



Services and Supports available in County Roscommon during Covid – 19 Pandemic

Roscommon CYPSC has compiled the following details in relation to member services.

Please note that there are also details of resources available on the Roscommon page of www.cypsc.ie

Roscommon County Council

Roscommon COVID-19 Community Response Forum



A helpdesk will respond to the needs of vulnerable members of our community

Call **1800 200 727** 8.00am to 8.00pm Roscommon County Council
8.00pm to 8.00am An Garda Síochána
7 days a week

Email covidsupport@roscommoncoco.ie



Tusla Services

Child and Family Workers are working across the County to support parents at this time whilst adhering to social distancing guidelines. Contact Sinead O'Neill, Project Leader for information on the North of the County on 087 1907681 or Anne Marie Kenny, Project Leader for the South of the County on 087 9894160

Facebook: Support and information for parents is also available on the Roscommon Parenting Hub facebook page.

Social work services in the County continue to operate and can be contacted at:

Roscommon Town and South Roscommon 090 – 6665228

North Roscommon 090-6637851

You can report a concern regarding a child or young person by telephone or in writing to the local social work duty service in the area where the child lives.

Tusla Education Support Service

Educational Welfare Officers are working remotely and linking in with vulnerable families on their caseload. They are collaborating with other services in the County to provide essential services to families such as food and addressing child protection or family support concerns.

Contact Catherine Mc Manus, Educational Welfare Officer, Roscommon on 087 4068497

HSE

Child and Adolescent Mental Health Services (CAMHS)

CAMHS services continue to be provided remotely by all staff on the multi-disciplinary team. Referrals to the service can be made as usual, but for the first time in our existence we've had to establish a waiting list which we cannot get to until after the pandemic.

Any clinician in the community with significant concerns about a young person, under the age of 18 years, should phone CAMHS directly to discuss with one of our clinicians.

Telephone: 090-6630350

Roscommon Leader Partnership (RLP)

RLP is open for business and supporting the local community during the Covid -19 crisis. RLP operates a comprehensive range of social inclusion, employment services and community development programmes and we know that many of the people we work with are struggling with isolation, employment or other issues associated with the current restrictions. RLP are providing Meals on Wheels services to those in isolation/living alone/elderly offering a friendly voice from trained volunteers.

The SICAP team are offering one-to-one supports, advise, sign-posting and CV advise remotely.

Telephone: 090-6630252 or email reception@ridc.ie

To contact Roscommon Volunteering Information Service email linda@ridc.ie or mena@ridc.ie

To contact Roscommon Friendly Call Service email Sandra@ridc.ie

Family Resource Centres (FRC's)

FRC's in the County are 'open behind closed doors' from 9 am – 9 pm Monday to Friday.

They are offering various supports including help with technology and information, mindful parenting courses, food distribution and activity packs for children.

They can be contacted at the following locations:

Boyle FRC: 071 9663000 or manager@boylefrc.ie

Ballaghaderreen FRC: lindadevine@ridc.ie

Castlerea FRC: 086 4615537 or castlereafr@gmail.com

South Roscommon FRC 090 6625898 or southrosfrc@vitahouse.org

An Garda Siochana

An Garda Siochana have expanded our Community Engagement Teams across the County to ensure all areas are targeted with a view to identifying the needs of the communities we serve including those most vulnerable. Our tasks have been challenging social distancing and those travelling on non-essential journeys at checkpoints as well as increasing our beats, mountain bike and car patrols across the county. We are working hand in hand with the Community Response Forum to ensure support is provided to the county 24/7.

We encourage people to contact us at any stage should they require assistance:

Roscommon Garda Station on 090 6638300

Castlerea Garda Station on 094 9621630 (which are both 24 hour stations)

Roscommon Youth Service

Although we have had to close our physical doors, we are definitely still here and working hard to support young people across County Roscommon through a range of services being offered online, by phone or text and more. Groups are being offered online through Zoom and other video platforms, Youth Cafes, Darts Groups, Music lessons, Boredom Buster Groups, Walk and Talk groups and Quizzes. One to one supports are available for young people aged 10 – 24 years via call, video calling or text and online life coaching for 17 – 24 year olds. Activity packs for 10 – 12 year olds have been developed which contain competitions and challenges.

Contact details for all staff:

Worker	Number	Email
Gary Nugent Senior Youth Officer	0860105547	gary.nugent@foroige.ie
Sean Fleming Project worker	0860319014	sean.fleming@foroige.ie
Linda Delaney Project worker	0860319017	Linda.Delaney@foroige.ie
Aoife Guihen Project worker	0866036050	aoifeguihen@ridc.ie
Karen Bowens Project worker	0866037598	KarenBowens@ridc.ie

Facebook: Information is also available on Roscommon Youth Service

Boyle Counselling and Psychotherapy Centre

The Centre is offering counselling, psychotherapy, family therapy, and adolescent therapy by telephone and email. Fees are suspended for the duration of the pandemic.

Call 071 – 9663000 or email boylecpc@boylefrc.ie

Vita House

Continues to offer counselling/ family therapy, suicide bereavement liaison service, cancer support and Brazilian outreach by telephone and online video chat.

Call 090 66 25898 or Email: info@vitahouse.org

Roscommon County Childcare Committee

We are operating as normal and the team are answering phones and emails and working through your queries as quickly as we can. We have updated our office telephone system, therefore it is easier for us if you use the main landline number **0949622540** where you will have an option to be then put through directly to the person you wish to speak with.

Further information on our website at www.roscommonchildcare.ie

<https://www.roscommonchildcare.ie/covid-19-emergency-childcare-service-for-essential-healthcare-workers-dcya-press-release-01-05-2020/>

Follow us on facebook <https://www.facebook.com/roscommonchildcare/>

Contact details for our team:

Martina Towey, **Administrator** 094 9622540 Mob:087 0629894 info@roscommonchildcare.ie

Sinead Mc Quaid, **Childcare Development Officer** 094 9622540 Mob: 087 7744406
cdo4@roscommonchildcare.ie

Carmel Dunne, **Childcare Development Officer** 094 9622540 Mob: 087 7744405
carmel.dunne@roscommonchildcare.ie

Áine Mannion, **Childcare Development Officer** 094 9622540 Mob: 087 7744404
cdo5@roscommonchildcare.ie

Irene Cafferky, **County Coordinator/Manager** 094 9622540 Mob: 086 6039606
irene.cafferky@roscommonchildcare.ie

Jigsaw

Jigsaw continues to provide support to young people, parents and professionals during the Covid-19 period. While our face-to-face services are suspended, Jigsaw Clinicians are providing phone support to young people who had been attending the service. We have also established a **Freephone service** so that young people aged 12 – 25, parents and professionals / concerned adults can get some support until our service re-opens. The Freephone service team (Jigsaw Clinicians) can be contacted directly through the 1800 phone service, or by initiating a request for a return phone call through the dedicated email address and/or text number.

There is also information, advice and guidance available on [Jigsawonline.ie](http://jigsawonline.ie) which is regularly updated with new content relating to the Covid-19 experience and its impact on youth mental health.

Contact details:

Freephone number: 1800 JIGSAW (1800-544-729). Opening hours: Monday to Friday 1pm- 5pm.

Text number: 086 180 3880. Text: 'Call me' and your desired day and time (Monday to Friday 9am to 5pm). Opening hours: Monday to Friday 9am to 5pm.

Email address: help@jigsaw.ie. Opening hours: Monday to Friday 9am to 5pm.

Western Regional Drug and Alcohol Taskforce (WRDATF)

The WRDATF, supporting the **Planet Youth** initiative in the region, is providing a number of virtual information sessions with a Psychotherapist on "Parenting your Teenager during Covid-19". The Roscommon session was held on 28th April 2020 and attended by over thirty parents.

Further information is available on:

www.planetyouth.ie or <https://www.facebook.com/PlanetYouthIreland/>

Gillian Conway Drug Education Support Worker is available on 086 7814779

Esker House Domestic Abuse Support Services*

Services remain available for those who need them. A 24 hour helpline is available and a specialist team will listen, believe and support. The Outreach service is available via telephone, email or DM on Facebook, offering emotional and comprehensive support. Court Clinic staff are available to assist women who are applying for Domestic Abuse Court Orders.

Call 24 Hour Helpline: 090 674122 or email info@eskerhouse.ie or Facebook @EskerHouseDVservice

Roscommon Safe Link*

Roscommon Safe Link is providing phone support for those who are feeling fearful, lonely, isolated or in need of information during these challenging times.

Call 071 9664200 or call/text 086 2300353

Email anne@roscommonsafelink.ie or send a message via Facebook Roscommon Safe Link

Migrant Rights Centre Ireland (MCRI)*

MCRI is offering free and confidential information and support for those who are “undocumented” in Ireland. Their Drop in Centre is now virtual and caseworkers are available to answer questions by phone, web query and email.

Contact details:

General Queries 01 – 8897570 or Email: info@mrci.ie

Immigration related queries 01 – 5313239

Employment related queries 01 – 5313249

Social Welfare related queries 01 – 5313237

*not a CYPSC member but query arose in relation to these needs at Roscommon CYPSC teleconference