.65	€0.90

Young Adults and Student Leap Card holders can also avail of 50% discounts on participating commercial bus operators. Further details on how to get the discount and the most up-to-date list of participants can be found [here](#)

You can download the [Leap Top-up App](#) to top up directly from your phone. TFI Leap Cards can also be topped up at various [Leap agents](#).





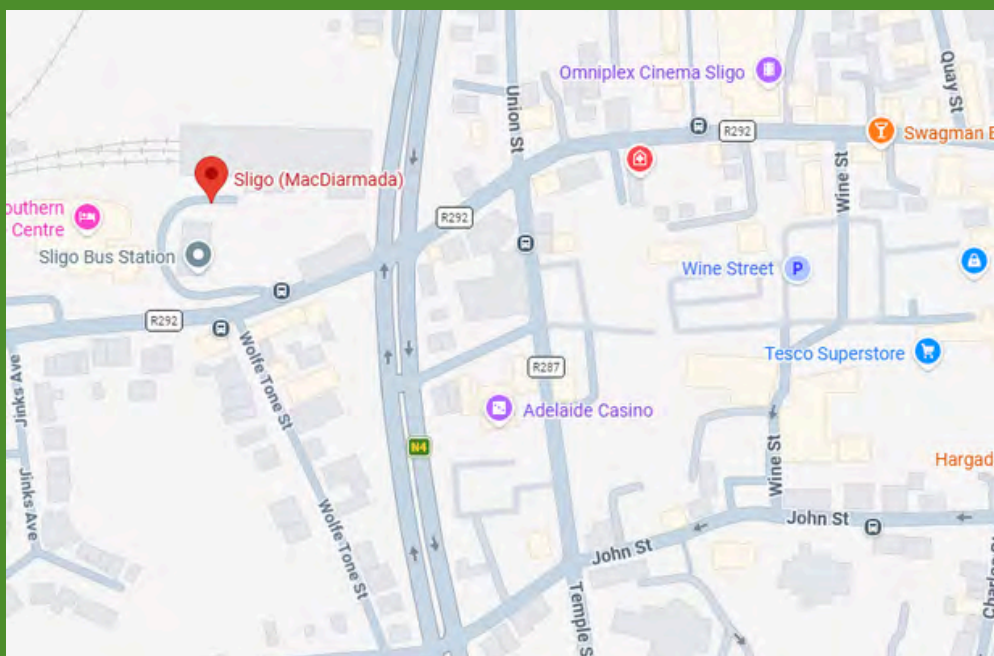
→ Travel by Rail

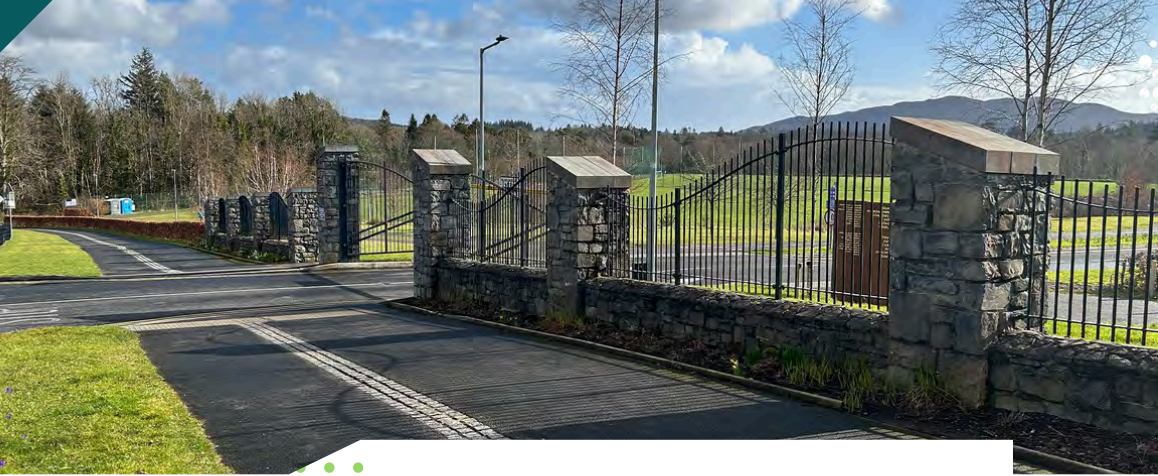
County Sligo is served by Iarnród Éireann (Irish Rail) through the Dublin–Sligo Intercity rail line, which provides essential connectivity between the northwest and the capital. The line terminates at Sligo Mac Diarmada Station, located in Sligo town, with additional county stops including Collooney and Ballymote. Rail services operate daily and offer comfortable, modern carriages equipped with Wi-Fi, power sockets, luggage space, and air-conditioning—making the route a practical and scenic option for commuters, students, and visitors traveling between Sligo and Dublin.

The journey typically takes around 3–3.5 hours, travelling through the Irish midlands and finishing at the heart of Sligo. This makes rail one of the most reliable and direct public transport options for long-distance travel to and from the county.

Rail fares between Dublin and Sligo vary depending on ticket type, passenger category, and whether the ticket is purchased online or at the station.

Further Information is available on the Iarnród Éireann website www.irishrail.ie.





Active Travel

Active travel in Sligo offers residents and newcomers a range of safe, sustainable ways to get around without relying on a car.

The county is continually expanding its walking and cycling infrastructure, supported by Transport Infrastructure Ireland and the Sligo National Roads & Greenways Office, which are delivering new greenways and active travel projects along national routes.

Sligo town also benefits from the Bolt e-bike share scheme, providing over 100 electric bicycles available 24/7 for short, convenient trips.

In addition to these services, residents can enjoy a growing network of cycle-friendly paths, safe pedestrian routes, and scenic walking corridors that promote exercise, reduce transport costs, and support sustainable mobility across the county.





→ Bolt e-bikes

How does the service work?

The user downloads the app, available in both the Apple and Android app store, or by using the QR code below. They input their payment details and then can see on a map where the closest bikes are parked and available to rent. Most parking locations should be within a 300 metre radius. Once the user is at the bike, it can be unlocked using the QR code found below the handlebars on the bike. The user then cycles to their location. Once arrived, they park at the closest designated parking location, as seen on the map and with local signage and marking. To finish the journey, the bike does not need to be locked to any physical infrastructure. It must be parked within a designated zone and the journey ends by pressing the finish journey button in the app. The user will be informed of the total cost of their journey.

Do I have to pay a membership fee?

There is no membership fee, you only pay when you use it.

How much does it cost?

The bike rental is €0.15 per minute, meaning the average journey of 8-10 minutes will cost €1.20 to €1.50. However, if the bike will be used several times throughout the day, perhaps for sight-seeing or where travel is required throughout the day, a daily pass is available for €6. A weekly pass is also available for frequent users, costing €25 and entitling the user to four 15 minute journeys each day.

Do I have to finish the journey at the same place I started or at a specific place?

You can finish your journey anywhere within the urban centre, as defined on the map, as long as it is in a designated parking bay.



→ Sligo Walking Trails



Safe pedestrian routes in Sligo include a mix of dedicated urban pathways, scenic riverbank walks, and well-marked trails in woodland and coastal areas. Key safe routes include the Garavogue River walk, the Hazelwood demesne, and dedicated, separated paths in areas like Strandhill.

→ Sligo Town and Suburban Safe Walks

- **Garavogue River Walk (Town Centre):** A 7km (variable) easy, flat paved path starting near the Riverside Hotel. It takes you through Doorly Park and along the riverbank towards Cleveragh.
- **Doorly Park to Cleveragh/Tonaphubble:** A dedicated, separated cycleway and footpath connects Doorly Park to the Cleveragh Sports Complex and on towards the ATU/Tonaphubble area.
- **Carns Hill Wood:** Located near Cleveragh Park, this area offers, forest trails with a recently added, separated pathway to avoid main road walking.
- **Sligo University Hospital Route:** A designated local walking route, featuring footpaths and safe pedestrian crossings near the hospital.
- **Knappagh Road (Scoil Ursula):** An active travel project is currently implementing a "safe school zone" with reduced traffic speeds and enhanced pedestrian crossings.

→ Coastal and Parkland Walks

- **Rosses Point Coastal Walk:** A 4km (1.5hr) easy promenade walk with views of Oyster and Coney Islands.
- **Hazelwood Demesne:** A 2.6-mile (1.5hr), flat, safe woodland and lakeshore walk near Lough Gill.
- **Killaspugbrone Coastal Walk (Strandhill):** A 6.8km (2hr) walk starting at the promenade, following safe sandy trails and paths through dunes and forest.
- **Aughris Coastal Walk:** A 4km (1hr) moderate walk along a clear coastal path, starting at the Beach Bar.
- **Mullaghmore Head Walk:** A 4.8km (1.5hr) easy walk on a mix of country roads and pavement.

For a more extensive list of all the scenic walks and trails in Sligo visit www.choosesligo.com.

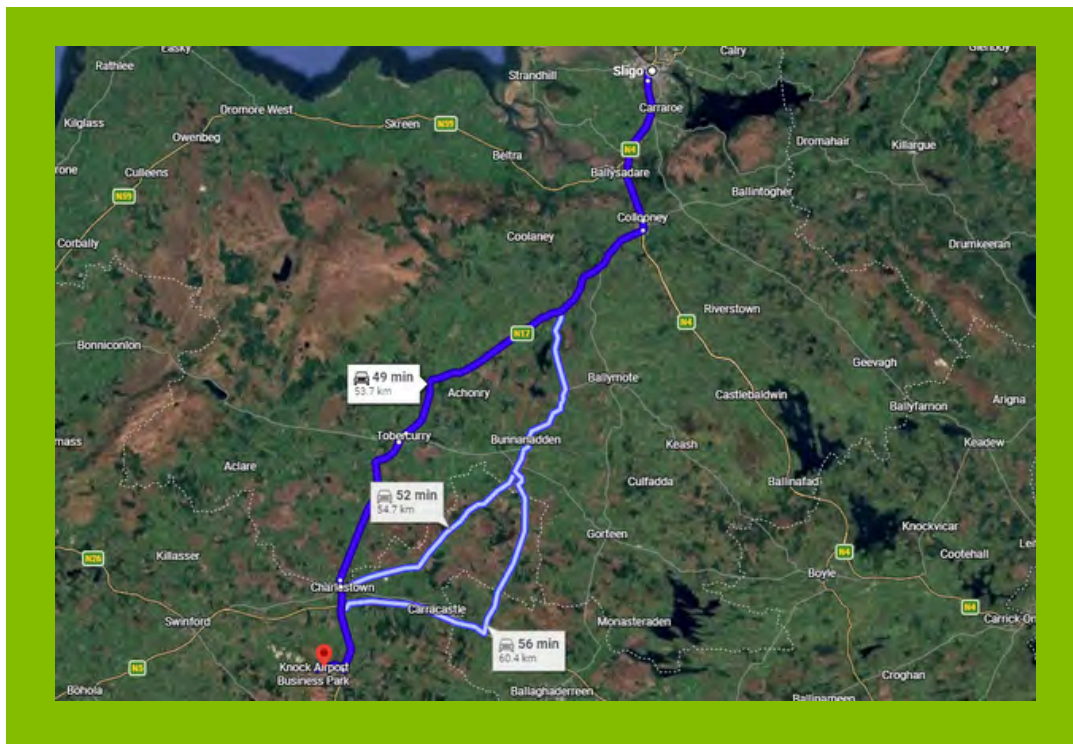


→ Airports Near By

Access to Sligo by air is mainly provided through Ireland West Airport Knock, located approximately 54 km from Sligo and reachable in about 45 minutes by car. Regular Expressway (Bus Éireann) services operate directly between the airport and Sligo Bus Station, with journeys taking just over an hour and running several times a day. This makes Ireland West Airport the most convenient gateway for international and domestic travellers arriving to the northwest.

Other Airports:

Dublin - 212km, approx 2hr 32min journey - direct bus available.
Belfast - 198km approx 2hr 36min journey - no direct bus.





1. DOE
2. JOHN
3. 07.10.1978 IRELAND
4a. 26.03.2019 4c. ROAD SAFETY AUTHORITY
4b. 26.03.2029 4d. 123456789
5. 000011LL11

→ Driving Licence : Theory Test

The first step towards getting your driving licence is the Drivers Theory Test. It is designed to check that you understand the rules of the road, road signs, and basic safety principles needed to be a safe driver.

What the test involves

- It's a multiple-choice computer-based test.
- You are asked questions on:
 - Road signs
 - Speed limits
 - Safe driving behaviour
 - Hazard awareness
 - Legal responsibilities
 - Vehicle control basics
- The test is taken at an official Driver Theory Test Centre.

For driving theory test support, please contact the local ETB.
Dolores McLoughlin. **071 91 38415** doloresmcloughlin@msletb.ie
<https://www.fetchcourses.ie/course/finder?sfcw-courseId=433510>

For the test you will have to finance this yourself when you feel ready to take the test:
<https://theorytest.ie/book-your-theory-test/>

Another way to access the content of the course you can pay for and download the training App or call in to your local library and they may be able to loan you the learning disk. The library also offers the use of computers if you want to study there for the test.

If you pass the theory test you will receive a Theory Test Certificate, which you then use to apply for your learner permit.

→ Driving Lessons

In Ireland, you must complete 12 Essential Driver Training (EDT) lessons with an RSA-approved driving instructor before you can apply for your driving test.

These 12 lessons form the mandatory minimum for all first-time learner permit holders. Each lesson is one hour long and must be logged in your official EDT logbook or digital record. After all 12 lessons are completed and recorded, you become eligible to book the driving test.

On 21 January 2019, the RSA introduced a reduced EDT programme for foreign licence holders that cannot exchange their licence in Ireland. These drivers can apply to avail of reduced EDT, where they are now required to undertake a minimum of six rather than twelve driving lessons. They can also apply to be exempted from the usual six-month waiting period before first time learner permit holders can sit a driving test.

Company	Phone	Website
Donnelly School of Motoring	071 91 30266 / 087 2153231	http://donnellyschoolorfmotoring.ie/
Brendan Tierney School of Motoring		https://brendantierneyschoolorfmotoring.com/
Kennedy School of Motoring	086 2444747	http://www.ksm.ie/
Hamilton School of Motoring	086 1755650	hamiltonadi@gmail.com
Andrew Murray School of Motoring	086 2320929	https://andrewmurrayschoolorfmotoring.com/
Rory's School of Motoring	083 4693540	https://www.rorysschoolorfmotoring.com/



Driving licences - Non-Recognised State for Exchange

If you hold a valid and current national driving licence from a non-EU country or non-recognised state (Nigeria is a non-recognised state for licence exchange), you may drive in Ireland for the duration of your temporary visit (up to 12 months), (for example, if you hold a valid current licence from the United States), and you hold an international driving permit from your own country, you may drive in Ireland for the duration of your temporary visit (up to 12 months).

After taking up residence, you should apply for an Irish driving licence but if you cannot exchange your foreign licence, you will need to go through the learning to drive process. You must first pass a driver theory test, apply for a learner permit, complete a course of, Essential Driver Training (EDT), and pass your driving test in Ireland.

If you pass your driving test, you can then apply for a full Irish driving licence. Please see requirements on how to apply for a first time Learner Permit.

Please note: Once you obtain an Irish learner permit, this will take precedence over your full foreign driving licence and all rules and regulations pertaining to the holder of a learner permit applies / e.g., display of "L" plates, must be accompanied by a full licence driver etc.,

More information can be found at;

[Foreign driving licences in Ireland \(citizensinformation.ie\)](https://citizensinformation.ie).

[How to Exchange a Foreign Driving Licence - National Driver Licence Service \(ndls.ie\)](https://ndls.ie).

→ Applying to Exchange Licence Online

You can apply to exchange your licence online. You will need the following:

- A **Public Services Card** and verified MyGovID
- Your **current licence** or most recent driving licence
- **Proof of your address** dated within the last 6 months, if your address is different to the one you provided when you got your Public Services Card
- **Proof that you are normally resident in Ireland** if you are not an EU or EEA citizen
- A **medical report form** if required dated within one month
- A completed **eyesight report** if applying to exchange a licence issued by a recognised state
- **Application fee of €55** (unless you are 70 or over)
- **Certificate of Professional Competence (CPC)**, for professional drivers, if needed

You must post your licence to the NDLS after you have completed the online form. Sometimes, the NDLS may need to contact the country that issued your driving licence. If so, it might take a little longer before they can give you a driving licence in Ireland.

The National Driver Licence Service (NDLS) centre in Sligo is located at Ground Floor, Millennium House, Stephen Street, Sligo. The centre is open Monday to Friday, 9:00 AM – 5:00 PM, and Saturday from 9:00 AM – 2:00 PM.

Appointments must be booked in advance online or by phone as there are no walk-in services.



Applying in-person

You can apply in person to one of the of the NDLS centres. You must make an appointment. You should bring the following with you to your appointment:

- Current or most recent driving licence (if your licence has expired by less than 10 years or does not have a category start date you will need to provide an original letter of entitlement / driver statement from the relevant licensing authority)
- Proof of your PPS number
- Photo ID
- Proof of your address dated within the last 6 months, if your address is different to the one you provided when you got your Public Services Card
- Proof that you are normally resident in Ireland if you are not an EU or EEA citizen
- Medical report if required dated within one month
- A completed eyesight report if applying to exchange a licence issued by a recognised state
- Certificate of Professional Competence (CPC), if needed
- Application fee of €55 (unless you are 70 or over)

Certified translations are needed for all letters of entitlement or driver statements which are not in English or Irish. A professional member of the Irish Translators' and Interpreters' Association (ITIA) must provide translations. The letter of entitlement must be sent together with the certified translation.

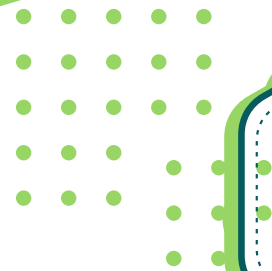
Sometimes, the NDLS may need to contact the country that issued your driving licence. If so, it might take a little longer before they can give you a driving licence in Ireland.

Online application - [How to Exchange a Foreign Driving Licence - National Driver Licence Service \(ndls.ie\)](https://www.ndls.ie).



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Local Services

This chapter provides an overview of the key support services available to you in Sligo. It includes contact information and a short description of what each organisation offers, helping you access the right assistance as you settle into the community.



SLIGO LEADER PARTNERSHIP



Sligo LEADER Partnership Company Ltd (community events and social inclusion)

Ukrainian Employment Links Worker

Provide CV creation support, interview skills coaching, assistance with form completion, general advice, and labour-market-related courses for BOTP participants.

Hours of operation: Monday, Wednesday and Thursday.

Contact: Anna Koka. Tel: 086 0843485

Email: akoka@sligoleader.com

Community Intercultural Health Worker

This position is part of Sligo Leader's broader work supporting new communities, such as refugees and asylum seekers, with social and personal supports to help them settle in.

Hours of operation: Monday to Friday 9am- 5pm.

Contact: Kamila Lynch. Tel: 086 0834487

Email: klynch@sligoleader.com

Integration Support Worker (Employment)

Deliver tailored English language classes, employment-focused supports including job search skills, CV writing and interview preparation, and intercultural activities that promote social inclusion, reduce isolation, and celebrate diversity

Hours of operation: Monday to Friday 9am- 5pm.

Contact: Mabel Chah. Tel: 086 1728140

Email: mchah@sligoleader.com



**SLIGO LEADER
PARTNERSHIP**



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Sligo LEADER Partnership Company Ltd (community events and social inclusion)

Integration Support worker (Advocacy)

One to one advocacy services, conversational English classes, frontline staff training, health, and wellbeing services, working with local groups, facilitating integration through projects.

Hours of operation: 9:30am-17:30pm

Contact: Ronald Mthethwa Tel: 086 1728120

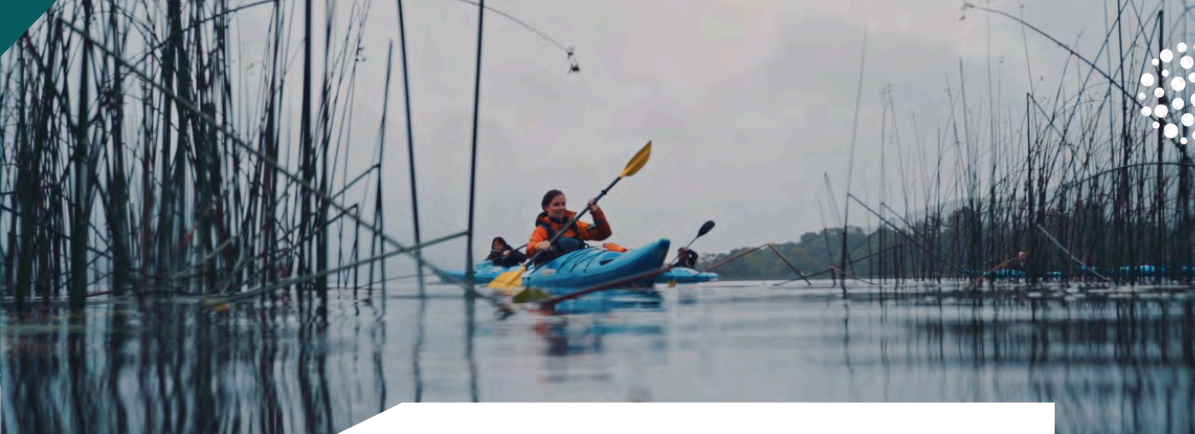
Email: ronald@sligoleader.com

Community Link Worker

This worker supports local communities in responding to migration concerns by countering misinformation and fostering integration. The role aims to empower communities through support and guidance, particularly for marginalized groups.

Contact: 071 9141138

Email: info@sligoleader.com



→ **Sligo Sports and Recreation Partnership SSRP**

ESF + Social Innovation in Sport Officer

This is a partnership of local agencies, organisations, clubs and communities which support the sport and physical activity network in County Sligo so that more people can participate in sport and physical activity. (all sports and outdoors, healthy activities Sligo)

Their aim is to ensure that there is a broad range of sport and physical activity opportunities in County Sligo at every stage in life.

Email: info@sligosportsandrecreation.ie

→ **Sligo County Library**

The library provides Books, DVD box sets, music CDs & so much more! Ebooks, audiobooks, newspapers & magazines straight to your device. Discover Local history – old newspapers, photos & family histories. They host Story times and regular events.

No joining fees or late fees - it's all FREE! They can also provide Study spaces, sensory spaces & free WiFi

Sligo County Libraries, Stephen Street, Sligo, Ireland.

Contact: 071 91 11675 **Email:** sligolib@sligococo.ie

→ **Lifestart**

Lifestart Sligo Leitrim & West Cavan, offer a high quality, evidence-based programme for parents of children from birth up to age five years. Their core programme – the Growing Child – is delivered within the family home on a monthly basis. The programme has been proven to reduce parental stress; strengthen the relationship between parent and child; and support parents in their understanding of how a young child develops and learns. They work with parents so they can support their child to grow and develop in areas of speech and language, problem solving, better self-esteem, and of course, in preparing the child for their later successes in school.

Email : hello@lifestartsp.ie



→ Aremoja Womens Group

Aremoja Women's Group is a local organisation dedicated to supporting migrant women and their families by offering advocacy and guidance to help them integrate into the local community. Their mission is to empower women, build self-esteem, and ensure they have a strong voice within their communities. Aremoja Women's group meets each Friday at the Avalon Centre between 6pm-8pm.

Contact: 087 2206781 - **Email:** aremojawomensligo@gmail.com

→ HSE Social Inclusion

The HSE National Social Inclusion Office aims to reduce health inequalities by improving access to services for vulnerable groups in Ireland. It provides targeted support for people experiencing homelessness, addiction, or marginalisation, including Travellers, Roma, asylum seekers, and victims of abuse. Key focus areas include promoting equity, dignity, and tailored care.

Email: socialinclusion@hse.ie

→ HSE Roma Health Coordinator

The coordinator has instigated programmes of work with Roma communities to inform and assist around pathways to healthcare. This can involve assistance with GP appointments and other health or state services.

Contact: 086 7880553

Email: hugh@donegaltravellersproject.ie



Diversity Sligo

Offers support to new communities to adapt to their new surroundings in Sligo through information, advice, advocacy, donations, activities and a variety of services.

They organise group activities for single people, families and children.

Email: diversitysligocoordinator@gmail.com **Contact :** 087 0669649



TUSLA

Meitheal is a Tusla-led Early Intervention Practice Model designed to ensure that the strengths and needs of children and their families are effectively identified, understood and responded to in a timely way so that children and families get the help and support needed to improve children's outcomes and realise their rights.

Examples of challenges Meitheal can assist with are:

- A child having problems at school
- A child feeling down
- Not getting on with your child
- Family problems
- Illness or bereavement
- Difficult behaviour
- Relationship with your child

Contact: 071 91 55133



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→ Family Resource Centres

Core Activities:

- Family Support Drop in Services
- Outreach Specialised Supports Services
- Welfare Rights & Information Service
- Parenting Support and Courses
- Physical Activities
- Community Education & Training opportunities
- Community Engagement Activities

→ Sligo Family Resource Centre

49 The Mall, Rathquarter, Sligo, F91 HR58

Contact: 071 91 46315

E-mail: sligofrc@gmail.com www.sligofamilyresourcecentre.org

The intercultural worker at the FRC is available to support new communities to Sligo with information and advocacy.

Contact: 087 3395469

Email: icwsligofrc@gmail.com

→ Tubbercurry Family Resource Centre

Mountain Road, Tubbercurry, Co Sligo, F91 YR25

Contact: 071 91 86926 **Email:** info@tubbercurryfrc.com

The New Communities worker at the FRC is available to support new arrivals to Sligo with information and advocacy.

Contact: 087 4708651

Email: newcommunities@tubbercurryfrc.com



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→ Ballymote Family Resource Centre

Cnr Wolfe Tone Street & Keash Road, Ballymote, Co Sligo, F56 R282

Contact: 071 91 97818 **Email:** ballymotefrc@gmail.com

The New Communities worker at the FRC is available to support new arrivals to Sligo with information and advocacy.

Contact: 087 4708651

Email: newcommunities@tubercurryfrc.com

→ West Sligo Family Resource Centre

Enterprise Centre, Pier Road, Enniscrone, Co Sligo, F26 V5T8

Contact: 096 37444 **Email:** info@westsligofrc.ie

West Sligo Family Resource Centre Ltd. aims to empower individuals and families to improve their quality of life by fostering an ethos of self-development, promoting the principles of community development and encouraging people to access the supports and services that they need to enrich their lives.

At West Sligo Family Resource Centre, we provide a variety of family support services to meet the unique needs of each family.

Contact: 096 37444

Email: familysupport@westsligofrc.ie



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