

## SLIGO REGIONAL HOSPITAL



## A GUIDE TO LIVING AND WORKING IN SLIGO



## SLIGO

The county of Sligo is also known as Yeats County. The famous poet William Butler Yeats is buried at the Drumcliffe Churchyard, under the loaf-shaped Benbulbin Mountain. The place is also considered to be the main source of inspiration by the poet, because it has beautiful sceneries and long coastlines.

Located in the west coast province of Connacht, Sligo actually translates to “the place of shells,” It is the largest town in the northwest of Ireland, and its history can be traced back to as far as 6,000 years ago.

Sligo is popular for its rich Irish history, heritage, folklore, and mythology. Almost every stone and hill in the county has its own and unique story to tell.

The magnificent mountains, winding rivers, and uneven coastline make Sligo popular among tourists and backpackers. As a striking contrast to the rugged uplands and terrains of the county, the lakes around Sligo are well-known for their very still waters and marshlands. The summit of Knocknarea is known for its imposing Neolithic cairn and is also identified by the locals as Queen Maeve’s grave. In neighbouring Carrowmore, visitors will find the largest megalithic cemetery in Ireland.

The county’s scenic coast has some excellent surfing beaches like Strandhill, Rosses Point, and Enniscrone. The Lissadell House is a good family attraction with a very beautiful beach nearby. It was once the home of Countess Markievicz. Many golf courses are also found in the county. Other activities for tourists include horse riding, cycling, fishing, and other water sports.

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

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

## Things to do in Sligo

### **Cinema**

Gaiety Cinema, Wine Street Sligo – (071) 91 62651  
[www.gaietysligo.com](http://www.gaietysligo.com)

### **Theatre**

Hawkswell Theatre  
Box Office – (071) 91 61518  
[info@hawkswell.com](mailto:info@hawkswell.com)

Blue Raincoat Theatre  
The Factory Performance Space, Lower Quay Street, Sligo  
(071) 917 0431

### **Live Music Venues**

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

Sligo has a huge array of pubs and music venues. There is live music somewhere every night of the week. There are also many musical festivals throughout the year.

### **Sport and Adventure Activities**

#### **Sligo – European Town of Sport 2014.**

Sligo was officially awarded European Town of Sport 2014 by the President of the European Capitals and Cities of Sport Federation, Mr. Gian Francesco Lupattelli.

#### **Surfing**



Sligo is well known for surfing. People travel from all around the world for a chance to surf the waters around the Atlantic Coast. What makes Sligo so popular for surfing is that it has the most consistent swell of anywhere in Europe.

#### **Strandhill Surf School**

Paul Buchanan  
Strandhill  
Sligo, Ireland  
Phone:+353 71 91 68483  
Mobile:+353 87 2870817  
Email:strandhillsurfschool@gmail.com

#### **Perfect Day – Surf and SUP School**

[Perfectdaysurfing@gmail.com](mailto:Perfectdaysurfing@gmail.com)

Phone: 087 289 7462 / 087 202 9399

## Golf Clubs

### **County Sligo Golf Club – Rosses Point**



The County Sligo Golf Club is widely regarded as one of the great championship links courses. It is located in the picturesque seaside village of Rosses Point just 8km from Sligo and known locally as “The Point”. Originally founded in 1894 as a 9 Hole course, it is now a modern 27 hole complex with spacious clubhouse and up to date facilities.

**Office:** Tel: +353 7191 77134

**Email:** [teresa@countysligogolfclub.ie](mailto:teresa@countysligogolfclub.ie)

### **Strandhill Golf Club – Strandhill**



The golf course contains 5804m of undulating fairways & unforgiving shortcuts, and we promise will be an unforgettable experience by all who play it. The par 70 course is challenging but rewarding! It also had some superb scenery to admire while playing it – as Knocknarea Mountain, Culleenamore Strand and Strandhill Beach all act as backdrops during an 18 hole round.

Phone: (071) 91 68188 Email: [bookings@sligogolfclub.com](mailto:bookings@sligogolfclub.com)

### **County Sligo Cricket Club**



071) 98 56902 / (086) 0228535

[asif\\_sligocricket@yahoo.ie](mailto:asif_sligocricket@yahoo.ie)

### **Horse Riding**

#### **Sligo Riding Centre**



Telephone – (087) 2304828

## Tubberbride



(086) 6043193  
TubberbrideStables@gmail.com  
[www.tubberbridestables.com](http://www.tubberbridestables.com)

## Markree



Markee Riding Stables, Markee Castle, Collooney,  
Co.Sligo.

Tel.: 00353 7191 30727  
Fax: 00353 7191 30727 [www.markreestables.com](http://www.markreestables.com)

## Island View Riding Stables



Moneygold, Grange, Co. Sligo  
Tel: (071) 9166156 Mob: (086) 1956615  
**Email**  
islandviewridingstables@gmail.com  
Wir sprechen Deutsch! On parle un peu de francais!

## Sligo Rugby Club



Sligo Rugby Football Club  
Hamilton Park,  
Strandhill,  
Sligo  
[www.sligorfc.ie](http://www.sligorfc.ie)

## Sligo Rovers Football Club



**Address:** Sligo Rovers FC, PO Box  
275 Sligo.

**Phone and Fax:** 071 917 1212

**E-mail :** [jane@sligrovers.com](mailto:jane@sligrovers.com)



**Sligo GAA**  
[Secretary.sligo@gaa.ie](mailto:Secretary.sligo@gaa.ie)  
Gerry O'Connor (087) 6822365

## PLACES TO VISIT

### Rosses Point



Rosses Point is located in County Sligo and is a popular seaside resort with beautiful views of Knocknarea to the south and Benbulbin to the north.

The village of Rosses Point is set against the backdrop of the spectacular Dartry mountain range and the beauty of Sligo Bay. There are restaurants and good accommodation, as well as friendly pubs. The bay is ideal for windsurfing and other watersports.

This beach has been dual awarded, achieving the International Blue Flag and Green Coast Award status 2014.

### Strandhill



Strandhill Beach is a long sandy beach approx. 7 miles from Sligo town and situated under the picturesque Knocknarea Mountain. With its wild Atlantic waves is also a very popular spot for surfers. It is said that it is one of the best places in Europe to surf. With numerous bars, cafes and restaurants, it's also the perfect spot to enjoy a pint or a bite to eat by the seaside.

During the summer months, you can enjoy beach yoga, surf and stand up paddle sessions, guided bus and walking tours around the area.

### Mullaghmore



Mullaghmore is a small fishing village and popular holiday centre. The beach is a sandy beach stretching as far as the eye can see. It is safe for swimming, windsurfing and water sports, with sheltered anchorage for small and medium craft at the harbour. It is also renowned for being a base for licensed angling/passenger boats for charter, sea angling and trips to Inishmurray Island.

### Knocknarea



The walk to the summit of the mountain takes an average of 40 to 45 minutes. Once you reach the top there lies the cairn of Queen Maeve of Connacht. The cairn is about 10 metres high and is visible for miles around. It has not been excavated, but it is thought to cover a passage tomb similar to that of Heapstown Cairn. Queen Maeve and Knocknarea Mountain are mentioned in several of Yeats' poems and are of keen interest in Irish myth. There are spectacular views around County Sligo.

### Benbulbin



Undoubtedly Ireland's most distinctive mountain, Benbulbin is sometimes referred to as Ireland's own Table Mountain. The most distinctive peak among the Dartry range, it was formed during the ice age by massive glaciers segmenting the landscape.

## Glencar Waterfall



The beautiful Glencar Waterfall and lake lies about 8 miles north of Sligo town, and about 5 miles south of Manorhamilton.

With a drop of about 50 feet, it is a small but beautiful waterfall, and was mentioned by W. B. Yeats in his famous poem “The Stolen Child.”

The waterfall is particularly impressive after a rainfall. While there are many more waterfalls that can be seen from the road in the northwest region, none are as scenic and enchanting as this one.

## Carrowmore Megalithic Cemetery



Carrowmore Megalithic Cemetery in County Sligo is the largest and one of the most important, megalithic sites in Europe. Over 60 tombs have been located by archaeologists. The oldest pre-dates Newgrange by 700 years and is older than the pyramids. Tombs are accessible and a restored cottage houses a small exhibition relating to the site. Visitors are advised to wear shoes suitable for walking on uneven terrain.

## Weather in Ireland

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 30°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.

## 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) . Seat belts are mandatory for drivers and all passengers. The use of mobile phones while driving is prohibited in Ireland.

## **ACCOMMODATION – LONG TERM AND SHORT TERM**

### **Long term Accommodation**

You can look for private rented accommodation through local newspapers –

Sligo Weekender - email

Sligo Champion – email

There are a number of Estate Agents in Sligo – a few are listed below

Sherry Fitzgerald Draper

Oates Brehony Group

DNG Flanagan Ford

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)

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.

### **Bills**

Electricity is supplied by the ESB, Bord Gais & Airtricity. For more information on setting up or transferring accounts check out [www.esb.ie](http://www.esb.ie), [www.bordgaisenergy.ie](http://www.bordgaisenergy.ie) or [www.airtricity.com](http://www.airtricity.com) .

Cable television is provided by UPC or Sky, for more information on setting up new accounts check out [www.upc.ie](http://www.upc.ie) or [www.sky.com](http://www.sky.com) . You also need a licence for a TV, costing €160 per year. Every post office in the country sells TV licences or you can purchase online. Please see [www.anpost.ie](http://www.anpost.ie)



## **Short term accommodation near the hospital**

### **Clarion Hotel /Apartments**

A 15 minute walks from the hospital – both hotel rooms and apartments.

(071) 91 19000 – [www.clarionhotelsligo.com](http://www.clarionhotelsligo.com)

### **The Glass House Hotel**

Hotel based in Sligo City Centre with rooms available.

(071) 9194300 [info@theglasshouse.ie](mailto:info@theglasshouse.ie) [www.theglasshouse.ie](http://www.theglasshouse.ie)

## **ABOUT SLIGO REGIONAL HOSPITAL**

Sligo Regional Hospital is an Acute General and Maternity Hospital, provides a range of highly specialised services extending to 250,000 people in Sligo, Leitrim, Donegal, North Roscommon West Cavan, and East Mayo. The mainstream acute services provided by SGH cover the following specialties:

Emergency Medicine, Surgery, ENT, Ophthalmology, Orthopaedics, Paediatrics, Obstetrics/Gynaecology, Medicine, Cardiology, Diabetology, Dermatology, Gastroenterology, Geriatrics, Respiratory Medicine (including Adult CF Patients), Rheumatology, Nephrology (Consultant sessions from Letterkenny General Hospital), Neurology, Oncology, Palliative Medicine, Haematology, Microbiology, Oral and Maxillofacial Surgery, Orthodontics, Pathology, Anaesthesia, Intensive Care Medicine, Pain Service and Radiology. In addition, Services in Immunology and Radiation Oncology are provided from University College Hospital, Galway with supplementary consultant in Radiation Oncology services provided from St Luke's Hospital, Dublin.

A regional Rheumatology service is based at Our Lady's Hospital, Manorhamilton (OLHM). Sligo Regional Hospital (SRH) is a teaching hospital with links to the Royal College of Surgeons, Royal College of Physicians and has the Medical Academy on site linked to the National University of Ireland Galway

A full range of clinical and non-clinical support services are provided, including Theatres, CSSD, Pharmacy, Laboratory, Clerical / Administrative, Social Work and Therapies.

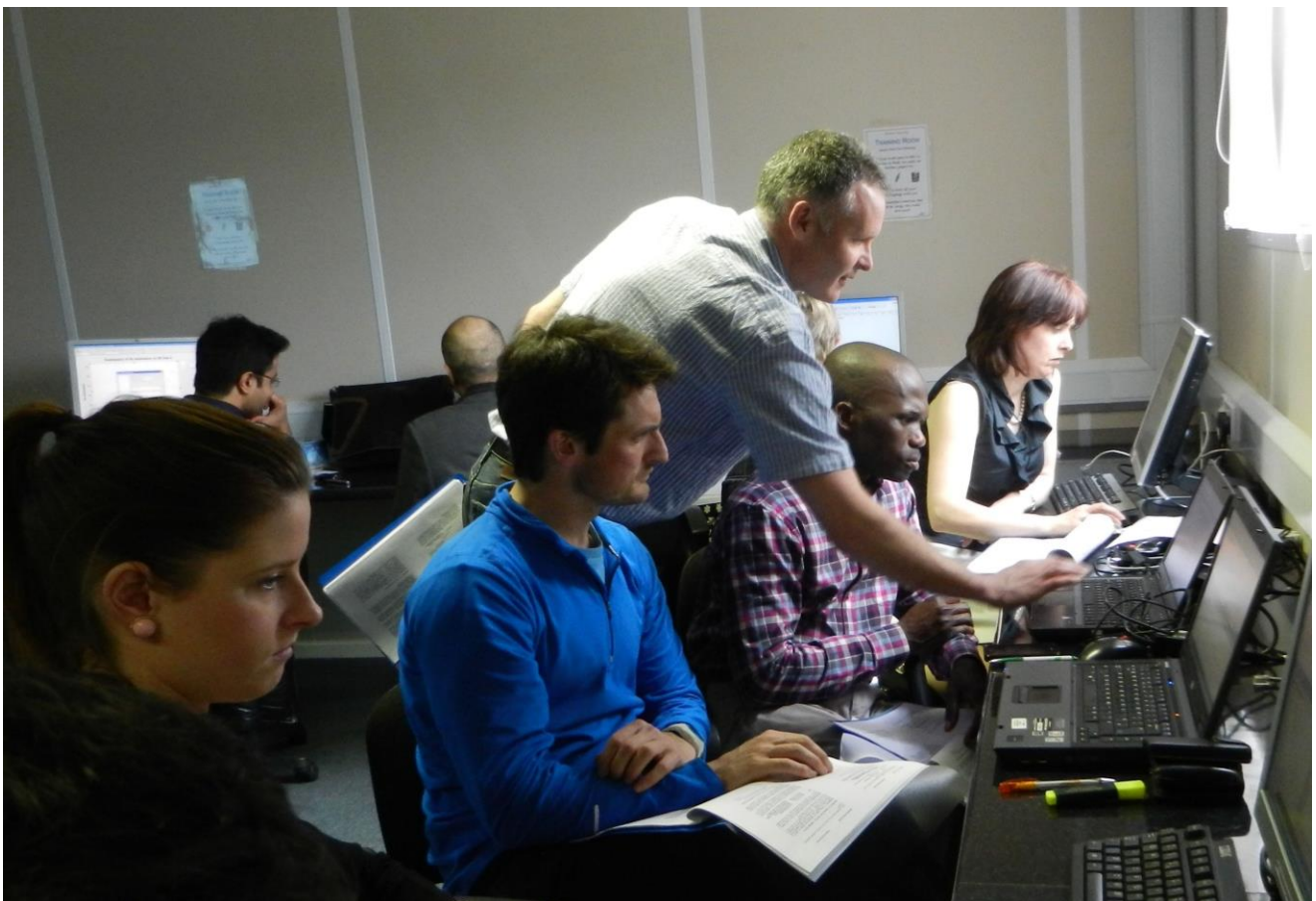
Services are provided on a regional basis with support provided to Letterkenny General Hospital and Longford in respect of ENT, Ophthalmology, Neurology and Dermatology Services.

A number of specialities provide Outpatient clinics at Community Hospitals in our catchment area.

SRH currently has a total of 318 beds.

## **Research and Education Foundation**

The Research & Education Foundation is a charity based at Sligo Regional Hospital. We work to support research and education activity at the hospital. The Foundation organises a series of health research methodology workshops on various topics, an annual research conference, public meetings on health matters and medical meetings. Each year the Foundation awards small grants for research projects involving the hospital. The Foundation can also assist in research poster design and printing and various other research support functions. The activities are open to all staff working at the hospital and most are free of charge.



**Mette Jensen, Research and Education Foundation**

**EXT 4204**

## CLINICAL AUDIT

We are very fortunate to have a Clinical Audit Support Team (CAST) in Sligo Regional Hospital it was established 15 years ago and it was the first clinical audit department in the Republic of Ireland. The Clinical Audit Support Team supports all staff through the stages of undertaking a clinical audit, literature search, sourcing audit standards, designing data collection tool, data analysis, report writing, developing an action plan from audit findings, PowerPoint presentation, poster design, abstract submissions.

Year on year there has been an increase in the numbers of audits completed. Currently we have over 80 audits at different stages of the audit cycle with 45 audits completed during 2014. All audit findings are presented at department / directorate level with staff encouraged to present audits at Regional, National and International conferences / meetings etc. Below is a sample of some of the recent conferences where audits have been presented with some being awarded prize.

- 16<sup>th</sup> Congress of the European Federation of Neurological Societies – Stockholm
- 21<sup>st</sup> European Stroke Conference – Lisbon
- 3<sup>rd</sup> National Patient Safety Conference, Croke Park, Dublin
- 14<sup>th</sup> Research Conference, Sligo Regional Hospital
- Clinical Audit Day, St. James Hospital
- 1<sup>st</sup> All Ireland Delivering Safer Care conference Belfast

A number of audit findings have been published in numerous journals.

Please contact us as below for Audit Proposal Form.

Clinical Audit Support Team

- Patricia Harte, Clinical Audit Coordinator, ext. 4255 [patriciaf.harte@hse.ie](mailto:patriciaf.harte@hse.ie)  
Mobile 086 8221766

- Mary Fitzpatrick, Clerical Support

ext. 3151 [marye.fitzpatrick@hse.ie](mailto:marye.fitzpatrick@hse.ie)

Clinical Audit, Upstairs in Flat 2 (2<sup>nd</sup> house when going out ED door)



## How to Find Sligo General Hospital

### LOCATION

Sligo Regional Hospital is situated on The Mall, Sligo. It is a 10 minute walk to the town centre.

### DIRECTIONS:

#### From Leitrim – Carrick-on-Shannon

Take N4 via Castle Baldwin to Sligo

On entering Sligo take 3rd turning continue into Wine Street. Bear left and follow one-way system into Stephen Street and The Mall (signposted Enniskillen, Manorhamilton).

#### From Donegal:

Follow N15 via to Sligo. On entering Sligo turn left at traffic lights (Feehily's on corner) into Duck Street. Continue into Ash Lane. Hospital Entrance on right.

#### From Roscommon:

Take N61 to Boyle. Follow signposts to Sligo. At T-junction turn left onto N4. Continue via Castle

Baldwin to Sligo. On entering Sligo take 3rd turning continue into Wine Street... Bear left and follow one-way system into Stephen Street and The Mall (signposted Enniskillen, Manorhamilton).

#### From Mayo:

Take N5 to Charlestown. Turn left at Market Square onto N17 to Sligo. At Ballinacarrow roundabout follow N4 to Sligo. On entering Sligo take 3rd turning right, continue into Wine Street.

Bear left and follow one-way system into Stephen Street and The Mall (signposted Enniskillen, Manorhamilton).

Sligo is also easily accessible by public transport.

#### **Trains:**

Sligo's train station is just a stroll from the city centre. It is a 3 hour trip to Dublin by rail. Find out more about train times at [www.irishrail.ie](http://www.irishrail.ie)

#### **Buses:**

You can travel to Sligo from various locations by bus. [www.buseireann.ie](http://www.buseireann.ie)

#### **Airports:**

The Hospital is within easy reach of Ireland West Airport Knock, (under 1 hour) and also Dublin airport. (under 3 hours).

For further information please see websites below:

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

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

## WORKING IN SLIGO REGIONAL 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 1<sup>st</sup> 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 who were granted Stamp 1 prior to 1<sup>st</sup> 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 registrar with your local GNIB offices. In Sligo you should contact the Sligo Garda Station.

**IMPORTANT:** You must make sure that your immigration status is kept up-to-date at all times.

## **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

### **Sligo Social Welfare office**

**Address:** Government Offices, Cranmore Road, Sligo

**Telephone:** (071) 9148200

**Fax:** (071) 9145002

**Opening Hours:** 9:30 - 16:00 (PPSN Registrations by Appointment Only)

### **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 get a letter from medical recruitment

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 your new employer deducts the right amount of tax from your pay. To ensure that this happens, you will need to do two things:

- 1) Give your employer your PPS Number (as soon as you get it). This number is your unique personal identification number for public services in Ireland. Your employer will then let your tax office know that you have started work and that they are your employer.
- 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 your employers registered number for this form that you can get from Medical Recruitment.

To ensure that your employer 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. Your employer 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, your new company and the Government. The Emergency Tax rate is 41%

## **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

## **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>



## **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 NCHD's non-clinical duties arising under this contract.

SRH 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/>

## **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 could 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 recruitment in SRH 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.

## Healthcare

### Public health care for people coming to Ireland

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 –

Voluntary Health Insurance Company

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

1890 444444

[info@vhi.ie](mailto:info@vhi.ie)

Laya Healthcare

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

1890 700 890

[info@layahealthcare.ie](mailto:info@layahealthcare.ie)

Glohealth

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

1890 781 78

[providers@glohealth.ie](mailto:providers@glohealth.ie)

Aviva

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

1890 716666

[info@avivahealth.ie](mailto:info@avivahealth.ie)

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.

### **Public Holidays**

These are the public holidays observed in Ireland;

- New Year’s Day – 1st January
- St Patrick’s Day – 17th March
- Easter Monday – this day changes every year 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

### **Education**

The Irish education system is made up of primary, second, third-level and further education. State-funded education is available at all levels, unless you choose to send your child to a private institution. The academic year in Ireland runs from September to June and is divided into three terms. Children must attend school between the ages of 6 and 16. Most students complete the Leaving Certificate (the final secondary school examination) between the ages of 17 and 19 years.

Pre-school education is usually provided by privately funded childcare facilities or providers. The Early Childhood Care and Education (ECCE) Scheme provides a free year of early childhood care and education for children of pre-school age.

### **Primary Schools**

Children start school from around the age of 4 or 5 years and move onto secondary school when they are 12 or 13 years of age. The school day starts at about 9am and ends at 3pm. The primary school cycle is 8 years long. The Irish school year for primary school children stretches from 1 September to 30 June approximately

### **Primary Schools in Sligo**

#### **Carbury N.S**

The Mall, Sligo  
(071) 9161014

E-mail: [Carbury.ias@eircom.net](mailto:Carbury.ias@eircom.net)

Web: [www.carburyschool.com](http://www.carburyschool.com)

**Scoil Ursula N.S**

Strandhill Road  
Sligo  
(071) 9162835

E-mail: [info@scoilursula.com](mailto:info@scoilursula.com)  
Web: [www.scoilursula.com](http://www.scoilursula.com)

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**Sligo School Project**

Abbeyquarter  
Sligo

(071) 9143073  
Web: [www.schoolproject.ie](http://www.schoolproject.ie)  
Email: [sligosp@eircom.net](mailto:sligosp@eircom.net)

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**Carraroe National School**

Carraroe  
Sligo  
(071) 9181234  
Email: [carraroens@gmail.com](mailto:carraroens@gmail.com)

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**St John's National School**

Temple Street  
Sligo  
(071) 9162537  
Web: [www.stjohnssligo.com](http://www.stjohnssligo.com)  
E-mail: [scoileoinnaofa.ias@eircom.net](mailto:scoileoinnaofa.ias@eircom.net)

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**Scoil Naisunta Realt na Mara**

Rosses Point  
Co Sligo  
(071) 9177251  
[www.rossespointns.scoilnet.ie](http://www.rossespointns.scoilnet.ie)

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**Scoil Asicus Naofa**

Strandhill  
Co Sligo  
(071) 9168154  
[www.strandhillnationalschool.ie](http://www.strandhillnationalschool.ie)

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A full list of the primary schools in the Sligo area can be found on [www.schooldays.ie](http://www schooldays.ie)

## **Secondary Schools**

In Ireland secondary school starts at the age of 12, and lasts three, five or optionally six years. The main types of secondary school are: community schools, comprehensive schools, vocational schools, voluntary secondary schools and gaelscoileanna (secondary schools that teach all subjects through Irish). The Junior Cycle covers the first three years of secondary school covering a broad range of subjects. After 3 years every student will take a compulsory exam called the Junior Certificate, typically a student will sit between 9 and 11 exams in the Junior Certificate. After completing the Junior Certificate, a student may continue for two years to take a second state exam, the Leaving Certificate, around the age of 17-18. Students typically take 6-8 subjects. The results of these exams will determine whether or not they will be accepted in Higher Education Institutions which they may have applied for with Leaving Certificate grades converted into numerical points based on scores in their 6 best subjects. There is an optional year in most secondary schools called transition year which some students can take after the Junior Certificate and before the Leaving Certificate, this is designed to act as a bridge between the two cycles by facilitating the smooth transition from the more dependent learning of the Junior Cycle to the more independent self-directed learning required for the Senior Cycle.

## **Secondary Schools in Sligo**

### **Sligo Grammar School**

The Mall, Sligo

(071) 91 45010

E-mail: [admin@sligogrammarschool.iol.ie](mailto:admin@sligogrammarschool.iol.ie)

Web: [www.sligogrammarschool.org](http://www.sligogrammarschool.org)

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### **Summerhill College**

College Road,

Sligo

(071) 91 60311

E-mail: [summerhillcollegesligo@eircom.net](mailto:summerhillcollegesligo@eircom.net)

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

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### **Mercy College**

Chapel Hill

Sligo

(071) 91 43476

E-mail: [mercycollegesligo@eircom.net](mailto:mercycollegesligo@eircom.net)

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

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## **Ursuline College**

Finisklin

Sligo

(071) 9161653

E-mail: [info@ursulinecollegesligo.com](mailto:info@ursulinecollegesligo.com)

Web: [www.ursulinecollegesligo.com](http://www.ursulinecollegesligo.com)

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## **Ballinode College**

Ballinode Community College, Clarion Road, Sligo

Phone: 071 9145480

Email: [ballinodecollege@msletb.ie](mailto:ballinodecollege@msletb.ie)

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

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A full list of the secondary schools in the Sligo area can be found on [www.schooldays.ie](http://www schooldays.ie)

## **Third level education**

If you wish to enrol a child into a third-level college you will need to explore the full range of options available to you. The third-level education sector in Ireland consists of universities, institutes of technology, and colleges of education collectively known as Higher Education Institutions (HEI's). Entrance to third-level education in Ireland is generally decided by competition. Generally applications for under-graduate degrees are made through the Central Applications Office (CAO). Education in Ireland is free at all levels for students applying within the EU, including college (university). Most colleges charge an annual student contribution (up to €2,800) which students are required to pay on registration; this fee covers examinations, insurance and registration costs.

## **Third Level Institutes in Sligo**



Ash Lane, Sligo

353 (0)71-9305222

353 (0)71-9160475 (fax)

[Info@itsligo.ie](mailto:Info@itsligo.ie)