

## Useful numbers

**Alcoholics Anonymous**  
01 453 8998

**Aids/HIV/Drugs Helpline**  
1800 459 459

**Cedar House**  
1800 724 333 (ring from 7:15pm to  
access emergency accommodation  
for men)

**Citizens Information Phone Service**  
1890 777 121

**Crisis Pregnancy Agency**  
Free Text LIST to 50444 for information

**Dublin City Council**  
01 222 2222

**Emigrant Advice**  
01 873 2844

**Gamblers Anonymous**  
01 872 1133

**Outhouse (Service for Gay/Lesbian/  
Bisexual/Transgendered)**  
01 873 4932

**Homeless Persons Unit**  
Freephone 1800 724 724

**Narcotics Anonymous**  
01 672 8000

**NOVA (National Organisation of  
Victims of Abuse)**  
1800 252 524

**Rape Crisis Centre**  
1800 778 888

**Samaritans**  
1800 609 090

**Simon Soup Run (via freephone)**  
1800 724 724

**St. Vincent de Paul**  
01 838 4164

**Womens Aid**  
1800 341 900 (daily 10am-10pm)

**Womens Refuges**  
01 286 6163 (Bray)  
01 867 0701 (Coolock)  
01 496 1002 (Rathmines)

## CentreCare

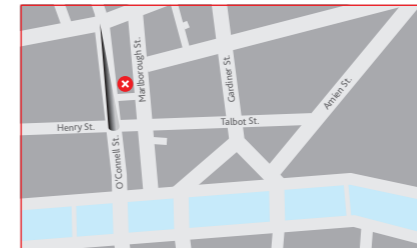
1 Cathedral St., Dublin 1

t 01 872 6775 / 874 6915

f 01 872 7003

e [info@centrecare.ie](mailto:info@centrecare.ie)

w [www.centrecare.ie](http://www.centrecare.ie)



Location of CentreCare

# a guide to what we do



This pamphlet was funded through a  
Dublin City Council Community Gain Grant



Feel free to pass this pamphlet onto a friend  
who may need CentreCare's service

**CentreCare**  
a project of **CROSSCARE**

## **CentreCare offers information and support on:**

- Homelessness
- Housing
- Social welfare
- Related matters

You do not need an appointment for any CentreCare services. There is no cost for any of the CentreCare services

This service is offered in the following ways:

### **1 'Walk in' or 'phone in' service**

**Mondays** from 9.30am to 1pm and 2pm to 5pm

**Tuesdays** from 9.30am to 1pm and 2pm to 5pm

**Wednesdays** from 2pm to 5pm **ONLY**

**Thursdays** from 9.30am to 1pm and 2pm to 5pm

**Fridays** from 9.30am to 1pm and 2pm to 5pm

### **2 'Walk in' or 'phone in' service offered in Polish language on Tuesdays from 2pm to 5pm and Fridays from 9.30am to 12pm**

CentreCare udziela informacji i porad w sprawach mieszkaniowych, bezdomności, pomocy socjalnej itp. również w języku polskim (przy pomocy tłumacza) we wtorki od 14.00 do 17.00 i w piątki od 9.30 do 12.00. Można przyjść lub zadzwonić bez uprzedniego umawiania się

### **3 Accommodation finding support service**

You can collect a list of flats and houses available for rent daily. You can get information on rent supplement, rent deposit and other matters relating to private rented accommodation. You may also get support to telephone landlords from 9.30am to 1pm on Thursdays

### **4 CentreCare offers its services in the following organisations**

*Please telephone CentreCare to find out exact times of these outreach Clinics*

#### **Mondays**

**Hill Street Family Resource Centre**  
Hill St., Dublin 1

**Guild of the Little Flower**  
11 Meath St., Dublin 8

#### **Tuesdays**

**Mendicity Institute**  
Island St., Dublin 8

**St Joseph's Penny Dinners**  
Avondale House, Cumberland St., Dublin 1

**Capuchin Day Centre**  
29 Bow St., Dublin 7

#### **Wednesdays**

**Crosscare's Food Centre**  
Longford Lane, Dublin 8

**Open Heart House**  
2 St. Marys Place, Dublin 7

#### **Thursdays**

**Crosscare's St. Brigid's Food Centre**  
Holles Row, Dublin 2

**Capuchin Day Centre**  
29 Bow St., Dublin 7

#### **Fridays**

**Crosscare's Saint Agatha's Food Centre**  
Portland Row, Dublin 1

### **5 Direct Access Over 18's map of homeless service**

Maps are available for collection at CentreCare. This will guide you through the first steps you can take if you become homeless