

**Galway Rural
Development Co. Ltd.**



Parenting Alone

**Information, guidance and advice
on services and supports for
lone parents in Galway County**

Introduction

Galway Rural Development has produced this booklet as part of the SICAP Programme to provide information, guidance and advice on services and supports for lone parents in Galway County. If you are parenting alone, this booklet is designed to assist you with information on financial benefits, housing, education and other forms of support. This booklet is a guide only and you may need to seek further information from other organisations listed throughout.



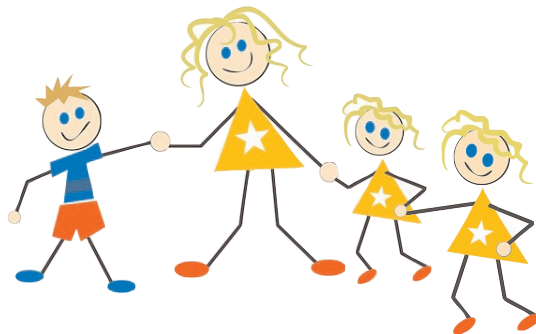
Income During Pregnancy

If you are unemployed

- 1 Firstly, you need to get in touch with your Local Social Welfare Office or Intreo Centre and see what you may be entitled to, for example you may be entitled to Jobseeker's Allowance or Jobseeker's Benefit
- 2 Make sure to bring relevant documents with you such as a birth certificate and form of Identification i.e a passport with you.

You should also apply to your Local Intreo Office as you may be entitled to the following:

- Supplementary Welfare Allowance
- Medical Card/G.P Visit Card
- Rent Supplement
- Once of payment for exceptional expenses



Maternity Leave

You may be eligible to claim maternity benefit if you have paid enough Social Insurance Contributions. However, you must first apply for Maternity Benefit at least 6 weeks before you intend to go on Maternity leave. Female employees may be entitled to Health and Safety Benefit Leave during pregnancy if there is a risk while at work and your employer finds it difficult to remove the safety risk or give you alternative risk - free duties.

All female workers in Ireland, no matter how long they are working are entitled to take maternity leave for a period of 26 weeks. At least two weeks must be taken before the end of the week of your baby's expected birth and at least four weeks taken after. During Maternity Leave you are entitled to apply for an additional 16 weeks unpaid maternity leave. If a mother dies within 40 weeks of the birth, the father is entitled to maternity leave from his work.

Maternity Benefit

Maternity Benefit has increased to €235 per week since March 2017.

Would I be eligible?

You need to have paid a certain amount of PRSI payments to qualify for this benefit.

How do I apply?

To apply, you need to fill out the Maternity Benefit form and send it to this address:

Department of Social Protection,

McCarter's Road, Buncrana, Donegal, Ireland.

Telephone: 01 471 5898 **LoCall :**1890 690 690



If you are calling from outside the Republic of Ireland please call: +353 1 471 5898

Paternity Leave and Paternity Benefit

New entitlements to Paternity leave and Paternity Benefit became available from September 1st 2016.

Paternity Benefit has now increased to €235 per week since March 2017.

Paternity Leave

Introduction

Since September 1st 2016, new parents (*other than the mother of the child*) are entitled to receive paternity leave from employment or self-employment after the birth or adoption of a child. The Paternity Leave and Benefit Act 2016 offers statutory paternity leave of 2 weeks. The provisions do however apply to births and adoptions on or after 1 September 2016. Paternity leave can be taken at any time within the first 6 months after the birth or adoption placement of the child/children.

How do I apply?

To apply, you need to fill out the Paternity Benefit form and return it to the following address:

Department of Social Protection

McCarter's Road, Buncrana, Donegal, Ireland.

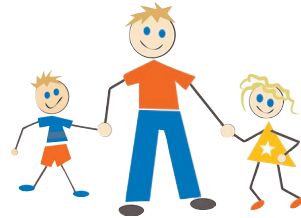
Telephone: 01 471 5898 **LoCall:** 1890 690 690



If you are calling from outside the Republic of Ireland please call +353 1 471 5898

Parental Leave

- Each parent is also entitled to unpaid parental leave for a maximum of 18 weeks for each child. This parental leave must however be taken before the child reaches the age of 8 years old and discussed with your former employer on how the leave will be taken.
- For more information on benefits see: www.welfare.ie
- For more information on Parental Leave see: www.workplacerelements.ie



Child Benefit

What is it?

Child benefit is a payment of €140 per month per child that can be claimed by parents or guardians of children under 16 years old, or under 18 years old only if the child is in full-time education, Youthreach, or has a disability.

Would I be eligible?

Yes. In Ireland most parents and guardians of children are entitled to receive Child Benefit no matter how much they earn.

How do I apply?

If your baby is born in Ireland, the Department of Social Protection will start the Child Benefit claim straight away on your behalf, however you must register the birth of your new born baby first.

The child benefit section will then send you a form to complete and return to them. Child benefit is collected once every month at your local post office.



The Early Childhood Care and Education Scheme

What is it?

The Early Childhood Care and Education Scheme (ECCE) is a scheme that provides two years of free early childhood care and education for pre-school children before they start primary school. This scheme is open to all children in Ireland from the age of 3 years and 5 years six months until they begin primary school. Your child will usually attend the free pre-school for 3 hours a day, 5 days a week throughout the school term.

How do I apply?

Firstly, you will need to get in touch with pre-school services near you. The Galway City and County Childcare Committee can inform you with a list of pre-school services in Galway City and County. You will need to have a copy of your child's birth certificate or passport and PPS number to apply in the childcare service you have opted for your child.

Every parent of a pre-school child is entitled to avail of the ECCE Scheme whether they are employed or unemployed.



The Galway City and County Childcare Committee (GCCCC) informs parents/guardians of suitable childcare services/childminders available for you and your child in Galway City and County.

For further information relating to this you can contact:

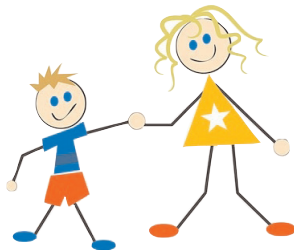
The Galway City and County Childcare Committee
on 091 752039
or search their website at www.galwaychildcare.com

HSE Service for Your Child/Children's Health and Wellbeing

The Health Service Executive (HSE) provides health supports and services to children, parents and families all over Ireland. At your Local Health Centre you can avail of GP services (*including immunisation, which protects your child against certain diseases and these vaccinations are free from your local doctor*). You can also receive supports from social workers, public health nurses, community welfare and child and family health services from the Health Service Executive. Other advice and guidance regarding health can be obtained from the HSE's website www.hse.ie or you can contact the HSE phone line on **1850 24 1850**.

The Public Health Nursing Service supports the health and development of newborn babies in Ireland by calling to the home of the new born baby and mother where checkups such as weighing the baby, the heel test and assessing the baby's development are carried out. A medical checkup is also carried out on the Mother of the child while also providing information, guidance and support to both parents.

The Community Welfare Service Officers can offer guidance and support on the Supplementary Welfare Allowance Scheme.



GP Visit Cards for Children Under the Age of 6 Years Old

The Under Six Scheme entitles children under the age of 6 to free visits to their GP.

The GP Visit Card for children under 6 also covers specific assessments at age 2 and 5 and care for children with asthma.

These assessments include preventive checks such as charting age, weight and height and follow-up checks.

For example, Asthma checks will assess your child's asthma and review their medications, while providing information on managing your child's asthma with preventative measures such as using the inhaler correctly etc. A written plan will also be drawn up and given to you to help you manage your child's asthma. The initial check takes place when asthma is diagnosed in a child over 2 years of age, followed by another check in the following 3 months and then annually until the child reaches the age of 6.

All children under the age of 6 and who reside or intend to live in Ireland for at least 1 year or are eligible for the Scheme.

Your child will be included in this scheme until the end of the month of your child's 6th birthday. The valid date of the GP Visit Card is displayed on the card. You will be notified approximately 3 months before it is due to expire.

The card covers free GP visits, including home visits and out of hours, urgent GP care.

If your child is a medical card holder, there is no need to register them for inclusion in this scheme while they continue to be eligible for a medical card. You should however register your child/children under 6 for the GP Visit cards if your family circumstances change down the line and your family is no longer eligible for medical cards.

How to apply?

If you have any queries before registering, you can phone
Lo-call 1890 252 919.



To register, you will need the following:

- Your Personal Public Service (PPS) Number
- The PPS Number of each child
- Your choice of participating GP

You are sent your child's PPS Number after registering their birth. If you do not have a PPS Number for your child, contact Client Identity Services in the Department of Social Protection

on **Lo-call 1890 927 999** or **Email cis@welfare.ie**.

If you do not have a PPS Number and your baby is under 2 months old, you can register by leaving the PPS Number blank and the HSE will write to you separately to get it.

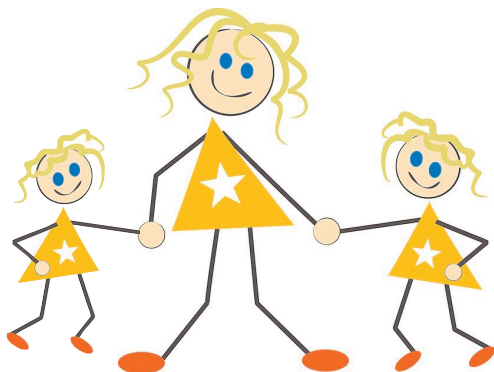
You will need to check if your local GP accepts online registration forms. If they do, you can apply online at gpvisitcard.ie. If a GP doesn't accept online registrations, or if you prefer to use a paper form, you can download the GP Visit Card Under 6s Registration Form, bring it to your GP to sign, and then post to the following address:

GP Visit Card – Under 6's
PO Box 12629
Dublin 11

Medical Cards are allocated to people whose income is very low to help them avail of access to supports such as GP services, community health services, prescription medicine costs and hospital care. Information on eligibility may be accessed from the medicalcard.ie website or alternatively you can apply online for a medical card at **www.medicalcard.ie**. Application forms can also be obtained from your Local Health Office, Social Welfare Office and the Citizen's Information Centre. If you are unsuccessful you are then automatically assessed for a GP Visit Card which you may be entitled to. A GP Visit Card entitles individuals and families to attend an appointment with their family doctor free of charge however the cost of prescriptions is not covered with the GP Visit Card. A medical card may also be granted on grounds of hardship where a medical condition exists within a family.

Social Work Services also provide a range of childcare and family services to parents and families in Ireland. The contact number for Galway is **091 546370** or the Ballinasloe Area is **090 9642447**.

Family Support Services also provide community based and in home family support services. For further information and guidance please contact the HSE on **091 548496**.



One Parent Family Payment (OPF)

What is it?

If you are expecting your first child, you will not be entitled to the One Parent Family Payment (OPFP) until your child is born. Therefore, you should complete the One Parent Family Payment forms straight after the birth of your child as it may take some time for the claim to be processed.

Would I be eligible?

To get the full payment

- Have at least one child under the age of 7 years old.
- Be the main Carer of your child/children.
- Not be cohabiting.
- Satisfy the means test and satisfy the Habitual Residence Condition.

Habitual Residence means you have proven close links to Ireland or other parts of the Common Travel Area:

- ☞ Length and continuity of residence in Ireland or elsewhere
- ☞ The length and purpose of any absence from Ireland
- ☞ Nature and pattern of employment
- ☞ Main Centre of interest
- ☞ Future intentions

The Common Travel Area is Ireland, Great Britain, the Channel Islands and the Isle of Man.

The Maximum Rate of One Parent Family Payment per week for a parent plus one child has increased to €222.80 from March 2017.

How do I apply?

You need to fill in the One Parent Family Payment form and return it to your Local Intreo or Social Welfare Office. If you are single, you should apply within the first 3 months of the birth of your baby.



If you are separated, divorced or no longer in a civil partnership, you should apply within 6 months of the date you separated from your spouse or civil partner. You must be separated for at least 3 months before you can apply for this benefit.

Family Income Supplement

What is FIS?

Family Income Supplement (*or FIS*) is a weekly social welfare payment for parents, who are employed but do not earn a high income. You may qualify for this payment if you are working at least 19 hours a week on a low income.

Would I be eligible?

You must have at least one financially dependent child under the age of 18 years old and your earnings must be under a certain payment. You must also be in employment for at least 19 hours every week and your work needs to be likely to last at least another 3 months.

How do I apply?

You cannot receive FIS if you are:

- ☒ receiving Jobseeker's Benefit or Jobseeker's Allowance,
- ☒ participating in a Community Employment Scheme,
- ☒ participating in a Rural Social Scheme,
- ☒ participating in the Tús Scheme, or
- ☒ participating in JobBridge.



You can however still avail of the Family Income Supplement if you are receiving the following benefits:

- ☒ One-parent family payment,
- ☒ Maternity benefit,
- ☒ Back to school clothing and footwear allowance, or
- ☒ Back to work family dividend.

To apply, you need to complete the Family Income Supplement form and post it to the following address:

**Department of Social Protection,
Social Welfare Services Office,
Government Buildings, Ballinalee Road,
Longford, Ireland.**

You can also access a copy of this form at your local Social Welfare or Intreo Office.

Jobseeker's Benefit and Jobseeker's Allowance

What is it?

Jobseeker's Allowance and Jobseeker's Benefit are social welfare payments for people who are unemployed. The payment you will receive does depend on how long you were employed or unemployed in the workforce.

Would I be eligible?

To get either payment you must however:

- Be over the age of 18 years old,
- Be unemployed,
- Be available for and genuinely seeking employment,
- Satisfy a Means Test,
- Meet the Habitual Residence Condition, or
- Have previously left school at least 3 months ago.

How do I apply?

You should apply for Jobseeker's Benefit on the very first day you become unemployed. You need to complete a Jobseeker's Benefit form and bring it to your local social welfare office.



Jobseeker's Transitional Payment (JST)

What is JST?

The Jobseeker's Allowance Scheme supports parents of young children into employment.

It is very similar to the Jobseeker's Allowance Benefit, but is also different in various ways:

- You do not need to be available for and genuinely seeking full-time employment. This is to allow you time to care for your child/children.
- You can participate in an educational/training course and still receive the Jobseeker's Transitional Payment.
- You do not have to be fully unemployed for 4 out of 7 days. This means that you could work part-time for 5 days and still receive a payment.
- You cannot, however cohabit with another person while you are claiming Jobseeker's Transitional Payment.

Am I eligible?

To receive Jobseeker's Transitional Payment.

- You must not be cohabiting with your partner.
- Your youngest child must be aged between 7 and 13 years old.
- You must pass a means test. In order to do this your income must be below a certain amount. If you are aged 24 years or under and living with your parents, some of their income will also be considered when processing the claim.

How do I apply?

To apply, you need to fill in the Jobseeker's Transitional Payment form at your Local Social Welfare Office or Intreo Office.



Back to Education Allowance

What is it?

Back to Education Allowance is a scheme available to lone parents or people on certain social welfare payments who aim to go back to education/further training.

If you are in Secondary School:

- ☞ You can still receive the One-Parent Family Payment.
- ☞ Link in with your Secondary School early in your pregnancy to see if you could also benefit from the Home Tuition Scheme. Under this Scheme Students can also be supported with home tuition on maternity related absences.

Information can be retrieved from the following website:

www.education.ie/en/Parents/Services

If you have already left Secondary School:

If you have left Secondary School or hope to return to Education to complete the Junior and Leaving Cert Certificate in a Secondary School, or to attend a community, comprehensive or vocational school then you can change from the One Family Parent Payment to the Back to Education Allowance Payment. However, you must have been receiving the One Family Parent Payment for at least three months or more. In the case of third level courses, you can only transfer to the Back to Education Allowance if you have been in receipt of the One Family Parent Payment for at least 9 months or more. The Back to Education Allowance will also entitle you to keep your Medical Card/ G.P Visit card and Rent Supplement. To qualify for the BTEA you must be at least 18 years of age or over and at least two years out of education for those over 21 years of age.

How do I apply?

When you receive notification that you have been accepted into a course, you should fill out the Back to Education Allowance form and return it your local social welfare office. You will also need to get written confirmation from the college registrar or admissions office that you are registered as a full time student. You must apply before you begin your course.

From September 2017 a new €500 annual Cost of Education Allowance will be available for parents in receipt of Back to Education Allowance.

You can access the information and download the application form on www.welfare.ie or contact your local **Intreo Office**.

Vocational Training Opportunities Scheme (VTOS)

The Vocational Training Opportunities Scheme is also open to persons over the age of 21 years old and who are in receipt of the One Family Parent payment for six months or more. There are no fees required to complete this training and books are free plus you may also be entitled to a small travel allowance and a free childcare place. There are several courses available and can be found on www.qualifax.ie

Youthreach

There might also be a Youthreach Centre in your area or nearby. Here specific training courses and practical skills are carried out in the Centre. You can also complete FETAC courses, the Junior Certificate and Leaving Certificate Curriculum at your local Youthreach Centre.

You can contact your Local Employment Service office for details of training courses or community employment schemes.

Check out www.localemploymentservices.ie or www.solas.ie for further Information on training courses.

Rent Supplement

What is it?

Rent supplement will only be provided if the accommodation is suitable for your needs and the rent is at or below the rent limit set for your area.

Would I be eligible?

To qualify for Rent Supplement, you must:

- Be living in accommodation for homeless people for the past six months, or
- Have rented privately for 6 out of the previous 12 months and due to a change in circumstances can no longer afford the rent, or
- Be assessed by a local authority as 'in need of social housing'.
- You must also satisfy the habitual residence condition.

You cannot avail of the Rent Supplement if you:

- Are employed for 30 hours a week or more,
- Are living in the family home,
- Are in full-time education (*except if you're involved in the Back To Education Programme, or a Momentum programme*),
- Have refused a second offer of accommodation made by your local authority, or
- Have been excluded from social housing because of anti-social behaviour.

In the situation where you are employed for more than 30 hours a week you will not be entitled to Rent Supplement. However, if you are employed and you have been accepted as being in need of accommodation under the Rental Accommodation Scheme by your local authority, you may be entitled to keep your rent supplement (*provided you have been unemployed or not engaged in full-time employment for at least 12 months before you commence employment*).

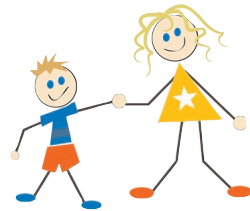
How do I apply?

You need to complete the Rent Supplement form and return it to the Department of Social Protection's Representative at your local health centre. You will also need to bring relevant documents with you and your landlord needs to complete out certain sections of the form, and your local authority needs to complete the other parts of the form.

Appealing a Decision

If you are unhappy with the decision made in relation to Rent Supplement, you should enquire why the decision was made and then you can appeal if you are still not satisfied.

For further information log onto www.welfare.ie

Social Housing**What is it?**

This is housing or flats provided to people who are not in a financial position to buy or rent their own homes. There can be a very long waiting list to get Social Housing so make sure that you apply straight away.

Would I be eligible?

Your income must come under a certain amount to qualify and this amount varies depending on where you live. You also need to prove that you cannot seek suitable alternative accommodation.

How do I apply?

You need to apply directly to your local authority i.e Galway County Council or Galway City Council.

Income Tax /Universal Social Charge

Tax credits can be claimed back to a maximum of four years. Maternity benefit is taxable and One Parent Family Allowance is taxable. The Family Income Supplement Payment is not taxable.

Universal Social Charge

A Universal Social charge will be deducted from your income if you earn €13,000 or more. If your income is less than €13,000 then you will be exempt from paying the Universal Social Charge.

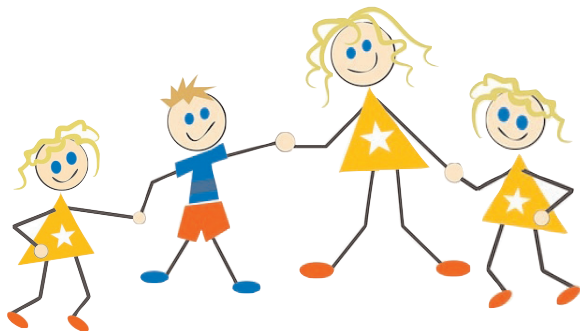
Standard Rates of USC in 2017

0.5 % all income up to €12,012

2.5% income between €12,012.01 and €18,772

5% income between €18,772.01 and €70,044

8% income above €70,044



Back to School Clothing and Footwear Allowance

What is it?

The Back to School Clothing and Footwear Allowance assists parents with the cost of school uniforms and footwear for your child/children.

Would I be eligible?

To receive this payment your child or children must be between the ages of 4 and 17 years old on or before 30 September of the year you apply or aged between 18 and 22 years old on or before 30 September if they are still attending a second-level education.

You must also be:

- ✎ Receiving certain social welfare payments, or
- ✎ Participating in certain employment schemes, or
- ✎ Taking part in a certified education or training course, or
- ✎ Attending a SOLAS, Fáilte Ireland or LES training scheme.

How do I apply?

In 2015, the scheme was open for applications between 1 June to 30 September. Some people will get the Allowance automatically without having to complete a form. Once everyone who qualifies automatically has been contacted by the Department of Social Protection (*usually in mid-June*) application forms will be available for those that need to apply period of time after they go back to their employment.

Would I be eligible?

Parents who are coming off their main social welfare payment (*Jobseeker's Allowance/Benefit or One-Parent Family Payment*) and going into employment or self-employment are eligible.

How do I apply?

You need to complete the Back to School Clothing and Footwear Allowance form and return it to your local social welfare office.



Other Routes to Information

Citizens Information is also available to lone parents and families. This service provides useful information regarding financial assistance, housing, education, employment etc.

You can contact by phone through the Citizens Information Phone Service: **0761 07 4000**, Monday to Friday, 9am - 8pm.

In person by calling to a Citizens Information Centre near you.

The Citizens Information Phone service and Citizens Information Centres are funded and supported by the Citizens Information Board.

They provide free, confidential, independent and impartial information to all.

The Citizens Information Board also produces a number of publications about your rights and entitlements.



Useful Organisations and Services in Galway City and County

Galway City Council

City Hall College Road, Galway.
Tel: 091 536400 www.galwaycity.ie

Galway County Council

Áras an Chontae,
Prospect Hill, Galway.
Tel: 091 509000 www.galway.ie

Galway City Partnership

3 The Plaza,
Headford Road, Galway.
Tel: 091 773468 www.gcp.ie

Galway Rural Development Company

Mellows Campus,
Athenry, Co. Galway.
Tel: 091 844335 www.grd.ie

Forum Connemara

Letterfrack, Connemara, Co. Galway.
Tel: 095 41116
www.forumconnemara.ie

Meitheal Forbartha na Gaeltachta

Páirc Gnó Shailearna, Na hAille,
Indreabhán, Co. na Gaillimhe.
Tel: 091 593410
Ionad Fiontair, Ros Muc,
Co. na Gaillimhe.
Tel: 091 574353

Galway Traveller Movement

1 The Plaza,
Headford Road, Galway.
Tel: 091 765390 www.gtmtrav.ie

Galway Citizen Information Centre

St. Augustine Street, Galway.
Tel: 091 563344
www.galwaycic.ie /
www.citizensinformation.ie

Citizens Information Centre Rosmuc

(Service in the Irish Language)
Rosmuc, Co. na Gaillimhe.
Tel: 0761 077 730

Galway Peoples' Resource Centre

St. Clare Walk, Hynes Building,
Merchants Road, Galway.
Tel: 091 564822 / 091 562688

Galway Transport Unit

www.galwaytransport.ie

Monetary Supports Department of Social Protection

Social Welfare Office,
Hynes Building,
St. Augustine Street,
Galway.
Tel: 091 500800 www.welfare.ie

MABS,

Money, Advice & Budgeting Service (*Free*)

Offices located in
Galway City, Loughrea and Tuam.
Tel: 1890 283 438 www.mabs.ie

Community Supports and Services - Parenting

Your Local Family Resource Centre or Community Centre will be able to give you a list of groups, supports and services available in your area. Otherwise your local Area Partnership Company may assist you in your enquiries.

Treoir

Tel: 1890 252 084 www.treoir.ie

One Family

Tel: 1890 66 22 12 www.onefamily.ie

Galway Family Planning Clinic

St. Augustine Street,
Galway.
Tel: 091 562992

HSE Infoline

Tel: 1850 24 1850 www.hse.ie

HSE Department of Public Health

Merlin Park,
Galway.
Tel: 091 775200

Galway University Hospital

Newcastle Road,
Galway.
Tel: 091 544544

Galway Local Health Office

Community Services,
25 Newcastle Road,
Galway.
Tel: 091 523122

Teen Parents Support Programme

Social Work Dept.,
University College Hospital,
Newcastle Road,
Galway.
Tel: 091 544960

Childcare Galway City and County Childcare Committee

9b Liosban Retail Centre,
Tuam Road,
Galway.
Tel: 091 752039
www.galwaychildcare.com

County Galway and Roscommon Education and Training Board

Coiléar Bán,
Athenry,
Co. Galway.
Tel: 091 874500 info@gretb.ie

Galway City Community Training Centre

Liosban Retail Centre,
Tuam Road,
Galway.
Tel: 091 753849

Community Supports and Services - Parenting continued...

**Solas Tuam Employment
Services Office**
High Street,
Tuam,
Co. Galway.
Tel: 093 28066 / 093 28067

GRETB Training Centre
Mervue Business Park,
Monivea Road,
Mervue,
Galway.
Tel: 091 706208

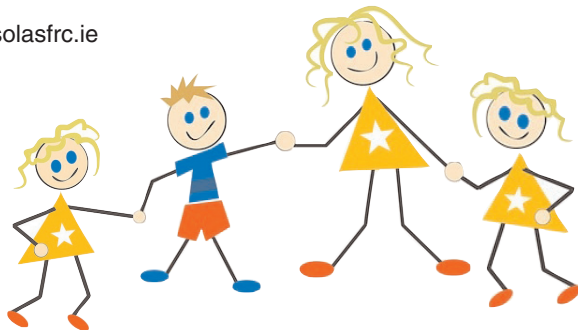
Togáil Local Training Initiative
St. Patrick's Hall,
The Fairgreen,
Galway.
Mobile: 085 8156792
Email: ltitogail@eircom.net
Facebook: Togail Local Training
Initiative
Website: <http://www.togail.ie>

Solas Family Resource Centre
Main Street,
Headford,
Co. Galway.
Tel: 093 36446
Email: coordinator@solasfrc.ie

Loughrea Family Resource Centre
Pigott's Street,
Loughrea,
Co. Galway.
Tel: 091 871 149
Email: coordinator@loughreafamilyresourcecentre.ie

Gort Family Resource Centre
Church Street,
Gort,
Co. Galway.
Tel: 091 630 902
Email: coordinator@gortfrc.com

**Youth Work Ireland
Galway Regional Office**
41/43 Prospect Hill,
Galway.
Email: info@youthworkgalway.ie
Tel: 091 561637
Fax: 091 533643



Information in booklet accessed from these websites:

www.welfare.ie

www.hse.ie

www.citizensinformation.ie

www.galwaychildcare.com

www.treoir.ie

www.galwaycitycouncil.ie

www.spunout.ie

www.galwaycountycouncil.ie

www.localemploymentservices.ie

www.gcp.ie

www.workplacerealtions.ie

www.gtmtrav.ie

www.qualifax.ie

Notes

D'fhoilsigh Forbairt Tuaithe na Gaillimhe



Tuismitheoireacht Aonair

**Eolas, treoir agus comhairle
a chur ar fáil maidir le seirbhísí
agus tacaíochtaí do thuismitheoirí aonair
i gContae na Gaillimhe**

Réamhrá

D'fhoilsigh Forbairt Tuaithe na Gaillimhe an leabhrán seo mar chuid den Chlár SICAP chun eolas, treoir agus comhairle a chur ar fáil maidir le seirbhísí agus tacaíochtaí do thuismitheoirí aonair i gContae na Gaillimhe. Más thuismitheoir aonair tú, tá an leabhrán seo leagtha amach chun cabhrú leat le eolas a thabhairt duit faoi shochair airgeadais, tithíocht, oideachas agus cineálacha eile tacaíochta. Níl sa leabhrán seo ach treoir agus b'fhéidir go mbeadh ort tuilleadh heolais a fháil ó eagraíochtaí eile atá liostaithe ar fud an leabhráin.



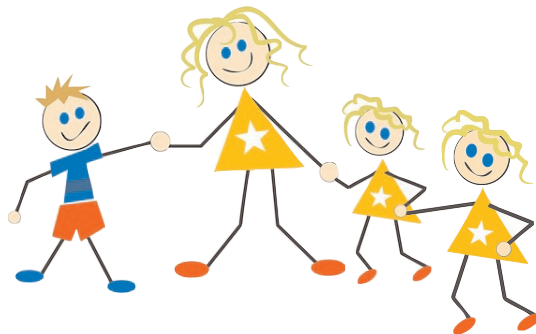
Ioncam le Linn Toirchis

Má tá tú dífhostaithe

- 1 I dtosach báire, ní mór duit teagmháil a dhéanamh le d'oifig leasa shóisialaigh nó le Ionad Intreo áitiúil lena fháil amach cé leis a bhfuil tú i dteideal, mar shampla Liúntas Cuardaitheora Poist nó Sochar Cuardaitheora Poist.
- 2 Bí cinnte go dtabharfaidh tú doiciméid ábhartha leat ar nós teastas breithe agus aitheantas i.e pas.

Ba cheart duit iarratas a dhéanamh chomh maith chuig an Oifig Intreo áitiúil mar d'fhéadfá a bheith i dteideal an méid seo a leanas:

- Liúntas Leasa Forlántach
- Cárta Liachta/Cárta Cuairt Dochtúra
- Forlónadh Cíosa
- Íocaíocht aonuaire i leith caiteachas eisceachtúil



Saoire Mháithreachais

D'fhéadfá a bheith i dteideal sochar máithreachais a éileamh má tá do dhóthain Ranníocaíochtaí Árachais Shóisialta íoctha agat. Ní mór duit, áfach, iarratas a dhéanamh ar dtús ar Shochar Máithreachais ar a laghad 6 seachtaine sula mbeartaíonn tú dul ar shaoire mháithreachais. Le linn toirchis d'fhéadfadh fostaithe mná a bheith i dteideal Saoire Shochar Sláinte agus Sábháilteachta sa chás go mbeadh baol ag baint le bheith ag obair agus go bhfaigheann d'fhostóir deacair é an riosca sábháilteachta a bhaint nó dualgais mhalartacha saor ó bhaol a thabhairt duit.

Tá gach oibrí mná in Éirinn, is cuma cén t-achar atá siad ag obair san ionad oibre, i dteideal saoire mháithreachais a thógáil ar feadh tréimhse 26 seachtaine. Ní mór coicís ar a laghad a thógáil roimh dheireadh na seachtaine a bhfuil súil le breith do linbh agus ceithre seachtaine ar a laghad ina dhiaidh. Féadfaidh tú iarratas a dhéanamh ar 16 seachtaine breise saoire máithreachais gan pá chomh maith. Sa chás go bhfaigheadh máthair bás taobh istigh de 40 seachtaine ón mbreith, tá an t-athair i dteideal saoire mháithreachais ón obair.

Sochar Máithreachais

Tá méadú go dtí €235 in aghaidh na seachtaine tagtha ar shaoire mháithreachais ó mhí an Mhárta 2017.

An mbeinn incháilithe?

Ní mór duit méid áirithe íocaíochtaí ÁSPC a bheith íoctha agat le bheith i dteideal an tsochair seo.

Conas a dhéantar iarratas?

Chun iarratas a dhéanamh, ní mór duit foirm Shochar Máithreachais a chomhlánú agus a sheoladh chuig an seoladh seo:

An Roinn Coimirce Sóisialaí, Bóthar Mhic Artúir, Bun Cranncha,

Dún na nGall, Éire. Teileafón: (01) 471 5898 Íosghlao: 1890 690 690

Má tá tú ag glaach ó áit lasmuigh de Phoblacht na hÉireann, glaigh ar: +353 1 471 5898



Saoire Atharthachta agus Sochar Atharthachta

Tháinig teidlíochtaí nua ar Shaoire Atharthachta agus ar Shochar Atharthachta i bhfeidhm ón 1ú Meán Fómhair 2016.

Tá méadú go dtí €235 in aghaidh na seachtaine tagtha ar shaoire atharthachta ó mhí an Mhárta 2017.

Saoire Atharthachta

Réamhrá

Ón 1 Meán Fómhair 2016 ar aghaidh, tá aithreacha i dteideal saoire atharthachta a thógáil ó fhostaíocht nó ó fhéinfhostaíocht i ndiaidh breith linbh nó i ndiaidh leanbh a uchtú. FaoinAcht um Shaoire agus Sochar Atharthachta, 2016 leithroinntear saoire atharthachta reachtúil coicíse. Baineann na forálacha sin le breitheanna agus uchtálacha an 1 Meán Fómhair, 2016 nó ina dhiaidh sin. Is féidir saoire atharthachta a thógáil am ar bith sna chéad 6 mhí i ndiaidh breith linbh/leanaí nó i ndiaidh leanbh/leanaí a uchtú.

Conas a dhéantar iarratas?

Chun iarratas a dhéanamh, ní mór duit foirm Sochar Atharthachta a chomhlánú agus a sheoladh chuig an seoladh seo:

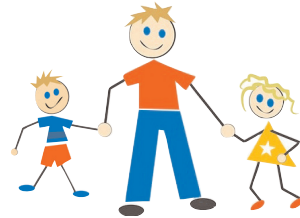
**An Roinn Coimirce Sóisialaí, Bóthar Mhic Artúir, Bun Cranncha,
Dún na nGall, Éire. Teileafón: (01) 471 5898 Íosghlao: 1890 690 690**



Má tá tú ag glaoch ó áit lasmuigh de Phoblacht na hÉireann, glaoigh ar +353 1 471 5898

Saoire do Thuismitheoirí

- Tá gach tuismitheoir i dteideal saoire do thuismitheoirí ar feadh uasmhéid 18 seachtaine i leith gach linbh. Ní mór an tsaoire do thuismitheoirí seo a thógáil sula sroicheadh an leanbh 8 mbliana d'aois agus í a bheith pléite le d'iarhostóir faoin mbealach ar chóir an tsaoire a thógáil.
- Chun tuilleadh eolais a fháil maidir le sochair, féach: www.welfare.ie
- Chun tuilleadh eolais maidir le Saoire do Thuismitheoirí, féach: www.workplacerelations.ie



Sochar Linbh

Cad é féin?

Is éard é Sochar Linbh ná íocaíocht €140 in aghaidh na míosa in aghaidh gach linbh ar féidir le tuismitheoirí nó caomhnóirí leanaí atá faoi 16 bliana d'aois, nó faoi 18 mbliana d'aois a éileamh má bhíonn an leanbh in oideachas lánaimseartha, ar chúrsa Ógtheagmhála, nó faoi mhíchumas.

An mbeinn incháilithe?

Bheifeá. In Éirinn tá formhór tuismitheoirí agus caomhnóirí leanaí i dteideal Sochar Linbh a fháil is cuma cé mhéid a thuilleann siad.

Conas a dhéantar iarratas?

Más in Éirinn a rugadh do leanbh, cuirfidh an Roinn Coimirce Sóisialaí tús leis an éileamh láithreach ar do shon ach ní mór duit breith do linbh nuabheirthe a chlárú ar dtús. Seolfaidh an rannóg sochair linbh foirm chugat a bheidh le comhlánú agus le seoladh ar ais chuici. Is féidir sochar linbh a bhailiú uair sa mhí ó d'oifig phoist áitiúil.



An Scéim um Chúram agus Oideachas na Luath-Óige

Cad é féin?

Is scéim í an Scéim um Chúram agus Oideachas na Luath-Óige (ECCE) faoin a gcuirtear cúram agus oideachas luath-óige ar fáil ar feadh dhá bhliain do leanaí atá in aois réamhscolaíochta sula dtosaíonn siad ag an mbunscoil. Tá an scéim seo oscailte do gach leanbh in Éirinn atá idir 3 bliana agus 5 bhliana agus sé mhí go dtí go dtosaíonn siad ar an mbunscoil. De ghnáth freastalóidh do leanbh ar an réamhscoil saor in aisce ar feadh 3 uair an chloig sa lá, 5 lá sa tseachtain i rith an téarma scoile.

Conas a dhéantar iarratas?

I dtosach báire, beidh ort teagmháil a dhéanamh le seirbhísí réamhscoile atá in aice leat. Féadfaidh tú liosta de na seirbhísí réamhscoile i gCathair agus i gContae na Gaillimhe a fháil ó Choiste Cúram Leanaí Chathair agus Chontae na Gaillimhe. Beidh cóip de theastas breithe nó pas agus uimhir PPS do linbh ag teastáil uait chun iarratas a dhéanamh ar an tseirbhís chúram leanaí atá roghnaithe agat do do leanbh.

Tá gach tuismitheoir linbh réamhscoile i dteideal leas a bhaint as an Scéim ECCE cibé an bhfuil siad fostaithe nó dífhostaithe.



Cuireann Coiste Cúram Leanaí Chathair agus Chontae na Gaillimhe (GCCCC) na seirbhísí oiriúnacha cúraim leanaí / feighlithe leanaí atá ar fáil duit féin agus do do leanbh in iúl duit.

**Chun tuilleadh eolais a fháil i ndáil leis seo,
is féidir leat teagmháil a dhéanamh le:**

Coiste Cúram Leanaí Chathair agus Chontae na Gaillimhe
ar 091 752039

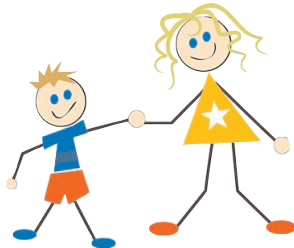
nó cuardach a dhéanamh ar a láithreán gréasáin ag
www.galwaychildcare.com

Seirbhís FSS Maidir le Sláinte agus Leas do Linbh/Leanaí

Cuireann Feidhmeannacht na Seirbhíse Sláinte (FSS) tacaíochtaí agus seirbhísí sláinte ar fáil do leanaí, do thuismitheoirí agus do theaghlaigh ar fud na hÉireann. Ag d'Oifig Sláinte Áitiúil is féidir leat rochtain a fháil ar sheirbhísí dochtúra (*lena n-áirítear imdhíonadh, a chosnaíonn do leanbh in aghaidh galar áirithe agus tá na vacsaíní sin le fáil saor in aisce ó do Dhochtúir áitiúil*). Is féidir leat tacaíocht a fháil chomh maith ó oibríthe sóisialta, altraí sláinte poiblí, leas pobail agus seirbhísí sláinte leanaí agus teaghlaigh ó Fheidhmeannacht na Seirbhíse Sláinte. Is féidir comhairle agus treoir eile maidir le sláinte a fháil ó láithreán gréasáin FSS www.hse.ie nó is féidir leat teagmháil a dhéanamh le líne teileafóin FSS ag **1850 24 1850**.

Tacaíonn an tSeirbhís Altranais Sláinte Poiblí le sláinte agus forbairt leanaí nuabheirthe in Éirinn trí chuairt a thabhairt sa bhaile ar an leanbh nuabheirthe agus ar an mháthair chun scrúduithe sláinte a dhéanamh lena n-áirítear an leanbh a mheá, an tástáil sáile agus measúnú a dhéanamh ar fhorbairt an linbh. Déantar scrúdú sláinte ar mháthair an linbh chomh maith agus cuirtear eolas, treoir agus tacaíocht ar fáil don dá thuismitheoir.

Is féidir le hOifigigh na Seirbhíse Leasa Pobail treoir agus tacaíocht a thabhairt faoin Scéim um Liúntas Leasa Forlíontach.



Cártaí Cuairt Dochtúra do Leanaí Faoi 6 Bliana D'aois

Tá leanaí faoi 6 bliana d'aois i dteideal cuairt saor in aisce a thabhairt ar a ndochtúir.

Cumhdaíonn an cárta cuairt dochtúra do leanaí faoi 6 bliana d'aois measúnachtaí áirithe ag aois 2 agus 5 bhliana mar aon le cúram do leanaí a bhfuil plúchadh ag dul dóibh.

Áirítear ar na measúnachtaí sin seiceálacha coisctheacha, mar shampla aois, meáchan agus airde a rianú agus seiceálacha leantacha a dhéanamh.

Mar shampla, déanfaidh seiceálacha i dtaobh plúchadh measúnú ar phlúchadh do linbh agus déanfar athbhreithniú ar a gcuid cógas, mar aon le heolas a sholáthar ar phlúchadh a bhainistiú le bearta coisctheacha, mar shampla an t-análóir a úsáid i gceart srl. Déanfar plean scríofa a leagan amach agus a thabhairt duit chomh maith chun cabhrú leat plúchadh do linbh a bhainistiú. Déantar an chéad seiceáil nuair a dhiagnóisítear plúchadh i leanbh os cionn 2 bhliain d'aois, agus déantar seiceáil eile sna 3 mhí ina dhiaidh sin agus ansin gach bliain go dtí go sroicheann an leanbh 6 bliana d'aois.

Tá gach leanbh faoi 6 bliana d'aois a chónaíonn in Éirinn nó a bheartaíonn cónaí in Éirinn ar feadh bliana amháin ar a laghad incháilithe don Scéim.

Beidh do leanbh san áireamh sa scéim seo go dtí deireadh mhí bhreithlá 6 bliana do linbh. Tá dáta bailí an Chárta Cuairt Dochtúra ar taispeáint ar an gcárta. Tabharfar fógra duit thart ar 3 mhí sula rachaidh an cárta in éag.

Cumhdaíonn an cárta cuairteanna saor in aisce chuig an dochtúir, lena n-áirítear cuairteanna baile agus cúram práinne dochtúra lasmuigh de ghnáthuaireanta.

Má tá cárta leighis ag do leanbh níl aon ghá iad a chlárú le bheith san áireamh sa scéim seo fad a bhíonn siad incháilithe do chárta leighis. Má thagann athrú ar chúinsí do theaghlach amach anseo, áfach, agus mura bhfuil do theaghlach i dteideal Cártaí Leighis a bheith acu a thuilleadh, féadfaidh tú do leanaí atá faoi bhun aois 6 bliana a chlárú don chárta cuairt dochtúra.

Le hiarratas a dhéanamh?

Má bhíonn aon cheist agat sula gcláraíonn tú, féadfaidh tú glaoch ar **Íosghlao 1890 252 919**.



Beidh an méid seo a leanas ag teastáil uait chun clárú:

- D'Uimhir Phearsanta Seirbhíse Poiblí (PPS)
- Uimhir PPS gach linbh
- Do rogha dochtúra rannpháirtigh

Seoltar Uimhir PPS do linbh chugat i ndiaidh duit breith an linbh a chlárú. Mura bhfuil Uimhir PPS agat do do leanbh, déan teagmháil le Seirbhísí Aitheantais Cliant sa Roinn Coimirce Sóisialaí

ar **Íosghlao 1890 927 999**

nó **seol ríomhphost chuig cis@welfare.ie**

Mura bhfuil Uimhir PPS agat agus má tá do leanbh faoi 2 mhí d'aois, féadfaidh tú clárú tríd an Uimhir PPS a fhágáil bán agus scríobhfaidh FSS chugat ar leithligh chun í a thabhairt duit.

Beidh ort a chinntiú go nglacann do dhochtúir áitiúil le foirmeacha cláraithe ar líne. Má ghlacann, féadfaidh tú iarratas a dhéanamh ar líne ag gpvisitcard.ie. Mura nglacann dochtúir le clárúchán ar líne, nó más fearr leat foirm pháipéir a úsáid, féadfaidh tú Foirm Chlárúcháin an Chárta Cuairt Dochtúra do Leanaí faoi 6 bliana d'aois a íoslódáil, í a thabhairt chuig an dochtúir lena síniú agus í a sheoladh, ina dhiaidh sin, chuig:

Cárta Cuairt Dochtúra – Leanaí faoi 6 bliana d'aois

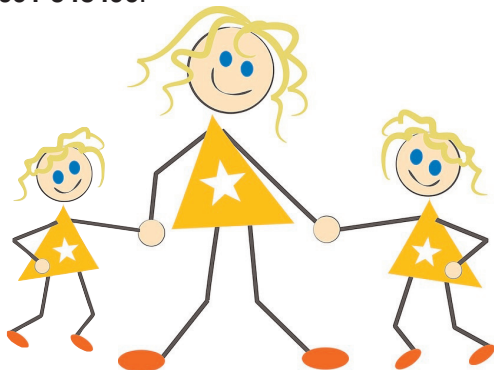
Bosca Poist 12629

Baile Átha Cliath 11

Leithdháiltear Cártaí Leighis ar dhaoine a bhfuil n-ioncam an-íseal chun cabhrú leo leas a bhaint as rochtain ar thacaíochtaí ar nós seirbhísí dochtúra, seirbhísí sláinte pobail, costais cógas ar oideas agus cúram ospidéil. Is féidir teacht ar eolas faoi incháilitheacht ar láithreán gréasáin medicalcard.ie nó is féidir leat iarratas a dhéanamh ar líne ar chárta leighis ar www.medicalcard.ie. Is féidir foirmeacha iarratais a fháil ó d'Oifig Sláinte Áitiúil, Oifig Leasa Shóisialaigh agus Ionad Eolais do Shaoránaigh. Mura n-éiríonn leat déanfar tú a mheasúnú go huathoibríoch do Chárta Cuairt Dochtúra a d'fhéadfá a bheith i dteideal dó. Le Cárta Cuairt Dochtúra tá daoine aonair agus teaghlaigh i dteideal freastal ar choinne le dochtúir teaghlaigh saor in aisce ach níl costas na n-oideas clúdaithe leis an gCárta Cuairt Dochtúra áfach. Is féidir cárta leighis a thabhairt freisin ar fhoras cruatain phearsanta sa chás go bhfuil riocht sláinte laistigh de theaghlach.

Soláthraíonn Seirbhísí Oibre Sóisialta raon seirbhísí cúraim leanaí agus teaghlaigh do thuismitheoirí agus do theaghlaigh in Éirinn chomh maith. Is í an uimhir theagmhála do Ghaillimh **091 546370** nó do Limistéar Bhéal Átha na Sluaighe **090 9642447**.

Soláthraíonn Seirbhísí Tacaíochta Teaghlaigh seirbhísí pobalbhunaithe agus i seirbhísí tacaíochta teaghlaigh sa bhaile chomh maith. Le haghaidh tuilleadh eolais agus treorach téigh i dteagmháil leis an FSS ag **091 548496**.



Íocaíocht Teaghlaigh Aontuismitheora (OFFP)

Cad é féin?

Má tá tú ag súil le do chéad leanbh, ní bheidh tú i dteideal an Íocaíochta Teaghlaigh Aontuismitheora (OFFP) go dtí go mbeirtear an leanbh. Dá bhrí sin, ní mór duit na foirmeacha maidir le hÍocaíocht Teaghlaigh Aontuismitheora a chomhlánú díreach tar éis bhreith do linbh mar d'fhéadfadh sé go dtógfadh sé roinnt ama an t-éileamh a phróiseáil.

An mbeinn incháilithe?

Chun an íocaíocht iomlán a fháil:

- Ní mór duit a bheith i do thuismitheoir ar leanbh amháin faoi 7 mbliana d'aois ar a laghad.
- A bheith ar phríomhchúramóir do linbh/leanaí.
- Ní féidir leat a bheith i do chomhchónaí.
- Tástáil acmhainne agus an Coinníoll Gnáthchónaithe a shásamh.

Ciallaíonn Gnáthchónaí go bhfuil dlúthnaisc chruthaithe agat le hÉirinn nó le páirteanna eile den Chomhlimistéar Taistil:

- 🇪🇺 Fad agus leanúnachas an chónaithe in Éirinn nó in áit eile
- 🇪🇺 Fad agus cuspóir aon asláithreachta ó Éirinn
- 🇪🇺 Cineál agus patrún fostaíochta
- 🇪🇺 Príomhphointe suime
- 🇪🇺 A bhfuil beartaithe agat amach anseo

Is ionann an Comhlimistéar Taistil agus Éire, An Bhreatain Mhór, Oileáin Mhuir nlochta agus Manainn.

Tá Uasráta na hÍocaíochta Teaghlaigh Aontuismitheora in aghaidh na seachtaine do thuismitheoir móide leanbh amháin méadaithe go dtí €222.80 ó mhí an Mhárta 2017.

Conas a dhéantar iarratas?

Ní mór duit an fhoirm maidir le hÍocaíocht Teaghlaigh Aontuismitheora a chomhlánú agus a sheoladh ar ais chuig d'Oifig Intreo nó d'Oifig Leasa Shóisialaigh áitiúil. Má tá tú singil, ba chóir duit iarratas a dhéanamh laistigh den chéad 3 mhí ó bhreith do linbh.

Má tá tú scartha, colscartha nó mura bhfuil tú i bpáirtnéireacht shibhialta a thuilleadh, ba chóir duit iarratas a dhéanamh laistigh de 6 mhí ón dáta ar scar tú ó do chéile nó ó do pháirtnéir sibhialta. Caithfidh tú a bheith scartha ar feadh 3 mhí sular féidir leat iarratas a dhéanamh ar an sochar seo.



Forlónadh Ioncaim Teaghlaigh

Cad é féin?

Íocaíocht sheachtainiúil saor ó cháin é an Forlónadh Ioncaim Teaghlaigh (*FIS*) atá ar fáil do thuismitheoirí atá fostaithe ach atá ar phá íseal. D'fhéadfá cáiliú don íocaíocht seo má tá tú ag obair ar a laghad 19 uair an chloig in aghaidh na seachtaine ar ioncam íseal.

An mbeinn incháilithe?

Ní mór go mbeadh leanbh cleithiúnach amháin ar a laghad faoi bhun 18 bliain d'aois agat agus ní mór do thuilleamh a bheith faoi íocaíocht áirithe. Chomh maith leis sin ní mór duit a bheith fostaithe ar a laghad 19 uair an chloig gach seachtain agus gur dóigh go mairfidh an fhostaíocht 3 mhí ar a laghad.

Conas a dhéantar iarratas?

Ní féidir leat FIS a fháil:

- ☞ má tá tú ag fáil Sochar Cuardaitheora Poist nó Liúntas Cuardaitheora Poist,
- ☞ má tá tú rannpháirteach i Scéim Fostaíochta Pobail,
- ☞ má tá tú rannpháirteach i Scéim Sóisialta Tuaithe,
- ☞ má tá tú rannpháirteach i Scéim Tús, nó
- ☞ má tá tú rannpháirteach in JobBridge.



Is féidir leat, áfach, leas a bhaint go fóill as an bhForlónadh Ioncaim Teaghlaigh má tá ceann de na sochair seo a leanas á bhfáil agat:

- ☞ Íocaíocht teaghlaigh aontuismitheora,
- ☞ Sochar máithreachais,
- ☞ Liúntas éadaí agus coisbhirt don scoilbhliain nua, nó
- ☞ Díbhinn teaghlaigh um fhilleadh ar obair.

Chun iarratas a dhéanamh, ní mór duit foirm maidir le Forlónadh Ioncaim Teaghlaigh a chomhlánú agus a sheoladh chuig an seoladh seo:

**An Roinn Coimirce Sóisialaí,
Oifig na Seirbhísí Leasa Shóisialaigh, Tithe an Rialtais,
Bóthar Bhéal Átha na Lao, An Longfort, Éire.**

Is féidir teacht ar chóip den fhoirm seo i d'Oifig Leasa Shóisialaigh nó i d'Oifig Intreo áitiúil.

Sochar Cuardaitheora Poist agus Liúntas Cuardaitheora Poist

Cad iad féin?

Is íocaíochtaí leasa shóisialaigh do dhaoine atá dífhostaithe iad an Liúntas Cuardaitheora Poist agus Sochar Cuardaitheora Poist. Tá an íocaíocht a gheobhaidh tú ag brath ar cé chomh fada a bhí tú fostaithe nó dífhostaithe sa bhfórsa oibre.

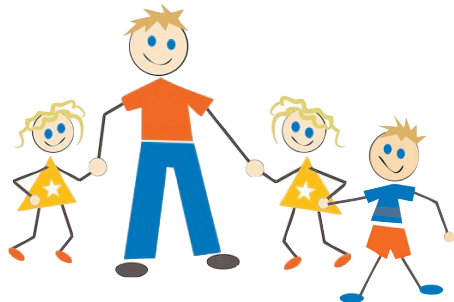
An mbeinn incháilithe?

Chun ceachtar íocaíocht a fháil ní mór duit:

- A bheith os cionn 18 bliain d'aois,
- A bheith dífhostaithe,
- A bheith ar fáil i gcomhair oibre agus a bheith ag lorg oibre,
- Tástáil Acmhainne, a shásamh,
- An Coinníoll Gnáthchónaithe a shásamh, nó
- A bheith imithe as an scoil le 3 mhí ar a laghad.

Conas a dhéantar iarratas?

Ba chóir duit iarratas a dhéanamh ar Shochar Cuardaitheora Poist ar an gcéad lá a n-éiríonn tú dífhostaithe. Ní mór duit foirm Liúntas Cuardaitheora Poist a chomhlánú agus í a thabhairt chuig d'oifig leasa shóisialaigh áitiúil.



Íocaíocht Idirthrémhseach Cuardaitheora Poist (JST)

Cad í féin?

Socrú speisialta í seo faoin scéim Liúntas Cuardaitheora Poist a thacaíonn le tuismitheoirí leanaí óga dul i mbun fostaíochta.

Tá an íocaíocht seo an-chosúil le Sochar Liúntas Cuardaitheora Poist, ach tá sí difriúil ar bhealaí éagsúla chomh maith:

- Ní gá duit a bheith ar fáil i gcomhair oibre agus ní gá go mbeadh tú dáiríre ag lorg obair lánaimseartha. Is amhlaidh atá seo chun deis a thabhairt duit am a bheith agat le haire a thabhairt do do leanbh/leanaí.
- Is féidir leat páirt a ghlacadh i gcúrsa oideachais/oiliúna agus d'Íocaíocht Idirthrémhseach Cuardaitheora Poist a fháil go fóill.
- Ní gá duit bheith go hiomlán dífhostaithe ar feadh 4 lá as 7 lá. Ciallaíonn seo go bhféadfá oibriú go páirtaimseartha ar feadh 5 lá agus leanfá le híocaíocht a fháil fós.
- Ní féidir leat áfach a bheith i do chomhchónaí le duine eile nuair atá Íocaíocht Idirthrémhseach á héileamh agat.

An bhfuil mé incháilithe?

Chun Íocaíocht Idirthrémhseach Cuardaitheora Poist a fháil.

- Ní mór duit gan a bheith i do chomhchónaí le do pháirtneír.
- Ní mór do do leanbh is óige a bheith idir 7 agus 13 bliana d'aois.
- Ní mór duit Tástáil Acmhainne a phasáil. D'fhonn é sin a dhéanamh, ní mór do d'ioncam a bheith faoi mhéid áirithe. Má tá tú 24 bliain d'aois nó níos óige agus tú i do chónaí le do thuismitheoirí, déanfar cuid dá n-ioncam a bhreithniú agus d'éileamh á phróiseáil.

Conas a dhéantar iarratas?

Chun iarratas a dhéanamh, ní mór duit foirm Íocaíocht Idirthrémhseach Cuardaitheora Poist a chomhlánú ag d'Oifig Leasa Shóisialaigh nó d'Oifig Intreo áitiúil.



Liúntas um Fhilleadh ar Oideachas

Cad é féin?

Is scéim í an Liúntas um Fhilleadh ar Oideachas atá ar fáil do thuismitheoirí aonair nó do dhaoine a bhfuil íocaíochtaí áirithe á bhfáil acu a bhfuil sé i gceist acu filleadh ar an oideachas/breisoiliúint.

Má tá tú sa Mheánscoil:

- 🗣️ Is féidir leat Íocaíocht Teaghlaigh Aontuismitheora a fháil go fóill.
- 🗣️ Nascadh le do Mheánscoil go luath i do thoircheas go bhfeicfidh tú an féidir leas a bhaint as an Scéim Teagaisc Baile. Faoin Scéim seo is féidir le Daltaí cúnaimh a fháil le teagasc baile le linn neamhláithreachtaí a bhaineann le máithreachas. Is féidir eolas a fháil ón láithreán gréasáin seo a leanas:

www.education.ie/en/Parents/Services

Má tá an Mheánscoil fágtha cheana féin agat:

Má tá an Mheánscoil fágtha cheana féin agat nó má tá súil agat filleadh ar an meánscoil agus an Teastas Sóisearach agus an Ardeistiméireacht a dhéanamh, nó freastal ar phobalscoil, scoil chuimsitheach nó scoil ghairmoideachais is féidir leat athrú ón Íocaíocht Teaghlaigh Aontuismitheora go dtí an Liúntas um Fhilleadh ar Oideachas má tá tú ag fáil Íocaíocht Teaghlaigh Aontuismitheora le trí mhí ar a laghad nó níos mó. I gcás cúrsaí tríú leibhéal, ní féidir leat aistriú ach chuig an Liúntas um Fhilleadh ar Oideachas má tá tú ag fáil Íocaíocht Teaghlaigh Aontuismitheora le 9 mí ar a laghad nó níos mó. Leis an Liúntas um Fhilleadh ar Oideachas tá tú i dteideal do Chárta Leighis/do Chárta Cuairt Dochtúra agus Fordheontas Cíosa a choinneáil. Le cáiliú don Liúntas um Fhilleadh ar Oideachas, ní mór duit a bheith 18 mbliana d'aois nó níos sine agus i gcás daoine atá os cionn 21 bliain d'aois a bheith imithe dhá bliain ar a laghad as an gcóras oideachais.

Conas a dhéantar iarratas?

Nuair a fhaigheann tú fógra go bhfuil áit faighte agat ar chúrsa, ní mór duit an fhoirm Liúntas um Fhilleadh ar Oideachas a chomhlíonadh agus í a sheoladh chuig d'oifig leasa shóisialaigh áitiúil. Beidh ort deimhniú i scríbhinn a fháil ó chláraitheoir an choláiste nó ón oifig iontrála go bhfuil tú cláraithe mar mhac léinn lánaimseartha. Ní mór duit clárú sula dtosaíonn tú do chúrsa.

Ó mhí Mheán Fómhair 2017 beidh Liúntas Costais Oideachais €500 ar fáil do thuismitheoirí atá ag fáil Liúntas um Fhilleadh ar Oideachas.

Iarratasóirí BTEA nua in 2015/2016

Má bhí tú ag baint úsáide as an Íocaíocht Teaghlaigh Aontuismitheora, Íocaíocht Idirthréimhseach Cuardaitheora Poist nó Íocaíocht Cuardaitheora Poist ní mór duit do theidíocht maidir le príomhíocaíocht a athbhunú ionas go mbeidh tú in ann leanúint ar aghaidh de bheith i dteideal BTEA don dara bliain staidéir nó do bhlianta ina dhiaidh sin.

Is féidir teacht ar an eolas agus foirm iarratais a íoslódáil ag www.welfare.ie nó teagmháil a dhéanamh le **d'Oifig Intreo** áitiúil.

Scéim Deiseanna Oiliúna Gairmoideachais (VTOS)

Tá an Scéim Deiseanna Oiliúna Gairmoideachais oscailte chomh maith do dhaoine os cionn 21 bliain d'aois agus atá ag fáil Íocaíocht Teaghlaigh Aontuismitheora le sé mhí níos mó. Níl aon táillí i gceist chun an oiliúint seo a chomhlánú agus tá leabhair saor in aisce. D'fhéadfá a bheith i dteideal liúntas beag taistil agus áit chúraim leanaí saor in aisce. Tá roinnt cúrsaí ar fáil agus is féidir teacht orthu ag www.qualifax.ie

Ógtheagmháil

D'fhéadfadh sé go bhfuil ionad Ógtheagmhála i do cheantar nó in aice lámhe chomh maith. Déantar sainchúrsaí oiliúna agus scileanna praiticiúla a reáchtáil iontu sin. Is féidir leat cúrsaí FETAC, an Teastas Sóisearach agus Curaclam na hArdeistiméireachta a dhéanamh ag d'Ionad Ógtheagmhála áitiúil chomh maith.

Is féidir leat teagmháil a dhéanamh le d'oifig Seirbhísí Fostaíochta Áitiúil le haghaidh sonraí na gcúrsaí oiliúna nó scéimeanna fostaíochta pobail a fháil. Féach www.localemploymentservices.ie nó www.solas.ie chun tuilleadh eolais a fháil maidir le cúrsaí oiliúna.

Forlónadh Cíos

Cad é féin?

Ní chuirfear forlónadh cíosa ar fáil ach amháin má bhíonn an chóiríocht oiriúnach do do riachtanais agus an cíos ag teorainn cíosa atá ceadaithe do do cheantar nó faoi bhun na teorann sin.

An mbeinn incháilithe?

Chun cáiliú d'Fhorlónadh Cíos, ní mór na coinníollacha seo a chomhlíonadh:

- A bheith i do chónaí i gcóiríocht do dhaoine gan dídean le sé mhí anuas, nó
- Cóiríocht phríobháideach a bheith ar cíos agat le 6 mhí as na 12 mhí roimhe seo agus nach bhfuil sé d'acmhainn agat an cíos a íoc a thuilleadh mar gheall ar athrú ar chúinsí, nó
- Measúnú déanta ag údarás áitiúil go bhfuil 'gá le tithíocht shóisialta'.
- Ní mór duit an choinníoll gnáthchónaithe a shásamh.

Ní fhéadfaidh tú Forlónadh Cíos a fháil:

- Má tá tú fostaithe ar feadh 30 uair sa tseachtain nó níos mó,
- Má tá cónaí ort i dteach an teaghlaigh,
- Má tá tú i mbun oideachas lánaimseartha (*seachas an Clár um Fhilleadh ar Oideachas, nó Clár Momentum*),
- Má dhiúltaigh tú an dara tairiscint ar chóiríocht a rinne údarás áitiúil, nó
- Má cuireadh amach as tithíocht shóisialta tú mar gheall ar iompar frithshóisialta.

Sa chás ina bhfuil tú fostaithe ar feadh níos mó ná 30 uair sa tseachtain ní bheidh tú i dteideal Forlónadh Cíos a fháil. Má tá tú fostaithe agus go bhfuil glactha leis go bhfuil cóiríocht de dhíth ort faoin Scéim um Chóiríocht ar Cíos (RAS) ag d'údarás áitiúil, d'fhéadfá a bheith i dteideal d'fhorlónadh cíosa a choinneáil (*ar choinníoll go bhfuil tú difhostaithe nó nach raibh tú i bhfostaíocht lán-aimseartha ar feadh ar a laghad 12 mhí roimh dul i mbun fostaíochta*).

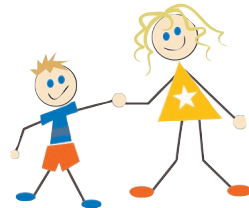
Conas a dhéantar iarratas?

Ní mór duit foirm maidir le Forlónadh Ioncaim Teaghlaigh a chomhlánú agus a sheoladh ar ais chuig ionadaí na Roinne Coimirce Sóisialaí ag d'oifig sláinte áitiúil. Beidh ort chomh maith doiciméid ábhartha a thabhairt leat agus caithfidh do thiarna talún codanna áirithe den fhoirm a chomhlánú, agus caithfidh d'údarás áitiúil na codanna eile den fhoirm a chomhlánú.

Achomharc ar Chinneadh

Má tá tú míshásta leis an gcinneadh a rinneadh maidir le Forlónadh Cíos, ba chóir duit a fhiosrú cén fáth a rinneadh an cinneadh agus ansin is féidir leat achomharc a dhéanamh mura bhfuil tú sásta go fóill.

Chun tuilleadh eolais a fháil téigh chuig www.welfare.ie

Tithíocht Shóisialta**Cad í féin?**

Is éard atá i gceist ná tithíocht nó árasáin a chuirtear ar fáil do dhaoine nach bhfuil ar a gcumas a dtithe féin a cheannach nó a fháil ar cíos. D'fhéadfadh liosta feithimh an-fhada a bheith i gceist chun Tithíocht Shóisialta a fháil, mar sin déan cinnte go ndéanann tú iarratas láithreach.

An mbeinn incháilithe?

Caithfidh d'ioncam a bheith faoi méid áirithe le bheith incháilithe agus tagann athrú ar an méid sin ag brath ar an áit a bhfuil cónaí ort. Ní mór duit a chruthú chomh maith nach féidir leat cóiríocht eile oiriúnach a lorg.

Conas a dhéantar iarratas?

Ní mór duit iarratas a dhéanamh go díreach chuig d'údarás áitiúil i.e Comhairle Chontae na Gaillimhe nó Comhairle Cathrach na Gaillimhe.

Cáin Ioncaim/Muirear Sóisialta Uilíoch

Is féidir creidmheasanna cánach a éileamh chomh fada siar le ceithre bliana ar a mhéid. Tá sochar máithreachais incháinite agus tá Liúntas Teaghlaigh Aontuismitheora incháinite chomh maith. Níl an Íocaíocht Forlíonadh Ioncaim Teaghlaigh incháinite.

An Muirear Sóisialta Uilíoch

Déanfar muirear Sóisialta Uilíoch a asbhaint ó d'ioncam má thuilleann tú €13,000 nó níos mó. Má tá d'ioncam faoi bhun €13,000 beidh tú díolmhaithe ón Muirear Sóisialta Uilíoch a íoc.

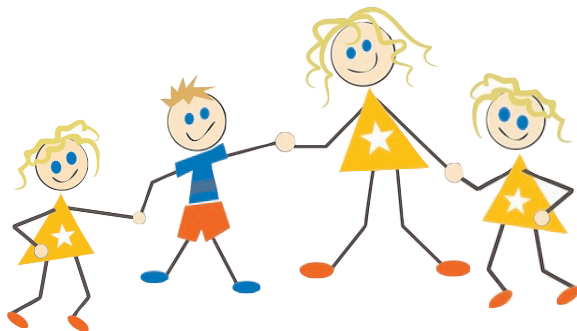
Rátaí Caighdeánacha an USC in 2017

0.5% gach ioncam suas go dtí €12,012

2.5% ioncam idir €12,012.01 agus €18,772

5% ioncam idir €18,772.01 agus €70,044

8% ioncam os cionn €70,044



Liúntas Éadaí agus Coisbhirt don Scoilbhliain Nua

Cad é féin?

Cuidíonn an Liúntas Éadaí agus Coisbhirt don Scoil le tuismitheoirí leis an gcostas a bhaineann le héadaí scoile agus coisbhirt do do leanbh/leanaí.

An mbeinn incháilithe?

Ní mór don leanbh/do na leanaí a bheith idir 4 agus 17 bliana d'aois an 30 Meán Fómhair den bhliain a ndéanann tú iarratas nó roimh an dáta sin nó idir 18 agus 22 bliain d'aois an 30 Meán Fómhair nó roimh an dáta sin má tá siad fós in oideachas dara leibhéal chun an focaíocht seo a fháil.

Ní mór duit:

- ☞ A bheith ag fáil focaíochtaí leasa shóisialaigh, nó
- ☞ A bheith ag glacadh páirte i scéimeanna fostaíochta áirithe, nó
- ☞ A bheith ag glacadh páirte i gcúrsa oideachais nó oiliúna deimhnithe, nó
- ☞ A bheith ag freastal ar scéim oiliúna SOLAS, Fáilte Ireland nó LES.

Conas a dhéantar iarratas?

In 2015, bhí an scéim oscailte d'iarratais idir an 1 Meitheamh agus an 30 Meán Fómhair. Gheobhaidh roinnt daoine an Liúntas go huathoibríoch gan foirm a chomhlánú. Chomh luath agus a bheidh teagmháil déanta ag an Roinn Coimirce Sóisialaí le gach duine a cháilíonn go huathoibríoch (*i lár mhí an Mheithimh de ghnáth*) beidh foirmeacha iarratais ar fáil dóibh siúd gur gá dóibh iarratas a dhéanamh ar feadh tréimhse ama tar éis dóibh dul ar ais i mbun fostaíochta.

An mbeinn incháilithe?

Tá tuismitheoirí atá ag imeacht óna bpríomhíocaíocht leasa shóisialaigh (*Liúntas/Sochar Cuardaitheora Poist nó Íocaíocht Teaghlaigh Aontuismitheora*) agus ag dul i mbun fostaíochta nó féinfhostaíochta incháilithe.

Conas a dhéantar iarratas?

Ní mór duit an fhoirm maidir le Liúntas Éadaí agus Coisbhirt don Scoil a chomhlánú agus a sheoladh ar ais chuig d'oifig leasa shóisialaigh áitiúil.



Bealaí Eile Chun Eolas a Fháil

Tá Faisnéis do Shaoránaigh ar fáil do thuismitheoirí aonair agus do theaghlaigh chomh maith. Cuireann an tseirbhís sin eolas úsáideach ar fáil maidir le cúnamh airgeadais, tithíocht, oideachas, fostaíocht, etc.

Is féidir leat teagmháil a dhéanamh ar an bhfón trí Sheirbhís Ghutháin um Fhaisnéis do Shaoránaigh: **0761 07 4000**, Luan go hAoine, 9am - 8pm.

Trí bhualadh isteach chuig d'Ionad Faisnéise do Shaoránaigh i do cheantar.

Tá an tSeirbhís Ghutháin um Fhaisnéis do Shaoránaigh agus an tIonad Faisnéise do Shaoránaigh á maoiniú agus á dtacú ag an mBord um Fhaisnéis do Shaoránaigh.

Cuireann siad faisnéis saor in aisce, rúnda, neamhspleách agus neamhchlaonta ar fáil do chách.

Soláthraíonn an Bord um Fhaisnéis do Shaoránaigh roinnt foilseachán maidir le do chearta agus do theidlíochtaí chomh maith.



Eagraíochtaí agus Seirbhísí Úsáideacha Eile i gCathair agus i gContae na Gaillimhe

Comhairle Cathrach na Gaillimhe

Halla na Cathrach,
Bóthar an Choláiste, Gaillimh.
Fón: 091 536400 www.galwaycity.ie

Comhairle Chontae na Gaillimhe

Áras an Chontae,
Cnoc na Radharc, Gaillimh.
Fón: 091 509000 www.galway.ie

Comhpháirtíocht Chathair na Gaillimhe

3 an Plaza,
Bóthar Áth Cinn, Gaillimh.
Fón: 091 773468 www.galwaycity.ie

Cuideachta Forbartha Tuaithe na Gaillimhe

Campas Uí Mhaoilíosa,
Béal Átha an Rí, Co. na Gaillimhe.
Fón: 091 844335 www.grd.ie

Forum Connemara

Leitir Fraic, Conamara,
Co. na Gaillimhe.
Fón: 095 41116
www.forumconnemara.ie

Meitheal Forbartha na Gaeltachta

Páirc Gnó Shailearna, Na hAille,
Indreabhán, Co. na Gaillimhe.
Fón: 091 593410
Ionad Fiontair, Ros Muc,
Co. na Gaillimhe.
Fón: 091 574353

Gluaiseacht Lucht Siúil na Gaillimhe

1 an Plaza,
Bóthar Áth Cinn, Gaillimh.
Fón: 091 765390 www.galwaycity.ie

Ionad Faisnéise na Gaillimhe do Shaoránaigh

Sráid San Aibhistín, Gaillimh.
Fón: 091 563344
www.galwaycic.ie /
www.citizensinformation.ie

Ionad Faisnéise do Shaoránaigh Ros Muc

(Seirbhís i nGaeilge)
Ros Muc, Co. na Gaillimhe.
Fón: 0761 077 730

Ionad Acmhainne Mhuintir na Gaillimhe

Siúlán San Clár, Foirgneamh Hynes,
Bóthar na gCeannaithe, Gaillimh.
Fón: 091 564822 / 091 562688

Aonad Iompair na Gaillimhe www.galwaytransport.ie

Tacaíochtaí Airgeadaíochta, An Roinn Coimirce Sóisialaí

An Oifig Leasa Shóisialaigh,
Foirgneamh Hynes,
Sráid San Aibhistín,
Gaillimh.
Fón: 091 500800 www.welfare.ie

MABS, Seirbhís Bhuiséadta agus Chomhairle Airgid (*Saor in Aisce*)

Oifigí i gCathair na Gaillimhe,
Baile Locha Riach agus i dTuaim.
Fón: 1890 283 438 www.mabs.ie

Tacaíochtaí agus Seirbhísí Pobail - Tuismitheoireacht

Beidh d'Ionad Acmhainní Teaghlaigh nó d'Ionad Pobail in ann liosta de ghrúpaí, tacaíochtaí agus seirbhísí atá ar fáil i do cheantar a thabhairt duit. Nó is féidir le do Chuideachta Comhpháirtíochta ceantair áitiúil cabhrú leat le d'fhiosruithe.

Treoir

Fón: 1890 252 084 www.treoir.ie

One Family

Fón: 1890 66 22 12 www.onefamily.ie

Clinic Pleanála Teaghlaigh na Gaillimhe

Sráid San Aibhistín,
Gaillimh.

Fón: 091 562992

FSS, Líne chabhrach

Fón: 1850 24 1850 www.hse.ie

FSS, An Rannóg Sláinte Poiblí

Páirc Mhuirlinne,
Gaillimh.

Fón: 091 775200

Ospidéal na hOllscoile, Gaillimh

Bóthar an Chaisleáin Nua,
Gaillimh.

Fón: 091 544544

Oifig Sláinte Áitiúil na Gaillimhe

Seirbhísí Pobail,
25 Bóthar an Chaisleáin Nua,
Gaillimh.

Fón: 091 523122

An Clár Tacaíochta do Thuismitheoirí sna Déaga

Roinn na hOibre Sóisialta,
Ospidéal na hOllscoile Gaillimh,
Bóthar an Chaisleáin Nua,
Gaillimh.

Fón: 091 544960

Cúram Leanaí, Coiste Chúram Leanaí Chontae & Chathair na Gaillimhe

9b Ionad Miondíolaíochta
an Leasa Bháin,
Bóthar Thuama,
Gaillimh.

Fón: 091 752039

www.galwaychildcare.com

Bord Oideachais agus Oiliúna na Gaillimhe agus Ros Comáin

Coiléar Bán,
Baile Átha an Rí,
Co. na Gaillimhe.

Fón: 091 874500 info@gretb.ie

Ionad Oiliúna Phobal Chathair na Gaillimhe

Ionad Miondíolaíochta
an Leasa Bháin,
Bóthar Thuama,
Gaillimh.

Fón: 091 753849

Tacaíochtaí agus Seirbhísí Pobail - Tuismitheoireacht ar lean...

Solas, Oifig Seirbhísí Fostaíochta Thuama

An tSráid Ard,
Tuaim,
Co. na Gaillimhe.
Fón: 093 28066 / 093 28067

Ionad Oiliúna GRETB

Páirc Ghnó Mervue,
Bóthar Mhuineacháin,
Mervue,
Gaillimh.
Fón: 091 706208

Tógáil, Tionscnamh Oiliúna Áitiúil

Halla Naomh Pádraig,
An Fairgreen,
Gaillimh.

Soghluaiste: 085 8156792

Ríomhphost: ltitogail@eircom.net

Facebook: Togail Local Training Initiative

Website: <http://www.togail.ie>

Ionad Acmhainní Teaghlaigh Solas

An tSráid Mhór,
Baile Átha Cliath,
Co. na Gaillimhe.
Fón: 093 36446
Ríomhphost:
coordinator@solasfrc.ie

Ionad Acmhainní Teaghlaigh Bhaile Locha Riach

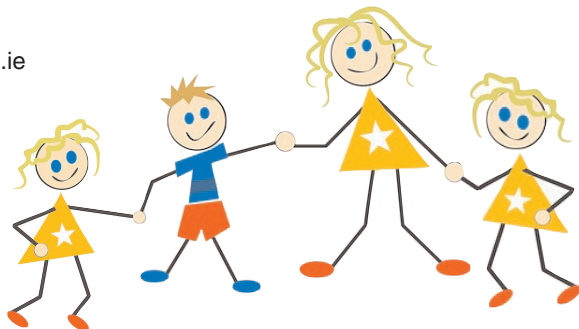
Sráid Pigott,
Baile Locha Riach,
Co. na Gaillimhe.
Fón: 091 871149
Ríomhphost: coordinator@loughreafamilyresourcecentre.ie

Ionad Acmhainní Teaghlaigh an Ghort

Sráid na hEaglaise,
Gort,
Co. na Gaillimhe.
Fón: 091 630902
Ríomhphost:
coordinator@gortfrc.com

Obair Óige na hÉireann

41/43 Cnoc na Radhairc,
Gaillimh.
Ríomhphost:
info@youthworkgalway.ie
Fón: 091 561637
Facs: 091 533643



Eolas i leabhráin atá le fáil ó na láithreáin ghréasáin seo a leanas:

www.welfare.ie

www.hse.ie

www.citizensinformation.ie

www.galwaychildcare.com

www.treoir.ie

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