

When using resources from your information pack please note:

- Detailed information about healthcare can be found in the '**Irish Primary Healthcare**' and '**About the Irish Health System**' guides.
- The resources listed are mapped and can be found online as well as other useful resources at: www.corkkerryresettlement.com

Please note some resources you may need are found in the City Centre so please refer to '**Cork City Refugee Resources**'.

Togher Refugee Resources

Healthcare

GPs:

Martin	Healy	The Surgery	Ardmanning	Togher Road	021 4963664	
Elaine	Murphy	The Village Medical Centre	The Village Centre	Tramore Road	021 4964195	021 4964416
Robert	Townsend	Greenwood Surgery	Togher		021 4321790	021 4321791
Dani	Farah	Wilton Medical Centre	53 Wilton Court	Wilton	021 4301357	
Claire	McCarthy	Medi-Centre	Wilton Road		021 4344480	
Gillian	McSweeney	Medi-Centre	Wilton Road		021 4344480	
Patrick V.	Ryan	The Park Family Practice	Friars Walk		021 4323844	
Joe	McAuliffe	The Park Family Practice	Lr. Friars Walk		021 4323844	
Ray	Mulready	120 Lower Friars Walk			021 4314788	

SouthDoc:

Out of hours- family doctor service for urgent medical needs
Unit 17/18 South Ring Business Park, Kinsale Road, Cork
1850 335 999
www.southdoc.ie

Opening hours: Weekdays 6pm-8am (next day)
Weekends 1pm* Saturday-8am Monday

*Cover starts at 9am Cork City and select centres-please check the opening hours at your local centre.

Health Centres:

Ballyphehane Health Centre
Lower Friar's Walk
021 492 1880

Hospitals/Injury Units:

Please refer to the Cork City Refugee Resources and your '**Irish Primary Healthcare**'.

Dentists:

Carrigdean Dental Centre
Carrig Dean Medical and Dental Centre, Togher Road, Togher, Cork
021 432 3353

Smilestore
Togher Road, Tramore Road Junction, Cork
www.smilestore.ie
021 432 0004

Aidan Power Dental Clinic
Clareville House, Pouladuff Road, Ballyphehane, Cork
021 431 7442

Lough Dental Practice
Lough Road, The Lough, Cork
021 431 1456

Alan O'Dowling Dental Clinic
105, Aspen, Glasheen Road, Glasheen, Cork
021 432 3578

Pharmacies:

Irwin's Pharmacy Togher
The Village Centre, Togher Road, Togher, Cork
www.irwinspharmacy.ie
021 496 2777

Lloyds Pharmacy
5, Lough Shopping Centre, Togher Road, Togher, Cork
www.lloydspharmacy.ie
021 496 4629

Allcare **Late Night** Pharmacy Wilton
4 Cardinal Way, Wilton, Cork, T12 VY9X
www.allcarepharmacy.ie
021 434 4575

O'Sullivan's Pharmacy Wilton
Wilton Shopping Centre, Sarsfield Road, Wilton, Cork
www.osullivanspharmacy.ie
021 434 1800

Banks/Credit Unions/Post Offices

EBS Bank
44, Wilton Shopping Centre, Wilton, Cork
www.ebs.ie
021 454 2622

KBC Bank
43, Wilton Shopping Centre, Wilton, Cork
www.kbc.ie
021 601 5200

Ulster Bank
High Street, Bishopstown, Cork
digital.ulsterbank.ie
021 434 5533

The Lough Credit Union
Togher Sub Office, Shournagh Lawn, Togher, Cork
www.loughcu.ie
021 496 1434

Post Office (in daybreak shop)
13 Tramore Rd, Togher, Cork
www.anpost.ie
021 496 1891

Bishopstown Post Office
Wilton Shopping Centre, Sarsfield Road, Bishopstown, Cork
www.anpost.ie
021 454 1842

Shops

Food:

Zaiqa Cash n Carry- Asian Food and Halal*
South Ring West Business Park, Unit 18, Tramore Road, Ballyphehane, Cork
021 497 5718

*More Halal shops can be found on the Cork City Refugee Resources

Ryans Supervalu Togher
Lough Shopping Centre, Togher Road, Togher, Cork
www.supervalu.ie
021 431 3268

Lidl
Clashduv Road, Togher, Cork
www.lidl.ie
021 496 4016

Tesco Wilton (bus route 214, 219 from Togher)
Sarsfield Road, Wilton, Cork
www.tesco.com

Phone:

Tesco Mobile
Wilton Shopping Centre, Sarsfield Road, Wilton, Cork
www.tescomobile.ie
089 420 0000

Eir Retail Wilton
21 Sarsfield Road, Wilton, Cork
www.eir.ie
021 454 1011

Public Transport Links

Bus:

Bus routes 214, 219 and 216 - go to **www.buseireann.ie**. Select **view timetables**. Enter the bus route number in the box **enter your route**. This will show you the route journey and where the bus stops and at what times.

www.journeyplanner.transportforireland.ie – This is a useful site which helps plan your journey from the start and to your destination. You can select different modes of transport.

Taxi:

There are many different taxi firms which you can quickly find on the internet by using google maps . I strongly recommend that when you ring one you find out the cost of the journey before you go ahead with the booking.

Religious Amenities

Cork Islamic Culture Centre*
Cork Mosque and Alresala Islamic School
60 Tramore Road, Turners Cross, Cork
www.corkmosque.org
021 432 0301

*More mosques can be found in the City Refugee Resources.

Please ask if you require information about places of worship for a different faith you may have.

Community Supports/Services

Togher Garda Station
Tramore Road, Togher, Cork
www.garda.ie
021 494 7120

Togher Family Centre
Maglin Grove, Deanlock Estate, Togher, Cork
www.tfamc.ie
021 431 6766 or Contact Niamh Sheridan (Family Centre Director) 085 889 8019

Bishopstown Library
Wilton, Sarsfield Road, Bishopstown, Cork
www.corkcitylibraries.ie
021 492 4950

Citizen's Information Centre
Cork City Centre
13-15 Cornmarket Street, Cork
centres.citizensinformation.ie
076 107 6950

Abbey Court House
Intreo Cork City Centre
George's Quay, Cork
www.welfare.ie
021 494 3100

Ballyphehane Togher Community Development Project
Ballyphehane, Cork
021 431 9085

Togher Community Centre*
Togher Road, Lehenagh Beg, Cork
021 432 1002
* Has women's and men's groups for various ages.

Ballyphehane Community Centre
Tory Top Road, Ballyphehane, Cork
www.ballyphehanecommunity.com
021 496 5339

Sports and Leisure Facilities

Sportsclubs:

Cork Parks Tennis
Togher Tennis Courts, Clashduv Road, Togher, Cork
www.corkparkstennis.com
086 267 7396

St Finbarrs National Hurling and Football Club,
Neean Park, Togher, Cork
www.stfinbarrsnhf.ie
021 496 1951

Togher Athletics Club
Togher Road, Togher, Cork

Education

Children (ages 0-4/5):

Cork County Childcare Committee www.corkchildcare.ie is a great source of information on childcare.

022 23880

Children (ages 4/5-12 primary school and ages 12-17/18 secondary school):

To find local schools please refer to:

[www.schooldays.ie](http://www schooldays.ie) or www.education.ie

Adults:

Colaiste Stiofain Naofa
CSN College of Further Education
Tramore Road, Ballyphehane, Cork
www.csn.ie
021 496 1020

Cork Education and Training Board (CETB)
21 Lavitt's Quay, City Centre, Cork
cork.etb.ie
021 427 3377