



Coordinator: Maeve Whittington

Maeve.Whittington@Tusla.ie

087 3319359

SERVICES & SUPPORTS IN SLIGO AND LEITRIM

Ballymote Family Resource Centre

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

Contact: Orla Mc Garry, Project Administrator, Mobile: 0857840347 Email: ballymotefrc@gmail.com

Family Support Queries: fswballymotefrc@gmail.com

Areas covered: Ballymote, Riverstown, Geevagh and Soeey

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

Current Service: Centre is closed to public. Staff providing information, advice, support to individuals, families - Ballymote and its hinterlands by phone.

Contact Ballymote FRC if you are worried about self-isolation/fearful of going out and If you need any help with:

- * Shopping
- * Collecting prescriptions
- * Collecting ready meals
- * Door to door drop offs for of arts and crafts material (Limited amount left)

Follow Facebook page for resources and information. Updated

daily: <https://www.facebook.com/ballymotefamilyresourcecentre>

Breffni FRC, Carrick on Shannon, Co Leitrim

General Contact: Suzanne – 087 2168770

Family Support Contact: Marion – 086 4520062

Youth Support Contact: Sarah – 086 0663789

Local Resident Support: Kathleen - 086 3283720 or Jackie – 0868927630

www.breffnifrc.ie

Carrick Family Life Centre:

Contact: Noeleen Kelly, Coordinator, 086 0295031.

Email: carrickfamilylifecentre@yahoo.ie

Facebook: carrickonshannonfamilylifecounsellingcentre

We are currently providing telephone counselling to 18+year olds

Citizens Information Service

Sligo Citizens Information Service remains open for telephone and email queries. Information and application forms can be posted if necessary.

Opening Times: Mon - Friday 9.30 - 1.00 & 2.00 - 5pm

Telephone Number: 076 1076390

email: Sligo@citinfo.ie

Leitrim Citizens Information Service remains open for telephone and email queries at this time –

Note: these hours are subject to change when regular service resumes.

Information and application forms can also be provided through the post if necessary.

Carrick-on-Shannon opening times:

Monday through Friday, 9.30am– 1pm & 1.30pm-5pm

Telephone Number: 0761 07 5670

email: Leitrim@citinfo.ie

Manorhamilton opening times:

Wednesday & Friday, 9:30am-5pm

Telephone Number: 0761 07 5710

Email: Leitrim@citinfo.ie

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 Services Leitrim

Foróige continues to remain open to new referrals.

Staff are engaging families and young people **Face to Face** and **on a Small Group basis** where required in an Outreach capacity as per HSE/ Foroige Guidelines.

The Foroige South Leitrim Neighbourhood Youth Service

- For 10-18 year olds and parents
- Providing support by phone, WhatsApp and Zoom.
- Individual work/Group work sessions are continuing through these methods

Contact: Sarah, 086 9788852; Denise, 0869789759 to query/assistance with activity/resource packs.

Family Support Service Leitrim

- Working with Parents and/or their children (0-18) around; Parenting skills / Strengthening family relationships / Accessing further supports / Connecting to the community / Dealing with the challenges of family life at this time.
- Providing service over the phone and video calls via WhatsApp and zoom.
- Through Healthy Ireland funding we have some limited access to toys/activities for households and can deliver these as per HSE guidance.

Contact Anne Marie on 0869087141 for queries or referrals.

Co. Leitrim Youth Drug & Alcohol Education & Prevention Programme

- For 10-18 year olds in Co. Leitrim and Parents
- Support to young people and parents over the phone or by video call.
- Individual work and group work sessions are also being continued and open to young people through phone calls, video calls and approved safe online platforms.

Contact Grainne on 0861702340.

<https://www.facebook.com/foroigefadeleitrim> & <https://www.facebook.com/ForoigeYouthAlcoholDrugEducationLeitrim/>

Foroige Services Sligo

- Providing support to young people and parents over the phone, WhatsApp or by video call and Zoom.
- One to One Support
- Small Group sessions are continuing and open for new referrals
- We are engaging young people from other areas of Sligo / North Leitrim online as we respond to the current crisis.
- Care Packages

Programmes through Zoom (camera on or off option!!)

Positive Vibes; keeping ourselves healthy and well in a pandemic! Open to 12-18 years on an individual basis or in a group setting.

Beat the Boredom; 10 -12 year olds fun interactive programme with loads of games, activities and quizzes!

Other programmes include; *Guitar Lesson or Jam Session / Online Electrical Circuits making or Simple Coding Club / Book Club / Art Making. Weekly challenge* available through our social media channels. Please contact the project for other programmes/ideas or areas of interest to young people or parents and we can explore delivering these online also.

Contact: Amie on 0868322473 Karina on 086 8358288, Alan on 0864641541

Email crib@foroige.ie

FB <https://www.facebook.com/thecribsligo/> and <https://www.instagram.com/foroigecribsligo/>

Family Support Service Workers in Tubbercurry and surrounding areas

- Working with Parents and/or their children (0-18) around; Parenting skills / Strengthening family relationships / Accessing further supports / Connecting to the community / Dealing with the challenges of family life at this time.
- Providing service over the phone and video calls via WhatsApp and zoom.
- Through Healthy Ireland funding we have some limited access to toys/activities for households and can deliver these as per HSE guidance.

Contact Anne Marie on 0869087141 for queries or referrals.

Co. Sligo Youth Drug & Alcohol Education & Prevention Programme

- For 10-18 year olds in Co. Leitrim and Parents
- Support to young people and parents over the phone or by video call.

Contact Grainne on 0861702340 or Anne Marie on 0869087141.

Foróige YESS project for 16-24 year olds

- Support young adults through individualised work over phone calls, texts, WhatsApp and Emails.
- Continue to explore interests and link individuals in with online tutorials and courses. If you require more information

Contact Stacey on 0867791682 or Elizabeth on 0860130795

Sligo and Leitrim Foroige clubs: Engagement through Social media and Group Chat Zoom, Youth Officer Alan continues to support members & volunteers through direct work via online

Contact: alan.judge@foroige.ie, WhatsApp and Zoom. Offering Foroige Programmes and Daily Challenges through Zoom and Kahoot for members and volunteers.

<https://www.facebook.com/profile.php?id=100013432415674>

<https://www.facebook.com/ForoigeFutures>

All Queries and New Referrals – Contact Anne Marie on 0869087141

HSE Alcohol & Substance Misuse Counselling Service

Drugs and alcohol services www.drugs.ie and the National Drug & Alcohol Helpline Freephone 1800 459 459 are being constantly updated with latest service details

HSE – support for Frontline Services - useful information on Covid 19 for non-English speaking families:

Covid 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-OShQOaZqzqzJhGqShlpkxgXc8-tW2Yw&s=343&u=https%3a%2f%2fwww%2ehse%2eie%2feng%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

CYBER SAFETY: HYLS is posting online videos on **Cyber Safety**, weekly. Topic on the safe use of the internet; how do protect young people when using apps on their phones; an input from the Gardai on the legal side of cyber use.

TRANSITION: See also the Online video on the *transfer programme* for young people to link into for the transition from primary to secondary school in September.

Twitter: @sligohyls

Instagram: @homeyouthliaison

Facebook: Sligo Leitrim Home Youth Liaison Service

Leitrim Community Response Forum

Leitrim COVID-19 Community Response Forum Helpline:

HELPLINE: Freephone: **1800 852 389** or **071 9650473**, 8am to 8pm, 7 days a week

The helpline is to ensure vulnerable members of the community or those living alone can access deliveries of groceries, medicine etc.

Leitrim Co Council: Arts

See www.leitrimarts.ie

Leitrim Development Company

The team in **Leitrim Travellers Project** continues to offer support through phone calls, WhatsApp and Face Book. Staff are distributing messages to the community from the HSE on Covid-19, offering invaluable service and keeping the community safe.

Contacts: Barbara Sweeney – Travellers Project Coordinator, 086 2370337, barbara@ldco.ie

Sheila Flynn, Childcare Manager, 089 9740784, sheila@ldco.ie

Nicola Burke, Development Worker, 086 1448794, nburke@ldco.ie

Martina Davey, Primary Healthcare Coordinator, 086 1448792, mdavey@ldco.ie

Martin Reilly, Development Worker, 086 148793, mreilly@ldco.ie
www.travellercounselling.ie/counselling support line: 086 3081476/Traveller Specific Helpline for
Covid-19: 083 1006300

Leitrim Youth Project

Links with young people, parents/guardians via phone, text, WhatsApp, Facebook.
Communicating with club volunteer leaders and other agencies throughout the county
Posting activities to do/ideas and resource lists on our Facebook page.

Contact: 086 3132579

www.facebook.com for the Base Youth Cafe

LGBTI+ support for young people in Sligo and Leitrim, contact:

smilyyouthlgbt@gmail.com and 0894820330

Lifestart Leitrim Sligo West Cavan

Contact: 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, and who have children aged up to 5yrs.

Lifestart is accepting new referrals

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

South Leitrim Office, Drumsna Community Resource Centre

North Leitrim Office, The Glens Centre, Manorhamilton.

Contact: Catherine, 086 1851654

MACE (Multiple Adverse Childhood Experiences) Project, a Cross Border initiative funded via
the EU Interreg VA Programmes.

Primary aims and objectives: to transform the lives of children & young people, aged 0-3 yrs and 11-
13yrs and their families.

Common theme for referral to MACE: They are vulnerable to Multiple Adverse Childhood
Experiences (ACEs)

MACE will address issues by identification, early intervention and the provision of support to these
children and families within their own communities.

Further aim: To create Trauma Informed & ACE Aware Communities with the assistance of the
Trauma Informed Cross Border Community Networks (These have been created in the 5 hubs).
There are five Project Coordinators, one in each of the hubs.

Contact for Fermanagh, Sligo & Leitrim: Georgina O' Brien, Project Coordinator

Email: Georgina.OBrien@tusla.ie

Mental Health Supports

Link which will bring you to mental health support services during COVID-19 for your information
and onward circulation.

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>

Mental Health Ireland, HSE

Have new resources to help people support their own mental health and that of their loved ones.
These resources are available at

<https://scanner.topsec.com?t=0dbb14954e4598da0e7e459641b77a0d5c6267bb&d=76&u=www.mentalhealthireland.ie%2Fgetsupport-%2F covid19%2F> .

Review the Connect, Communicate, the Reassure Resource pack, co-produced by people with lived experience of mental health challenges. Available on the website but it can also be emailed to you directly, if requested.

Mohill Family Support Centre, Mohill, Co Leitrim

Areas covered: Mohill, Carigallen and Ballinamore

Main Contact: Majella Mc Govern, Manager.

Manager's Mobile: 0876713445 **Email:** majella@mohillfsc.info

Family Support Queries: Laura Mc Hugh Mobile: 0866035977 **Email** -Laura@mohillfsc.info

Additional Services:

Family Support by phone. Door to door drop offs for family support of arts and crafts materials and food. Phoning vulnerable individuals to say hello; Working with the Gardai and other agencies in the community.

See the FSC's Community Cabinet, a resource for the community in Mohill.

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 Brenan: sligoleitrim@alcoholforum.org for referral forms

A Telephone Support service is offered by the Alcohol Forum for families impacted by a loved one's addiction. Offering advice, support or just a listening ear, reach out and call **085 8307066**

Don't forget Sligo Leitrim Directory of Services:



Sligo Leitrim Directory
Services in Sligo and Leitrim for children,
young people & families

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 | damienvrycp@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

Please see below link to Drugs.ie. This link will provide you with: Tips for remaining Substance Free: Links to Online Support Groups and links to general Mental Health Supports and Online Counselling.
http://www.drugs.ie/news/article/coronavirus_and_drug_recovery?fbclid=IwAR3fwqdhtPTZ4uOle21x7HL9uQ282a6oKDhLfYrtJOp32n7zSVFgYe-5U4

Parent Hub Sligo/Leitrim

Contact: Phone the Parenting Hub Coordinator, 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.

Parent Hub Facebook page Sligo Leitrim:

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

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

See weekly issues of 'Clann', the **Parent Hub Sligo Leitrim Newsletter, on the Parent Hub & Sligo Leitrim CYPSC Facebook page**

St Michael's Family Centre, Church Hill. Sligo

Contact: Eileen Sheridan Manager 087 3902661; centrestmichaels@gmail.com

Counselling referrals continue to be taken by phone and email on receipt of which counsellor will make contact by phone.

Play Therapy referrals are on hold at present due to long waiting list. Referrals for Rainbows programme scheduled for September can be made by phone or email

Sligo Community Response Forum

Sligo COVID-19 Community Response Forum Helpline:

HELPLINE: Contact **1800 292765**, 8am to 8pm, seven days a week

Email: covidsupport@sligococo.ie

Free Text: Text SLIGO to 50100 followed by request

The helpline is to ensure vulnerable members of the community or those living alone can access deliveries of groceries, medicine etc.

Website: <http://www.sligococo.ie/Covid19HelpForm/>

Sligo Community Champion: Donna Taaffe, contact details: Donna Taaffe, Community Development Officer, Sligo Leader Partnership Co Ltd

Contact Mobile: 087 2710111, Office: 071 9141138, Email: dtaaffe@sligoleader.com

Sligo Community Training Centre and Leitrim Community Training Centres.

Both centres are closed currently. Staff continue to work with and support learners from home. We may be contacted via email at enquiries@sligoctc.com or enquiries@leitrimctc.com. In addition our blog is updated regularly **Blog:** www.sligoctc.com as are our other social media accounts.

Sligo COVID-19 Community Response Forum

Sligo COVID-19 Community Response Forum is providing a 'Support helpline' to assist at-risk members of the public during the current public health emergency.

Freephone number: 1800 292 765, 7 days a week, 8.00 a.m. to 8.00 p.m.

Sligo Family Resource Centre

Home based family support by telephone - **087 9983937**. We welcome new referrals.

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

Limited amount of the **FEAD project (food parcels)** available; they are being dropped to needy families. Phone: **087 9143646**

We will distribute **fun/educational packs** for children in the coming weeks.

Baby clothes on request; **087 9143646**.

Contact email: sligofrc@gmail.com

Social media is updated on a daily basis: <https://www.facebook.com/SligoFamilyResourceCentre/>

Sligo Leader Partnership Co Ltd

Sligo Development Centre, Cleveragh Road Eircode F91 W2KH

Free Online Healthy Lifestyle Programme, under SICAP is available from **Tuesday 16th of June at 11.00am**, for men and women.

FREE online '**Movement for Mindset**' physical activity sessions, over a 4-week period. Sessions will last 30 minutes and no equipment is needed. These can be done in your own home via zoom and suitable for all the family. Starting **Tuesday 16th June at 11am**

Priority will be given to unemployed/social welfare payment.

Call/ e-mail/text Donna: 087 2710111 for further details

A range of supports to help all their clients across Sligo at this time including: Shopping supports – food / medication / fuel etc., Online services (classes, group activities), Meals on wheels, Befriending & Phone Calls.

Contact Name: Donna Taaffe, **Phone:** 0872710111, **Email:** dtaaffe@sligoleader.com

Friendly call service due to be set up Wed 25th March. Online videos will begin to appear on our

social media in the coming week. Delivery of meals from our healthcare centres continue to be delivered to the most vulnerable. Delivery of fuel, food etc. to those most in need in the communities.

- **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 Sport and Recreation Partnership

Address: MSL ETB Offices, Quay Street, Sligo F91 XH96

Offering a range of supports to help all across Sligo to stay active at this time. We are working remotely but will continue to communicate with the community via email, phone, website and social media channels. Information and support for people in keeping physically active will be provided through online activities and through signposting on our website **www.sligosportandrecreation.ie**

Contact Details: Telephone: 085 2093042 or 071 9161511

Emails: info@sligosportandrecreation.ie for general office queries

Physical activity for Older Adults and People with a Disability: shane@sligosportandrecreation.ie

Community and Club Physical Activity: diane@sligosportandrecreation.ie

Youth and Outdoor Physical Activity: theresa@sligosportandrecreation.ie

The 'Active Sligo from Home' guide, compiled by SSRP, as an online resource to capture many innovative ideas developed for home exercise during when we are all adhering to the social distancing limitations of the Covid-19 pandemic.

The resource caters for all ages, fitness levels and sporting interests and is categorised into 8 sections with links to Children/ Youth & Family Activities, Aging Well Activities, Home Workouts/Fitness, Activities for All Abilities, Bringing the Outdoors Home, Find your Sport- NGB Activities, Coach Education/ Training and Mind Your Wellbeing.

'Active Sligo from Home' guide can be accessed on the SSRP website at the link below and will be updated with new information as it comes to hand. Please feel free to share.

<https://www.sligosportandrecreation.ie/stay-home-stay-active/>

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

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

The Friendly Call Service for older people, aged 65+ to receive a call from the Befriending team and to share a friendly conversation/offer information on social supports in the community.

Operates Monday- Friday. Referrals can be made by calling 071 9145682/ 085-8768720.

Contact: 071 9145682/**Email:** caoimhe@sligosocialservice.ie.

Sligo Rape Crisis Centre

Current listing

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

A designated TUSLA essential frontline service. Currently accepting referrals from individuals and professionals. Continue to operate in full; all services as usual; these services are counselling, advocacy, support, information, advice and our Freephone helpline.

Free phone helpline: 1800 750 780. Email: info@srcc.ie / admin@srcc.ie.

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

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

Office Phone: 071 91 71188. The 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: Counselling: We are currently operating 1-1 counselling as normal. What we are doing remains unchanged, how we are doing it has changed. All our counselling is now tele-counselling.

CEO Sligo Rape Crisis Centre: 087 9271835

Future listing

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

A designated TUSLA essential frontline service. Currently accepting referrals from individuals and professionals. Continue to operate in full; all services as usual; these services are counselling, advocacy, support, information, advice and our Freephone helpline.

Free phone helpline: 1800 750 780.

Counselling and referral Email: info@srcc.ie

Business email: admin@srcc.ie

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

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

Office Phone: 071 91 71188. The 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: Counselling: We are currently operating 1-1 counselling as normal. What we are doing remains unchanged, how we are doing it has changed. All our counselling is now tele-counselling.

Sligo Rape Crisis Centre: 071 91 71188.

Difference

Counselling and referral Email: info@srcc.ie

Business email: admin@srcc.ie

Sligo Rape Crisis Centre: 071 91 71188

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

Sligo Youth Information Centre continues to provide information, advice and support to young people and the wider community during Covid-19 by Telephone, Email,

Facebook https://www.facebook.com/pg/yic.sligo/posts/?ref=page_internal

website www.ncycs.ie Catherine McCann (Coordinator) Email: catherinemccann.ncycs@gmail.com

Young People and Parents

INFORMATION HELPLINE

(Sligo Youth Information Centre)

Call 085 8041020

If we cannot answer your call, you can **Leave a Message, Text or Email us.**

Email: yicsligo.ncycs@gmail.com

Email: catherinemccann.ncycs@gmail.com

Whatever your query you can contact the **Sligo Youth Information Centre** to discuss any questions and concerns, or if you just want to have a chat with someone. Remember you don't have to know all the answers, there are always lots of options out there. We can go through your options, and help you choose what is best for you.

We can help with the following and lots more...

- Finding a Job and Unemployment
- Writing a CV & Interview Skills
- Leaving Cert Students 2020
- Going to College - CAO, Course Choices, College Application
- Accommodation
- SUSI Student Grant Applications
- Apprenticeships/Traineeships
- Rights and Entitlements
- Mental Health and Physical Wellbeing
- LGBT Support
- Internet Safety & Cyber-Bullying

For Information and Updates go to Facebook <https://www.facebook.com/yic.sligo/>.

Twitter <https://twitter.com/Ncycs>

SMILY LGBT+ Youth Project (Sligo and Leitrim) Tel: 0894820330 Email: Smilyyouthlgbt@gmail.com

Anne Brennan (Youth Information Officer & Guidance Counsellor) Tel: 085 8041020.

Email yicsligo.ncycs@gmail.com. (Monday & Tuesday 9 - 5pm Wednesday & Friday 9 - 1pm).

For Information and Updates go to Facebook <https://www.facebook.com/yic.sligo/> or Twitter <https://twitter.com/Ncyys>

Springboard Resource House Project

In recognition that all families experience stress at one time or another, The Resource House Family Support Project provides community-based and intensive support for families specific to CFSN Area 3 in Sligo who may require assistance. The Project encourages and empowers individuals and families by enabling them to draw on their strengths to avert potential crises.

In line with HSE guidelines, staff are currently working behind closed doors.

The following personnel can be contacted by phone:

Ms Yvonne Zoschke, Assistant Project Manager, 085-2514064, yvonne@resourcehouseproject.ie

Mr John Brennan, Project Worker, 085-2514060, john@resourcehouseproject.ie

Ms Maria Cribbin, Family Support Worker, 085-2514063, springboard.maria@gmail.com

Ms Nora Haugh, Administrator, 085-8747811, resourcehouseproject@eircom.net

Triple P Positive Parenting Programmes

Parenting Programmes that introduce tips and strategies to support parents in the parenting role and help them with parenting plans to address challenging issues in parenting

Please note: A 2-hour Skype workshop in mid-May - **Dealing with Disobedience** - to be advertised.

Contact: teresa.cawley@hse.ie - for information on Groups/Workshops/Seminars; to book the workshop in May

Triple P Dealing with Disobedience Workshop via MS Teams

A 2-hour workshop is being offered to help you develop a parenting plan to manage those times when you ask your child to do something many times and you get ignored, or there is constant whinging and whining or not accepting limits. This 2 workshop gives some tips and strategies to teach your child to accept limits, do as told and understand the meaning of the word no.

Workshop: Dealing with Disobedience

Date: Tuesday May 26th

Time: 7pm- 9pm

For further information/booking contact Teresa on teresa.cawley@hse.ie

Tubbercurry Family Resource Centre

Note: Tubbercurry FRC in Partnership with Foroige will be running a **Parent Plus Parenting When Separated Programme** in September. Further detail to follow.

Contact: Sandra Cribben, Manager, 087 2589672 or Email: coordinator@tubbercurryfrc.com

Contact: Mary Kilroy, Community Development & Outreach Worker, 0864092724 or Email: devworker@tubbercurryfrc.com

Fead Programme: Supporting children and families with food parcels. **Phone: 087 2589672**

A **Tracings with Teresa** series is starting on the Facebook page to introduce adults to Art and relaxation techniques, delivered by part-time staff member Teresa Bourke, a teacher of art and art psychotherapy.

The objective is to introduce people to some grounding exercises and art both for pleasure and therapy. It is all about enjoying being creative. No special art equipment is needed.

See Facebook daily

Current Services: The centre is closed to the public. Staff are supporting service users through phone support, email, text and social media updates.

West Sligo Family Resource Centre

Contact: Roisin Moyles, Coordinator: 087-3650949/096 37444 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)

Contact: Heather Reddington: 087-2506773, Email h.reddington@westsligofrc.ie

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

YAP Sligo Leitrim:

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=yaps!%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 Sligo Leitrim Directory of Services:



Sligo Leitrim Directory
Services in Sligo and Leitrim for children,
young people & families