

# Child and Family Support Networks Meath

Details of Service delivery during Covid – 19

13<sup>th</sup> Edition Updated 06/07/2020

## Meath/Louth Child and Family Support Network Coordinator

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. 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 .

### **East /South Meath Child and Family Support Network Coordinator**

**Contact: Alice O Halloran**

**Phone: 087 2275645**

### **North/South Meath Child and Family Support Network Coordinator**

**Contact: Jackie Jackson**

**Phone: 087 7704042**

### **Senior Child & Family Support Network Coordinator Meath/Louth**

**Contact: Sandra Stafford**

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

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

To update your service provision please email Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - Jackie.Jackson@Tusla.ie,

Alice.ohalloran@tusla.ie

## **Louth Meath Prevention Partnership and Family Support**

### **Meath PPFS Family Support Practitioner Team**

The Meath 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 Meath 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.

### **Meath PPFS Team**

**Dawn Hegarty**

**Navan Family Resource Centre, Commons Road, Navan, Co. Meath.**

**Phone: 046 9073178**

**Avril Mc Kenna**

**Enterprise Centre, Trim Road, Navan, Co Meath.**

**Phone: 087 1411832**

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

To update your service provision please email Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - Jackie.Jackson@Tusla.ie,

Alice.ohalloran@tusla.ie

# Child and Youth Participation Strategy 2019 - 2023



Child and Family  
Support Network

Year 1  
Update

**2259**

Tusla & partner  
staff completed  
Day 1 training

**89**

Investing in  
Children™ Awards

**25%**

of actions  
completed

**100+**

Child and young  
person seed  
funding projects

**15**

Areas with  
children in care  
fora



**ChangingFutures.ie: Young people's research group launched website and added 6-9 year old section**

**Young people and Limerick PPFS lead the way to create and launch 'Commissioning the Tusla way' video**



**Human Resources: Questions from children and young people included in the recruitment process**

Thank you to all staff across Tusla and partner agencies for their co-operation and collaboration in implementing the actions contained in this strategy.

**TUSLA**  
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

06/07/2020

To update your service provision please email Jackie Jackson or  
Alice O Halloran Child & Family Support Network Coordinators  
Meath - Jackie.Jackson@Tusla.ie, Alice.ohalloran@tusla.ie

# CYPSC Meath

***Community Solidarity: Everyone can, and must, play his or her part in combating COVID-19.... Our voluntary and community organisations are at the heart of the State's coordinated response to COVID-19, in caring for each other.***

(Ireland's National Action Plan in Response to COVID-19 updated 16th March 2020).

## **Establish and Maintain strong communication:**

CYPSC will work collaboratively to provide up to date information and support on the national website [www.cypsc.ie](http://www.cypsc.ie) and the new live website in Tusla Louth/Meath [www.familysupportmeath.ie](http://www.familysupportmeath.ie). Maintain links with your local CYPSC Co-ordinator, who will work over the coming weeks to support good cross-community communications and information dissemination.

Tusla Louth Meath in collaboration with Meath CYPSC have developed an online safety resource that parents can use to help them talk with and keep their children and young people safe online during COVID 19. CYPSC would like to acknowledge Helena Grenham, Louth Meath Practice Lead in Child Sexual Abuse, Tusla, who put this resource together and collaborated with both Meath and Louth CYPSCs

<http://www.familysupportmeath.ie/online-safety-for-children-young-people-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](mailto: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](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

To update your service provision please email Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - [Jackie.Jackson@Tusla.ie](mailto:Jackie.Jackson@Tusla.ie),

[Alice.ohalloran@tusla.ie](mailto:Alice.ohalloran@tusla.ie)

06/07/2020

# **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**

Youth Work Ireland Meath  
St Mary's Church Grounds,  
Trimgate Street,  
Navan Co. Meath.  
046-9093402

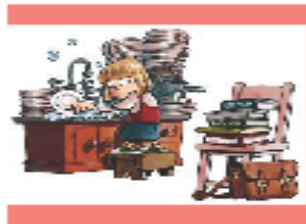


ARE YOU  
A YOUNG  
CARER?



DO YOU HELP TO  
CARE FOR SOMEONE  
AT HOME ?

YOUNG CARERS CLUB  
STARTING SOON  
AGES 12 - 18



Have  
some  
You  
Time

FOR MORE  
INFORMATION  
CONTACT LISA  
087 0906062

LISA@YOUTHWORKIRELANDMEATH.IE

FUN  
&  
PEER  
SUPPORT

Do YOU know a Young  
Carer?

YOUTH WORK IRELAND  
MEATH

A YOUNG CARER IS A YOUNG  
PERSON THAT IS AFFECTED BY  
OR HAS TO LOOK AFTER A  
FAMILY MEMBER WHO HAS A  
SERIOUS ILLNESS, DISABILITY,  
MENTAL HEALTH ISSUE OR  
ADDICTION

Youth Work Ireland Meath are creating a  
Young Carers Support Group

To find out more  
Contact Lisa 087 0906062  
Lisa@youthworkirelandmeath.ie

ONE YOUTH SERVICE, ONE COUNTY.  
ALL YOUNG PEOPLE

The poster has a white background with a colorful, abstract border. It features the Youth Work Ireland Meath logo and slogan at the top. The main text is in a mix of blue and orange colors. At the bottom, there is a small illustration of five diverse young people standing together with their arms raised in a celebratory gesture.

06/07/2020

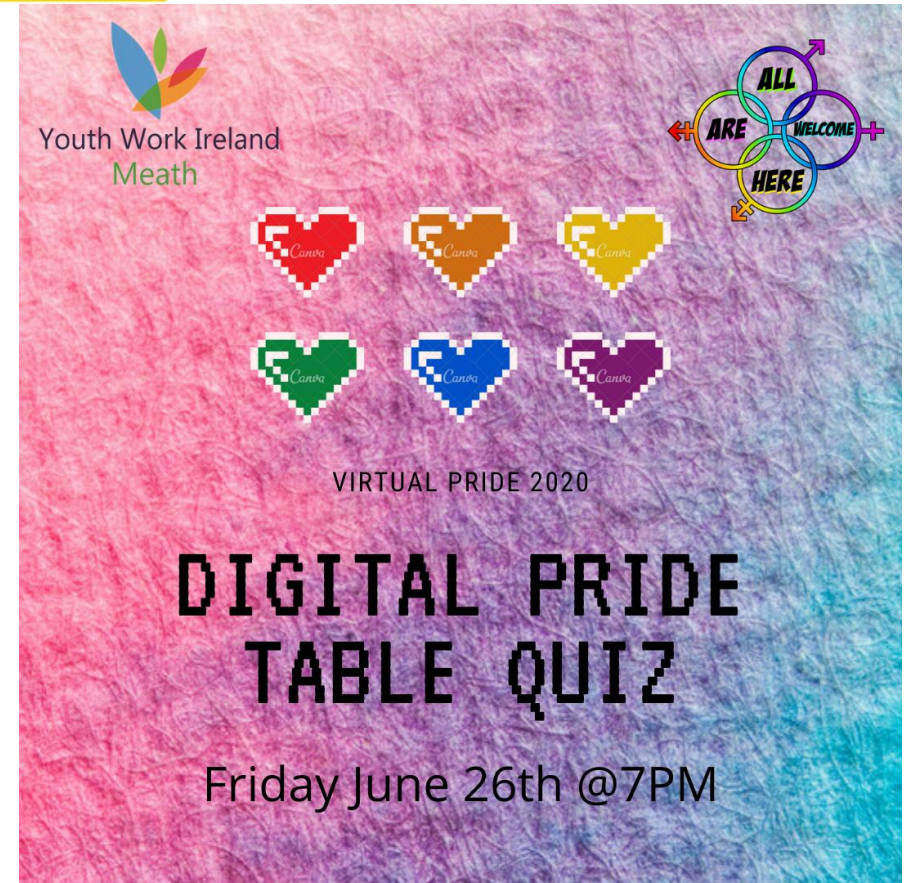
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**Youth Work Ireland Meath**  
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**046-9093402**

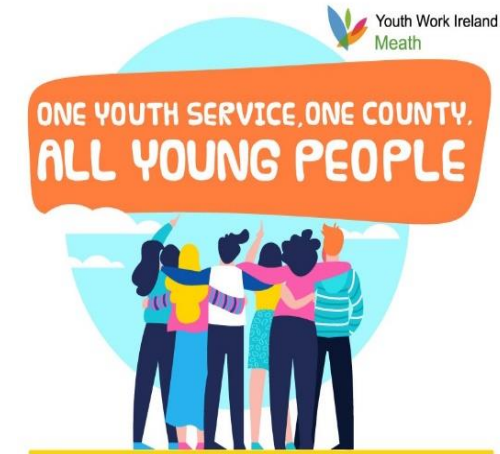


"I am sure we are all upset at missing out on the Pride Party this year. As part of making the virtual Pride as interactive and inclusive as possible, Youth Work Ireland Meath are looking at hosting a Digital Quiz via Zoom. We are looking for teams across the country and different youth organisations to take part. We are limited to about 20 teams (1 youth worker and 4 young people) so if we get more than 20 we might look at giving one entry to each organisation or if there is a huge demand we can run a couple of quizzes across Pride weekend.

If you are interested in taking part or want to know more information, email [nicky@youthworkirelandmeath.ie](mailto:nicky@youthworkirelandmeath.ie) or call Nicky on 087 7012007. Hopefully it will be a fun and interactive way for young people to keep in touch and continue to build the friendships that begun in previous events".



- Youth Work Ireland Meath is currently closed for face to face groups and meetings with young people.
- Youth Workers are available online Monday to Friday from 12PM-10PM. They can be contacted via Facebook and Instagram, both @ywimeath.
- Groups are still meeting at their regular times, either via Hangout or Zoom. Youth Workers will send out the links before each group.
- If you need One to One support or additional services you can contact a Youth Worker on Whatsapp.
- Peter 087 0683119
- Nicky 087 7012007
- Lisa 087 0906062
- For more information on our Digital Youth Café, go to our website: [www.youthworkirelandmeath.ie](http://www.youthworkirelandmeath.ie)
- As part of our Digital Youth Work plans we have developed our own newsletter. First edition went live yesterday. All visitors to our website are invited to subscribe but we also share the link across our social media pages. The link is: [shoutout.wix.com/so/aaN5aeuEj](https://shoutout.wix.com/so/aaN5aeuEj)



Youth Café, St Mary's Church Grounds, Trimgate St,  
Navan, Co. Meath

t: 046 – 9093402

e: [info@youthworkirelandmeath.ie](mailto:info@youthworkirelandmeath.ie)  
[www.youthworkirelandmeath.ie](http://www.youthworkirelandmeath.ie)



# SPRINGBOARD NAVAN



- Tailored Programs of family Support continue to be provided to families by their key worker via phone and electronic communication.
- Parent support groups. (He's My Dad, Connect Women's group and The young Mothers Group) • The meetings of the groups are suspended for the time being. The group facilitators are maintaining weekly contact with participants via phone and electronic support.
- Children's Access Support Service. • The Children Access Support Service is operational via supervised video conference calling at present.
- Counselling. Counsellors are providing ongoing support to parents and children via phone and electronic communication on a case by case basis.
- Contact Details: <http://meathspringboardfamilysupportservices.ie> Tel 046-9078220 or email [valerie@springboardnavan.ie](mailto:valerie@springboardnavan.ie)

# Kells Peoples Family Resource Centre

- The Resource Centre is closed and all face to face work is suspended
- Our core staff are working from home
- Our CE and Tus Staff have been withdrawn however some continue to work from home on administrative support tasks
- All of our group support services and activities are suspended for the present.
- All one-to-one [info, counselling, therapies etc] and family support services are being provided by phone and/or online.
- We are checking in regularly by phone with anyone we know is in a vulnerable situation and offering whatever support, comfort and information we can provide
- Our Food Bank recommenced last week 22/04/20, please contact us if you require more information.
- Phone/email support - responding to queries, signposting, advocacy and onward referral where necessary
- Contact Details: 046 924 7161



# Trim Family Resource Centre



- Trim FRC staff members and volunteers are continuing to work with families and groups mainly remotely at the moment and only engaging with the public where necessary to deliver essential services, ie. home/ face-to-face visits carried out outside, delivery of food parcels to vulnerable/ at risk individuals, collection of food parcels from Trim FRC Community Food Bank.
- Counselling and health and wellbeing courses are available through Trim FRC online. Biggest thanks go to our volunteers who were hugely involved in collecting food donations from supermarkets in Trim, Summerhill, Maynooth, Navan and Ashbourne and delivering food parcels from Trim FRC Community Food Bank to families during Covid lockdown restrictions twice a week.
- We are preparing Trim FRC premises to re-open from 29th June in Phase 3 for Summer Camps, small group work support/ meetings, employability programme for young people, face-to-face counselling sessions, health and wellbeing workshops, family support drop ins and Community Mothers training.
- The details of the 6 week Trim FRC Summer Programme starting on 6th July 2020 will be forwarded to all relevant agencies in due course.



# East Coast Family Resource Centre



All group work and one to ones have been suspended until further notice. Staff have been advised to work remotely/from at home. Families receiving family support previously will continue to receive support via phone and email. Families attending parenting/Womens groups also being supported via phone.

- Contact Details: All enquiries
- Pamela Brady 086 0250974
- Kim Grenham 087 3513683
- Patricia Halligan 087 2183789



# SO SAD



Following Government advise the office is closed, however we are still working! it may take longer to reply to your mail, however the phone lines are open 24 hours, 046 9077682. You can also check out our Web page [www,sosadireland.ie](http://www.sosadireland.ie) and our Facebook page SOSAD Navan

Phone support being provided, assessments for new clients now completed on phone, counselling ongoing through Boom.

Contact Details: Contact can be made 24/7



# Pieta House



The Pieta House Suicide Bereavement Liaison Service for Louth and Meath continues to be available however it is phone support only because of the current circumstances until further notice.

Catherine Brazil SBLO Louth and Meath, has finished in the post as of the 29.04.2020. Catherine's phone number will continue to be available for referrals it will be taken over by her Line Manager Emer O' Neill. The service for the two counties will remain intact going forward.

**Contact person for Louth Meath:** Emer O' Neill

**Contact number:** 085 7380444



# Meath Womens Refuge & Support Services



Meath Women's Refuge and Support Services will continue to maintain a 24 helpline and emergency refuge accommodation during the Covid 19 crisis period. We have stopped our face to face contact in the community but we are in contact with women in the community through our helpline service. We continue to support women who need to attend court for emergency court orders and in the first instance this is done by phone and we will complete court paperwork for a woman and we will organise for her to call to our offices to collect the documentation from us as we are not presently doing court accompaniment.

Contact Details: our general 24 hour helpline details which are 046 9022393, Email [support@dvservicesmeath.ie](mailto:support@dvservicesmeath.ie)

Facebook page is Meath Women's Refuge and we are also on twitter too.

Our new website is [www.dvservicesmeath.ie](http://www.dvservicesmeath.ie)



RAPE CRISIS  
NORTH EAST CLG

# 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 [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



## 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](http://www.fasn.ie)

 <b>CALM</b> Calm is the #1 app for meditation and mindfulness. Manage your anxiety, lower stress and sleep better using Calm's guided meditations, sleep stories, breathing programs, and relaxing music.	 <b>SOBER GRID</b> Sober Grid connects you to sober people in your community and around the globe so you can build a strong sober support network and inspire others.	 <b>DAYLIO</b> 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.
 <b>SELF-HELP FOR ANXIETY MANAGEMENT</b> If you're interested in self-help, but meditation isn't your thing, the SAM app offers a range of self-help techniques for people who are serious about learning to manage their anxiety.	<b>FREE MENTAL HEALTH &amp; ADDICTION APPS</b> Available on iOS and Android	 <b>NO MORE!</b> 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.
 <b>HEADSPACE</b> Headspace is meditation made simple. Learn the life-changing skills of meditation and mindfulness in just a few minutes each day.	 <b>SOBER TIME</b> 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.	 <b>WHAT'S UP?</b> 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.

To update your service provision please email Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators  
Meath - Jackie.Jackson@Tusla.ie, Alice.ohalloran@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 call*
- *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>

- The NYPD continue to work remotely supporting all our Young People and Families.
- We also offer a Food Provision Drop Weekly to Families of our Referred Young people.
- Contact Details: 046 9072575
- [www.foroige.ie](http://www.foroige.ie)



# Smart Programme

## *South Meath Area Response To Teenagers*



- All group work and one to ones are suspended until further notice.
- Project staff are now working from home and continuing to support young people and families engaged in the project.
- Phone support – Linking in with participants to offer support.
- Email support – Providing relevant information and guidance.
- Providing food hampers to families engaged in the project.
- Engaging young people in activities such as driver theory, fitness programmes and creative writing.

### **Contact details:**

Cathreen Sherrock Project Co-ordinator 087-4146653

Amanda Veale Family Support Worker 087-7771440



# CAMHS Child & Adolescent Mental Health Services



We are open and continuing to accept new referrals.

We are offering services by phone, video link and face to face as required to both new and existing service users.

CAMHS services in Meath are offered from three locations. North Meath and Ashbourne teams are based in Hazel House.

South Meath CAMHS is based in the Knightsbridge Primary Care Building in Trim.

ELMS team covers East Meath and is based in the Child and Family Centre Drogheda.

**Contact Details:** 046 9079350, Hazel House, Kennedy Road, Navan. [www.hse.ie](http://www.hse.ie)



# HSE Speech & Language Therapists



Clinics are currently cancelled, If contact required please contact your allocated STL by phone or email as per details given at previous clinics, or alternatively Kim Tucker Manager, 0469098818

## 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.

Families can continue to contact:

Philip James 087 3752760 or Lorraine Wright 087 173 2088.



# Meath Primary Care Social Work Service



Meath Primary Care Social Work Service is currently offering a duty social work service by phone. We are open to new referrals and continue to support clients already open to us by phone. Please contact your local primary care centre and they will forward the message to the social worker on duty.

PCCC Knightsbridge Complex. Longwood rd Trim. 0469420802

PCCC Child and Family Centre. Navan, 0469098817

PCCC Kells rd. Kingscourt 0429679800

PCCC Laytown 0419820184

PCCC Town Centre Ashbourne  
016914600

PCCC Primary Care Centre, Kells 0469251400



## Primary Care Psychology (Child & Adolescent Service)



Service Update (12.06.20):

In line with national guidance, we are not seeing clients in clinics at the moment. Ongoing psychology support is being provided by phone to those already being seen before the COVID-19 outbreak. We are accepting referrals but referral rates have been exceptionally low since Covid-19 restrictions were introduced. Clients on wait-list are being screened by phone and, depending on identified needs, are being offered over-the-phone interventions or allocated to group intervention. Many clients are happy to wait until normal service resumes.

We plan to roll out on-line one-to-one sessions and parents' groups over the coming weeks having, only very recently, been set up with a platform to do this. A psychology-led and widely advertised Covid-19 virtual support service for staff continues to operate - uptake has been low; nursing home staff support has been offered - uptake has been good. Anyone experiencing distress or other psychological difficulties as a result of the current COVID-19 pandemic can access psychological support and advice from professional psychologists/counsellors/therapists by emailing

[MLMpsychosocial@hse.ie](mailto:MLMpsychosocial@hse.ie)

Clinic-based psychology services will resume on the basis of national guidance.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

# HSE COVID 19 Resources



## **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/>



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## 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/>





Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

# HSE COVID 19 Resources



## **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-resourcesaddiction.html>

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

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



text about it

50808

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).

For further information click on the following link: <https://text50808.ie/>

# HSE Mental Health Services Communication

Mental Health Engagement and Recovery are carrying out a survey regarding **HSE Mental Health Services Communication** during Covid-19. The Survey has been sent on behalf of Michael Ryan, Head of Mental Health Engagement and Recovery.

Please share this link with the families you are working with as Mental Health Engagement and Recovery are hoping to reach Mental Health Service Users, Family Members and Carers in the community to invite them to participate in the survey which is available via the below link:

<https://www.surveymonkey.com/r/8WSWRTG>

Hardcopies are also available on request by contacting Debbie Murphy via phone on 087 2865346 or via email at [debbie.murphy5@hse.ie](mailto:debbie.murphy5@hse.ie).

If anyone would like support or further information please do not hesitate to contact Debbie Murphy.

Closing date for the communication survey to be complete is **Wednesday 29<sup>th</sup> July 2020.**



# Meath County Childcare Committee



RESOURCE AVAILABLE-Transitions Pack to all services  
This year transitions for children leaving pre-school for school are particularly significant. The progression from pre-school to school this year may need more support than ever. The DCYA are preparing transition packs to support these transitions for families. Meath CCC emailed all providers this week with this information. If your service would like a pack for any children going to school please email one of the staff team the number of packs you would like and they will note your request and be in touch. Also available is a resource from Barnardo's for children transition back to childcare services on supporting the well-being of children returning to services. It is available to download here

Let's get ready so childcare is fun and safe for everyone: The Department of Children & Youth Affairs has developed a short video to help parents, guardians and children know what to expect when we reopen. Watch the video here: [gov.ie/letsgetready](https://gov.ie/letsgetready)  
#LetsGetReady #First5 #AnChead5 #InThisTogether

## Contact Details:

All MCCC staff are now working remotely with their contact details available on our website [www.mccc.ie](http://www.mccc.ie) or our Facebook page. Fiona, line Manager and Co-coordinator available by email [fiona@mccc.ie](mailto:fiona@mccc.ie) or 0867961065 [lynda@mccc.ie](mailto:lynda@mccc.ie) or 0876224791.



**An Garda Síochána**

Ireland's National Police and Security Service

## **COMMUNICATION FROM AN GARDA SIOCHANA**



Dear all,

An Garda Síochána is pleased to collaborate with our key partners in diversity by providing as much support as possible to all individuals and communities, especially minorities and isolated persons during these challenging times. I wish to reaffirm the public commitment made by Deputy Commissioner John Twomey on behalf of An Garda Síochána to support the most vulnerable in our society, particularly our elderly. An Garda Síochána has always worked closely with our communities and we continue to do so in these extraordinary times.

We are very mindful of the needs of victims of crime, especially victims of hate crime, and we will continue to fully investigate all reports during these times. We are making continued progress on our commitments under the [Garda Diversity & Integration Strategy](#) 2019-2020 in areas such as improved recording of hate crime, improved response to hate crime and enhanced reporting facilities by way of initial online reporting and third-party referrals. We expect further announcements in that regard later this year.

We have developed bespoke Crime Prevention Advice for all persons during the current Covid-19 crisis to ensure all individuals are alert to bogus callers, online scams and home security. I attach the English language version of this Crime Prevention Leaflet which I hope you will all share, by whatever electronic/digital means possible, to reach as many communities, groups and individuals as possible. This advice is also available in eleven different languages on [garda.ie/!3FXU8D](https://garda.ie/!3FXU8D).

The Garda National Diversity & Integration Unit can be contacted on [01-6663150](tel:01-6663150) or by email to [diversity@garda.ie](mailto:diversity@garda.ie).

06/07/2020

To update your service provision please email Jackie Jackson or  
Alice O Halloran Child & Family Support Network Coordinators  
Meath - [Jackie.Jackson@Tusla.ie](mailto:Jackie.Jackson@Tusla.ie), [Alice.ohalloran@tusla.ie](mailto:Alice.ohalloran@tusla.ie)



## COVID-19 Home Crime Prevention Advice



**Keep lights on inside and out.**



**Do not keep large amounts of cash at home.**



**Keep valuables & keys out of sight.**



**Be alert to online and telephone scams.**



**Do not share personal or financial data.**

For up to date  
advice on  
COVID-19 visit  
HSE.ie

Visit [www.garda.ie](http://www.garda.ie) for more  
crime prevention advice

An Garda Síochána encourages the reporting of Hate Crime  
For more information see the [Garda Diversity & Integration Strategy](#)



## COVID-19 Home Crime Prevention Advice



**KEEP UNEXPECTED CALLERS OUT**  
**Do not open the door. Use the door chain. Look for ID.**



**Use only the services of people you know and trust.**



**If you require assistance call your local garda station.**



**Keep a lookout for friends and neighbours while  
adhering to appropriate physical distancing.**



For up to date  
advice on  
COVID-19 visit  
HSE.ie

Visit [www.garda.ie](http://www.garda.ie) for more  
crime prevention advice  
An Garda Síochána encourages the reporting of Hate Crime  
For more information see the [Garda Diversity & Integration Strategy](#)



# IGNITE



We've made the difficult decision to postpone the Ignite Programme for now to help mitigate the spread of COVID-19.

This is obviously a fluid situation, so we'll be monitoring and adjusting our plans and timeline accordingly.

Phone contact /support will be maintained throughout this period

**Phone contact: Samantha Richards 0867802672**

*In partnership with Meath Partnership we aim to deliver the IGNITE initiative to address the training and employability needs and advance the interests of rural youth in Meath with a specific focus on training and confidence building to enhance labour market skills, improve employability, engage in assisted work placement and develop entrepreneurial know how. This Programme is open to 18-25 year olds, living in Meath.*

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)

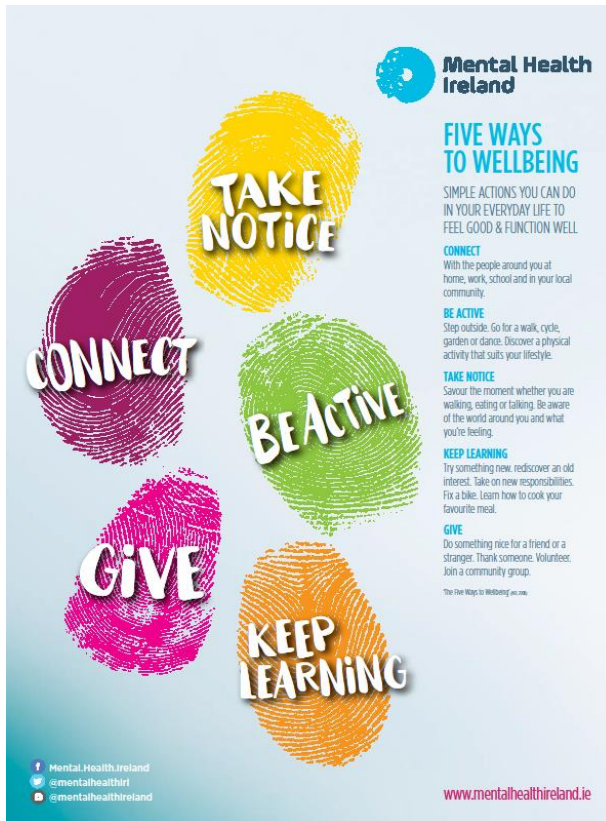
The HSE Mental Health Information line is **1800 111 888**

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

## Five ways to wellbeing poster



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

06/07/2020

## 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 Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators  
Meath - Jackie.Jackson@Tusla.ie, Alice.ohalloran@tusla.ie



## Meath Partnership



# Meath Partnership

**Meath Partnership and Meath Volunteer Centre are continuing to offer all services and supports remotely in line with Government Guidelines.**

**Meath Befriending Service:** Operated by Meath Partnership, an affiliate of ALONE, the MBS is offering daily telephone calls to older people and vulnerable adults currently self-isolating or cocooning across county Meath. All volunteers are trained and Garda Vetted. We are also linking our clients to local organisations and those organisations registered with the Meath Volunteer Centre that are offering practical supports in terms of shopping, collection of medication and transport for attendance at medical appointments. We are open to taking on new clients. If you are concerned about someone in the local community and want to link them into the Meath Befriending Service, please contact: Eva O'Farrell, Service Co-ordinator on 085 8622496 or email [eva@volunteermeath.ie](mailto:eva@volunteermeath.ie).

**Meath Volunteer Centre:** We are facilitating the placement of volunteers in local C&V and covid19 response initiatives. We have a database of 2,473 volunteers with more than 300+ volunteers applying specifically to assist with COVID-19 Activity. MVC supports organisations involving volunteers in COVID19 work to recruit volunteers in new ways so as to 'shore up' their services; to develop volunteer role descriptions; assisting in the review of their policies; signposting around issues relating to volunteers and insurance and offering/developing a suite of guidance documents relating to volunteering and support of volunteers during the COVID19 pandemic. , please contact Emma Golesworthy, Meath Volunteer Centre Manager on 085 8169810 or email [emma@volunteermeath.ie](mailto:emma@volunteermeath.ie)

**Garda Vetting:** Meath Volunteer Centre are offering a free Garda Vetting service to all new COVID-19 volunteers working with organisations registered with the Centre. To access this service, please contact Emma Golesworthy, Meath Volunteer Centre Manager on 085 8169810 or email [emma@volunteermeath.ie](mailto:emma@volunteermeath.ie)



## Meath Partnership- continued page 2



**Accessing Welfare Supports:** We have a team of 14 experienced and qualified employment support coaches working remotely to support jobseekers to access the DEASP COVID-19 payments, complete the online forms; advise on related entitlements, and support people to navigate mywelfare.ie. To refer a person to this support please contact any of the following:

Martina McCabe: (085) 834 2378; email: [martina.mccabe@meathpartnership.ie](mailto:martina.mccabe@meathpartnership.ie)

Patricia Lynch: (089) 4366800; email [patricia.lynch@meathpartnership.ie](mailto:patricia.lynch@meathpartnership.ie)

Caoimhe Donnellan: (087) 6693031; email [caoimhe.donnellan@meathpartnership.ie](mailto:caoimhe.donnellan@meathpartnership.ie)

### CV Support and Job Vacancies

Our job coaches are offering 48-hour turnaround CV service to clients in receipt of COVID-19 Social Welfare payments. We are also circulating bi-weekly job opportunities to those registered with us and providing access to online learning and training programmes. To refer a person to this support please contact any of the following:

Martina McCabe: (085) 834 2378; email: [martina.mccabe@meathpartnership.ie](mailto:martina.mccabe@meathpartnership.ie)

Patricia Lynch: (089) 4366800; email [patricia.lynch@meathpartnership.ie](mailto:patricia.lynch@meathpartnership.ie)

Caoimhe Donnellan: (087) 6693031; email [caoimhe.donnellan@meathpartnership.ie](mailto:caoimhe.donnellan@meathpartnership.ie)



## Meath Partnership- continued page 3



**Homeless Support:** We have a dedicated person working in crisis intervention for people that are homeless or at risk of homelessness. If you are worried or concerned about a person, please contact Sarah Smyth on 085 8622030 or email [sarah.smyth@meathpartnership.ie](mailto:sarah.smyth@meathpartnership.ie)

**Parent Support:** we are maintaining regular contact with the members of our parenting groups in Navan working directly with vulnerable families through online chat forums and email updates. If you would like to link a parent or parents into our supports; please contact Emma Prunty on 086 0457974 or email: [emma.prunty@meathpartnership.ie](mailto:emma.prunty@meathpartnership.ie)

**Support for Community Groups:** our team of community development workers are providing ongoing supports to local community groups, especially those working and representing the most disadvantaged groups in society. We are offering one-to-one support in terms of contingency planning, accessing funding programme, and sharing and exchanging experiences and solutions to emerging problems. For more details, please contact Natasha Bagnall on 085 8621526 or email [Natasha.bagnall@meathpartnership.ie](mailto:Natasha.bagnall@meathpartnership.ie)

**Supports for Young People:** we continue to offer one-to-one advice and guidance to young people (age 17 to 23 years) in terms of general health and well-being check-in, help in accessing welfare and other practical supports, job-coaching (assisted job-searching, CV support, online training access, etc.) and onward referrals to agencies if required. Please contact Claire Reburn on 085 8622498 or email [Claire.reburn@meathpartnership.ie](mailto:Claire.reburn@meathpartnership.ie).



## Youth Employment Initiative



Are you aged 16-24 years?  
Looking for support in gaining employment  
or returning to education?

If you are interested, please contact Claire Reburn (Youth  
Employment Coach) on **046-9280790** or  
**[claire.reburn@meathpartnership.ie](mailto:claire.reburn@meathpartnership.ie)**



Rialtas na hÉireann  
Government of Ireland



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020.



# Meath Local Sports Partnership



As we all adjust to the limitations placed on us in our battle to reduce the number of people affected with the COVID-19 Coronavirus, Meath Local Sports Partnership recognises the challenges which this request presents to both our mental and physical health & wellbeing. Keeping active not only has physical benefits but plays a huge role in maintaining good positive mental health. Being active for even short bursts during the day can provide a welcome distraction for all the family.

Activities are suitable for all ages and abilities. Please ensure that you follow the up to date guidelines from HSE on physical distancing and outdoor activity.

**Family Fun Games:** Simple games suitable for all the family. These games can be done indoors or in your garden. Videos will be posted on our Facebook page and on our website every Monday, Wednesday & Friday. See <http://www.meathsports.ie/being-active-during-covid-19/family-fun-games/>

**Walk-Jog-Run:** 0-3k programme which includes 3 training sessions per week for 12 weeks. This is an individual training programme that can be done in your own time. To download plan see <http://www.meathsports.ie/being-active-during-covid-19/0-3k-walk-jog-run/> *Please ensure that you follow the up to date guidelines from HSE on physical distancing and exercising within 2km of your home.* Weekly training plan will be posted every Monday on Facebook and on our website. See <http://www.meathsports.ie/being-active-during-covid-19/0-3k-walk-jog-run/>



# Meath Local Sports Partnership-*Continued*



**Home Circuit Classes:** Circuit classes which include a range of exercises to improve strength, mobility and fitness. Ciara McCormack (Meath LSP tutor) will take you through this 20 minute circuit type workout which is suitable for beginners and requires minimal equipment! Videos are posted every Tuesday and Thursday morning at 10am on our Facebook page and on our website: <http://www.meathsports.ie/being-active-during-covid-19/online-circuit-classes>

**Seated Exercises for Older Adults:** The HSE have a physical activity booklet which includes gentle chair based exercises that can be completed on a daily basis in your home. These exercises will help maintain your mobility, strength and balance. Access or download booklet from the following link: <http://www.meathsports.ie/home-exercises-for-older-adults/>. Meath LSP tutor Carmel Dowdall will also post weekly "Sit and Get Fit" videos on her Facebook page every Monday.

See <https://www.facebook.com/carmelschaerobics/>

**Meath Running Group:** As our Meath Running Group start date is postponed for the moment, we want to give runners some guidance and tips on how they can improve their running. Our tutor Cailin Mc Donagh will deliver a weekly videos on specific exercises for runners and tips to improve your speed. See <https://www.youtube.com/watch?v=NTyqi0QYjzQ>

**Sports Ability:** Adaptations for family fun games will be provided to include children/adults with a disability.

Follow @MeathSportsAbility Facebook page for updates.

Exciting date for your diary:

**Nutrition Talk with Daniel Davey:** Daniel Davey (Nutritionist with Leinster Rugby, Dublin Senior Football and Co-Founder of Foodflicker) will present an online workshop (week commencing April 13<sup>th</sup>) focused on eating well during these challenging times and how to enjoy cooking as a family.

Please check our website page for other useful links for you & your family <http://www.meathsports.ie/being-active-during-covid-19/>



# Meath Local Sports Partnership-Continued



As the Coronavirus COVID-19 restrictions continue, our aim in Meath Local Sports Partnership is to continue supporting responsible sport and physical activity participation while minimising the spread of COVID-19 and adhering to the most recent guidelines from the HSE on social distancing and outdoor activities.

We understand the challenges which this request presents to both our mental and physical health. Keeping active not only has physical benefits but plays a huge role in maintaining good positive mental health.

We have developed a wide range of activities & games which will suit all ages and abilities. There really is something there for everyone!

Please click links below for further details:

- [Games/Activities for Families](#)
- [Activities for Adults \(Over 18yrs\)](#)
- [Children & Youth \(Skills/Challenges/Workouts\)](#)
- [Inclusive Activities for Children & Adults with a Disability](#)
- [Health & Wellbeing](#)
- [Training & Education Resources](#)

## Online Dance Classes

Dance yourself fit with our new Online Dance Class! Learn a fully choreographed dance routine in one week!

Our qualified dance tutor Aisling Rountree will lead you through a step by step tutorial for the song "We're all in this together" from the hit movie 'HIGH SCHOOL MUSICAL'! This amazing dance tutorial will make it easy for you to learn the complete dance routine in one week. **This programme is suitable for teens and adults!**

This dance programme is broken down into four segments and Youtube video links will be sent on Wednesday 27th May, Friday 29th May, Monday 1st June & Wednesday 3rd June. You can view the links at a time that suits you best!

It's fun and a great way to keep fit. Remember dancing makes us happy!

REGISTER now at: <https://eventmaster.ie/event/DneHmAcJr>

For more information please contact Lisa O'Dowd at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)

## More People, More Active, More Often

## 0-3k Walk/Jog/Run PODCAST Programme

Our new 6 week 0 to 3k (podcast) programme started on Monday 11<sup>th</sup> May. It's not too late to sign up! The programme has proven very popular so far with over 340 participants taking part each week!

If you have always wanted to run but didn't know where to start, this is just the programme for **YOU!!** Our tutor Andrea McGuinness will **TALK** you through 3 sessions each week and bring you from walking to jogging with relative ease. This programme is designed for complete beginners with a step by step guide making it easy to follow and fun to complete. Andrea will be taking part in each session with you leading you through the entire programme to achieve your goal.

This programme is **FREE** and once you register with us you will receive your podcast three times a week to complete at a time that suits you. Please adhere to the 5km restrictions.

**To register for FREE please follow this link:** <https://eventmaster.ie/event/8VRt7qTV1>. Once registered we will be in touch to confirm the programme details. For more information please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)

## Meath Running Group – PODCAST Programme

Meath Local Sports Partnership are delighted to announce Meath Running Group Podcast Programme is starting **Wednesday 20th May** with our tutor Cailin McDonagh.

The Podcast programme is ideal for those wishing to complete 5 miles up to half and full marathon distances. The weekly podcast for runners (18+) will focus on speed and middle distance training sessions. Cailin will talk you through the full running session and will give tips on what your weekly running sessions should include. The 6 week programme is **FREE** and you will need to register before the start date.

Please register at: <https://eventmaster.ie/event/B4bF23c8j>

For more details please contact Ruairí at [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)

## Social Media Channels:

**Facebook:** @meathsportspartnership; **Instagram:** @meathlocalsportspartnership

Meath Local Sports Partnership, Town Hall, Watergate Street, Navan,  
Co. Meath, C15C821  
046 9067337  
[www.meathsports.ie](http://www.meathsports.ie)



# Men's Aid Ireland (Previously- ANYMAN/AMEN)



Services we provide, focusing on the North Eastern part of the country:

National Confidential Helpline – 01 554 3811

Legal clinic – Information about Domestic Violence Orders, Access, Custody and Other Family Law Matters,

One to one practical support – Explaining Court Paperwork, Safety Planning, Care plans,

Counselling – By Telephone

Counselling – Face to Face

Court Accompaniment – Dolphin House, Dublin (Family Courts)

Out-Reach Clinics in Monaghan, Cavan, Louth and Meath Training

Certified training by Andrea McDermott on all Domestic Abuse areas

## CONTACT DETAILS:

Phone: 01 5394 277

Helpline: 01 5543 811

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



# SHINE



## Shine

- Support for people with mental ill health. Shine also are currently providing remote support and an outreach service to people who use Shine services by phone and email.
- Visit [www.shine.ie](http://www.shine.ie) or email [phil@shine.ie](mailto:phil@shine.ie)

# YourMentalHealth

While it may not be possible to get face to face appointments there are a number of service providers that offer online and phone mental health supports and services. These include online counselling, phone and text services as well as online supports which can be found on [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie). The [YourMentalHealth.ie](http://YourMentalHealth.ie) website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night).



# 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/>

# Mental Health Ireland

## Mental Health Ireland

- Information and support for people who experience mental health difficulties
- Information line **(01) 284 1166** (from 9am to 5pm Monday to Friday)
- Visit [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) or email [info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie) for more information

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/>

# Samaritans

## **Samaritans**

Emotional support to anyone in distress or struggling to cope

Freephone **116 123** (any time, day or night)

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

# Meath PPN

## Public Participation Network

The **Meath PPN** has developed a map of community supports across the county:

<https://www.meathppn.ie/meath-community-response-to-covid-19/>

We are updating this map in real time. As the map grows, it will show the support available if needed. If your group is planning supports and wish to be included on the map, please send an email to Danielle Monahan (Resource Officer) : [meathppn@meathcoco.ie](mailto:meathppn@meathcoco.ie)

The Government has contacted all PPN members with regards to Covid-19 information and resources. Please find the **latest Government communication** [here](#) with links to content.

We will be updating the **PPN newsfeed** with information and content. Please keep in eye [here](#) for updates.

Contact Details: Danielle & Dave, Meath PPN Team      Tel: 087 3512281

Email: [meathppn@meathcoco.ie](mailto:meathppn@meathcoco.ie)

## Meath Travellers Workshops – Covid-19 response 3<sup>rd</sup> April 2020



The manager of Meath Travellers Workshops has been in consultation with HSE and Meath County Council in regards to the Traveller specific supports during the Covid 19 Crisis. He is today taking part in a teleconference with the Community Response Forum with Fiona Fellon, Chair, Senior Executive of the Community Section.

There is an overall contact number for **Meath County Council 1800 808 809**

As an organisation we are disseminating through social media; the recommendations for Covid-19, and the supports available and the contact details. This has been further shared through Facebook, WhatsApp and the young people are sharing the information through Instagram.

Information Posters have been created by Pavee Point and Involve and these have also been used.

Radio and newspaper articles have been supported by LMFM and Meath Chronicle highlighting the conditions that Travellers are living in. Following an inspection on Fire Safety of the St Patricks Park site by Meath County Council, a prefab is going to be constructed to support the Travellers camped illegally on the green, to provide much needed washing facilities.

The Community Development Worker has been out visiting Traveller and Roma families that she is aware have literacy issues to ensure they are aware of the need for social distancing and hygiene to prevent the spread of the virus.

The Community Development Worker is pleased to report that Travellers are acting on this advice and she has witnessed very traditional Travellers, who would usually shun authority, walking around with a mask on and using wipes and sanitizer.

To date, there are very few cases reported and they have contacted the **HSE Traveller Hotline for CH08. 083 1006300**

The community development worker has been supported by local initiatives like Athboy People Who Share Care group and Cllr Alan Lawes to provide Traveller families with practical support and to ensure that Traveller needs are considered. These voluntary groups are stretched to the limit.

**The Traveller Counselling Service 089 443 7296** has increased the hours of availability and is providing counselling over the phone on the dedicated mobile number.

The work in Carnaross is continuing to be supported by the LMETB facilitator and one of the participants that lives within 2km of the Allotments. They are making sure plants are watered and even managed to sow some potatoes.

# Traveller Health Meath

- A Traveller specific Information Helpline related to Covid-19 was launched recently by the Midlands Traveller Health Unit and the four local Traveller Organisations/Primary Health Care Projects for Travellers based in Laois, Offaly, Longford and Westmeath.
- Initially the service was available to Travellers living in the four Midlands Counties together with Meath and Louth. However following numerous requests from the THU's and Travellers Organisations around the Country and with the agreement of staff operating the Helpline, this has now been extended to a National Service, and is available to Travellers living in any County in Ireland.
- **The Helpline number is 083 1006300, currently operating from 9am to 9pm, 7 days a week, but calls outside of these times will be taken or called back, if a number is left on the answering service.**
- *Eileen Gilsenan, Co Ordinator Traveller Health, Co. Meath. 087 6449544, Monday to Friday 9am to 5pm.*

## 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 resources for individuals, families and parents on how they can help themselves and their children. The resources will be updated the 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 Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - Jackie.Jackson@Tusla.ie,

Alice.ohalloran@tusla.ie

# The College of Psychiatrists of Ireland

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 support 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/>



# Meath County Council – Homeless Services



Meath County Council Homeless Service contact details: 046 9097000 and [customerservice@meathcoco.ie](mailto:customerservice@meathcoco.ie)  
Meath County Council Settlement Officers are undertaking homeless assessments over the phone and are also providing tele-supports to existing clients.  
Isolation units are available for homeless clients who need to self-isolate and the Settlement Service of Meath County Council will co-ordinate this response.  
The civil defence will transport client who needs to self- isolate if necessary and will also deliver essential goods to the unit (duvets, pillows, crockery etc), along with daily food supplies.  
HSE guidelines on self-isolation protocols will be followed.



## **Meath County Council - Isolation Plan should a vulnerable individual or family need assistance.**



We have identified a number of units to be used in the event where a person or family needs to self-isolate and cannot do so in a caravan or mobile home.

Regarding Travellers who may find themselves in this position, I am the lead link: [louise.clinton@meathcoco.ie](mailto:louise.clinton@meathcoco.ie)

The process is as follows:

The person needs to provide confirmation from their GP that self-isolation is required. Client also needs to provide consent to their GP for MCC to liaise.

The client is then advised of the isolation unit.

The Civil Defence will provide transport if necessary.

The Civil Defence will also deliver small goods to the unit, duvets, pillows, crockery etc. , along with daily food supplies.

The client is then provided with the HSE Guidelines on self isolation protocols.

The client then returns home when cleared to do so by the HSE.



# Meath County Council Library Service



**Navan Library is now open to the public for browsing.**

Capacity and services are still limited. New temporary opening hours are Monday-Friday 10.00-100 and 2.00-5.00

Our libraries and library services are re-opening on a phased basis

## **Summer Stars Reading Adventure**

Summer Stars is the national reading programme for children taking place in all 330 public libraries and online throughout the country from the 15th of June until the end of August. Summer Stars is a completely free programme and open to all children.

Meath Libraries also has a great programme of events planned for the Summer months. All events are free and will be available online on our new YouTube channel

## **Contact Details:**

Ashbourne 01-8358185 [ashbournelib@meathcoco.ie](mailto:ashbournelib@meathcoco.ie)

Dunboyne 01-8251248 [dunboynelib@meathcoco.ie](mailto:dunboynelib@meathcoco.ie)

Kells 046-9241592 [kellslib@meathcoco.ie](mailto:kellslib@meathcoco.ie)

Navan 046 - 9021134 [navanlib@meathcoco.ie](mailto:navanlib@meathcoco.ie)

Trim 046 -9436063 [trimlib@meathcoco.ie](mailto:trimlib@meathcoco.ie)



## Meath County Council Library Service Summer Stars National Reading Adventure 2020

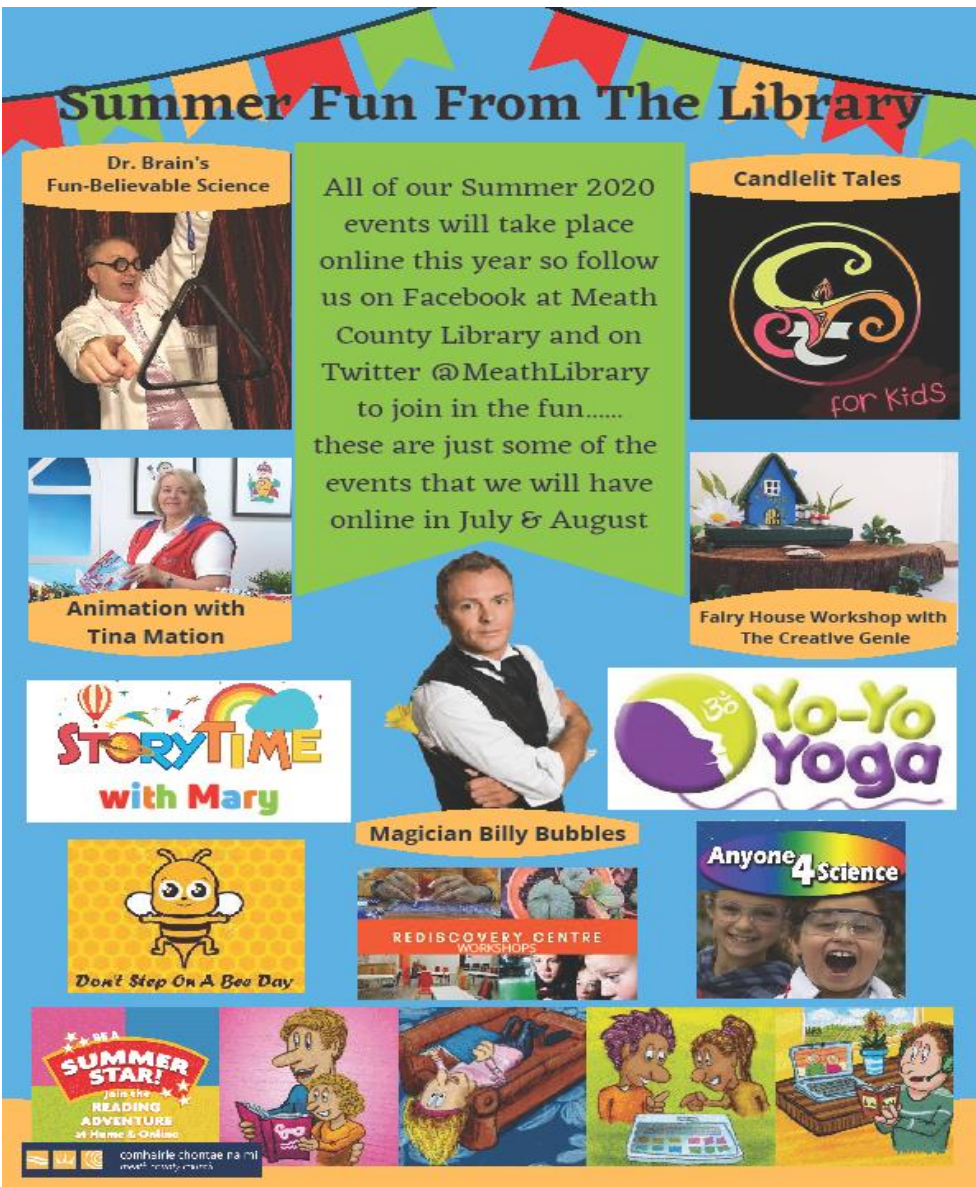
Summer Stars is the public library national summer reading programme for children that runs from the 15th of June until the end of August. All children throughout the country are invited to join the adventure and to enjoy the fun and pleasure of reading and writing over the summer. Summer Stars is non-competitive and every child who reads even one book is regarded as having completed the programme – and it's all completely free!

### Activities for Summer Stars 2020:

1. **Summer Stars BorrowBox:** Browse, borrow, read and listen to the Summer Stars collection of children's e-books and e-audio books through the library's BorrowBox app. This is free for all members to use from anywhere, anytime. Non-members can join online for free at <https://www.librariesireland.ie/join-your-library>.
2. **Online Storytime:** Summer Stars storytime will be delivered by library staff and Irish authors including chapter-a-day readings from books, available through your local library social media pages and through the video gallery at [www.summerstars.ie](http://www.summerstars.ie).
3. **Story Competition:** As well as enjoying the amazing worlds of books, Summer Stars is also celebrating children's imaginations by running a short story competition, *An Unexpected Adventure*. There are three age categories with great prizes for all the winners and runners-up.
4. **Books:** As public libraries continue to expand the services provided on a phased basis over the coming months, some authorities will provide book lending services to children where possible. Please check with your local library if book lending services are available.
5. **Online Quizzes:** Check your local library social media and website for upcoming Summer Stars online quizzes and scavenger hunts!

Full details of the programme are available at [www.summerstars.ie](http://www.summerstars.ie).

Meath Libraries web page on [www.meathlibraries.ie](http://www.meathlibraries.ie) and our facebook and twitter pages @meathcountylibrary



YAP Ireland will continue to provide the service to children, young people and families to the best of our ability in partnership with Tusla staff and partners in the community.

1. We are currently providing a service to young people and families open to us. All staff are following HSE guidance when working with young people and families and are role modelling good practice re. hand washing, social distancing etc., We are providing phone support in some cases either where there are specific health vulnerabilities in the family or for the advocate.
2. Where possible and appropriate we are providing support in the home and are still taking young people out to help to support the family. Engaging young people in walking, games etc., in the fresh air is working well.
3. We are providing competitions and information on good website activities etc., for young people, families and advocates to help them while in the house.
4. We are still opening cases where this is possible and in agreement with Tusla social workers and families.
5. We are available for emergency referrals and will try to match them if we have availability as per normal procedure.

**Contact details:** Donna Brazier, Acting Service Manager: 0871308439 | Email: [dbrazier@yapireland.ie](mailto:dbrazier@yapireland.ie)

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

## 'Barnardos Phase 3: Roadmap for Children'

On the 29th of June 2020 Barnardos children's charity issued a 'Phase 3: Roadmap for Children' to support parents and carers in explaining the new changes to their children.

### **Key reminders and changes for children are:**

- 2. Playschools:** Pre-schools & crèche's will be opening, so some younger children will be able to see their teachers again.
- 3. Face coverings:** You might have seen people wearing face coverings. These are to keep people safe from getting sick.  
Why not ask a grown up to show you what they look like.
- 4. Playing:** If you are part of a sporting team you will now be able to start training again. And you can play with your friends in parks & playgrounds
- 5. Fun stuff:** Museums, Galleries, Cinemas and Swimming pools are open. Which will you visit first?
- 6. Holidays:** As well as lots of Summer Camps & Youth clubs in your local area, families can now go on trips all across Ireland.

Please find attached a PDF of the roadmap that you can circulate or print for your service.



**Barnardos**  
Because childhood lasts a lifetime

**Children's Roadmap Phase 3**  
29th June 2020  
#SupportBarnardos

The 'roadmap' is going into Phase 3 this week. Lots more shops will be open & even more places to play and visit.

**Face coverings**  
You might have seen people wearing face coverings. These are to keep people safe from getting sick. Why not ask a grown up to show you what they look like.

**Playschool**  
Pre-schools & crèche's will be opening, so some younger children will be able to see their teachers again.

**Playing**  
If you are part of a sporting team you will now be able to start training again. And you can play with your friends in parks & playgrounds

**Fun Stuff**  
Museums, Galleries, Cinemas and Swimming pools are open. Which will you visit first?

**Holidays**  
As well as lots of Summer Camps & Youth clubs in your local area, families can now go on trips all across Ireland.

## Jigsaw Support Line

Jigsaw Meath is currently supporting young people over phone and video sessions. There are young people who were active with us during Covid-19, this support is continuing and indeed some are finishing up their support each week. Over the last few weeks we have contacted all our referrals that were due for appointments but were suspended due to Covid-19. These referrals are being offered a screening appointment over phone or video and can then progress to on-going support in this way. We have been open for referrals for a few weeks now and there is a steady number of parents and young people contacting us. These new referrals are also being offered screening appointments. We are resuming appointments at our premises in Navan from July 20th. However, we hope that many young people will continue their support over phone and video but the option for face to face will be there for those who prefer it.

### Jigsaw WebChat

We are now ready to welcome young people to WebChat with one of our national team Monday – Friday, 1pm-5pm. Young people can also email [help@jigsaw.ie](mailto:help@jigsaw.ie) at anytime, and we will get back to them during working hours. You can go here <https://jigsawonline.ie/young-people/jigsaw-live-chat/> to learn more about how it works, for the link to the registration page, and to get a sense of who it works. The WebChat service can support a young person with sessions up to 40 mins and a number of sessions can be arranged, much like the face to face service in your local Jigsaw Service....but from home! It is a very innovative and exciting platform with the capacity for pictures, drawings, notes, which can be uploaded and shared between the clinician and the young person.

With the resumption of face to face services, the continued support over the phone and video, and now with the exciting WebChat facility, we really do hope that with Jigsaw Meath and the wider Jigsaw organisation in working together, are providing more options now to support young people so they have the right support when they need it.



The ISPCC Drogheda staff and the ISPCC Integration Officer (Mosney) are working from home with remote access to all our service supports. During this time staff are maintaining contact with their young people and families via phone, WhatsApp & Skype. They continue to do all administrative/ paperwork and other tasks assigned by ISPCC.

Childline phone, text and online is continuing as normal and staff are signposting their service users to the service should they need additional support. [www.childline.ie](http://www.childline.ie)

Our Support Line continues to be available to parents who need support. Please feel free to share this number with your colleagues and team should they be getting calls from parents who are worried or anxious about their children. The number is available on our website [www.ispcc.ie](http://www.ispcc.ie)

If there is any support that I or ISPCC Drogheda can give you and your team at this challenging time please don't hesitate to give us a call at the below numbers during working hours:

Andrew Jackson 086 171 8936 (East Regional Services Manager) Robert Byrne: 087 140 9276, Tina Russell: 087 433 0441,  
Emma Maguire: 087 613 1676 (Mosney)

- 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.
- Childline can be contacted by any child or young person by **calling 1800 66 66 66** (24 hours a day), **texting to 50101** (10am – 4am daily) or **chatting 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.

# Probation Services

Our contact with young people is by telephone at this time.

All support agencies such as le Cheile, addiction services etc are also offering telephone support only at this difficult time.

The contact details for Probation in Navan is 046 9090141

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>



North Eastern Regional  
Drug & Alcohol  
Task Force

Cavan ~ Monaghan ~ Louth ~ Meath

## North East Regional Drugs and Alcohol Task Force



Addiction support services continue to operate in Meath, largely on a tele-supports basis; and new referrals to the HSE opiate substitution treatment programme continue to be taken

- Family Addiction Support Network - 087 904 6405;
- HSE Drugs team in Meath - 042 939 4008 or 086 464 5372
- HSE Substance Use Supports for Teens (SUST) - 087 375 2760 / 087 173 2088;
- Meath Community Drugs & Alcohol Response - 087 181 2451 / 086 408 1511;
- Merchants Quay Ireland mobile needle exchange - 089 243 5560

HSE National Drugs help-line is available between 10:00 & 17:00 each day on **1800 459 459**

Information is also available on [www.drugs.ie](http://www.drugs.ie) & [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie); or [www.nedrugtaskforce.ie](http://www.nedrugtaskforce.ie)

[www.hse.ie/coronavirus](http://www.hse.ie/coronavirus) for information & resources

HSELive - 1850 24 1850

To update your service provision please email Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - [Jackie.Jackson@Tusla.ie](mailto:Jackie.Jackson@tusla.ie),

[Alice.ohalloran@tusla.ie](mailto:Alice.ohalloran@tusla.ie)

06/07/2020



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)

# Support Services and Helplines

The LGBT Ireland logo, featuring a rainbow-colored circular emblem with the text "LGBT IRELAND" in black to its right.

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

The LGBT Helpline logo, featuring a green and yellow circular emblem with the text "LGBT HELPLINE" in black to its right.	<b>LGBT Helpline</b> <b>1890 929 539</b> Monday to Thursday: 6:30pm - 10pm Fridays: 4pm - 10pm Saturday and Sunday: 4pm - 6pm	The Women's Aid logo, featuring a circular emblem with a woman and child.	<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>
The ALONE logo, featuring a red rectangular emblem with the word "ALONE" in white.	<b>ALONE</b> <b>0818 222 024</b> COVID-19 helpline for older people Everyday 8am-8pm	The Gender Identity Family Support Line logo, featuring two overlapping speech bubbles, one pink and one blue.	<b>The Gender Identity Family Support Line</b> <b>01 907 3707</b> Sundays: 6pm - 9pm Tuesdays: 10am - 12pm
The RCC logo, featuring a circular emblem with the letters "RCC" in black.	<b>Rape Crisis Helpline</b> <b>1800 77 88 88</b> 24hrs 7 days a week	The HSE Live logo, featuring a green speech bubble with the text "HSE Live" in white.	<b>HSE helpline</b> <b>1850 24 1850</b> Monday to Friday: 8am - 8pm Saturday and Sunday: 10am - 5pm
The ISPCC Childline logo, featuring the text "ISPCC Childline" in black.	<b>ISPCC Childline</b> <b>1800 66 66 66</b> 24hrs 7 days a week	The Samaritans logo, featuring the word "SAMARITANS" in green.	<b>Samaritans</b> <b>116 123</b> 24hrs 7 days a week

To update your service provision please email Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - Jackie.Jackson@tusla.ie, 06/07/2020  
Alice.ohalloran@tusla.ie

## Daughters of Charity – Preschool Mosney

For preschool parents I have set up a WhatsApp group and I am sending them links to activities for children and other information.

I have made it clear to them that I am available if they need me for anything. I am doing the same via SMS for those who don't have WhatsApp.

Preschool staff have been sent links to online CPD opportunities. I will be sending them stamped addressed envelopes for each child so that they can send letters or Easter wishes to their key children next week.

Contact details: Liz Manville <[liz.manville@docharity.ie](mailto:liz.manville@docharity.ie)>



Child and Family  
Support Network

# Domestic Violence Supports

If someone is in immediate danger 24hrs/7days

**Gardaí 112 or 999**



**WOMEN'S AID**  
Listening. Believing. Supporting

National Freephone Helpline 24hrs/7days

**1800 341 900**

Language Interpretation Service 24hrs/7days

**1800 341 900**

Women's Aid Online Chat Mon/Wed/Fri 7-10pm

**WomensAid.ie**

For Deaf and Hard of Hearing Women 8am-8pm/7days

**Text 087 959 7980**



For up to date online information about local  
domestic violence support services and refuges

**SafeIreland.ie**



**Male  
Advice Line**  
Advice & Support for Male Victims  
of Domestic Abuse

National Male Advice Line Mon & Weds 10am-6pm,  
Tue & Thu 12-8pm, Fri, Sat, Sun 2pm-6pm

**1800 816 588**

# COVID -19



Wash your  
hands



Cover mouth if  
coughing or sneezing



Avoid touching  
your face



Keep surfaces  
clean



Stop shaking  
hands and hugging



Keep a safe  
distance

**Got a question?**

We're here to help.

**Callsave: [1850 24 1850](tel:1850241850)**

**Phone: [041 6850300](tel:0416850300)**

**Tweet: [@HSELive](https://twitter.com/HSELive)**

**Monday to Friday: 8am - 8pm**

**Saturday and Sunday: 9am - 5pm**

Supporting Lesbian, Gay, Bisexual &  
Trans Young People in Ireland



### 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.

Supporting Lesbian, Gay, Bisexual &  
Trans Young People in Ireland



Earlier this afternoon, Minister for Children and Youth Affairs, Katherine Zappone launched our new online training: ‘Creating LGBTI+ Inclusive Schools and Youth Services’.

This exciting new online training programme includes videos, exercises and quizzes to equip education and youth service professionals to become better at listening to, understanding, responding to and supporting LGBTI+ young people - ensuring that you become part of a positive story in their lives.

[CLICK HERE TO SIGN UP TODAY](#)

**Who is it for?** The training is for those working directly with young people in education or youth work settings such as teachers, youth workers, guidance counsellors and youth club leaders.

**How long is the training?** This is a 3-hour online training programme. You can complete the course in one go or over a series of weeks – whatever works best for you.

**Getting started is easy:**

1. Visit [www.traininghub.ie](http://www.traininghub.ie)
2. Select the course: Creating LGBT+ inclusive Schools and Youth Services with BeLonG To.
3. Click the button ‘Create new account’

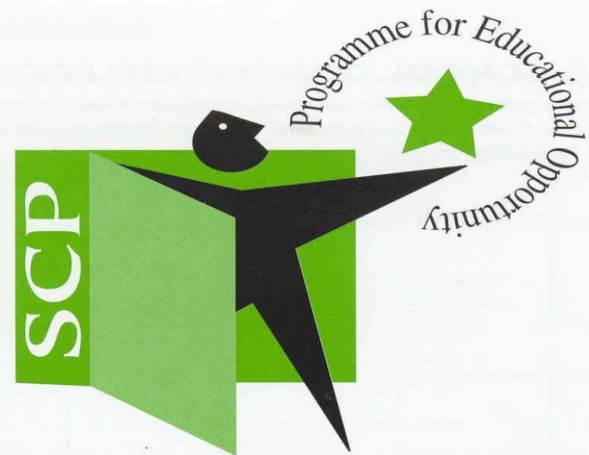
'The Peter McVerry Trust Flowerhill Family Hub and the Drogheda Family Hub is continuing to provide supported temporary accommodation for families experiencing homelessness during COVID-19. PMVT continue to liaise with relevant local authorities on a regular basis. We continue to support, provide information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

Contact Details: **Hilary Walsh**, Manager

**T** +353 (0)1 8230776

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

**W** [www.pmvtrust.ie](http://www.pmvtrust.ie)



# Navan School Completion Project



Navan SCP continue to offer support over the phone to families and young people,  
Any contact with young people requires parental permission in the first instance.  
We also have a facebook page so parents/young people should feel free to message this  
and have project workers respond.  
There is also regular updates on this page:  
<https://www.facebook.com/Navan-School-Completion-Programme->

*Involve Youth Project Meath, recognises the equality of the Traveller Community by providing programmes, initiatives and services that promote the participation and inclusion of the Traveller Community in Irish Society.*

- Our Youth service offices are back open again on a part-time basis with some work still happening remotely.
- We have started back with small outdoor group work in both Navan and Trim. We have completed a mural in Windtown in Navan, along with a fishing group and outdoor sports.
- We are still available to parents and young people on-line through all of our social media accounts e.g. Facebook, Instagram, TikTok and Twitter. And also through the phone on Whatsapp and calls.
- We have also delivered over 160 activities packs for our youth club members to engage with us in activities on-line such as Bingo, arts and crafts and Teen Mindfull packs but we are hoping that this will no longer be necessary.
- We are providing a summer camp for our under 12 group each week over the month of July. And we will continue with senior outdoor summer activities.
- We are adhering to all guidelines and are using SDR.

**Contact Details:** Our Youth Work Coordinator Kay Mc Cabe is available at 0877572010 or [involve.youthnavan@ymail.com](mailto:involve.youthnavan@ymail.com) Monday to Friday 12pm-8pm



*Youthreach provides young people with the opportunity for education, personal development, vocational training and work experience.*

**Youthreach Navan** is closed because of the current pandemic

We are continuing to support our students remotely

All staff are engaging with the young people to help them with their education

You can contact our centre on Facebook, by phone or text to 086 7901616 or  
by

email: [egargan@lmethb.ie](mailto:egargan@lmethb.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)

## 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 Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - Jackie.Jackson@tusla.ie,

Alice.ohalloran@tusla.ie

## One Family and Parents Plus

**One Family and Parents Plus are delighted to host a special online parenting talk that is free to attend by Dr John Sharry.**

**When: Tuesday 14th July 2020**

**Time: 11am – 12:15pm including (Q&A)**

**Where: Via ZOOM**

### **Talk Description**

Based on his best selling book 'Parenting teenagers', John will present a practical approach to parenting that allows you to

- Manage the most common challenges of the teenage years
- Maintain a warm connected relationship with your teenager
- Encourage them to grow up to be responsible and well-adjusted adults.

**Dr John Sharry** is a social worker and family psychotherapist and founder of the Parents Plus Charity. He is co-developer of the award winning [Parents Plus Adolescents Programme](#), and the best selling author of fourteen positive psychology and self-help book for families including Positive Parenting, and Parenting Teenagers.

Attendance is free, but places are limited you must book in advance by sending your name and email to [gkelly@onefamily.ie](mailto:gkelly@onefamily.ie).

A zoom link will be sent to your email 15 minutes before the talk starts.



# 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 <https://www.parentline.ie/non-violent-resistance/>

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>

## 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

To update your service provision please email Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - Jackie.Jackson@tusla.ie,

Alice.ohalloran@tusla.ie

**Treoir** provides a free, confidential, specialist information service for unmarried parents, living together or apart, their extended families and those working with them.

Information is available on the following:

**Legal Issues:** guardianship, access, custody, birth registration, passports, cohabiting parents, paternity testing, maintenance

**Social Welfare:** One-Parent Family Payment, Working Family Payment, Maternity Benefit/ Paternity Benefit

**Parenting:** maintaining contact with the non-resident parent, talking to children about the other parent, shared parenting

**Other issues:** income tax, housing, etc

## Opening hours

Our new opening hours are:

Monday – Friday: 10am – 4pm

Saturday: 10am – 1pm

Public holiday Mondays: 10am – 1pm

***Our operational hours have been extended to include Saturdays and Bank Holiday Mondays due to increased supports needed at this time.***

## Contact details

For now and until further notice if you have any queries, call our confidential helpline on **01 6700120** and we will call you back, email us at: [info@treoir.ie](mailto:info@treoir.ie), or log your query on our website: [www.treoir.ie](http://www.treoir.ie) to request a call back, or you can still message us through our Facebook or twitter accounts.

# Louth and Meath Education and Training Board

## Community Education Service

### Direct or Online Tuition Hours

### Summer 2020

Applications are now invited from community groups and voluntary organisations for support regarding the delivery of educational programmes under LMETB's Community Education Programme.

In line with Government guidelines for usage of funding, priority will be given to courses/programmes which aim to work with individuals and groups that experience particular barriers to participation in adult learning. It facilitates those who wish to access learning locally, as a step to more active community involvement or certified learning. Courses should address the following:

- **Specifically target educational and social disadvantage**
- **Promote social inclusion**
- **Foster personal development and skills enhancement for group members**
- **Widen participation in learning by adults from all sectors of our community**

Programmes should aim to develop the individual's self-confidence and educational skills base in order to enable and facilitate their development and participation in the life of their community. Community-based courses are often the first step towards further options and choices for the adult learner.

The latest date for receipt of completed applications is **Thursday 14<sup>th</sup> May**. If successful, course/s must be completed by **Friday 28<sup>th</sup> August 2020**. The application form is available at [www.lmetb.ie](http://www.lmetb.ie) or by contacting:

<p><b>Jackie Breen</b> Community Education Facilitator (Meath) Further Education &amp; Training Louth Meath Education and Training Board Railway Street, Navan, Co. Meath Tel: 046 9010070 / 087-9377636 Email: <a href="mailto:jbreen@lmetb.ie">jbreen@lmetb.ie</a></p>	<p><b>Ann Gallagher</b> Community Education Facilitator (Louth) Further Education &amp; Training Louth Meath Education and Training Board Chapel Street, Dundalk, Co. Louth Tel: 086 7870854 Email: <a href="mailto:agallagher@lmetb.ie">agallagher@lmetb.ie</a></p>
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## COVID-19 RESOURCES to support PEOPLE WITH DISABILITIES and their FAMILIES



**Inclusion Ireland** has a special phone line  
for any queries in relation to Covid-19

**Ring us on 0818 559891**

Monday – Friday. 10am – 3pm



We also have information on Covid-19 that is  
easy to read:

1. [Covid-19 General information](#)
2. [Guidelines from the Government](#)
3. [How to wash your hands](#)
4. [What you can do if you feel worried](#)
5. [A short guide to the symptoms](#)
6. [HSE Health Passport](#)
7. [HSE Guide to Health Passport](#)
8. [What happens when you get a test](#)
9. [What to do if someone in your house gets Covid-19](#)
10. [Get your household ready - planning](#)
11. [How to stay connected using Apps](#)
12. [Resources for parents - educational and therapeutic](#)



For more information see  
[www.inclusionireland.ie](http://www.inclusionireland.ie)  
[Inclusion Ireland Facebook](#)



# 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/>

To update your service provision please email Jackie Jackson or Alice O Halloran  
Child & Family Support Network Coordinators Meath - Jackie.Jackson@Tusla.ie,  
Alice.ohalloran@tusla.ie

## One Family Parents Summer Camp

One Family are hosting a number of Parents Summer Camps throughout the Month of July. Some of the courses offered are:

1. Taking time out for me
2. Recognising our Trauma
3. Mediation at home
4. Back to School - How do I prepare for Children going back?

**For further information and to book a place on the camps click on the link:**

**[https://onefamily.ie/wp-content/uploads/2020/06/ParentsSummerCamp\\_PDF.pdf](https://onefamily.ie/wp-content/uploads/2020/06/ParentsSummerCamp_PDF.pdf)**

**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



## Enable Ireland Meath Early Services



Services update – Currently we are not having direct contact with clients except in case of emergency situations typically involving equipment needs. We are currently providing extensive phone and email support to families. Where appropriate our service users have home programs in place and we have provided families with a contact phone number and email address if they have any queries.

New referrals are being processed in the same way as prior to Covid 19, if referrals are deemed suitable for the service they are being placed on our existing waiting list. Babies are being treated as urgent referrals and are we have begun to use Microsoft Outlook to carry out observations and to provide families with support and guidance.

Children over the age of 5 or children starting school in September 2020 will be prioritised for assessment once Covid 19 restriction are removed. At present we are not in a position to offer formal assessments, however, we are liaising with schools where possible to ensure that these children will have access to supports in September pending the outcome of their assessment.

Enable Ireland staff are to be redeployed, however, we are hoping to retain a core team to deal with emergencies, this will consist of admin, social work, nursing, psychology, occupational therapy and speech and language therapy.

**Contact Details:** Telephone: 353 (46) 909 2530 Fax 353 (46) 905 9027

[admin.navan@enableireland.ie](mailto:admin.navan@enableireland.ie) [www.enableireland.ie](http://www.enableireland.ie), 13 Mullaghboy Industrial Estate,  
Athboy Road, Navan, Co Meath, C15 C927



# 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>

## 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>

### 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 Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - Jackie.Jackson@Tusla.ie,

Alice.ohalloran@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 Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - Jackie.Jackson@Tusla.ie,

Alice.ohalloran@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)



Research tells us that right now 1 in 6 children are living in homes where the adverse consequences of alcohol are felt. The Alcohol Action Ireland initiative, Silent Voices, aims to build awareness and advocate for resources for those affected by parental alcohol misuse.

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

The campaign's goals are available here:  
<https://alcoholireland.ie/silent-voices/strategic-actions/>

# 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.

**Nasc** have 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)

## **ADHD Specific Podcast for Teenagers 13 – 18 years**

Callout to Teenagers with ADHD living in Ireland!!!!

Do you have a teenager diagnosed with ADHD?

We would like to invite teenagers aged between 13 and 18 years to participate in a series of podcasts that we are working on to chat through life as we know it in Ireland now for teenagers in a Q&A format.

If you are interested in taking part, please email us on

[info@adhdireland.ie](mailto:info@adhdireland.ie)

All participants will remain anonymous and must be resident in Republic of Ireland.  
Recording of the Q&A will be done remotely via the phone.

ADHD Ireland, Carmichael Centre, North Brunswick Street, Dublin 7

Tel: 01 8748349

Fax: 01 8735737

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

## **ADHD Specific Online Parent Training Course.**

ADHD Specific Online Parent Training Course. A 5 week ADHD specific course to support parents by promoting communication and positive relationships with their child affected by ADHD 2-12 years - 123 Magic, an award-winning program has been adapted to provide parents with straightforward techniques for managing children with ADHD up to 12yrs. Parents will learn how to cope with challenging behaviour, get support with issues such as homework, messy rooms, sibling rivalry etc. and thereby strengthening a positive relationship with their child.

Course facilitated by Terri Lloyd, Therapeutic Counsellor. Terri is a qualified therapeutic counsellor for adolescents with over 15 years experience of working with children and young people with a range of social, emotional and mental health issues.

STARTING - Thursday Jun 25, 2020, 6:30 PM – 8:30 PM and running for five weeks

For more information or to book a place please click on the link below:

<https://scanmail.trustwave.com/?c=17268&d=jIHW3oJ8B0pDCbFq8VmRsJMdD4OtoV0XzVzXxNMb6w&s=343&u=https%3a%2f%2fwww%2eeventbrite%2eie%2fe%2fadhd-specific-online-parent-training-course-ti%7c>



# Barnardos

## Because childhood lasts a lifetime

Barnardos carried out a survey recently of over 2,500 families; the purpose of which was to help them understand the impact of Covid-19 restrictions on children and families across Ireland. The survey focused on the Heart, Body, Mind and Wellbeing. There were 15 questions, primarily based on the experiences of families that Barnardos were working with during the pandemic.

The survey included the standardised outcome measure - 'Family Life Satisfaction Scale'.

All responses were anonymous. The online survey was active for a period of one week in May 2020. Click on the link below to read the results of the survey.  
<https://www.barnardos.ie/policy/the-issues/covid19-impact-survey>



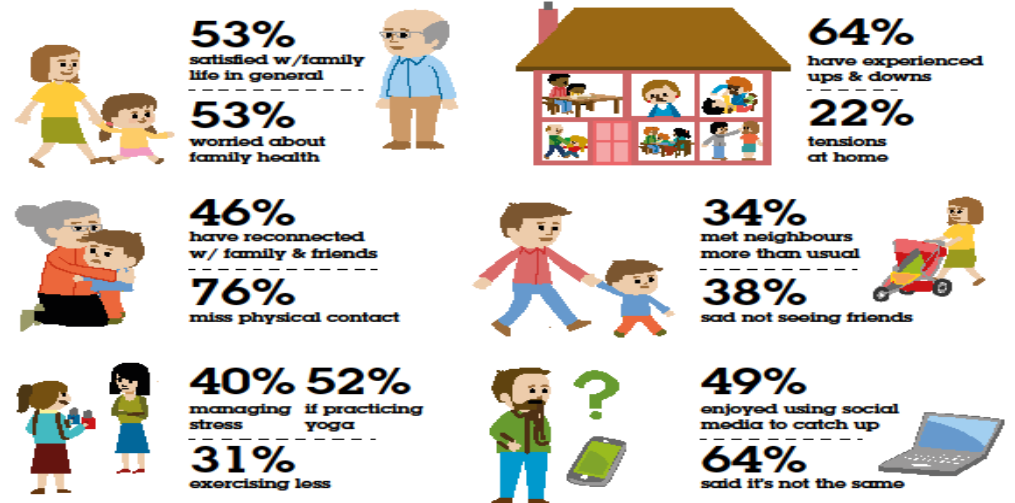
**Barnardos**  
Because childhood lasts a lifetime

2,683 Respondents  
65% have children under 18  
64% aged between 35-54

MAY 2020

### Impact on Family Life During Covid19 Pandemic

Prepared by  
Dr. Pádraig Fleming, Research & Policy Manager  
Jodie O'Hara, Researcher



#### Children

84% miss seeing their friends  
68% miss school

#### parents said:

53% difficult bedtime routine  
38% more tantrums or outbursts  
38% breaking house rules  
33% arguing more with mam & dad  
31% more pent up energy  
28% fighting more with siblings

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/>

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/>





# Cultúr



As part of the Social Connection and Inclusion Project Cultúr will be delivering a number of free online training sessions for service providers, the public and schools. These training sessions include

1. Intercultural Competence and
2. Integration and Anti-Racism workshops

These workshops aim to

- Promote opportunities for equality and intercultural dialogue between ethnic minority communities and the wider community.
- To improve understanding and awareness of different forms of racism and discrimination.
- Raise awareness of different forms of discrimination and racism.
- Challenge attitudes and explore ways to address issues such as racism and islamophobia.
- Promoting Equality will bring added value to your organisation through activities and trainings that will combat racism, xenophobia, Islamophobia and homophobia.
- To add value and enhance your organisational equality policy

If your organisation would like to avail of these free workshops,

**please contact: *Pauline or Reuben. Cultur***

Ground Floor, St Anne's Resource Centre (grounds of St. Marys Church), Railway St, Navan,

[pauline@cultur.ie](mailto:pauline@cultur.ie) Telephone: 046 9093120.

In light of the recent death of George Floyd that sparked thousands of Black Lives Matter protests and important discussions about racism, as a community organisation who works closely with migrants and asylum seekers we are hosting an anti-racism event at a local level. Cultúr is organising a Virtual Anti-Racism Campaign. We are asking for a social media show of solidarity Against Racism by individuals, local organisations and businesses.

**What we are asking you to do is:**

- Send us a picture/ sign with the following hashtags **#IStandWCultúrNavanAgainstRacism, #DontBeABystander**. You can either send us the standalone sign with your logo, or a picture of a staff member holding the sign. We know that some people might be camera shy!
- We will be launching the campaign on 22 June 2020 and sharing the images we receive on Facebook – Cultúr Migrants Centre, Twitter – @CulturIreland and Instagram – Cultur Ireland and our website from the day. Please share the image on your own social media page using the aforementioned hashtags along with whatever message of solidarity you would like to promote.
- Please see the attached sample of hashtags you can adjust to suit or write out your own. [IStandWCulturNavanAgainstRacism](#)
- We will also be hosting an online AntiRacism Event “Hear Our Voices, Racism is Our Experience” on Friday 26th June 2020 @ 3pm. If you would like to register follow this link <https://www.eventbrite.ie/e/hear-our-voices-racism-is-our-experience-anti-racism-event-tickets-109970729412>

**Thank you and we look forward to seeing all your pictures with #StandWCultúrNavanAgainstRacism #DontBeABystander**

Cultúr Migrant Centre invite you to a Virtual  
AntiRacism Event

**Hear Our Voices...**  
**Racism is Our Experience**

#IStandWCulturNavanAgainstRacism  
#DontBeAbystander

**CALL 2 ACTION**

**4 REAL CHANGE**

 **BLACK LIVES MATTER**

**Friday 26th June 2020**  
**@ 3pm on ZOOM**

**NO RACISM**

**Register @:** <https://www.eventbrite.ie/e/hear-our-voices-racism-is-our-experience-anti-racism-event-tickets-1099970729412>

 Celebrating Diversity

## Mencap Northern Ireland

Please find attached a link to a New COVID-19 Support Resource For Families that was received from the Southern Area Locality Planning Team.

During the Covid 19 crisis Mencap Northern Ireland has been working in partnership with a number of family carers, practitioners and researchers on a resource for families who care for children, young people or adults with a learning disability or developmental difficulty (including those who are autistic).

The resource contains information about effective communication techniques, ideas for creating choice and independence, strategies to reduce behaviours that challenge and tools to support wellbeing. There are also a range of videos and printable resources available and families will find it valuable both during and after the Covid 19 lockdown.

**Click on the link to access the resources: <https://www.positiveapproachestosupport.co.uk/>**

## Meath Local Sports Partnership

National Play Day is taking place on Saturday 4th July!! The theme for National Play Day 2020 is Playful Communities, Playful Homes.

Meath LSP are hosting a FREE Skip 'n' Play activity for children aged between 8yrs-13yrs in the car park of Meath County Council, Dublin Road, Navan, Co. Meath.

There will be 2 activity sessions on the day, first session will commence at 10.30am & second session commencing at 11.30am. As places are limited, early booking is essential and no walk-in's will be accepted. Every child who attends will receive a goody bag!

Pre-registration is essential as places are limited. To register click the link below and follow instructions.

<https://eventmaster.ie/event/OpVTpmH0Z>

**Conor Gonnely**

**Community Sports Development Officer,**

Town Hall, Watergate Street, Navan , Co. Meath 046 9067337

[www.meathsports.ie](http://www.meathsports.ie)

# Cork Autism Conference 2020



Sometimes an autistic person may show behaviour which challenges and you might not know why... These behaviours can have an impact if they do not get the right supports to meet their needs.

That's why at this year's ONLINE Cork Autism Conference, Autism: Beyond Behaviours, October 11th, 2020, includes Dr. Temple Grandin and other international experts in autism.

Our goal is to provide you with practical strategies, helpful tools and actionable insights to help you support autistic children and adults.

At this year's conference you'll learn:

- ✓ Why does challenging behaviour happen?
- ✓ How do you support autistic people when they are displaying behaviour which challenges.
- ✓ How do you introduce strategies if an autistic individual experiences anxiety or overwhelm.
- ✓ How do you calm an autistic person.
- ✓ Successful resources to support autistic people.
- ✓ How do you understand and communicate with autistic people.
- ✓ How do you create balance for emotional regulation.

And much more....

If you feel these could help you with autistic individuals you support, join this year's Cork Autism Conference.

You'll learn strategies and interventions to support you to make a difference with the autistic people you help.

This conference is CPD/CEU Accredited for Professionals.

Find out more and avail of our LIMITED Early Bird Offer by clicking [HERE](#).



## **National Early Years Children First Programme - Always Children First Early Years Specific Presentation**

This webinar was developed by Tusla to highlight the key elements of the face-to-face Always Children First Foundation Training. Its purpose is to serve as an interim revision resource for Early Years Practitioners prior to reopening of services during Covid 19.

**Follow the link below to the webinar:**

[https://www.youtube.com/watch?v=aH\\_7yLe1ZPI&feature=youtu.be](https://www.youtube.com/watch?v=aH_7yLe1ZPI&feature=youtu.be)