



## Re: Family Support during Covid-19 Isolation

Dear parents,

We hope that you're all keeping well and managing as best you can in these difficult circumstances. We wanted to make you aware that there are a number of family supports available in your local area and that you can make contact with them directly if you need help around parenting, managing this stressful situation or general family support. While many services have had to close their doors, they are still offering phone support and would be only too happy to help you in this difficult time. Please see details below of the services that you can contact.

Parentline	LoCall 1890927277, 018733500, <a href="http://www.parentline.ie">www.parentline.ie</a>
Barnardos	Ph: Mary Daly Project Leader 0877468571 <a href="mailto:mary.daly@barnardos.ie">mary.daly@barnardos.ie</a> Project 019059443 (will divert please leave message) <b>Parent support line</b> Ph: 1800910123 <a href="mailto:parentsupport@barnardos.ie">parentsupport@barnardos.ie</a> <a href="http://www.barnardos.ie">www.barnardos.ie</a>
Springboard Family Support Project Loughlinstown	Tara Kelly Manager Ph: 0879074472 or Caroline Jordan, Deputy Manager Ph: 0877979668 <a href="mailto:Tara.kelly@tusla.ie">Tara.kelly@tusla.ie</a> & <a href="mailto:caroline.jordan2@tusla.ie">caroline.jordan2@tusla.ie</a>
My Project Minding You Mounttown	Una Kenny Manager Ph: 0861731187 <a href="mailto:Info@myp.ie">Info@myp.ie</a> or <a href="mailto:una@myp.ie">una@myp.ie</a> <a href="https://www.myp.ie/">https://www.myp.ie/</a>
Ballyogan Family Resource Centre	Colette Farrington, FRC Manager Ph: 01 2953219 /086 8504721 (Mon-Fri 9–5) or email <a href="mailto:colettemanagerebfrcc@gmail.com">colettemanagerebfrcc@gmail.com</a> Louise McLoughlin <a href="mailto:dwballyogan@gmail.com">dwballyogan@gmail.com</a> Family Support/ Development Worker <a href="https://www.facebook.com/ballyoganfamilyRC/">https://www.facebook.com/ballyoganfamilyRC/</a>
Balally Family Resource Centre	Catherine Leonard Coordinator Ph: 0867858787 <a href="mailto:coordinator@balallyfrc.ie">coordinator@balallyfrc.ie</a> or <a href="mailto:development@balallyfrc.ie">development@balallyfrc.ie</a> . <a href="https://www.facebook.com/BalallyFRC/">https://www.facebook.com/BalallyFRC/</a> Twitter @BalallyFRC
Hillview Family Resource Centre	Claire McEwan Manager Ph: 0871160196 <a href="https://www.facebook.com/HillviewRC/">https://www.facebook.com/HillviewRC/</a> <a href="http://www.hillviewrc.ie">www.hillviewrc.ie</a>
Rosemount Family Resource Centre	Louise Keogh Coordinator Ph: 0876927361 <a href="https://www.facebook.com/pg/rosemountfrc/posts/?ref=page_internal">https://www.facebook.com/pg/rosemountfrc/posts/?ref=page_internal</a>
Tusla Family Support	Niall Nolan Manager Ph: 0867810720 <a href="mailto:Niall.nolan@Tusla.ie">Niall.nolan@Tusla.ie</a>

Dún Laoghaire-Rathdown County Council are also running a dedicated community support helpline available 7 days a week from 8am to 8pm, for those who may find themselves in need of support with shopping or picking up prescriptions etc. This service is available for single parents, or people who are cocooning and who are finding it difficult to get out and about.

Phone: (01) 271 3199 or 1800 804535

Email: [covidsupport@dlrcoco.ie](mailto:covidsupport@dlrcoco.ie)

**Child & Family Support Network**