



Services & Supports in Sligo and Leitrim

Ballymote Family Resource Centre

Niamh Flaherty, Manager, Mobile: 087 2193183. Office 071 9197818 (transfers to Manager's phone)

Email: ballymotefrc@gmail.com

Family Support Queries: fswballymotefrc@gmail.com

Areas covered: Ballymote, Riverstown, Geevagh and Sooley

Ballymote FRC is working in collaboration with the Community Gardai to create a list of names of Volunteers to help.

Ballymote FRC is available if you are worried about self-isolation/fearful of going out.

If you need any help with:

- * Shopping
- * Collecting prescriptions
- * Collecting ready meals
- * Someone to talk to (Phone contact)
- * Door to door drop offs for of arts and crafts material (Limited amount available)

Department of Education guidance/advice on talking to children and young people

Download the document:

[Talking to Children and Young People about COVID-19 \(Coronavirus\) - Advice for Parents and Schools](#)

Diversity Sligo

Contact may be made with Anne on Wednesday afternoons and all day Thursdays: 087 066 96 49

Email: diversitysligocoordinator@gmail.com

Contact may be made with Josette, Monday to Friday at 086 232 59 51

Email: diversitysligo@yahoo.ie.

Domestic Violence Advocacy Service (DVAS)

DVAS is offering full phone support service, information and advocacy.

Phone: 071-9141515 Monday to Friday 10am-5pm.

Email support@dvas.ie.

This service is free and confidential. For other professionals working with women, the DVAS Support team can answer queries, offer guidance and support re any concerns about women living in controlling abusive relationships.

The National 24-hour Helpline is **1800 341 900**.

For more information visit the DVAS website on www.domesticviolence.ie

Foroige, The Crib

See: https://www.facebook.com/pg/thecribsligo/posts/?ref=page_internal

Foróige C.R.I.B. Youth Project & Health Café, Sligo

IMPORTANT NOTICEZumba classes will continue on Monday from 6-6.45pm from the comfort of your own living room/home. Our instructor Barbara is going to hold an online class through an app called zoom. It is free to download and easy to follow. Here is the link to access the class but you will have to download the app 😊

<https://us04web.zoom.us/j/3846323853>

This is a great opportunity to get your family involved and stay active together 🤖

If you need any more information don't hesitate to ring Amie 086-8322473 or Karina 086-8358288

Current arrangements: Projects in Sligo and Leitrim continue to work with young people and parents through phone support, email contact, social media and online platforms which allow for face to face work.

Contact: Anne Marie, 086 9087141 for support/needs/gaps for young people/parents

Email: annemarie.regan@foroige.ie.

HSE – support for frontline services - useful information on Covoind 19 for non-English speaking families:

Covoind 19 Information Translated

These newly updated Covid-19 resources have been translated into different languages by the HSE and may be useful for frontline services.

<https://scanmail.trustwave.com/?c=17268&d=h8D03pvmvO-OShQOaZqqzJhGqShlpkxgXc8-tW2Yw&s=343&u=https%3a%2f%2fwww%2ehse%2eie%2feng%2fservices%2fnews%2fnewsfeatures%2fcovid19-updates%2fpartner-resources%2fcovid-19-translated-resources%2f>

Home Youth Liaison Service (HYLS)

HYLS Staff in daily contact by phone/ face time with families and young people; contacting school principals to follow up any concerns; link with professional services that have links with their clients Youth Support workers linking with clients; in regular contact with their social work teams
HYLS Facebook, twitter and Instagram pages updated daily

New requests –phone: 071 9144441 /071 9142742/087 9791979

Leitrim Co Council: Arts

See www.leitrimarts.ie

Lifestart

Services and individuals can phone Regional Manager, Kate - 086 8276055; email

lifestart.kate@gmail.com with any queries.

Lifestart is operating remotely - ongoing phone support to all parents/carers who are currently on the Lifestart programme.

Family Visitors continue monthly (sometime weekly e.g. for families with additional support needs) calls by phone to check in and to deliver our educational programme

Mohill Family Support Centre, Mohill, Co Leitrim

Contact: Majella Mc Govern Manager.

Office phone number: 071 9631253 (automatically transfers to Manager's phone)

Manager's Mobile: 0876713445

Email: majella@mohillfsc.info

Family Support Queries: Laura Mc Hugh

Mobile: 086 6035977

Email - Laura@mohillfsc.info

Additional Services: Door to door drop offs for family support of arts and crafts materials, food.

Phoning vulnerable individuals to say hello; many are scared and have no one to talk to.

Formulating a list of names for Community Gardai, so they can make contact if there is a lock down

MPACT (Moving Parents and Children Together)

Contact: 071 9150578 & 085 8759313

Website Address: www.alcoholforum.org.

Facebook contact: <https://m.facebook.com>

Current arrangements:

- The MPACT interventions will be offered to **individual** families **online**.
- Families also supported via telephone support by Service Lead.
- MPACT will offer advice to families via social media platforms.

Contact Penny Brennan: sligoleitrim@alcoholforum.org for referral forms

North West Regional Drug and Alcohol Task Force (NWRDATF)

Treatment Services that remain open and working remotely are:

- Christine Hanley: Substance Misuse Worker for the Homeless - Sligo. 085 8030131
c.hanley@sligosocialservices.ie
- Dermot McDonough. White Oaks Aftercare Worker - Donegal/Sligo/Leitrim - 086 2537993
info@whiteoakscentre.com
- Outreach Workers - Donegal/Sligo/North Leitrim/South Donegal
- Mary Healy - 086 7752142 | maryechealy@gmail.com/Donegal
- Mark Askey - 087 2208602 | markaskeynorthside@gmail.com/ Sligo & South Leitrim
- Damien Daly - 087 7010520 | damienrycp@gmail.com / North Leitrim/South Donegal

Sligo Travellers Support Group: Bernadette Maughan – 087 7698922/stsg@eircom.net

Drug & Alcohol Family Support Workers - North Leitrim/South Donegal:

- Mags Whyte – 087 7148004 /magsrycp@gmail.com
- Donna Butler – 087 2387618 / manager@sfpnw.com

Youth Drug and Alcohol Workers - Donegal/Sligo/Leitrim:

- Donegal: Cara Currid: 086 0481977 /cara.currid@foroige.ie
- Sligo: Annemarie Regan: 086 9087141/annemarie.regan@foroige.ie
- Leitrim: Grainne Duignan 086 1702340/ grainne.duignan@foroige.ie

Training & Education Coordinator Donegal/Sligo/ Leitrim

Christina McEleney: 087 9369312/christinamceleney@donegaletb.ie

NW Task Force Staff:

- Sean O'Connor, Coordinator – Mob: 0871034941/Email: SeanJ.OConnor@hse.ie
- Lorna Curry, Sligo/Leitrim/West Cavan - Mob: 087 6983653/Email: lcurry@nwdrugtaskforce.ie
- Tracey Mitchell, Donegal/Nth Leitrim - Mob: 087 7410956/Email: tmitchell@nwdrugtaskforce.ie
- Maev Gallagher, Administration - Mob: 087 1953984/Email: drugtaskforce@nwdrugtaskforce.ie

Parent Hub Sligo/Leitrim

Contact: Phone Aolish, 087-7391569. Email: aolishsligochildcare@gmail.com

An online resource available to parents/guardians for advice, information, support, or signposting to relevant services for assistance

Sligo Leitrim Parent Hub Facebook page:

<https://www.facebook.com/SligoLeitrimParentHub/?ref=settings>

Also see information/strategies on fun activities for children for both parents and children

See the new **PARENT HUB SLIGO LEITRIM NEWSLETTER 'CLANN' on the FB PAGE**

Sligo FRC

Home based family support is now being carried out by telephone -087 9983937

Volunteers working with the refugee families are providing support by telephone 087 9143646

There is a limited amount of the FEAD project (food parcels) available and they are being dropped to needy families or collected by appointment – Phone: 087 9143646

We can give baby clothes parcels on request, collected by appointment, 087 9143646.

Social media is updated on a daily basis.

Updates on <https://www.facebook.com/SligoFamilyResourceCentre/>

Sligo Leader Partnership Co Ltd

- **A Friendly Call service** - a free phone call service for people living alone; available to older people; anyone feeling lonely/isolated/vulnerable. People can request a regular phone call from volunteers who phone to check in, chat and generally see how people are doing. This service will also link with local volunteers to provide additional assistance to users where required.
- **Online Digital Skills Tutorials:** One to one tutorials, over the phone, to people who want to learn how to complete basic tasks online including step by step instruction on how to purchase your groceries online, how to skype or video call and other online queries.
- **Online Positive Mental Health Videos:** Sligo LEADER Partnership is putting together a series of short light hearted videos on a range of topics which hopefully will help pass the time for those self-isolating. These health and wellbeing videos funded by SICAP, will feature on social media and will cover a range of topics including photography, DIY, yoga, mindfulness, cooking tips and much more. Follow the #sligotogether for more.
- **Continued One to One Support:** SICAP client support team will be available on the phone to offer advice and guidance

Sligo Leitrim Gardai

Gardai in Sligo and Leitrim will be available to assist in any way the vulnerable and elderly persons in our communities and those who may not have any family members living close by.

The Community Gardai will be out in our communities liaising and patrolling but at all times will adhere to the HSE advice regarding social distancing, washing hands and sneezing.

Community Gardai will deliver shopping, pick up medical prescriptions or make just a telephone call.

Contact your local Garda Station if in need.

- Sligo.community@garda.ie
- Leitrim.community@garda.ie
- **Sligo Garda Station 071 9157000**
- **Ballymote Garda Station 071 9189500**
- **Carrick On Shannon Garda Station: 071 9650510**

Sligo Social Services

Open Access Advice and Information Service from 2 - 4.30pm, Mondays, Tuesdays, Thursdays and Fridays at **Sligo Social Services on Charles St.**, offers solution focused advice, information and advocacy in accessing rights, entitlements and services; supports people who are in crisis and **need assistance with basics such as food**. (Currently some restrictions in line with advice from Dept. of Health- no children allowed, closed door-one person at a time).

Meals on Wheels, for elderly, disabled people, any families/individuals who are housebound and those who are unable to provide a hot meal for themselves.

Sligo Social Services, Charles St., Sligo on **071 9145682**

Community Supports from **Sligo Social Services, Charles St., Sligo**:

The **Healthy Food Made Easy** community cookery programme, Northside (Monday, Wednesday and Friday 10-12.30 and Avalon Centre (Monday 10-12.30) postponed

St Edwards Parent and Toddler group (Wednesday mornings, 10-12) postponed.

New **Advice and Information service**, at **Clarion Village** in collaboration with the Home School Community Liaison (Sarah Burke) on Fridays 10.30-12.30 postponed.

Call or email Kathleen for further info; 085-8708423, Kathleen.mcgowan@sligosocialservices.ie

Homeless services in **Sligo Social Services** continue as normal; limited space available

Homeless individuals and families should contact the Local Authority between the hours of 10am and 3pm Monday to Friday on 071 9111177.

Sligo Social Services hostel at Maryville continues to provide the out-of-hours emergency service for homeless individuals and families and can be contacted on 071 9161688

Sligo Rape Crisis Centre – Sligo Town, Carrick-on-Shannon, and Manorhamilton.

Service: We are open on a limited basis 9 -5, Monday to Friday, out of hours by appointment.

Helpline: Here at SRCC our telephone helpline is open Monday to Friday, 10am to Midday, with an answering service outside these times.

Office: Our office telephone line is staffed for limited periods, if not answered leave a message and we will get back to you. Most staff are working from home.

Counselling: We are suspending 1-1 counselling sessions until Monday 30th March or until further notice.

Sligo Traveller Support Group (STSG)

Manager: Bernadette Maughan – Office number: 071 9145780/ 087 7698922

STSG staff are picking up groceries and prescriptions for families and individuals and leaving at the door; are in daily contact with families, especially with those with under-lying conditions; have done online training; are working remotely; posting leaflets and information; and sharing information from the HSE via social media

Sligo Youth Information Centre

Current Actions:

Contacting young people, parents/guardians using Telephone, Email, Facebook Chat, WhatsApp on a daily basis

Communicating with other organisations and agencies through Telephone, Email and Zoom Meetings.

Using Sligo Youth Information Centre Facebook Page to post information on information relevant to young people and their families

eg. https://www.facebook.com/yic.sligo/?ref=aymt_homepage_panel&eid=ARC2oWNwsSW8-qHtVGp94RORzqL107OF-qRL-ADr0i3mnezUId3dhkefhT8C4Pz1ezJWpgNSG_ei1QO

www.schooldays.ie - Education and Parenting Information
www.hse.ie - COVID 19 - Youth friendly videos

www.spunout.ie - All Topics concerning Young People
www.todaysparent.com - Activities for families indoor

www.sligoleitrimdirectory.ie - For supports and services in Sligo & Leitrim
Events details in Sligo area

www.sligosportsandrecreation.ie - Clubs, Sports,

Updating of www.ncycs.ie website with YWI contacts and developments

Updating of organisations and services details on www.sligoleitrimdirectory.ie for young people and families to access

Contact: Catherine McCann, Coordinator, 071-9144150, (Monday to Friday 9 - 5pm)

Email: catherinemccann.ncycs@gmail.com

Contact: Anne Brennan, Youth Information Officer & Guidance Counsellor, Tel: 071 91 44150 or 085 8041020 (Monday & Tuesday 9 - 5pm Wednesday & Friday 9 - 1pm)

Email: yicsligo.ncycs@gmail.com

West Sligo Family Resource Centre

Roisin Moyles, Coordinator: 087-3650949/096 37444 (calls are diverted to Coordinators mobile) phone). Email: r.moyles@westsligofrc.ie

Current Services: Centre in Enniscrone is closed to public. Staff are providing information, advice and support to individuals and families throughout West Sligo on the phone.

Family Support Service (Monday to Thursday): Heather Reddington: 087-2506773

Email h.reddington@westsligofrc.ie

Follow Facebook page: <https://www.facebook.com/WestSligoFamilyResourceCentre> or www.westsligofrc.ie

YAPSL: Linking with young people, parents/guardians via phone, FaceTime daily.

Use Facebook to update on developments within YAPS – see link:

https://www.facebook.com/search/top/?q=yapsl%20gydp&epa=SEARCH_BOX

Contact: 071-9144152

Mobiles: Adrian Mc Goldrick – 087 2563547; Elayne O Hara – 087 2221915; Laura Scanlon 083 8126915

Email Address: adrianmcgoldrick.ncycs@gmail.com, elayneohara.ncycs@gmail.com, laurascanlon.ncycs@gmail.com

Don't forget that a list of services is available on [www. SligoLeitrimDirectory.ie](http://www.SligoLeitrimDirectory.ie)