

Child and Family Support Networks Meath

Details of Service delivery during Covid – 19 14th Edition Updated 10/08/2020





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



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

Child and Youth Participation Strategy 2019 - 2023





Year 1 Update 89 2259 Tusla & partner Investing in staff completed Children[™] Awards Day 1 training 1525%

of actions completed

100+

Child and young person seed funding projects

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 their co-operation and collaboration for in implementing the actions contained in this strategy.





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 <u>www.cypsc.ie</u> and the new live website in Tusla Louth/Meath <u>www.familysupportmeath.ie</u> 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



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



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

4. Tusla Education Support Service (TESS)

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

Senior Manager: Georgina.traynor@tusla.ie Tel 087-7601955

5. Prevention, Partnership and Family Support

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

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



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



6. Children and Young Peoples Service Committee

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

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

Tusla also provide Early Years Inspection Services and Adoption Services. Grainne Sullivan, Area Manager 2 April 2020

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

Youth Work Ireland

ALL YOUNG PEOPLE









- 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: <u>www.youthworkirelandmeath.ie</u>
- 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



Youth Café, St Mary's Church Grounds, Trimgate St,

Navan, Co. Meath t: 046 – 9093402 e: info@youthworkirelandmeath.ie 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: <u>http://meathspringboardfamilysupportservices.ie</u> Tel 046-9078220 or email <u>valerie@springboardnavan.ie</u>

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,<u>sosadireland.ie</u> 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 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 <u>support@dvservicesmeath.ie</u>

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

Our new website is <u>www.dvservicesmeath.ie</u>





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 <u>manager@rcne.ie</u> for further information.

For New Clients – to arrange an appointment email <u>manager@rcne.ie</u> or phone 1800 21 21 22



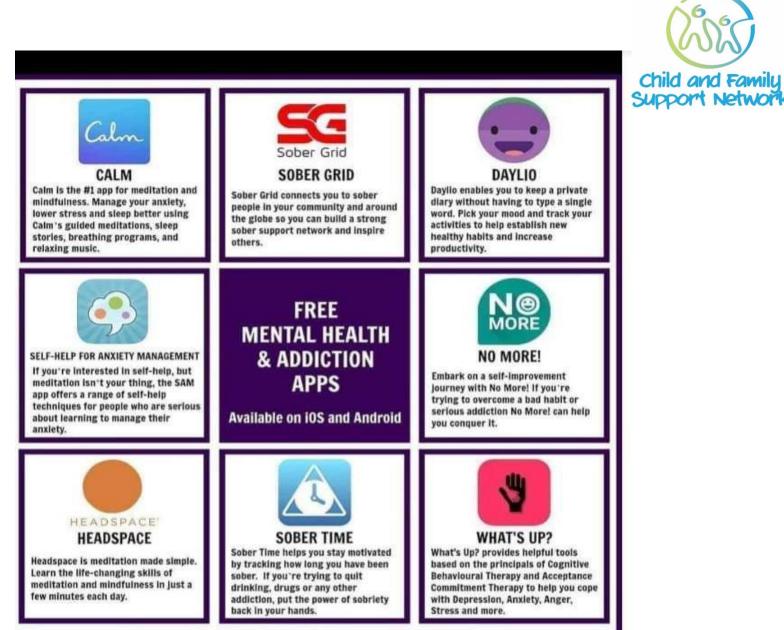
Family addiction Support Network

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





FAMILY ADDICTION SUPPORT NETWORK

THE HUB LIOS DUBH ARMAGH ROAD, DUNDALK, CO. LOUTH. A91 T668 Charity No. 20141677 Phone: 042 9355251 / 087 9046405 Email <u>info.fasn@gmail.com</u>



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 <u>https://conversation.al-enterprise.com/LP=7715</u>







- 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



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





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





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 <u>MLMpsychosocial@hse.ie</u>

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



HSE COVID 19 Resources

Traveller Covid 19 Resources:



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



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/





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-sharingresources.html

Migrant Health Covid 19 Sharing Resources:

https://www.hse.ie/eng/about/who/primarycare/socialinclusion/intercultural-health/covid-19-sharing-resources-migranthealth.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-sharingresourceshomeless.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/









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 <u>debbie.murphy5@hse.ie.</u>

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 29th 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: <u>gov.ie/letsgetready</u> #LetsGetReady #First5 #AnChead5 #InThisTogether

Contact Details:

All MCCC staff are now working remotely with their contact details available on our website <u>www.mccc.ie</u> or our Facebook page. Fiona, line Manager and Co-coordinator available by email <u>fiona@mccc.ie</u> or 0867961065 <u>lynda@mccc.ie</u> or 0876224791.



COMMUNICATION FROM AN GARDA SIOCHANA



Dear all,

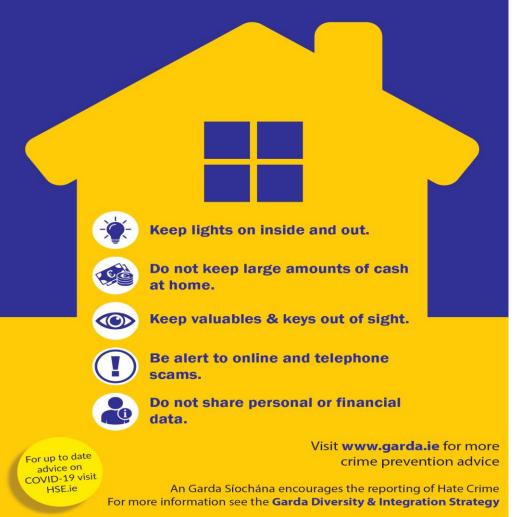
An Garda Síochána is pleased to collaborate with our key partners in diversity by providing as much support as possible to all individuals and communities, especially minorities and isolated persons during these challenging times. I wish to reaffirm the public commitment made by Deputy Commissioner John 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 <u>Garda Diversity & Integration</u>
 <u>Strategy</u> 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 <u>garda.ie/!3FXU8D</u>.

The Garda National Diversity & Integration Unit can be contacted on 01-6663150 or by email to diversity@garda.ie.

COVID-19 Home Crime Prevention Advice



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.









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

IGNITE

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



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

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

The HSE Mental Health Information line is 1800 111 888

Samaritans helpline 116 123 or email jo@samartians.ie

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

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

Five ways to wellbeing poster



Five ways to wellbeing leaflet

SUPPORT YOUR MENTAL HEALTH & WELLBEING

MENTAL HEALTH IRELAND

Mental Health Ireland



TAKE Mental Health Ireland is a national voluntary organisation Our aim is to promote positive mental health and wellbeing to all individuals and communities in Ireland. ONNEC Through our network of Mental Health Associations, we support people who experience mental health difficulties on their journey of recovery. For an A-Z on mental health please visit www.mentalhealthireland.ie FIVE WAYS TO WELLBEING Ø BEACTIVE TEXT MHI TO 50300 TO DONATE €4 TO KEEP LEARNING MENTAL HEALTH IRELAND 🚺 Nental Health Ireland 🔋 @mentaiheaithiri ol 63.25. Service Provider: LIKEOHARITY amentalhealthireland Helpline is OV6 6805278 www.mentalhealthireland.ie

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

https://www.mentalhealthireland.ie/wpcontent/uploads/2019/11/MHI-5-ways-towellbeing-leaflet.pdf



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 linked them into the Meath Befriending Service, please contact: Eva O'Farrell, Service Co-ordinator on 085 8622496 or email 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 is supports to 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

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 <u>emma@volunteermeath.ie</u>



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

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

Caoimhe Donnellan: (087) 6693031; email 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: <u>martina.mccabe@meathpartnership.ie</u> Patricia Lynch: (089) 4366800; email <u>patricia.lynch@meathpartnership.ie</u> Caoimhe Donnellan: (087) 6693031; email <u>caoimhe.donnellan@meathpartnership.ie</u>



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 <u>sarah.smyth@meathpartnership.ie</u>

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: <u>emma.prunty@meathpartnership.ie</u>

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

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 <u>Claire.reburn@meathpartnership.ie</u>.







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



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



Meath Local Sports Partnership



As we all adjust to the limitations placed 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 <u>http://www.meathsports.ie/being-active-during-covid-19/family-fun-games/</u>

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/ 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.



Meath Local Sports Partnership-Continued



Meath Local Sports Partnership (LSP) as part of the Government of Ireland COVID-19 club small grant scheme is providing support to sports clubs and community groups based in Co. Meath. The grant scheme is designed to support clubs and groups (whose primary focus is the delivery of sport or physical activity), and who do not have the finances to implement COVID-19 related hygiene and social distancing protocols.

This grant can cover costs associated with the reopening of sports clubs & physical activity and is intended to support the return to sporting & physical activities only.

The COVID 19 Club Small Grants can be used to support COVID 19 related expenditure dating from 2nd May 2020 onwards (date of publication of Government roadmap to recovery). Meath LSP and Sport Ireland will work together to ensure that the investment is distributed fairly. Every effort will be made to ensure that the wider sports community benefits from this scheme.

There is an upper limit of €1,500 per club/group; applicants will be assessed on demonstrable need. Decision of the committee is final, canvassing will disqualify. Clubs/groups should not feel that they have to apply for the full amount to be considered eligible for support.

This is an online based application – follow link: <u>http://www.meathsports.ie/meath-lsp-covid-19-club-small-grant-scheme/</u> In exceptional circumstances, paper applications will be accepted (paper forms are available on request).

Conditions of the grant – clubs/organisations must:

- (P) Be based in Co. Meath
- Be affiliated to a Sport Ireland recognised National Governing Body or disability sports organisation and/or operate as a not for profit with a primary purpose of encouraging sport and physical activity
- ③ Be open for public membership

If an organisation requires assistance in filling out the application form or has any queries in relation to the grant scheme please contact our office, by email: mlsp@meathcoco.ie or telephone: 046 9067337.



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: <u>www.mensaid.ie</u>



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 <u>www.shine.ie</u> or email <u>phil@shine.ie</u>

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 <u>www.yourmentalhealth.ie</u>. The <u>YourMentalHealth.ie</u> 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

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/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 <u>www.mentalhealthireland.ie</u> or email <u>info@mentalhealthireland.ie</u> 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. <u>https://www.aware.ie/mental-health-resources/anxiety-during-covid-19/</u>

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: <u>supportmail@aware.ie</u> 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: <u>https://www.aware.ie/mental-health-resources/online-mental-health-programmes/</u>

Samaritans



Samaritans

Emotional support to anyone in distress or struggling to cope Freephone **116 123** (any time, day or night) Email 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) : <u>meathppn@meathcoco.ie</u>

The Government has contacted all PPN members with regards to Covid-19 information and resources. Please find the **latest Government communication** <u>here</u> with links to content.

We will be updating the **PPN newsfeed** with information and content. Please keep in eye <u>here</u> for updates. Contact Details: Danielle & Dave, Meath PPN Team Tel: 087 3512281 Email: <u>meathppn@meathcoco.ie</u>

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





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: <u>https://youtu.be/k0XlvbrrQZo</u>

Video 2 provides information on how families can best support children with an eating disorder under quarantine: https://youtu.be/3y8rNwF70h0

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

Video 4 discusses how best to support a child with a depressive disorder at home during the COVID-19 restrictions: <u>https://youtu.be/ADxVf9WrLv0</u>

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

Website: https://www.irishpsychiatry.ie/



Meath County Council – Homeless Services



Meath County Council Homeless Service contact details: 046 9097000 and <u>customerservice@meathcoco.ie</u> 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

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 Guidlelines 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 <u>ashbournelib@meathcoco.ie</u> Dunboyne 01-8251248 <u>dunboynelib@meathcoco.ie</u> Kells 046-9241592 <u>kellslib@meathcoco.ie</u> Navan 046 - 9021134 <u>navanlib@meathcoco.ie</u> Trim 046 -9436063 <u>trimlib@meathcoco.ie</u>

Meath County Council Library Services – Page 2



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.
- 3. Story Competition: As well an 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 runnersup.
- 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. Meath Libraries web page on www.meathlibraries.ie and our facebook and twitter pages @meathcountylibrary

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



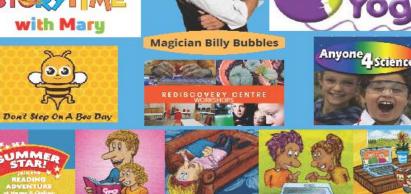


Dr. Brain's

Fun-Believable Science



comhairle chontae na mi



Summer Fun From The Library

All of our Summer 2020 events will take place online this year so follow

us on Facebook at Meath

online in July & August

Candlelit Tales

Fairy House Workshop with

The Creative Genie

County Library and on Twitter @MeathLibrary to join in the fun.....

these are just some of the







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: <u>dbrazier@yapireland.ie</u> Website: <u>www.yapireland.ie</u>.



Barnardos



'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.



Because childhood lasts a lifetime





JIGSAW Young people's health in mind

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 these 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 <u>help@jigsaw.ie</u> at anytime, and we will get back to them during working hours. You can go here <u>https://jigsawonline.ie/young-people/jigsaw-live-chat/</u> 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. <u>www.childline.ie</u>

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 <u>www.ispcc.ie</u>

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 <u>Childline.ie</u> (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



Citizens Information



During the COVID -19 pandemic, Citizens Information Centres are offering an email & phone service. If you would like to request a phone call from an Information Officer please email: **covid19@citinfo.ie** 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 <u>https://services.mywelfare.ie/en/</u>

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: <u>https://bit.ly/33WpEfw</u>



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 <u>www.drugs.ie</u> & <u>www.askaboutalcohol.ie</u>; or <u>www.nedrugtaskforce.ie</u>

www.hse.ie/coronavirus for information & resources HSELive - 1850 24 1850



North Eastern Regional Drug & Alcohol Task Force

Cavan ~ Monaghan ~ Louth ~ Meath

North East Regional Drugs and Alcohol Task Force



As we prepare to socially distance ourselves, several countries are reporting an increase in home drinking.

Make your health and home life a priority by following these tips..





Choose Alcohol

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

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

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.



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.

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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.



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

Support Services and Helplines







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 <<u>liz.manville@docharity.ie</u>



Domestic Violence Supports

Gardaí 112 or 999

If someone is in immediate danger 24hrs/7days

| | National Freephone Helpline 24hrs/7days Language Interpretation Service 24hrs/7days Women's Aid Online Chat Mon/Wed/Fri 7-10pm For Deaf and Hard of Hearing Women 8am-8pm/7days | 1800 341 900 1800 341 900 WomensAid.ie Text 087 959 7980 |
|---|--|---|
| | safeireland For up to date online information about local domestic violence support services and refuges | Safelreland.ie |
| 5 | Male Advice Line Advice & Support for Male Victors of Domestic Abuse National Male Advice Line Mon & Weds 10am-6pm, | 1800 816 588 |



COVID -19



Got a question?

We're here to help.

Callsave: 1850 24 1850

Phone: 041 6850300

Tweet: <u>@HSELive</u>

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. <u>Our Youth Workers are providing text</u>, <u>email and phone support for those who need it during this time of uncertainty</u>.

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. <u>Reach out and talk to our</u> <u>friendly, expert Youth Workers Shane, Kate and Sean. They are happy to listen, provide information and referrals if needed.</u> 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. <u>Visit our website for up-to-date</u> 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 <u>www.traininghub.ie</u>
- 2. Select the course: Creating LGBT+ inclusive Schools and Youth Services with BeLonG To.
- 3. Click the button 'Create new account'



Opening doors for homeless people



'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 <u>hwalsh@pmvtrust.ie</u>
- W 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

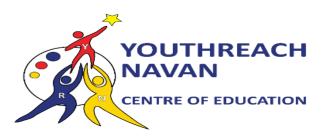


Involve Youth Project Meath, recognises the equality of the Traveller Community by providing programmes, initiatives and services that promote the participation and inclusion of the Traveller Community in Irish Society.

- 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 online 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 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@lmetb.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: <u>https://spunout.ie/news/category/covid-19</u>.

Website: 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 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





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/



National Council for Special Education

Working to deliver a better special education service



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: <u>https://ncse.ie/parent-resources</u>

Website: https://ncse.ie/

Service Update: The NCSE have uploaded some new resource to support parents Resources for Primary School Children: <u>https://ncse.ie/parents-primary</u> Resources for Post Primary School Children: <u>https://ncse.ie/parents-post-primary</u>

A resource to support Teenagers to self regulate:

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

OUCOMERS LGBT SUPPORT SERVICE OUTCOMERS - LGBT Community Centre

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:** <u>www.outcomers.org</u> Facebook: @outcomers Instagram: outcomersyouth Snapchat: outcomers_youth Twitter: @outcomersyouth









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: <u>info@treoir.ie</u>, or log your query on our website:<u>www.treoir.ie</u> to request a call back, or you can still message us through our Facebook or twitter accounts.



National Association for People with an Intellectual Disability





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



Corona Virus Virus



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

- 1. Covid-19 General information
- 2. <u>Guidelines from the Government</u>
- 3. How to wash your hands
- 4. What you can do if you feel worried
- 5. <u>A short auide to the symptoms</u>
- 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.<u>Resources for parents educational</u> and therapeutic

For more information see <u>www.inclusionireland.ie</u> <u>Inclusion Ireland Facebook</u>



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: <u>support@onefamily.ie</u>

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

They will keep updating their website <u>www.onefamily.ie</u> and social media accounts with any service changes.

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

https://onefamily.ie/services-still-open-helpline-information-services-parenting-supports-andcounselling-services-still-open/



One Family Services



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





COVID-19 COUPLES & RELATIONSHIPS SUPPORT LINE



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 <u>admin.navan@enableireland.ie</u> <u>www.enableireland.ie</u>, 13 Mullaghboy Industrial Estate, Athboy Road, Navan, Co Meath, C15 C927







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: <u>info@hugg.ie</u> 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 <u>https://www.gov.ie/en/campaigns/together/</u>

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



In this together - Government Campaign



Parents Centre

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

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

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

Parents Centre is updated regularly as new resources become available.

Resources for parents during COVID-19 measures

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

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

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

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

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

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

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



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 <u>http://irishhospicefoundation.ie/covid19careandinform/</u>

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

• 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/



Autism Support Louth & Meath



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
- 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





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: <u>https://alcoholireland.ie/campaigns/silent-voices/</u>

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



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: <u>https://nascireland.org/</u> Phone: 021 427 3594 Email: <u>info@nascireland.org</u>

Barnardos

Because childhood lasts a lifetime During Covid19 Pandemic

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-impactsurvey **Impact on Family Life** Barnardos 2,683 Respondents 65% have children under 18 Prepared by Dr. Pádraic Fleming, Reseach & Policy Manager 64% aged between 35-54 Jodie O'Hara, Researcher 64% 53% satisfied w/family have experienced 13 life in general ups & downs 22% 53% worried about tensions at home family health 46% 34% met neighbours have reconnected w/ family & friends more than usual 76% 38% sad not seeing friends miss physical contact 49% 40% 52% managing if practicing enjoyed using social media to catch up yoga 31% 64% exercising less said it's not the same Children parents said: 53% difficult bedtime routine 84% 38% more tantrums or outbursts 38% breaking house rules miss seeing 33% arguing more with mam & dad their friends 31% more pent up energy 28% fighting more with siblings 68% miss school

Child and Family Support Networ



St Michael's House



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/#sadt Activity Resources: https://www.smh.ie/services/children/covid-19-family-supports/#comms

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

Website: https://hospicefoundation.ie/









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 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 attached sample hashtags adjust see the of you can suit write to or out vour 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 <u>https://www.eventbrite.ie/e/hear-our-voices-racism-is-our-experience-anti-racism-event-tickets-109970729412</u>

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



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 Gonnelly Community Sports Development Officer, Town Hall, Watergate Street, Navan , Co. Meath 046 9067337 <u>www.meathsports.ie</u>

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:

- \checkmark Why does challenging behaviour happen?
- \checkmark How do you support autistic people when they are displaying behaviour which challenges.
- \checkmark How do you introduce strategies if an autistic individual experiences anxiety or overwhelm.
- \checkmark How do you calm an autistic person.
- \checkmark Successful resources to support autistic people.
- \checkmark How do you understand and communicate with autistic people.
- \checkmark 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 $\underline{\mathsf{HERE}}.$







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=you tu.be





Youth Leadership Team: Lock Down, Unlocked Campaign

The AsIAm Youth Leadership Team has developed a campaign aimed at educating other young people and educators about the experiences of autistic people during lockdown, and the challenges of returning to education.

"Lock Down, Unlocked" gives an insight into the experiences of young autistic people during the COVID-19 pandemic and provides resources and tips for educators and peers in supporting our community's return to secondary school and college. Check out all the campaign materials below!

Contact Details: AsIAm Headquarters

Rock House, Main Street, Blackrock, Co. Dublin, A94 V9P1, Ireland. (01)4453203 Please note we do not provide a helpline service – this number is for office administration queries only

Opening time

Our office hours run from Monday to Friday, 9:00am to 5:00pm.





Bridge Back to School, and Additional activity sheets

for the following areas can be downloaded from:



Strength based approach

•Transition back to school

•Executive Functioning

Communication and Social Skills

•Self-regulation – Sensory and Emotional

•Motor skills

•Self Care



CHANGES TO THE SCHOOL SYSTEM DURING THE PANDEMIC



Due to the **pandemic** many changes to the **school system** have occurred.

> This change may be perceived as overwhelming to many within the autism community. Work has often been given out through digital means such as email or certain websites. Classes have also been held through online meetings to avoid contact.



During these times, an **email address** is advisable to receive schoolwork and to **contact your school** about other methods of distributing **lessons**.



Online meetings are used for communication between students and teachers during the **pandemic**.

While certain **websites** for online meetings do not require a **login** it is best to **test** the website beforehand.

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







TOP TIPS FOR AUTISTIC STUDENTS GOING BACK TO SCHOOL

Be aware, some autistic people may be anxious if others do not adhere to social distancing.



TIP 1:

When returning to school or college, try to reach out to friends who may have been isolated.

TIP 2:

Be aware that your peers may have had a difficult time during the pandemic and try to be patient with them.

TIP 4:

TIP S:

Try to ensure that you and your peers are informed about changes to school schedules and let them know of changes if they are unaware.

Tip 3:

Some students with communication difficulties might not understand social distancing. If this is the case, try to create that distance yourself where possible and if further issues arise, try to explain how their actions make you uncomfortable.

TIP 6:

Be aware that some autistic students may find some products such as face masks or hand sanitisers uncomfortable to use due to sensory difficulties.





TOP TIPS FOR TEACHERS OF AUTISTIC STUDENTS GOING BACK TO SCHOOL



TIP 1:

Be aware some autistic students may be uncomfortable with some hand sanitisers and liaise with students about alternatives and if possible, allow them to bring their own.

TIP 2:

Be understanding that some students may struggle to catch up with work due to the change in environment and routine and offer supports where possible.

TIP 3:

Keep students informed about plans for the school year and update them on any changes.

Tip 4:

Be aware that some students may have some worries about going back to school, such as risk of infection and offer to talk about it with them.

TIP S:

Offer more movement breaks to students and offer discrete ways to indicate this such as cards students can flip to indicate this.

TIP 6:

Some autistic students may not be comfortable with wearing face masks due to sensory difficulties, and if this is the case, be understanding and don't pressure them to do so.

Tip 7:

Be aware that students communication skills may be impeded or limited by the use of face masks.

TIP 8:

Consult with students and parents about any accommodations that they will need going back to school.



A GUIDE TO FACE COVERINGS





Face coverings are recommended indoors where it is difficult to practise social distancing eg shops, public transport and school.



Wearing face coverings may help stop the virus from spreading.



When wearing face coverings always remember to keep your distance, wash your hands and practise coughing and sneezing etiquette.



Types of face coverings:

- Disposable face masks
- Cloth face masks (reusable)
- Medical face masks
- Visors
- Masks with filter

Face covering can be made from cotton & silk.



They can also be made from old t-shirts & towels. Some people prefer visiors which are flexible clear plastic & elastic.



Some autistic people may find face coverings hard to wear. They may find them hard to breathe in or not like the way they make their glasses fog up. Visors or a mask with a filter are alternatives worth considering.

Other autistic people may like to wear a particular type of mask, made from a certain material, with a specific design and a colour of their choice. Please respect them for this.