

Foróige Cable Project

The Foróige Cable Project is a Garda Youth Diversion Project that covers North Drogheda and Mid-Louth. There are two offices/youth spaces with one at 158 Moneymore Drogheda and the other at Unit 1, Irish Street, Ardee. Garda Youth Diversion Projects are community based and supported youth development projects which seek to divert young people from becoming involved (or further involved) in anti-social or criminal behaviour. These projects facilitate personal development and promote civic responsibility. Due to all participants being referred onto the project, there are no 'opening hours' of the service. Staff arrange to meet with young people individually, or in small groups, at a time that best suits everyone.



CONTACT DETAILS:

North Drogheda - Allen O'Donoghue • Email: allen.odonoghue@foroige.ie • Phone: 086 0488983

North Drogheda - Jenny Deegan • Email: jenny.deegan@foroige.ie • Phone: 086 0360586

Mid Louth - Bronagh Conlon • Email: bronagh.conlon@foroige.ie • Phone: 086 4641756

Mid Louth - Shane Ryan • Email: shane.ryan@foroige.ie • Phone: 086 0319065

Women's Aid Dundalk

24 Hour Helpline: 042 9333244

Email: info@womensaidlk.net

Text Support: 086 1892439

(Available Monday - Friday
9.00am - 4.00pm)

Social media: Facebook,
Twitter and Instagram



Louth Volunteer Centre

Phone: 041 9809008

Email: info@volunteerlouth.ie

Website: www.volunteerlouth.ie
@volunteerlouth
on all social media



Mental Health Ireland

Mental Health Ireland have a range of information available on www.mentalhealthireland.ie

If you need support, please contact the HSE Mental Health Information Line on **1800 111 888** and or Samaritans on Freephone number **116 123** or email: jo@samaritans.ie

Mental Health Ireland staff are working from home so you can contact them by email directly: info@mentalhealthireland.ie



HSE TEXT HELPLINE

50808 is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small.

From breakups or bullying, to anxiety, depression and suicidal feelings, our Crisis Volunteers are available 24/7 for anonymous text conversations. Our aim is to provide immediate support in the short term and connect people to resources that will help them in the future. If you're experiencing a personal crisis, are unable to cope and need support **text HELLO to 50808**. If your life is at imminent risk, call 999 for emergency help. The service is funded by the Health Service Executive (HSE).

TEXT ABOUT IT
50808



Meitheal is a way of working with children and their families to identify and respond to their strengths and needs in a timely way.

Meitheal

What is Meitheal?

Multi-agency group including parent/carer and child/young person

Early help for a child/young person who has unmet additional and/or complex needs

Identifies the strengths and needs of the child to ensure a strengths-based approach

Tailored response to improve child/ young person's outcomes to help ensure their rights are realised

Holistic view of the child/young person in the context of their family and their environment

Expert team around the child/young person with parent and young person's voices privileged as the experts in their own situation

All aspects of the process are led by the parent/child and based on their voluntary engagement

Limits duplication, agrees clear actions and roles, reduces workloads and promotes partnership



Senior CFSN Coordinator Louth Meath

Sandra Stafford 046 9073178 / 087 2492941

North Louth Network

Paula Mc Cabe 042 9351680 / 087 7218112

South Louth Network

Ann Marie Kidd 041 2152300 / 087 6542139

North Meath Network

Jackie Jackson 046 9073178 / 087 7704042

East Meath Network

Alice O'Halloran 046 9073178 / 087 2275645

South Meath Network

Alice O'Halloran and Jackie Jackson

Welcome to the
First Issue!

Child and Family Support Network

Issue 1, Winter 2020

Louth Newsletter

LOCAL SERVICES • LOCAL INFORMATION • LOCAL SUPPORTS

Child and Family Support Networks

Meitheal is supported through the establishment of five Child and Family Support Networks (CFSNs) across Louth/Meath

Each CFSN is made up of services in that geographic area who are working with children, young people and families. Network members include community and voluntary organisations, HSE services, schools, childcare groups, Tusla, Gardaí, etc. The purpose of networks is to ensure that there is NO WRONG DOOR for children, young people and families who are in need of support. Network members develop and share knowledge on services available in that area and how to access them.

Contact your local CFSN Coordinator if you are interested in joining a Network. Coordinators are also available to deliver briefings to staff groups on the Meitheal process and how you might use it in your work. 2 Day Meitheal Training is also regularly available - contact your CFSN Coordinator for details.



Meitheal
A TUSLA led national practice model



Ideas!

This first issue of the CFSN Louth Newsletter is a sample of the type of information and news that can be shared with parents and colleagues. Have you ideas about name, content or format? We would like to hear from you. Please email Paula or Ann Marie, CFSN Coordinators Louth with suggestions. We look forward to hearing from you.

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SOSAD Dundalk

42 Jocelyn Street, Dundalk, Co. Louth.

Monday to Friday from 10am - 6pm.

Email - dundalk@sosadireland.ie

Telephone - 042-9327311



Since 2007, SOSAD has worked to raise awareness and help prevent suicide in Ireland. We have worked tirelessly in our communities to help those in need feel supported and know they are not alone on their journey. SOSAD offer support and services for people who are going through bereavement, suffering with mental health issues, struggling with stress and anxiety, struggling with isolation, or if you simply need someone to talk to. We can all face difficulties in life, but if you feel that your problems have become too much to cope with we are here and we want to help. If you are actively in crisis you can book an appointment to come into the office during the set times and ask to speak to someone in a safe and welcoming environment. We offer FREE professional counselling in a safe and welcoming environment. If you would like to speak to someone immediately you can call our 24 hour helpline at 042-9327311 to talk to one of our trained volunteers.

SOSAD Drogheda

30 Magdalene Street, Drogheda, Co. Louth

Mon - Thursday 10am - 9pm, Friday 10am - 6pm

Email: drogheda@sosadireland.ie • Telephone: 041 9848754

TUSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

5 Questions

with Joanne Murphy
Louth CYPSC Coordinator



1. What's your favourite Netflix programme /Box Set at the moment and why?

I love the West Wing. I am watching it for the second time around. The strong, well-written storylines interweaved with passionate, academic and well informed characters is outstanding.

2. What are you currently reading?

I am reading Girl, Woman, Other by Bernardine Evaristo. She is an amazing author. The book is funny, real and a searing analysis of Race and Class in Britain. It is an upbeat and powerful book.

3. What would you say to your 16yr old self if you were going through COVID-19 then?

In a world gone Covid mad, you can't wait for certainty. Don't hold yourself to that standard and don't be afraid to make mistakes. Don't be scared. Fear is what stops us from doing what we know is right. Find your tribe and don't let them out of your sight. Have a good laugh, try and do it daily. Make sure you tell those closest to you that you love them, they won't be around forever... Make the most of your journey, time flies!

4. What would be your last meal? Garlic and Chorizo Prawns

5. What do you do to relax? Watching my son play football for Bay FC Under 12's on a Sunday morning

Louth Primary Care Nursing Services

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.

- Birth Notification- 1st 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.



USEFUL WEBSITES

- www.breastfeeding.ie
- www.mychild.ie
- www.mindme.ie
- www schooldays.ie
- www.cuidiu.ie
- www.healthpromotion.ie

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

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

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.

Good news story

In response to the COVID-19 emergency, Louth CYPSC and Louth LEADER Partnership took steps to fund an initiative focused on the mental well being of Young people in Louth. It was a partnership initiative with 8 Organisations including Omeath District Development group, Engage 4 Change Project, Dundalk Youth Centre, New Leaf Programme- Ardee, Youthwork Ireland Louth, Cox's Demesne Youth and Community Project, Dundalk Outcomers and Boomerang Youth Service in Drogheda.

The packs included a USB with mental wellbeing tools and resources, Headphones, Puzzles, mindfulness colouring books, hygiene products and stationary to write positive mental health messages. The packs were targeted at 14-18 years old with a focus on providing a variety of supports, tools and resources to help young people manage anxiety and worry due to the uncertainty and change caused by COVID-19.

Joanne Murphy; Louth CYPSC Coordinator would like to highlight the work of Louth Comhairle Na Nog who went along to Dundalk Outcomers to help with assembling the packs, loading up cars and generally being a breath of fresh air! They also distributed the packs to young people who needed extra support.



Youthwork Ireland Louth BOYNE GYDP

Garda Youth Diversion Projects are community based and supported youth development projects which seek to divert young people from becoming involved (or further involved) in anti-social or criminal behaviour. These projects facilitate personal development and promote civic responsibility ...the GYDPs offer their young participants opportunities for education, employment training, sport, art, music and other activities. We work with young people aged 12-17. Referrals comes from JLO, school completion TUSLA, self-referral or families.

Address: Youth Work Ireland Louth, BOYNE Garda Youth Diversion Project (GYDP)

280 St Finian's Park, Drogheda, Co Louth

Ph: 087 061 2884 • **Emails:** nicola@lyf.ie / denise@lyf.ie



Youth Work Ireland
Louth

Youthwork Ireland Louth Southside CYP

The Southside Community Youth Project is a UBU Targeted youth project funded by the DCYA. We work with young people aged between 10-25 years. The project works to develop and assist young people to reach their full potential as active and positive citizens of their community. The staff team and volunteers work hard to meet the ever-changing needs of targeted young people from our community. We are responsive and proactive at working to challenge and address the vulnerability and exclusion of our young people and help them to build their resilience and boost self-belief. Referrals comes from school completion, TUSLA, self-referral or families.

Address: Youthwork Ireland Louth, Southside Community Youth Project

Respond Community Building, Rowan Heights, Drogheda, Co Louth

Ph: 086 045 5739 • **Emails:** monica@lyf.ie / Keith@lyf.ie



BOYNE GYDP

The participants from the Boyne GYDP who engaged online through the Covid-19 lockdown were rewarded for all their participation with a trip to Carlingford Adventure Centre on the 4th and 18th of August. The young people enjoyed kayaking, Laser-Tag and the Sky Park.

FUNDRAISER

The Younger Girls group in Youthwork Ireland Louth Southside Community Youth Project raised €502.15 by selling sunflowers, they planted themselves outside Centra on the Rathmullen Road. The programme was part of their social awareness action plan. The money raised was divided between the Project and the Gary Kelly Cancer Support Centre. The Girls are so grateful to the local community for all their support.



The Girls presenting the cheque to Anne Tracey from the Gary Kelly Cancer Support