

New to Meath

Information for new members of our community



Welcome to Meath!

In partnership with Meath County Council Community Department and Meath Library Service this booklet provides the most up to date information to anyone who has recently moved to Meath. Although not exhaustive the guide provides information and advice on the various agencies in Meath and nationwide to assist you in settling into the county.

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An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Oige
Department of Children, Equality,
Disability, Integration and Youth



comhairle chontae na mí
meath county council



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The HSE provides health and social services to everyone living in Ireland. These services are delivered to young and old, in hospitals, health facilities and in communities across the country. These include:

- Child health services
- Community welfare
- Public health nursing
- Family doctor services
- Speech therapy
- Social work
- Physiotherapy
- Addiction Counselling and Treatment
- Psychiatric Services
- Occupational Therapy
- Audiology Services (Hearing)
- Chiropody Services (Feet)
- Ophthalmic Services (Eye)

For questions about health services, your entitlements, or how to access HSE health or social services in your area you can phone HSE Live on 1800 700 700.

To contact the Meath Local Office please call 046 9021595.

Medical Emergencies

In a medical emergency you should phone 112 or 999 and tell the operator about the emergency.

Registering with a Family Doctor

General Practitioner (GP) is the official term for a family doctor in Ireland.

To access health services you will need to register with a doctor in your area as soon as you move to Meath. You will have to give your name, address, contact number and date of birth.

Medical Card Scheme

If your income is below a certain level you may qualify for a medical card which entitles you to a full range of services.

GP visit card

If you are not eligible for a medical card you may be eligible for a GP visit card, this card covers visits to GP.

Some GP's only offer services to private patients while others may deal with both private and Medical/GP visit card patients.

For a list of GP's in Meath contact the Meath Local Office 046 9021595 or visit <https://www.hse.ie/eng/services/maps/>.

Dental Treatment

If your teeth require attention you can use the Dental Treatment Services Scheme run by the HSE. This scheme is provided by the HSE for free if you have a medical card, it covers a limited range of treatments.

The HSE website will help you find a nearby dentist <https://www.hse.ie/eng/services/maps/>.

Public Health Nurse

Public Health Nurses are employed by the Health Service Executive (HSE) to provide a range of services in the community. You can contact your local public health nurse (PHN) at your local health centre.

PHN's can assist with post hospital care, dressings and injections as well as dietary, Occupational Health and Counselling Services.



Local Pharmacy

Your local pharmacist (Chemist) can advise on some minor ailments and recommend medicines that do not require a prescription.

A lot of medicines need a prescription from a GP. If your doctor prescribes medicine take the prescription to a pharmacy to get your medicine.

Mental Health

Mental health problems are common and can be wide-ranging. If you feel persistently sad, depressed, have trouble sleeping or have concerns you should contact your GP for advice.

In an emergency situation you may contact the Department of Psychiatry in Navan Hospital on 046 907 8500 or out of hours NEDOC 1800 777 911.

To find out more about the mental health services and supports in your area, freephone the Your Mental Health Information Line on 1800 111 888 or you can send a text to 50808 to get support and information about services.

Voluntary organisations which support people with mental health illnesses

- **Aware** (www.aware.ie) provides information and support to people suffering from depression and to their family and friends.
- **Pieta House** (www.pieta.ie) provides support for people who are suicidal, have been bereaved by suicide or who self-harm. They have a free 24 hour helpline 1800 247 247 or text HELP to 51444.
- **Samaritans** (www.samaritans.org) is a confidential emotional support service for people experiencing feelings of distress or despair, they have a 24 hour freephone helpline: 116 123.
- **Jigsaw** (www.jigsaw.ie) is an initiative working with communities to ensure young people aged 12 to 25 are better supported to achieve mental health and wellbeing. Jigsaw Meath, 25 Brews Hill, Navan, Co Meath, telephone 046 907 1702 or email meath@jigsaw.ie.
- **SOSAD** (www.sosadireland.ie) offers support and services for people who are struggling with suicidal ideation, self harming, depression, bereavement, stress and anxiety, or if you simply need to talk. 24 telephone helpline 1800 901 909.
- **Mental Health Ireland** (www.mentalhealthireland.ie/support/meath/) aims to promote positive mental health and to actively support persons with a mental illness and their families and carers.
- **Tusla, The Child and Family Agency** (www.tusla.ie) offers support services to families and individuals who need help with life events like birth, death, depression, redundancy, separation, illness, abuse or financial problems.
- **Tusla** also provides a range of services that offer advice and support to families. This includes family support workers, social workers, family resource centres, support groups and counselling services.

Supports specifically for migrants, refugees and asylum seekers

- **Cultúr** (www.cultur.ie) is a community organisation with an office in Navan (1st floor St Anne's Resource Centre, Railway Street, Navan) which works with migrants, asylum seekers and refugees promoting equal rights and opportunities to develop an intercultural society.

- **Spirasi** (Spiritan Asylum Services Initiative) is the national centre for the rehabilitation of victims of torture in Ireland. Spirasi provides medical diagnoses and therapeutic rehabilitation programmes, supports navigating Ireland's legal system and runs educational classes aimed at helping clients' integration into Irish society.
- **New Communities Partnership** (www.newcommunities.ie) provides a free and confidential Migrant Family Support Service (MFSS), which aims to support migrant families who experience child protection interventions and to empower migrant parents by providing culturally sensitive support and encouraging positive parenting practices.

Women's Services

There are a wide range of support services available to women across Ireland, a few are listed below:

- **Rape Crisis Centres** are safe places to access counselling and therapy to help people move forward from trauma, as well as to receive practical and crisis support and information. There are 16 rape crisis centres around Ireland. They provide a national Freephone helpline 24 hours a day, 7 days a week 1800 77 8888.
- **Sexual Assault Treatment Units (SATU)** provide specialist care for people who have recently been sexually assaulted or raped. If you are under 18 years of age, you must have a parent or legal guardian with you to give permission for a forensic examination. There is no charge for any of the SATU services or follow up appointments. The SATU services can be accessed via An Garda Síochána, or by contacting the SATU nearest to you directly. You will find a list of SATUs with the contact details on the HSE's website <https://www2.hse.ie/sexual-assault-treatment-units/>.
- **Women's Aid** is a voluntary organisation which provides support and information to women and their children who are being physically, emotionally and sexually abused in their own homes. They provide a national Free Phone Helpline 24 hours a day, 7 days a week 1800 341 900.



- **Women's Refugee and Support Services** 39 Flower Hill, Blackcastle, Navan, Co. Meath, C15 HF72. If you need information or advice about domestic abuse you can phone the helpline for immediate support on 046 9022393.
- **Crime Victims Helpline** is a National Helpline which offers support to victims of crime in Ireland. Freephone 116 006 Monday 10.00 am -7.30 pm, Tuesday to Friday 10.00 am-5.00pm and Saturday 2.00 pm-4.00pm.
- **Irish Family Planning Association (IFPA) (www.ifpa.ie)** is Ireland's leading sexual health provider. They provide contraception, specialist pregnancy counselling, abortion care, sexual and reproductive health services and training.
- **Amal Women's Association (www.amalwomenirl.com/)** is a Muslim women-led organisation whose mission is to advance the human rights, health, safety, participation and dignity of Muslim and non-Muslim women in Ireland.
- **i-Smile Ireland (<https://i-smile.org/>)** is a non profit organisation set up to reduce isolation, improve confidence and increase participation of migrant women in mainstream society.



Family Support

The Family Support Meath website (<https://familysupportmeath.ie/>) provides information about services for children and young people aged 0-24 years and their families. The directory aims to provide up-to-date and accessible information on services for children and young people operating in Meath while also increasing the information on parenting supports.

The website provides contact details of services in the areas of: Addiction, Counselling and Mental Health, Disability Support, Domestic Violence, Education Supports, Income Support, Migrants, New Communities and Ethnic Support, Youth Services including LGBTI + and Youth Justice.

Meath Community Drug & Alcohol Response

MCDAR provides a community based response to drug and/or alcohol misuse. Services include outreach & drop in, group work and one-to-one work, aftercare, family support groups, affordable counselling service, parent-to-parent programme, education programmes.

Unit 1 Haggard Mews, Trim, Co Meath

Phone: 0870933759/0864081511

Meath Parenting Programmes

- Breastfeeding Support
- Family Support
- Parent and Toddler Groups
- Parenting Programmes
- National Supports / Helplines

Parenting Advice Links

Parenting24seven is an online resource offering evidence based key messages on what works best for children and families at different stages of childhood and in different situations.



Mychild.ie (www.2.hse.ie/my-child/) is a new website for parents. It contains information and advice on pregnancy and the first 3 years of your child's life. The site was created after research with parents and parents-to-be across Ireland.

Changing Futures (changingfutures.ie/) is a website for young people made by young people with experience of Tusla services.

Family Resource Centres (FRC)

Family Resource Centres are participative and empowering organisations that support families while building the capacity and leadership of local communities. FRCs provides a range of universal and targeted services and development opportunities that address the needs of families.

Services include: Family Support, Food Banks, Job Seeker Support, Counselling, Play Therapy, Parenting Courses, Children's Workshops and Holiday Activities.

To find your nearest Family Resource Centre in Meath please visit www.tusla.ie and search Family Resource Centre.

Youth Work Ireland Meath ensures the provision of a quality youth service in Meath. YWI Meath supports the development of youth clubs and programmes across County Meath and provides training for young people and volunteers.

Services

- **YouthQuake** – A group of young change-makers working with the community.
- **Comhairle na nOg** – Young voices, local issues.
- **LGBTI+** – Working with LGBT youth to make them feel equal, safe and valued.
- **School Programmes** – Workshops & Programmes for TY and school students.
- **Volunteer Support** – Training, Garda Vetting, opportunities.
- **Youth Programmes** – Youth Clubs in your area. Targeted Youth Work, Summer camps, Music, STEAM.
- **Young Carer's** – specific group for young carers to relax and have fun.
- **Student Support** – work placements, study space, course advice.

Contact Youth Work Ireland Meath

Address: St. Mary's Church Grounds, Trimgate Street, Navan, Meath

Tel: (046) 909 3402. Email: info@youthworkireland.ie

@ywimeath on Facebook, Twitter and Instagram

<https://www.facebook.com/YWIMeath>

JIGSAW Meath

Jigsaw (www.jigsaw.ie) is the national centre for youth mental health and gives free expert advice and support to young people aged 12 to 25 years-old to make sure that every young person's mental health is valued and supported.

They offer both online and face to face mental health advice and support to young people aged 12–25 years-old and provide information and workshops for families, educators, and those who support young people's mental health.

Online supports are available at www.jigsaw.ie

Jigsaw Meath at 25 Brews Hill, Navan, Co. Meath

046 9071702. meath@jigsaw.ie



Housing/Accommodation

Private Rented Accommodation

Most rooms, flats, apartments and houses to rent are advertised on accommodation websites such as www.daft.ie or www.myhome.ie. You can search accommodation and set up alerts for your specific requirements. In Meath keep an eye on the accommodation section of the local newspaper: *The Meath Chronicle*. Local noticeboards in shops are also sources for information as well as word of mouth. Be aware of your rights and obligations as a tenant as well as your landlord's rights and obligations. For more information on this visit www.citizensinformation.ie.

Meath County Council Housing Department can assist with applications for Social Housing, the Rental Accommodation Scheme and the Housing Assistance Payment (HAP) Scheme.

The HAP scheme is a form of social housing support where local authorities can provide housing assistance to households with a long term housing need, including many long term Rent Supplement recipients.

For further information please contact Meath County Council, Housing Department, Buvinda House, Dublin Road, Navan, Co Meath or visit <https://www.meath.ie/council/council-services/housing>.

Homelessness Support

If you or someone you know is homeless or at risk of becoming homeless you can get information and advice from:

The Housing section of Meath County Council (046-9097297)

The Community Welfare Officer in Meath (046 9021595)

Local Citizens Advice Centre in Meath

- Ashbourne Citizen Information Centre
Unit 43, High Street, Ashbourne, Ashbourne, A84 FX66
Phone: 0818 07 6110
- Navan Citizen Information Centre
Floor 2, 1 Cannon Row, Navan, C15 XR8Y
Phone: 0818 07 6150
- Trim Citizen Information Centre
Unit 3, The Old Forge, 3 Haggard Street, Trim, C15 C942
Phone: 0818 07 6180

The Private Residential Tenancies Board (PRTB): call 0818 30 30 37 if you are in private rented accommodation and need advice and information on your rights as a tenant.

Threshold.ie (<https://threshold.ie/>) will provide additional information on your rights as a tenant.



Intreo

Intreo (www.gov.ie/intreo) is a single point of contact for all employment and income supports and services. It offers practical, tailored employment services and supports for jobseekers and employers alike.

It provides guidance on employment, training and personal development opportunities. It provides information leaflets on CV and application form preparation, interview skills and different pathways to work such as internships and other supports.

Abbey Buildings, Abbey Mall, Navan, Co Meath, C15 K7PY

www.gov.ie/intreo

navan@welfare.ie

0818 405060

Websites

There are many job seeking websites available in Ireland, you can set up these websites to alert you when jobs become available in Meath

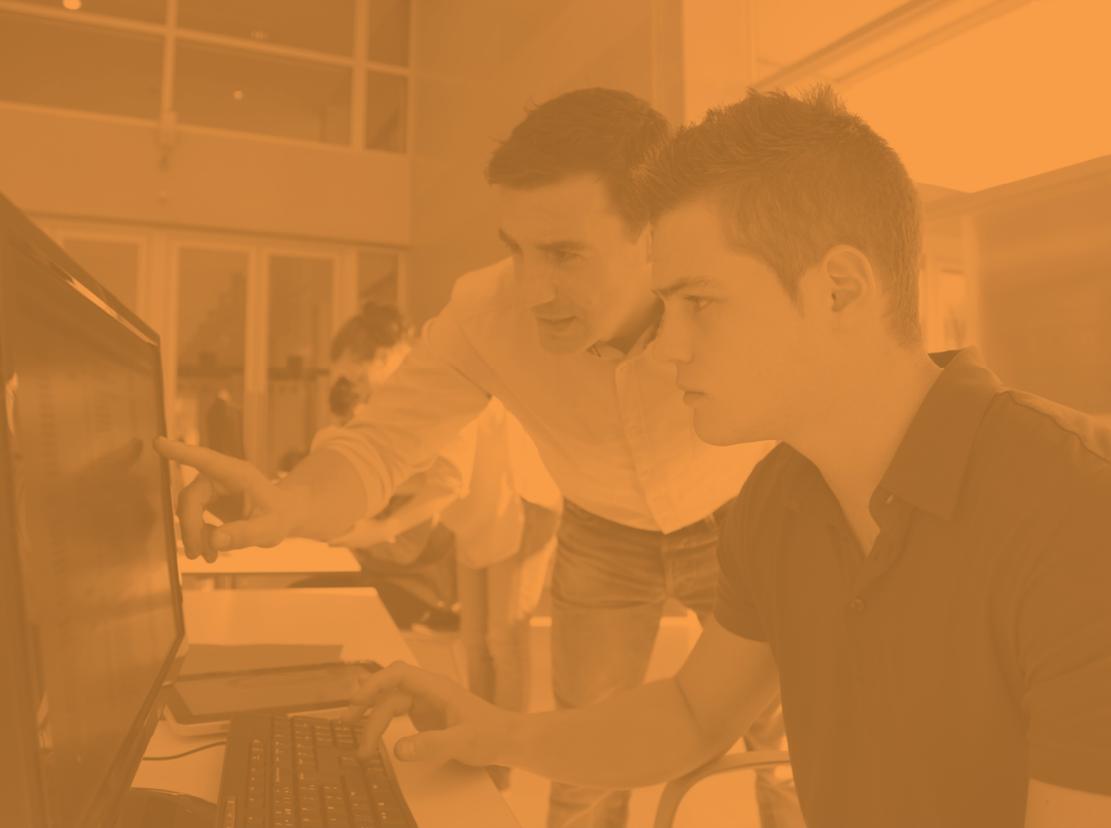
www.irishjobs.ie

www.jobs.ie

www.monster.ie

Newspapers and social media

Your local newspaper *The Meath Chronicle* has a job listing section. Social media sites are also used to advertise job vacancies e.g. Meath Job Club Facebook page.



Early Childhood Education

This is not part of the formal education system. It is run by private, community and voluntary groups. The Early Years Care and Education Programme (ECCE) gives children under 4 years of age access to two full academic years of free pre school before they start primary school. Children can start the ECCE scheme in the September of the year that they turn 3 years old.

Further information can be found in the Children and Family Support Section in this booklet or by contacting:

Meath County Childcare Committee,
Commons Road, Navan, Co. Meath, C15 RX61.
Tel (046) 9073010
Email: reception@mccc.ie
www.mccc.ie

The Department of Education and Skills is responsible for the education of children in Ireland.

The Irish education system is made up of

- Primary Level – between the ages of 4 and 12. Education in state primary schools is free. The school year runs from September to June.
- Secondary Level (also called post-primary or secondary school) is five years with two state examinations during that time, the junior cycle after three years and the leaving certificate after five years. Children begin their second level education around the age of 12 and finish around the age of 17 or 18.
- An optional Transition year is available in most second level schools before the senior cycle – The Transition Year (TY) is a one-year programme that forms the first year of a three-year senior cycle in many schools. It is designed to act as a bridge between the Junior Certificate and Leaving Certificate programmes.
- Third Level – this includes further education, institutes of technology

- and universities. Access to these is usually based on the Leaving Certificate results. The Central Applications Office (CAO) manages admission applications to higher education institutions.
- You can apply for a place by sending in a completed application form to the CAO. For further information please go to www.cao.ie.
 - Financial help for students is means-tested (it is based on family income). Grants are available to meet living expenses, transport and/or college fees. For further information go to the SUSI (Student Universal Support Ireland) website www.susi.ie.

All newcomer children, (whether asylum seekers, convention or programme refugees or children of migrant workers) between 4 and 18 years old have a right to the same primary and post-primary education as the rest of the Irish population.

The law requires that all children must take part in full time education up to the age of 16.

For a list of schools in Meath please visit www.gov.ie/en/service/find-a-school/.

The Citizens Information website www.citizensinformation.ie provides a step by step guide on how to enroll your child in a school.

Further Education and Adult Training

Louth & Meath Education and Training Board (LMETB) is one of 16 ETBs in Ireland. LMETB is the largest education and training provider in Louth and Meath.

LMETB's also provide Further Education and Training (FET) services to learners aged 16+ in communities across Co. Louth and Co. Meath. Courses are available on a full-time and part-time basis from QQI Levels 1-6.

LMETB's FET provision includes

- Guidance, Information and Recruitment Services
- Post Leaving Certificate Colleges
- Apprenticeships and Traineeships

LMTEB offer:

- Full-time education and training for the unemployed.
- Part-time education and training for those returning to learning as an adult, or those already in employment looking to upskill or retrain.

For more information on LMETB's Further Education and Training Services:

- Visit www.lmetb.ie/fet.
- Search for @lmetbfet on Facebook, Twitter and Instagram.
- Contact LMETB Adult Education Guidance and Information Service on 1800 991 898.

You can also search and apply for FET courses in LMETB at the Further Education and Training Course Hub (FETCH): www.fetchcourses.ie.

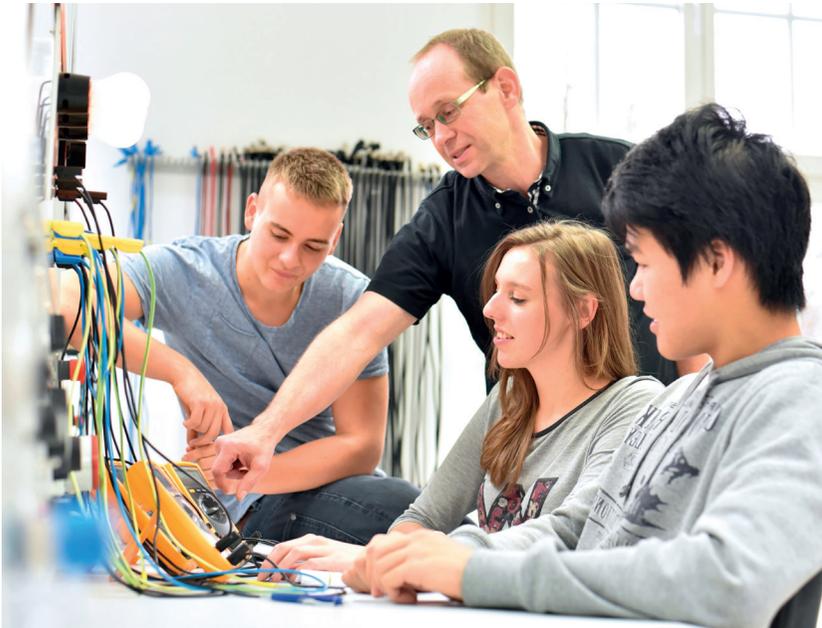
Meath County Library Service

The library service (www.meath.ie/council/council-services/libraries) provides access to a national collection of over 12 million books and other media. The service also offers free online informal lifelong learning courses and other online resources.

If you would like one to one help with using eServices then you can book a session with one of our librarians who will help you get started. Please email eservices@meathcoco.ie and one of the team will contact you to arrange a suitable time.

Qualifax

Qualifax is Ireland's National Learners' Database and is the "one stop shop" for learners and the public. Comprehensive, annually updated



information is provided about further and higher education and training options in Ireland and further afield. Articles and links are also provided to assist students, jobseekers, parents, guidance professionals and graduates to make informed choices for education, training and career pathways. Qualifax is a service provided by Quality and Qualifications Ireland (www.qqi.ie/).

Vocational Training Opportunities Scheme (VTOS): provides an opportunity to return to full-time education if you are an unemployed adult or getting certain social welfare payments. Courses are designed to meet the education and training needs of unemployed people and are particularly suitable if you have been out of school for some time. (www.lmetb.ie/further-education-training/full-time-courses/vtos/)

Back to Education Programme: provides an opportunity to return to part-time or full-time education while continuing to get income

supports such as the Back to Education Allowance or keep your social welfare payment. You must be in receipt of a social welfare payment and meet certain other criteria. (www.citizensinformation.ie/en/social_welfare/social_welfare_payments/back_to_education/back_to_education_programme.html)

Post Leaving Certificate (PLC) courses: PLC courses are open to school-leavers and adult participants, offering a mixture of practical work, academic work and work experience. (www.findacourse.ie/courses/meath/further-education-plc/)

Further Education and Training (FET) courses: provide an opportunity to develop or upgrade your skills in the commercial and industrial sectors if you are unemployed or redundant. Most courses are free and you may get a Further Education and Training (FET) training allowance depending on your circumstances. If you are on a full-time course and you need childcare, you may qualify for a free childcare place under the Childcare Employment and Training Support (CETS) scheme. (www.lmetb.ie/further-education-training/)

Work Placement Experience Programme (WPEP): offers work experience if you have never had a job or have lost your job. You must be in receipt of a social welfare payment for a minimum period. If you qualify, you will be paid a weekly WPEP allowance. (www.gov.ie/en/service/95fe1-work-placement-experience-programme/)

Springboard: provides free higher education places for unemployed people. You can keep your social welfare payment for as long as you are entitled to it while you are participating on a Springboard course. (www.springboardcourses.ie/)

Skills for Work: provides training and educational opportunities for those in part-time or full-time employment. It helps you to improve the basic skills you need in the workplace such as literacy, numeracy and IT skills. Skills for Work is delivered by the Educational and Training Boards.

(www.lmetb.ie/further-education-training/employee-skills-development/skills-for-work/)

Skillnet Ireland: enables groups of private sector companies to set up training networks to deliver a range of accredited and/or industry-recognised programmes. Skillnet Ireland offers some training to unemployed people. If you are unemployed you will not pay for this training. (www.skillnetireland.ie/)

Youthreach: If you are between 15 and 20 years of age and have left school without any formal qualifications, the Youthreach programme will provide you with opportunities for basic education, personal development, vocational training and work experience. (www.lmetb.ie/further-education-training/youth-education-training-and-services/youthreach/)

FIT (Fastrack to IT): provides targeted information technology training for people who are getting certain social welfare payments or signing for credits. Courses include office administration, web design and programming, broadband communications and PC maintenance. (www.fit.ie)

Department of Justice workshops: If you are coming to education and training from the prison system or as an alternative to the prison system, you may find a suitable course under this scheme operated by the Department of Justice.

Night classes: Self-funded educational opportunities are available to you through a range of night courses organised by your local ETB and many colleges and universities. (www.lmetb.ie/further-education-training/part-time-and-evening-courses/evening-courses/)

Language Learning

Fáilte Isteach

This is a community project that trains volunteers to welcome migrants through English conversation classes. If you would like to attend one of these or become a volunteer contact your nearest location in Meath.

Dunboyne. Contact mary.kirwan@dcu.ie or Adrienne on 085 1641626.

Dunshaughlin Library, Main St, Dunshaughlin, Co. Meath. Contact dunshlib@meathcoco.ie.

Kells People Resource Centre, The Old Church of Ireland School, Carrick St, Kells, Co. Meath. Contact Angela by email kellsresourcecentre@eircom.net ph. 046 924716 or Amanda at kprcamanda@gmail.com.

Trim Family Resource Centre 2 (FRC2), Wellington Avenue, Mornington, Trim, Co. Meath. Contact Kathrin Franke at failteisteachtrimfrc@gmail.com or 083 0942082 (text only).

Online Language Courses– Transparent Languages

Learn English where and when it suits you. Available 24/7 to all Meath Library members. Go to <https://www.meath.ie/council/council-services/libraries/online-resources>.

Literacy Support

The **National Adult Literacy Agency (NALA)** is a voluntary organisation that aims to ensure all adults with literacy difficulties have access to high quality learning opportunities.

NALA can help you improve your reading, writing, maths or use of technology. You can learn with NALA in a group, one-to-one, online or over the phone.

You can contact NALA on freephone 1800 20 20 65 or text LEARN to 50050 and they will call you back.



The Department of Social Protection manage Ireland's social welfare system. The staff are known as Community Welfare Officers. They assess and advise on the eligibility for allowances and supplements. They can give you advice about income support and social welfare payments and can help you with finding a job. Examples of social welfare payments include Jobseeker's Allowance, One Parent Family Allowance, Disability Allowance and Child Benefit. All allowances are subject to means testing and vary according to circumstances and the nature of the need.

Intreo is a new service from the Department of Social Protection. Intreo is a single point of contact for all employment and income supports. Designed to provide a more streamlined approach, Intreo offers practical, tailored employment services and supports for jobseekers and employers alike. Their offices are called Intreo Centres. For further information visit www.gov.ie/intreo.

Intreo Centre Navan
Abbey Mall, Abbey Buildings,
Navan,
Co. Meath,
C15 K7PY
0818 405 060

Personal Public Service Number (PPSN)

A Personal Public Service (PPS) Number is a unique reference number that helps you access social welfare benefits and public services in Ireland. It is required when applying for any benefits, entitlements, social housing support and health care e.g medical card in Ireland. It is also used for employment and taxation purposes. A PPS Number is always 7 numbers followed by either one or two letters. To get a PPS Number, you will need to provide evidence of why you need a

PPS Number and provide a copy of your photo identity document (Passport, Driving Licence, ID card) and proof of your address. If you do not have valid documents, you should provide whatever ID documents that you do have. You can apply online, in writing by filling out a REG1 form or by email. For more information <https://www.gov.ie/en/>.

PPSN Applications,
CIS Registration,
Department of Social Protection,
Shannon Lodge,
Carrick on Shannon,
Co. Leitrim.
N41 KD81
Email: PPSN@welfare.ie



Business and Employment

Who can work in Ireland?

Citizens of the EEA (the EU, plus Iceland, Norway and Lichtenstein), Switzerland and the UK, can live and work in Ireland without an employment permit. If you are from a country outside of the EEA, Switzerland and the UK, you need permission to live and work in Ireland.

If your non-European Economic Area/EEA spouse or civil partner is coming to live in Ireland with you, they must apply for permission to remain under EU Treaty Rights to have similar rights to live and work in Ireland.

If you are an EEA, Swiss or British national, you are entitled to be treated in the same way as Irish citizens when you apply for work in Ireland. You are free to apply for any job vacancy, including jobs in the public sector.

If you are from any another country, then generally you need an employment permit. There are 9 different employment permits. For more information on these go to **www.citizensinformation.ie**.

People who have been granted refugee status in Ireland and people who have been refused refugee status but have been given permission to remain on humanitarian grounds do not need an employment permit.

Qualifications:

Quality and qualifications Ireland (QQI) is the state agency responsible for the recognition of foreign qualifications in Ireland and the recognition of Irish qualifications abroad.

For more information visit:

www.qqi.ie

call 01 9058100

Starting a Business

Local Enterprise Office

The Local Enterprise Office is the first stop shop for anyone seeking information and support on starting or growing a business in Ireland. It provides advice, information and support to you in starting up or growing your business. You can set up a business as a sole trader, as a partnership or as a limited company. The type you choose depends on the kind of business you are running and with whom you are doing business.

Local Enterprise Offices (LEOs) provide a range of financial supports to help with the set up or growth of small businesses employing up to 10 people. They also provide training and mentoring.

Information on the Meath Local Enterprise Office can be found at localenterprise@meathcoco.ie or call 046 909 7000.

www.localenterprise.ie/Meath/



08 Transport

Buses

Local Link provides bus services in local and rural areas of Meath and the free travel pass is accepted. For bus timetables visit www.locallinklmf.ie/ or call 0469074830.

For information about routes and fares for public buses and to plan your journey visit www.transportforireland.ie

Other useful transport sites include:

Bus Éireann: www.buseireann.ie

Dublin Airport: www.dublinairport.com

Irish Rail: www.irishrail.ie

Free Travel Scheme

The Free Travel Scheme allows you to travel free of charge on all public transport owned by the State. This includes bus, rail and Dublin's LUAS with some exceptions.

Everyone aged 66 and over, legally living permanently in the State, is entitled to the Free Travel Scheme. Some people under 66 also qualify. In some cases, a Free Travel Companion Card is available. This card allows a companion to travel with you for free. No one else can use your Free Travel Card; it is only for you.

Free travel is also available on a limited number of services operated by private bus transport companies. Private bus transport operators that have opted in to the Free Travel Scheme accept free travel cards. For further information please go to www.gov.ie/freetravel.

Driving in Ireland

You need to be at least 17 years old to drive in Ireland and hold a valid driver's licence. If you have never driven before you will first need to:

- Pass the driver theory test
- Apply for a learner permit
- Complete a driving test course/Essential Driving Training/EDT
- Pass a driving test

Driver Theory Test

Before you can take lessons or start practicing driving, you must pass the official driver's theory test. To book a test go to www.theorytest.ie. When going to the test centre you will need the following: valid proof of identity, evidence of your Irish PPS number and two identical colour passport sized photographs.

Driver Licence/Learner Permit

When applying for a driving licence or learner permit you must visit a National Driver Licence Service (NDLS) Centre. The NDLS Centre in Meath is in Trim:

Unit 3 Finnegans Way, Emmet St, Trim, Co. Meath, C15 VX22

As part of the face-to-face application process, your photograph and signature are captured digitally. You must also provide proof of your PPS number (see Section on how to apply for this), proof of address, and photographic identification to confirm your identity. Other documentation is also required. Please visit www.ndls.ie for more information. You can make an appointment at www.ndls.ie. You are required to carry your driving licence with you at all time when driving.

It is possible to exchange a driving licence issued by certain recognised states, a list of which is available on www.citizensinformation.ie under the travel and recreation section. If you have a European Union/ European Economic Area driver's licence you may continue to drive in Ireland on your current licence. You can exchange it for an Irish drivers' licence when it expires.

If you are the holder of a driving licence issued by a country not recognised for driving licence exchange, you cannot exchange your driving licence for an Irish driving licence and will have to go through the full driver licensing procedure starting with the driver theory test. If you have a licence from a country outside of the EU/EEA, then you may drive on your driver's licence in Ireland for 12 months. However, after the 12-month period you need to apply to have your driver's licence changed to an Irish one. For more information on this go to <https://www.ndls.ie/>.

Driving Test

Once you have completed your Essential Driver Training sessions and held your learner driving permit for at least six months, you may book your driving test on the <https://rsa.ie/>. The Essential Driver Training course is made up of 12 one-hour Sessions with a Road Safety Authority approved instructor, which you must complete before taking your Driving test. Alternatively, you can download a driving test application form or obtain a copy from any motor tax office. It is recommended that the driving test be applied for well in advance as waiting times can be long.

Motor Tax

Under Irish Law, if you have a car you must pay motor tax before you can drive it. You can pay online at www.motortax.ie/OMT/. You can get more information about the cost and how to pay motor tax at www.motortax.ie. Online payment will require:

- Vehicle registration number
- PIN number- Your PIN number may be received from Shannon via email, text or reminder motor tax form. If not, try last 6 digits of Vehicle Registration Certificate VRC/logbook e.g. C17___123456. If new/imported vehicle, it is the last 6 digits of your chassis number



(also known as Vehicle Identification Number/VIN number on VRC/logbook)

- Insurance details (name of company, expiry date & insurance policy number)
- Credit/Debit card details

Alternatively, you can pay your motor tax in person at:

Meath Motor Taxation,
Buvinda house, Dublin Road
Navan, County Meath
C15 Y291

Motor Insurance

Under Irish law, you must also have motor insurance before you can drive your car in Ireland. Driving without insurance in Ireland is a serious offence. If caught you will have to pay a fine, may be disqualified from driving and get penalty points on your driving licence. Most insurance companies sell motor insurance. The price can vary a lot from company to company and depends on the age of the car, the type of car and the age and experience of the driver.



National Car Test

Under Irish law, your car must have regular tests to make sure it is road worthy and safe to drive. This test is called the National Car Test or NCT and is carried out in local testing centres. If your car has not got an up to date NCT certificate you could face a fine and penalty points on your driving licence. For more information about the NCT test and when it is due, visit <https://www.ncts.ie/>.

Emergencies

For emergencies only requiring fire, police or medical personnel call 999 or 112 free of charge.

An Garda Síochána

If you live in Ireland and are a victim of a crime, you should contact the Gardai – the Irish police force.

For non-emergency or general enquiries, contact your nearest local garda station:

District Headquarters	Telephone	Areas Covered
Ashbourne Garda Station	018010600	Ashbourne, Duleek, Dunshaughlin, Dunboyne, Laytown
Kells Garda Station	046 9280820	Athboy, Kells, Oldcastle
Navan Garda Station	046 9079930	Navan, Nobber, Slane
Trim Garda Station	046 9481540	Enfield, Longwood, Summerhill, Trim

Crimestoppers is a joint initiative between An Garda Síochána and the business community which operates to encourage people to report crime by calling a freephone number.

The caller can remain anonymous. From time to time a reward may be offered, at the discretion of the Gardaí, for information in relation to specific crimes.

The freephone number, 1800 250 025, is staffed by members of the Garda National Bureau of Criminal Investigation.

Meath Women's Refuge

Provide a 24 hour and 365 days a year helpline (046 9022393) and

emergency refuge accommodation for women and children who have to leave their home because of domestic abuse, furthermore it offers

- One to one confidential support
- Accompaniment to court and other services

Email: mwrefuge@eircom.net

Website: <http://www.womensaidmeath.ie>

GP Out of Hours Service/NEDOC

NEDOC is a partnership with General Practitioners in the region and the HSE to provide urgent out of hours GP care. They are the service that you contact for urgent care when your surgery closes in the evening and over the course of weekends and bank holidays. NEDOC is an appointment only service and is not a walk-in clinic.

1800 777 911

from 6pm – 8am Monday to Friday and 24 hours at weekends and bank holidays.



Listed below are some of the community groups and cultural amenities available in Meath. You will find contact details for many more community and support groups and upcoming events in the local paper: *The Meath Chronicle*, noticeboards in shops, parish newsletters and social media platforms.

Meath Public Participation Network

The PPN office supports and connects a broad range of member organizations in Meath. If you have a particular interest or area you would like to take part in locally, the PPN are likely to know if there is a group around that interest or activity in Meath.

To get in touch with the Meath Public Participation Network, please email meathppn@meathcoco.ie.

For questions or issues relating to Meath County Council services, please contact customerservice@meathcoco.ie or telephone (046) 909 7000.

Meath Volunteer Centre

There is a service for individuals who wish to volunteer some of their free time and for organisations or groups that need voluntary support. The service links the volunteers with organisations/groups that need them. To browse local volunteering opportunities, go to

[https://www.volunteermeath.ie/volunteers/search-for-opportunities/\(046\)9280790/info@volunteermeath.ie](https://www.volunteermeath.ie/volunteers/search-for-opportunities/(046)9280790/info@volunteermeath.ie)

Cultur Migrants Centre

Cultúr is a community work organization working across Co. Meath with ethnic minorities including immigrants, migrant workers, asylum seekers and refugees. Call 0469093120, email info@cultur.ie or visit <https://cultur.ie/>.

Meath Travellers Workshop

Meath Travellers' Workshop is a voluntary Community Development Organisation, which is a partnership of Travellers and Settled people working together. Their Programmes include Traveller Heritage and Culture Awareness, Childcare, Youth and Community Development and addressing Traveller issues such as Education, Accommodation and Employment also providing family supports and citizen information. Call 0469027801, email adminntw@eircom.net or visit <http://www.travellerheritage.ie/>.

The Rotary Club of Navan

This club unites people from all cultures and occupations to exchange ideas and take action in communities around the world. Please visit <https://navanrotaryclub.org/rotary-navan-contact.php> for more information.

Men's Sheds

A Men's shed is a friendly and welcoming place where men can come together and undertake a variety of activities. Men's Sheds are open to all men regardless of age, background or ability and are a place to share skills and knowledge. There are numerous sheds around the county, to find your nearest shed please visit https://menssheds.ie/shed_county/leinster/co-meath/ or call 01 891 6150.

Active Retirement Ireland

This association was established to enable retired people and anybody over 55 to enjoy a full and active life and to advocate for them. They arrange social events, educational options and activities which encourage retired people to remain healthy and active. There are active retirement groups in nearly every area in Meath. If you would like more information, go to <https://activeirl.ie/> or call 01 873 3836.

Meath Archaeological & Historical Society

The object of the Society is to locate, preserve, examine, publish and illustrate the antiquities, records and traditions connected with Meath. The society runs a programme of events each year from talks, walks and lectures, to find out more please visit <https://www.mahs.ie/index.php>.

Solstice Arts Centre

Based in Navan, the Solstice Art Centre features music, theatre, visual arts, cinema and dance. Visit <https://solsticeartscentre.ie/> to keep up to date with their upcoming events.

Family Resource Centres (FRC)

Family Resource Centres are participative and empowering organisations that support families while building the capacity and leadership of local communities. FRCs provides a range of universal and targeted services and development opportunities that address the needs of families.

Services include:

Family Support, Food Banks, Job Seeker Support, Counselling, Play Therapy, Parenting Courses, Children's workshops and Holiday Activities
To find your nearest Family Resource Centre in Meath please visit www.tusla.ie and search Family Resource Centre.

Sports

Below are only some of the sports groups available in Meath:

GAA

The Gaelic Athletic Association is Ireland's largest sporting organisation. The association today promotes Gaelic games such as Hurling, Football, Handball and Rounders and works with sister organisations to promote Ladies Football and Camogie. There are GAA clubs and grounds all over Co Meath. Visit <https://meath.gaa.ie/clubs/> to find your nearest club in the county.

There are also clubs for the following sports: soccer, rugby, cricket, tennis and athletics to mention but a few. Ask in your local area for further details.

Meath Local Partnership

This organisation promotes the development of sport in County Meath through partnerships, events, courses and training programmes. For further information visit

Meath Local Sports Partnership

Web: www.meathsports.ie

Town Hall, Watergate Street, Navan, Co. Meath

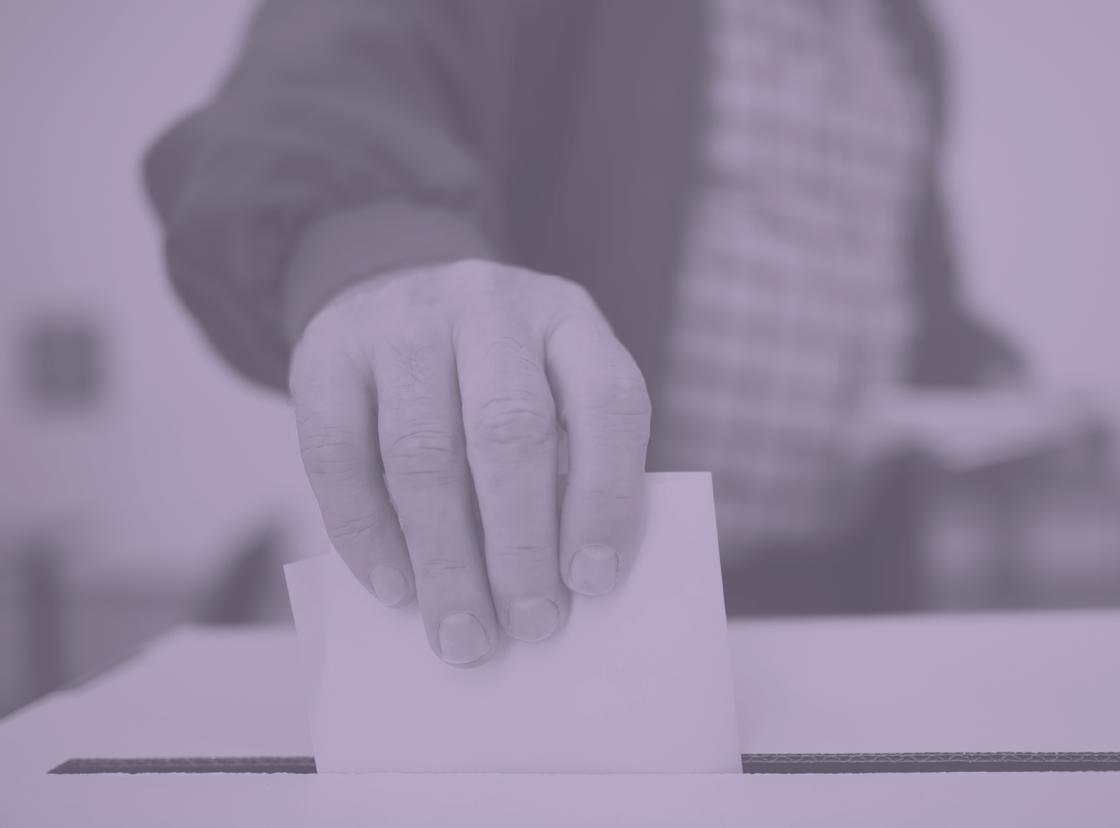
Tel: 046-9067337

Email: mlsp@meathcoco.ie

Outdoor recreation:

There are parks and playgrounds funded by Meath County Council in most towns in Meath.

County Meath has a rich heritage with plenty to see and do, please visit <https://www.meath.ie/discover/things-to-do> for a wide range of activities on offer.



Register to Vote

The electoral registration process has changed recently. Electors can apply **anytime** online to register to vote or update their details at **www.checktheregister.ie**

Both new (aged 18 or over and living in Ireland) and existing electors can register **or** update their details online by adding their PPSN and Eircode. 16 and 17 year olds can also now pre register.

Eligibility to vote:

- You must be living full time in the State to be eligible to vote.
- You will be asked for your nationality as this will affect which elections you can vote in.
 - An Irish citizen – you are eligible to vote in all elections and referendums
 - An EU citizen – you are eligible to vote in European and local elections
 - A British citizen- you are eligible to vote in Dáil and local elections
 - All other- you are eligible to vote in local elections



Forms can also be downloaded from www.checktheregister.ie if:

- You don't have a PPSN
- Want to update your citizenship
- Want to apply for a special or postal vote
- Want to apply to be an anonymous elector
- Want to make a third party request for a change to the register

All forms should be returned to Meath County Council, Register of Electors, Buvinda House, Dublin Road, Navan, Co Meath C15 Y291 or by email to registerofelectors@meathcoco.ie

For all queries please contact the register team at 046 9097007 or email registerofelectors@meathcoco.ie



There are three main types of financial institutes in Ireland: banks, building societies and credit unions. You can open an account in any bank or building society for your everyday banking needs. This type of account is called a current account. You can lodge/put money in such as your salary or social welfare payment or take money out in branch or via an ATM. This account will also allow you to pay bills or transfer money.

A Savings account is one where you gain interest on your money. It is also called a deposit account. If you do earn interest on your savings, you will have to pay a tax on the interest called Deposit Interest Retention Tax (DIRT).

A credit union is a financial co-operative where members can save money and can lend money to each other at reasonable rates of interest. Unlike banks, credit unions are non-for-profit organisations with a community focus. To find out more and to become a member, visit www.creditunion.ie.

An Post is the state-owned provider of postal services in Ireland. An Post provides a banking service where you can open a personal or joint current account. For further information please visit www.anpost.com/Money/Current-Account.

To help you decide which financial product is the best for you, visit www.consumerhelp.ie, which has lots of easy to understand information about banking, savings, loans and other financial matters.

Once you have decided what type of account you want to open and which provider you want to use, contact them and ask for an application form. You will need proof of identity and address. For more information about opening a bank account, see www.consumerhelp.ie or www.citizensinformation.ie.



How can I become an Irish citizen?

Irish citizenship is obtained in different ways. Most Irish citizens get their citizenship through birth or descent. Foreign nationals can apply to become Irish citizens through naturalisation. Naturalisation is the process through which a foreign national living in Ireland may apply to become an Irish citizen.

To apply for naturalisation in Ireland, you must have been physically resident in Ireland for a certain length of time. If you are a foreign national who is either married to an Irish citizen or a civil partner of an Irish citizen, you can apply for Irish citizenship through naturalisation. The residence requirements are more favourable for the spouse or civil partner of an Irish citizen but there is no longer an absolute entitlement to Irish citizenship through marriage.

For more information go to www.citizensinformation.ie

Dual citizenship

If you are an Irish citizen, you may also hold dual citizenship, that is, citizenship of another country. You should be aware that certain countries do not recognise dual citizenship. If you wish to apply for dual citizenship, you should check with the authorities of the other country to ensure that your rights are protected. For example, the law in some countries provides for the automatic termination of its citizenship or nationality if you acquire another citizenship or nationality. You should also be aware that acquiring Irish citizenship does not automatically void the obligations of another citizenship or nationality (for example, the requirement to complete military service). For more information go to www.citizensinformation.ie.



Public Holidays in Ireland

On a public holiday, sometimes called a “bank holiday”, most businesses and schools are closed. Other services, for example, public transport, still operate but often with restricted schedules.

The list of ten public holidays in Ireland each year is as follows:

- New Year’s Day (1 January)
- St Brigid’s Day (First Monday in February)
- St Patrick’s Day (17 March):
- Easter Monday (date changes each year)
- May/Labour Day (First Monday in May)
- June Holiday (First Monday in June)
- August Holiday (First Monday in August)
- Halloween Holiday (Last Monday in October)
- Christmas Day (25 December)
- St. Stephen’s Day (26 December)



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



comhairle chontae na mí
meath county council



Meath County Council would like to acknowledge the support of the Migrant Integration Policy and Inclusion Unit of the Department of Children, Equality, Disability, Integration and Youth.