



Wexford Children & Young People's Services Committee: Services Update

Services are adapting to comply with HSE guidance during Coronavirus COVID-19 restrictions and have adopted alternative service arrangements.

The information on services below is correct as at **Monday April 20th 2020** but may change at short notice.

For further information on services and supports see www.wexfordcypsc.ie and <http://www.wexfordcypsc.ie/wexford-parents-hub>.

Service Name	Service Update	Contact Details	Tel / Email / Web
Barnardos	<p>Barnardos is operating and phone lines are operating as usual. Wexford Parents Hub is operating a phone service and has a social media presence. Continuing to take referrals and provide services via phone and video link.</p> <p>The office is open for staff and further information will be posted on the Hub.</p>	<p>Catherine Mc Curdy (Co Wexford) Karen Mooney (Parents Hub)</p> <p>See Resources section for details of National Helpline launched last week.</p>	<p>Phone 053 9236342 (Enniscorthy office and Parents Hub) Email : wexfordparentshub@barnardos.ie</p> <ul style="list-style-type: none"> • Catherine McCurdy : 0867807545 (Mon –Fri from 9.00 -5.00). • Kendra Seales : mobile 0860403138 (Mon, Tue, Thur, Friday from 9.00 – 5.00), • Karen Mooney – 086 0491118 (Mon-Wed from 9.00 -5.00) • Annette Dowling (Thur-Fri from • Diane Lackey 086- 0413291(Mon, Tue, Wed-9.00 -5.00).
Bridgetown School Completion Programme	<p>Bridgetown SCP continue to support the students and parents we work with either on line or by phone. We are delivering care packages and food boxes funded by school meals to our students and their families.</p> <p>We are working with principals and HSCL to identify any other families in need.</p> <p>If any service is working with children attending Bridgetown College, Kilmore, Rathangan or Kilrane primary school and they are in need, please contact us and we will add them to our list.</p> <p>Bridgetown SCP now also has a facebook page providing updated information to parents and students.</p>	Sharon Grace	<p>0858568144 sharon.grace@scp.ie</p> <p>https://www.facebook.com/Bridgetown-School-Completion-Programme-101361171514919/</p>

Service Name	Service Update	Contact	Tel/ Email / Web
Bunclody / Enniscorthy SCP	Working remotely. Maintaining contact with schools, parents and students. Sending out activity packs/resources.	Paula Busher Gatell	Contactable on 086-827 8424. Email bunclodyenniscorthyscp@gmail.com Facebook page Bunclody/Enniscorthy SCP
Comhairle na nOg	Peer support and encouragement. Young people recognise their responsibility as leaders in the community. They have come together online to explore ways of getting the messages of to their peers. They have prepared a video, which they will circulate through their advisory groups and on social media platforms.	Paula Kelly	Phone : Paula Kelly - 089 4813144 Email : Paula.kelly@fdys.ie
Community Based Drugs Initiative	CBDI service still operational. Working remotely during office hours (9am-5pm, Monday to Friday)	John Paul O'Neill	Phone : 085-8053978 Email : johnpauloneill@fdys.ie
Coolcots Community Youth Project	Google hangout being used to continue Youth Groups in the evening. (Virtual sessions). Registered young people have been contacted and given details of this online service provision. One to one work with targeted and those identified as at risk continues, over telephone. Young People in project are keeping in touch and updating on their activities.	Debbie Roche Eimear McMahon Kris McGuire	Phone : 086 7860180 Debbie.roche@fdys.ie Eimear.mcmahon@fdys.ie Kris.mcguire@fdys.ie www.fdys.ie facebook
Education Welfare Service (Tusla)	Educational Welfare Service - EWOs are available by phone/email for advice and assistance. If people contact Sheila Clarke at 087 9853183, she can direct to the relevant EWO for their area.	Sheila Clarke	Phone : 087 9853183

Service Name	Service Update	Contact	Tel/Email / Web
Enniscorthy Community Youth Project (FDYS)	<p>Registered young people have been contacted and given details of online service provision. One to one work with targeted and those identified as at risk continues, over telephone. Young People in project are keeping in touch and updating on their activities. Online Group work is being organised through social media. TBC, more details to follow.</p>	<p>Pilar Loring Paula Kelly</p>	<p>Phone Pilar – 087 7817059 Pilar.loring@fdys.ie</p> <p>Paula Kelly - 089 4813144 Paula.kelly@fdys.ie</p>
FDYS -Cloister Youth Café -LGBT+ Groups -Detached Youth Work	<p>During the pandemic, we want to remind people that what we are doing stays the same, how we are doing it is slightly different. Our groups and projects are all being carried out virtually, through Google Hangouts/ Zoom and a variety of other social media/ virtual platforms. Whilst our current young people and project members are aware of this and are engaging with these services, we want to get the word out there that new members and young people who wish to join any of our groups are more than welcome.</p> <p>In particular, as detached workers (engaging with young people outside of the project and with young people who are not/ do not, for whatever reason, engage in services) we want to get the word out to as many people as possible that we are available online and would be more than happy to set up a group online to engage with these young people. We happily accept referrals too.</p>	<p>For phone numbers/ details of all other FDYS projects across the county, people can contact the FDYS Facebook Page and reach Youth Information who will signpost them to the service they wish to contact.</p> <p>We are here to help and information on all of our groups, dates, times are updated on our social media and website daily. People are most welcome to ring or message the above numbers for any queries or information during this time and new people are always welcome.</p>	<p>www.fdys.ie</p> <p>Facebook: FDYS County Wexford (people can directly message the page too)</p> <p>Instagram: @fdysyouthservices</p> <p>Detached workers number: 086 464 5573</p> <p>Cloister Youth Café number: 085 805 6697</p> <p>LGBT+ Worker number: 086 464 5573/ emma.whitty@fdys.ie</p>

Service Name	Service Update	Contact	Tel / Email / Web
FDYS Traveller Inclusion Programme	Service still operating from Drumgoold Upper Community House to help members of the Traveller community around service information, form filling or enquiries re: Covid 19 pandemic. Access to house for worker only, assistance will be provided through gates at a social distance. Any forms that need to be completed can be left in letter box and they will be attended to.	Robbie Sludds	Phone : 085 8011895 (Monday - Friday 10am - 6pm)
Gardai	Can be contacted for Covid-Related issues : generally working from 7am-7pm. If it's an out of hours emergency contact 999 or 112 or local Garda Station.	Graham Rowley Inspector	087 7902264
Gorey Community Youth Project (FDYS)	Registered young people have been contacted and given details of online service provision. One to one work with targeted and those identified as at risk continues, over telephone. Young People in project are keeping in touch and updating on their activities.	Nadine O'Brien	085 8898047 Nadine.Obrien@fdys.ie www.fdys.ie
Gorey Family Resource Centre	Gorey FRC is currently closed to the public until Monday 30 th March. Staff members are available to answer queries on the phone between 10am and 1pm daily. Maintaining contact with clients on phone and via email. Using Facebook as a communication tool with the community.	Anita Carroll (Manager)	053 9489017
Gorey Youth Needs Group	Centre currently closed. Access allowed for individuals on an arranged basis. All groups have ceased to meet but support is available on a 1:1 basis. LTI students are continuing studies online. Anxiety Group members can be supported by video call with parental permission. Facebook is active. Gorey Gaming Group meeting online.	Mandi Tighe Wendy Kearney	087 7445232 085 8612670

Service Name	Service Update	Contact Details	Tel / Email / Web
HSE Suicide Resource Office	See Resources / Information section below	Tracy Nugent	Mobile: 087 9271041 Email: Tracy.Nugent@hse.ie
Probation	Clients of the Probation Service are to be supervised by phone contact. The Wexford team has informed clients of the situation. The service is currently not having face to face contact with clients. However all staff are available and any queries should be directed to the office number	Michele Weir	053 9142076
Roma Youth & Community	Project working through online aids. Facebook and video calls being used for support.	Alex Petrovics	086 0224242 Email: alex.petrovics@fdys.ie
Raheen Family Resource Centre	Staff are going to the FRC building every day to check messages. All staff can access email from home. The Childcare Centre and Day Centre are closed but all other services are operating as usual; -Meals on Wheels -Over the phone support/access to information -Over the phone Drop in clinic every Monday -Over the phone counselling if required.	Jeanette O'Neill	Tel: 051 442 888 Mob: 089 2431750 Email: manager@raheenfrc.ie

Service	Service Update	Contact	Tel / Email / Web
Slaney Garda Youth Diversion Programme	1:1 Support continues of identified young people at risk in Enniscorthy and Gorey areas -Digital youth work methods being considered (Screenagers) -New referrals are possible through JLO -Outreach work being done to the Gorey/ Courtown/Riverchapel areas.	Terry O'Neill Rachel Donoghue	087 935 1764 Terry.oneill@fdys.ie Rachel.donoghue@fdys.ie
SAFE Garda Youth Diversion Programme	Currently working remotely – making contact with participants and parents. We are also doing some one to one work via phone.	Tommy Byrne Project Co-ordinator	Tommy : (087) 411 8076 Peter : 087 2649462
Southend Family Resource Centre	Southend Family Resource Centre... All staff working from home...all groups are being kept up to date by group texts or phone calls.	Colm O'Muire Siobhan Hayden	Colm : 086-8062581 Siobhan : 086-7036310
The Ford Counselling and Psychotherapy Centre (formerly Family Life Service)	We are currently offering telephone counselling and support at this time, during the Covid-19 outbreak on 053-9123086.	Michael Dillon Manager	053-9123086 087-1364886 www.theford.ie
Tusla PPFS	Tusla PPFS will continue to provide supports to families. All our group work has ceased until further notice.	Sinead Cronin-Daly	Sinead Cronin Daly – 086 0081092 email Sinead.cronindaly@tusla.ie or contact Sinead Joyce on 053-9259546 email sinead.joyce1@tusla.ie

Service Name	Service Update	Contact	Phone / Email / Web
Taghmon Family Resource Centre	The building is closed to the public until March 30 th and staff are working either behind closed doors or remotely. We are contacting participants over the phone and using facebook. -Phone support is available during office hours. -Family Support Phone drop in every Monday afternoon. - Phone counselling is available to clients as required.	Mary O'Loughlin	Mob: 089 4449925 Tel: 053 9134465 Email: manager@taghmonfrc.ie
South West Wexford Family Resource Centre	SWWFRC staff members will be working remotely in an effort to keep our operations running smoothly and continue to provide services to our community during this time. Therefore, please be aware that effective March 16th 2020 : We have cancelled all classes, meetings, events & group activities at the Ramsgrange Centre. Offices are closed and staff will be remotely monitoring and returning calls/emails as per times → The centre will continue to monitor guidance from health officials and post updates on Facebook / website.	Family Support : 10am-12pm Counselling : As agreed Youth Services : 10am-2pm Childcare : 9am-5pm REaD Courses : 10am-2pm CE Scheme : 9am-5pm Admin Queries: 10am-2pm General Queries : 10am-2pm Welfare Queries: 10am-2pm	087-360 5595 / familysupport@swwfrc.ie 086-155 0155 / familysupport@swwfrc.ie 087-360 5595 / fusion@swwfrc.ie 087-171 9320 / childcare @ swwfrc.ie 087-098 5706 / read@swwfrc.ie 085-256 9680 / cecoordinator@swwfrc.ie 087-934 8934 / admin@swwfrc.ie 085-256 9680 / 087 659 4460 / Email : manager@swwfrc.ie 085-256 9680 / 087 659 4460 Email : cecoordinator@swwfrc.ie

Agency Name	Agency Update	Contact	Tel / Email / Web
Tusla Child & Family Agency	<p>TUSLA remain operational at this time and can be contacted as normal on 053 9198201 should concerns for children arise.</p> <p>All child protection & welfare referrals will be processed in the normal manner. Please make referrals by using the Mandated referrals portal as the postal service may be adversely impacted.</p> <p>TUSLA offices remain open at Ely House (Wexford) & Cork Rd (Waterford). However callers should make contact in the first instance through the listed telephone number prior to presenting to an office. This will ensure service users get the appropriate level of service provision.</p> <p>TUSLA staff can also be contacted as normal by email and telephone. While services may be restricted due to health & safety considerations TUSLA will continue to ensure that children are safeguarded during these difficult times.</p> <p>If you have colleagues that need to meet with service users in the coming weeks, the following guidance information which has been developed for frontline Social Workers may be useful.</p> <p>-Click here for guidance and advice with regard to access provision. - Click here for guidance and advice with regard to home visiting.</p>		Wexford : 053 9198201

Service	Service Update	Contact	Tel / Email / Web
Wexford Area Youth Service (WAYS)	Registered young people have been contacted and given details of online service provision. One to one work with targeted and those identified as at risk continues, over telephone.	Maria Brennan (Wexford Area) Gemma Cullen (Bridgetown Area) Nadine O'Brien (Rosslare Area)	085 8888 388 Maria.brennan@fdys.ie Gemma.cullen@fdys.ie Nadine.obrien@fdys.ie www.fdys.ie
Wexford County Childcare Committee	WCCC staff continue to be available to support all Early Learning and Care and School Age service providers, via phone (work mobiles) and email, operating services as normal during business hours, remotely (in line with Public Health announcements).	Deirdre Power	Deirdre : Phone 086 6060460 Email : deirdre@wexfordchildcare.ie (Monday to Friday)
Wexford Public Library Service	All library branches are currently closed to the public. All overdue books and library membership have been automatically renewed and there are no fines. A variety of free electronic resources for adults and children are available online such as e-books, e-magazines, e-comics, newspapers, e-learning and e-language learning.		Contacts by phone and email will be responded to Monday – Friday 9.30am-5.30pm Resources :https://www.wexfordcoco.ie/libraries/ebooks-and-eresources For updates : Each branch has a Facebook Page and Library H.Q. is managing the twitter page @wexlibraries
Wexford Rape Crisis Centre	All face to face counselling has been suspended until further notice. Telephone counselling is available.	Clare Williams	clare@wexfordrapecrisis.com/support@wexfordrapecrisis.com . 086 1724608.

Service Name	Service Update	Contact	Phone / Email / Web
<p>Wexford Local Development (WLD)</p> <p>Education & Meitheal</p>	<p>Face to face client work and education and training courses have been suspended. SICAP Client support staff are available to talk to clients over the phone around accessing services and supports across a wide range of issues. Existing clients are being contacted and new clients are welcome for referral.</p> <p>Applications for the Meitheal Peer Mentoring programme are available to students on line and interviews for this year's Meitheal Leaders are being conducted by phone</p>	<p>Client Support Team</p> <p>New Ross: Noreen Dake (Monday – Wednesday 9 am to 5 pm.)</p> <p>Gorey: Amanda Bennett (Monday, Tuesday and Thursday 9 am to 5 pm)</p> <p>Enniscorthy: Cate McKeon (Monday to Friday 9 am to 5 pm)</p> <p>Wexford: Fran Gleeson (Monday to Thursday 9 am to 5 pm)</p> <p>Rosslare: Jenny Kirwan (Monday to Friday 9 am to 5 pm)</p> <p>Meitheal: Tina Kelly</p>	<p>Mobile: 085 7517600 Email: ndake@wld.ie</p> <p>Mobile: 087 2770192 Email: abennett@wld.ie</p> <p>Mobile: 087 7181340 Email: cmckeon@wld.ie</p> <p>Mobile: 087 7600370 Email: fgleeson@wld.ie</p> <p>Mobile: 087 1400544 Email: jkirwan@wld.ie</p> <p>Mobile: 086 8538791, Email: tkelly@wld.ie</p>
<p>Wexford Local Development (WLD)</p> <p>Community Development Team</p>	<p>WLD's Community Development Team are working remotely and are available to answer emails and for phone support across the districts during this difficult time.</p> <p>Monday – Friday 9am-5pm</p> <p>Updates will be posted on our website, FB and Twitter</p>	<p>New Ross Dubháin Kavanagh</p> <p>Gorey John Kelly</p> <p>Enniscorthy & Rosslare Billy Murphy</p> <p>Wexford Marie Louise Byrne</p>	<p>Website: www.wld.ie 087 7370455 dkavanagh@wld.ie</p> <p>087 7940830 jkelly@wld.ie</p> <p>087 1214262 wmurphy@wld.ie</p> <p>087 1400 544 mbyrne@wld.ie</p>

Service	Service Update	Contact	Tel / Email / Web
Wexford School Completion Programme	<p>Wexford School Completion Programme are currently working remotely . We have delivered resource packs to our most vulnerable families. We are maintaining some supports via zoom with students and maintaining one to one support and guidance via phone with parents and students . We are open to contact from any services who feel we may be able to assist in supporting young people and their families.</p>	Bernie Lambert	Mobile : 0879854437 Email : bernie.lambert@scp.ie
Wexford Traveller Health Programme (WLD)	<p>Wexford Traveller Community Health Programme is working remotely and is available to answer emails and phone calls to support the Traveller Community across County Wexford during this difficult time.</p> <p>Traveller specific Coronavirus (COVID-19) information and contact details now on our website https://www.wld.ie/wexford-travellers-stay-safe-from-covid.../</p> <p>Updates will be posted on our website, Facebook, and Twitter, and will be shared across social media by the Traveller Community Health Workers.</p> <p>Travellers have been included as priority groupings for CV19 testing (& Roma) as of 26th March</p>	<p>North Wexford – Enniscorthy, Ferns, Bunclody and Gorey Laura Myles</p> <p>South Wexford –New Ross, Clonroche, Taghmon and Wexford. Valerie O’Flaherty</p>	087 1311855 lmyles@wld.ie 087 0975828 voflaherty@wld.ie

Service	Service Update	Contact	Tel / Mail / Web
Wexford Womens Refuge	<p>Wexford Women's Refuge now have 1 Emergency room available for DV that abides by the guidelines.</p> <p>There is one member of staff on duty 24hrs a day for emergency and helpline calls. All face to face contact has been cancelled. The outreach team are working from their phones. A staff member in the office takes calls and refers to the Outreach staff. The outreach clients are being contacted by phone until they receive further updates from Tusla.</p>	Pauline Ennis	053 9121876
Youth Counselling Service (FDYS)	<p>Vulnerable clients have been contacted and reassured that the youth counselling service continues.</p> <p>Protocols in place for counselling service to continue by telephone. Safeguarding in place</p> <p>Service is free to young people.</p>	Mairead Duffy	087 935 1725 Mairead.duffy@fdys.ie www.fdys.ie
Youth Information Service (FDYS)	<p>Online Information Service Continues</p> <p>Text Chat service is being launched at the end of the week</p> <p>Accurate and reliable Covid 19 information being provided and circulated through Web, Facebook,</p> <p>CV Preparation, Study Skills, Career advice</p>	Siobhan McMahan Carmel O'Brien	085 8814259 Siobhan.mcmahan@fdys.ie Carmel.obrien@fdys.ie www.fdys.ie Facebook: FDYS County Wexford

Service	Service Update	Contact	Tel / Email / Web
Youth New Ross	<p>Providing support for students and parents who may need support at this time. Can be contacted on WhatsApp or by mobile.</p> <p>'High Need' meetings can take place in YNR premises in exceptional circumstances & staff are periodically in the building for admin purposes.</p> <p>YNR now have a video conferencing facility set up, young people including groups have had online meetings as a result.</p>	<p>Youth Project Workers; Catherine Cathy</p> <p>GYDP Project Workers; Siobhan Claire</p> <p>Family Project Workers; Joanne Katie Saoirse Ann Marie</p>	<p>Phone; 089-4397202 087-1172747</p> <p>089-4451737 089-2440631</p> <p>086-8899153 087-0939296 086-0774123 086-8901163</p> <p>All Family Project, Youth Project and GYDP staff remain contactable remotely during normal working hours. Please visit our facebook page https://www.facebook.com/YouthNewRossYNR/ for regular updates and contact details.</p> <p>Youth New Ross is now also on Instagram. Follow us on https://www.instagram.com/youth_new_ross/ for regular competitions, craic, tips and updates.</p>

Useful Resources

→Free Stress Control Online Programme starts 13th April 2020

HSE, Health & Wellbeing will be offering a Stress Control Online programme, commencing 13th April 2020, via [Stresscontrol.org](https://www.stresscontrol.org).

This 3 week programme is free of charge to the public and delivered by Dr. Jim White, Consultant Clinical Psychologist, Stress Control Ltd. Watch Dr. Christina Corbett, Senior Clinical Psychologist with the HSE, introduce the programme [here](#).

It has never been more important for the public to have evidenced based supports from a trusted source, to help them manage and deal with the range of emotions individuals and families are experiencing at the moment. This initiative encourages participants to be their own therapist by managing their thoughts and emotions and developing techniques to help them maintain good mental health. This initiative is part of a range of measures being rolled out under the new Government's Together Campaign which is focuses on supporting wellbeing at this unprecedented time. Please help us promote this programme to your audiences and target groups.

Schedule

There are six free sessions available to the public. **Session one commences on the 13th April** (Session one will repeat on Tuesday 14th). Each session will play twice a day (at 2pm and repeated at 8.30 pm) on Mondays and Thursdays beginning on the 13th April. The sessions will be led by Dr Jim White, consultant clinical psychologist.

Content

The six sessions, 90 minutes per session, will cover the following topics. Participants are encouraged to watch all sessions, but participants can join at any stage for one or more session.

Session	Date	1 st Showing	Repeated
1: What is stress?	Mon, 13 th April	2 – 3.30pm	8.30 – 10pm
2: Controlling your body	Thurs, 16 th April	2 – 3.30pm	8.30 – 10pm
3: Controlling your thoughts	Mon 20 th April	2 – 3.30pm	8.30 – 10pm
4: Controlling your actions	Thurs, 23 rd April	2 – 3.30pm	8.30 – 10pm
5: Controlling panicky feelings Getting good night's sleep	Mon, 27 th April	2 – 3.30pm	8.30 – 10pm
6: Boosting your wellbeing Tying it all together Controlling your future	Thurs, 30 th April	2 – 3.30pm	8.30 – 10pm

***Session 1 will be repeated Tues, 14th April at 2pm and 8:30pm**

How to Participate:

In order to access these sessions on line:

Users must click on <http://stresscontrol.org> and follow instructions about how to 'Subscribe' to Stress Control's YouTube page. This is a free subscription.

Users will then receive notifications when a new session is available. You can also follow this link:

https://www.youtube.com/playlist?list=PL_BKErJ_jISQHKFtHPCRmEctDtcNCCowB

See HSE website for the outline of the programme [here](#).

See outline of various supports provided by HSE Mental Health at this time [here](#).

Please share this information to your networks and through your own communication channels and use #StressControlIrl.

→**ACES (Adverse Childhood Experiences) Training**

This may be of interest to you or your staff. It is free online training 'introduction to ACES'

<https://www.acesonlinelearning.com/>

→Email from the HSE regarding the coronavirus and the Roma Community.

Covid 19 is unfortunately disproportionately affecting Roma communities, especially in the East. See below for some information on Roma specific resources.

Roma Helpline: A new National Roma helpline has been set up by Pavee Point to provide Roma community members in Ireland with general information on Coronavirus (COVID-19) as well as advice on accessing medical care if a person is unwell. This information is provided in Romanes and Romanian. The helpline number is **087 126 4606** and is currently being staffed from Monday to Friday, 9am until 9pm and involves a GP.

Roma specific Information on Covid-19: [Roma COVID 19 sharing resources](#)

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

Easy Read: The HSE and Department of Health have produced an Easy Read version of the Public Information Guide on Covid 19 (Coronavirus).

[You can download or order copies here:](#) Click on “Order Publications” and if you log in as a health professional you can order multiple copies. If you need any assistance with your order contact norma.deasy@hse.ie

[The Easy Read is also available to download here along with the original information guide which has been translated into many languages and is available as an audio guide.](#)

There is also information in a range of other languages;

Information on Covid-19 in other languages including Arabic: Please see the following link which will take you directly to **translated resources** on the National Social Inclusion website to help share the messaging about Covid-19 in various languages

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

Please see the following links to Migrant Health and Covid-19

Short link: [Migrant Health COVID 19 sharing resources](#)

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

see this link for Traveller specific resources; [Traveller COVID 19 sharing resources](#)

Please feel free to circulate this message and contact me if I can assist in any Roma related matter.

Kind regards,

Suzanne Nolan, Regional Roma Health Lead;

HSE Social Inclusion South East Community Healthcare (SECH), Gorey Health Centre, Hospital Grounds, Gorey, Co. Wexford; Eircode: Y25N5K6

Mobile: 087 6468856; E: suzannes.nolan@hse.ie

Click on this link to access Roma specific health resources: [Roma COVID 19 sharing resources](#)

Click on this link to access Migrant health resources [Migrant Health COVID 19 sharing resources](#)

For the most up to date information on Covid 19 (Coronavirus) please go to www.hse.ie/coronavirus

→Support for Community Workers / Volunteers (Recovery College)

Dear Colleague,

I hope this finds you safe and well.

As a result of the COVID 19 pandemic and subsequent national response, we have all found ourselves thrown into a very new landscape and I'm sure like many, you are working very hard and creatively to continue to support the people you serve in particularly challenging circumstances.

Across the South East there are strong networks of community, voluntary and statutory agencies who under normal circumstances meet regularly through various committees, e.g. Connecting for Life, and Community Link groups etc. After speaking with my Mental Health Ireland colleague in Cavan/Monaghan, and also with the South East Regional Suicide Resource Office I am writing with an invitation.

While our own individual organisations offer us support at this time, it seems that there could be value in developing a **Peer Support Network for Community Based Workers** for the inter-agency network that exists. Those who are actively supporting others need to be supported too!

The proposal is to offer a **'Video Call Check-In'** for community based workers during this time of national emergency. This initial meeting will be held on Wednesday morning 22nd April at 10 a.m. and facilitated by myself. We can discuss the aims, region v local, frequency, rotation of the chair, and Spot Light speaker offering some tips and insights to the group.

As a participant you will also be invited to share:

- your challenges and successes of working remotely,
- what's helping and
- what you need to do more of.

The outcomes from this will hopefully be:

- Reduce some of the isolation of community based staff working remotely;
- Additional support from peers in similar situations;
- Inspire each other with ideas for self-care and coping strategies;

- Maintain the inter-agency network during this time.

If you are interested in being part of this initiative, please respond to gina@mentalhealthireland.ie with your name and email address. You will then receive an invite to the initial event on Zoom.

(Feel free to forward to other community based workers who might benefit - Thank you)

Kind regards,

Gina Delaney

Development Officer

South East/CHO5

Recovery College South East,

Greenshill, Kilkenny

Email: gina@mentalhealthireland.ie

Mobile 087 835 3925

→ Online Resources for Children

Hi All

Hope you are all doing well. Below are a list of resources from Donegal CYPSC for families, please feel free to circulate and share with people who may be interested in.

✓ Dublin Zoo webcams <https://www.dublinozoo.ie/animals/animal-webcams/>

✓ Explore the surface of Mars on the Curiosity Rover.

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

✓ Indoor Activities for busy toddlers

https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3tYXAqw7tJRAzLExpPcJo4rApLsKtgL0AwghzxgnhwOajc4auX6o12_xw

✓ Play games and learn all about animals

<https://switchzoo.com/>

✓ Travel to Paris to see amazing works of art at The Louvre <https://www.louvre.fr/en/visites-en-ligne>

✓ This Virtual Tour of the Great Wall of China is beautiful and makes history come to life.

<https://www.thechinaguide.com/destination/great-wall-of-china>

✓ Math and Reading games <https://www.funbrain.com/>

✓ Phonics skills <https://www.starfall.com/h/>

- ✓ This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. <https://britishmuseum.withgoogle.com/>
- ✓ 300,000+ FREE printable worksheets from toddlers to teens <https://www.123homeschool4me.com/home-school-free-printables/>
- ✓ Geography and animals
<https://kids.nationalgeographic.com/>
- ✓ Math practice from counting to algebra and geometry <http://www.mathscore.com/>
- ✓ Fave kids books read by famous people <https://www.storylineonline.net/>
- ✓ Crafts, activities, mazes, join the dots etc, <https://www.allkidsnetwork.com/>
- ✓ Voice based learning... learn through Alexa <https://bamboolearning.com/resources>
- ✓ Fun games, recipes, crafts, activities <https://www.highlightskids.com/>
- ✓ Math as a fun part of your daily family routine <http://bedtimemath.org/>
- ✓ Digital archive of history <https://www.bunkhistory.org/>
- ✓ 35,000 pages of online content on the cultures and countries of the world. <https://www.countryreports.org/>
- ✓ Printable board games, activities and more for phonics and reading all using evidence-based methods. Can be customised to any student's needs including creating flashcards for other subjects. <https://dogonologbooks.com/printables/>
- ✓ Movement and mindfulness videos created by child development experts. <https://www.gonoodle.com/>

- ✓ Enter your math problem or search term, press the button, and they show you the step-by-step work and answer instantly. 2nd grade through college. <https://www.mathcelebrity.com/online-math-tutor.php>
- ✓ Poetry and music <https://www.thewell.world/mindful-music/mindful-poetry-moments>
- ✓ 3D printing projects and Coding projects, involving maths <https://www.instructables.com/member/EdgertonCenter/instructables/>
- ✓ Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science. <https://www.nomsterchef.com/nomster-recipe-library>
- ✓ 80+ do at home science activities <https://elementalscience.com/blogs/news/80-free-science-activities>
- ✓ Novel Effect makes storytime a little more fun for kids (and grown-ups too!) As you read out loud from print books (or ebooks!) music, sound effects, and character voices play at just the right moment, adjusting and responding to your voice. <https://noveleffect.com/>
- ✓ Free videos from around the world <https://www.projectexplorer.org/>
- ✓ Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout. <https://app.sworkit.com/collections/kids-workouts>
- ✓ Online digital coloring pages <https://www.thecolor.com/>
- ✓ Phonics worksheets for kids <https://www.funfonix.com/>
- ✓ Free stories online ages 3-12 <https://www.freechildrenstories.com/>

- ✓ National Geographic Young Explorers is a magazine designed specifically for kindergarten and first grade students. Children can listen to the magazine being read to them as they follow along with the highlighted text. <https://ngexplorer.cengage.com/ngyoungexplorer/index.html>
- ✓ Learn all about earthquakes <https://earthquake.usgs.gov/learn/kids/>
- ✓ Farmer's almanac for kids... Date, weather, moon phase, etc. <https://www.almanac.com/kids>
- ✓ Space science for kiddos <https://www.nasa.gov/kidsclub/index.html>
- ✓ Maths Games, Logic Puzzles and Brain Builders <https://www.mathplayground.com/>
- ✓ Games, quizzes and fact sheets take kids on a journey through time. <https://www.bbc.co.uk/history/forkids/>
- ✓ Tons of science experiments that you can do at home <https://www.stevespanglerscience.com/lab/experiments/>
- ✓ Lets kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos. <https://www.virtualmusicalinstruments.com/>
- ✓ Cool Kid Facts gives your child access to educational videos, pictures, quizzes, downloadable worksheets, and infographics. They can use these to learn about geography, history, science, animals, and even the human body. <https://www.coolkidfacts.com/>
- ✓ This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals. <https://climatekids.nasa.gov/>
- ✓ Kids Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design. <http://www.kidsthinkdesign.org/>
- ✓ This educational website hosted by the Smithsonian Museum takes a deep dive into ocean life. <https://ocean.si.edu/>

- ✓ Alaskan Wildlife cams <http://www.adfg.alaska.gov/index.cfm?adfg=viewing.webcams>
- ✓ Coding with Star Wars <https://code.org/starwars>
- ✓ Tons and tons and tons of games some learning some just fun <https://www.crazygames.com/>
- ✓ Crafts, projects, science, recipes for young children <https://www.funology.com/>
- ✓ Online photograph jigsaw puzzles You can set the pieces from 6-1000+ <https://www.jigsawexplorer.com/>
- ✓ Toddler and preschool age ideas <https://preschoolinspirations.com/>

Sinéad Cronin-Daly

Wexford Senior Coordinator Child and Family Support Networks

→ **Addiction Services Resources**

Please see link below to access a page for the sharing of resources for Addiction services in response to Covid-19 (Coronavirus).

[Addiction COVID 19 sharing resources](#)

→ **Stress Control Online**

Dear all,

I'm delighted to let you know that Stress Control on-line will be launched next Monday, making this evidence based course available freely to staff and general public. These 90 minutes classes will run twice a week at scheduled times (Mondays and Thursdays 2pm and 8.30pm) on youtube accessed through www.stresscontol.org.

→ **Marginalised Groups Planning for Resilience**

A resource from Community Work Ireland that you may already be aware of but just in case:

<https://www.communityworkireland.ie/marginalized-groups-planning-for-resilience-in-the-covid-19-crisis/>

→ **AWARE Phone-In Support and Self-Care Groups**

Dear All,

I hope that you are well and coping with the current reality.

As we are conscious of the impact of the withdrawal of face to face peer supports nationally, we have increased the number of Life Skills Online programmes, and other supports.

Will you also please share with anyone you know who may be experiencing distress with mood that **Aware are running Phone-In Support & Self Care groups.**

The offering this week is for 4 meetings over 4 days at 4 different times. The details are on the website

<https://www.aware.ie/support/support-groups/>

People register online through the website and we send them an email reminder.

Depending on need, we will increase this offering during the coming weeks.

If you have any questions at all, please do not hesitate to contact me. I would appreciate if you will share this information with any relevant contacts.

With my kindest regards,

Rosemary



Support Line
1800 80 48 48

Support Mail
supportmail@aware.ie

Rosemary Carvill
National Coordinator
Support & Self Care Groups

Mobile: 085 856 8204

Head Office: 01 661 7211

rosemary.carvill@aware.ie

9 Leeson Street Upper, Dublin 4

→ **Helplines to support those living with long term health conditions during Covid 19**

Service	What is involved?	How to access
HSE helpline	General enquiries relating to COVID19 including symptoms or testing	Call 1850 24 1850 and website https://www2.hse.ie/coronavirus/
Covid 19 Community Support Response	Each local Authority has set up a COVID-19 Community Response Forum. Each forum has a phone line available 7 days a week. The phone line is for high risk people or those asked to cocoon. They can ring the phone line to get help with deliveries of groceries, medicine and fuel.	<p><u>Kilkenny Council:</u> Open 8am – 8pm 1800 500 000 covidcommunity@kilkennycoco.ie</p> <p><u>Carlow Council:</u> Open 9am- 5pm 1800 814 300 covidsupport@carlowcoco.ie</p> <p><u>Tipperary Council:</u> Open 8am – 8pm 0761 06 5000 covid19@tipperarycoco.ie</p> <p><u>Waterford Council:</u> Open 8am – 8pm 1800 250 185 covidsupport@waterfordcouncil.ie.</p>

		Wexford Council: Open 8am-8pm 053 91 96000 covidsupport@wexfordcoco.ie
Alone Helpline	Listening service and supports for older people. The line is open Monday to Friday, 8am to 8pm	Call: 0818 222 024
Asthma helpline	Support and information to people living with asthma	Call: 1800445464 email: nurse@asthma.ie
COPD helpline	Support and information to people living with COPD	Call: 1800832146 or send an email via http://copd.ie/helpline/
Irish Heart Foundation Heart and stroke helpline	Support and information to people living with a heart condition and stroke survivors	Call: 01 6685001 email support@irishheart.ie
Heart Support Network	The Heart Support Network is an online closed Facebook page for someone with a heart condition. It is moderated by Heart Failure Nurses	www.facebook.com/groups/heartsupportnetwork
Diabetes Helpline	Support and Information for People living with Diabetes	01 8428118 email: info@diabetes.ie

→**Easy Read version of Public Info Guide on COVID-19 (HSE & DOH)**

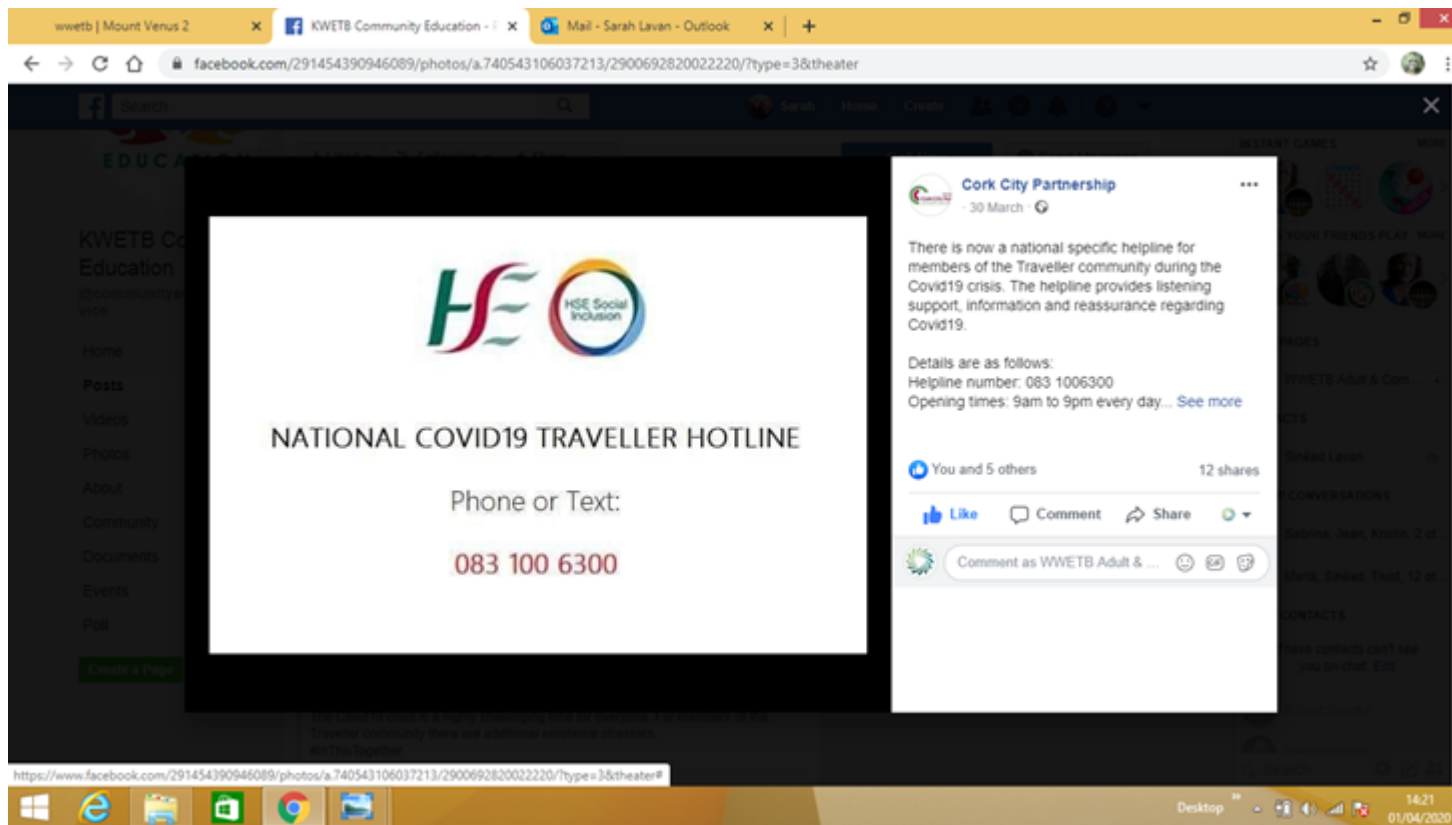
The HSE and Department of Health have produced an Easy Read version of the Public Information Guide on Covid 19 (Coronavirus).

The Easy Read version will help those who sometimes find content hard to read, understand or act on. Staff working with vulnerable groups such as some, people with an intellectual disability, members of the Travelling community, homeless people or asylum seekers can order copies and share them with your service users by whatever possible means.

[You can download or order copies here](#): Click on “Order Publications” and if you log in as a health professional you can order multiple copies. If you need any assistance with your order contact norma.deasy@hse.ie

[The Easy Read is also available to download here along with the original information guide which has been translated into many languages and is available as an audio guide.](#)

→ National Helpline for Travellers re: COVID-19



→Aine Herlihy, Clinical Psychologist

**Dealing with your worries:
A message from a health and social care professional in the South East,
as we strive to #StoptheSpread...**

Aine Herlihy is a Clinical Psychologist with South East Community Healthcare's South Tipperary Primary Care services, based in Clonmel.

As we are all worried at this time, it is helpful to break them up into real worries versus hypothetical ones. Aine shows how to create a "worry tree", listing your worries from the top. Then, you can decide which are actual worries – in the here and now. Consequently, you can put a plan in place in their respect. It is a way to release worries, whilst addressing other hypothetical ones and refocusing on the present.

See: <https://www.youtube.com/watch?v=UCtajcwRZ1I>

→**Claire Jones, Clinical Psychologist**

**The benefits of feeling safe:
A message from a health and social care professional in the South East,
as we strive to #StoptheSpread...**

Claire Jones is a Clinical Psychologist with South East Community Healthcare's Waterford Primary care services.

In this one minute clip, Claire points to research from other pandemics, showing that people will do better if they feel safe, feel connected and feel calm. Claire advises to follow the HSE guidelines, have access to support and maintain a good routine.

See: <https://www.youtube.com/watch?v=0WEFm7TKapo>

→ RE: SHIP Counselling (REFERRAL ONLY)

Dear colleague

I am writing to you in these challenging times to update you about the **Self Harm Intervention Programme (SHIP)** in the South East. We continue to accept referrals and we are now offering **telephone counselling** instead of face to face counselling. While we are continuing to accept postal referrals **all electronic referrals** using the SHIP referral form should be emailed to shipsech@hse.ie On receipt of the referral we write to the client inviting them to opt by ringing 051 359085. After opt in we make telephone contact with the client to arrange a telephone assessment and follow up telephone counselling.

Kind regards

Dr Gerard O'Neill

Director of Counselling

South East Community Healthcare

Lismore Park Primary Care Centre

223 Lismore Park

Waterford X91 VCP5

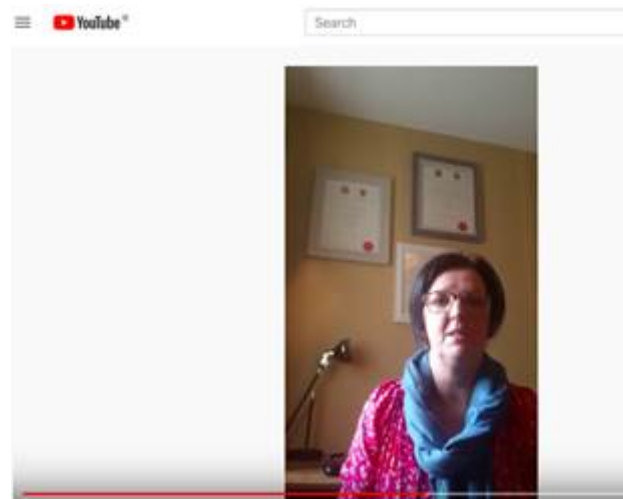
Tel : 051 359017

Email: gerard.oneill@hse.ie

→ **Tracy Nugent, Suicide Resource Office**

Share your problems. Stay in touch. Ask for help:

A message from a health and social care professional in the South East, as we strive to stop #StopTheSpread...



Tracy Nugent is Resource Officer for Suicide Prevention with South East Community Healthcare.

In this 75 second clip, Tracy's tip is to talk about #Covid19. Share your problems with others. Stay in touch with trusted friends and family during difficult times. Ask for help. See: <https://www.youtube.com/watch?v=CDpWvXpotS0>

Tracy reminds viewers that the Samaritans 24/7 listening service (on 116 123) and Pieta House's National Suicide Helpline (on 1800 247 247) can be contacted by phone and that www.YourMentalHealth.ie is also another resource to consult.

Barnardos National Parent Support Service

Response to Covid-19 Pandemic

Barnardos provides practical and emotional supports to children and parents in its 41 centres, in families' own homes, through the school environment, and within communities across Ireland. Last year we worked with over 20,000 children, young people and their families.

Given our expertise in providing a wide variety of supports to families and children, Barnardos have launched a national telephone and email support service for parents in response to the challenges they are facing during the Covid-19 pandemic. This service will be staffed by Barnardos project workers who are trained professionals in the areas family support and social care.

The government's response to Covid-19 has meant that normal routines and sources of support are currently unavailable to many families. Through our dedicated telephone and email support service Barnardos staff can provide support and advice to parents on the following issues:

- How to talk to your children about the corona virus
- Setting a good routine
- Managing children's behaviours and sibling dynamics
- Managing aggression and family discord
- Home schooling/managing school expectations.
- Fostering natural learning opportunities in the home
- Healthy eating
- Accessing fun and educational activities for families and individual children
- Managing your child's worries
- Self-care for parents
- Helping parents manage their own worries and anxieties
- Managing children's online activity

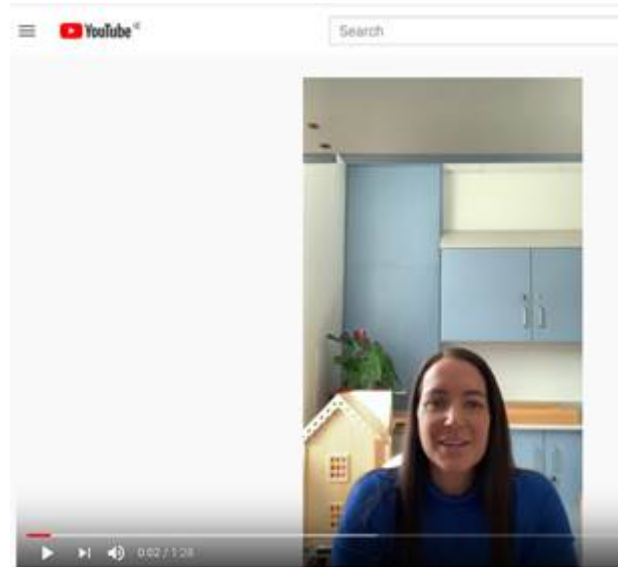
Barnardos also provides specialist services and support in relation to bereavement, adoption and fostering.

You can make contact with this service by phoning 1800 910 123 between 10.00am and 2.00pm Monday to Friday or by emailing parentsupport@barnardos.ie.

→ **Tara Audrey, Counselling Psychologist**

A quick, easy and practical way to ground oneself when feeling overwhelmed or stressed:

A message from a health and social care professional in the South East, as we strive to stop #StoptheSpread...



Tara Audrey is a Counselling Psychologist, working in South East Community Healthcare's Primary Care services in Wexford.

In this 80 second clip, Tara highlights a quick, easy and practical way to ground oneself when feeling overwhelmed or stressed.

The message is that it's worth taking a few minutes to be more so in the present for the remainder of your day:

<https://www.youtube.com/watch?v=H-IP95maNUo>

→**From Monaghan CYPSC re: Resources for Parents of Children with Special Needs**

Hi all,

A couple of useful sites I have come across

<http://www.autismni.org/> from Northern Ireland

and from the National Council Special Education <https://ncse.ie/online%20resources>

Kind Regards,

Collette

Collette Deeney

Children and Young People's Services Committee Co-ordinator

Monaghan Children and Young People's Services Committee

→ **Aware's Life Skills Online - Registration**

Hi there,

Aware's **Life Skills Online** programme is now open for registration. If you would like to take part in the programme, please click below.

These are challenging and uncertain times we are all facing and this programme may be a great source of help to somebody at this time, therefore we encourage you to please share the link as you see necessary.

[Register Now](#)

Based on the principles of cognitive behavioural therapy (CBT), the Life Skills programmes are designed to help participants learn more about how we think and how this can influence our actions in helpful or unhelpful ways.

Who is the programme aimed at?

The programme is aimed at individuals who are experiencing mild to moderate depression, stress and/or anxiety and would like to learn new ways to deal with life's challenges.

How many sessions are there?

Eight modules completed in your own time, over eight consecutive weeks. You will be able to review these sessions for up to 12 months afterwards.

Is this programme only for adults?

Yes, only individuals aged 18 years and over may take part in Aware's Life Skills programme.

Kind regards,

Leah



Support Line
1800 80 48 48

Support Mail
supportmail@aware.ie

Leah O'Brien
Education & Online
Services Coordinator

Office: 01 661 7211
Direct: 01 237 4917
leah.obrien@aware.ie

9 Leeson Street Upper, Dublin 4

→ **From Healthy Ireland**

From: Mary_Ryan@health.gov.ie <Mary_Ryan@health.gov.ie> **On Behalf Of** HINetwork@health.gov.ie

Sent: Tuesday 24 March 2020 15:07

To: HINetwork@health.gov.ie

Subject: Covid-19 Supports

Dear Healthy Ireland Network Member,

As part of the continued national response to the rapidly-shifting challenges of Coronavirus COVID-19, we firstly want to wish you good health and wellbeing. The Healthy Ireland team have been working over this time with the team in the Department of Health and the HSE to ensure the public health measures are getting out to everyone across the country.

Most of you will be aware that social distancing measures continue to be paramount and every citizen is being asked to take the necessary precautions. We are signposting you to the materials which have been developed to help get this message out.

Partner Pack

A digital partner pack has been created on the HSE's website and continues to be updated, it can be downloaded online at:

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

The digital partner pack contains:

- The most up to date posters on Coronavirus COVID-19 (please display and share these as widely as you can, and please replace any previous posters that you might have used with the updated version)
- Videos that you can share and display
- Leaflets, social media assets and more

Key Updates

Here are some important additions and updates for you:

- There is now a **video** on social distancing: <https://www.youtube.com/watch?v=I0-uuijhF4Q>
- **Translated resources** in 17 languages can be found at: <https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/>
- The HSE is currently utilising TV, radio and other forms of advertising for public health information on Coronavirus.
- Social distancing **graphics for premises floors** can be found here: <https://www.gov.ie/en/publication/472f64-covid-19-coronavirus-guidance-and-advice/#social-distancing-graphics>

- The Department of Rural and Community Development's plan can be found here: <https://www.gov.ie/en/publication/70be56-government-action-plan-for-community-response-to-covid-19/>

Next Updates Expected

Early next week, the digital partner pack is also expected to include a booklet on Coronavirus COVID-19. We will make this available in a number of formats with different audiences in mind.

We are also developing information and resources to support mental wellbeing and promote resilience during these challenging times. We will be sharing this with you when these are developed.

In the meantime, you can find up to date information at:

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

<https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/guidance/>

<https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>

Social Media Accounts:

If your organisation is not already doing so, please follow the following sources on twitter and re-tweet messages relating to COVID-19:

@HSELive

@hpscireland

@roinnsainte

@CMOireland

@HealthyIreland

Our collective efforts are critical, we need to do this together, as one community. We will be asking everyone to play their part, to help each other and we're here to help you. This phase requires a community effort, every citizen acting responsibly in order to protect our vulnerable and elderly members of society.

Thank you in advance for your support at this important time.

Healthy Ireland

→ **From HSE Resource Office for Suicide Prevention**

Update on Mental Health Communication related to Covid 19

Update on public messaging:

There is some great content on Minding your Mental Health during Coronavirus which was added to the main Covid-19 Information section on HSE.ie last Saturday. You can find it [here](#). The page covers topics such as;

- Advice on managing anxiety
- The importance of maintaining good routines
- Managing mental health during self-isolation
- The importance of social connection through social media
- Advice on how to manage mental health conditions such as OCD.

We are working with colleagues in HSE Mental Health to develop more content relevant to those that currently use our services as well as more wider public messaging and will continue to add more content to the page over the coming days. We are also working on a calendar of social media messaging for our ymh channels.

Update on services:

In light of current restrictions to face to face services we have a new page with details of online and phone supports that can be found [here](#). We will share details through our social channels and will continue to add/update as required.

Update for partners:

You are probably aware that the National Communications Division have also uploaded general Covid-19 materials in a variety of languages on to HSE.ie. You can find those [here](#). They also have a page with resources for partners including videos and other materials which you can view [here](#).

Update for staff:

Lastly I would just draw your attention to information for those working in the health service on the importance of minding your mental health. There is some great information on supports and resources for staff that you can find on the staff section of the HSSE website. <https://healthservice.hse.ie/staff/news/coronavirus-news/>

Tracy Nugent (Resource Officer for Suicide Prevention)

The Regional Suicide Resource Office,

Front Block, St. Patrick's Hospital,

John's Hill,

Waterford

Tel: 051 874013

Mobile: 087 9271041 Email: Tracy.Nugent@hse.ie

→ **From National Literacy Agency (NALA)**

Literacy Support

Free tuition over the phone for adults

The National Adult Literacy Agency has tutors on the phone that can help adults with:

- Reading, writing and spelling
- Filling in forms, for example for social welfare benefit
- Helping kids with homework
- Understanding health information
- Doing basic math
- Using technology

Call us on **Freephone 1800-20-20-65**, or **Text LEARN to 50050** and we will ring you back with more information and set you up with one of our friendly distance-learning tutors.

Our phone is answered Monday to Friday 9.30am-5pm and we will reply to all texts within two days.

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