



# Louth Child and Family Support Network Newsletter

Details of Local Service delivery during COVID – 19  
Edition 10 - Updated on the 12<sup>th</sup> June 2020



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

# MEMO - TUSLA Area Manager Louth Meath

## Grainne Sullivan

### COVID 19 SERVICE UPDATE

During the current public health Crisis, Bernard Gloster CEO has made a decision to focus on the three critical areas including -

#### 1. Child Protection and Welfare Concerns

Tusla continues to accept and respond to all referrals of reasonable grounds for child protection or welfare concern.

This can be done via the secure portal on the Tusla Website or by contacting us at our:

**Dedicated Point of Contact at Tel 046 9098560.**

#### 2. Support to Children in Care & After Care

Louth Meath are responsible for 410 children in care, the majority who live with foster families with a small number living in residential centres. We continue to provide support to all of these children and their parents during this difficult time.

We are working on an emergency foster carer plan as the current crisis will potentially have an impact of foster carer availability.

#### 3. Domestic, Sexual & Gender Based Violence Services

Tusla funded Domestic, Sexual & Gender Based Violence Services provide free and confidential services: emergency shelter, legal advocacy, support groups and domestic violence education. The services include-

- Women's Aid Helpline (24 hours) 1800 341900
- Rape Crisis Centre National Helpline (24 hours) 1800 778888
- Drogheda Women's Refuge: Refuge/Support Service Tel: 041 984 4550
- Women's Aid Dundalk: Refuge/Support Service Tel: 042 933 3244
- Meath Women's Refuge: Refuge/Support Service Tel: 046 902 2393
- Men's Aid Ireland (formally AMEN) : Support Service & Confidential Helpline – 01 554 3811 Email: [Hello@mensaid.ie](mailto:Hello@mensaid.ie)

To update your service provision please email the Child Family Support Network Coordinators

North Louth Paula McCabe paula.mccabe1@tusla.ie or

South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

# MEMO - TUSLA Area Manager Louth Meath Grainne Sullivan COVID 19 SERVICE UPDATE

**While the above three areas have been prioritised, Tusla continue to provide the following -**

#### **4. Tusla Education Support Service (tess)**

Tess has three strands namely the Statutory Educational Welfare Service (EWS) and the two school support services the Home School Community Liaison Scheme (HSCL) and the School Completion Programme (SCP). Tess continues to provide supports to families during this time and have worked with the Department of Education to ensure that School Lunches have been made available to DEIS schools. There are 4 EWO's who are working remotely at present. They are maintaining contact with the families and are liaising with other professionals who are involved with these families.

**Senior Manager: [Georgina.traynor@tusla.ie](mailto:Georgina.traynor@tusla.ie) Tel 087-7601955**

#### **5. Prevention, Partnership and Family Support**

The Family Support Teams are continuing to provide remote support to families & are also supporting their colleagues on their more critical work. The Child and Family Support Networks (CFSN) have developed a community response plan which will now align where appropriate with the county council plans. Some of the key areas being progressed are –

- Audit of current service delivery in the Community and Voluntary Sector to ensure that information is shared across the network
- Targeted families in need of practical support
- Delivering play packs to targeted families & sharing of key resources to children / parents on internet safety / safety card etc.
- The Tusla funded services across Louth Meath continue to provide support in line with Public Health advice

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North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

**MEMO - TUSLA Area Manager Louth Meath  
Grainne Sullivan  
COVID 19 SERVICE UPDATE**

**6. Children and Young Peoples Service Committee**

The Louth & Meath CYPSC have developed a response plan which will now align where appropriate with the County Council Plans. The key areas being progressed are –

- Audit of Service Delivery in the Statutory Sector to ensure that information is shared across the network
- Service Activity at a local level including work on Hidden Harm, Positive Play, Mental Health Toolkits in including bereavement resources, Physical Activity for children, NVR- Key Messages communique.
- Sharing of information/Communication between CPYSC Members, the PPN and the development of resources on internet safety / safety card
- There is Regional Collaboration on finalising a Critical Incident Protocol.

**Tusla also provide Early Years Inspection Services and Adoption Services.**

**Grainne Sullivan, Area Manager 2 April 2020**

## Louth Meath Child and Family Support Network Coordination Team



The Louth Meath Child and Family Support Network Coordination team are still open to and receiving PPFS referrals and Meitheal requests. All Meitheal meetings are postponed at present. The CFSN Coordinators are linking with all Lead Practitioners on open Meitheal processes and ensuring they are contacting parents on an ongoing basis, identifying any needs during COVID-19. The Louth Meath CFSN Coordination team will continue to link in by phone and email with CFSN members in their Network and will share information, update service provision and identify gaps and needs .

### Senior Child and Family Support Network Coordinator Louth Meath

**Contact:** Sandra Stafford

**Email:** Sandra.Stafford@tusla.ie

### North Louth Child and Family Support Network Coordinator

**Contact:** Paula McCabe

**Phone:** 087 7218112

### South Louth Child and Family Support Network Coordinator

**Contact:** Annmarie Kidd

**Phone:** 087 6542139

**Tusla Parenting Support Website:** [www.parenting24seven.ie](http://www.parenting24seven.ie)

To update your service provision please email the Child Family Support Network Coordinators

North Louth Paula McCabe paula.mccabe1@tusla.ie or

South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

## Louth Meath Prevention Partnership and Family Support



### Louth PPFS Family Support Practitioner Team

The North Louth Family Support Practitioner service delivery is continuing through phone contact with families, on a weekly basis. The allocated PPFS worker will be the contact person for families that are open to the North Louth PPFS team.

If the family are not allocated to a Family Support Worker, please contact the office where a staff member will answer and direct your call to the relevant personnel, or send out a PPFS Referral form. Please leave your name and number on the answering machine if there is no staff available to take your call at that particular time.

### North Louth PPFS Springboard Family Support Team

**Team Leader:** Caroline Bowe

**Phone:** 042 9351680

### South Louth Family Support Team Southgate

**Team Leader:** Karen Byrne

**Phone:** 041 2152300

**Tusla Parenting Support Website:** [www.parenting24seven.ie](http://www.parenting24seven.ie)

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## Louth Children and Young People's Services Committee

Children and Young people's Services committees (CYPSC) are a key structure identified by Government to plan and coordinate services for children and young people in every county in Ireland. The overall purpose is to improve the outcomes for children and young people through local and national interagency working.

Co. Louth CYPSC which was established in August 2010 brings together statutory, community and voluntary providers of services to children and young people. It provides a forum for joint planning and coordination of activity to ensure that children, young people and their families receive improved and accessible services. The role is also to enhance interagency cooperation and to realise the national outcomes set out in Better Outcomes Brighter Futures: the national policy framework for children and young people 2014-2020.

**Membership of Louth CYPSC includes representatives from the following sectors and organisations:**

***Tusla the Child and Family Agency , Local Authority, HSE, LMETB, An Garda Siochana, Reps from C & V sector, 18-24 years old Rep, DKIT, IPPN, Connect Family Resource Centre, North East Regional Drug and Alcohol Task Force ,Louth County Childcare Committee, The Probation Service, DEASP, Louth LEADER Partnership, The Genesis Programme.***

Louth CYPSC has recently completed a three year Children and Young People's Plan (CYPP) 2019-2021 for Louth. Further information can be obtained on:

**Website:** [www.cypsc.ie](http://www.cypsc.ie)

**Key Messages for parents - Internet Safety**

<https://www.cypsc.ie/fileupload/Final%20Version%20Internet%20safety%20Louth%20CYPSC.pdf>

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Youth Work Ireland  
Louth

## Craobh Rua Youth Project



Child and Family  
Support Network

Craobh Rua Youth Project in Dundalk are continuing to engage with young people through digital youth work. They are using zoom for programmes and activities. Youth workers are delivering Care and programme packages to their young people to ensure that they continue to engage at home. Youth workers are using Instagram, snapchat, whatsapp and Facebook to share factual information; daily challenges; competitions and encouraging young people as well as parents to use some relaxation tips to build on their resilience and coping skills.

### Contact details

**Regional Director** - Caroline Flanagan: [Caroline@lyf.ie](mailto:Caroline@lyf.ie)

**Craobh Rua Youth Workers:** [roisin@lyf.ie](mailto:roisin@lyf.ie) or [Julie@lyf.ie](mailto:Julie@lyf.ie)

### Workers based in Cooley Peninsula:

[erin@lyf.ie](mailto:erin@lyf.ie) or [coreproject@lyf.ie](mailto:coreproject@lyf.ie) (Detached Youth Work)

Youth Work Ireland have released a Phased National road map for transition. Please click on the link below for further information:

[https://www.youthworkireland.ie/images/uploads/general/Draft\\_YWI\\_Phased\\_Lockdown\\_Transition\\_Plan.pdf](https://www.youthworkireland.ie/images/uploads/general/Draft_YWI_Phased_Lockdown_Transition_Plan.pdf)

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## Boomerang Youth Cafe



Boomerang Youth Café are closed in line with the response to COVID 19. Youth workers are in contact young people through phone calls and ZOOM room Private Groups.

Boomerang are providing one to one support online now for anyone that needs it. They are available Monday – Friday 2.00pm -4.00pm

**THE SUPPORT IS OPEN TO ALL YOUNG PEOPLE**

**Email:** [Teresa.boomerang@gmail.com](mailto:Teresa.boomerang@gmail.com)

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South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



## Youth Work Ireland Louth



Community Based projects Southside CYP, Boyne GYDP, CORE- Sign posting & engagement, Irish Youth Music Awards TEAM Louth, Youth Network for Peace & AMPLIFY projects continue to provide on-going support with programmes online using the Digital Youth work model. Within this model Youth workers use the medium of social media like messenger, snapchat, Facebook, Instagram to communicate with young people. 1:1 sessions and group work can be conducted using the Zoom chat app in which multiple young people can join in and receive the support that they require.

At Youth Work Ireland Louth we are striving to provide constant and consistent support for our young people in these uncertain times... online Digital Youth work at its best.

### **Southside Community Youth Project (GYDP)**

**Email:** [monica@lyf.ie](mailto:monica@lyf.ie) or [Keith@lyf.ie](mailto:Keith@lyf.ie)  
[denise@lyf.ie](mailto:denise@lyf.ie)

### **BOYNE Garda Youth Diversion Project**

**Email:** [nicola@lyf.ie](mailto:nicola@lyf.ie) or

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North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

# AMPLIFY Peace Project

AMPLIFY are still receiving referrals for young people between 14 - 25. The project provides a platform for young people to select programmes based on their individual needs and interests. AMPLIFY is currently delivering its programmes through Digital Youth Work which includes the following:

- Make up
- Beauty
- Hygiene and Hair.

Our project workers meet the needs of the young people virtually through different resources such as Facebook, zoom, snapchat, Whatsapp, Surveymonkey while also continuing to provide individual support to each young person.

## Amplify Youth Project

**Email:** [april.dooley@foroige.ie](mailto:april.dooley@foroige.ie) or [shane.ryan@foroige.ie](mailto:shane.ryan@foroige.ie)

## Cable Project Moneymore

Cable Project are providing ongoing supports via online platforms and phone contact for young people currently linked to Cable project.

**Contact details:**

Allen O' Donoghue

**Email:** [allen.odonoghue@foroige.ie](mailto:allen.odonoghue@foroige.ie) or

Jenny Deegan

**Email:** [jenny.deegan@foroige.ie](mailto:jenny.deegan@foroige.ie)

April Dooley

**Email:** [april.dooley@foroige.ie](mailto:april.dooley@foroige.ie)

Shane Ryan

**Email:** [shane.ryan@foroige.ie](mailto:shane.ryan@foroige.ie)

**Phone:** 0860488983

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North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



## Connect Family Resource Centre



Connect are providing support by phone and are putting updates / information on their social media platforms and on the Connect Facebook page. Connect FRC are delivering hampers **within the Connect FRC catchment area** to older/vulnerable people who are unable to leave the house and have limited social supports. With consent Connect FRC are passing some of their details onto the Community Guards for additional supports.

### Contact details:

**Coordinator:** Cliodhna [coordinatorconnectfrc@gmail.com](mailto:coordinatorconnectfrc@gmail.com)

**Community Development and Family Support Worker:** Sinead [outreachconnectfrc@gmail.com](mailto:outreachconnectfrc@gmail.com)

**Community based Family Support Worker:** [communityconnectfrc@gmail.com](mailto:communityconnectfrc@gmail.com)

The Beacon Family Support and Footsteps programme are continuing by phone, social media contacts and emails.

Hampers are continuing but only within the catchment area due to demand. We are also running weekly competitions on social media to keep children's and families motivated and active. Keep an eye out on Facebook page!



## Connect Family Resource Centre



Connect FRC are offering adolescent and adult counselling by phone or video call. Connect FRC are also delivering online courses, details are:

### **Online 6 week Mindfulness Course**

**starting Wednesday May 6th at 10.30am.**

**This will be one hour per week through the Zoom online interactive platform.**

Connect FRC staff will support participants to get their Zoom set up and ready to take part! Anyone who is interested can contact Connect FRC or register via Facebook messenger

### **Contact details:**

**Coordinator:** Clodhna [coordinatorconnectfrc@gmail.com](mailto:coordinatorconnectfrc@gmail.com)

**Community Development and Family Support Worker:** Sinead [outreachconnectfrc@gmail.com](mailto:outreachconnectfrc@gmail.com)

**Community based Family Support Worker:** [communityconnectfrc@gmail.com](mailto:communityconnectfrc@gmail.com)

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Child and Family  
Support Network

## Moneymore Afterschool Club

The Moneymore afterschool club are keeping in contact with children and parents through the Moneymore After-school Club Facebook page or by phone.

They provide updates and information relevant to the age group who attend the service.

### Contact:

**Phone:** 086 3707 069

**Social Media:** Facebook Page



**Community House**  
**43 Moneymore**  
**Drogheda**

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North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd anmarie.kidd@tusla.ie

## Lifestart Growing Child Programme

The Lifestart Growing Child Programme are providing support through phone calls. They have also put together resource packs with information. This service is available for families of children birth to five years of age.

Lifestart are providing play and activity packs with changing themes on a monthly basis to all Lifestart families of children 0-5years. Play and activity packs will very much compliment the Lifestart Growing Child programme materials which are now accessible to Lifestart families in a digital version for a three month period.

For Parenting Tips follow the link: <https://www.lifestartfoundation.org/>

**Contact:**

**Lifestart Co-ordinator:** Carol Harkin

**Phone:** 041 9842078

**Email:** [lifestart@lifedev.ie](mailto:lifestart@lifedev.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)







**The house**

Cox's Demesne Youth & Community Project Ltd

# Cox's Demesne Youth and Community Project



**Child and Family Support Network**

Throughout Covid 19, Cox's Demesne Youth & Community have been engaging very regularly with young people and the families we support. This has involved:

- Linking in with young people through phone calls, face timing, social media i.e. Messenger, Zoom, WhatsApp etc.
- There has been ongoing contact and some activities have been carried out remotely, bingo, games etc. Some training has been done e.g. driver theory test, particularly with the Gaining Ground Probation Project. Activity packs were delivered to 30 children on the After School Service. Cooking recipes and ingredients delivered also for a parent-child activity and photos put up on the Cox's Demesne After School Facebook page.
- Workers helped every Thursday morning in the delivery of food packs (school meals) to 100 families in the Redeemer North Dundalk area. This proved very positive in that there was some face to face contact outside the home while adhering to Public Health Guidelines at all times.
- Checking in with families on a Thursday morning led to advocacy and follow ups with other services.
- The Cox's Demesne Project has linked in with the other youth organisations in Louth via the "PPN Linkage Youth Work Group" meetings on Zoom. This has been a very positive experience, both in sharing information and collectively accessing funding to help with the reopening of our projects.
- Cox's Demesne Youth & Community Project are involved also with the delivery of the "mental health packages" to teenagers, a joint initiative with CYPSC & LLP and 7 youth organisations in Louth.

12/06/2020

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North Louth Paula McCabe paula.mccabe1@tusla.ie or

South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



**The house**

Cox's Demesne Youth &  
Community Project Ltd

# Cox's Demesne Youth and Community Project



## **Cox's YCP are well underway with reopening plans:**

- The Governments "Back to Work Safely Protocols" have been followed
- The project building has been assessed and signage, sanitizers etc installed
- All staff have undertaken Covid 19 safety training, back to work questionnaire and induction meetings
- Protocols have been drawn up
- The project reopens on Monday 15<sup>th</sup> of June
- All staff will work on a phased basis & will continue to work remotely if possible
- There will be no open access or public access until later in the summer

## **Direct work will take place from the 15<sup>th</sup> of June for the following projects:**

- Gaining Ground Probation Project
- High Voltage Garda Youth Diversion Project
- Second Chance
- North Dundalk Family Support Hub
- Teen Parent Support Programme
- All direct work will be done with 1-3 young people maximum and outdoors if possible. If indoors, strict Public Health Guidelines will be adhered to.
- The After Schools Service will resume with direct work in groups of 4 children only in Phase 3 on the 29<sup>th</sup> June.

To update your service provision please email the Child Family Support Network Coordinators

North Louth Paula McCabe paula.mccabe1@tusla.ie or

South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



**The house**

Cox's Demesne Youth &  
Community Project Ltd

# Cox's Demesne Youth and Community Project



**Child and Family  
Support Network**

## Contact Details

### Manager

Clodagh O'Mahony – 087 7784139

### High Voltage GYDP

Vincey Mc Grory – 086 8629508

Cecelia Sherry – 087 6420719

### Second Chance Programme

Norma Cooney – 083 0607725

### After School Service

Claire Duffy – 087 7449742

### Gaining Ground Probation Programme

Paul Owens – 087 9232170

Orla Callan – 087 9037103

### North Dundalk Family Support Hub

Garrett Weldon – 086 3733170

### Teen Parent Support Programme

Lucy Maguire – 086 8099706

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



## The Invictus Project Muirhevnamor

The Invictus Project in Muirhevnamor, Dundalk are continuing to provide support families in the greater Muirhevnamor area of Dundalk. If there are any families in this area that require a check in, visit or support during COVID 19 please do not hesitate to get in touch with the project.

### Contact details:

John Connolly

**Phone:** 086 2074209

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

# Muirhevnamor Community Youth Project

## TEAM Project

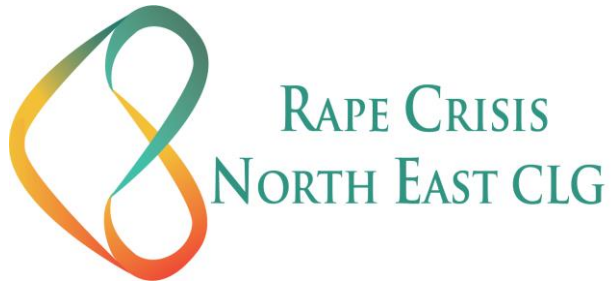
The Team Project are continuing to engage and work with Young People. We aim to provide our services through various forms of digital media. All workers are available and can be contacted through the use of social media, phone and email. Group chats and 1:1 sessions are being carried out regularly and we are distributing Easter packs to all our young people containing all information and how to contact us. We hope to promote positivity through our social media posts and to keep all Young people up to date on the current situation. We also share links to various local organisations that may be of benefit.

## After School Services

The Community Afterschool Service has continued to keep in contact with parents through text and have delivered factual HSE information packs to all families offering support and coping methods through this pandemic.



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



## Rape Crisis North East Centre



The Rape Crisis Centre **Freephone** helpline number is open those who need access to crisis counselling and support.

Monday – Friday 10.00am – 4.00pm

**Contact:** 1800 21 21 22

### **For existing clients of the Rape Crisis Centre:**

The Therapist will make contact to arrange counselling appointments over the phone.

**Contact:** [manager@rcne.ie](mailto:manager@rcne.ie) for further information.

### **For New Clients:**

To arrange an appointment email [manager@rcne.ie](mailto:manager@rcne.ie) or **Phone** 1800 21 21 22

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



## ISPCC



The ISPCC office in Drogheda is currently closed to the public. ISPCC support staff are currently working and offering ISPCC services remotely. ISPCC staff have work mobiles which are on during working hours. ISPCC staff are contactable on their work phones which any potential referrer can contact during working hours to discuss cases, concerns or referrals. All clients and their families open to the service currently receive regular weekly contact via phone and skype to maintain the support and intervention work developed to date. ISPCC staff have access to work emails through our remote access system.

### Contact details:

Tina Russell

**Phone:** 087 433 0441

**Email:** [tina.Russell@ispcc.ie](mailto:tina.Russell@ispcc.ie)

Robert Byrne

**Phone:** 087 140 9276

**Email:** [robert.byrne@ispcc.ie](mailto:robert.byrne@ispcc.ie)

The ISPCC have a national support line. This service is for parents and young people to call regarding any concerns they might have. The contact number changes daily and can be found on the ISPCC website.

**Website:** [www.ispcc.ie](http://www.ispcc.ie).

Childline is Ireland's 24-hour national listening service for all children and young people (under the age of 18) in Ireland. It is private, confidential and non-judgemental and can be contacted for free from anywhere in Ireland.

**Phone:** 1800 66 66 66 (24 hours a day)

**Text 50101** (10am – 4am daily)

**Chat online at** [Childline.ie](http://Childline.ie) (10am – 4am every day).

Childline calls, webtexts and messages are still up and running and will remain open during the crisis.

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**CHILD ABUSE DOES NOT STOP IN A PANDEMIC**

**#NeverGiveUpOnAChildEver**

**HOZIER**

**FRIDAY**

**DANNY  
O'REILLY**

**SATURDAY**

**WILD  
YOUTH**

**SUNDAY**

**KODALINE**

**MONDAY**

**DERMOT  
KENNEDY**

**TUESDAY**

**PICTURE  
THIS**

**WEDNESDAY**

**GAVIN  
JAMES**

**THURSDAY**

**AND MORE TO BE ANNOUNCED**

**7pm**

**EVERY NIGHT**

**INSTAGRAM LIVE STREAMS EVERY NIGHT**

DONATE NOW AT [ISPCC.IE/DONATE-NOW](https://ispcc.ie/donate-now) TO DONATE €4 TEXT **CHILDHOOD** TO 50300

ISPCC WILL RECEIVE A MINIMUM OF €3.60. SERVICE PROVIDER: LIKECHARITY



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# Mental Health Ireland



Mental Health Ireland have a range of information available useful links on [www.mentalhealth.ie](http://www.mentalhealth.ie)

Mental Health Ireland staff are working from home so you can contact them by email directly - <https://www.mentalhealthireland.ie/our-staff/> or via [info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)

The HSE Mental Health Information line is **1800 111 888**

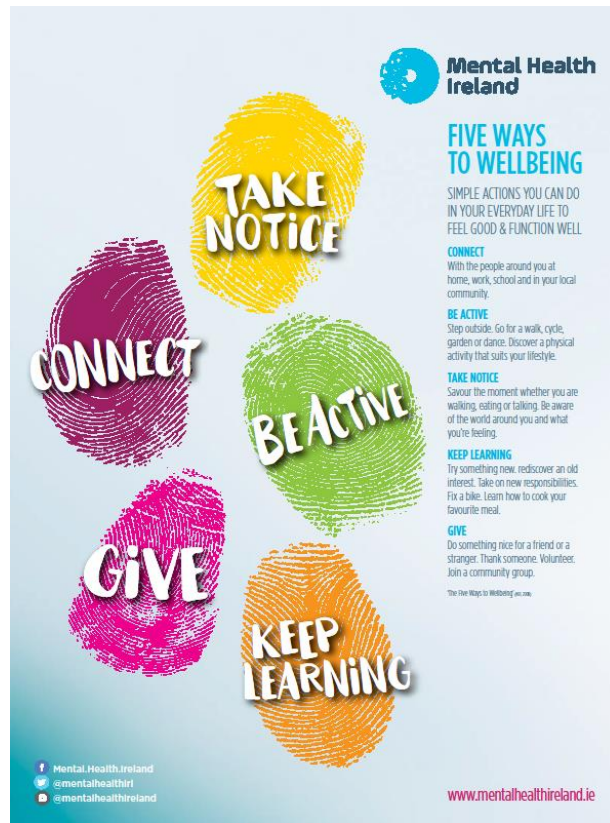
**Samaritans helpline** 116 123 or email [jo@samaritans.ie](mailto:jo@samaritans.ie)

Mental Health Ireland urges people to stay connected and informed amid Covid 19:  
<https://www.mentalhealthireland.ie/news-events/wellbeing-covid19/>

Tips for keeping your mental health balanced during this time:  
<https://www.youtube.com/watch?v=sE5yTNIHBmw>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

## Five ways to wellbeing poster



<https://www.mentalhealthireland.ie/wp-content/uploads/2019/11/MHI-Five-Ways-to-Wellbeing-Poster.pdf>

12/06/2020

## Five ways to wellbeing leaflet



<https://www.mentalhealthireland.ie/wp-content/uploads/2019/11/MHI-5-ways-to-wellbeing-leaflet.pdf>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



Child and Family  
Support Network



# Mental Health Supports

## Shine Northeast

Shine in the Northeast will continue to provide support during COVID – 19.

**Contact:** Derek Pepper, Regional Development Officer

**Phone:** 086 8525422

**Email:** [northeast@shine.ie](mailto:northeast@shine.ie)

Shine's support services are available to anybody over 18 years of age.

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## SOSAD Dundalk

SOSAD offices are currently closed for face to face appointments and walk in's. The 24 hour helpline is still open and will continue to be open throughout the COVID -19 Pandemic. SOSAD are advising people to ring as often as needed.

**Phone:** 042 9327311.

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## Samaritans

Call **FREE** day or night: 116 123

**Email:** [jo@samaritans.ie](mailto:jo@samaritans.ie)

**Website:** [www.samaritans.ie](http://www.samaritans.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



## Spunout



SpunOut.ie is Ireland's youth information website created by young people, for young people. On SpunOut.ie they provide information on a range of different topics broken down into sections; education, employment, health, life and opinion. Their vision is to help create an Ireland where young people aged between 16 and 25 are empowered with the information they need to live active, happy, and healthy lives.

If a young person; aged between 16 and 25, is having a tough time and needs to tell someone, they can text anonymously to talk it out with a trained volunteer. They are happy to talk about absolutely anything that's bothering a young person, and they can help you explore your options. Get anonymous support 24/7 with their text message support service. Connect with a trained volunteer who will listen, and help to move forward feeling better.

Chat to them now.

Text **SPUNOUT** to **086 1800 280** to get started.

Standard SMS rates may apply

Find factual and up to date news on the COVID-19 pandemic, as well as advice and factsheets to help young people stay happy and healthy during this time: <https://spunout.ie/news/category/covid-19>.

**Website:** [www.spunout.ie](http://www.spunout.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

## Jigsaw Support Line



**The Jigsaw support line is now up and running**

This new initiative was developed as part of their Covid-19 response. It will provide free mental health support and advice to young people aged 12 to 25 years old, and parents or concerned adults who live in the Republic of Ireland.

You can also get in touch with Jigsaw clinicians by text message or email and ask for a return support call.

**Contact details:**

Freefone 1800 JIGSAW (544 729)

**Opening Hours**

Monday to Friday, 1pm- 5pm

**Text 086 180 3880**

text "call me" with your preferred day and time for a call, Monday to Friday, 9am to 5pm

**Email: [help@jigsaw.ie](mailto:help@jigsaw.ie)**

you can email anytime, and clinicians will be responding from Monday to Friday, 9am to 5pm.



## Grow Mental Health Recovery



All Grow weekly support groups are postponed until further notice however if you need support please contact Grow

**Phone:** 1890 474 474

**Email:** [info@grow.ie](mailto:info@grow.ie)

Grow Mental Health Recovery have launched an initiative entitled 'Creating Hope and Staying Positive while facing Covid-19'. The idea is that we are facing the reality that this is a long-term process and we need advice that will sustain us over the coming weeks. The content, which includes podcasts, relaxations techniques and practical tasks, is designed to be relevant, reassuring and fun.

**Week 1:** Now available on their website at <https://grow.ie/category/covid-19-support/>

**Week 2:** 'Staying Connected in Isolation' can be accessed at <https://grow.ie/week-2-connecting-in-isolation/>

**Week 3:** 'Adopting a Positive Outlook' can be accessed at <https://grow.ie/week-3-adopting-a-positive-outlook/>

**Week 4:** 'Routine, Routine, Routine' can be accessed at <https://grow.ie/week-4-routine-routine-routine/>

**Week 5:** 'Self-care and new challenge' can be accessed at <https://grow.ie/week-5-self-care-and-new-challenge/>

**Week 6:** 'Dealing with Anxiety' can be accessed at <https://grow.ie/week-6-dealing-with-anxiety/>

To update your service provision please email the Child Family Support Network Coordinators

North Louth Paula McCabe paula.mccabe1@tusla.ie or

South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



# Aware



Aware provides support services which are available to individuals managing their own experience of depression or bipolar disorder, as well as to people who are concerned about a loved one. The outbreak of the Covid-19 coronavirus may be causing you stress and worry. Aware has gathered resources which you may find useful when it comes to managing your mental well-being during the outbreak.

Bríd O'Meara, Director of Services at Aware, has put together information on what we can do to help manage our levels of anxiety at this time. <https://www.aware.ie/mental-health-resources/anxiety-during-covid-19/>

The Aware Support Line and Support Mail are both available seven days a week and our Support & Self Care Groups take place weekly nationwide.

Freephone Aware's Support Line. Available Monday to Sunday from 10am - 10pm.

**Phone:1800 80 48 48**

**Email: [supportmail@aware.ie](mailto:supportmail@aware.ie)**

Email at any time. You can expect a response within 24 hours

Follow the link for information on Aware Phone-in peer groups <https://www.aware.ie/support/support-groups/>

Aware is expanding their offering of free online mental health education programmes, in response to the outbreak, that you can do from home. Click on the link for further information: <https://www.aware.ie/mental-health-resources/online-mental-health-programmes/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



# HUGG



HUGG is a peer support organisation. They provide a safe, confidential environment in which those bereaved by suicide can share their experiences and feelings, so giving and gaining support from each other. The aftermath of a suicide is shocking, debilitating, surreal, life changing. But you can learn to live with this loss. It is not easy, but HUGG are there to help. People who are suicide bereaved sometimes find it can be difficult for people who have not experienced suicide loss, including professionals, to understand what they are going through. Often the best conversations are had with peers – other people bereaved by suicide. HUGG support groups are facilitated by people who have been bereaved by suicide. The groups are open, meet fortnightly and are free of charge. You do not have to speak, there is healing in just being with those who understand your pain.

HUGG recognise that your grief is valid, amid the chaos of COVID-19. They have moved all of their services online - phone support continues, email support continues, their website has lots of resources for you.

## Contact details:

**Phone:** 01 513 4048 (monitored answering machine)

**Email:** [info@hugg.ie](mailto:info@hugg.ie)

**Website:** <https://www.hugg.ie/>

HUGG groups will continue to meet online via Zoom. For those of you who have not been able to attend a HUGG group, HUGG want to support you. Therefore, they are opening up groups to anyone in Ireland who would like to attend a HUGG Peer Support Group, hosted on Zoom. Just click on the link below and fill in your details. They will then get in touch with you.

<https://tinyurl.com/HUGGGROUPONLINE>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)





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Health Service Executive

# Child and Adolescent Mental Health Services Louth



Child and Family  
Support Network

Child and Adolescent Mental Health Service in Louth are continuing to provide support through telephone consultation with young people and parents. The teams are also sending out information to individual clients based on their needs.

Child and Adolescent Mental Health Service continue to deal with urgent referrals as they come in to the service.

## Louth Child and Adolescent Mental Health Services

The Grey Building

Child and Family Centre, Dublin Road

Drogheda, Co. Louth


**Phone: 041 9893300**

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

# Louth GAA COVID 19 Response



Child and Family  
Support Network



## COVID-19 Response Louth Club Contacts

### North Louth Region

**Clan Na Gael - Niall Weldon** - 0872956573

**Cooley Kickhams - Brian Rafferty** - 0851684655

**Na Piarsigh - Gerry McGee** - 0877500414

**Roche Emmets - Aine Rice** - 0876313429

**St. Patricks - Padraic O' Connor** - 0872397137

### East Louth Region

**O' Connells - Aidan Murtagh** - 0872579625  
**Anthony Agnew** - 0879272863  
**Brian Kearney** - 0872841895

**St. Kevins - Bob Doheny** - 0860489775

### South Louth Region

**Glen Emmets - Joey Carolan** - 0878339568  
**Catrina Tuite** - 0863203675  
**Jack Carolan** - 0872316722

**Hunterstown Rovers - Amanda Lane** - 0894248931

**Mattock Rangers - Terry Donegan** - 0876405305  
**Mark Leacy** - 0868570564  
**Earnan Roche** - 0879872874

**Naomh Mairtin - Linda Donaghoe** - 0861936349

**Newtown Blues - Gillian Harte** - 0877951477  
**Orlaith Nugent** - 0868140876

**Oliver Plunketts - Jeff Finnegan** - 0876409549

**St. Nicholas - Des McDonald** - 0862063113

**Wolfe Tones - Patrick Fanning** - 0874681644

### West Louth Region

**Glyde Rangers - Anthony Nulty** - 0877639043

**Kilkerley Emmets - Cathal Bellew** - 0858783433

**Naomh Malachi - Aidan Fee** - 0858672406  
**Donna Daly** - 0863770718  
**Emma McArdle** - 0874364816

**Roche Emmets - Aine Rice** - 0876313429

**Sean McDermotts - Kevin Carroll** - 0871344157

**St. Brides - Niamh Sweeney** - 0864017098


**St. Mochtas - Orla O'Neill** - 0879800284  
**Niamh Kirk** - 0833653921  
**Aidan Murtagh** - 0872579625

**Westerns - Frank Scriven** - 0877979878

### NATIONAL SUPPORT HELPLINE

HOW WE OPERATE

- 1 REQUEST HELP VIA HELPLINE  
TEXT 086 180 0256  
CALL 021 237 7809
- 2 REQUEST IS CATEGORISED AND ASSIGNED TO REGIONAL COORDINATOR (EXAMPLE - MEMBER OF THE PUBLIC NEEDS GROUPEERS DELIVERED - COLLECT & DROP OFF)
- 3 COORDINATOR ASSIGNS TICKET TO VOLUNTEER/GROUP (LOCAL AUTHORITY TEAM, CHARITIES, LOCAL VOLUNTEER GROUP)
- 4 SUPPORT REQUEST IS CLOSED



To update your service provision please email the Child Family Support Network Coordinators

North Louth Paula McCabe paula.mccabe1@tusla.ie or

South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



# **Na Piarsaigh CPG**

## **COVID - 19**

### **Community Support**



In light of recent events Na Piarsaigh CPG have put together a local support group to help out those most affected by the COVID-19 Pandemic in the Holy Family Parish.

If you are aware of someone who is vulnerable, elderly or isolated and may need assistance, we as a club can help provide access to groceries, medication, fuel ect.

In times like these we need to stick together as a community and look out for those who are most at risk. This is a perfect example of how we can come together in times of need and where the GAA and other community organisations prove their worth to the members and communities that have supported them along the way!

You can avail of this service either by contacting this social media page or contacting: Gerry McGee - 087 7500 414 or Peter Begley - 087 231 0218

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



# Family addiction Support Network

THE HUB, LIOS DUBH, ARMAGH ROAD, DUNDALK, CO. LOUTH A91 T668

Charity No. 20141677 Phone: 042 9355251 / 087 9046405

Email [info.fasn@gmail.com](mailto:info.fasn@gmail.com)



**In response to the Covid19 pandemic, FASN are changing how they operate and are developing new and innovative ways of supporting families affected by a loved one's substance misuse.**

In these extremely difficult times we are very aware of the challenges our service users will be dealing with, with this in mind our volunteers are continuing to provide vital service's in the form of:

- One to One Support sessions via phone and video calls
- 5 Step Brief Intervention via phone and video calls
- Health & Wellbeing support through Facebook (FASN)
- Counselling via phone and video calls
- Family Support Groups- future development of virtual peer led family support groups via phone and video calls

FASN are currently signing up to the ALCATEL-LUCENT RAINBOW App by providing organisations and enterprises with the services that enable staff to work remotely from safe locations, through the Rainbow cloud-based communication and collaboration platform. Customers' data is protected through the ISO-27001 certification, the international standard for cloud security and has GDPR\* compliance and strict data confidentiality agreements.

Click to view details: <https://conversation.al-enterprise.com/LP=7715>





# Culture Connect



The Culture Connect centre in Drogheda is closed to the public. Culture Connect continue to support and advise clients and migrant families through telephone, email and social media.

Culture Connect have a new online support on ESOL classes. There will be extra learning support for secondary students which will commence next week.

## Contact details:

**Coordinator:** Flora Okobi

**Phone:** 087 1314312 or 083 1309244

**Email:** [cultureconnect@ymail.com](mailto:cultureconnect@ymail.com)

**Website:** [www.cultureconnect.ie](http://www.cultureconnect.ie)

**Monday – Friday: 10am to 5pm**



## The Red Door Project



The Red Door Project are operating Zoom meeting for all service users of The Red Door.

Follow The Red Door Project on Facebook for 'Active home' weekly challenges.

### Contact details:

The Red Door Project - LCDAT

**Phone:** 086 783 1162

**Website:** <http://www.lcdat.ie/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

# Turas Counselling Centre



Child and Family  
Support Network

## COVID-19 Update

### **TURAS IS CURRENTLY OPEN AND ACCEPTING REFERRALS.**

Turas is a Dundalk based community addiction service providing one-to-one, group and other supports to people both active in addiction and those in recovery.

If you are currently struggling with an addiction or are in recovery from an addiction and fearful of a relapse please contact us and we can provide regular support to you.

Please call 042 9338221 or email [info@turascounselling.ie](mailto:info@turascounselling.ie) to get support.

One of our team will be in touch within 24 hours to offer you a telephone assessment. All of our supports are currently being offered over the phone.

-Nicki and the Turas team

# turas

We're here for you at every  
stage of your journey

CHY 22271

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



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Health Service Executive

## Substance Use Support for Teens (SUST)



Child and Family  
Support Network

The substance use support service for teens are avoiding face to face sessions with young people however they may still see some young people if there is significant concerns. However there is a challenge in their ability to access locations as some youth services and schools where they used to see young people are closed.

Most of their contact is becoming phone contact as a result. Face to face sessions will only be possible in their main premises at:

*Drogheda Industrial Park, Donore Road, Drogheda, Co. Louth.*

Families can continue to contact:

**Philip James:** 087 3752760

**Lorraine Wright:** 087 1732088

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



# Barnardos National Parent Support Service - Response to Covid-19 Pandemic

Barnardos provides practical and emotional supports to children and parents in its 41 centres, in families' own homes, through the school environment, and within communities across Ireland. Last year we worked with over 20,000 children, young people and their families. Given our expertise in providing a wide variety of supports to families and children, Barnardos have launched a national telephone and email support service for parents in response to the challenges they are facing during the Covid-19 pandemic.



The government's response to Covid-19 has meant that normal routines and sources of support are currently unavailable to many families. Through our dedicated telephone and email support service Barnardos staff can provide support and advice to parents on the following issues:

- How to talk to your children about the corona virus
- Setting a good routine
- Managing children's behaviours and sibling dynamics
- Managing aggression and family discord
- Home schooling/managing school expectations.
- Fostering natural learning opportunities in the home
- Healthy eating
- Accessing fun and educational activities for families and individual children
- Managing your child's worries
- Self-care for parents
- Helping parents manage their own worries and anxieties
- Managing children's online activity

**Phone:** 1800 910 123 between 10.00am and 2.00pm Monday to Friday

**Email:** [parentsupport@barnardos.ie](mailto:parentsupport@barnardos.ie).



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



# Women's Aid Dundalk



Women's Aid Dundalk continue to operate during COVID 19. They are adapting their service to still meet the needs for women and children during this time when the risk of domestic abuse is very much heightened. Contact can be made through their Facebook page, Twitter and the following contact details.

## Contact details:

**24 hour helpline:** 042 9333244

**Email:** [info@womensaidilk.net](mailto:info@womensaidilk.net)

All emails will be responded too however if your email requires an urgent response the dedicated urgent Email response times are Monday - Friday 10am – 12pm and Tuesday and Thursday 3.30 – 4.30pm.

**Please visit Women's Aid Dundalk Facebook page. Updates regarding their service provision will be updated here regularly.**

- Women's Aid continue to provide refuge support.
- Their charity shop No 11 Accessible's is closed until further notice.
- For Court Clinic visit arrangements please visit the Women's Aid Facebook page
- The Playroom Project has closed until further notice.
- Play therapy has stopped until further notice.
- One to one, face to face services have stopped until further notice. They are providing telephone support.

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



# Drogheda Women's & Children's Refuge Centre C.L.G.



During COVID 19, Drogheda Women & Children's Refuge continue to provide support to women and children who experience domestic violence through the following:

- Provision of residential support
- Phone call support and advocacy through our 24 hr Helpline
- Outreach support via phone and Facebook. *Court accompaniments are on hold for now, but support and advice continue to be available through phone*
- Our Butterfly Boutique charity shop is currently closed
- The Playroom childcare facility is currently closed

**Contact can be made in the following ways:**

**24 hour Helpline:** 041 9844550

**Email:** [info@droghedarefuge.org](mailto:info@droghedarefuge.org)

**Facebook:** Drogheda Women's Refuge

**Website:** [www.droghedarefuge.org](http://www.droghedarefuge.org)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

Safe Ireland is working closely with its domestic violence service members around the country to ensure that women and children are kept fully informed about the services and refuges that are available to them throughout this time of national emergency. Safe Ireland will be keeping a rolling update on services and this information can be found at:

<https://www.safeireland.ie/get-help/where-to-find-help/>

The Department of Justice and Equality have launched a Public Awareness campaign on Domestic Violence during COVID 19 information on this campaign can be found at:

<https://www.stillhere.ie/>

*“Safe Ireland welcomes the new information and awareness campaign. Our 38 member domestic violence services throughout the country are open and operating. They are doing everything they can to provide the essential and professional support that women and children need at this time of containment, when home is not a haven for all.”*

**Sharon O’Halloran, Co-CEO of Safe Ireland**

# Welcome to Men's Aid Ireland



Men's Aid Ireland formerly known as Amen, is the only dedicated national service supporting men and their families experiencing Domestic Violence in Ireland. Our professional and qualified support team have years of experience in supporting men and families experiencing domestic abuse.

## **Men's Aid Ireland provide:**

- Legal clinic – Information about Safety Orders, Protection Orders, Barring Orders.
- Counselling – By Telephone.
- Counselling – Face to Face.
- Court Accompaniment – Dolphin House, Dublin (Family Courts).
- OutReach Clinics in Monaghan, Cavan, Louth and Meath.
- Certified Training – All areas of domestic abuse including coercive control.

**National Confidential Helpline:** 01 554 3811

**Email:** [hello@mensaid.ie](mailto:hello@mensaid.ie)

**Website:** <https://www.mensaid.ie/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



## Male Advice Line

Advice & Support for Male Victims of Domestic Abuse

# Male Advice Line



Child and Family Support Network

The Male Advice Line is managed by the Men's Development Network and offers confidential advice and support to Male victims of domestic violence and abuse over the phone. The service is staffed by fully qualified Counsellors and Psychotherapists who have been specifically trained in this area of work. Callers can be assured that at all times they will be treated with the utmost respect and confidentiality. The core objective is to ensure you are safe and that you can talk through what is happening to you without fear, shame or blame.

**Phone:** 1800 816 588

Monday 10am-6pm

Tuesday 12noon- 8pm

Wednesday 10am-6pm

Thursday 12noon-8pm

Friday 2pm-6pm

**Website:** <https://mens-network.net/male-advice-line/>

*'It is very important we get the message out that support services are available for all victims and survivors of domestic abuse. It is fantastic that all services are working together with the Department to get this critical message out there.'*

**Seán Cooke, the Male Advice Line**

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

# Support Services and Helplines



## HSE COVID 19 Helpline

**Callsave:** 1850 24 1850 or **Phone:** 041 6850300

**Tweet:** @HSELive

**Open:** Monday to Friday: 8am - 8pm Saturday and Sunday: 9am - 5pm

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## HSE Helpline for pregnant Women

The HSE have set up a dedicated helpline for pregnant women who have questions and concerns about COVID 19

**Contact:** 086 7756961 Monday – Friday 10am – 3pm

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## Gary Kelly Cancer Support Centre

Centre is currently closed but are still providing a helpline support service to anyone affected by cancer. Telephone Support Service.

**Contact:** 086 8202447 / 086 3870277 Monday – Friday 11am – 3pm

**Email:** [aileen@gkcancersupport.com](mailto:aileen@gkcancersupport.com) or [ann@gkcancersupport.com](mailto:ann@gkcancersupport.com)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

# Support Services and Helplines



## Dundalk Counselling Centre

Dundalk Counselling Centre is closed for all one to one therapy sessions until further notice. The Centre is keeping in touch over email and messenger with any clients looking for direction to available remote services, we are not providing a remote service.

**Centre Manager:** Elizabeth McGuckin

**Contact:** 042 9338333

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## Save Our Homeless Dundalk

Aiding the homeless, elderly and anyone that needs support in Dundalk.

**Contact:** 089 4627311.

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## Pieta House Suicide Bereavement Liaison Service

The Pieta House Suicide Bereavement Liaison Service continues to be available however it is only phone support at present.

**Contact person for Louth Meath:** Kate O'Mahony

**Contact number:** 085 7380444

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



# Support Services and Helplines



## Louth Volunteer Centre

Louth Volunteer centre are urging local organisations who are seeing an increase in demand for their services or a potential drop in their ability to deliver their service to contact them for support in recruiting volunteers.

**Website:** [www.volunteerlouth.ie](http://www.volunteerlouth.ie)

**Manager:** Grainne Berrill

North Louth Volunteer Centre Services:

**Contact person:** Kayleigh Mulligan

**Email:** [info@volunteerlouth.ie](mailto:info@volunteerlouth.ie) or **Phone:** 086 0431379.

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## ALONE

Supports older people to age at home.

**Helpline:** 0818 222 024 open 8.00am – 8.00pm

**Louth Telephone:** 042 933 0103

**Email:** [hello@alone.ie](mailto:hello@alone.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

# Support Services and Helplines

The logo for LGBT Ireland, featuring a rainbow-colored circle with a white center and the text "LGBT IRELAND" to its right.

**NEED TO TALK?**  
Help is just a phone call away

The logo for the LGBT Helpline, featuring the text "LGBT HELPLINE" in green and yellow. <p><b>LGBT Helpline</b> <b>1890 929 539</b> Monday to Thursday: 6:30pm - 10pm Fridays: 4pm - 10pm Saturday and Sunday: 4pm - 6pm</p>	The logo for Women's Aid, featuring a globe with a woman's silhouette. <p><b>Women's Aid</b> <b>Women's Aid</b> <b>1800 341 900</b> 24hrs 7 days a week Text Service available daily on <b>087 959 7980</b></p>
The logo for ALONE, featuring the word "ALONE" in white on a red background. <p><b>ALONE</b> Supporting older people to age at home <b>0818 222 024</b> COVID-19 helpline for older people Everyday 8am-8pm</p>	The logo for The Gender Identity Family Support Line, featuring two overlapping speech bubbles in blue and pink. <p><b>The Gender Identity Family Support Line</b> <b>01 907 3707</b> Sundays: 6pm - 9pm Tuesdays: 10am - 12pm</p>
The logo for RCC, featuring a stylized '@' symbol and the text "RCC". <p><b>RCC</b> <b>Rape Crisis Helpline</b> <b>1800 77 88 88</b> 24hrs 7 days a week</p>	The logo for HSE Live, featuring the text "HSE Live" in a green speech bubble. <p><b>HSE Live</b> <b>HSE helpline</b> <b>1850 24 1850</b> Monday to Friday: 8am - 8pm Saturday and Sunday: 10am - 5pm</p>
The logo for ISPCC Childline, featuring the text "ISPCC Childline" in red and black. <p><b>ISPCC Childline</b> <b>ISPCC Childline</b> <b>1800 66 66 66</b> 24hrs 7 days a week</p>	The logo for Samaritans, featuring the word "SAMARITANS" in green inside a white box. <p><b>Samaritans</b> <b>116 123</b> 24hrs 7 days a week</p>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd anmarie.kidd@tusla.ie

## Who we are:

- LGBTI+ community centre in Dundalk
- Provide services for and on behalf of the LGBTI+ community in the North East Region. Louth, Meath, Cavan, and Monaghan.
- Providing space for young people to meet / have their voices heard.
- Try to keep the issues of LGBTI+ young people on all agendas
- Host a number of supports groups over the week
- Men's group, Women's group, Young Adult group, Youth groups. Transgender Adult support Monthly.
- Training, Outreach
- Advocacy
- Social events such as Dundalk Youth Pride & Dundalk Pride
- Movie & Theater events

## Contact Details:

**Office phone:** 042 9329816

**Mobile:** 087 62 000 21

**Youth Phone:** 086 1625030

**Website:** [www.outcomers.org](http://www.outcomers.org)

**Facebook:** @outcomers

**Instagram:** outcomersyouth

**Snapchat:** outcomers\_youth

**Twitter:** @outcomersyouth

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North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



## A message from BeLong To



Regardless of what is happening in the world, we are here for LGBTI+ young people. [Our Youth Workers are providing text, email and phone support for those who need it during this time of uncertainty.](#)

We know that some LGBTI+ young people may feel isolated from their peers and chosen family, feel stuck in their homes with family members who do not support their identity, and feel scared and anxious.

**We are here no matter what is going on. This is a scary time and nobody has to be alone during it. [Reach out and talk to our friendly, expert Youth Workers Shane, Kate and Sean. They are happy to listen, provide information and referrals if needed.](#)**

### Service Updates

We have paused our LGBTI+ youth groups for now to allow people to self-isolate and stay safe until further notice. Our Crisis Counselling service with Pieta will continue for existing clients. If you are a client, your therapist Nash will be in touch with you. Unfortunately, we cannot offer free crisis counselling to new clients during this time. [Visit our website for up-to-date factual information about trans healthcare.](#)

### Working Remotely

Although our doors are closed, our entire team is working from home and dedicated to supporting the lives of LGBTI+ young people. Thanks to our dedicated Operations Team, we are set up with the technology and tools to work from home. We are working on innovative ways to stay connected to our community online and continue to provide support to LGBTI+ young people across Ireland.



# An Garda Siochana



Chief Superintendent Christy Mangan issued a statement informing the community that the Louth Garda Division wish to advise our communities that during these challenging times, we are continuing to provide a fully resourced Police service working on a 24 hour service. If you have any concerns for yourself, or a family member, neighbour or a vulnerable person, please do not hesitate to make contact with us in order to obtain assistance. We are providing assistance to the most vulnerable in ensuring that they can obtain essential goods from local shops. If possible, make contact by telephone, in order to adhere to social distancing, but if you need to call to a Garda Station, please do.

**Please make contact on the following telephone numbers for assistance:**

**Drogheda Garda Station: 0419874200 Dundalk Garda Station: 0429388400 Ardee Garda Station: 0416853222**

## **Community Policing:**

Dundalk and Drogheda Garda Station Community Policing Units are offering support to the elderly and sick in the community. If you require any support you can contact the Community Policing Unit in Dundalk and Drogheda Garda Station.

**Dundalk: 042 9335577 or 042 9388400 Community Policing extensions: 4477, 4478 & 4479**

**Drogheda: 041 9874221 or 041 9874200 Email: [Drogheda.community@garda.ie](mailto:Drogheda.community@garda.ie)**

## **An Garda Siochana have developed Crime Prevention advise during Covid 19:**

**<https://www.garda.ie/en/about-us/our-departments/office-of-corporate-communications/news-media/coronavirus-covid-19-.html>**



Comhairle Contae Lú  
Louth County Council

# Louth County Council Library Services



Child and Family  
Support Network

Louth County Libraries provide a Library e-services such as e-books, audio books, magazines, newspapers etc. The Louth County Library Facebook page has information on the library services and general community information also.

**Phone:** 042 935 3190

**Email:** [libraryhelpdesk@louthcoco.ie](mailto:libraryhelpdesk@louthcoco.ie)

**Website:** <https://www.louthcoco.ie/en/services/library/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



# Louth County Council Library Services



## Louth County Library - Contact and Collect Service

Louth Library Service will begin their reopening with a “Contact and Collect” lending Service from the beginning of Phase 2 of the Government roadmap for easing restrictions, planned for June 8th.

This will be an appointment only system where you can contact your local library branch by phone or email and arrange to collect lending material from the library at a pre-specified time.

**Louth Library Service Contact & Collect**



Comhairle Contae Lú  
Louth County Council




**1** Contact us via phone or email



**2** Books will be selected for you



**3** Collect your books by appointment



**4** Happy reading

**Contact Details**



- Dundalk – 042 93 53190
- Drogheda – 041 98 76162
- Ardee – 041 68 59023
- Dunleer – 041 68 59016
- Carlingford – 042 93 24113



[libraryhelpdesk@louthcoco.ie](mailto:libraryhelpdesk@louthcoco.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd anmarie.kidd@tusla.ie

# National Adult Literacy Agency

The National Adult Literacy Agency website has fantastic resources and help with literacy during COVID 19 crisis. Staff in the agency are working remotely and can provide online and phone support if you are finding it difficult with reading, writing, filling in forms or helping children with homework. Tutors can help with:

- Reading, writing and spelling
- Numbers and basic maths
- Filling in forms, for example for social welfare benefit
- Fun learning ideas for kids
- Understanding health information
- Understanding financial information, for example applying for mortgage relief

**Phone:** 1800 202065 Monday – Friday 9.30am – 5pm

**Text:** Learn to 50050

Staff will ring you back with more information and set you up with one of their friendly distance learning tutor.

**Website:** [www.nala.ie](http://www.nala.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie





# The Community Call

In response to Covid-19, the Government has launched “**The Community Call**”, a major initiative that links local and national government with the community and voluntary sectors. The Community Call is an unprecedented mobilisation of both state and voluntary resources to combat the effects of Covid-19. The purpose of the Community Call is to coordinate community activity and community assistance to where it is needed.

The immediate focus is on the elderly and the most vulnerable, and mobilising rapid response in every county to make sure everyone is looked after. In the coming weeks the focus will expand to broaden the wellbeing of our society and how communities can work together to help the country through the Covid-19 crisis.

The Community Call will be overseen and managed locally by Local Authorities. Led by the Local Authorities Chief Executives, the dedicated community Forum in each county will coordinate and connect the wide range of services and supports available in their specific areas. The forum involves an extensive list of state and voluntary organisations. A dedicated phone line is now operational in every county and the national number **0818 222 024** is also now in operation.

**Click on the following link for COVID 19 Community Response For a Local Authority Helplines:**

[https://volunteersouthdublin.ie/wp-content/uploads/2019/07/COVID\\_19-Local-Authority-Community-Response-Contact-Information.pdf](https://volunteersouthdublin.ie/wp-content/uploads/2019/07/COVID_19-Local-Authority-Community-Response-Contact-Information.pdf)

**Click on the following link for COVID 19 Community Response For advice for people giving support:**

[https://volunteersouthdublin.ie/wp-content/uploads/2019/07/COVID\\_19-Advice-when-giving-and-receiving-supports.pdf](https://volunteersouthdublin.ie/wp-content/uploads/2019/07/COVID_19-Advice-when-giving-and-receiving-supports.pdf)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



Comhairle Contae Lú  
Louth County Council

# Louth County Council The Community Call



Child and Family  
Support Network

With Effect from Wednesday 10<sup>th</sup> June 2020, the Louth Community call helpline will continue to operate seven days a week with revised hours of 9am – 5pm to meet the profile of the current call volume.

## Louth County Council COVID-19 Community Call Helpline



Here for you if you need ...

- ✓ Food, household items, fuel, medications collected or delivered
- ✓ Someone to talk to or other social supports
- ✓ Meals delivery
- ✓ Response to Garda related concerns
- ✓ Help with other medical or health needs



1800 805 817



[covidsupport@louthcoco.ie](mailto:covidsupport@louthcoco.ie)



[www.louthcoco.ie/covid-19](http://www.louthcoco.ie/covid-19)

[louthppn.ie/covid19](http://louthppn.ie/covid19)



Comhairle Contae Lú  
Louth County Council

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [anmarie.kidd@tusla.ie](mailto:anmarie.kidd@tusla.ie)



Comhairle Contae Lú  
Louth County Council

# Louth County Council Roma Helpline



Louth County Council Roma helpline is operational. Information regarding the helpline are in English and Romanian below.

## English

If you are from the Roma community in Ireland and need information on Coronavirus (COVID-19), you can call **087 1264606** from Monday to Friday from 9am - 5pm. You can call for general information on Coronavirus, as well as advice on accessing medical care if you feel unwell. This information can be provided in Romanes and Romanian.

## Romanian

Dacă sunteți Rromi (membri ai comunității Roma) și locuiți în Irlanda și aveți nevoie de informații despre Coronavirus (COVID-19), sunați la **087 1264606**, de luni până vineri, între orele 9 dimineața și 5 după-amiaza. Veți primi primii informații generale despre Coronavirus, precum și sfaturi despre accesarea îngrijirii medicale dacă vă simțiți rău. Aceste informații sunt în limba Română și în limba Rromă.

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



North Eastern Regional  
Drug & Alcohol  
Task Force

Cavan ~ Monaghan ~ Louth ~ Meath

## North East Regional Drugs and Alcohol Task Force



The Department of Health & HSE have asked the North East Region Drugs and Alcohol Task Force to flag these key resources to all our partners in both the county Drugs & Alcohol Foras, as well as the Children & Young Peoples' Services Committees, and to reassure everyone that frontline addiction support services continue to work with people around their treatment & recovery. All these services have been re-configured to provide tele-supports rather than face-to-face or group work. Further plans are being developed to ensure we can meet the emerging needs of the people who need our support. Details on all local services are available on:

**The NE-RDATF website:** [www.nedrugtaskforce.ie](http://www.nedrugtaskforce.ie)

**The national service directories:** [www.drugs.ie](http://www.drugs.ie)

**National helpline is:** 1800 459 459

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



North Eastern Regional  
Drug & Alcohol  
Task Force

Cavan ~ Monaghan ~ Louth ~ Meath

# North East Regional Drugs and Alcohol Task Force



Child and Family  
Support Network

## 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..



### Choose Alcohol Free Days

Plan at least two alcohol free days during your week. The more alcohol free days the better!



### Don't Stockpile

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.



### Keep it Late

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



### Mind the Children

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.



### Out of Sight

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.



### Help is Out There

Making changes can be hard. Contact the HSE support line – 1800 459 459 – if you need help or support in reducing your alcohol use.



alcohol forum

+353 74 9125596 / [www.alcoholforum.org](http://www.alcoholforum.org)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [anmarie.kidd@tusla.ie](mailto:anmarie.kidd@tusla.ie)



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## HSE Multilingual COVID 19 Resources



Child and Family  
Support Network

The HSE have developed a range of COVID 19 resources for families. The resources include posters and booklets for families that have been translated into a number of different languages. Please follow the link below.

<https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/>

The HSE have added two additional posters to the HSE website. The posters have been translated into several languages including Romanian, Czech and Slovak. The updated Cocooning poster and the Stay Safe Protect Each Other poster are available by clicking on the link above.



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

# HSE COVID 19 Resources



Child and Family  
Support Network

## **Traveller Covid 19 Resources:**

<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/travellers-and-roma/irish-travellers/traveller-covid-19-resources.html>

## **Roma Covid 19 Sharing Resources:**

<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/travellers-and-roma/roma/roma-covid-19-sharing-resources.html>

## **Migrant Health Covid 19 Sharing Resources:**

<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/intercultural-health/covid-19-sharing-resources-migrant-health.html>

## **Addiction Covid 19 Sharing Resources:**

<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/homelessness-and-addiction/covid-19-sharing-resources-addiction.html>

## **Homeless Covid 19 Sharing Resources:**

<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/homelessness-and-addiction/covid-19-sharing-resources-homeless.html>

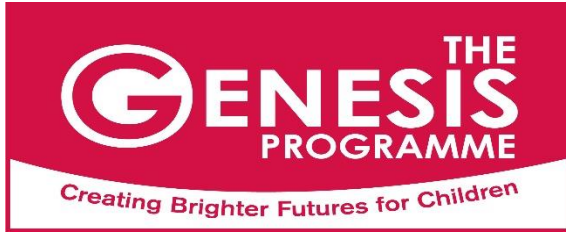
## **Domestic Violence Covid 19 Sharing Resources:**

<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/other-areas/domestic-violence/>

## **Drugs.ie Covid 19 Sharing Resources:**

<http://www.drugs.ie/resources/covid/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd anmarie.kidd@tusla.ie



# The Genesis Programme



The Genesis Programme have published a document **‘Supporting Parents though the days and weeks ahead’**. It is a comprehensive but easily accessible 32 page resource document that is full of useful tips, strategies, ideas and links to support parents and in turn help them to support their children at the time.

If you would like a copy of this document please click on the link:

## Parent Booklet:

<https://flyingstart.ie/wp-content/uploads/2020/03/Supporting-Parents-and-Families-through-the-coming-days-and-weeks-resource-pack.pdf>

A series of weekly Videos for both parents and Children are posted by The Genesis Programme on their Facebook page as part of the Supporting Parents and Families through the days and weeks ahead initiative

- Parents Videos are posted on Tuesdays at 12noon
- Children's Videos are posted on Thursdays at 10am

**Genesis Website:** [www.genesislouth.ie](http://www.genesislouth.ie)

**Phone:** 041 9843333

**Flying Start Website:** [www.flyingstart.ie/](http://www.flyingstart.ie/)

## Link to help parents manage screen time during the COVID 19 pandemic:

<https://cyberbullying.org/helping-families-manage-increased-screen-time>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd anmarie.kidd@tusla.ie

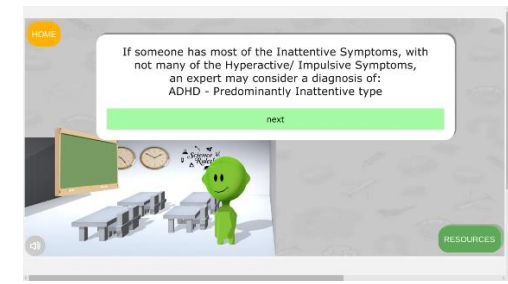


# The Changing Lives Initiative APP

The Changing Lives Initiative have launched an innovative App on ADHD to support families. The App helps families understand what ADHD is and provides practical strategies and tools for parents to use with their children. The App is particularly relevant for parents who have concerns about their child's behaviour but are not yet sure if their child may have ADHD.

The App is also extremely useful for those working with children, in helping them understand ADHD and how they might support children who have issues with inattention, hyperactivity or impulsivity.

Download the App for free at [www.changinglivesinitiative.com](http://www.changinglivesinitiative.com)



The **Changing Lives Initiative** is a community based initiative working to create a better understanding of ADHD and providing an intervention programme for families with children aged (3-7) experiencing behaviours consistent with ADHD. The **Changing Lives Initiative** is supported by the European Union's INTERREG VA Programme, a programme managed by the Special EU Programmes Body (SEUPB).

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd anmarie.kidd@tusla.ie

# The Changing Lives Initiative APP

An Early Intervention Approach to ADHD - Free APP



- It provides **clear information** about **Attention Deficit Hyperactivity Disorder**
- It gives users **proven strategies** to try at home with their children
- These strategies are **based on over 30 years of research** and are effective in helping to manage inattentive, hyperactive and impulsive behaviours

*We will not contact you or share your information with anyone*

**DOWNLOAD  
THE APP  
AT...**

**changinglivesinitiative.com**

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd anmarie.kidd@tusla.ie



# One Family Services



**One Family Services** have moved all their services to phone and online support for existing service users so your regular service provider should have been in touch already or will be shortly.

Their National helpline is still operational.

**Contact:** 01 6629212 or 1890 662 212

They are working to extend the hours available so they can support as many people as possible.

Email: [support@onefamily.ie](mailto:support@onefamily.ie)

One Family Services are still taking new referrals for services either through the helpline or from another professional families are working with.

They will keep updating their website [www.onefamily.ie](http://www.onefamily.ie) and social media accounts with any service changes.

Click on the following link for services still available during COVID 19:

<https://onefamily.ie/services-still-open-helpline-information-services-parenting-supports-and-counselling-services-still-open/>

## **Service Update:**

One Family are offering parenting courses for this term which are due to start on the **12th May 2020**. Due to the current Covid-19 crisis One Family are conducting all of their courses through zoom. If you are working with a parent that would be interested in participating in a course please direct the parent to the One Family website <https://onefamily.ie/education-development/parents-programmes/> where they find out more about the course and they can register. The Courses will cost €9.99

## Zoom Parenting Courses

**Positive Parenting**  
For changing families

Tuesday 12th May, 11am-12pm

**Family Communications**  
Parenting when separated

Tuesday 12th May, 7pm-8pm

**Family Communications**  
Parenting Teens

Thursday 14th May, 11am-12pm

### To secure your place

- Register at [onefamily.ie](http://onefamily.ie) | All courses are €9.99.
- We will then contact you to talk you through registration on [www.fetchcourses.ie/courses](http://www.fetchcourses.ie/courses)

# Treoir Information for Unmarried Parents

Treoir information service remains open but as a response to COVID-19 recommendations to the public, we have suspended our drop-in service until further notice. For now and until further notice if you have any queries you can contact them in the following ways:

**Contact information:**

**Confidential helpline:** 01 6700120

**Email:** [info@treoir.ie](mailto:info@treoir.ie)

**log your query on our website:** <https://www.treoir.ie/request-a-call-back/> to request a call back

Message us through our Facebook or twitter accounts.

Our operational hours are Monday – Friday 10am – 4pm, excluding public holidays.

Guidelines have been issued to assist parents and practitioners in relation to access during restrictions brought in to tackle Covid-19. These guidelines reflect the position of the Department of Justice and Equality, issued by Minister Charlie Flanagan yesterday, and endorse the practice direction of the President of the District Court, last week. Visit the website for further information:

**Website:** [www.treoir.ie](http://www.treoir.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

# Drogheda River Rescue



Child and Family  
Support Network



## CORONAVIRUS COVID-19

**IF YOU KNOW ANYONE WHO IS  
VULNERABLE OR ANY ELDERLY PEOPLE WHO NEEDS  
ASSISTANCE BE IT GETTING SUPPLIES TO THEM FROM MEDICATION  
OR FOOD OR ANYTHING ELSE.  
PLEASE DO NOT HESITATE TO CALL US ON.**

 **089 2505562**

**WASH HANDS**



**COVER MOUTH**



**AVOID TOUCHING YOUR  
FACE**



**KEEP SURFACES  
CLEAN**



**AVOID SHAKING  
HANDS AND HUGGING**



**KEEP A SAFE  
DISTANCE**



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd anmarie.kidd@tusla.ie



# Teen Parents Support Programme TPSP

The Teen Parent Support Programme have suspended their home support visits until further notice. The Project Workers we providing support over the phone.

**Contact:**

**Teen Parent Support Programme Project Worker:** Ciara Finan

**Email:** [lifestart@lifedev.ie](mailto:lifestart@lifedev.ie)

**This Service is relevant for Teen parents who require support.**

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



## Citizens Information



During the COVID -19 pandemic, Citizens Information Centres are offering an email & phone service. If you would like to request a phone call from an Information Officer please email: [covid19@citinfo.ie](mailto:covid19@citinfo.ie) and include your phone number. An Information officer will then give you a call.

### #COVID19 Pandemic Unemployment Payment

Have you had to take time off work to look after your children?

If your employer cannot pay you during this time, you can apply for a #COVID19 Pandemic Unemployment Payment online at <https://services.mywelfare.ie/en/>

Applying online for the new #COVID19 Pandemic Unemployment Payment? Make sure you put in your details correctly including your date of birth, PPS number, and 22 digit IBAN number.

**Follow the link for more information:** <https://bit.ly/33WpEfw>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie





# Louth County Childcare Committee



Louth County Childcare Committee are open for business, however the office is closed and staff are working from home. If your service requires support you can contact them in the following ways:

**Email query to:** [info@louthchildcare.ie](mailto:info@louthchildcare.ie) (leave a contact number and they will call you back).

**Emergency calls out of hours:**

**Claire Woods:** 087 1448159

**All general calls to the following numbers:**

**Claire Woods:** Monday – Friday 9am – 5pm

**Sharon Manning:** 087 4169820 Monday – Thursday 9am – 5pm

**Frances Morrow:** 087 3749929 Wednesday – Friday 9am – 4pm

**Miriam Finnegan:** 087 7538575 Monday, Tuesday, Wednesday & Friday 9am – 5pm

Louth County Childcare will continue to send out updates via email and Facebook.

**Website:** <https://www.louthchildcare.ie/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



Child and Family  
Support Network

## Tusla Educational Support Services (TESS)

Tusla Educational Support Services in Louth have two Educational Welfare Officer's who are working remotely at present. They are maintaining contact with the cases / families on their caseload and are liaising with other professionals who are involved with these families. The EWO's are also ensuring that children have been provided with work from their schools and are actively following up with schools if the children are without work. The Educational Welfare Officer's are continuing to work with children who are out of school at the moment and are linking families with services or information which may support families at this time. They are also passing on information regarding educational programmes which are available online. Work is continuing in supporting parents with school applications and children who have been excluded from school.

### North Louth Educational Welfare Officer

Contact: Shaun Kennedy

Phone: 087 4639638

Email: [shaun.kennedy@tusla.ie](mailto:shaun.kennedy@tusla.ie)

### South Louth Educational Welfare Officer

Contact: Sinead Donnelly

Phone: 086 1746145

Email: [sinead.donnelly@tusla.ie](mailto:sinead.donnelly@tusla.ie)



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

# School Completion Programmes

The School Completion Programme (SCP) is one of the workstrands of TUSLA Educational Support Service (TESS) along with the Home School Community Liaison Officers.

All School Completion Programme's in Louth continue to support their targeted young people and families during the COVID 19 restrictions. Some school Completion sites are assisting with food packs distribution as part of the School Meals Programme.

**The following are the contact details for School Completion Programme Coordinators in Louth:**

**Niall Weldon**

Dun Dealgan School Completion Programme, Dundalk

[niall.weldon@scp.ie](mailto:niall.weldon@scp.ie)

**Majella O'Hanlon**

Oriel School Completion Programme, Dundalk

[majella.ohanlon@scp.ie](mailto:majella.ohanlon@scp.ie)

**Andrea Duffy**

Deeside School Completion Programme, Mid Louth

[andrea.duffy@scp.ie](mailto:andrea.duffy@scp.ie)

**Christopher Menary**

Holy Family School Completion Programme, Drogheda

[christopher.menary@scp.ie](mailto:christopher.menary@scp.ie)

**Sara Russell**

Drogheda Northside School Completion Programme, Drogheda

[sara.russell@scp.ie](mailto:sara.russell@scp.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



An Roinn Gnóthaí Fostaíochta  
agus Coimirce Sóisialaí  
Department of Employment Affairs  
and Social Protection

## Department of Employment Affairs and Social Protection



The function of the Department of Social Protection is to provide support to people looking for income supports.

To apply for the COVID 19 payment please visit: [www.mywelfare.ie](http://www.mywelfare.ie)

### Contact details for area managers:

#### **Intreo Centre Dundalk:**

Sharon Curran [sharon.curran@welfare.ie](mailto:sharon.curran@welfare.ie)

#### **Intreo Centre Drogheda:**

Karen Usher [karen.usher@welfare.ie](mailto:karen.usher@welfare.ie)

#### **Employer Relations NE Division:**

Ann Keeley [anne.keeley@welfare.ie](mailto:anne.keeley@welfare.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [anmarie.kidd@tusla.ie](mailto:anmarie.kidd@tusla.ie)



## Louth Local Sports Partnership



Louth Local Sports Partnership, is in place to provide support to sport and active recreation at local level in the Louth area. The key aims of the local sports partnerships are to increase participation in sport and physical recreation and ensure that local resources are used to best effect.

In Louth we are blessed with a wide and diverse range of national recreational spaces, sporting infrastructure and physical activity opportunities, that are at the disposal of potential participants across all sections of our society.

Louth LSP support sustainable participation in sport and physical activity in County Louth for everyone. We do this by working with individuals, communities and agencies to identify the participation sports needs of the county and we then work with others to realise the programmes and events which respond to these needs.

For further details please visit the **Facebook page: louth local sports partnership**

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

## Louth Leader Partnership

“Louth Leader Partnership is open and supporting the local community during the COVID-19 crisis despite the fact that our offices are closed to the public. It operates a comprehensive range of social inclusion, employment services, family support, and rural, community development programmes and LLP know that many of the people we work with are struggling with the isolation, employment or other issues associated with the current restrictions.”

“To support those people, our services are responding rapidly to current circumstances and currently our staff teams are supporting vulnerable individuals and community groups wherever needed. Some of the ways we are assisting include, community outreach, support with job seekers forms, Covid-19 claim forms C.V.’s job match services in rapidly changing labour market etc”

Louth Leader Partnership are also there to support businesses and organisations who might be finding it difficult to deal with some of challenges thrown up by the crisis.

Louth Leader Partnership are constantly updating their website with information from reliable sources.

**Website:** [www.louthleaderpartnership.ie](http://www.louthleaderpartnership.ie)

**Louth Leader Partnership resources and Louth helplines:** <https://louthleaderpartnership.ie/covid-19-support-news/>

**Louth Leader Partnership video library:** <https://louthleaderpartnership.ie/videos/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



**LOUTH LEADER PARTNERSHIP**  
Building Community & Enterprise



**DUNDALK LOCAL  
EMPLOYMENT SERVICE**

**CONTINUES TO  
PROVIDE THE  
FOLLOWING  
SERVICES**

- We can hold a telephone appointment
- We can update your C.V.
- Print out your C.V. and post to you
- Post out your C.V. to employers

Employers can contact us at the above number



**042-9328897**

**Opening Hours**  
**Monday to Friday**  
**10.00 - 1.00pm**



**Child and Family  
Support Network**

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

# Service Updates



## LMETB Youth Officer

The Louth Meath Education and Training Board Youth Officer is continuing to provide Support, advice and assistance to all youth projects and voluntary clubs. Application for Grant aid continues to all registered groups.

### Contact details:

**Youth Officer, LMETB:** Ian Walker

**Phone:** 042-9334047

**Email:** [IWalker@lmetb.ie](mailto:IWalker@lmetb.ie)



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## The Probation service

At present the probation service are working from home and in regular contact with their clients via their mobile numbers.



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie





## The Peter Mc Verry Trust



The Peter McVerry Trust Flowerhill Family Hub and the Drogheda Family Hub is continuing to provide supported temporary accommodation for families experiencing homelessness during COVID-19. PMVT continue to liaise with relevant local authorities on a regular basis. We continue to support, provide information and carry out key-working with residents in the Family Hub while making every effort to practice social distancing.

### Contact details:

**PMV Trust Drogheda Hub Manager:** Hilary Walsh

**Phone:** 087 7159555

**Email:** [hwalsh@pmvtrust.ie](mailto:hwalsh@pmvtrust.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



## The Irish Wheelchair Association



The Irish Wheelchair Association are providing support to families with essential collections and deliveries such as groceries and medications. They currently have three drivers on the road providing this services covering **Louth and East Meath**.

The service is available from Monday to Friday 10am -4pm.

**Helpline number:** 1800 300 666

Please pass on this contact number if you know anyone needing assistance.

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



College of  
Psychiatrists  
of Ireland

# The College of Psychiatrists of Ireland



Child and Family  
Support Network

The College of Psychiatrists of Ireland has begun to release a series of short videos to provide practical help for families of young people with mental illness during Covid 19.

**To watch the videos please click on the following link:**

<https://www.irishpsychiatry.ie/covid-19-information-and-updates-from-cpsychi/covid-19-supporting-families-of-young-people-with-mental-illness/>

**Video 1** provides information on how families can support young people with ADHD: <https://youtu.be/k0XlvbrrQZo>

**Video 2** provides information on how families can best support children with an eating disorder under quarantine:

<https://youtu.be/3y8rNwF7oh0>

**Video 3** provides tips for families of young people, as well as adults, with Autism: <https://youtu.be/wdNUwfnQigw>

**Video 4** discusses how best to support a child with a depressive disorder at home during the COVID-19 restrictions:

<https://youtu.be/ADxVf9WrLv0>

**Video 5** discusses how best to young people with a Intellectual Disability who may have a co-morbid mental disorder or an additional neurodevelopmental disorder such as Autism or ADHD: <https://youtu.be/k260QMy72Lw>

**Website:** <https://www.irishpsychiatry.ie/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

The National Council for Special Education are providing online resources for children and young people with Special Educational Needs who are at home as a result of the schools' closure. The resources are designed to assist parents, teachers and students in special schools, special class placements and mainstream classes.

**Click on the link below for online resources:** <https://ncse.ie/parent-resources>

**Website:** <https://ncse.ie/>

### **Service Update:**

The NCSE have uploaded some new resource to support parents

**Resources for Primary School Children:** <https://ncse.ie/parents-primary>

**Resources for Post Primary School Children:** <https://ncse.ie/parents-post-primary>

### **A resource to support Teenagers to self regulate:**

<https://ncse.ie/wp-content/uploads/2020/03/Lets-Get-Regulated-Information-for-Teenagers.pdf>



# Mid Louth Youth Service & New Leaf Project



## Mid Louth Youth Service

New Leaf are currently running all groups with young people via Zoom. This service is open to the whole of Mid Louth. Supports are as follows:

- Providing support and signposting for Young People and people in the Community.
- Supporting Mental and Physical wellbeing by linking them to services
- Supporting those young people and families at risk
- Supporting other agencies in the area such as Tusla and Deeside School Completion Programme
- Link up calls to support people during isolation

## The Groups currently running are:

- Young Women's Group
- Animal Science
- X Hale
- Virtual Drop In (Ardee and Dunleer)
- Mid Louth Comhairle na nOg
- LGBT support group
- One to One Support

Anyone that is interested please contact Damien McKenna

**Phone:** 0873127769

**Email:** [newleaf@deehub.ie](mailto:newleaf@deehub.ie)



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



# Mid Louth Community & New Leaf Project



## Community Women's Groups

The Mid Louth Women's groups are continuing remotely via Zoom, everybody is welcome to join in. They are also doing whatsapp link up calls to support people during isolation

## The groups currently running are:

- Chair Zumba
- Regular Zumba
- Meditation
- Brand New Book Club
- Supporting families and women in rural isolation

New leaf can and would cater for a Men's group also.

Anyone that is interested please contact Kieva

**Phone:** 0873377300

**Email:** [newleafcommunity@deehub.ie](mailto:newleafcommunity@deehub.ie)



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



# Parentline



Parentline is a free, National, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues. Sometimes all parents need is a friendly, listening ear. You are not on your own. Parentline volunteers are extensively trained in listening and counselling skills.

There is no typical call. Parents call with all sorts of problems and children of all ages offer different parenting challenges. Anxiety, anger, aggression, isolation and loneliness, bullying, discipline, frustration, school refusal, drugs, teenage issues and verbal and emotional abuse are just some of the main reasons for the calls we receive daily. What all our callers have in common is that they are seeking help, support and guidance. The vast majority of our callers are overwhelmingly satisfied with the service offered and the assistance received.

## **Helplines are open:**

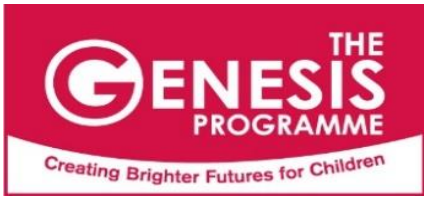
Monday – Thursday 10am – 9pm

Friday 10am – 4pm

**Phone:** 1890 927277

Parentline has a new piece on Child to Parent Violence and Abuse on their website – written by Declan Coogan and Eileen Lauster. Click on the link to access the information: <https://www.parentline.ie/non-violent-resistance/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



# ParentChild+

Equal Possibilities From The Start



**A new home visiting programme taking place in Dundalk**

## Who is it for:

Any parent with a child aged between 16 months and 30 months. It takes place for a total of 92 visits following the school year

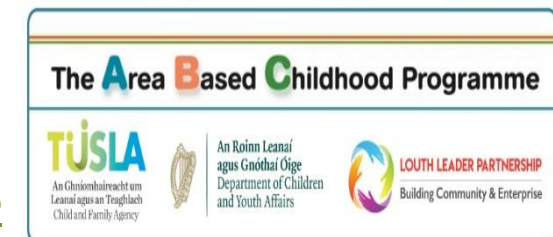
## What does it involve:

- A home visitor would visit the family twice a week for 30 minutes each visit
- Each week the home visitor brings a new book, toy or craft activity which is left with the family
- The home visitor models using the book or toy, introducing new questions and vocabulary to the child alongside the parent
- Parents are encouraged to follow on with each weekly activity

## Aim of the Programme:

- To support positive parent-child relationships
- To support children's social-emotional development
- Promote skills essential for school readiness

For more information contact Evelyn on 0866002998 or email [evelyn.lee@cllp.ie](mailto:evelyn.lee@cllp.ie)



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



## Articles by Dr John Sharry, founder of Parents Plus

### Resources for individuals, families and parents during Covid-19 Crisis

Understanding and tackling the issues around the novel Coronavirus (Covid-19) is challenging for all of us. Below is a list of resources for individuals, families and parents on how they can help themselves and their children. The resources will be updated regularly and can be accessed at:

<https://www.parentsplus.ie/post/resources-for-individuals-families-and-parents-during-covid-19-crisis/>

### Some of the articles this week are outlined below:

#### 1. Managing family and relationship conflict during Covid crisis:

<http://pp.uat.dreamsedge.ie/managing-family-and-relationship-conflict-during-the-covid-crisis/>

#### 2. 16 tips to help you cope in the new world we live in:

<http://pp.uat.dreamsedge.ie/coronavirus-16-tips-to-help-you-cope-in-the-new-world-we-live-in/>

#### 3. Helping young children understand social distancing:

<http://pp.uat.dreamsedge.ie/helping-young-children-understand-social-distancing/>

#### 4. Talking to children about Coronavirus (Covid-19)

<http://pp.uat.dreamsedge.ie/talking-to-children-about-coronavirus/>

Website: [www.parentsplus.ie](http://www.parentsplus.ie)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

# Louth Primary Care Nursing Services



Child and Family  
Support Network

Due to the Covid-19 Pandemic Public Health Nurses (PHN) are working on a priority 1 basis which means that the child developmental clinics have been put on hold. However we are aware that your child will continue to grow and develop during this time. Please contact your relevant PHN on the number in your Child's Personal Health Record Book should you have any concerns about your child's development.

A  
B  
C

- Birth Notification- 1<sup>st</sup> visit newborn infant and postnatal mothers.
- Infants with feeding difficulties and breastfeeding mothers.
- Newborn blood spot screening requests and repeats of same if required.
- Child protection/reporting/case conferences and any actions that are necessary.
- Support for parents with children with complex medical needs that require an urgent nursing intervention.

## Some useful websites listed below:

- [breastfeeding.ie](http://breastfeeding.ie)
- [mychild.ie](http://mychild.ie)
- [mindme.ie](http://mindme.ie)
- [schooldays.ie](http://schooldays.ie)
- [cuidiu.ie](http://cuidiu.ie)
- [healthpromotion.ie](http://healthpromotion.ie)

**For registration of Birth: Contact the registry office in Dundalk on 042-9385447 or Drogheda on 041-9809500.**

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

# Louth Primary Care Nursing Services Vaccination Information



## Should I delay taking my baby for their vaccines during Covid-19?

- No. It is important, that the childhood vaccines are given at the recommended time to provide children with maximum protection from vaccine preventable diseases.

## Will immunisations still work if my child doesn't get them at the right time?

- Yes. Most of these vaccines can be given at any age, and a child who misses one injection in a course of injections does not have to start again. The vaccines already given will still work and your child will still develop protection. However older children may not need all the vaccine doses or may need different vaccines. Just ask your GP (general practitioner) [www.mychild.ie](http://www.mychild.ie)

**Delaying the childhood vaccines is putting children at unnecessary risk of vaccine preventable diseases at the time they are most vulnerable to the diseases.**

**The HSE also recommends that people attend for Medical appointments during this time and this would include attending for childhood vaccinations.**



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd anmarie.kidd@tusla.ie



**COVID-19  
COUPLES & RELATIONSHIPS  
SUPPORT LINE**



**IF YOU NEED TO SPEAK TO AN  
EXPERIENCED COUPLES &  
RELATIONSHIPS COUNSELLOR  
DURING THIS TIME OF  
UNPRECEDENTED STRESS AND  
PRESSURE ON FAMILY LIFE...**

**Contact:**

**01 531 3331**

**9.00 am - 8.00 pm, Monday to Friday**

**All calls charged at local rate.**

**Accord CLG Company No. 604067 RCN 20167288  
Funded by Tusla Child & Family Agency**



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [anmarie.kidd@tusla.ie](mailto:anmarie.kidd@tusla.ie)

## In this together - Government Campaign

The Government have launch the 'In This Together' campaign which draws together a huge range of activities that you can pursue in your home or your locality, by yourself or with family members or with friends online. There are ideas and activities for people of all ages The spread of COVID-19 (Coronavirus) is a new and challenging event. Everyone's lives and daily routines are affected by the measures that have been introduced to disrupt the spread of the virus, and keep us all safe. It's normal to be worried or to feel stressed during this difficult time, but there are many things we can do to help us mind our mental health and wellbeing. Click on the link to find lots of advice and tips on how you can look after your **mental wellbeing**, **stay active** and **stay connected** <https://www.gov.ie/en/campaigns/together/>

### Topics include:

- Looking after your mental Health
- Coping at home
- Leaving Cert 2020
- Let's play Ireland
- Staying active

Some people might find this time more worrying than others and may need some extra support on the phone or online. the link below provides further information on supports.

<https://www2.hse.ie/services/mental-health-supports-and-services-during-coronavirus/mental-health-supports-and-services-during-coronavirus.html>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

## In this together - Government Campaign

### Parents Centre

During the COVID-19 public health emergency, parents are managing a range of new challenges.

There are many useful supports available from information and advice to one-one support however, parents are busy and there is an overwhelming amount of information available.

Parents Centre provides a starting point to access high-quality, trusted information and support. It is easy to navigate and helps parents access the information and support they need quickly.

Parents Centre is updated regularly as new resources become available.

### Resources for parents during COVID-19 measures

<https://www.gov.ie/en/campaigns/parents-centre/?referrer=http://www.gov.ie/parents/>

**Information for Parents:** <https://www.gov.ie/en/publication/73ed20-covid-19-coronavirus-information-for-parents/>

**Supports:** <https://www.gov.ie/en/publication/765cd8-supports/>

**Parenting:** <https://www.gov.ie/en/publication/673340-parenting/>

**Wellbeing:** <https://www.gov.ie/en/publication/623e00-wellbeing/>

**Learning:** <https://www.gov.ie/en/publication/5720cc-learning/>

**Resources for Children and Young People:** <https://www.gov.ie/en/publication/1eb97c-resources-for-children-and-young-people/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

# The Irish Childhood Bereavement Network

The Irish Childhood Bereavement Network (ICBN) in partnership with The Irish Hospice Foundation have developed some specific resources in their Covid 19 Care and Inform series to help you understand and to support a grieving young person or teenager during this exceptional time <http://irishhospicefoundation.ie/covid19careandinform/>

Under normal circumstances, grief can feel isolating, however during COVID-19 restrictions it is especially important to find ways to support and connect with each other. If there are teenagers or young people in your life, you will know this time of life can be characterised by restlessness. A young person's reference points move from outside the family to peers and to friends. It is a time for developing independence and it is a time of change. Experiencing the death of a close relative or friend is hard during these years.

**Website:** <https://www.childhoodbereavement.ie/>

## Resources:

- Supporting Teenagers to Grieve during Covid 19:

<https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/supporting-teenagers-to-grieve-under-covid-19-restrictions/>

- Finding ways to support Children and Young people Grieve during Covid 19:

<https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/finding-ways-to-help-children-and-young-people-grieve/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

## The Irish Hospice Foundation Bereavement Support Line

The Irish Hospice Foundation Bereavement Support Line is a national freephone service **1800 80 70 77** which will be available from **10am to 1pm, Monday to Friday**. The helpline aims to:

1. Provide a confidential space for people to speak about their experience or to ask questions relating to the death of someone during the COVID-19 pandemic/a previous bereavement which feels more difficult at this time
2. Listen to what a person says about what has happened
3. Do our best to provide comfort and emotional support
4. Provide any information that might help the caller, including information on practical supports
5. Provide support for employers or professionals who want to inform the care their organisation can offer to be

For further information on support click: <https://hospicefoundation.ie/covid19careandinform/bereavement-support-line/>

### Irish Hospice Foundation Contact Details:

Phone: 01 6703188

Email: [info@hospicefoundation.ie](mailto:info@hospicefoundation.ie)

Website: <https://hospicefoundation.ie/>



To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)



**Autism Support Louth&Meath** are a self-help support group formed by parents of children with Autism in 2002 in order to provide an appropriate education for our children as there were no appropriate school places at the time. We founded the **Drogheda ABACAS Special School for Children with Autism in 2003**, now fully recognised by the Department of Education and regarded as an example of best practice in Autism Education in Ireland. 30 Children with Autism and Complex Needs attend the school.

We then formed a wider support group and our activities have developed and evolved over the years. Currently we are a parent support group providing support, information and advocacy services, regular training sessions for parents and staff from all local schools. We run weekly youth clubs, summer camps and drama and music classes for children, teenagers and young adults with Autism.

During COVID 19 Autism Support Louth&Meath provides support in the following ways :

- Information, Help and Advice phone line - 087 240 7431 or email [info@autismsupportlouth.com](mailto:info@autismsupportlouth.com)
- Regular updates on our Facebook Page
- Facebook online closed parent support group – contact 087 240 7431 to be added
- Youth Club meetings on Zoom – Quizzes , Games, Music and Chat or just to wave hello
- Advocacy - contact Jacinta on 087 240 7431

For the above and any other info please contact Jacinta on 087 240 7431 or [info@autismsupportlouth.com](mailto:info@autismsupportlouth.com)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

# The Magnet Pastoral Centre Dundalk



In the current circumstances if you are experiencing a loss from bereavement or separation, The Magnet Pastoral Centre Dundalk are available to provide support.

Support is available Monday to Friday from 9am to 5pm.

For confidential and non- judgemental Telephone Support please contact us the numbers below:

**Phone:** 089 2342824

**Phone:** 086 2026670

**Phone:** 087 7095666

**For Children aged 7 years – 16 years please phone: 089 2342819**

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

**SILENT VOICES IS ENDING THE SILENCE ON THE IMPACT OF PARENTAL ALCOHOL MISUSE. IT AIMS TO ENSURE THE RIGHT SUPPORTS ARE AVAILABLE TO CHILDREN TODAY COPING WITH PARENTAL ALCOHOL MISUSE – AND THOSE ADULTS DEALING WITH THE IMPACT OF A CHILDHOOD TRAUMA IN LATER LIFE.**

A substantial body of literature over the last two decades indicates a recurring trend within the lives of our children, that speaks to somewhere between 1 in 6 or 7 children continue to suffer the unnecessary impact of alcohol related harms and experience a life conditioned by someone else's choices.

Full details of the campaign including personal stories and resources can be found here: <https://alcoholireland.ie/campaigns/silent-voices/>

**For further information:**

**Email:** [silentvoices@alcoholactionireland.ie](mailto:silentvoices@alcoholactionireland.ie)

**Phone:** 01 878 0610

Alcohol Action Ireland Silent Voices Newsletter:

<https://alcoholireland.ie/download/publications/Silent-Voices-newsletter-April-2020.pdf>

Alcohol Action Ireland Silent Voices Strategic Actions:

<https://alcoholireland.ie/silent-voices/strategic-actions/>

Resources for Young People

<https://alcoholireland.ie/silent-voices/resources-young-people/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe [paula.mccabe1@tusla.ie](mailto:paula.mccabe1@tusla.ie) or  
South Louth AnnMarie Kidd [annmarie.kidd@tusla.ie](mailto:annmarie.kidd@tusla.ie)

## NASC Migrant and Refugee Rights

**Nasc is the Irish word for “link”. NASC link migrants and refugees to their rights.**

Covid 19 World Service is a joint initiative of Nasc and Together Ireland. Over 20 doctors, and other healthcare professionals, from around the world, but living and working in Ireland, have voiced the video messages for this new Covid-19 World Service Initiative aimed at providing up-to-date and accurate public health information to migrants living in Ireland. This page will be updated regularly with new videos.

NSASC have information videos in Arabic, Bengali, Bulgarian, Catalan, Croatian, Czech, English, Hindi, Kurdish, Macedonian, Polish, Portuguese, Romanian, Serbian, Spanish, Ukrainian, Urdu and Yoruba.

**Video 1: General advice on how to prevent the contraction and spread of the virus.**

**Video 2: Information on self-isolation, what to do if you test positive for Covid 19 or are a contact of someone who has.**

**All videos are accessible by clicking on the link below:**

<https://nascireland.org/know-your-rights/covid-19-world-service>

**Website:** <https://nascireland.org/>

**Phone:** 021 427 3594

**Email:** [info@nascireland.org](mailto:info@nascireland.org)

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie

St. Michael's House provides a comprehensive range of services and supports to men, women, and children with intellectual disabilities and their families. St. Michael's House teams have put together resources to support Families and their Children at home during Covid-19. All Information on the page is made with the people who use St. Michael's House services in mind. St Michael's House are aware that the information may not suit all readers.

**Please see linked supports below:**

<https://www.smh.ie/services/children/covid-19-family-supports/>

**Early Years Specific Resources:** <https://www.smh.ie/services/children/covid-19-family-supports/#es>

**School Age Disability Team Specific Resources:** <https://www.smh.ie/services/children/covid-19-family-supports/#sadt>

**Communication Resources:** <https://www.smh.ie/services/children/covid-19-family-supports/#comms>

**Activity Resources:** <https://www.smh.ie/services/children/covid-19-family-supports/#act>

**Website:** <https://www.smh.ie/>

To update your service provision please email the Child Family Support Network Coordinators  
North Louth Paula McCabe paula.mccabe1@tusla.ie or  
South Louth AnnMarie Kidd annmarie.kidd@tusla.ie