

Child and Family Support Networks Meath

Details of Service delivery during Covid – 19

7th Edition Updated 18/05/2020

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

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

Alice.ohalloran@tusla.ie

Louth Meath Prevention Partnership and Family Support

Meath PPFS Family Support Practitioner Team

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

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

Meath PPFS Team

Dawn Hegarty

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

Phone: 046 9073178

Avril Mc Kenna

Enterprise Centre, Trim Road, Navan, Co Meath.

Phone: 087 1411832

Tusla Parenting Support Website: www.parenting24seven.ie

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

Alice.ohalloran@tusla.ie

CYPSC Meath

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

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

Establish and Maintain strong communication:

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

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

<http://www.familysupportmeath.ie/online-safety-for-children-young-people-during-covid-19/>

MEMO - TUSLA Area Manager Louth Meath

Grainne Sullivan

COVID 19 SERVICE UPDATE

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

1. Child Protection and Welfare Concerns

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

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

Dedicated Point of Contact at Tel 046 9098560.

2. Support to Children in Care & After Care

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

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

3. Domestic, Sexual & Gender Based Violence Services

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

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

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

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

4. Tusla Education Support Service (TESS)

Tess has three strands namely the Statutory Educational Welfare Service (EWS) and the two school support services the Home School Community Liaison Scheme (HSCL) and the School Completion Programme (SCP). Tess continues to provide supports to families during this time and have worked with the Department of Education to ensure that School Lunches have been made available to DEIS schools.

There are 4 EWO's who are working remotely at present. They are maintaining contact with the families and are liaising with other professionals who are involved with these families.

Senior Manager: Georgina.traynor@tusla.ie 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



SPRINGBOARD NAVAN



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

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



- Phone/email support - responding to queries, signposting, advocacy and onward referral where necessary
- Admin support (printing DEASP forms etc)
- Support with filling out paperwork (by phone)
- Linking by phone with regular/previous, Centre/Programme participants to identify any additional needs
- Continuation of Food Bank support to existing service users (due to limited capacity/resources, we are not advertising publicly but will offer the service to families/individuals that we have already engaged with)
- Updating Social Media (mainly Facebook) with relevant info/guidance and suggestions.

Contact Details: All enquiries should be directed to mobile numbers as centre is closed as of 30/03/2020

- 087 1877553
- 086 7802768
- 087 3344735



East Coast Family Resource Centre



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

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



SO SAD



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

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

Contact Details: Contact can be made 24/7



Pieta House



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

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

Contact person for Louth Meath: Emer O' Neill

Contact number: 085 7380444



Meath Womens Refuge & Support Services



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

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

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

Our new website is www.dvservicesmeath.ie



RAPE CRISIS
NORTH EAST CLG

Rape Crisis North East Centre



Child and Family
Support Network

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

Monday – Friday 10.00am – 4.00pm for

Contact: 1800 21 21 22

For existing clients of the Rape Crisis Centre – The Therapist will make contact to arrange counselling appointments over the phone. Contact manager@rcne.ie for further information.

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



Family addiction Support Network

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

Coordinator: Gwen McKenna

Contact: 042 9355251 / 087 9046405

Catchment areas:
Louth Meath, Cavan and Monaghan

Website: www.fasn.ie

 <p>CALM</p> <p>Calm is the #1 app for meditation and mindfulness. Manage your anxiety, lower stress and sleep better using Calm's guided meditations, sleep stories, breathing programs, and relaxing music.</p>	 <p>SOBER GRID</p> <p>Sober Grid connects you to sober people in your community and around the globe so you can build a strong sober support network and inspire others.</p>	 <p>DAYLIO</p> <p>Daylio enables you to keep a private diary without having to type a single word. Pick your mood and track your activities to help establish new healthy habits and increase productivity.</p>
 <p>SELF-HELP FOR ANXIETY MANAGEMENT</p> <p>If you're interested in self-help, but meditation isn't your thing, the SAM app offers a range of self-help techniques for people who are serious about learning to manage their anxiety.</p>	<p>FREE MENTAL HEALTH & ADDICTION APPS</p> <p>Available on iOS and Android</p>	 <p>NO MORE!</p> <p>Embark on a self-improvement journey with No More! If you're trying to overcome a bad habit or serious addiction No More! can help you conquer it.</p>
 <p>HEADSPACE</p> <p>Headspace is meditation made simple. Learn the life-changing skills of meditation and mindfulness in just a few minutes each day.</p>	 <p>SOBER TIME</p> <p>Sober Time helps you stay motivated by tracking how long you have been sober. If you're trying to quit drinking, drugs or any other addiction, put the power of sobriety back in your hands.</p>	 <p>WHAT'S UP?</p> <p>What's Up? provides helpful tools based on the principals of Cognitive Behavioural Therapy and Acceptance Commitment Therapy to help you cope with Depression, Anxiety, Anger, Stress and more.</p>



FAMILY ADDICTION SUPPORT NETWORK

THE HUB

LIOS DUBH

ARMAGH ROAD, DUNDALK, CO. LOUTH. A91 T668

Charity No. 20141677 Phone: 042 9355251 / 087 9046405

Email info.fasn@gmail.com



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

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

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

FASN are currently signing up to the ALCATEL-LUCENT RAINBOW App by providing organisations and enterprises with the services that enable staff to work remotely from safe locations, through the Rainbow cloud-based communication and collaboration platform.

Customers' data is protected through the ISO-27001 certification, the international standard for cloud security and has GDPR* compliance and strict data confidentiality agreements.

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



NYPD



- 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



CAMHS Child & Adolescent Mental Health Services



We are open and continuing to accept new referrals.

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

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

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

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

Contact Details: 046 9079350, Hazel House, Kennedy Road, Navan. www.hse.ie



HSE Speech & Language Therapists



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



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Substance Use Support for Teens (SUST)



Child and Family
Support Network

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

Most of their contact is becoming phone contact as a result.

Families can continue to contact:

Philip James 087 3752760 or Lorraine Wright 087 173 2088.

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

18/05/2020



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



Service Update- We stopped seeing clients face to face and we only provide limited phone support mainly to those already being seen before the COVID-19 outbreak. The new referrals will be picked after the service is back to normal but given the waiting list it would be a matter of at least 4-5 month wait anyway if we were to receive a referral now.

Update to Service Provision: we have been contacting parents of children on the waiting list to gather information on their current situation and provide support over the telephone whenever suitable. We continue to accept new referrals. We expect to have access to video conference platforms in the coming weeks which would allow us to provide both 1-1 and group support (including online parenting groups).

This is on explaining COVID-19 issues to children:

<https://www2.hse.ie/wellbeing/child-health/advice-children-parents-covid-19.html>



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Health Service Executive

HSE COVID 19 Resources



Child and Family
Support Network

Traveller Covid 19 Resources:

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

Roma Covid 19 Sharing Resources:

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

Migrant Health Covid 19 Sharing Resources:

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

Addiction Covid 19 Sharing Resources:

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

Homeless Covid 19 Sharing Resources:

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

Domestic Violence Covid 19 Sharing Resources:

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

Drugs.ie Covid 19 Sharing Resources:

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



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Health Service Executive

HSE Multilingual COVID 19 Resources



Child and Family
Support Network

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

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



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

18/05/2020

Alice.ohalloran@tusla.ie



Meath County Childcare Committee



MCCC update: all early year's services are closed as per Taoiseach's announcement until further notice. MCCC are continuing to operate and provide support during this time. All staff are now working remotely however are contactable as normal. A full list of emails and work numbers have been sent out to all the early year providers in Meath and also updated on our Facebook page. We are still however in communication with the Department of Children and Youth Affairs and continue to support and update early year providers and families.

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



An Garda Síochána

Ireland's National Police and Security Service

COMMUNICATION FROM AN GARDA SÍOCHÁNA



Dear all,

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

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

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

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

18/05/2020

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



COVID-19 Home Crime Prevention Advice



Keep lights on inside and out.



Do not keep large amounts of cash at home.



Keep valuables & keys out of sight.



Be alert to online and telephone scams.



Do not share personal or financial data.

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

Visit www.garda.ie for more crime prevention advice

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



COVID-19 Home Crime Prevention Advice



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



Use only the services of people you know and trust.



If you require assistance call your local garda station.



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



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

Visit www.garda.ie for more crime prevention advice

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



IGNITE



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

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

Phone contact /support will be maintained throughout this period

Phone contact: Samantha Richards 0867802672

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



Mental Health Ireland



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 - <https://www.mentalhealthireland.ie/our-staff/> or via info@mentalhealthireland.ie

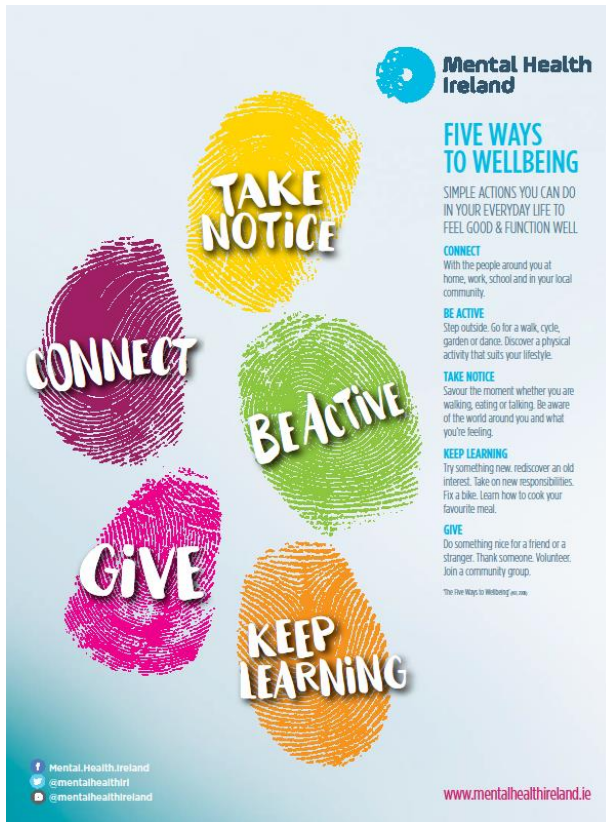
The HSE Mental Health Information line is **1800 111 888**

Samaritans helpline 116 123 or email jo@samartians.ie

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

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

Five ways to wellbeing poster



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

18/05/2020

Five ways to wellbeing leaflet



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



Child and Family
Support Network

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



Meath Partnership

Meath Partnership



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

Meath Befriending Service: Operated by Meath Partnership, an affiliate of ALONE, the MBS is offering daily telephone calls to older people and vulnerable adults currently self-isolating or cocooning across county Meath. All volunteers are trained and Garda Vetted. We are also linking our clients to local organisations and those organisations registered with the Meath Volunteer Centre that are offering practical supports in terms of shopping, collection of medication and transport for attendance at medical appointments. We are open to taking on new clients. If you are concerned about someone in the local community and want to 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 emma@volunteermeath.ie



Meath Partnership- continued page 2



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

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

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: martina.mccabe@meathpartnership.ie

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

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



Meath Partnership- continued page 3



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

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

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 Claire.reburn@meathpartnership.ie.



Youth Employment Initiative



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

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



Rialtas na hÉireann
Government of Ireland



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



Meath Local Sports Partnership



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

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

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

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

See <http://www.meathsports.ie/being-active-during-covid-19/0-3k-walk-jog-run/>



Meath Local Sports Partnership-Continued



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

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

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

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

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

Follow @MeathSportsAbility Facebook page for updates.

Exciting date for your diary:

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

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



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



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

National Confidential Helpline – 01 554 3811

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

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

Counselling – By Telephone

Counselling – Face to Face

Court Accompaniment – Dolphin House, Dublin (Family Courts)

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

Certified training by Andrea McDermott on all Domestic Abuse areas

CONTACT DETAILS:

Phone: 01 5394 277

Helpline: 01 5543 811

Website: www.mensaid.ie



SHINE



Shine

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



YourMentalHealth

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



Grow Mental Health Recovery



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

Phone: 1890 474 474

Email: info@grow.ie

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

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

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

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

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

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

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

Mental Health Ireland



Mental Health Ireland

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



Aware



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

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

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

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

Phone:1800 80 48 48

Email: supportmail@aware.ie

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

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

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

Samaritans



Samaritans

Emotional support to anyone in distress or struggling to cope

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

Email jo@samaritans.ie

Meath PPN Public Participation Network

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

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

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

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

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

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

Email: meathppn@meathcoco.ie

Meath Travellers Workshops – Covid-19 response 3rd April 2020



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

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

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

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

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

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

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

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

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

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

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

Traveller Health Meath

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

Articles by Dr John Sharry, founder of Parents Plus

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

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

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

Some of the articles this week are outlined below:

1. Managing family and relationship conflict during Covid crisis:

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

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

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

3. Helping young children understand social distancing:

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

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

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

Website: www.parentsplus.ie

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



College of
Psychiatrists
of Ireland

The College of Psychiatrists of Ireland



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

To watch the videos please click on the following link:

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

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

Video 2 provides information on how families can best support children with an eating disorder under quarantine: <https://youtu.be/3y8rNwF7oh0>

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

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

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

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



Meath County Council – Homeless Services



Meath County Council Homeless Service contact details: 046 9097000 and customerservice@meathcoco.ie
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 Guidelines on self isolation protocols.

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



Meath County Council Library Service



Although all 12 libraries remain closed to the public for the moment, we are still offering a wide range of free online services and have lot of great activities, storytimes, competitions and information on our Facebook page.

www.meathlibraries Twitter: @MeathLibrary Facebook: Meath County Library

To join the library online

Great news! It's now possible to join the library online & use

Borrow Box straight away! (This is our Free Ebooks and Eaudiobooks service for children and adults)

Just go to <http://librariesireland.ie/join>, complete the registration, set a PIN and you'll be able to log in to Borrowbox with those details to download eBooks and audiobooks straight away.

Newspapers

Want to keep up-to-date with the news and don't want to leave the house? We have you covered. Check out our new free online newspaper service-Pressreader: <https://bit.ly/2Wgz9Vn> PressReader has publications in lots of different languages from lots of countries. And there is also a translation option for lots of articles.

Magazines

Our digital magazines are not just for adults, there are lots of magazines especially for children. Check them out at <https://www.meath.ie/council/council-services/libraries/online-resources/digital-magazines>



Child and Family
Support Network

Language Learning

Did you know that you can access free online language resources (Transparent Language) with your library membership. If you're already using the RBDigital app for eMagazines you're already set up. Accessible through the Education tab.

Online courses

Through your library membership you have access to Universal Class (over 500 free online courses). From Excel to Dog training and from creative writing to flower arranging, there's something for everyone. Log on with your library card to or find all our online resources here:

<https://www.meath.ie/council/council-services/libraries/online-resources>



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

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

Contact details: Donna Brazier, Acting Service Manager: 0871308439 | Email: dbrazier@yapireland.ie

Website: www.yapireland.ie .

Through our dedicated telephone and email support service Barnardo's staff can provide support and advice to parents on the following issues: How to talk to your children about the corona virus
Setting a good routine. Managing children's behaviours and sibling dynamics. Managing aggression and family discord. Home schooling/managing school expectations. Fostering natural learning opportunities in the home. Healthy eating. Accessing fun and educational activities for families and individual children. Managing your child's worries. Self-care for parents Helping parents manage their own worries and anxieties
Managing children's online activity

Contact details: You can make contact with this service by:

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

Email: parentsupport@barnardos.ie.

We also have a wide range of resources available on our website

Jigsaw Support Line



The Jigsaw support line is now up and running

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

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

Contact details:

Freefone 1800 JIGSAW (544 729)

Opening Hours

Monday to Friday, 1pm- 5pm

Text 086 180 3880

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

Email: help@jigsaw.ie

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



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

Childline phone, text and online is continuing as normal and staff are signposting their service users to the service should they need additional support. www.childline.ie

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

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

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

- Childline is Ireland's 24-hour national listening service for all children and young people (under the age of 18) in Ireland. It is private, confidential and non-judgemental and can be contacted for free from anywhere in Ireland.
- Childline can be contacted by any child or young person by **calling 1800 66 66 66** (24 hours a day), **texting to 50101** (10am – 4am daily) or **chatting online at Childline.ie** (10am – 4am every day).
- Childline calls, webtexts and messages are still up and running and will remain open during the crisis.

CHILD ABUSE DOES NOT STOP IN A PANDEMIC

#NeverGiveUpOnAChildEver

HOZIER

FRIDAY

**DANNY
O'REILLY**

SATURDAY

**WILD
YOUTH**

SUNDAY

KODALINE

MONDAY

**DERMOT
KENNEDY**

TUESDAY

**PICTURE
THIS**

WEDNESDAY

**GAVIN
JAMES**

THURSDAY

AND MORE TO BE ANNOUNCED

7pm

EVERY NIGHT

INSTAGRAM LIVE STREAMS EVERY NIGHT

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

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

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 <https://services.mywelfare.ie/en/>

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

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



North Eastern Regional
Drug & Alcohol
Task Force

Cavan ~ Monaghan ~ Louth ~ Meath

North East Regional Drugs and Alcohol Task Force



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

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

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

Information is also available on www.drugs.ie & www.askaboutalcohol.ie; or www.nedrugtaskforce.ie

www.hse.ie/coronavirus for information & resources

HSELive - 1850 24 1850

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

Alice.ohalloran@tusla.ie

18/05/2020



North Eastern Regional
Drug & Alcohol
Task Force

Cavan ~ Monaghan ~ Louth ~ Meath



Child and Family
Support Network

North East Regional Drugs and Alcohol Task Force

DON'T GET LOCKED IN

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

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



Choose Alcohol Free Days

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



Don't Stockpile

Don't stockpile alcohol in your home – plan your weekly shop. Only buy as much as you have decided you want to drink during the week. Opt for low-alcohol or no-alcohol choices.



Keep it Late

It can be tempting to drink earlier when you are at home during the day – try to delay any drinking until as late as possible, especially if there are children in your home. Consider a 'time rule' – e.g. No alcohol in our house until after 10pm



Mind the Children

Children can become afraid when adults are drinking. Avoid drinking alcohol until children have gone to bed. Make sure there is at least one non drinking adult in the house at all times.



Out of Sight

Keep alcohol out of sight and out of reach of children. When you pour a drink, put the remainder away out of sight or in another room so you are not tempted to reach for more. Drink water to quench thirst before drinking.



Help is Out There

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



alcohol forum

+353 74 9125596 / www.alcoholforum.org

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

18/05/2020

Support Services and Helplines

The logo for LGBT Ireland, featuring a rainbow-colored circular emblem and the text "LGBT IRELAND" in black.

NEED TO TALK?
Help is just a phone call away

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

To update your service provision please email Jackie Jackson or Alice O Halloran Child & Family Support Network Coordinators Meath - Jackie.Jackson@tusla.ie, 18/05/2020
Alice.ohalloran@tusla.ie

Daughters of Charity – Preschool Mosney

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

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

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

Contact details: Liz Manville <liz.manville@docharity.ie>



Child and Family
Support Network

Domestic Violence Supports

If someone is in immediate danger 24hrs/7days

Gardaí 112 or 999



WOMEN'S AID
Listening. Believing. Supporting

National Freephone Helpline 24hrs/7days

1800 341 900

Language Interpretation Service 24hrs/7days

1800 341 900

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

WomensAid.ie

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

Text 087 959 7980



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

SafeIreland.ie



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

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

1800 816 588

COVID -19



Got a question?

We're here to help.

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

Phone: [041 6850300](tel:0416850300)

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

Monday to Friday: 8am - 8pm

Saturday and Sunday: 9am - 5pm

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

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



A Message from BeLonG To...

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

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

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

Service Updates

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

Working Remotely

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



Opening doors for
homeless people



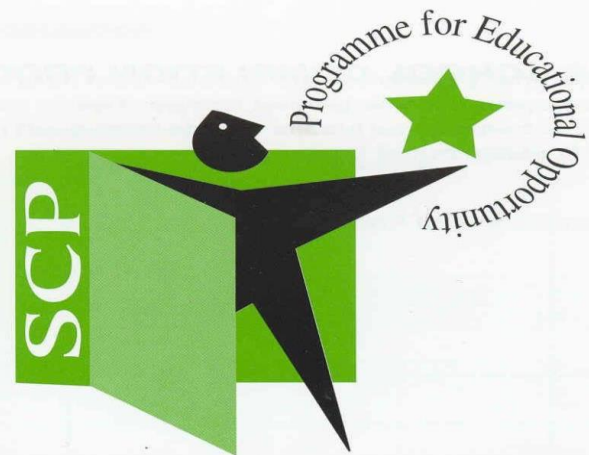
'The Peter McVerry Trust Flowerhill Family Hub and the Drogheda Family Hub is continuing to provide supported temporary accommodation for families experiencing homelessness during COVID-19. PMVT continue to liaise with relevant local authorities on a regular basis. We continue to support, provide information 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 hwalsh@pmvtrust.ie

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->



Involvement

IN PARTNERSHIP WITH TRAVELLERS

Involvement Youth Project Meath



Involvement 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.

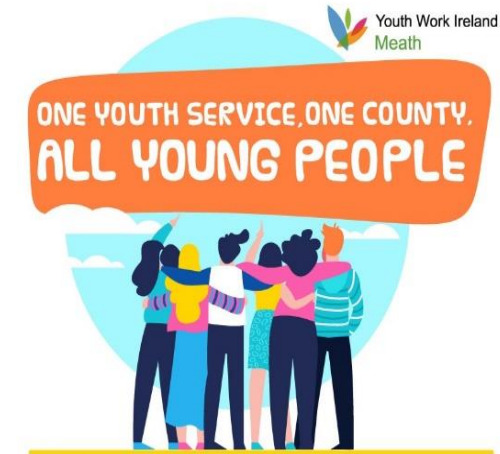
- Our Youth service offices are closed at present by we are working remotely from our homes.
- We are available to parents and young people on-line through all of our social media accounts e.g. Facebook, Instagram, TikTok and Twitter. And also through the phone on Whatsapp and calls.
- We are still providing one to one and group support for young people from the Travelling Community through daily challenges, group chats and live Virtual Youth Groups on apps such as Houseparty or Messenger
- We have also delivered activities packs for our youth club members to engage with us in activities on-line such as Bingo, arts and crafts and Teen Mindfull pack.

Our Youth Work Coordinator Kay Mc Cabe is available at 0877572010 or involve.youthnavan@ymail.com Mondy to Friday 12pm-8pm

18/05/2020

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

- Youth Work Ireland Meath is currently closed for face to face groups and meetings with young people.
- Youth Workers are available online Monday to Friday from 12PM-10PM. They can be contacted via Facebook and Instagram, both @ywimeath.
- Groups are still meeting at their regular times, either via Hangout or Zoom. Youth Workers will send out the links before each group.
- If you need One to One support or additional services you can contact a Youth Worker on Whatsapp.
- Peter 087 0683119
- Nicky 087 7012007
- Lisa 087 0906062
- For more information on our Digital Youth Café, go to our website: www.youthworkirelandmeath.ie
- 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



lmetb

Bord Oideachais agus
Oiliúna Lú agus na Mí
Louth and Meath Education
and Training Board



**YOUTHREACH
NAVAN**

CENTRE OF EDUCATION



**Child and Family
Support Network**

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: <https://spunout.ie/news/category/covid-19>.

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

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



Parentline



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

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

Helplines are open:

Monday – Thursday 10am – 9pm

Friday 10am – 4pm

Phone: 1890 927277

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

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

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

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

Service Update:

The NCSE have uploaded some new resource to support parents

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

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

A resource to support Teenagers to self regulate:

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

Best Virtual Museum Tours for Kids:

The Louvre

Via their website:

www.louvre.fr/en/visites-en-ligne/

The British Museum

Via their website:

<https://britishmuseum.withgoogle.com/>

The Metropolitan Museum of Art

Via their website:

www.metmuseum.org/art/online-features/metkids/

Van Gogh Museum

Via their website:

<https://artsandculture.google.com/partner/van-gogh-museum>

Roald Dahl Museum and Story Centre

Via their website:

www.roalddahl.com/museum/visit/virtual-museum-tour

NASA Glenn Research Center

Via their website:

www.nasa.gov/glennvirtualtours

Who we are:

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

Contact Details:

Office phone: 042 9329816

Mobile: 087 62 000 21

Youth Phone: 086 1625030

Website: www.outcomers.org

Facebook: @outcomers

Instagram: outcomersyouth

Snapchat: outcomers_youth

Twitter: @outcomersyouth

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

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

Information is available on the following:

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

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

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

Other issues: income tax, housing, etc

Opening hours

Our new opening hours are:

Monday – Friday: 10am – 4pm

Saturday: 10am – 1pm

Public holiday Mondays: 10am – 1pm

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

Contact details

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



lmetb

Bord Oideachais agus
Oiliúna Lú agus na Mí
Louth and Meath Education
and Training Board

Louth and Meath Education and Training Board
Community Education Service
Direct or Online Tuition Hours
Summer 2020



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

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

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

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

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

Jackie Breen
Community Education Facilitator (Meath)
Further Education & Training
Louth Meath Education and Training Board
Railway Street, Navan, Co. Meath
Tel: 046 9010070 / 087-9377636
Email: jbreen@lmetb.ie

Ann Gallagher
Community Education Facilitator (Louth)
Further Education & Training
Louth Meath Education and Training Board
Chapel Street, Dundalk, Co. Louth
Tel: 086 7870854
Email: agallagher@lmetb.ie



**COVID-19 RESOURCES to support
PEOPLE WITH DISABILITIES
and their FAMILIES**



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

Ring us on 0818 559891

Monday – Friday. 10am – 3pm



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

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



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



One Family Services



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

Their National helpline is still operational.

Contact: 01 6629212 or 1890 662 212

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

Email: support@onefamily.ie

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

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

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

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

Service Update:

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

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

Zoom Parenting Courses

Positive Parenting
For changing families

Tuesday 12th May, 11am-12pm

Family Communications
Parenting when separated

Tuesday 12th May, 7pm-8pm

Family Communications
Parenting Teens

Thursday 14th May, 11am-12pm

To secure your place

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

COVID-19
COUPLES & RELATIONSHIPS
SUPPORT LINE



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

Contact:

01 531 3331

9.00 am - 8.00 pm, Monday to Friday

All calls charged at local rate.

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





Enable Ireland Meath Early Services



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

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

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

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

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

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



HUGG



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

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

Contact details:

Phone: 01 513 4048 (monitored answering machine)

Email: info@hugg.ie

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

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

<https://tinyurl.com/HUGGGROUPONLINE>

In this together - Government Campaign

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

Topics include:

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

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

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

The Irish Childhood Bereavement Network

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

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

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

Resources:

- Supporting Teenagers to Grieve during Covid 19:

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

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

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

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

Alice.ohalloran@tusla.ie

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

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

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

- Information, Help and Advice phone line - 087 240 7431 or email info@autismsupportlouth.com
- 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