



Identification of Need (ION)

Opening Doors for Children and Families

Directory of Support Services for Children and Families

Sligo / Leitrim / West Cavan

March 2013

Child and Family Support Services – Sligo, Leitrim & West Cavan

Introduction

This Directory of Support Services to Children and Families was primarily designed as a means of providing information to Chairs and participants of ION processes. It is aimed at making ION processes as inclusive and targeted as possible. As a resource, the directory will also be useful to anyone involved in the delivery of supports and services to families and indeed to families themselves.

For ease of use, the directory has been broken down into the five sectors around which ION is organised: Education, Community & Voluntary, HSE services, other Public Services and Crime Prevention. The colour coding of the document reflects these sectors. This Directory will be updated on an annual basis.

Many thanks to all the services included here for providing us with thorough and up to date information.

ION, March 2013

Education
Community & Voluntary
HSE
Other Public Services
Crime Prevention

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Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Alcohol & Substance Misuse Counselling Service, HSE West
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CONTACT PERSON	Patricia Garland
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PHONE No	071 91 43316
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POSTAL ADDRESS	Charter House, Market St., Sligo.
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AREA COVERED	Sligo, Leitrim, South Donegal & West Cavan
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COST INVOLVED	Free of charge
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REFERRAL PATHWAY	GP, Consultant Psychiatrist, Medical referral
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MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Counselling for people affected by alcohol and substance misuse

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Avalon Centre
CONTACT PERSON	Pamela Culkin
PHONE No	071 91 61836 sligoyouth@eircom.net
POSTAL ADDRESS	Chapel Street, Sligo.
AREA COVERED	Sligo Town
COST INVOLVED	See Below
REFERRAL PATHWAY	Varies: School, Social Worker or Parents contact Coordinator.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Where a child requires one-to-one support to enable their participation in centre programmes there would be a cost for employment of an assistant to work specifically with the child.

After School Homework Support Programme. Free of Charge

ION Free of Charge

Youth Club Supports €1 per night

Summer Camps €70 per week

Youth Activity Programmes e.g., Hip-Hop Dancing
Singing. Varies

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME **Ballymote Family Resource Centre**

CONTACT PERSON Claire Dineen

PHONE No 071 – 91 – 97818
ballymotefrc@gmail.com

POSTAL ADDRESS Wolfe Tone St., Ballymote, Sligo

AREA COVERED Ballymote and surrounding hinterland

COST INVOLVED SEE List below

REFERRAL PATHWAY

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

Family Access service to adults	FREE of charge
Summer Camp	Minimum Charge
Easter Camp	(Heavily subsidised)
Parent and Toddler Group	Donation
Youth Club	€2 per week
Childminding in the FRC whilst parents attend courses/programmes/ Counselling delivered in the FRC.	FREE of charge

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME Big Brother, Big Sister Programme (BBBS) - Foroige

CONTACT PERSON Louise Tuffy

PHONE No 071 – 91 - 46526

POSTAL ADDRESS Rockwood Parade, Sligo

AREA COVERED County Sligo

COST INVOLVED FREE of charge

REFERRAL PATHWAY BBBS Referral Form, open to self / agency referral

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- One-to-One professionally supported mentoring programme matches a young person (10-18 years) and an adult who will meet a minimum of 1 – 2 hours per week for 1 year

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Breffni Family Resource Centre
CONTACT PERSON	Helena Golden, Manager
PHONE No	071 – 9622566 helena@breffnifrc.com OR info@breffnifrc.com
WEBSITE	www.breffnifrc.com
POSTAL ADDRESS	Family Resource Centre, Breffni Crescent, Carrick-on-Shannon, Co. Leitrim,
AREA COVERED	Carrick-On-Shannon and surrounding areas
COST INVOLVED	Minimum charges apply / voluntary donations
REFERRAL PATHWAY	Self referrals / bookings taken

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Rainbows Programmes. Rainbows helps by providing a safe setting in which children and young people can share their feelings, emotions and struggles with others who have similar experiences. They are supported in this process by trained facilitators.
- Parenting Programmes
- Alternative Therapies for substance misusers (drop in groups and 1-to-one sessions)
- Youth Cafe with 8 different groups every week including 1st year group, 6th class group, drop in etc
- Mums & Babies Group every Thursday/ Monday at 11.00a.m.
- Saol Nua Social programme for people with disabilities.
- Various training and recreational courses for adults.
- Venue for Family Access Visits.
- Teen Between Counselling Service.
- Attention Deficit Disorder Support Group for Adults.
- Attention Deficit Disorder Support Group for Adults with affected children.
- Narcotics Anonymous Weekly.
- Suicide Counsellor GRASP
- Food Addicts Anonymous weekly.
- Breast Feeding Support Group monthly.
- Co Dependents Anonymous weekly.
- First Out North West Group for Women.
- Breffni Childcare: Baby Room in crèche Toddler/Wobbler Room in crèche.
- Afterschool Service Pre-Schools.
- Allotment Rental.
- Community Composting Facility.
- Job Group with internet access, cv prep, papers etc.
- Information Service
- Internet Cafe.
- Weight Management and Nutrition Weekly.
- Spiritual Meditation Group Weekly.
- Weekly Walkers Group.
- Annual Summer Camps.
- Halloween & Easter Camps.
- School Uniform Exchange.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Education Centre	Leitrim
CONTACT PERSON	Catherine Martin	
PHONE No	086 – 805 1355 / 071 – 96 - 20383 cmartin@carrickedcentre.ie	
POSTAL ADDRESS	Marymount, Carrick-on-Shannon, Co. Leitrim.	
AREA COVERED	Longford, Leitrim and most of Roscommon.	
COST INVOLVED	Not Applicable	
REFERRAL PATHWAY	Not Applicable	

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Professional development and support for Teachers, School Management, Special Needs Assistants, Parents, Board of Management and other relevant partners
- Develop projects and programmes as identified nationally, regionally or locally
- A resource and meeting centre for the local school community
- Engagement with other Education Centres, relevant bodies and organisations

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Education Centre, Sligo
CONTACT PERSON	Mary Hough
PHONE No	071 – 91 38700 maryhough@ecsligo.ie
POSTAL ADDRESS	Sligo Education Centre, IT Campus, Ballinode, Sligo.
AREA COVERED	Sligo Town and county, all primary and post primary schools.
COST INVOLVED	Please consult the Centre for details of charges and costs for courses, room hire or other services www.ecsligo.ie or email info@ecsligo.ie
REFERRAL PATHWAY	Participants from our target groups self select to attend

MAIN ACTIVITIES/SERVICES FOR CHILDREN AND FAMILIES

- Provide continuing professional development and support for Teachers, School Management, Special Needs Assistants, Parents, Boards of Management and other relevant partners
- Develop and deliver projects and programmes to meet the national, regional and local school community needs e.g. In- service in Project Maths for all post primary teachers, Literacy and Numeracy initiatives to support teachers and parents, SNA courses, courses on Special Needs, Bullying and Cyber Bullying,
- We provide ongoing support to teachers and parents of infant children in *Aistear The Early Childhood Curriculum Framework*
- We provide training in Incredible Years to both teachers and parents
- We provide ongoing support and training to school communities on Child Protection
- We are a resource and meeting centre for the local school community
- We engage with other Education Centres, relevant bodies and organisations and offer support to any educational initiative locally

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	County Childcare Committee - Leitrim
CONTACT PERSON	Aedamar Keenan
PHONE No	071 – 96 – 40870 info@leitrimchildcare.ie
POSTAL ADDRESS	Laird House, Church Street, Drumshanbo, Co. Leitrim.
AREA COVERED	County Leitrim
COST INVOLVED	No cost for general services (Optional contribution for training to cover costs)
REFERRAL PATHWAY	By phone / or through Aedamar Keenan

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

Leitrim County Childcare Committee's key priorities for 2013 are:

- 1) On-going/ core work:**
Supporting the delivery of the three national programmes (ECCE, CETS, CCS).
Supporting the sustainability throughout the sector.
Supporting childcare providers.
- 2) Quality**
Síolta – the National Quality Framework for Early Childhood Education
Aistear – the Early Childhood Curriculum Framework
Pre-quality supports Managing challenging behaviour
- 3) Child Protection:**
Child Protection Early Years Committee Rollout of Children First Training
- 4) Literacy and Numeracy:**
Supporting the implementation of the National Strategy to improve Literacy and Numeracy Workshop supporting Literacy and Numeracy

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	County Childcare Committee - Sligo
CONTACT PERSON	Sharon Boles, Manager.
PHONE No	071 – 91 - 48860 sligochildcare@gmail.com
POSTAL ADDRESS	Kempton House, Kempton Parade, Sligo
AREA COVERED	County Sligo
COST INVOLVED	No cost attached to general services (cost may apply to training and development programmes)
REFERRAL PATHWAY	Universal service provision Referral agency for information

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- 1) **On-going/ core work:**
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Supporting childcare providers.
- 2) **Quality**
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- 3) **Child Protection:**
Child Protection Early Years Committee Rollout of Children First Training
- 4) **Literacy and Numeracy:**
Supporting the implementation of the National Strategy to improve Literacy and Numeracy Workshop supporting Literacy and Numeracy

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME Child & Family Mental Health Service – (CAMHS), HSE

CONTACT PERSON Bernadine Hanratty

PHONE No 071 – 91 - 74775

POSTAL ADDRESS Molloway House, The Mall, Sligo.

AREA COVERED County Sligo, County Leitrim and West Cavan

COST INVOLVED FREE of charge

REFERRAL PATHWAY In writing

The service accepts referrals of children and adolescents under the age of 18 from family doctors, Health Service Doctors, Psychologists, Social Workers, Speech Therapists and other Health Service Professionals.

We cannot accept referrals directly from clients or from schools, but are always glad to deal with enquiries from any member of the public who wishes to contact us at either of the telephone numbers provided.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

The Service includes, but is not limited to:

- Emotional and Behavioural Disorders in childhood and adolescence.
- Difficulties resulting from abuse and other traumas.
- Eating Disorders.
- Developmental disorders e.g., ADHD.
- Psychiatric conditions in childhood and adolescence e.g., depression, phobias.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Health Promotion Office for Primary Care
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NAME: HSE Health Promotion Department Sligo

CONTACT PERSON Liz Martin

PHONE NUMBER: (071)91 35915 or (071)91 35061

POSTAL ADDRESS: Health Promotion Dept
JFK House, JFK Parade, Sligo

AREA COVERED: Sligo/Leitrim/West Cavan/South Donegal

COST INVOLVED: Usually free

REFERRAL PATHWAY: Self referral. Just contact the Breastfeeding Leader listed below

MAIN ACTIVITIES/SERVICE FOR CHILDREN AND FAMILIES

Schedule of Breastfeeding Meetings for expectant and breastfeeding mothers in Sligo, Leitrim and South Donegal which are led by mothers or by Public

Health Nurses

<u>Frequency/Time</u>	<u>Venue</u>	<u>Contact</u>
<u>Monday</u>		
2nd Monday monthly 10 am – 12 noon	La Leche League Sligo Sligo Family Resource Centre The Mall, Sligo	Catherine (071)9112056
Every Monday 10.30 am – 12 noon	Tots & Co Lissadel Church Hall Lissadell, Co Sligo	Una (087)7930075
Last Mon monthly 11 am – 12 noon	Carrick on Shannon Breastfeeding Group Breffni Family Resource Centre Breffni Crescent, Carrick on Shannon Co Leitrim	Family Resource Centre (071)9622566
1st Mon monthly 10 am – 11 am If 1 st Mon is a BH	Mother to Mother Support Tubbercurry Family Resource Centre Tubbercurry Co Sligo	Mary Kilroy (071)9186926

Then meeting is on 2nd Monday

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Health Promotion Office for Primary Care	
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<u>Frequency/Time</u>	<u>Venue</u>	<u>Contact</u>
<u>Tuesday:</u>		
Every Tuesday 11.30am – 12.3 pm	Ballinamore Breastfeeding Meeting Trathnona, Ballinamore Co Leitrim	Public Health Nurse (071)96 44355 or (071) 9644040
1st Tuesday monthly 11.30 am – 12.30 pm	Riverstown Breastfeeding Meeting Riverstown Health Centre Riverstown, Co Sligo	Public Health Nurse (071)91 65802
1st Tuesday monthly 10.30 am – 11.30 am	Best for Baby Saimer Childcare The Rock, Ballyshannon Co Donegal	Public Health Nurse (071)9822128 or (071)9822126
1st & 3rd Tues monthly 11am – 12 30 pm	Killybegs Clara House, Roshine Rd, Killybegs. Co Donegal	Public Health Nurse (074)9731694
<u>Wednesday:</u>		
4th Wed Coffee morning 10.30am – 12 noon	Park Alley (beside Mothercare) Cleveragh Park, Sligo	Ali (087)947 6763
2nd Wed monthly 8.30pm	La Leche League Clinic Room 3, Donegal Comm Hosp Ballybofey Rd, Donegal Town	Yvonne (071)9829989 Frances (074)9734286

Please note: Meeting times are subject to change, especially around holiday season. Please phone ahead to confirm time and venue.

BREASTFEEDING PREPARATION CLASS for expectant mothers delivered in Sligo by two HSE Breastfeeding Specialists. Partners welcome. No admission fee. Booking required. Contact Clare in Health Promotion on (071)9135075 for further details and to book your place.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	C hildren & Families Social Work Service - HSE
CONTACT PERSON	Maeve Maher, Team Leader
PHONE No	071 – 91 – 55133 maeve.maher@hse.ie
POSTAL ADDRESS	Social Work Service, Markievicz Hse, Barrack St. Sligo.
AREA COVERED	County Sligo – Central and West Sligo Town – Cranmore, Garavogue Villas, Globe House
COST INVOLVED	Statutory service provided to children and their families FREE of charge.
REFERRAL PATHWAY	Anyone can refer members of public, family members other statutory services, voluntary / community based services etc.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Child Welfare
- Child Protection
- Children in Care

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	COSC Service, HSE
CONTACT PERSON	Jon Stack
PHONE No	074 – 97 - 25386 jon.stack@hse.ie
POSTAL ADDRESS	COSC Service, Health Service Executive, Apartment 4, Cruagorm House, Main St., Donegal Town, Donegal.
AREA COVERED	County Donegal, Sligo, Leitrim. (Clinics in Sligo Town & Donegal Town)
COST INVOLVED	N/A
REFERRAL PATHWAY	N/A

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Assessment and treatment for adults who have sexually harmed children (convicted / non-convicted, contact / non-contact offences including accessing abuse images of children).
- Treatment for those at risk of harming children.
- Support for adult partners / family members of referred person.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME **Counsellors for Special Needs, HSE**

Contact Person:	Geraldine Cosgrove, Manager
Phone No:	071- 91 44474 087 7993038
Email:	geraldine.cosgrove@hse.ie
Postal Address:	17 Mail Coach Road, Sligo
Area Covered:	Sligo / Leitrim / West Cavan
Cost Involved:	Free of charge
Referral Pathway:	Open referral by service referral form for children 0-18 yrs with an assessed Intellectual or Physical & Sensory Disability.

Main Activities / service for children and families:

- Practical and emotional support to families
- Information on disability
- Information on benefits and allowances
- Guidance on developmental intervention that supports individuals' needs
- Joint working with relevant professionals in Early Intervention and Multi Disciplinary teams
- Co-ordinator of Multi Disciplinary Team Reviews
- Guidance and support at transition periods and key stages of development
- Support groups such as:
 - Parent & Toddler Support Group
 - Sibling Support Group
 - Social and recreational Saturday clubs

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Cranmore Community Co-Operative
CONTACT PERSON	Helen O’Hara and Nora Haugh
PHONE No	071 – 91 49951 OR 087 – 972 8717
POSTAL ADDRESS	Cranmore Community Coop, 11, Cranmore Drive, Sligo.
AREA COVERED	Cranmore estate and surrounding area i.e., Garavogue.
COST INVOLVED	FREE of charge and see *** below
REFERRAL PATHWAY	Varies <ul style="list-style-type: none">▪ Through GP▪ Self referral.▪ Agencies operating on estate

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Provide counselling service to adults. Drugs Task Force Outreach Worker.
- Operate a youth drop-in service Monday, Tuesday & Wednesday.
 - Monday 7.00 – 9.00pm aged 14 – 17 years
 - Tuesday 7.00 – 8.30pm ages 8 – 11 years.
 - Wednesday 7.00 – 9.00pm ages 11 – 15 years.
- Provide information up-date on a daily basis on website www.cranmore.ie re activities and up-dates on Regeneration.

*** Organise and supervise various programmes for adults and youth e.g., Computer classes, Dancing, Keep-Fit, Photography

Cost of above: All programmes are run at a nominal cost (e.g €2) to afford residents the opportunity to engage in activities.

*** Produce a monthly newsletter

Cost of above: 450 Newsletters produced @ a cost of €70 for printing.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	The C.R.I.B, Foroige
CONTACT PERSON	Sinead Ward Karina Herlihy
PHONE No	071 – 91 - 46526 crib@foroige.ie
POSTAL ADDRESS	C.R.I.B., Rockwood Parade, Sligo.
AREA COVERED	Sligo Town (if young people are referred from other areas we can work with them.... they need to come to us).
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	C.R.I.B. Referral - form completed with parent / young person's consent. Self / parent / agency referrals accepted.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Assists and supports young people aged 12-18 years through Group Work and One-to-One work to develop knowledge, skills and explore attitudes on a range of issues and topics.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME Domestic Violence Advocacy Service, Sligo, Leitrim and West Cavan

CONTACT PERSON	Niamh Wilson
PHONE NO	071 91 - 41515
WEBSITE ADDRESS	www.domesticviolence.ie
POSTAL ADDRESS	4, Chapel St., Sligo
AREA COVERED	Sligo, Leitrim and West Cavan
COST INVOLVED	None
REFERRAL PATHWAY	Self-referral only Practitioners from other agencies are encouraged to support women to make contact themselves 3 rd party referral will be accepted where a woman has a hearing impairment or does not have English as a first language and cannot make the first contact herself

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

DVAS provide a range of services to women who are experiencing domestic violence and abuse from intimate partners and other adult family members. The core purpose of our service is to support women to access safety for themselves and their children. DVAS have a helpline and also provide support, information and advocacy through a one to one support service in our centres in Sligo Town and Carrick on Shannon. We also provide this one to one service on outreach if necessary. DVAS provide a court accompaniment service and advocacy with and on behalf of women with state agencies institutions. Safe crisis accommodation is currently being established and should be open to service users in April 2013.

DVAS respond to other forms of gender based violence through working in partnership with other agencies who have expertise in these areas and in providing a supported referral pathway to these agencies.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Drug & Alcohol Education and Prevention Project - Foróige Leitrim
CONTACT PERSON	Grainne Duignan
PHONE No	086 – 170 2340 grainne.duignan@foroige.ie
POSTAL ADDRESS	Hilddrum House, Leitrim Road, Carrick-on-Shannon, Co. Leitrim.
AREA COVERED	County Leitrim
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	Project Referral Form completed with consent of young people and parents.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Substance Use Education and Prevention Programme – on a Group or One-to-One basis in an outreach capacity.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Drug & Alcohol Education and Prevention Project - Foróige Sligo
CONTACT PERSON	Collette Gallagher
PHONE No	086 – 231 6303 colette.gallagher@foroige.ie
POSTAL ADDRESS	Conlon House, Humbert Street, Tubbercurry, Co. Sligo.
AREA COVERED	County Sligo.
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	Project Referral Form completed with consent of young people and parents.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Substance Use Education and Prevention Programme – on a Group or One-to-One basis in an outreach capacity.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Family Welfare Conference Service, HSE
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CONTACT PERSON: Kathryn Collins, FWC Coordinator
Kathryn.collins@hse.ie

PHONE No.: 071- 91 86302 087 – 968 2053

POSTAL ADDRESS: Teach Laighne, Humbert St., Tubbercurry, Co. Sligo

AREA COVERED: Sligo / Leitrim / West Cavan

COST INVOLVED: N/A

REFERRAL PATHWAY: Referrals to the Family Welfare Conference (FWC) Service are predominantly from the HSE Social Work Service. However, referrals are accepted from other sources including Psychology, CAMHS, PHNs, GPs, Schools, Courts, Addiction Services, Community/SLA Projects etc.

Hours of Operation: Mon-Fri 9.00 – 5.00
(Out-of-hours service available if required)

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

A Family Welfare Conference (FWC) is a structured, family led, decision making meeting, where as wide a range of family members as possible come together to formulate a safe family plan in the best interests of the child. Essentially it is a method of family intervention that enables families to provide their own solutions to the difficulties they face.

- The conference is arranged and convened by the FWC coordinator for the family's area and facilitates the involvement of the child, the family network and professionals in the whole FWC process.
- The role of the referrer at the conference is to provide information and offer consultation to family members rather than to influence or make decisions.
- The family will have private time during the FWC, without the professionals being present, to develop and agree their plan for the safe care, protection or welfare of the child.
- Their plan should be accepted, supported and resourced where possible. The only reason for rejecting the family plan is if it places the child at risk of significant harm, or if there are resource issues in the plan that cannot be met by the Agency.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Foroige Clubs
CONTACT PERSON	Cara Currid, Foroige, Regional Youth Officer, Co. Sligo The CRIB, Rockwood Parade, Sligo Trina Curneen, Foroige, Regional Youth Officer, Co. Leitrim No. 6, Tírchonail Street, Donegal Town, Co. Donegal
PHONE No	086 – 022 7986 Cara 088 – 0493199 Trina cara.currid@foroige.ie trina.curneen@foroige.ie
AREA COVERED	County Sligo County Leitrim
COST INVOLVED	FREE to join and clubs negotiate locally contribution by young people
REFERRAL PATHWAY	Talk to Cara / Trina for location of Club.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Recruits, Trains and Supports Volunteers to operate Foroige or Volunteer led clubs / groups in local communities.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Foróige - (Sligo / Leitrim)
CONTACT PERSON	Ann Marie Regan Foróige Project Leader
PHONE No	086 – 908 7141 Annemarie.regan@foroige.ie
POSTAL ADDRESS	C.R.I.B., Rockwood Parade, Sligo.
AREA COVERED	Sligo / Leitrim
COST INVOLVED	Varies
REFERRAL PATHWAY	Varies

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

Varies

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Foroige South Leitrim Neighbourhood Youth Project (NYP)
CONTACT PERSON	Sarah Haddow Denise Casey
PHONE No	071 – 96 - 20555 Southleitrimnyp@foroige.ie
POSTAL ADDRESS	Hilddrum House, Leitrim Road, Carrick-on-Shannon, Co. Leitrim.
AREA COVERED	Outreach work in the South Leitrim Area including Drumshanbo, Carrigallen, Carrick-on-Shannon, Ballinamore and Mohill and surrounding rural areas
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	NYP Referral Form completed with parent / young person’s consent. Self / parent / agency referrals accepted.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Assists and supports young people aged 10 – 18 years through Group work and One-to-One work to develop knowledge, skills and explore attitudes on a range of issues and topics.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME Home Youth Liaison Service

CONTACT PERSON	Mick Hedigan
PHONE No	071 – 91 - 50891 homeyouthliaisonservice@gmail.com
POSTAL ADDRESS	13, Mailcoach Road, Sligo.
AREA COVERED	Sligo Town/ County Sligo / North Leitrim
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	Contact Manager or relevant HYL Officer

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- One to one support in Primary and Post Primary Schools
- In School programmes.
- Residential Weekends, Summer Breaks.
- Facilitate out of school education.
- Out of hour Youth Support for Social work

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Leaving & Aftercare Service - HSE
CONTACT PERSON	Sharon Morrison, Acting Manager
PHONE No	071 – 91 38294 sharon.morrison@hse.ie
POSTAL ADDRESS	Markievicz House, Barrack Street, Sligo
AREA COVERED	Sligo / Leitrim / W Cavan
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	Through young persons' named social worker via referral from to Service Manager.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Support service to care leavers aged 16 – 23.
- Financial support post 18 towards training/education.
- Aftercare support in wide area of independent living skills, entitlements etc.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Lifestart, Leitrim
CONTACT PERSON	Catherine Meehan
PHONE No	071 – 98 - 56660 leitrimlifestart@eircom.net
POSTAL ADDRESS	C/o Glens Centre, Manorhamilton, Co. Leitrim.
AREA COVERED	County Leitrim / West Cavan
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	PHNs Social Work, other professionals

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Parenting support on child development (Growing child programme / sessional interventions / Spirals Programme for young parents)
- First time parents (children aged 0-3yrs)
- Families with additional support needs (children 0-5)

Child and Family Support Services – Sligo, Leitrim & West Cavan

Name	Sligo Family Support Ltd. (Lifestart Sligo)
Contact Person	Trish Mc Laughlin
Phone No.	071-9146034/9138507
Email	lifestartsligo@eircom.net
Website	www.sligofamilysupport.com
Postal Address	The Lifestart Building, Pearse Road, Sligo
Area covered	County Sligo
Cost Involved	Free of charge
Referral Pathway	PHN/Social Work/Other professionals/Self

MAIN ACTIVITIES/SERVICES FOR CHILDREN AND FAMILIES

- Delivery of the Growing Child Programme (0-5years) – Age appropriate, monthly, home based programme to support parents in their role as primary educators.
- Childcare facilities 0-6years– Full day care, sessional, after-school and pre- school.
- Parent and Toddler Groups – Every Tuesday in the Avalon Centre 10.30am-12pm. Every Wednesday in St. Edward’s National School – 10.30 – 12pm.
- The Toy Box Project – Home based weekly support to Traveller parents and their pre-school children who are not currently accessing pre-school services.
- Training for parents – as requested.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Linkage Service
CONTACT PERSON	Tim Rogers Training & Probation Officer
PHONE No	086 – 048 1991 trogers@iaso.ie
POSTAL ADDRESS	Probation Services, Government Buildings, Cranmore, Co. Sligo.
AREA COVERED	Sligo / Mayo / All Roscommon / Partial Galway
COST INVOLVED	FREE of Charge
REFERRAL PATHWAY	Strictly through Probation Service

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Guidance related to training, education and employment
- Goal setting and planning
- Psychometric assessment
- Advocacy

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Mohill Family Support Centre
CONTACT PERSON	Tina McLoughlin, Co-Ordinator
PHONE No	071 – 96 – 31253 (Personal Mobile 086 – 384 2408) mfsc@eircom.net
WEBSITE ADDRESS	www.mohillfamilysupportcentre.com
POSTAL ADDRESS	Canon Donohoe Hall, Upper Main Street, Mohill, Co. Leitrim.
AREA COVERED	Mohill and surrounding area
COST INVOLVED	Counselling and Art Therapy – fees negotiable The Rainbows programme is free. Parents and Toddler - €2 donation per session Youth Club - €20 Foroige affiliation fee and €2 per night thereafter Youth cafe - €10 affiliation fee and €2 per night thereafter Room Rental – from €10 per hour
REFERRAL PATHWAY	Personal callers to our centre and phone calls, both from the general public and from health care professionals.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- We provide a counselling service, mainly to adults. Some teens also attend.
- Art therapy – this is popular with children, but may also suit adults.
- We run a Rainbows programme in Mohill, which began in November 2012.
- Parent and Toddler Groups in Mohill and Ballinamore.
- Youth club and youth cafe in Mohill.
- We rent rooms to the Neighbourhood Youth Project and for family conferencing.
- Two of our staff are trained in Strengthening Families.
- Our Outreach development worker visits the Trathona Centre in Ballinamore on Wednesdays and the Health Centre in Carrigallen on Tuesdays, and can meet clients there.
- Personal Enhancement Programme for 12 weeks, one morning per week.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	National Educational Psychological Service (Dept. of Education and Skills)
CONTACT PERSON	Alan Gregory Senior Psychologist
PHONE No	071 – 91 – 41322
POSTAL ADDRESS	Unit 3-6, Bulleah Building, Finisklin, Sligo.
AREA COVERED	Sligo / Leitrim
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	Via school

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Psychological service to schools
- Assessment and consultancy

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	North Connaught Youth Services—Leitrim
CONTACT PERSON	Mary Taylor
PHONE No	071 - 96 - 41721 leitrimyouth@eircom.net marytaylor.ncycs@gmail.com
POSTAL ADDRESS	Hill Road, Drumshambo, Co. Leitrim.
AREA COVERED	All of county Leitrim
COST INVOLVED	No charge for Teen Between. Minimum charge in Clubs etc no more than €2 max per session.
REFERRAL PATHWAY	North Connaught Youth Service – Leitrim Project

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Group work and one to one work with young people aged 10 – 18 years throughout Leitrim through clubs, cafes and projects
- Teen Between support service
- Specific projects in Base Cafe Drumshambo, also Drop-In support and training to volunteers
- Issue based workshops with young people in communities and schools

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	North Connaught Youth Services – Sligo, Leitrim & North Mayo
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CONTACT PERSON	Pat Ford Caroline Costello, Co-ordinator
PHONE No	071 – 91 44150 087 – 256 3547 youthservices@eircom.net
POSTAL ADDRESS	Rockwood Parade, Sligo.
AREA COVERED	Sligo, Leitrim & North Mayo.
COST INVOLVED	Teen Between, Youth Information and Garda Youth Diversion Projects – Free of Charge. Please enquire with NCYCS Headquarters for information as some additional charges vary. Clubs negotiate locally the contribution by young people.
REFERRAL PATHWAY	Drop-In/phone Contact Catherine McCann, Co-Ordinator of Youth Information Service and Teen Between Support Contact Caroline Costello, Co-Ordinator of YAPS – Garda Youth Diversion Project Contact Pat Christi, Co-Ordinator of YAB – Garda Youth Diversion Project Contact James Applegate, Co-Ordinator of YAC – Garda Youth Diversion Project Contact Paul Maguire, Club Development Officer Contact Mary Taylor, Co-Ordinator of Leitrim Youth Project Contact Fiona Taylor, Re: Comhairle na Nog Leitrim Contact Michelle Gallagher, Re: North Mayo Youth Project

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Youth Information Service
- Youth Work through clubs, cafes and projects
- Youth Club Development
- Teen Between Support Service
- Garda Youth Diversion Projects
- Secretarial Services
- Youth Exchange
- Child Protection Training
- Youth Club Volunteer Training
- In School Programmes such as, Life Choice, Cyber Safety, Babysitting Programme etc.
- Student Travel Cards
- Leitrim Comhairle na Nóg

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME Northside Sligo Community Partnership Ltd., - Sligo

CONTACT PERSON Ann Donegan, Coordinator

PHONE No 071 – 91 47097
sligonorthside@hotmail.com

POSTAL ADDRESS Northside CDP, Resource Centre, Forthill, Sligo.

AREA COVERED Sligo North Ward

COST INVOLVED See List below

REFERRAL PATHWAY Parents Schools, GPs, other agencies,
direct targeting, VEC, SLPC.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Childcare As per fee paying policy
- Pre-School & Afterschool Youth Clubs and Summer Camps Minimum Charge
- Substance Misuse Project Women’s Training and Development No Charge
- Community Steps Training Programme No Charge

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Speech and Language Therapy - HSE
CONTACT PERSON	Marian Gillespie, Principal
PHONE No	087 – 660 7743 Marian.gillespie@hse.ie
POSTAL ADDRESS	Speech & Language Therapy Service, Markievicz House, Sligo.
AREA COVERED	Sligo / Sligo Town / Leitrim / W Cavan / Tubbercurry / Ballymote / Enniscrone / Easkey / Cliffoney / Manorhamilton / Dromahair / Kinlough / Carrick-on-Shannon / Mohill / Ballinamore.
COST INVOLVED	SLT is a FREE Service
REFERRAL PATHWAY	Open referral system for children Adults with voice and / or swallowing problem require a medical referral

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Assess and manage speech, language, voice, fluency and swallowing problems of children and adults in the community.
- Liaise with other team members and teachers.
- Organise and run parent and staff training groups.
- Provide information about speech and language development and disorders.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Psychology, HSE
CONTACT PERSON	Mark O’Callaghan
PHONE No	071 – 91 - 55132 Mark.ocallaghan@hse.ie
POSTAL ADDRESS	Markievicz House, Barrack Street, Sligo.
AREA COVERED	Sligo / Leitrim / W Cavan
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	In writing to Head of Service

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Psychology service to all ages

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Public Health Nursing, HSE
CONTACT PERSON	Dympna McNulty
PHONE No	071 – 91 55126
POSTAL ADDRESS	Markievicz House, Barrack Street, Sligo.
AREA COVERED	Sligo / Leitrim / West Cavan
COST INVOLVED	Free of Charge
REFERRAL PATHWAY	All post-natal mothers and babies are notified to the area Public Health Nurse on the Birth Notification System GPs Self Referral

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Public Health Nurses provide care and support to mothers and babies in their own homes and also in health centre clinics
- Ante Natal Care
- Post Natal Care
- Birth Notification Visits
- Newborn Screening for Metabolic Disorders
- Parenting Advice/Education
- Health & Development Checks of pre-school children
- 4 School Public Health Nurses provide a health screening service in schools and are involved in immunisation programmes for school children

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Rape Crisis and Sexual Abuse Counselling Centre Sligo, Leitrim and West Cavan
CONTACT PERSON	Tina Horton, Co-Ordinator Gilla Cornelius
PHONE No	Free Phone No: 1800 750 780 071 – 91 – 71188 info@srcc.ie
WEB ADDRESS	www.sligorapecrisiscentre.ie
POSTAL ADDRESS	42, Castle Street, Sligo.
AREA COVERED	Sligo town and outreach service in Carrick-on-Shannon Open to counties Sligo, Leitrim and West Cavan.
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	Self or through friends/family or professional supporter such as GP, Gardai etc.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

Providing the following services to survivors of sexual violence, their family and friends and the wider community:

- One-to-One counselling and support and advocacy for female and male survivors and supporters of survivors of all forms of sexual violence
- Free and Confidential Helpline
- Crisis Counselling
- Outreach counselling
- Support, advocacy and information for survivors, in particular around legal issues.
- Relationship counselling
- Survivors support group
- Counselling, support and information for supporters of survivors
- Hospital, Court, GP, Garda accompaniment
- Education, training and awareness-raising
- Lobbying and influencing policy on relevant issues through the Rape Crisis Network Ireland
- Networking, experience and information sharing with other relevant

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Sligo – School Completion Programme
CONTACT PERSON	Mary McHugh
PHONE No	071 – 91 – 54587 scscp@eircom.net
POSTAL ADDRESS	Summerhill College, College Road, Sligo.
AREA COVERED	Sligo town, Ballymote, Ballyshannon.
COST INVOLVED	N/A
REFERRAL PATHWAY	School. Social Work. Other Agencies e.g., HYLS, HSCL.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Support for young people at risk of early school leaving

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	SLIGO FAMILY RESOURCE CENTRE
CONTACT PERSON	Elizabeth King / Catherine McGlinchey
PHONE No	071 -91 46315 Co-Ordinatorsligofrc@gmail.com
POSTAL ADDRESS	49, The Mall, Sligo
AREA COVERED	Sligo Town and surrounding areas, Sligo / Leitrim.
COST INVOLVED	Varies / See list below
REFERRAL PATHWAY	Self, Word of Mouth, PHNs, SWs, other agencies. Solicitors , Courts. Diversity Sligo, Globe House Staff = Asylum Seekers/Refugees.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Drop-in Creche: Subvention to parents in receipt of social welfare payments
BAND A (2hours and 3.5 hours) €2.86 and €5.50.
BAND B (2hours and 3.5 hours) 44.19 and €8.37.
FULL PRICE (2hours and 3.5 hours) €5.89 and €11.77.
- Home support project (for families within Hardiker Level 1 and 2) Free
- Family support project (for all families Hardiker Level 1-4) Free
directly in the families own town
- Access visits for separated families Free

Sligo Town and Caltragh Crescent & surrounding areas:

Parent and Toddler Drama Groups	€4.00/family/session
Workshops for Fathers and Children	€2.00/family/session
Parent and Toddler Arts & Crafts Groups	€20 = 6 sessions
Adoptive parents and families support group	Free
Birth parents support group	Free
Knitting/Crochet/Sewing Group	Contribution
Family Room	Free
Support women/families in Globe House through various programmes	Free
Parenting programmes/Seminars/information sessions	Varies
Support with integration for asylum seekers and refugees	Free
Co-ordinating volunteers to mentor asylum seekers living in Globe House	Free
Support to adults with learning disabilities living in the community	Free
Summer-camps for children aged 4-6 years (July)	€20 Week
Walking Group (Monday mornings)	Free
Room rentals to groups addressing substance abuse (Monday and Tuesday nights)	Donation
Adult programmes including parenting programmes, budgeting, exercise programme for mothers who recently had babies.	Depends on Funding

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Sligo Leader Partnership Company (Youth & Education)
CONTACT PERSON	Geri Bruce, Education Co-ordinator
PHONE No	071 – 91 - 41138 gbruce@sligoleader.com
POSTAL ADDRESS	Sligo Development Centre, Cleveragh Road, Sligo
AREA COVERED	Sligo Town and County
COST INVOLVED	N/A
REFERRAL PATHWAY	N/A

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Delivery of the Local Community Development Programme – LCDP, also other programmes – Rural Transport, Leader, Jobs, Clubs etc.
- Within the LCDP development of supports for young people with disabilities – including mental health-community based-new SEED project to start Jan 2013 for people with disabilities 16+ personal progression plans and accessing mainstream services. Youth development programmes in music/music technology, parent support programmes – Incredible Years Programme – behaviour management, working with Carers Association / support for parents with disabled children / young people.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Sligo LEADER Partnership Co. Ltd., (Community Development)
CONTACT PERSON	Camilla Smyth
PHONE No	071 – 91 – 41138 csmyth@sligoleader.com
POSTAL ADDRESS	Sligo Development Centre, Cleveragh Road, Sligo.
AREA COVERED	Sligo town and county
COST INVOLVED	Supports are largely free of charge in designated areas of disadvantage Minimal cost for supports which take place in community settings.
REFERRAL PATHWAY	Collaborative / Interagency Working Groups identify and refer needs and the SLPC LCDP programme design and deliver direct support within this overall interagency strategy.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- LCDP Programme: Broad based community development support to individuals, groups and communities experiencing acute disadvantage in Sligo Town and County.
- Pre-development support to Youth Groups.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Sligo Social Services
CONTACT PERSON	Sinead Crowley, Team Leader
PHONE No	071 – 91 – 45682 sinead@sligosocial services.ie
POSTAL ADDRESS	Sligo Social Services, Charles Street, Sligo
AREA COVERED	Mainly Sligo Town and surrounding areas. Services may be accessed by those living outside of Sligo if they can come to Sligo. Limited availability of the ABC Family Support Service outside of Sligo Town.

COST INVOLVED

- One to One social work counselling & support, duty social work service, Home Management Service, ABC Family Support Service and Helping Hands are all **free of charge**.
- Weekly fees apply to pre-schools (except for children availing of a free ECCE place) and afterschool project.
- Fee for participating in the Women Awake Groupwork Programme is €50 and payment is discretionary depending on ability to pay.

REFERRAL PATHWAY

- Access One to One social work support is through the duty social work service.
- Access to pre-school & afterschool projects is through their prospect supervisors.
- ABC Family Support Service is by Referral to Team Leader.
- Women Awake and Helping Hands accessed through social work department.
- Home Management advisor accessed directly or through duty social work service.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- One to One social work counselling and support for people experiencing relationship difficulties
- Walk in open access social work duty service
- Women Awake Groupwork programme for women who have experienced domestic abuse.
- Helping Hands for Children Programme to support children in development self esteem and protective strategies
- 2 Pre-schools in Sligo Town
- After school project in Sligo Town
- Home Management Advisory Service to support people to manage on a low income
- ABC Family Support Service for parents and children up to **10 years** who are experiencing difficulties (eg behaviour, communication, routines, parenting issues) this service is delivered to families **in their own homes**

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Sligo SPRINGBOARD Resource House Project
CONTACT PERSON	Paula Gorman (Manager) or Project Staff via administration
PHONE No	071 – 91 – 47070 / 91 - 47990 resourcehouseproject@eircom.net
POSTAL ADDRESS	Resource House Springboard, 2, Racecourse View, Sligo.
AREA COVERED	Sligo Town and surrounding areas. Also specific work in county.
COST INVOLVED	See details below
REFERRAL PATHWAY	See details below

MAIN ACTIVITIES / SERVICES FOR CHILDREN AND FAMILIES

(1. Creches – ages 3mths – 3 yrs) Cost: as per CCSS. Average cost €22 per child/week:

Referral Pathway: Open Door. (Also accept priority referrals through Social Work) Note; this service is currently full, with a waiting list.

Our Project offers placement in each of two Sessional Creches – mornings and afternoons, 5 days/week, 48 weeks/year. This programme offers service at all 4 levels of the Hardiker Model. Children attending this programme are aged between 3 months and three years, and are usually involved in other programmes in the Project – e.g., holiday (seasonal) programmes, family support etc.

(2. Homework / Afterschool) Cost: Discuss with Manager

Referral Pathway: Open Access – (quite full generally, but call anyway)

This programme provides homework and afterschool support for school-going children. These children and their parents are usually participating in other programmes and services provided by staff at the Project – e.g. – Family Support. While most of the children involved attend Primary Schools, we also cater for those children attached to our Project who are in need of support whilst in the Junior Cycle of Post Primary Education. While this is a universal (generic) programme it offers support as required at all levels of the Hardiker Scale.

(3. Individual Supports for Children) Cost: FREE of charge.

Referral Pathway: Open Access. Many referrals from statutory agencies and services.

This programme, delivered by Project Workers and Programme Support Worker, involves needs-led, child-centered sessional intervention for children who are experiencing stress – distress and behavioural conflicts arising from, for example, domestic disputes parental concerns, effects of trauma, lack of identity, parental ill-health, neglect, social isolation, confusion, anger and sadness. Also includes working in tandem around the needs of the child with other relevant agencies/ personnel, and extends to include parents and siblings, extended family if appropriate, and parents who are not involved with the child on a daily basis.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME Sligo SPRINGBOARD Resource House Project **CONT/D**

(4. Individual Supports for Adults/Parents) Cost: FREE of Charge.

Referral Pathway: Open Access. Many referrals from statutory agencies and services.

This programme, delivered by Project Workers, Programme Support Worker and Manager, involves need-led and individual developed task-focused sessional intervention with adults experiencing stress. The programme promotes sustained positive management of personal resources (both internal and material) and includes parents and adults affected by mental/physical ill-health, separation, poor parental experience, trauma, loss, addiction, poor home/money/self management, social isolation, hopelessness. It is usual in such work for adults participating in this programme to avail of other elements of family support, both with ourselves and with other agencies/personnel – part of our role in this respect is cross-referral and advocacy.

(5. Individual Family Programmes) Cost: Free of charge.

Referral Pathway: Open Access. Many referrals from stat. Agencies and services.

This programme is delivered by Project Staff, Programme Support Worker and Manager, and aims to involve all relevant members of any particular family in working together as equals to find progressive and mutually acceptable and rewarding ways to communicate, move ahead, and manage “fall out” resulting from trauma, separation, loss, inadequate parenting/home/self management, neglect, addiction, mental health issues, unwanted behaviour (any member), illness, care-placements, exclusion. Also vital in this programme is a commitment to working with other agencies/ personnel.

(6. Group Family Programmes) Cost: FREE of charge.

Referral Pathway: Open Access. Many referrals from statutory agencies and services.

This programme is delivered to differing degrees by all members of the staff team. The overall aim is to reduce isolation for families, most particularly those who have cause to feel vulnerable, detached or fearful as a result of past trauma, lack of resources (internal and material), inadequate / under-functioning positive familial dynamic, victimisation, family breakdown. Holiday Support Programmes aim to provide a continuum of access to our Family Supports throughout most of the school holiday periods.

Provision of rewarding and enjoyable activities for children of all ages. Access to supports when many other services are unavailable – particularly during Summer period Family Group Programmes Practical Support Continues Liaison/advocacy with other agencies/personnel, Breakfast Clubs, throughout most of the school holiday periods.

Emergency out-of-hours contact (usually via mobile telephone – Manager).

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME

Sligo SPRINGBOARD Resource House Project **CONT/D**

(7. Holiday Supports) Cost: Minimum cost for activities “Pay Up” Scheme available for Family Trips to Westport .

Holiday Support Programmes aim to provide a continuum of access to our Family Support throughout most of the school holiday periods.

1. Provision of rewarding and enjoyable activities for children of all ages. Access to supports when many other services are unavailable – particularly to another agency e.g. Tenancy Support, Social Work, Community Welfare, Domestic Violence Agencies(s), Vincent DePaul, Addiction Facilities, Gardai, PHN etc.
2. Practical support.
3. Community Breakfast, Community Bank.
4. Use of premises/resources by other groups/individuals in the general community (local and otherwise e.g. support groups during Summer period Family Group Programme Practical Support Continued Liaison/advocacy with other agencies/personnel Breakfast Clubs, lunches Availability of Project Staff who continue to work with allocated families and individuals throughout most of the school holiday periods.
Emergency out-of-hours contact (usually via mobile telephone – Manager).

(8. Community Initiatives/Programmes, including Drop-in)

This programme serves the community in general, is available to ANY family/individual, and can offer support as required on all levels of Hardiker Scale. Programme is needs-led and can include (although not exclusively):

1. Age-/Gender-/Focus-specific groups
2. Drop-in facility – often an enquiry at this level can result in referral to another (internal) programme and/or referral to another agency e.g. Tenancy Support, Social Work, Community Welfare, Domestic Violence Agencies(s), Vincent DePaul, Addiction Services, Education Facilities, Gardai, PHN etc.
3. Practical support.
4. Community Breakfast, Community Bank.

Use of premises/resources by other groups/individuals in the general community (local and otherwise e.g. support groups).

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Sligo Traveller Support Group
Contact Person:	Bernadette Maughan
Phone No:	071 – 91 45780
Mobile:	087 - 622 9052
E-mail:	stsg@eircom.net
Postal Address:	1a/2a St Annes, Cranmore Road, Sligo
Areas Covered:	Throughout County Sligo
Cost Involved:	Varies from nominal to nil
Referral Pathway:	To and from; <ul style="list-style-type: none">➤ Drug & Alcohol Services➤ Social Work➤ Mental Health Services

Main Activities/Services Provided

We run programmes and provide family support in Tubbercurry, Ballymote, Sligo, Gurteen, Enniscrone mainly;

- Primary Health Care Programme
- Fully accredited Counselling Service for adults and young people, one-to-one & group. (psychotherapy & Addictions)
- Mediation Service
- Homework Club accommodated next door in 2a St Annes, primary and secondary school students
- Support for young people at risk of early school leaving
- Support and work with Youth Groups from disadvantaged areas
- Men Groups
- Boxing Clubs
- STSG Football Club (mix of Travellers & Foreign Nationals)
- Women's Groups
- Weekly Walkers Group
- Advocacy Service
- Delivery of Traveller Awareness Training Sessions
- Art Therapy programme
- Staff Trained in Strengthening Families
- Staff Trained with ION services
- Various Training and recreational courses for adults
- Venue for Family access visits

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	St. Michaels Family Life Centre
CONTACT PERSON	Eileen Sheridan
PHONE No	071 – 91 70329 stmichaelsfamilylifecentre@eircom.net
WEBSITE	stmichaelscentre.wordpress.com
POSTAL ADDRESS	Church Hill, Sligo.
AREA COVERED	Sligo town and county. Parts of Leitrim and Donegal.
COST INVOLVED	Counselling is agreed donation based on ability to pay.
REFERRAL PATHWAY	Doctors; Social Work Dept; Social Workers; Self referrals; Family/Friends; Brochures.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Fully accredited Counselling service for adults and young people from 11 upwards.
- Bereavement support groups
- *Rainbows* beginning January 2013
- Parenting Courses
- Personal Development Courses
- 12 Step Support Groups

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Tenancy Support Unit, Housing Section, Sligo Local Authorities
CONTACT PERSON	Pamela Andison
PHONE No	071 – 91 – 14468 pandison@sligococo.ie
POSTAL ADDRESS	Sligo Borough Council, Quay Street, Sligo
AREA COVERED	Sligo Borough and County Council Housing Estates
COST INVOLVED	FREE of charge
REFERRAL PATHWAY	Self referral OR through other agencies who are involved in case management. Contact Pamela.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Provision of support and referral in relation to housing tenancy issues, rent arrears, estate management.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME **Tubbercurry Family Resource Centre**

CONTACT PERSON Conor Fitzgerald.
Mary Kilroy
Cathy Regan

PHONE No 071 – 91 – 86926
info@tubbercurryfrc.com
[www. Tubbercurryfrc.com](http://www.Tubbercurryfrc.com)

POSTAL ADDRESS Tubbercurry Family Resource Centre,
Conlon House, Humbert Street, Tubbercurry, Co. Sligo.

AREA COVERED Tubbercurry and surrounding areas

COST INVOLVED See list below

REFERRAL PATHWAY Can call FRC and ask staff for details

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Family Support through provision of meeting space, links with family support workers, links with ION etc. FREE of charge
- Rainbows September – December. FREE of charge
- Person centred Counselling. COST
- Parent & Toddler groups in different areas. Donations
- Women groups in different areas. “
- Men’s group in Tubbercurry. “
- Childcare 0 – 5 Cost
- Summer activities camps for children. Cost
- Computer Courses. ?
- Boccia Club. Donations
- Education and fun programmes such as cookery, arts and crafts etc. Cost
- Yoga for adults. ?
- Boxing for children. Cost
- My Baby and Me. Cost
- Parenting Courses. Donations
- Summer activities for adults and children such as hill waking, bike riding etc. Donations.

Child and Family Support Services – Sligo, Leitrim & West Cavan

NAME	Young Persons Probations Service
CONTACT PERSON	John J. Mannion, Senior Probation Officer Bridget Myles, Probation Officer
PHONE No	071 – 91 - 45203 086 – 380 3072 jjmannion@probation.ie bmmyles@probation.ie
POSTAL ADDRESS	Probation Service, Government Buildings, Cranmore, Sligo.
AREA COVERED	Sligo/Mayo
COST INVOLVED	Free of Charge
REFERRAL PATHWAY	Usually exclusively courts: in exceptional cases may consider early intervention on a case by case basis.

MAIN ACTIVITIES / SERVICE FOR CHILDREN AND FAMILIES

- Reports for Court
- One to One supervision of young people
- Family Work
- Advocacy

Child and Family Support Services – Sligo, Leitrim & West Cavan

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