

**Inter-agency working to
improve the lives of children,
young people and families**





Focus FRC in Killeshandra are available to provide support and signposting during office hours by phone on

087 3964985

Anyone seeking Mental Health supports can phone Kay on

086 6099965



Teach Oscale in Cavan Town are continuing to provide various support to the community from 9am to 5pm by phone on

049-4372730

or via email at

Info@teachoscaillrc.ie



Foroige 365 are available via email, phone and Whatsapp video calls and text for young people and families seeking information, support and guidance

alma.mccabe@foroige.ie

086 6017534

sharon.ivers@foroige.ie

086 7791685



Bounceback staff are supporting young people via social media from 10am to 10pm – please click on link below for further information

[Bounceback Facebook](#)

The Journeys Programme is still taking referrals via email and social media



The ISPCC continue to offer a free confidential listening service to anyone under 18 years by;

- Phone 1800 666666 – 24hrs
- Free text 50101 – 10am – 4am
- Online chat at childline.ie – 10am-4am

There is also a confidential listening service, Support Line, which provides a confidential listening service offering information, advice, and emotional support to members of the public who contact ISPCC on any issue relating to child welfare and protection. The phone number changes on a regular basis so up to date information can be found on:

[ISPCC online](#)



Chatterbox early intervention Speech and Language service (0-6 years) are available to discuss any concerns you may have about your child's talking. They will be able to give you some verbal and written advice that you can be doing to support your child's Speech, Language and Communication development.

Contact

Elizabeth Downey

Senior Speech and Language Therapist

0871040984



Tearmann are continuing to provide
telephone support on

047 72311

Monday to Friday 9am – 4pm

[Tearmann Website](#)



Cavan Co Co available from 9.15am
to 1pm and 2pm to 5pm by phone
on

049-4378300

Or for emergency out of hours
support call

087 611 8116

For the time being the Customer Service Desk in the
Council is open to the public



North Eastern Regional Drug & Alcohol Task Force

Cavan ~ Monaghan ~ Louth ~ Meath

North East Regional Drugs Task Force has details on all local services providing support via their website link below

- [NE -Taskforce](#)

Also information and support available on

- [Online Drug Support](#)
- [Ask about Alcohol](#)

DON'T GET LOCKED IN

As we prepare to socially distance ourselves, several countries are reporting an increase in home drinking.

Make your health and home life a priority by following these tips..



 <h3 style="margin: 0;">Choose Alcohol Free Days</h3> <p style="margin: 0;">Plan at least two alcohol free days during your week. The more alcohol free days the better!</p>	 <h3 style="margin: 0;">Don't Stockpile</h3> <p style="margin: 0;">Don't stockpile alcohol in your home – plan your weekly shop. Only buy as much as you have decided you want to drink during the week. Opt for low-alcohol or no-alcohol choices.</p>
 <h3 style="margin: 0;">Keep it Late</h3> <p style="margin: 0;">It can be tempting to drink earlier when you are at home during the day – try to delay any drinking until as late as possible, especially if there are children in your home. Consider a 'time rule' – e.g. No alcohol in our house until after 10pm</p>	 <h3 style="margin: 0;">Mind the Children</h3> <p style="margin: 0;">Children can become afraid when adults are drinking. Avoid drinking alcohol until children have gone to bed. Make sure there is at least one non drinking adult in the house at all times.</p>
 <h3 style="margin: 0;">Out of Sight</h3> <p style="margin: 0;">Keep alcohol out of sight and out of reach of children. When you pour a drink, put the remainder away out of sight or in another room so you are not tempted to reach for more. Drink water to quench thirst before drinking.</p>	 <h3 style="margin: 0;">Help is Out There</h3> <p style="margin: 0;">Making changes can be hard. Contact the HSE support line – 1800 459 459 – if you need help or support in reducing your alcohol use.</p>


alcohol forum
+353 74 9125596 / www.alcoholforum.org



Cavan Volunteer Centre have growing numbers of volunteers available to support. Organisations needing help please register with Cavan Volunteer Centre

Volunteercavan

Tel: 087 3941198

Email: info@volunteercavan.ie



Elaine Nolan Cavan Education Welfare Officer is available to offer support to parents and schools via both phone and email

Telephone: 0871206445

Email: elaine.nolan@tusla.ie



EmployAbility Cavan/Monaghan is a supported employment service available to anyone with a long term medical condition, illness, injury or disability

- Confidential free service
- CV support
- Job matching
- Interview preparation
- Supports with social welfare payments
- Signposting to other services that could also support you

Contacts: 087 797 7093

or info@mcses.ie



Ste Corrigan Coordinator Cavan CYPSC
is available on

087 3982487

Ste.Corrigan@tusla.ie

Useful Links

- [Tusla information](#)
- [Covid-19: Dr Ronan Glynn answers Childrens questions on coronavirus for news2day](#)
- [Department of Education Resources and Advice](#)
- [HSE website](#)
- [Minding your mental health during the coronavirus outbreak](#)
- [Mental Health supports and services](#)
- [Communication pack for communities](#)
- [Karen Treisman Covid 19 resource](#)
- [The Changing Lives App](#)

Fun stuff for home

- [Free Children's stories with Audible](#)
- [PE lessons for kids \(and adults\) with Joe Wicks - The Bodycoach](#)
- [Irish Times - How to keep children happy, learning and entertained at home](#)
- [Visit Dublin Zoo – Online](#)
- [Play a musical instrument](#)
- [Science of Fun](#)
- [Jigsaw puzzles](#)
- [Free Colouring Pages](#)
- [Cbeebies games](#)