# Edition 2: 9<sup>th</sup> April 2020



# Louth Child and Family Support Network Newsletter

Details of Local Service delivery during COVID – 19





# 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



# 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 provides supports to families during this time and have worked with the Department of Education to ensure that School Lunches have are 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 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



# 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. Sharing information constantly, updating service provision and identifying gaps and needs.

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: <a href="https://www.parenting24seven.ie">www.parenting24seven.ie</a>



# **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

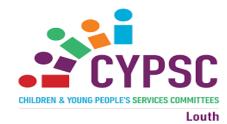
**Phone:** 042 9351680

**South Louth Family Support Team Southgate** 

Team Leader: Karen Byrne

Phone: 041 9875294

Tusla Parenting Support Website: <a href="https://www.parenting24seven.ie">www.parenting24seven.ie</a>



# **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



# **Craobh Rua Youth Project**



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 continuing 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

Craobh Rua Youth Workers: roisin@lyf.ie or Julie@lyf.ie

#### **Workers based in Cooley Peninsula:**

erin@lyf.ie or coreproject@lyf.ie (Detached Youth Work)



# **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.

Email: Teresa.boomerang@gmail.com



### **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** 

Email: monica@lyf.ie or Keith@lyf.ie

**BOYNE Garda Youth Diversion Project (GYDP)** 

Email: <u>nicola@lyf.ie</u> or <u>denise@lyf.ie</u>



# **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 or 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 or

Jenny Deegan

Email: jenny.deegan@foroige.ie

**April Dooley** 

Email: april.dooley@foroige.ie

Shane Ryan

Email: <a href="mailto:shane.ryan@foroige.ie">shane.ryan@foroige.ie</a>

Phone: 0860488983



# **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

Community Development and Family Support Worker: Sinead outreachconnectfrc@gmail.com

Community based Family Support Worker: <a href="mailto:communityconnectfrc@gmail.com">communityconnectfrc@gmail.com</a>

#### **Update on service provision:**

Connect FRC are also offering adolescent and adult counselling by phone or video call. They will also be delivering online courses:

The 'Time for Me' course is starting next week but is currently full. Contact Connect if interested in any potential future dates.

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



# **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



# **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.

For Parenting Tips follow the link: <a href="https://www.lifestartfoundation.org/">https://www.lifestartfoundation.org/</a>

**Contact:** 

Lifestart Co-ordinator: Carol Harkin

**Phone:** 041 9842078

Email: <u>lifestart@lifedev.ie</u>



# **Cox's Demesne Youth and Community Project**



Cox's Demesne Youth and Community Project in Dundalk are continuing to engage with young people and families they support. This involves face timing young people; one to one mentoring; delivering packs with games and art to their homes and linking in with parents. Cox's YCP are creating an afterschool Facebook page where there will be regular group activities.

The North Dundalk Family Support Hub Worker is in contact with all the families this project supports.



# 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





# **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.













# 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 for

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 <a href="mailto:manager@rcne.ie">manager@rcne.ie</a> for further information.

For New Clients – to arrange an appointment email <a href="mailto:manager@rcne.ie">manager@rcne.ie</a> or phone 1800 21 21 22



#### **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 Robert Byrne

**Phone:** 087 433 0441 **Phone:** 087 140 9276

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.

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)

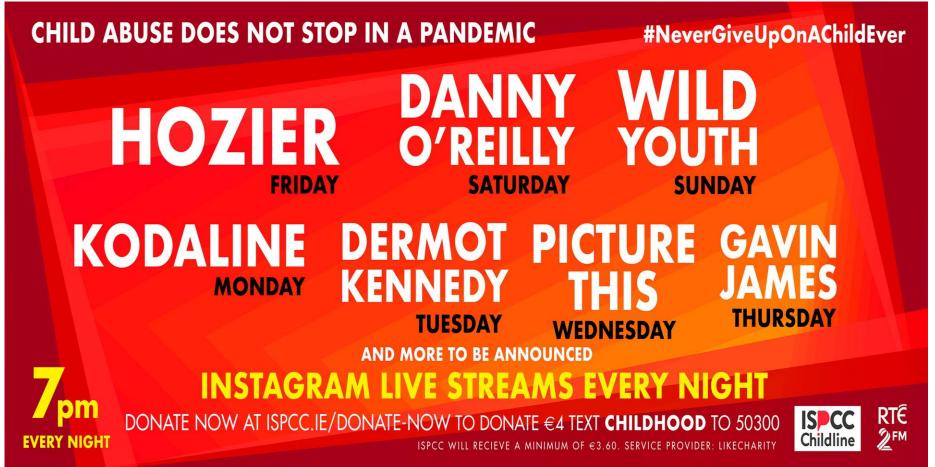
**Text 50101** (10am – 4am daily)

Chat online at Childline.ie (10am – 4am every day).

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









### **Mental Health Ireland**



Mental Health Ireland have a range of information available useful links on www.mentalhealth.ie

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

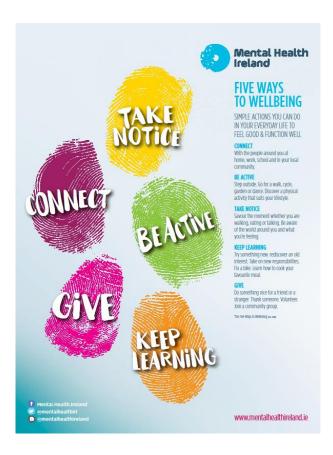
The HSE Mental Health Information line is 1800 111 888

Samaritans helpline 116 123 or email jo@samartians.ie

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

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

### Five ways to wellbeing poster



https://www.mentalhealthireland.ie/wpcontent/uploads/2019/11/MHI-Five-Ways-to-Wellbeing-Poster.pdf Five ways to wellbeing leaflet



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

# **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

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

#### Grow

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

#### **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.

Samaritans

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

Email: jo@samaritans.ie

Website: www.samaritans.ie



# **Child and Adolescent Mental Health Services Louth**



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.

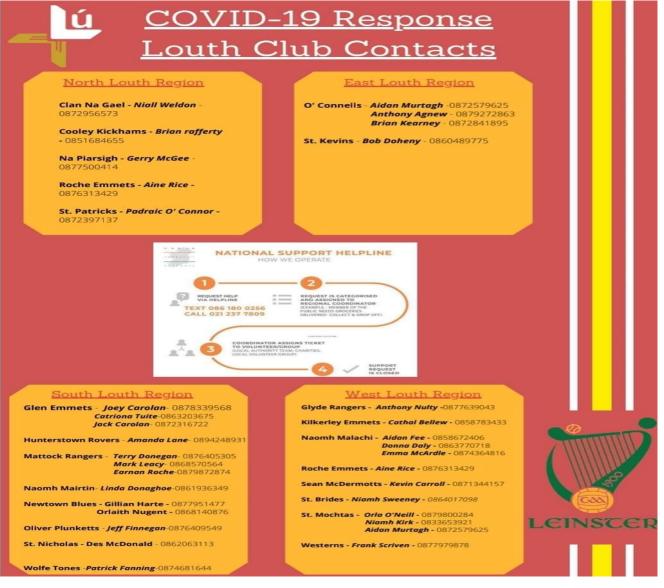
Child and Adolescent Mental Health Service continue to deal with urgent referrals as they come in to the service.

#### **Louth Chid and Adolescent Mental Health Services**

The Grey Building Child and Family Centre, Dublin Road Drogheda, Co. Louth

Phone: 041 9893300

# **Louth GAA COVID 19 Response**





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





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

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Employers can contact us at the above number





**Opening Hours** 

Monday to Friday 10.00 - 1.00pm





# **Family addiction Support Network**

All Family Addiction Support Network group meetings are postponed for now but phone support is available.

Coordinator: Gwen McKenna

Contact: 042 9355251 / 087 9046405

Catchment areas:

Louth Meath, Cavan and Monaghan

Website: www.fasn.ie





Sober Gric

Sober Grid connects you to sober

SOBER GRID

people in your community and around

the globe so you can build a strong

sober support network and inspire

Available on iOS and Android



#### SOBER TIME

Sober Time helps you stay motivated by tracking how long you have been sober. If you're trying to quit drinking, drugs or any other addiction, put the power of sobriety back in your hands.



#### DAYLIO

Daylio enables you to keep a private diary without having to type a single word. Pick your mood and track your activities to help establish new healthy habits and increase productivity.



#### NO MORE!

Embark on a self-improvement journey with No More! If you're trying to overcome a bad habit or serious addiction No More! can help you conquer it.



#### WHAT'S UP?

What's Up? provides helpful tools based on the principals of Cognitive Behavioural Therapy and Acceptance Commitment Therapy to help you cope with Depression, Anxiety, Anger, Stress and more.



HEADSPACE

Headspace is meditation made simple.

meditation and mindfulness in just a

Learn the life-changing skills of

few minutes each day.

# **Turas Counselling Centre**

# **COVID-19 Update**



# TURAS IS CURRENTLY OPEN AND ACCEPTING REFERRALS.

Turas is a Dundalk based community addiction service providing oneto-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 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



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 or

South Louth AnnMarie Kidd annmarie.kidd@tusla.ie



# **Substance Use Support for Teens (SUST)**



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 or Lorraine Wright 087 173 2088.

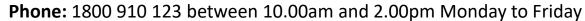
### **Barnardos National Parent Support Service - Response to Covid-19 Pandemic**

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



Email: parentsupport@barnardos.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@womensaiddlk.net

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.

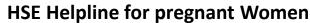
# **Support Services and Helplines**

**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



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 or ann@gkcancersupport.com

#### 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: Catherine Brazil

**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 or

South Louth AnnMarie Kidd 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.

#### **Dunnes Stores Supporting Cocooning shopping hours**

Dunnes stores are continuing to offer priority shopping hours for carers or anyone who is shopping on behalf of an elderly person or neighbour. The hours are still a priority for 60 – 70 year olds who have not been instructed to cocoon.

Priority Hours: 11am – 1pm daily

# **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

Manager: Grainne Berrill

North Louth Volunteer Centre Services:

Contact person: Kayleigh Mulligan

Email: info@volunteerlouth.ie or Phone: 086 0431379.

**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

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**Outcomers Dundalk** 

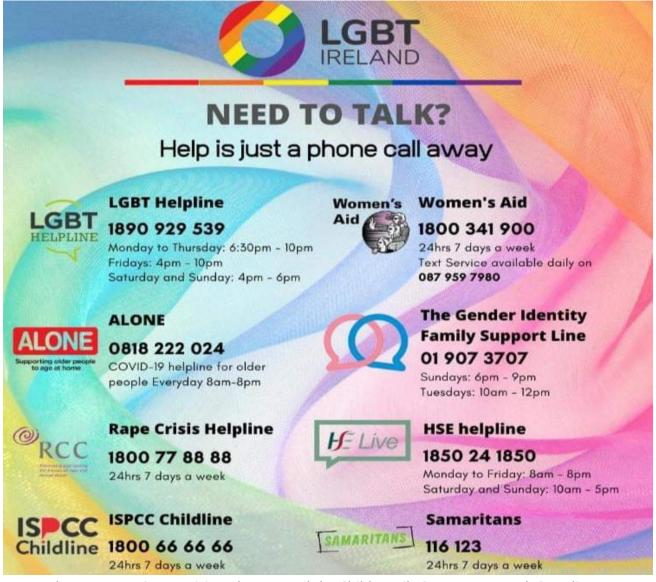
Outcomers are continuing to offer support via phone, email, social media and virtual youth groups.

Contact: Lorna Costello Phone: 086 1625030

Email: youth@outcomers.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

# **Support Services and Helplines**







# 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 Garda Station Community Policing Unit 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 Garda Station.

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

### An Garda Síochána in Louth is here to Serve you



# **Louth County Council Library Services**



Library e-services such as e-books, audio books, magazines, newspapers etc. Our Facebook page will also have information on libraries and general community info as well

**Phone:** 042 935 3190

Email: <a href="mailto:libraryhelpdesk@louthcoco.ie">libraryhelpdesk@louthcoco.ie</a>

Website: <a href="http://www.louthcoco.ie">http://www.louthcoco.ie</a>



# **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 hep 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

# **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

### 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



# **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 primi 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.



## North Eastern Regional Drug & Alcohol Task Force

North East Regional Drugs and Alcohol Task Force



Cavan ~ Monaghan ~ Louth ~ Meath

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: <a href="https://www.nedrugtaskforce.ie">www.nedrugtaskforce.ie</a>

The national service directories: <a href="www.drugs.ie">www.drugs.ie</a>

National helpline is: 1800 459 459



### North Eastern Regional Drug & Alcohol Task Force

Cavan ~ Monaghan ~ Louth ~ Meath

# North East Regional Drugs and Alcohol Task Force





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.



+353 74 9125596 / www.alcoholforum.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



# **HSE Multilingual COVID 19 Resources**



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 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 contact:

Hugh Doogan: <a href="https://hugh.doogan@cllp.ie">hugh.doogan@cllp.ie</a>

Please put <u>SUPPORTING PARENTS</u> in the subject line of the email.

Website: www.genesislouth.ie

Phone: 041 9843333

You can also visit the **Flying Start Website** for more information on the Genesis got Talent Competition.

Website: <a href="https://www.flyingstart.ie/">www.flyingstart.ie/</a>



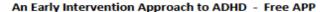






# The Changing Lives Initiative APP







- 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...

# changing lives initiative.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 annmarie.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

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 <u>www.onefamily.ie</u> 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/



# **Treoir**



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 an contact them in the following ways:

**Contact information:** 

**Confidential helpline:** 01 6700120

Email: info@treoir.ie

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

# **Drogheda River Rescue**



CORONAVIRUS COVID-19

IF YOU KNOW ANYONE WHO IS

VULNERABLE OR ANY ELDERY PEOPLE WHO NEEDS

ASSISTANCE BE IT GETTING SUPPLIES TO THEM FROM MEDICATION

OR FOOD OR ANYTHING ELSE.

DI FASE DO NOT DESITATE TO CALL US ON

PLEASE DO NOT HESITATE TO CALL US ON.







AVOID TOUCHING YOUR FACE

KEEP SURFACES
CLEAN

AVOID SHAKING HANDS AND HUGGING

KEEP A SAFE DISTANCE













# **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: <u>lifestart@lifedev.ie</u>

This Service is relevant for Teen parents who require support.



# **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: <a href="mailto:covid19@citinfo.ie">covid19@citinfo.ie</a> 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 <a href="https://services.mywelfare.ie/en/">https://services.mywelfare.ie/en/</a>

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



# 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

Website: <a href="https://www.mensaid.ie/">https://www.mensaid.ie/</a>



# **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:** <u>info@louthchildcare.ie</u> (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 so stay in touch an take care.

Website: https://www.louthchildcare.ie/

# **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: <a href="mailto:shaun.kennedy@tusla.ie">shaun.kennedy@tusla.ie</a>

### **South Louth Educational Welfare Officer**

**Contact:** Sinead Donnelly

Phone: 086 1746145

**Email:** sinead.donnelly@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 <a href="mailto:niall.weldon@scp.ie">niall.weldon@scp.ie</a>

### **Andrea Duffy**

Deeside School Completion Programme, Mid Louth <a href="mailto:andrea.duffy@scp.ie">andrea.duffy@scp.ie</a>

### Sara Russell

Drogheda Northside School Completion Programme, Drogheda <a href="mailto:sara.russell@scp.ie">sara.russell@scp.ie</a>

### Majella O'Hanlon

Oriel School Completion Programme, Dundalk majella.ohanlon@scp.ie

### **Christopher Menary**

Holy Family School Completion Programme, Drogheda christopher.menary@scp.ie



# **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: <a href="www.mywelfare.ie">www.mywelfare.ie</a>

Contact details for area managers:

**Intreo Centre Dundalk:** 

Sharon Curran <a href="mailto:sharon.curran@welfare.ie">sharon.curran@welfare.ie</a>

**Intreo Centre Drogheda:** 

Karen Usher <u>karen.usher@welfare.ie</u>

**Employer Relations NE Division:** 

Ann Keeley <u>anne.keeley@welfare.ie</u>



# **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

# FREE Webinar - Empowering Autistic Individuals to be Successful



Join Dr. TEMPLE GRANDIN, the World's most Famous and Influential person with Autism and outspoken proponent of Autism Awareness for a very Special Pre-Recorded, On-Demand Webinar on Tuesday, May 5th, 2020 at 7.30pm until 8.30pm.

With this Exclusive Once-off Webinar with Dr. Temple Grandin you will:

- Gain INSIGHTS into the Mind of Someone LIVING WITH AUTISM
- Learn How Temple Grandin, THINKS, LEARNS & EXPERIENCES Life as a PERSON WITH AUTISM
- Discover INTERVENTIONS, THERAPIES & SUPPORTS which have Enabled her to be SUCCESSFUL
- Transform Your VIEW & UNDERSTANDING of AUTISM with Temple's first-hand LIFE STORY

And much more....

Venue: Online

When: Tuesday, May 5th, 2020

**Time:** 7.30 pm - 8.30 pm

Your Investment: FREE for a limited time only!

\* Limited Places Available\*



# **Louth Leader Partnership**



Louth LEADER Partnership is open and is 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" LLP 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 our web site with information from reliable sources please visit <a href="https://www.louthleaderpartnership.ie">www.louthleaderpartnership.ie</a> for further information.

# **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



### The Probation service

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

