



**LETTERKENNY GENERAL  
HOSPITAL**



**WNWHG**

Grúpa Ospidéil an Iarthair/an Iarthuaiscirt  
West / North West Hospitals Group

## **LETTERKENNY GENERAL HOSPITAL 2014**



**A GUIDE TO LIVING & WORKING IN  
LETTERKENNY, COUNTY DONEGAL**

# Contents

	<b>Page No.</b>
Introduction to Letterkenny.....	3
About Letterkenny General Hospital .....	4-6
Working in Letterkenny	
• Visa/Work Permits.....	7-8
• GNIB card.....	9
• PPS Number.....	9
• Tax.....	10
• Clinical Indemnity.....	10
• Child benefit.....	11
• Child Care.....	12-13
• Banking.....	14
• Healthcare.....	14
• Mobile Phone.....	15
• Public Holidays.....	15
How to get to Letterkenny .....	16-17
Living in Donegal	
• Weather.....	17
• Bed , Breakfasts & Hotels, near to hospital.....	18
• Apartment rental in Letterkenny.....	19
• Activities & Entertainment in Donegal.....	20-26
• Some places to visit in Donegal.....	27-28
• Schools in Letterkenny.....	29-30
• Contact details of Chaplains and Community Faith Leaders.....	31
Medical Training Opportunities at Letterkenny General Hospital.....	32-36

# Letterkenny, County Donegal

With 1,100km of rugged Atlantic coastline, Donegal is Ireland's most northerly county, where locals proudly proclaim that "up here, it's different!"

Letterkenny is the commercial centre of County Donegal, and is a modern vibrant town with a rich cultural heritage. It is the largest and most densely populated town in Donegal. Originally a market town serving a wide agricultural hinterland, Letterkenny has evolved to become a modern, cosmopolitan urban area.

Work - life balance is one of Letterkenny's unique selling points and is very apparent. Only minutes from the town are highland glens, spectacular beaches and rolling countryside.

Letterkenny has all the facilities you would find in a city with, amongst other attractions, two Town Parks, Multi-screen Cinema, a National Park right on the doorstep, thriving night life, Theatre, County Museum and a Regional Cultural Centre.

Letterkenny is the retail capital of Donegal, providing a mix of independent shops and national chains. Long established family businesses continue to offer high quality goods, produce, crafts and services. The traditional Main Street co-exists alongside Letterkenny Retail Parks, Letterkenny Shopping Centre and other shopping hubs, all offering fantastic value and excellent customer service.

There are also a great variety of restaurants, cafes, hotels and a pulsating night time economy. The arts are well catered for by An Grianan Theatre and the Regional Cultural Centre. The annual Errigal Arts Festival is renowned throughout the world. The town's library is a great resource for all the community as is the Donegal County Museum

Letterkenny is centrally located in relation to County Donegal's iconic natural wonders such as Glenveagh National Park, Malin Head which is Ireland's most northerly point, the highest sea cliffs in Europe at Sliabh Liag, the Donegal Gaeltacht areas, the historic City of Derry and the Causeway Coast, a UNESCO Heritage Site. You can explore one of our thirteen blue flag beaches or take a boat trip to Tory or Aranmore Islands. On one of the our five 'Great Scenic Drives' on the 'Wild Atlantic Way' you will stumble across breathtaking landscape and scenery. Donegal has the best Waves on the West Coast, a surfer's delight, great hill-walking and super cycling trails.



# **LETTERKENNY GENERAL HOSPITAL**

## **Location and Contact Information**

Letterkenny General Hospital  
Kilmacrennan Road  
Letterkenny  
Co. Donegal  
Organisation

Friends of LGH Charitable  
Website : [www.friendsoflgh.ie](http://www.friendsoflgh.ie)

+353 74 9125888

Letterkenny General Hospital (LGH) is an acute general and maternity hospital providing a range of local and regional services, on an in-patient, day case and out-patient basis and provides a wide range of diagnostic and support services. LGH is a teaching hospital with links to the National University of Ireland Galway, the Royal College of Physicians & Surgeons and the Letterkenny Institute of Technology. In 2013, the hospital joined the West North West Hospital Group (WNWHG) and is the second largest hospital after Galway University Hospital in a group consisting of 7 hospitals.

**Inpatient Services-** Letterkenny has 330 inpatient beds across the following specialties

General Medicine	Cardiology	Nephrology	Gastroenterology	Care of the Elderly
Endocrinology	Orthopaedics	General Surgery	Symptomatic Breast Surgery	Colorectal Surgery
Urology	Gynaecology	Obstetrics	Paediatrics	Anaesthetics
Haematology	Oncology	Emergency Medicine	Radiology	Pathology (including Histopathology)
Microbiology				

## **Day Care Services**

There are 69 beds covering the medical and surgical day and ambulatory services including, Oncology, Haematology, and Renal Dialysis. Other Services provided:

- Symptomatic Breast Cancer – Satellite centre of GUH designated centre
- Rectal Cancer Surgery – as per National Cancer Strategy
- Interventional Radiology
- Interventional Cardiology
- Sexual Assault Treatment Unit
- PCCC Acute Mental Health Service provided on site
- PCCC Genito Urinary Medicine Service provided on site

**There are a number of national Clinical Care Programmes running at LGH, namely:**

Acute Coronary Syndrome /Acute Medicine /Anaesthesia/Asthma/Audiology/Care of the Older Person/COPD/Diabetes /Emergency Medicine/Mental Health/Obstetrics/Gynaecology /Stroke/Surgery/TPOT /Scheduled Care Governance Group/Unscheduled Care Governance Group.

### **Community Outreach**

As well as providing outpatient services for all the specialities in Letterkenny, LGH Staff also provide outpatient services in peripheral locations such as:

Cardonagh Community Hospital (Radiology service on site)	Surgery Obstetrics & Gynaecology
Buncrana Community Hospital	Surgery Obstetrics & Gynaecology
Falcarragh Community Hospital	Paediatrics
Dungloe Community Hospital (Radiology Services on site)	Paediatrics Obstetrics & Gynaecology
Donegal Town Community Hospital (Radiology Services on site)	Obstetrics & Gynaecology

### Hospital Achievements over the last 2 years

- In July 2013, a major flood at the hospital site constituted one of, if not the, greatest disaster to effect an acute general hospital in the history of the state. The hospital's recovery and speedy restoration of clinical services similarly constituted a massive achievement for LGH.
- Continued delivery and improvement of patient access times for Scheduled and Unscheduled Care over the last 2 years.
- Successful on going, 5 year accreditation by Nursing & Midwifery Board of Ireland (NMBI)
- Appointment of substantive Consultants in key posts including Haematology; Colorectal surgery; Respiratory Medicine; Geriatric Medicine; Anaesthetics; Obstetrics & Gynaecology; Orthopaedics; Radiology; Histopathology; and Nephrology. (2012 – 2013)
- Established Multi-Disciplinary Team meetings with St. James hospital, Dublin for Colposcopy Services (2013)
- Introduction of Audiology Screening of all Newborns (2013)
- Improved video conferencing facility for Multi-Disciplinary Team meetings. (Sept 2013)
- In 2012, the new Emergency Department & AMAU along with Medical block inpatient wards were commissioned – this facility utilises many new technologies such as Omnicell drug management system (September 2012).
- Development of a Cross Border Radiotherapy Services with enhanced clinical information exchange ICT systems is currently well advanced.

## **Education and Research**

### **Nursing Training at LGH**

The Centre for Nurse Midwifery Education (CNME) and Letterkenny Institute of Technology (LYIT) for Donegal provide all continuing education programmes for nursing, midwifery and Health Care Assistant (HCA) staff. All training and education is sourced according to the requirements identified in the annual training needs analysis. LGH facilitates clinical placements for the following:

- Undergraduate nursing students, (1<sup>st</sup> – 4<sup>th</sup> year) and general Psychiatric and Intellectual Disability students
- Undergraduate midwifery students
- FETAC HCA Programmes

### **Medical training at LGH**

LGH is one of the large teaching hospitals in Ireland. The Undergraduate Medical Education Programme is delivered in Letterkenny Medical Academy in conjunction with National University of Ireland, Galway, and Medical School.

We have a number of Basic Training Programmes available. Examples include Medical Training schemes with rotations in LGH and Galway University Hospital, LGH and Mater Hospital Dublin and LGH and Beaumont Hospital, Dublin. Basic Training is also available in affiliation with the Royal Colleges in the following specialities, Anaesthetics, Emergency Medicine, Paediatrics, Obstetrics and Surgery.

LGH is recognised for Higher Specialist Medical Training in a number of Specialties, including Medicine, Surgery and Anaesthetics.

A purpose built 600sq/m facility is currently being developed at LGH to accommodate the National University of Galway, Medical Academy. This facility will have all modern teaching facilities and include a clinical skills laboratory. Planning permission is currently being sought for this facility on the main hospital campus. Further developments are planned for this facility to include the extension of the hospital's renal unit on the floors above the academy and the creation of an adjacent charitably funded multi-disciplinary Education & Research facility.

### **There are also various educational and training supports in place for our trainees**

- Non Consultant Hospital Doctors (NCHDs) on contract can receive up to 16 days leave per six months for support with training requirements.
- Each speciality has on average 3 to 4 hours of educational training per week; this includes journal clubs, MDMs, clinical audit, grand rounds and speciality case conferences. **A training table is included at the end of the document.**
- There are established research opportunities and support available from an active clinical audit department.
- A contribution towards HSE approved clinical courses (such as ACLS) and examinations (such as memberships examinations) is available to NCHDs from the HSE's Medical Education and Training (MET) Unit.
- Consultants also receive support for clinical medical education, up to €3,000 per year.

## Hospital Social Club

LGH has an active Sports & Social Club that staff can join for a small monthly fee of €4. This entitles you to 10% discounts in many local businesses and access to organised single and group activities such as hill walking, hiking, language classes, yoga, dress making, Pilates classes and many more great activities.

## WORKING AT LETTERKENNY GENERAL HOSPITAL

### Visas/Work Permits

Citizens of certain countries need a visa in order to come to Ireland. You may apply for an Irish visa at your nearest Irish embassy or consulate. A visa does not confer any right to live or work in Ireland.

### EU/EEA/Swiss citizens:

If you are from an EU member state or one of the countries (except for Bulgaria and Romania) of the EEA or Switzerland, you are entitled to come to work in Ireland. You do not need an employment permit. You are entitled to have your dependants come to live with you. If you are a spouse or civil partner of an EEA/Swiss national who is exercising the right of free movement, then you have similar rights to work and live in Ireland. There is also a system of mutual recognition of qualifications between the EEA countries.

### Other countries:

If you are from another country then generally you need an employment permit. There are four different types of employment permit:

- Green Card permit,
- Work permit,
- Intra-company transfer permit,
- Spousal/dependant work permit

From 1st March 2014 new arrangements have been introduced in relation to non-EEA doctors (including locum doctors) either already working in the State or seeking entry to the State.

- *Currently holding Stamp 4 – new arrangements do not apply. Stamp 4 may be renewed on this immigration permission for 2 years provided they still continue to practice medicine*
- *SHOs/Registrars currently working in public hospital that were granted Stamp 1 prior to 1st March 2014 - can continue to work without the requirement of an Employment Permit until immigration permission expires. After this they must apply for Work Permit*
- *Doctors who have always been required to hold an Employment Permit must continue to do so*
- *All doctors registering on or after 1 March 2014 (Stamp 4 holders being exempt) whether for the first time or renewing their immigration permission will be required to hold an Employment Permit*

Doctors who are due to renew their immigration permission should ensure that an application for an Employment Permit has been submitted at least 4 weeks prior to the expiry date of their immigration permission.

The duration of the immigration permission granted will be linked to the duration of the Employment Permit. Therefore, doctors will be granted an immigration permission of either 6 months or one year subject to the duration of the contract as stated on the Employment Permit.

Detailed information in relation to Employment Permit policy and application procedures may be found on this website at <http://djei.ie/labour/workpermits/>.

*Doctors coming to Ireland to sit the PRES Examination – as from 1 January 2014*

Doctors will be permitted to enter the State to sit the PRES examination. However, all doctors who are granted permission to do so must leave the State on completion of the examination. If successful in this examination doctors may only re-enter the State with an Employment Permit issued by the Department of Enterprise and Innovation and the appropriate visa where applicable.

An Employment Permit will not be granted to persons remaining in the State without the correct landing permission and, where applicable, the correct entry visa. Doctors who fail the exam and wish to repeat it must apply to do so from outside the State.

Doctors who do not comply with the requirement to leave the State and therefore who remain illegally in the State **will not be** eligible to apply for an Employment Permit.

*Doctors coming to Ireland for Interviews in the Public Sector*

Where an employer wishes to interview a qualified doctor who is currently residing outside the State, this doctor will be granted permission to enter and remain in the State on a temporary basis (up to a maximum of 90 days from date of arrival)

During this time period, successful interviewees may apply for an Employment Permit from the Department of Jobs, Enterprise and Innovation and await the outcome of the application. This application must be made as soon as possible following the offer of employment.

For the purpose of this initiative dependants are not permitted to accompany the interviewee. This matter may be addressed should the interview/employment permit application process prove to be successful.

## **GNIB - Garda National Immigration Bureau**

Once you have landed in Ireland you are required to register with your local GNIB office.

**IMPORTANT:** You must make sure that your immigration status is kept up-to-date at all times. If there are any problems, for example, a delay in getting your work permit renewed you should inform your local Immigration Officer who may grant you a temporary stamp for at least 3 months.

The GNIB office in Letterkenny is located in the Garda Station, High Road, Letterkenny.  
Tel: 07491 67100 / 074 9167168 (5 min walk from hospital)

*What you need to produce –*

- Employment Contract
- Passport
- Work Permit
- Irish Medical Council (IMC) Registration Certificate

## **Income Tax & Allowances**

### **PPS Numbers**

A Personal Public Service (PPS) Number is a unique reference number for all dealings with public service in Ireland that helps you access social welfare benefits, public services and information. You can apply for your PPS number at your local Social Welfare Office. You must be living in Ireland to apply for this

Letterkenny Social Welfare office (5 mins walk from hospital)  
Government Buildings  
High Road, Letterkenny  
Phone: (074)9160477  
Opening Hours: 9:30 - 16:00,

*What you need to produce –*

- Your passport or national identity card or your immigration card
- Evidence of your address, such as a household bill (electricity, telephone, gas, etc.) in your name – If you do not have proof of address, the HR department at LGH will write you a letter that will suffice.

Your PPS Number is important and you should keep a permanent record of it.

## **Tax**

### *Starting Work*

It is important to ensure that your tax is dealt with properly from the start and that the salaries department can deduct the right amount of tax from your pay. To ensure that this happens, you will need to do two things:

- 1) Give the HR department at LGH your PPS Number (as soon as you get it). This number is your unique personal identification number for public services in Ireland.
- 2) Apply for a certificate of tax credits. You will need to complete an application form to do this. It is called Form 12A Application for a Certificate of Tax Credits and Standard Rate Cut-Off Point. You will need the hospital employers registered number for this form which is 0036210M.

To ensure that the hospital and the tax office have time to have everything sorted out before your first pay-day, it is advisable to do all this as soon as you accept an offer of a job.

Your own personal circumstances dictate the amount of tax credits you are entitled to. The tax office will then forward you a detailed statement of your tax credits. The hospital will also be notified of your tax credits.

The PPS system in Ireland consists of a series of tax brackets, which determine the rate of tax you pay on your annual salary. The chances are you will be placed on an Emergency Tax bracket while waiting on

all the paper work to get arranged between yourself, the hospital and the Government. The Emergency Tax rate is 41%. This Emergency tax paid is refunded to you once your tax credits have been established.

### **Rates of Tax**

There are two rates of tax in Ireland:

- 20% on the first €32,800 earned
- 41% on the remainder of your salary

You will also pay PRSI and the Universal Social Charge on your income.

The PRSI contribution is a percentage of the employee's earnings. This social insurance contribution goes towards providing State Social and Health Services. You will pay 4% on all of your income in PRSI

## **Clinical Indemnity**

Each doctor is provided with an indemnity under the Clinical Indemnity Scheme (administered by the State Claims Agency – [www.stateclaims.ie](http://www.stateclaims.ie) ) against the cost of meeting claims for personal injury arising out of bona fide actions taken in the course of his/her employment.

This indemnity is in addition to the Employer's(s') Public Liability / Professional Indemnity / Employer's(s') Liability in respect of the NCHDs non-clinical duties arising under this contract.

LGH strongly advises and encourages the doctor to take out supplementary membership with a defence organisation or insurer of the doctors choice, so that the doctor has adequate cover for matters not covered by the HSE / employing agency, such as representation at disciplinary and fitness to practice hearings or Good Samaritan acts out of the jurisdiction of the Republic of Ireland.

For details of the scheme please refer to the scope of coverage document available from the State Claims Agency at <http://www.stateclaims.ie/>

### **Child Benefit**

Child Benefit (previously known as Children's Allowance) is payable to the parents or guardians of children under 16 years of age, or under 18 years of age if the child is in full-time education.

You need to apply for Child Benefit within 12 months of:

- The birth of your baby or
- The month the child became a member of your family or
- The month the family came to live in Ireland.

EU/EEA citizens and Swiss nationals working in Ireland satisfy the habitual residence condition for Child Benefit.

Non-EU/EEA citizens must be habitually resident in Ireland to qualify for Child Benefit. If you are a non-EU/EEA citizen and legally working in this State, you **may** qualify for Child Benefit if your child is also resident here.

For more information contact -

Child Benefit Section  
Department of Social Protection  
Social Welfare Services Office  
St Oliver Plunkett Road  
Letterkenny  
Donegal  
Ireland

Tel : (074) 916 4400  
Locall: 1890 400 400  
Homepage: <http://www.welfare.ie>

## **Child Care**

There are a number of options when it comes to childcare. Services can either be community or privately run, Centre-based in a childcare facility, or Home-based in your or the Carers home.

The Early Childhood Care and Education (ECCE) Scheme provides a free year of early childhood care and education for children of pre-school age. In general, children are eligible for the ECCE scheme if they are aged over 3 years 2 months and less than 4 years 7 months on 1 September of the year that they will be starting. The pre-school service is free of charge to all children within the qualifying age range for 3 hours a day, 5 days a week, over 38 weeks. If your child attends for more than 3 hours, you will be charged for the extra time.

### **Childcare Providers in Letterkenny**

Name of Facility	Address	Telephone Number	Private/Community
Cutie Kids	60 Killylastin	087 9135982	Private
EMSC Montessori Ltd	Glencar Irish, Long Lane	074 91 13964	Private/Full Day Care
HSE Pre School	Ballaghderg Mountain Top	074 91 21596	Community/Full Day Care
Letterkenny Community Childcare	County Enterprise Ballyraine	074 91 76667	Community/Full Day Care
Little Dreamers Pre School and Afterschool	Carnamuggagh Mountain Top	074 91 23947	Private/Full Day Care
Meadow Hill School of Early Learning	79A Meadow Hill, Letterkenny	074 91 13439	Private/Sessional
Shining Stars Crèche	Unit 36 Pinehill Business Park Mountain Top	087 9168428	Private
House of Fun	Castleshannahan Letterkenny	074 91 52754	Private/Sessional Private/Full Day
The Park School of Early Learning	23 Glen Park, Foxhills, Mt Top, Letterkenny	074 91 77700	Private/Full Day Care
Two Peas in a Pod	79A Meadow Hill Kiltoy, Letterkenny	086 3458583	Private
VTOTS Crèche	VEC Offices, Ard O'Donnell	074 91 61583	Community/Full Day Care
Willowbrook Pre School & Afterschool	4 Willowbrook, Glencar, Letterkenny	074 91 26109	Private/Full Day Care
Wonder Years Childcare	Rossbracken, Letterkenny	074 91 57905	Private/Full Day Care

## **Registered childminders in Letterkenny**

Kay's Childminding	Letterkenny	074 9125543	Private
Sunrise ( Susan)	Letterkenny	074 91 26112	Private

A good way of making new friends with parents with babies/toddlers is to join local Parent & Toddler groups such as:

*Happy Nappy Group,*  
Cheshire Apartments, Letterkenny - 074 91 61071

*Letterkenny Women's Centre P&T*  
Letterkenny Women's Centre, Port Road, Letterkenny 074 91 24985

*Trinity Toddlers*  
Trinity Church Hall, Cathedral Car Park, Letterkenny (074) 91 29732

## **Banking**

Banks in Ireland are quite strict with people opening new bank accounts. To open a new bank account you will need to go into a Bank branch in person. To open a bank account in Ireland you must have 1-2 forms of photo identification such as a valid passport or driving licence and proof of address in Ireland such as a utility bill with your name on it and which is recently dated (within the last 3 months).

It can take at least a month if not more to obtain a utility bill with your name on it and you may want to set up your bank account before that. It's possible for the HR department in LGH to write a letter confirming this. Not all bank branches will accept this in lieu of a utility bill and you may have to go to the Hospital's bank (Ulster Bank) to open your account. You can ring a bank branch beforehand to check whether they will accept this letter or not. But you will be asked to prove your address within a specified period of time thereafter. It can take 3 to 5 working days for the account to be set up.

The main banks in Ireland are Bank of Ireland ([www.boi.ie](http://www.boi.ie)) and AIB ([www.aib.ie](http://www.aib.ie)). Banking hours are typically 10am – 4pm Monday to Friday.

Banks near the hospital:

- Bank of Ireland, Main Street, Letterkenny, Tel 074 9122122
- Allied Irish Bank, Main Street, Letterkenny, Tel 074 9122877
- Ulster Bank, Main Street, Letterkenny, Tel 074 91 294341
- TSB, Main Street, Letterkenny, Tel 074 91 29422

## **Healthcare**

Any person, regardless of nationality, who is accepted by the Health Service Executive (HSE) as being ordinarily resident in Ireland is entitled to free public hospital services but may have to pay inpatient and outpatient hospital charges. You are also entitled to subsidised prescribed drugs and medicines and maternity and infant care services and you may be entitled to free or subsidised community care and personal social services.

Private health care for people coming to Ireland

In addition to the public health system, people in Ireland can avail of a range of private health care services. You must pay the full costs of treatment if you opt for private health care.

There are a number of private health insurance companies in Ireland:

<b>Voluntary Health Insurance Company</b> <a href="http://www.vhi.ie">www.vhi.ie</a> 1890 444444 / <a href="mailto:info@vhi.ie">info@vhi.ie</a>	<b>Laya Healthcare</b> <a href="http://www.layahealthcare.ie">www.layahealthcare.ie</a> 1890 700 890 / <a href="mailto:info@layahealthcare.ie">info@layahealthcare.ie</a>	<b>Glohealth</b> <a href="http://www.glohealth.ie">www.glohealth.ie</a> 1890 781 78 <a href="mailto:providers@glohealth.ie">providers@glohealth.ie</a>	<b>Aviva</b> <a href="http://www.aviva.ie">www.aviva.ie</a> 1890 716666 <a href="mailto:info@avivahealth.ie">info@avivahealth.ie</a>
--	--	---	---

The Health Insurance Authority provides impartial advice and comparisons of health insurance providers in Ireland. You can access the website at:

[www.healthinsurancecomparison.ie](http://www.healthinsurancecomparison.ie)

## **Mobile Phones**

There are 6 main mobile phone service providers in Ireland. The relevant websites are listed below. Please refer to the websites for information on special offers, price plans and free web text service. A useful website for doing a cost comparison between telephone service providers is [www.callcosts.ie](http://www.callcosts.ie)

[www.vodafone.ie](http://www.vodafone.ie)  
[www.O2.ie](http://www.O2.ie) \*  
[www.meteor.ie](http://www.meteor.ie)  
[www.3ireland.ie](http://www.3ireland.ie)  
[www.tescomobile.ie](http://www.tescomobile.ie)  
[www.emobile.ie](http://www.emobile.ie)

These service providers offer the option of “ready to go” phones or an account option. The ‘ready to go option’ allows a customer to purchase a mobile phone and ‘top it up’ with credit as and when required. Credit can be purchased online, at ATM machines in shops or in dispensing machines. There are several shops in Letterkenny which sell mobile phones e.g. The Carphone Warehouse & Meteor with branches in the Letterkenny Shopping Centre (near to Bus Station), Vodafone Store, Main Street, Letterkenny, O2 Store, Main Street, Letterkenny. It is a good idea to shop around to find the best deal available.

\*1Call

1Call allows O2mobile phone customers to make cheap international calls directly from their O2 mobile. 1Call is a separate add-on service which works with your existing mobile tariff by providing cheap international calls at much lower rates than your current mobile provider. Since it works as a separate service from your existing network plan it means that there are no phone numbers to change, no contracts to sign and no commitments of any kind. No calling card to buy, no pins to enter, no sign-up, no bills, no hidden charges. For further information on call costs and how to use the service please call 1800 928 928 (free phone number) or go to [www.1Call.ie](http://www.1Call.ie) for more information.

## **Public Holidays**

These are nine public holidays observed in Ireland;

- New Year's Day – 1st January
- St Patrick's Day – 17th March
- Easter Monday – this day changes every year but normally takes place in April
- May Bank Holiday – First Monday
- June Bank Holiday – First Monday
- August Bank Holiday – First Monday
- October Bank Holiday – Last Monday
- Christmas Day – 25th December
- St. Stephen's Day (Boxing Day) – 26th December

Working on these dates attracts the same pay as Sunday working which is double pay.

## How to get to Letterkenny



### By Car

There are three main road arteries into Letterkenny. One is via Derry if you are travelling from Northern Ireland. This is the best route if you are coming from United Kingdom by air or sea.

Another is the N13 from Sligo via Bundoran, Ballyshannon and Donegal town, all of which are bypassed.

The third route from Dublin is the N2 via Monaghan, Strabane and Lifford. This journey takes about 4 hours. Use the M1 motorway from Dublin Airport, (takes 3 hours to LGH) leave the motorway at Ardee exit to join the N2 and travel via Monaghan towards Derry, crossing the border into Northern Ireland at Aughnacloy. Turn off at Strabane for Lifford and then onto "Letterkenny". Many of the towns along this route are now by-passed by good roads, making the journey more pleasant than it has been in the past.



For detailed map see AA Route Planner: <http://www.theaa.com/route-planner/index.jsp>



### **By Bus**

You can travel anywhere in Ireland by bus or coach with Bus Éireann.

<http://www.buseireann.ie>

Bus station, Letterkenny - (074) 9121309

Busáras (Central Bus Station), Store Street, Dublin 1- (01) 8366111

The national bus company, Bus Éireann runs nine trips per day to and from Dublin to Letterkenny (including direct pick up at Dublin airport to Letterkenny). An adult single fare currently costs €17.50 and a return costs €27.00. The Bus Éireann time table from Letterkenny offers services during the night as well as early morning runs via the Airport. There are also private bus companies who run similar type services:

#### **Service from Dublin to Letterkenny:**

McGinley Bus Company: (<http://www.johnmcginley.com/timetable.html> / 074 9135201)

#### **Service from Belfast to Letterkenny:**

Gallagher Coach Company (<http://www.gallagherscoaches.com/Timetable.htm>  
(0)74 9531107)

#### **Service from Galway to Letterkenny:**

O'Donnell Bus Company  
(<http://www.feda.ie/site/>, 00353 (0)74 9548114)

---

A good website for looking at bus options is [www.gethere.ie](http://www.gethere.ie)

---



## By Air

**Dublin** ([www.dublinairport.com](http://www.dublinairport.com)), **Belfast City** ([www.belfastcityairport.com](http://www.belfastcityairport.com)) and **Belfast International Airports** ([www.belfastairport.com](http://www.belfastairport.com)) are less than 3 hours and 2 hours drive respectively.

**Donegal Airport** is located in the heart of the Donegal Gaeltacht. (50Km from Letterkenny). Flights operate twice daily all year round from Donegal to Dublin Airport, with a schedule four times weekly all year round from Donegal to Glasgow International Airport increasing to six times weekly during peak seasons. It is approximately 45 minutes drive to Letterkenny. Car hire is available at Avis Car Rental, Donegal Airport, Tel: 00 353 (0)74 9548232

*Airport Telephone: 00353 (0) 74 9548284 / 00353 (0) 74 9548232.*

*Website: [www.donegalairport.ie](http://www.donegalairport.ie)*

**City of Derry Regional Airport** is within 30 minutes drive to Letterkenny. Have flights from London, Liverpool, Birmingham and Glasgow

*Website: [www.cityofderryairport.com/](http://www.cityofderryairport.com/)*

*Airport General Telephone: +44 (0) 28 7181 0784*

## **Driving in Ireland**

A full driver's licence from other countries is valid in Ireland for a period of up to one year. For details relevant to driving licences please see the Department of Transport's website at [www.transport.ie](http://www.transport.ie). The Irish drive on the left-hand side of the road. The speed limit in towns and cities is 50 km/h; the speed limit on secondary roads is 80 km/h and on national roads the limit is 100 km/h. You can find information on the Irish rules of the road at [www.irishmotoring.ie](http://www.irishmotoring.ie) or you can purchase a hardcopy of the Rules of the Road in Eason's bookstore on Shop St. Seat belts are mandatory for drivers and all passengers. The use of mobile phones while driving is prohibited in Ireland.

## **Living in Donegal**

### **Weather in Donegal**

Thanks to the moderating effect of the Atlantic Gulf Stream, Ireland's climate is relatively mild for its latitude, with a mean annual temperature of around 10°C. The temperature drops below freezing only intermittently during winter, and snow is scarce – perhaps one or two brief flurries a year. The coldest months are January and February, when daily temperatures range from 4° to 8°C, with 7°C the average.

In summer, temperatures during the day are a comfortable 15° to 20°C. During the warmest months, July and August, the average is 16°C. A hot summer's day in Ireland is 22° to 24°C, although it can sometimes reach 28°C. There are about 18 hours of daylight daily during July and August and it's only truly dark after about 11pm. Ireland receives quite a bit of rain, with the wettest months being December and January.

## Accommodation

### Bed and Breakfasts near to the hospital

Average price an be €30-€35 per night

#### **Oaklands Bed & Breakfast (15 mins walk)**

Address: OAKLANDS , 8 Oaklands Park , Gortlee Rd,  
Donegal

Tel: +353 (0) 74 91 25529

E: info@letterkennybandb.com



#### **Ardlee Bed & Breakfast (15 mins walk)**

Address: ARDLEE , Gortlee , Letterkenny , Donegal

Tel: +353 (0) 74 91 21943

E: lizcullen@eircom.net



#### **White Park Bed & Breakfast (5 mins in taxi)**

Address: WHITE PARK B&B , Ballyraine , 245 ,

Donegal

Tel: +353 (0) 74 91 24067

E: whiteparkhouse@eircom.net



#### **Pearse Road Guesthouse (25 min walk)**

Address: Pearse Road , Letterkenny, Co. Donegal

Tel: 00353 74 9123002 - Email:

W: www.pearseroadguesthouse.com



### Hotels in Letterkenny

#### **Radisson Blu Hotel**

Paddy Harte Raod, Letterkenny

Tel: 074 919444

www.radissonblu.ie



#### **Mount Errigal Hotel**

Ballyraine, Letterkenny

Tel: 074 91 22700

www.mount errigal.com



#### **Station House Hotel**

Lower Main Street, Letterkenny

Tel: 074 91 23100

www.stationhouseletterkenny.com



#### **Clanree Hotel**

Derry Road, Letterkenny

Tel: 074 91 24369/ www.clanreehotel.com

## Apartment rental in Letterkenny

You can look for private rented accommodation through local newspapers –

Donegal News & Derry People

Donegal Democrat

Dealer “The Free-Ads” Paper

There are a number of letting agencies in the town that can provide accommodation

- |   |                               |
|---|-------------------------------|
| • Easy Let (letting agency)             | 086 2319761 info@easy-let.org |
| • Letterkenny Letting Agency            | 07491 28279                   |
| • Pat McBrearty                         | 07491 24214                   |
| • Joe Patterson                         | 07491 27397/087 2330181       |
| • Premier Letting                       | 07491 25238/Fax 07491 25478   |
| • Just Let- 07491 20428 / 087 9117817   | info@justlet.ie               |
| • Jim Moore Letting Agency – 0749177947 | mooreproperties@eircom.net    |
| • Franklins Estate Agents - 086 8360090 | www.franklins.ie              |
| • Dermot Mc Gettigan Letting Agent      | 086 8222359                   |

Or you can look at the following websites that offer a good source for rental options

[www.daft.ie](http://www.daft.ie)

[www.myhome.ie](http://www.myhome.ie)

[www.findahome.ie](http://www.findahome.ie)

[www.let.ie](http://www.let.ie)

[www.rent.ie](http://www.rent.ie)

[www.findahome.ie](http://www.findahome.ie)

The quality of rental accommodation can vary so you should view the property before making any tenancy agreement. It is common for people who have not met before to rent a house together and to share the costs of the house, including gas, telephone and electricity bills. You usually pay rent monthly, in advance. An initial deposit of one or two months' rent is also required.

### Tips for Finding Accommodation

- Do not view a house alone if possible. A second opinion can be very useful.
- Choose your flatmates carefully
- Is the location convenient? Check bus routes, local shops, etc
- Check for dampness –wardrobes are a good place to check
- Check the appliances are working i.e. immersion, shower, fridge, tumble dryer
- Is there a smoke detector/fire extinguisher/fire exit?
- What are the rubbish/refuse disposal arrangements?
- Is there a secure place for bikes/cars?
- Are doors/windows secure and who has access to the keys?
- Do not sign a tenancy agreement until you are sure you want to rent the property.
- Make sure you get a receipt for the deposit paid and rent paid.
- Get the name and number of the landlord for emergencies.

A snapshot of monthly rents is as follows;

<b>Letterkenny</b>	<b>1 bed</b>	<b>2 bed</b>	<b>3 bed</b>	<b>4 bed</b>	<b>5 bed</b>
Per month	360	440	480	600	720

## **Activities & Entertainment in Donegal**

### **Outdoor Parks**

**The Letterkenny Town Park** is located directly across the road from Letterkenny Hospital. The park is laid out with a herb garden, flower beds, mature and new trees, an orchard area, playing areas, bowling green, walks and 2 children playgrounds.

#### **Ballymacool Town Park, Letterkenny**

The park covers some 20 acres and is the largest park in Letterkenny . There are various asphalt paths through the park and a number of gardens. There are seats and picnic benches, a childrens playground, bicycle lanes and a hard surfaced basketball and football section.

#### **Lurgybrack Open Farm- Cullion Road, Lurgybrack, Letterkenny**

This is a special place where all the family can spend the day together seeing the animals and having fun. The centuries old farm building is home to a range of friendly farm animals that children can come face to face with. There is ample space to play safely, wander by the riverside, walk or just sit back and unwind with a tasty snack from the tea room or have your own family picnic. It has a huge childrens outdoor play area.

Tel: 074-9122683, Email: [www.lurgybrackopenfarm.ie](http://www.lurgybrackopenfarm.ie)

#### **Oakfield Park, Raphoe, Co Donegal**

Oakfield Park is a beautifully restored 18th Century Georgian Deanery sitting in a lush landscape with 100 acres of parkland and mature woodlands to explore. The grounds include formal walled gardens, ponds, lakes, a lakeside Nymphaeum, Heritage listed trees, extensive walks and trails and a 4.5km narrow gauge railway with a Diesel & Steam Train operating passenger trips .

Tel: 0 74 9173068/ [www.oakfieldpark.com](http://www.oakfieldpark.com)

### **Indoor play areas for young kids (babies to 10 year olds):**

Jungle King Play Centre  
Oldtown, Letterkenny  
Tel: 074 9177731  
web: [www.jungleking.ie](http://www.jungleking.ie)

Waynes World - Arena 7  
Ballyraine Retail Park, Letterkenny  
Tel: 074 9128853  
web: [www.arena7.ie](http://www.arena7.ie)

## Further Activities



### Swimming pool & Gym

Aura Letterkenny Leisure Complex - *At certain times HSE employees get free trial or reduced rates*

Sallaghagranne, Letterkenny

Tel: 074 9106422

web: [www.auraleisure.ie](http://www.auraleisure.ie)



### Bowling

#### Ten-Pin Bowling - Arena 7

Ballyraine Retail Park, Letterkenny

Tel: 074 9128853

W: [www.arena7.ie](http://www.arena7.ie)



### Paintballing

Old Foundry Paintball

Lurgy, Letterkenny

Tel: +0749128086

Email: [info@letterkennypaintball.ie](mailto:info@letterkennypaintball.ie)



### Ice Skating

Century Ice

Pearse rd, Letterkenny, Co Donegal

Tel: 0749125050

E:[www.centurycinemas.ie](http://www.centurycinemas.ie)



### Karting Centre

Letterkenny Indoor & Outdoor Karting Centre, Ramelton Road, Letterkenny

One of Irelands largest Go-Kart Circuits at close to 900 meters.

[www.letterkennykarts.com](http://www.letterkennykarts.com)



### Tropical World

A Tropical Butterfly House and Mini Zoo

Alcorn's Flower and Garden Centre.

Loughnakin, Letterkenny

Tel: 074-9121541

Web: [www.tropicalworld.ie](http://www.tropicalworld.ie)

## **Entertainment, Culture and the Arts**

Letterkenny has a vibrant cultural and musical heritage. The town has a well-earned reputation of being a lively place with a great atmosphere; there are a large number of both modern, trendy pubs and old-style Irish pubs where you will find both contemporary and traditional music taking place regularly throughout the year.

Popular entertainment options include:



### **Cinema**

8 screen Cinema  
Century Cinema  
Leck View Lane, Pearse Road, Letterkenny  
Tel: 074 9125050  
web: [www.centurycinemas.ie](http://www.centurycinemas.ie)



### **Theatre**

An Grianán Theatre,  
Port Road, Letterkenny  
[www.angrianan.com](http://www.angrianan.com)

**Library and Arts Centre** - Oliver Plunkett Road,  
Main Street, Letterkenny  
[www.donegallibrary.ie/libraryguide/default.htm](http://www.donegallibrary.ie/libraryguide/default.htm)



### **Regional Cultural Centre** – Port Road, Letterkenny

The award-winning building is one of the finest arts facilities in Ireland. It specialises in exhibitions, music, both contemporary and classical film, and community arts. –  
[www.regionalculturalcentre.com/facilities/](http://www.regionalculturalcentre.com/facilities/)



### **Donegal Music Education Partnership**

This fantastic organisation provides vocal and instrumental tuition in a range of centres across Donegal, covering music from various genres including classical, traditional, jazz and compenrory/rock music. The service is aimed primarily at children and young people; however tuition is also available to adults. You can even rent instruments. Based in the Regional Cultural Centre,

students are encouraged to join one of the performing groups, both vocal or instrumental or the successful Donegal Youth Orchestra.

Donegal Music Educational Partnership,  
Regional Cultural Centre, Port Road, Letterkenny  
Tel 074 91 76293

For weekly information on entertainment including live music and cultural events, the following are good sources of information:

Local papers, the Donegal News, The Tirconnell Tribune Dealer “The Free-Ads” Paper  
Websites of theatre and cultural centre above  
[www.donegaldemocrat.ie/what-s-on](http://www.donegaldemocrat.ie/what-s-on)  
[www.donegaldaily.com/category/entertainment/](http://www.donegaldaily.com/category/entertainment/)  
[www.whatsondonegal.com](http://www.whatsondonegal.com)

## Outdoor / Adventure Activities



### Letterkenny Activity Centre

No 1 in Donegal for Airsoft, Karting, Archery and Zorb Bumper Balls. Letterkenny Activity Centre is 3 miles outside Letterkenny on the Ramelton Road for a fun filled day out for all the Family with Karting, Airsoft, Archery and Body Zorb to provide an adrenaline filled day out.

Address: Ramelton Road, Letterkenny,  
Tel: 074-9129077 / [www.lkactivitycentre.com](http://www.lkactivitycentre.com)



### Hiking

If you love, walking, hiking, hill walking then Donegal is the place for you. The County has endless walks, trails and organised clubs and groups for people who like to walk together. The hospital social club even have their own. Some websites to explore:

[www.letswalkdonegal.com](http://www.letswalkdonegal.com)



[www.irishtrails.com](http://www.irishtrails.com)  
[www.theirelandwalkingguide.com](http://www.theirelandwalkingguide.com)  
[www.walkingroutes.ie](http://www.walkingroutes.ie)  
[www.irelandhikingvacations.com](http://www.irelandhikingvacations.com)  
[www.walkingandhikingireland](http://www.walkingandhikingireland)



### Kayaking

There are numerous places to sample kayaking and canoe journeys on sea, river or lakes.

Some contacts include:  
[www.doneaglcanoeclub.com](http://www.doneaglcanoeclub.com)  
[www.extremesports.ie](http://www.extremesports.ie)

**Gartan Adventure Centre** - Located about 20k from Letterkenny, on the shores of Lough Gartan. The eighty seven acres of land on which the centre is set is ideally suited for the adventure sports such as sailing, kayaking, canoeing, windsurfing, hill walking etc.



### **Surfing and Windsurfing in Donegal -**

Few places in the world can boast crystal clear waters, empty stretches of golden beaches sweeping over the green fields to the purple hills of Donegal. For water sports enthusiasts, the waters around the Donegal coastline present world class conditions for water based activities all year round. The coast line is accessible for motorists and there are excellent bus services that offer good rates to those transporting sport equipment. It is also possible to hire surf boards, wet suits and other water sports equipment. Local surf schools offer a safe and life guarded introduction to surfing and body boarding.

#### **DUNFANAGHY**

Narosa surf coaching lessons, rental & kids surf camps, TEL: 086 8831090 /  
[www.narosalife.com](http://www.narosalife.com)

#### **INISHOWEN SURF SCHOOL**

Inishowen, County Donegal  
Tel: 0877773323

#### **BUNDORAN**

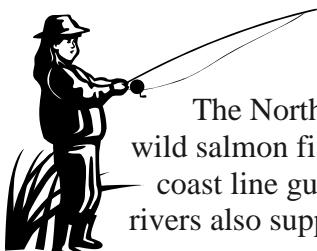
Surf Co. Tel: 071-9841968  
Surf World Tel: 071-9841223  
Turf 'n' Surf Tel: 071-9841091

#### **FANAD**

Fanad: Adventure One Tel : 086-1931747

#### **ROSSNOWLAGH**

Rossnowlagh: Fin McCool Surf Tel: 086-8049909



### **Fishing/Angling in Donegal**

The North West is home to salmon and sea trout fisheries with countless smaller wild salmon fisheries. Fully equipped modern charter boats dotted around the vast coast line guarantee an exhilarating sea angling experience. The many lakes and rivers also support a huge population of wild fish.

Names of lakes and rivers with associated contact details and phone numbers can be sourced in the Failte Ireland North West Pocket Guide – [www.discoverireland.ie](http://www.discoverireland.ie) or email pocketguides@failteireland.ie



## Golfing in Donegal

Donegal has many beautiful golf courses, some beside beautiful beaches. The town's own Golf Course is a top class challenging parkland course located on the banks of lough Swilly. It is situated about 3 Km from Letterkenny town centre on the road to Ramelton.

Green Fees are in the region of €25 per person.

There is also a Driving range just outside the town on the Rathmelton road and a Pitch & Putt course in the same locality.

Further afield, you can play the Nick Faldo-designed Ballyliffin course (follow the road to Derry, go through Buncrana and Clonmany to get to Ballyliffen), in the Inishowen Peninsula. This course is rated one of the finest in the world.

Or experience Portsalon Golfcourse (Follow the Ramelton road, through Milford and Kerrykeel village to get to Portsalon) on the Fanad Peninsula, another coastal gem for serious golfers.

Dunfanaghy Golf Course is another nice course with great views (Follow the Kilmacrennan road, through Cresslough to get to Dunfanaghy). These courses are within an hour's drive from Letterkenny.



## Horse Riding

There are lots of horse riding options available from beach treks and leisurely hacks, to cross country jumping and post to post trails.



[www.dunfanaghystables.com](http://www.dunfanaghystables.com) Tel: 074 9100980

[www.glenlearystables.com](http://www.glenlearystables.com) Tel: 0861702357

[www.discoverireland.ie/equestrian](http://www.discoverireland.ie/equestrian)

[www.tullaghbayequestrian.ie](http://www.tullaghbayequestrian.ie)

[www.donegalequestriancentre.com](http://www.donegalequestriancentre.com)

## Coastal Driving Route

The Wild Atlantic Way stretches for 2,500kms along Ireland's western seaboard, from Malin Head in County Donegal down to Kinsale in County Cork. Highlights along the North West include Malin Head, Fanad Head with its iconic and picturesque lighthouse, Sliabh Liagh which boasts some of the highest sea cliffs in Europe and some of the most break taking beaches with big surfing swells.





## Some places to visit in Donegal

**Newmills Corn and Flax Mill** is a restored mill on the outskirts of the town . Take the road towards Glenties for about 5 KM and it's on the left hand side. Tel: +353(0)74-91-25115



**Slieve League** will take your breath away, that is a promise - the cliffs of Slieve League in Donegal are the highest sea cliffs in Europe. A nearly sheer drop of roughly 2,000 feet separates the Atlantic Ocean from the highest point of the cliffs.



### Grianan of Aileach

is an ancient fort site located twenty miles from Letterkenny on the Derry road.



The Stone Fort of Grianán of Aileach is sits on a hilltop in Inishowen County Donegal. 250m above sea level. The view from Aileach is breathtaking. The glistening waters of Lough Foyle and Lough Swilly are clear, as is the form of the entire peninsula. A windy and exposed place, Grianán has been a silent witness to the history of Ireland.

### Glenveagh National Park

Glenveagh Park lies in the heart of Derryveagh Mountains in the northwest of Donegal. It is a remote and hauntingly beautiful wilderness of rugged mountains and pristine lakes. It also consists of a visitors centre, tea rooms, a beautiful castle that can be toured, gardens and lovely walks



Address: Churchill , Letterkenny , Co. Donegal

### Donegal Castle

Built by the O'Donnell chieftain in the 15th century, beside the River Eske, the Castle has extensive 17th century additions by Sir Basil Brooke. The Castle is furnished throughout and includes Persian rugs and French tapestries.



### Doe Castle

Doe Castle on the shores of Sheephaven Bay near the village of Creeslough, dates from the mid 16th century and was the home of the MacSweeney Clan, who came to Ireland from Scotland and who ruled over much of the area at that time.



### **Fanad Light House**

Fanad Head Lighthouse marks the entrance to Lough Swilly and was built along the Fanad Peninsula as a result of the Saldana being wrecked on the treacherous rocks below the Head. It has wondrous views from the lighthouse.



### **Glencolmcille Folk Village Museum**

This thatched-roof replica of a rural village in Ireland's most north westerly county offers a glimpse into daily life as it was during past centuries. The Folk Village Museum is a cluster of several small cottages, called a 'clachan', perched on a hillside overlooking the sandy curve of Glen Bay Beach in the Gaeltacht (Irish-speaking area) of South West Donegal. Designed, built and maintained by the local people, the Folk Village is one of Ireland's best living-history museums.



Tel: 074-9730017 / [www.glenfolkvillage.com](http://www.glenfolkvillage.com)

**Doagh Famine Village** offers a large selection of life size attractions portraying life in Ireland from the 1840s until the present day. The whole attraction is built around and includes original thatched dwellings which were still inhabited up until 1983 by the owners family - Tel :074 93 78078 / [www.doaghfaminevillage.com](http://www.doaghfaminevillage.com) (35 min drive from Letterkenny)

**Dunlewey Lakeside Center**, lies in unique scenery at the foot of Mount Errigal, the highest mountain in the County. Ionad Cois Locha is situated on the shores of Dunlewey Lough in the shadow of the haunting and mysterious Poison Glen. Attractions include:

Restaurant & Tea Room, Craft Shop, Adventure play area for children, Historic homestead guided visit, Tweed weaving demonstration, Audio-Visual show on Dunlewey Lakeside walks, Boat cruise on Dunlewey Lake, Farmyard Animals to feed, Pony & Trap, Pony riding, Traditional Music Tel; 074 95 31699 / [www.dunleweycentre.com](http://www.dunleweycentre.com) (20 min drive from Letterkenny)

### **Beaches in Donegal**

With a coastline of 1235 km/772 miles, County Donegal is blessed with many beautiful sandy beaches, twelve of which are Blue Flag Beaches. Ballymastoker Bay was once voted the 2nd most beautiful beach in the world is a spectacular Blue Flag beach on the Fanad Peninsula in Donegal. The most spectacular views can be seen along the Knockalla coastal drive on the way from Rathmullan to Portsalon. A haven for water sport enthusiasts, golfers and walkers alike.



## Schools in Letterkenny

### Primary Schools

The Irish school year for primary school children stretches from 1 September to 30 June approximately. Children attend primary school from around the age of 4 or 5 years until they are 12 or 13 years of age. The primary school cycle is 8 years long. Schools generally have 2 years of infant classes, followed by class 1 to class 6.

Children in Ireland are entitled to free primary and post-primary education. The majority of primary schools are State-funded which means that you will not have to pay annual fees for your child's education.

In practice, however, schools often need to raise extra funds for additional resources such as computers, sports equipment or improved facilities. You may be asked to make a contribution or to take part in fund-raising for the school, but your participation in these activities is voluntary.

Scoil Colmcille (boys only school) Convent Road Letterkenny 9122772	Scoil Mhuire Ghan Smal (girls only school) Ard O 'Donnell Letterkenny 074 9121171
Ballyraine School (mixed school) Ballyraine Letterkenny 074 9124758	Educate Together (mixed school) Ballyraine Letterkenny 074 9103794
Woodlands School (mixed school) Woodlands Letterkenny 074 9124498	

## **Secondary Schools**

The Irish secondary (also known as post-primary) school cycle is generally 5 or 6 years long. Children begin their secondary school studies around the age of 12 and leave around the age of 17 or 18, having taken two state exams in that period.

The Irish secondary school year stretches from the first week in September to the first week in June. If your child is going in to a Junior Certificate Class or a Leaving Certificate class, however, they will not finish until later in June, as they will be taking their exams at that time. Education in state-funded second-level schools is free, however, you will need to pay for school books and, where appropriate, school uniforms. Usually, you will also have to pay for extra-curricular activities.

St Eunans College (Boys only) Glencar, Letterkenny 074 9121143 <a href="http://www.sainteunans.com">www.sainteunans.com</a>	Loreto Convent (Girls only) Convent Road, Letterkenny 074 9126055
Vocational School (mixed school) Kilmacrennan Rd , Letterkenny 074 9121047	Coláiste Ailigh (irish speaking school – mixed) Letterkenny 074 9125943

## **Third Level Education**

Entrance to third-level education in Ireland is generally decided by competition. At the end of their secondary school education, students sit the Leaving Certificate exam and their grades are converted into numerical points based on scores in their 6 best subjects. These points are calculated and third-level places at Universities and Colleges are awarded on that basis.

Letterkenny Institute of Technology  
Institute of Technology  
Port Road  
Letterkenny  
074 9164100  
[www.lyit.ie](http://www.lyit.ie)

## Contact details of Chaplains and Community Faith Leaders

Religion	Name	Contact Number
Roman Catholic	Fr Martin Chamber Fr Shane Gallagher Ms Kathleen Doherty Mr Kevin Mc Namara	Bleep 602 LGH Bleep 602 LGH Bleep 601 LGH Bleep 760 LGH
Presbyterian	Rev Jim Lamont	0044 7918168203
Church of Ireland	Rev Stewart Wright	074 91 22573 086 2368488
Christian Fellowship	Rev Nigel Craig	074 9157716
Chaplain to Polish Community	Fr Mariusz Semla	Details from Oct 2014. Contact bishops house for contact 074 91 21208
New Life Fellowship Letterkenny	Rev Mark Loughridge	074 91 23961
Jewish	Rabbi David Singer	04890 775013 (Chevra Kaddisha – title of the person who prepares the bode of Jewish deceased Contact 04890 777129
Jehovah Witness	Stephen Duffell – Canham  Ray Borton	074 91 68808 086 9393183 074 91 28120 086 0337826
Baptist Church	Pastor Stephen Wilson	04871 346396 0044 7955085264
Evangelical Lay Visitor	David Harding	074 97 21530
Islamic Community	Dr Arif Mutwali	Contact via switch at LGH
Hidu Community	Manu Dasa	086 8582392
Badai Community	Ms Agnes Mooney secretary to Bahai Community	074 9176862 087 6479646
Methodist Church	Rev Ian Henderson Rev John Purdy	074 97 35902 074 97 36187

# **Medical Teaching Opportunities at Letterkenny General Hospital**

**Postgraduate Clinical Educational Programme within all Disciplines  
at Letterkenny General Hospital.  
January 2014.**

## **Anaesthetics Department**

Number of Doctors in Department: 8 Consultants, 5 Registrars & 3 SHOs

Monday:	07:45-08:30	Tutorial / exam preparation
Tuesday	8.00-9.00	Departmental educational meeting including audit. M&M, interdisciplinary
Wednesday	07:45-08:30	Tutorial - regional anaesthesia Viva/OSCE practice
Thursday	07:45-08:30	Viva/ osce practice if close to exams
Friday	07:45-08:30 – 14:00- 17:00	Journal Club NCHD tutorial

**Clinical Audit Meeting 1 per month ( Every 2<sup>nd</sup> Friday ) Sept to June**

**Friday 2<sup>nd</sup> Each mth.** 12.30-1.30pm Conference Room

## **Emergency Department**

Number of Doctors in Department: 3 consultants 7 SHOs and 6 registrars

Monday – Friday	08.30 – 9.30	X-ray reviews, Didactic lectures, Discussions, Case presentations, Preparation of formal life support courses, Audit projects, Journal presentations. Twice yearly ACLS, 4 times yearly PLS

## **General Surgery-**

Number of Doctors in Department: 5 Consultants, 5 Registrars, 5 SHOs & 5 Interns

Tuesday	8.00	Surgical Grand Rounds Conference - Large Conf Room
Tuesday	8.00	(monthly) audit/morbidity and mortality meeting.
Wednesday	8.00-9.30- bi Weekly 9.15 1.00-2.00	Urology MDT / Galway – Large Conf Room Teaching ward round Internal Teaching
Thursday	8.30- 9.30	Breast MDT Conference / Radiology – Floor A
Friday	8.00-8.30am 8.30 – 9.15am	Radiology / MDT colorectal Conference – Floor A

## **Hospice/Palliative Care**

1 Consultant, 1 Assistant Medical Director, 2 Registrars.

Mon/Wed (Alt wed first)	10.30 – 11.15am 11.15-12.15am	Journal Club/ Educational Meeting Palliative Care Multidisciplinary Team Meeting Community Palliative Care Team Meeting , including Palliative Care Team , Hospital Support Nurses, Oncologist Team in attendance monthly
(Alt wed second)		

## **Postgraduate Lunchtime Educational Meeting for all NCHDs**

Interns – Tue & Wed	01.00–02.00	Video Link with West North West Hospital Group
Thurs – NCHD	01.00-2.00	Lectures Schedule circulated of Speakers and topics.

## **Medicine- Dr Khamis Team *General Medicine/Diabetes & Endocrinology***

<b>Monday</b>	9-12am 1.30 pm-4.30 pm	Consultant ward round Transitional Young Diabetes Clinic
<b>Tuesday</b>	9-1.3 am 2-5 pm	GIM/Endocrine Clinic Diabetes Clinic
<b>Wed</b>	9.30 9.30 – 1.230 2-3 pm Wednesday afternoon:	Medical/ Paediatric Case Presentation (Every 10 <sup>th</sup> wk) Consultant ward round Endocrine &Diabetes Tutorial Session/Journal club Maternity Diabetes clinic (once monthly.)
<b>Thursday</b>	8.30-11.00 11-1.00 pm 2- 3.00 pm	Post call ward round Rapid access clinic (Diabetes & Endocrine) Radiology Meeting
<b>Friday</b>	9-12	Consultant ward round

## **Medicine - Dr Mulpeter/ Dr Miranda / Dr Quinn General General Medicine/Gerontology**

Number of Doctors in Department: 3 Consultant, 1 Registrar, 2 SHOs & 1 Intern

<b>Mon- Weekly</b>	2pm	x-ray Conference
<b>Wed – Weekly</b>	8.30am-9.30am	Medical/ Paediatric Case Presentation –Large Conf Room
<b>Thursday</b>	8-8.45 am	Medical Journal Club– Day Room SMRU

**Medicine- Dr Keatings/ Dr David Mc Sharry**  
**General Medicine /Respiratory Medicine**

Wednesday	12pm	X-ray conference – Dr O’Keeffe’s office
Monday	8.50am	Lung Cancer Multidisciplinary Team videoconference
Wednesday	8.30am-9.30am	Weekly Grand Round. Team Presentation every 5 <sup>th</sup> week)
Thursday	12 – 1 pm	Journal Club
4 times weekly	mornings	Consultant ward rounds
Friday	2pm	Spr teaching to SHO’s

Weekly case presentation, teaching ward round, OPD teaching,

**Medical- Dr David, Dr Abdeen-**  
**General Medicine/Cardiology**

Monday	12.30-1.30	Journal Club
Mon- Friday	Am	Ward Round/ECG tutorial for interns
Friday	AM	OPD
<b>Weekly – Wed</b>	8.30am-9.30am	Medical/ Paediatric Case Presentation (Every 5 <sup>th</sup> Week)

Weekly 5- 5.30 pm Echo reporting, EST and Holter reporting for registrar and SHO’s.

**Nephrology, Regional Kidney Centre, Letterkenny General Hospital- Dr Mutwali,  
Dr AM Moran**

<b>Monthly</b>	- Thursday	8am-9am	National Renal Teleconference Meeting
<b>Monthly</b>	- Wed/Thurs	8am-9am	Clinical Audit Meeting
<b>Bi-Weekly</b>	- Thursday	8am-9am	Journal Club Meeting Floor A
<b>Bi-Weekly</b>	- Thursday	8am-9am	Nephrology Lecture Series/ Meeting Room Floor A.
<b>Weekly</b>	- Wed	8.30am-9.30am	Medical/ Paediatric Case Presentation (Every 5 <sup>th</sup> Week)

**Additional Educational/Research Activities:**

1. Health Care Outcomes Research (Design and Conduct of Clinical Research)  
Individualised Projects for junior house staff including Case Reports, Observational studies (both Cross-sectional and longitudinal).
2. CAWT Clinical Network
3. Post-Graduate Lecture Series (Monthly)

**Orthopedics**

Number of Doctors in Department: 3 Consultants, 4 Registrars & 6 SHOs

Tuesday	08.15 - 8.45	Orthopedics /Trauma – or Orthopaedic ward
Friday	08:15 – 09:00	Orthopedics / Radiology- Journal Club

### **Obstetrics and Gynecology**

Number of Doctors in Department: 4 Consultants, 4 Registrars & 6 SHO

1 <sup>st</sup> & 3 <sup>rd</sup> Mondays of Month	9.00	
Tuesdays	1-2	X-ray Conference
Wednesday	8.30	Medical Case Conference

### **Oncology/ Hematology**

Number of Doctors in Department: 2 Consultants, 4 Registrars , & 3 SHO

Monday - fortnightly meeting	9am	Lung MDM Mon
Tuesday	9.00- 10.00 4.00 – 5.00	Haematology / Oncology Radiology Conference Oncology Day Centre Case discussion meeting
Wednesday (Weekly)	10.00-11.30 12.00-01.00	Haematology Dry Round( case discussion) Daycare Haematology /Oncology Teaching Sessions
Thursday – Weekly Thursday (Monthly) Thursday (2 Weekly)	8.00 -10.30 8.00- 9.00 9.15-10.15	Multidisciplinary Breast Cancer MDT Lymphoma MDT teleconference St. James's Histopathology conference
Wednesday	8.30-9.30 10.30-11.00	Medical / Paeds Case Presentation Haematology Dry rounds (case discussion ) Daycare
Friday – Monthly – Monthly	8.30-9.30 1.00- 2.00	GI- MDM GU- MDM

### **Pediatrics**

Number of Doctors in Department: 5 Consultant, 4 Registrars & 6 SHOs

Mon – Fri.	09.00	Hand over Rounds. Didactic Teaching / presenting
Friday	12.00	Neonatal Teaching
Weekly – Wed	8.30 am-9am	Medical/ Paediatric Case Presentation (Every 12th Week , as per schedule)

### **Psychiatry**

Number of Doctors in Department: 9 Consultants & 12 SHOs

Day	Time	
Every Monday .	13.00-15.00 15.00-16:30	Group Teaching – Psych Unit- Dr Vidis Grand Rounds / Journal Club

### **Postgraduate Evening Lectures –(is under review , Post Graduate guest lectures .)**

Monthly – Last Thursday of each month	07.30 –09.30pm	Educational Meeting, with speakers for other hospitals presenting various topics covering all disciplines. Involving GP/ Hospital Doctors/Medical Students
---------------------------------------	----------------	---

## Radiology

Number of Doctors in Department: 7 Consultants

Monday	2.00- 3.00pm	Medical Radiology Weekly Case Review (Dr Miranda)
Tuesday	8.00/8:30/9:00 start (depending on Radiologist Rota)	Oncology Conference
Wednesday	12.00- 1.00pm	Respiratory Medicine/ Radiology Weekly ( Dr Keatings Dr. O' Keeffe)
Thursday	8.00- 9.15 am	Breast MDT LK / with Regional Galway MDT
Friday	8.00 8.30 am 8.30 9.00am 9.00 9.45 am	Surgical Radiology Case Review Meeting Local Colorectal MDT Regional Colorectal MDT with Galway

**“Tutorials ”** Also available within the Medical Department for SHO's and Reg's preparing for their exams. .

Please approach individual Consultants to discuss.

## List of the Education leads per Department.

### Education leads.

**Medicine** – Dr Miranda

**Surgery** – Mr M Sugrue

**Paediatrics** – Dr A.Khan

**Pathology/Microbiology** – Dr M. Mulhern

**Obs & Gynae**- Dr Nandini

**Orthopaedics**- To be announced

**Radiology** - Dr C. O'Donnell

**Psychiatry**- Dr Mari Fennamore

**Emergency Medicine** - Dr S.O'Gorman

**Anaesthetics** – Dr L Moran

**General Practice** - Dr P. Stewart

Dr K Mulpeter has been appointed the RCPI tutor for Letterkenny General Hospital. He will oversee , in conjunction with the Dept. of Medical Education , the training of all RCPI trainees.