

# MALAHIDE PORTMARNOCK EDUCATE TOGETHER NATIONAL SCHOOL

## PARENTS ASSOCIATION

### INFORMATION PACK FOR MALAHIDE/PORTMARNOCK AREA

This information pack was compiled to help newcomers to MPETNS and the Malahide/Portmarnock area. While every effort has been made to ensure that the information is accurate we would be very grateful if you could let us know if you find that any of the information is incorrect/out-dated or if there are additional topics that you feel should be included, by emailing us at [pa@mpetns.ie](mailto:pa@mpetns.ie).

*Disclaimer: The information contained in this document has been provided by the MPETNS Parents Association for general information purposes only and does not constitute advice or recommendations for the use of particular services/amenities. Neither MPETNS Parents Association nor the MPETNS Board of Management shall be liable, directly or indirectly, to the user or any other third party for any damage resulting from the use of the information contained within this information pack.*

### After School Care

	Address	Website	Contact details
<b>N Zone</b>	Posey Row, Kinsealy	<a href="http://www.nzone.ie/">http://www.nzone.ie/</a>	T: 01-867 10 55 E: <a href="mailto:info@nzone.ie">info@nzone.ie</a>
NZone Sports Crèche and After School Club is equipped with a host of sports facilities for children in a 20,000 sq ft indoor sports arena and provides childcare through sport. The centre offers a range of services including: Creche, After School Club, Activity based birthday parties, Seasonal camps. NZone provides morning drop off and afterschool pick up at the school.			
<b>Sherpa Kids</b>	St Nicholas of Myra National School, Kinsealy	<a href="http://www.sherpakids.ie">www.sherpakids.ie</a>	087 165 3913 sherpakids_kinsealy@sherpakids.ie
Sherpa Kids operate breakfast care from 7:45 to 8:30 and the afternoon care starting 12:55 at St. Nicholas of Myra NS. Sherpa Kids offer a wide range of activities including arts and crafts, music and drama, sports and games. Sherpa Kids provides morning drop off and afterschool pick up at the school.			
<b>Kandoo</b>	St Andrew's Parish Centre, Church Road, Malahide	<a href="http://www.kandoo.ie/">http://www.kandoo.ie/</a>	Susan McKay T:086 3175889
Kandoo Club provides day care for school going children (4-12 yrs). Children are collected from school and escorted to the Club. They have a full afternoon schedule including cooked lunch, homework supervision, activities and outings. Kandoo is open during school holidays for full or half days.			
<b>Links</b>	St. Olave's, Malahide Rd, Kinsealy	<a href="http://www.linkschildcare.ie/kinsealy-links.html">http://www.linkschildcare.ie/kinsealy-links.html</a>	T: 01-866 6620
<b>Links</b>	Seabrook Manor, Station rd, Portmarnock	<a href="http://www.linkschildcare.ie/portmarnock/item/links-seabrook-manor.html?category_id=2">http://www.linkschildcare.ie/portmarnock/item/links-seabrook-manor.html?category_id=2</a>	T: 01-866 6422

<b>Links</b>	Station rd, Portmarnock	<a href="http://www.linkschildcare.ie/portmarnock/item/links-station-road.html?category_id=2">http://www.linkschildcare.ie/portmarnock/item/links-station-road.html?category_id=2</a>	T: 01-846 0127
<b>Links</b>	Abington Wood, Swords Road, Malahide	<a href="http://www.linkschildcare.ie/malahide-links.html">http://www.linkschildcare.ie/malahide-links.html</a>	T: 01 854 8014
Links provides early childhood education and care for young babies, wobblers, toddlers, montessori and after school children (3 months – 12 yrs). Links provides morning drop off and afterschool pick up at the school.			
<b>Malahide Marina Crèche &amp; Afterschool Club</b>	Fragrance House, Malahide Marina, Malahide	<a href="https://malahidemarinacrecheandmontessori.com/">https://malahidemarinacrecheandmontessori.com/</a>	Victoria Fitzmaurice T: 01-806 1431 E:malahidemarina creche@gmail.com
Malahide Marina offers After School service for junior and senior infants. Children receive: Support and assistance with their homework; A nutritious meal each day; Indoor and outdoor activities (weather permitting). Afterschool is closed on Bank Holidays, Good Friday and during the Christmas and New Year period.			
<b>The Village Crèche &amp; Montessori</b>	1 St Anne’s Square Portmarnock	<a href="http://www.vcmp.ie/">http://www.vcmp.ie/</a>	T:01-8464314/086-1654444 E:villagecmp@gmail.com
The Village Crèche & Montessori offer a breakfast club, school drop off/collection for children from 5 to 10 years of age. Children are provided with a hot meal and tea is provided before home time. Children can relax and read to allow for “quiet time”. Staff supervise homework and provide a range of activities- including Games, Baking, Arts & Crafts, Drama, Music & Dance, Science Experiments and Outdoor Play. They also offer a camp for days off school or during summer/school holidays.			
Charlie’s Childcare	Malahide United AFC, Gannon Park, Malahide	<a href="http://www.malahideunited.com/play-school-montessori-after-school-services/">http://www.malahideunited.com/play-school-montessori-after-school-services/</a>	T: 087-103 8689 E: <a href="mailto:info@charlieschildcare.ie">info@charlieschildcare.ie</a>
Charlie’s Childcare provides After School care children of local schools in Malahide and Portmarnock. Children (up to 10 years) are collected by staff and provided with a hot meal and afternoon activity programme. Staff supervise homework, school tasks and provide a range of activities. Also available for days off or during summer/school holidays.			
<b>Fun Galaxy</b>	Unit 8 Columba House, Airside Retail Park, Swords	<a href="http://www.fungalaxy.ie/childcare/afterschool-club/">http://www.fungalaxy.ie/childcare/afterschool-club/</a>	T: 01-840 1002 E: <a href="mailto:info@fungalaxy.ie">info@fungalaxy.ie</a>
Fun Galaxy Afterschool offer collection from all the surrounding local schools in Swords, Malahide, Kinsealy and Portmarnock. Activities at Fun Galaxy include: Free Play in Playcentre; Homework Club; Lego Workshop, Arts & Crafts; Cookery Lessons; Team Sports – Football & Basketball; Reading Room & Library			
<b>Badger’s Den</b>	3 The Old Stables, East Commons, Drynam Road, Swords	<a href="http://badgersden.ie/">http://badgersden.ie/</a>	T: 087 7218552 E: <a href="mailto:info@badgersden.ie">info@badgersden.ie</a>
Badger’s Den provide hot lunch, homework assistance and supervision and a wide range of activities including: Arts and Crafts; Science; Games and Sports; Drama and Role Play activities; Trips out; Reading in groups and individual; Cooking lessons; Music appreciation.			



## Preschools/Montessori

The **Early Childhood Care and Education (ECCE) Scheme** provides early childhood care and education for children aged between 3 years and 5 and a half years. The State pays a fee to participating playschools/daycare services, which provide a pre-school service free of charge normally for 3 hours a day, 5 days a week, over the school year (excluding holidays). If your child attends for more than 3 hours, you will be charged for the extra time. To secure a place for your child, you need to apply to a participating playschool or daycare centre. For more information see:

[http://www.citizensinformation.ie/en/education/pre\\_school\\_education\\_and\\_childcare/early\\_childhood\\_care\\_and\\_education\\_scheme.html](http://www.citizensinformation.ie/en/education/pre_school_education_and_childcare/early_childhood_care_and_education_scheme.html)

For children younger than 3, a new Affordable Childcare Scheme provides a universal subsidy of up to €1,040 per year for children up to 3. To be eligible for this subsidy the crèche/childcare that your child is attending must be a TUSLA registered childcare provider. For more information see:

<https://affordablechildcare.ie/> and for a list of TUSLA registered providers see: <https://www.tusla.ie/services/preschool-services/list-of-pre-school-services-by-county/>

Creative Days Preschool, Baskin Cottages, Baskin Lane	0876373989
Cheeky Monkeys Playschool Chapel Road, Malahide,	cheekymonkeysplayschool@yahoo.ie 0872891762
Bright Sparks Montessori Preschool Kinsealy Lane, Malahide	<a href="mailto:info@brightsparksmontessori.ie">info@brightsparksmontessori.ie</a> <a href="http://www.brightsparksmontessori.ie">www.brightsparksmontessori.ie</a>
The Cottage Montessori Kinsealy Lane, Malahide	086 3880344 sue08@eircom.net <a href="http://www.cottagemontessori.ie/">http://www.cottagemontessori.ie/</a>
Purple Turtle 13 Mountfield Lawns, Malahide	086 086 6367
Tír na nÓg. Naionra; Irish language Pre-School 74 Inbhir Íde, Malahide	01-845 1167
Grow Montessori 4 Talbot Road, Swords Road, Malahide,	086 310 4990
Children's House Montessori 3 Seabury Grove Malahide	087 613 1816
Holywellies Preschool and afterschool care, Holywell Educate Together National School Holywell, Swords,	childcare@holywellets.ie 087 6068665 <a href="http://holywellets.com/">http://holywellets.com/</a>
The Stables Montessori The Stables Office Park, Strand Rd, Portmarnock	085 835 3544
The Bandroom Montessori Sea Road, Yellow Walls, Malahide	0879733578 <a href="mailto:thebandroommontessroi@yahoo.ie">thebandroommontessroi@yahoo.ie</a>
Little Ruggers Montessori Malahide Rugby Club, Estuary Road, Malahide,	<a href="mailto:info@littleruggers.ie">info@littleruggers.ie</a> 086 3320815
Windsor Montessori School 3 Windsor Terrace, Church Rd, Malahide	087 125 1222 <a href="mailto:ailbhe@windsormontessorischool.ie">ailbhe@windsormontessorischool.ie</a>
Badgers Den Montessori and after school care,	087 721 8552



3 The Old Stables, East Commons, Drynam Road, Swords	<a href="http://badgersden.ie/">http://badgersden.ie/</a>
Little Acorns St Andrews Parish Centre, Church Road, Malahide	086 857 8957
St Sylvester's Montessori St Sylvester's Pastoral Centre, Malahide	Eleana 086 3678478 <a href="mailto:stsylvestersmontessori@gmail.com">stsylvestersmontessori@gmail.com</a>

## Local Library

Malahide library is free to join – you need to bring ID (passport/driver's license) and proof of address (e.g. household bill addressed to you) to register. You can also join online - <https://lgma.iii.com/selfreg>. In addition to a good collection of books they have dvds and cds (audio books) available to borrow, usually for a 3 week period. They also provide wifi and internet access free of charge. Photocopying/printing services are also available (charges apply).

The library has a dedicated children's area and provides colouring pages/crayons for children. They also organise regular events for children – these usually need to be booked in advance and fill up quickly. Information on upcoming events is available at the library and on <http://www.fingal.ie/events/>.

The Malahide **Citizen's Information Centre** is also located on the 2<sup>nd</sup> floor of Malahide Library - <http://centres.citizensinformation.ie/centre.php?cic=Malahide+CIC>. The Citizen's Information Centre provides information on public services and entitlements in Ireland (<http://www.citizensinformation.ie/>).

	Address/contact details	Website	Opening times
<b>Malahide Library</b>	Main St, Malahide E: malahidelibrary@fingal.ie T: 01-870 4430/01-870 4431	<a href="http://www.fingal.ie/community-and-leisure/libraries/find-a-library-and-check-opening-hours/malahide-library/">http://www.fingal.ie/community-and-leisure/libraries/find-a-library-and-check-opening-hours/malahide-library/</a>	Mon-Thurs: 9:45-20:00 Fri & Sat: 9:45-13:00 & 13:45-17:00 Bank holiday weekends: Closed Sat & Mon Sunday: Closed

## Parent/Guardian and Toddler Groups

Location	Day/time	More information
Malahide library	Thurs 10:00-10:45	
Malahide Presbyterian Church, Dublin Road, Malahide	Fri 10.15-11.45	<a href="http://www.hmpchurch.org/parents-and-toddlers/janineclarke@live.ie">http://www.hmpchurch.org/parents-and-toddlers/janineclarke@live.ie</a>
Cuidiú, Malahide Parish Pastoral Centre, St Sylvester's Church, Malahide	Fri 10:00-12:00	<a href="http://www.cuidiu.com/">http://www.cuidiu.com/</a>
Yellow Walls Road Pastoral Centre, Sacred Heart Church, Seabury, Malahide	Wed 10:30-12:00	Parent/guardian and toddlers group for babies and children up to primary school age.



## Public Playgrounds

		<b>Opening Hours</b>
Malahide Castle	Very large playground with separate areas for younger and older kids, and a picnic area.	Nov to Jan: 10.00-17.00 Feb to Mar: 10.00-18.00 April: 10.00-19.00 May: 10.00-20.00 Jun to Aug: 10.00-21.00 Sept: 10.00-20.00 Oct: 10.00-19.00
Seabury, Malahide	Small playground	
Gannon Park, Malahide	Small playground	
Carrickhill, Carrickhill Park, Portmarnock	Small playground	
Newbridge House, Donabate	Very large playground and large picnic area (BBQs permitted)	
Father Collin's Park, Clongriffin	Playground and picnic area	
St Anne's Park, Raheny/Clontarf	Large playground and a picnic area	
Ardgillan Castle, Balbriggan	Very large playground	

## Indoor Play Centres

	<b>Info</b>	<b>Address</b>	<b>Website</b>
Malahide Marina Play Centre	Up to 7 yrs	Malahide Marina	<a href="http://www.malahidemarinaplaycentre.com">www.malahidemarinaplaycentre.com</a>
Funky Monkeys	Up to 8 yrs	Clarehall Shopping Centre, Malahide Road, Dublin 17	<a href="http://funkymonkeys.co/our-centres/clarehall-dublin/">funkymonkeys.co/our-centres/clarehall-dublin/</a>
Fun Galaxy		Unit 8 Columba House, Airside Retail Park, Swords	<a href="http://www.fungalaxy.ie/">www.fungalaxy.ie/</a>
The Zoo	Bowling also available at Leisureplex	LeisurePlex, Coolock	<a href="http://leisureplex.ie/zoo/">http://leisureplex.ie/zoo/</a>

## Local Sports Clubs

<b>Club</b>	<b>Website</b>	<b>Nursery class Age range</b>	<b>Nursery class Day/time</b>
St Sylvester's GAA club 2 Church Rd Malahide	<a href="http://www.stsylvesters.ie/">http://www.stsylvesters.ie/</a>	Academy From 5 yrs	Sat 13:30
Naomh Mearnóg GAA club Blackwood Lane Portmarnock	<a href="http://naomhmearnog.ie/">http://naomhmearnog.ie/</a>	Academy 4-7 yrs	Sat 9.45-11.15 Girls football & camogie 11.30-12.30 Boys football & hurling
Malahide United AFC (soccer) Gannon Park Malahide	<a href="http://www.malahideunited.com/">http://www.malahideunited.com/</a>	Nippers Academy from 5 yrs. Online application form	Sat 10:30-12:30

Portmarnock AFC (soccer) Carrickhill Portmarnock	<a href="http://www.portmarnockafc.yourclub.ie/">http://www.portmarnockafc.yourclub.ie/</a>	Nippers Academy 4-7 yrs	Sat 10:00-11:00
Rugbytots St Andrews Parish Centre Malahide	<a href="https://www.rugbytots.ie">https://www.rugbytots.ie</a>	2-5 yrs	Sun 9:00-9:30 2-3.5 yrs 9:45-10:30 3.5-5yrs
Malahide Rugby Club	<a href="http://www.malahiderfc.ie/">http://www.malahiderfc.ie/</a>	Under 8s	Sun from s0:30
Malahide Cricket Club Dublin Rd Malahide	<a href="http://www.malahidecc.com/">http://www.malahidecc.com/</a>	From age 6	Runs April-Sept
Malahide Castle Tennis	<a href="http://www.mcgt.ie/home-page/">http://www.mcgt.ie/home-page/</a>	4-7 years	Mon, Wed & Fri 15:00-16:00 Sat 11:00-12:00
Parks Tennis	<a href="http://www.parkstennis.com">www.parkstennis.com</a>	5-7 yrs	Holywell School - Sat 14:00-15:00 Swords Tennis Club – Wed 15:30-16:30 Seagrang Park, Baldoyle – Wed 15:30-16:30

## 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, Youthreach training or has a disability. The rate of Child Benefit is currently €140 per month for each child. 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.

For information on how and where to apply see:

[http://www.citizensinformation.ie/en/social\\_welfare/social\\_welfare\\_payments/social\\_welfare\\_payments\\_to\\_families\\_and\\_children/child\\_benefit.html](http://www.citizensinformation.ie/en/social_welfare/social_welfare_payments/social_welfare_payments_to_families_and_children/child_benefit.html).

## Driving in Ireland

- If you have a driving licence issued by an **EU/EEA member state** you can drive in Ireland as long as your existing licence is valid. If you wish to exchange your driving licence for an equivalent Irish driving licence, you must do so within 10 years of your driving licence expiring.



- **As a visitor to Ireland you can drive on a driving licence from any state outside the EU/EEA for up to a year** provided the driving licence is current and valid. However on **taking up 'normal residence' in Ireland you must either exchange your driving licence or apply for a driving licence in Ireland.**

- Ireland has agreements with certain countries/states that designates them as recognised states for the purposes of **driving licence exchange**. Recognised states are: Australia; Gibraltar; Guernsey; Isle Of Man; Japan; Jersey; South Africa; South Korea; Switzerland; New Zealand; Taiwan; Ontario, Manitoba, Newfoundland & Labrador Provinces of Canada.

NOTE: Applications to exchange a licence may take 2/3 months to process.

- If you are not from any of the above countries, (e.g. The United States), and you hold a national driving licence or an international driving permit from your own country, you may drive in Ireland for the duration of your temporary visit (**up to 12 months**). If your stay in Ireland will be more than 12 months you can apply for an Irish driving licence but you will need to go through the **full driver licensing procedure**. You must first pass a **driver theory test**, apply for a **learner permit**, complete a course of **Essential Driver Training (EDT)** and **pass your driving test** in Ireland. If you pass your driving test, you can then apply for a full Irish driving licence.

For detailed information see: <https://www.ndls.ie/> and <https://www.ndls.ie/holders-of-foreign-licences.html>

## **Personal Public Service Number (PPS number)**

Your Personal Public Service Number (PPS number) is a unique reference number that helps you access social welfare benefits, public services and information in Ireland. You must be living in Ireland to apply for a PPS number (you cannot apply before you arrive in Ireland). Before you can be allocated a PPS number, you must show that one is required for a transaction with a specified body. For example, if you are taking up employment, you need a PPS number to register with the Revenue Commissioners. You will be asked to produce documentary evidence of identity (e.g. passport) and residence in Ireland. Any of the following documents showing your name and address can be used as proof of residence: A household utility bill; An official letter/document; A financial statement; Property lease or tenancy agreement; Verifiable employer's letter; Confirmation of address by a third party such as a school principal/administrator, accommodation/property owner or manager.

PPS numbers for **children** living in, but not born in Ireland, must be applied for by the parent/guardian. One of the parents/guardians must have a PPS number for the child to be registered and linked with their data. The parent, foster parent or guardian should attend with the child, and provide evidence of his/her own identity, the identity of the child, evidence of the requirement for a PPS number, and evidence of the relationship between the parent/guardian and the child.

To apply for a PPS number you need to book an appointment at a PPS Number Allocation Centre – you can book an appointment online at [www.MyWelfare.ie](http://www.MyWelfare.ie).

For more details see <http://www.welfare.ie/en/Pages/Personal-Public-Service-Number-How-to-Apply.aspx>.



## Tax Rebates

If you have overpaid tax can claim a tax refund. You must claim your refund within 4 years of the end of the year in which the overpayment occurred. To find out whether you owe tax or are due a tax refund you can request a P21 at the end of the year (for pay as you earn (PAYE) employees).

You can request a P21 using the online myAccount Service (<https://www.ros.ie/myaccount-web/home.html>).

To get a P21 you must send the following to your district tax office:

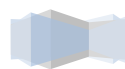
- (i) P60 form (and, if relevant, a P60 form for your spouse or civil partner) for the tax year
- (ii) Details of your claim for additional tax credits. Eligible expenses include:
  - a. Medical expenses you pay for yourself and on behalf of any other person, that are not covered by the State or by private health insurance - complete and submit Form Med 1 (<https://www.revenue.ie/en/personal-tax-credits-reliefs-and-exemptions/documents/med1.pdf>). For more information on claiming back tax no medical expenses see: [http://www.citizensinformation.ie/en/money\\_and\\_tax/tax/income\\_tax\\_credits\\_and\\_reliefs/taxation\\_and\\_medical\\_expenses.html#d1a9a](http://www.citizensinformation.ie/en/money_and_tax/tax/income_tax_credits_and_reliefs/taxation_and_medical_expenses.html#d1a9a)
  - b. Dental expenses - non-routine procedures, including crowns, braces, root canals, veneers, surgical extraction of impacted wisdom teeth and bridgework. A Med 2 Form must be obtained from your Dentist to claim back tax on these expenses.
  - c. Pension contributions qualify for relief at the higher rate of tax. If you are in a work pension scheme, this relief is usually given automatically through your payroll system.

If you become unemployed during the tax year and have paid tax since the start of the year (1 January) you may be entitled to a tax refund. You should apply 4 weeks from the date you become unemployed, however, if emergency tax was being deducted by your former employer you should apply immediately. If you are getting another income which is taxable, such as taxable social welfare payments, you should apply 8 weeks from the date you became unemployed. To apply for a tax repayment because you are unemployed submit Form P50 (<https://www.revenue.ie/en/jobs-and-pensions/documents/form-p50.pdf>) to your tax office with Parts 2 and 3 of your P45 (which you receive from your employer).

## Health Care

Medical Cards allow people to access Family Doctor or General Practitioner (GP) services, community health services, dental services, prescription medicine costs, hospital care and a range of other benefits free of charge. Medical card eligibility is based on an assessment of means. To qualify your weekly income must be below the income threshold. Any income, savings, investments and property (except for your own home) are taken into account in the means test. For further information on income thresholds, eligibility and how to apply see: <http://www.hse.ie/eng/services/list/1/schemes/mc/about/>

All **children under 6** are entitled to free GP (general practice) care. In order to avail of this free service you must register for a **GP Visit Card** for your child before attending the GP. You can register online - <http://www.hse.ie/eng/services/list/1/schemes/mc/gpvc/under6.html>. You will need your child's PPS number, a parent's PPS number and a GP's name. A list of GPs participating in the free GP visit scheme is





available on the website. Once you complete the registration process, details are sent to your GP of choice who must accept your child or children to his or her patient panel so it is a good idea to contact the GP first to make sure that they are accepting new patients. Once the GP of choice has confirmed acceptance of the registration of your child or children, a GP Visit Card will be issued within a few days.

If you do not have a PPS number for your child, see section above on how to apply for a PPS number.

Suppliers of **private health insurance** in Ireland include VHI, Irish Life Health, and Laya Healthcare. The Health Insurance Authority is a statutory regulator of the private health insurance market and provides an independent comparison of the private health insurance plans available in Ireland - <http://www.hia.ie/>.

Developmental examinations of babies are performed by **Public Health Nurses** free of charge, at: birth, 3 months, 7 months, 9-12 months, 2 yrs, and 3 yrs. At 3 year the child is discharged unless there is some concern. The developmental checks are usually performed at the local Public Health Centre:

Public Health Centre	Address	Contact details
Malahide Health Centre	Main street, Malahide	T: 01-8452076
Portmarnock Health Centre	Strand Shopping Centre, Portmarnock	T: 01-8460311

Standard GP fees in Dublin are generally €40-60 per visit. Part or all of this may be reimbursed by your health insurer if you have private health insurance, depending on the policy.

In addition if you are paying tax in Ireland you can claim back the tax (20%) on the cost of certain medical expenses – see <http://www.revenue.ie/en/tax/it/leaflets/it6.html> for further information.

## Medical Centres/GPs

Clinic/Address	GPs	Contact Details
Seabury Medical Centre, Malahide	Dr John Gilbert Dr Veronica Murphy Dr Jim Keely	T: (01)8454847
Railway Avenue Medical Practice, Malahide	Dr Carol Mooney Dr Aogán Rooney	T: (01)8450885
6 Townyard Hse, Townyard la Malahide	Dr Elisabeth Kronlage	T: (01)8453497
Marine Centre, St James terrace, Malahide	Dr Terence J Hynes	T: (01)8450677
19a Old st, Malahide	Dr Noelle Hewetson	T: (01)8454265
7 Townyard Centre, Malahide	Drs John & Jacquelin Veale	T: (01)8455994
Portmarnock Family Practice 7 Portmarnock Shopping Arcade, Portmarnock	Dr Anne Flanagan Dr Valerie Flood	T: (01)8461300
Portmarnock GP Clinic 1 The Dunes, Portmarnock	Dr David Madden Dr Marie-Louise Murphy Dr May Garrett Dr Martin O'Flynn	T: (01)8461335
The Meridian Clinic - Clarehall		T: (01) 8770818



Clarehall Shopping Centre Malahide Road, Dublin 17		
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## Out of Hours Medical Care

If your GP is a member of **North-Doc** (also called D-Doc), you can avail of this GP service outside of GP clinic hours. They are open for urgent health care from 18:00 to 08:00 Monday to Friday and for 24 hours on Saturdays, Sundays and all Bank/public holidays. If you need medical advice during these times call **1850 22 44 77**. A call-taker will ask for some details and a triage nurse will call you back, usually within a few minutes. The triage nurse will discuss the medical issue with you and offer advice on the best course of action. If you need to see a GP she will give you an appointment for your nearest D-Doc centre. For further information see - <http://www.northdoc.ie/>. Charges for D-Doc are similar to normal GP fees and under 6's with a GP Visit Card are free.

VHI Swiftcare Clinics are private clinics which offer medical care to VHI members only, from 08:00-22:00 every day and there is one located at Columba House, Airside Retail Park, Swords. They treat minor injuries and illnesses. Note they do not treat babies under 12 months. A doctor consultation costs €125 with additional charges for treatments. For further information see [www.vhi.ie/swiftcare](http://www.vhi.ie/swiftcare) or call 1890 866966.

For urgent medical attention the nearest hospitals with 24 hour emergency departments are:

Hospital/Address	Website	Contact Details
Beaumont Hospital Beaumont Road, Beaumont, Dublin 9	<a href="http://www.beaumont.ie">www.beaumont.ie</a>	T: 01-809 3000
Children's University Hospital, 1 Temple Street, North City, Dublin 1	<a href="http://www.cuh.ie">www.cuh.ie</a>	T: 01-878 4200
Mater Misericordiae University Hospital Eccles St, Dublin 7	<a href="http://www.mater.ie">www.mater.ie</a>	T: 01-803 2000

### If you require an ambulance dial 999 or 112.

If you think your child has been poisoned call the **National Poisons Information Centre – 01-8092166** (open 8:00-22:00 every day).

If you use accident and emergency services without being referred there by a GP, there is a charge of €100. There is no charge if you are referred by a GP (bring your referral letter with you) or if you have a medical card or under 6 GP visit card.

## Dentists

Dental Services in Ireland are provided by two main types of service:

- (i) Private Dentists, who see their own patients and also many of whom provide services for people with medical cards.
- (ii) HSE Dental Clinics, who provide services for children of school-going age. This service is accessed through screening appointments in your child's primary school.



Dental Clinic	Dentists	Contact details
Malahide Dental Care 3 Ross Terrace Malahide	Dr Róisín Corkery Dr Annie O'Connell Dr Stephen Kelly	T: 01-8455666 <a href="http://www.malahidedentalcare.ie/">http://www.malahidedentalcare.ie/</a>
Malahide Dental Clinic Railway House Railway Avenue Malahide	Dr Tom Hughes Dr Norbert Krämer Dr Klaus Rocholl Dr Michelle Askew	T: 01-845 4768 <a href="http://malahidedentalclinic.ie/">http://malahidedentalclinic.ie/</a>
Elise O'Callaghan's Dental Practice 2, Castle Terrace, Main St, Malahide	Dr Elise O'Callaghan	T: 01-845 6000 <a href="http://www.dentistmalahide.com/">http://www.dentistmalahide.com/</a>
Ivory Dental Care 2 Old St, Malahide	Dr Nicola Zammit Dr Helen-Marie Lane Dr Nicolas Bezzina Dr Ibrahim Hussain Dr Margarete McGuigan	T: 01-552 2390 <a href="http://ivorydental.ie/">http://ivorydental.ie/</a>
Portmarnock Dental Surgery No. 1 The Dunes Portmarnock	Dr Ultan McGuckin	T: 01-8460055 <a href="http://www.portmarnockdental.ie/">http://www.portmarnockdental.ie/</a>
Blessing Dental Surgery 9 Village Court Portmarnock	Dr Margaret Blessing Dr Deirdre Barrett	T: 01-8169474 <a href="http://www.blessingdental.com/">http://www.blessingdental.com/</a>

The Dublin Dental Hospital located in Dublin city centre (Lincoln Place, Dublin 2) has an accident and emergency department for emergency dental treatment. You must phone in advance for an appointment – (01) 612 7200. For further information see: <http://www.dentalhospital.ie/patients/emergency-dental-care/>.

## Shopping – Groceries

### Malahide Village

Shop & Address	Opening Hours	Additional information
Caulfield's Supervalu Main St Malahide	Mon-Wed: 08:00-20:00 Thurs: 08:00-21:00 Fri-Sun: 08:00-20:00	Online shopping with collection/ delivery available at <a href="http://shop.supervalu.ie">http://shop.supervalu.ie</a>
Donnybrook Fair New Street Malahide	Mon-Sun: 08:00-21:00	A gourmet food company. <a href="http://www.donnybrookfair.ie/Malahide">http://www.donnybrookfair.ie/Malahide</a>
Spar Unit 1, The Green Malahide	Mon-Sun: 07:00-23:00	<a href="https://www.spar.ie/">https://www.spar.ie/</a>

### Portmarnock

Dunnes Stores Wendell Avenue	Mon-Sat: 08:30-21:00 Sun: 09:00-20:00	Supermarket and clothes shop <a href="http://www.dunnesstores.com/">http://www.dunnesstores.com/</a>
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Portmarnock		
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### Large Supermarkets in the Surrounding Area

<b>Dunnes Stores</b> Pavilions Shopping Centre, Swords	Mon-Tues: 08:30–20:00 Wed: 08:30–21:00 Thurs-Fri: 08:30–22:00 Sat: 08:00–20:00 Sun: 09:00–20:00	Irish supermarket and clothes chain <a href="http://www.dunnesstores.com/">http://www.dunnesstores.com/</a>
<b>Supervalu</b> Pavilions Shopping Centre, Swords	Mon-Wed: 08:30–21:30 Thurs-Fri: 08:30–22:00 Sat: 08:00–21:00 Sun: 09:00–20:00	Irish supermarket chain. Online shopping with collection/ delivery available at <a href="http://shop.supervalu.ie">http://shop.supervalu.ie</a>
<b>Lidl</b> Strand road Portmarnock	Mon-Sat: 08:00 - 21:00 Sun: 10:30 - 19:00	International budget supermarket chain.
<b>Tesco</b> Holywell Link Road Swords	Mon-Sat: 07:00–23:00 Sun: 09:00–21:00	UK supermarket chain. Online shopping and collection/delivery available at <a href="http://www.tesco.ie/">http://www.tesco.ie/</a>
<b>Tesco</b> Clarehall Shopping Centre, Malahide Rd	Mon-Sun: 07:00–24:00	UK supermarket chain. Online shopping and collection/delivery available at <a href="http://www.tesco.ie/">http://www.tesco.ie/</a>

### Major Dublin Shopping Centres

Shopping Centre	Website	More information
Pavilions Shopping Centre Swords	<a href="http://www.pavilions.ie/">http://www.pavilions.ie/</a>	Includes supermarkets, clothes shops, jewellery shops, pharmacists, book store, health food store, several cafes/restaurants and a multiplex cinema. Also has a Mothercare store with a <b>children’s hairdressers</b> at the back, KiddiKuts.
Airside Retail Park Swords	<a href="http://www.swords-dublin.com/airside-shops-and-motors.html">http://www.swords-dublin.com/airside-shops-and-motors.html</a>	Includes a large Smyths Toys shop, furniture stores, computer, household appliances and DIY stores.
Blanchardstown Centre Blanchardstown Dublin 15	<a href="http://www.blanchardstowncentre.ie/">http://www.blanchardstowncentre.ie/</a>	Extensive shopping centre and retail parks located in West Dublin, on the Navan Road/N3, just off the M50 ring road.
Liffey Valley Shopping Centre Palmerstown Co Dublin	<a href="http://www.liffeyvalley.ie/">http://www.liffeyvalley.ie/</a>	Extensive shopping centre located on the N4, off the M50.
Dundrum Town Centre Sandyford Road, Dundrum	<a href="http://www.dundrum.ie/">http://www.dundrum.ie/</a>	Extensive shopping centre in south Dublin.

Dublin 16		
Henry Street	<a href="http://www.iervis.ie/">http://www.iervis.ie/</a> <a href="http://www.arnotts.ie/">http://www.arnotts.ie/</a> <a href="http://www.ilac.ie/">www.ilac.ie/</a>	City centre shopping street on the northside of the River Liffey, just off O'Connell street.
Grafton Street	<a href="http://graftonstreet.ie/">http://graftonstreet.ie/</a>	City centre shopping street on the southside of the River Liffey, between St Stephen's Green and College Green

## Post Offices (An Post)

Address	Opening Hours
Malahide Post Office , Malahide Shopping Centre Main Street , Malahide	Mon 09:00 - 17:30 Tue 09:30 - 17:30 Wed-Fri 09:00 - 17:30 Sat 09:00 - 13:00 Latest Time of Posting: 17.30
Portmarnock Post Office Strand Road Portmarnock	Mon-Fri 09:00-13:00 + 14:15-17:30 Sat 09:00 - 13:00 Latest Time of Posting: 17.30

An Post services include: AIB Banking Services; Business Banking; DSFA Payments; Danske Bank Cheque Acceptance; Foreign Exchange; Gift Vouchers; International Courier Service; Post Office Savings Bank; Postal Money Orders; Savings and Investment Products; Standard Post; Top Up Mobile Phone; Ulster Bank Cash Lodgements; Billpay; Courier Post; Danske Bank Cash Lodgements; Express Post; Garda Fines; Insurance; Passport Express; PostFX Currency Card; Registered Post; Stamps; TV and Dog Licence; Top Up Tolltag; Western Union.

If An Post try to deliver a package to your house when there is no one home, they will leave a delivery form telling you to pick it up at the local delivery services centre which for Malahide is the An Post Swords & Malahide Delivery Service Unit, Swords Business Park, Swords. You need to bring a form of id and if you are picking up a package addressed to someone else you will need to get them to sign the form first.

Some couriers will deliver packages to a Parcel Motel – there is one located in the Kinsealy AppleGreen petrol station near the school.

## Banks/Credit Unions

	Address	Opening Hours
Bank of Ireland (BOI)	The Mall, Malahide	Mon-Tues 10:00–16:00 Wed 10:30–16:00 Thurs 10:00–17:00 Fri 10:00–16:00
Allied Irish Bank (AIB)	Church St, Malahide	Mon-Wed 10:00–16:00 Thurs 10:00–20:00 Fri 10:00–16:00 Sat 10:00–14:00



Ulster Bank	Main Street, Malahide	Mon-Tues 09:30-16:30 Wed 10:00-16:30 Thurs-Fri 09:30-16:30
Permanent TSB	Main St, Malahide	Mon-Wed 10:00-17:00 Thurs 10:00-20:00 Fri 10:00-17:00 Sat 10:00-14:00
Malahide Credit Union	4 Main Street Malahide	Mon 10:00-14:00 Tues 10:30-16:00 Wed 10:00-16:00 Thurs 10:00-17:00 Fri 10:00-19:00 Sat 09:30-12:30
Baldoyle & Portmarnock Credit Union	Murray House, Grange Road, Baldoyle, Dublin 13	Mon 09.30-17.00 Tues 09.30-13.00 Wed 09.30-17.00 Thurs 10.00-17.00 Fri 09.30-17.00 Sat 09.30-12.30

### What is a Credit Union?

A credit union is a group of people (members) who save together and lend to each other at a fair and reasonable rate of interest. Regular savings form a common pool of money, which in turn provides many benefits for members. Each credit union is owned by the members, who both save with, and borrow from it. As a member, you will receive a dividend on your savings and you have access to loans at fair and reasonable rates. For more information see <http://www.creditunion.ie/>.

### Malahide Garda (Police) Station

(01) 666 4600

Mon-Sun: 07:00-21:00

Passport renewal forms are available at the Garda Station. If you are obtaining a passport for a child it will need to be witnessed and this can be completed by a member of An Garda Síochána (policeman) – to get the form signed you will need to bring your own identification, the child’s birth certificate, the passport photos of the child and it is advisable to bring the child with you to the garda station.

### Public Transport

#### Trains

Malahide and Portmarnock are both served by the DART (Dublin Area Rapid Transit) and commuter trains. DARTs start at Malahide and run along the coast through the city centre (Tara street, Pearse street) and south county Dublin finishing at the Bray or Greystones in Co Wicklow. Northbound DARTs travel to either Malahide or Howth so if you are getting the DART from the city centre ensure you are on the DART for the



Malahide line and not the Howth line – the lines split at Howth Junction. Dublin Northern Commuter trains run from Pearse Station via Dublin Connolly Station to Dundalk and some of these trains stop at Portmarnock and/or Malahide. For detailed timetables see <http://www.irishrail.ie/>.

## Buses

Malahide and Portmarnock are serviced by the following Dublin Bus routes:

### **Route Description**

- 32 From Talbot St to Malahide
- 32x From Malahide to UCD Belfield (Express service to UCD)
- 42 From Talbot St to Sand's Hotel (Portmarnock)
- 42n From D'Olier St towards Portmarnock (Fri/Sat late night service)

Malahide to the airport is also serviced by:

### **Route Description**

- 102 Sutton Station to Dublin Airport

The 42 route passes by Malahide Portmarnock Educate Together National School on the Malahide Rd. For detailed timetables see: <http://www.dublinbus.ie/>

Transport for Ireland provides a Journey Planner app with information on public transport options and journey times for bus, rail, tram, taxis, ferries and walking – <http://www.transportforireland.ie/>.

## Secondary Schools

School	Public/Private & Patron	More Information
Malahide Community School	Public Dublin and Dun Laoghaire Education and Training Board	<a href="http://www.malahidecs.ie">www.malahidecs.ie</a>
Portmarnock Community School	Public Dublin and Dun Laoghaire Education and Training Board	<a href="http://www.portmarnockcommunityschool.ie">www.portmarnockcommunityschool.ie</a>
Malahide Portmarnock Educate Together Secondary School	Public Opening in August 2018	<a href="https://mpetss.ie/">https://mpetss.ie/</a>
Sutton Park School St Fintan's Road, Sutton, Dublin 13	Private	<a href="http://www.suttonparkschool.com/">http://www.suttonparkschool.com/</a>

## Sports and Leisure Centres (with swimming pools)

Portmarnock Sports & Leisure Club Blackwood Lane, Portmarnock	<a href="http://www.pslc.ie">www.pslc.ie</a>
Sportlinks Furry Park, Santry	<a href="http://www.sportlink.ie/">www.sportlink.ie/</a>



Trinity Sports and Leisure Centre Father Collins Park, 13 The Hole in the Wall Road, Donaghmede, Dublin 13	<a href="http://www.trinitysportsandleisure.ie/">http://www.trinitysportsandleisure.ie/</a>
ALSAA Sports Fitness & Social Association Old Airport Road, Toberbunney Dublin Airport, Co Dublin	<a href="http://alsaa.website/">http://alsaa.website/</a>
Leisure Centre, Grand Hotel, Malahide	<a href="http://www.thegrand.ie/health-club-dublin-leisure-centre/">http://www.thegrand.ie/health-club-dublin-leisure-centre/</a>

## Restaurants/Cafes (family friendly)

The Scotch Bonnet Urban Café	4 Church Road Malahide <a href="http://www.scotchbonnet.ie/">http://www.scotchbonnet.ie/</a>
Il Sorriso	1 Ross Terrace, New Street, Malahide
That's Amore	12 Townyard Ln, Malahide
McGovern's Restaurant & Wine Bar	The Diamond, Main St, Malahide
Giovanni's Pizzeria	Townyard Ln, Malahide
Avoca Café	Malahide Castle
Oscar Taylors	Island View Hotel Coast Rd, Malahide <a href="http://www.islandviewhotel.ie/">http://www.islandviewhotel.ie/</a>
Gourmet Burger Kitchen	Pavilions Shopping Centre, Swords

## Cafes near MPETNS

The Chocolate Cafe, Kinsealy Garden Centre  
St Olaves Gourmet Cafe/Bistro, Kinsealy  
Applegreen Petrol Station, Kinsealy

## Recycling

Malahide beach car park	Glass, aluminum, clothing
Fingal cemetery, Balgriffin (off the Malahide road)	Glass, clothing
Clarehall shopping centre, Dublin 17	Glass
Malahide Castle car park (beside main gate on the Back Road)	Glass, aluminium, clothing
Estuary Recycling Centre, Swords (beside Swords Business Park)	All household recyclables (charges apply for certain items). <a href="http://www.fingal.ie/environment/waste-and-recycling/recycling-centres/">http://www.fingal.ie/environment/waste-and-recycling/recycling-centres/</a>
Coolmine Recycling Centre, Coolmine Industrial Estate, Dublin 15.	All household recyclables (charges apply for certain items). <a href="http://www.fingal.ie/environment/waste-and-recycling/recycling-centres/">http://www.fingal.ie/environment/waste-and-recycling/recycling-centres/</a>

Batteries can be recycled at any location that sells batteries for no charge.

If replacing electronic equipment (i.e. appliances, t.v., etc.) the old unit may be returned to the store where the new unit was purchased with no charge. They can also be recycled at the Estuary and Coolmine Recycling Centre.





If you are disposing of old computers/printers consider donating them to Camara, a registered Irish charity, that securely erases computer hard drives and reuse the computers for education of disadvantaged students around the world ([www.camara.org](http://www.camara.org)).

Charity shops such as the Oxfam, Focus Ireland and Vincents shops in Malahide village also accept donations of clothes, books, trinkets etc that are suitable for resale.

## Places to Visit

In addition to the various sites/attractions in Dublin city centre there are a number of interesting places to visit in county Dublin and the surrounding areas.

Malahide Castle	<a href="https://www.malahidecastleandgardens.ie">https://www.malahidecastleandgardens.ie</a>
Newbridge House and Farm, Donabate	<a href="http://www.newbridgehouseandfarm.com/">www.newbridgehouseandfarm.com/</a>
Ardgillan Castle, Balbriggan	<a href="http://www.ardgillancastle.ie">www.ardgillancastle.ie</a>
St Anne's Park, Clontarf	<a href="http://www.clontarf.ie/history-of-clontarf/st-annes-park">http://www.clontarf.ie/history-of-clontarf/st-annes-park</a>
Howth Village and Howth Head	<a href="http://www.discoverireland.ie/Activities-Adventure/cliff-path-loop/71514">http://www.discoverireland.ie/Activities-Adventure/cliff-path-loop/71514</a>
Newgrange, Boyne Valley, Co Meath <b>World Heritage Site</b> (5000 yr old burial ground)	<a href="http://www.newgrange.com/">http://www.newgrange.com/</a>
Dublin Zoo, Phoenix Park, Dublin	<a href="http://www.dublinzoo.ie">www.dublinzoo.ie</a>
Glendalough, Co Wicklow (glacial valley with round tower)	<a href="http://www.glendalough.ie/">www.glendalough.ie/</a>
Powerscourt Estate (waterfall & gardens), Co Wicklow	<a href="http://powerscourt.com/">http://powerscourt.com/</a>

## Useful Websites

<a href="http://www.movetofireland.com/index.htm">http://www.movetofireland.com/index.htm</a>
<a href="http://www.enjoymalahide.com/">http://www.enjoymalahide.com/</a>
<a href="http://www.malahidekids.ie/">http://www.malahidekids.ie/</a>
<a href="http://www.familyfun.ie/">http://www.familyfun.ie/</a>
<a href="http://whatsonin.ie/dublin">http://whatsonin.ie/dublin</a>
<a href="http://www.discoverireland.ie/">http://www.discoverireland.ie/</a>
<a href="http://www.failteireland.ie/">http://www.failteireland.ie/</a>
<a href="http://LovinDublin.com">http://LovinDublin.com</a>
<a href="http://www.transportforireland.ie/">http://www.transportforireland.ie/</a>

## Emergency contact numbers:

<b>For ambulance, fire brigade or police (Gardaí)</b>	<b>999 or 112</b>
<b>Malahide Garda Station</b>	<b>01-666 4600 (7:00-21:00)</b>
<b>D-Doc</b>	<b>1850 22 44 77</b>
<b>National Poisons Information Centre</b>	<b>01-8092166 (8:00-22:00)</b>
<b>Dublin Dental Hospital</b>	<b>01-612 7200</b>

