



Coordinator: Maeve Whittington

Email: Maeve.Whittington@Tusla.ie

Mobile: [087 3319359](tel:0873319359)

SERVICES & SUPPORTS IN SLIGO AND LEITRIM

Ballymote Family Resource Centre

Contact: Niamh Flaherty, Manager, Mobile: 087 2193183. Office 071 9197818

Centre open to the public, maintaining all of the public health measures.

Thanks to all who come in and use the centre – it is you who give the place purpose and meaning.

Thank you sincerely for your patience over the past few months, and we look forward to seeing you all in the near future.

If you have any concerns or questions regarding the re-opening of the centre, please do not hesitate to contact us on **071 91 97818 or 0857840347**

- **Brief Intervention Therapy for young people:** for children and young people, 10-18 years, for those experiencing mild difficulties impacting on their mental health or wellbeing. The intervention will last 6-8 weeks (one session per week); and will be provided by suitably qualified mental health professionals such as fully accredited Counsellors/Psychotherapists to work with each individual young person.

Contact: Niamh Flaherty, Manager, Mobile: 087 2193183. Office 071 9197818

Breffni FRC, Carrick on Shannon, Co Leitrim

General Contact: Suzanne – 087 2168770

Family Support Contact: Letty – 086 0232598

Youth Support Contact: Sarah – 086 0663789

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

A/Manager Childcare Services: - Marion – 086 4520062

www.breffnifrc.ie

Carrick Family Life Centre:

Contact: Noeleen Kelly, Coordinator, 086 0295031.

Email: carrickfamilylifecentre@yahoo.ie

Facebook: [carrickonshannonfamilylifecounsellingcentre](https://www.facebook.com/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

Citizens Information Service in Leitrim remains open for telephone and email queries. An Intercom system is also available at both centres in Leitrim. Information and application forms can also be provided via An Post.

Carrick-on-Shannon Citizens Information Service will commence the initial step of reopening to personal callers on a very limited basis and strictly by appointment only.

Please note that personal appointments will only be offered if our service cannot be delivered by telephone &/or email. In this regard, the initial consultation will be by telephone with additional procedures to be complied with to ensure the health and safety of all service users and staff.

Carrick-on-Shannon Centre:

Mon-Friday 9.30-12:30pm & 1:30pm-4:30pm

Tel. 0761 07 5670

Email: Leitrim@citinfo.ie

Manorhamilton Centre:

Wednesday & Friday: 10:30am-2:30pm

Tel. 0761 07 5710

Email: Leitrim@citinfo.ie

Diversity Sligo

Diversity Sligo supports asylum seekers and refugees in their inclusion into Irish society. We continue to provide support and advice by telephone, email and WhatsApp Monday to Friday.

Information, advice and support continues to be delivered Contact: Josette Newman, Monday to Friday

Tel: 086 232 59 51 or Email: diversitysligo@yahoo.ie

Family Support & Medical Card Application Assistance Thursday & Friday. Contact: Anne Brennan Tel: 087 066 96 49 or Email: diversitysligocoordinator@gmail.com

Listening Service/Counselling for adults to help cope with stress, especially during COVID 19 restrictions. Tel: +353 86 232 5951 or Email: diversitysligo@yahoo.ie

Volunteers - We are looking for volunteers You can register as a potential volunteer on-line at www.volunteersligo.ie or contact our volunteer officer on 0862563439

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

The Foroige South Leitrim Neighbourhood Youth Service

- For 10-18 year olds and parents
- Parents Plus Adolescent Programme Online Tuesday Nights 7-9.30
- 1:1 work Face to face (and some work via online/phone) in relation to building resilience, managing anxiety, support around mental health, support to manage conflict in the home, developing positive community networks and encouraging involvement in community activities, managing emotions/behaviour particularly in school and support around sexual identity, loss and bereavement.
- Programmes include – Real U, Working Things Out / The Decider programme and Social Skills development programmes.

Contact Sarah on 086 9788852 or Denise on 0869789759 for any queries or assistance. In addition please let us know of any specific programme you identify young people for including areas in relation to Social Emotional Physical Mental Health and Wellbeing / Mental Health and Resilience / Sexual Health / managing self or any other identified area in order for us to plan delivery.

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

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 / continuing

to deal with the challenges of family life at this time. Providing service face to face, over the phone and video calls via WhatsApp and zoom.

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
- Group work programmes North and South Leitrim
- <https://www.facebook.com/foroigefadeleitrim> & <https://www.facebook.com/ForoigeYouthAlcoholDrugEducationLeitrim/>

Contact Caoimhe Ryan on 0864641550 or Anne Marie on 0869087141

Foroige Services Sligo

The Foroige CRIB

- For 10-18 year olds and parents
- Parents Plus Adolescent Programme Wednesday Mornings at the CRIB
- 1:1 work Face to face (and some work via online/phone) in relation to building resilience, managing anxiety, self-esteem, internet safety, healthy relationships and decision making.
- Some of the Programmes include:

Leadership Module 1: Foróige's Leadership for Life is an exciting programme that enables young people to develop the skills and qualities necessary to be effective leaders, as well as challenging them to use these skills for the betterment of society.

Social skills group 1 & 2: These are activity based group that help young people make and maintain friendships, learn problem solving and active listening skills.

Mental Health Art programme: This programme will enable young people to express how they feel about mental health through different mediums. In this programme we will also be using manuals such as "Working Things Out" and Foróige' and "Be Happy Be Healthy".

Young men's programmes: Involves a combination of outdoor pursuits and a Drug and Alcohol Education.

We can continue to engage young people from other areas of Sligo / North Leitrim online or over the phone on a case by case basis.

Contact the project for other programmes and we can explore delivering these also.

Contact Amie on 0868322473; Karina on 086 8358288 (mon-wed) or email crib@foroige.ie or check 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 / continuing to deal with the challenges of family life at this time.
- Providing service Face to Face, over the phone and video calls via WhatsApp and zoom.
- Parenting when Separated being facilitated in partnership with Tubbercurry FRC

Contact Anne Marie on 0869087141 for queries or referrals.

Co. Sligo Youth Drug & Alcohol Education & Prevention Programme

- For 10-18 year olds in Co. Sligo and their Parents
- Groups being facilitated in Tubbercurry, Sligo Town, Ballymote and Enniscrone areas
- 1:1 work in relation to substance use

Contact Aimee Flynn on 0862316303

Foróige YESS project for 16-24 year olds

- Support young adults through individualised work face to face, 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 continue to engage with members through Social media and Group Chat Zoom, Youth Officer Alan continues to provide support to members and volunteers through direct work via online resources and available to discuss at any time. alan.judge@foroige.ie,

<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-OShQOaZqqzJhGqShlpkkgXc8-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)

All services continue as normal within the HYLS. HYLS is working to full capacity. The Youth Supports are working directly with the Tusla Social Work department. The Home Youth Liaison Officers are working on a daily basis in all of the secondary schools in Sligo and Leitrim and also in a selected number of primary schools. The CCA workers are working on an ‘out of hour’s basis’ and work directly with Tusla Senior Management and Social Work.

HYLS Facebook: Sligo Leitrim Home Youth Liaison Service; Twitter: @sligohyls and **Instagram: @homeyouthliaison**. These are updated daily

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

Leitrim Community Response Forum

National government, local government and the community and voluntary sectors provide a dedicated helpline in Leitrim County Council to provide support to those who need it. The Community Call is part of the Government’s ‘#Keep Well’ programme to support mental and physical wellbeing.

The Community Call helplines can provide:

- **Delivery of food, medication, fuel or other household items**
- **Someone to talk to or keep in touch with**
- **Other practical supports**
- **Signposts and referral to reliable information and services**

The Community Call helpline is steered by a Community Forum in each local authority area involving the local authority, Garda Síochana, HSE, community groups, and others. We work closely with ALONE, Jigsaw and Aware and local befriending services.

The Leitrim Community Call helpline can be contacted at: 1800 852 389 or 071 9650473. Details for all local authority helplines can be found at www.gov.ie/communitycall. Calls may also be directed via a national phone number 0818 222 024.

Government Resilience Campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines – see gov.ie/healthyireland

- **Keeping active** - Sporting organisations and clubs will be developing ways to support local communities.
- **Staying connected** – continuing with the local community helpline and befriending service.

- **Switching off and being creative** - a range of initiatives to support individual and community creativity in the arts, crafting, culture and heritage.
- **Eating well** - family time and adding healthy habits; in early 2021, there is an aim to support more people to grow their own food.
- **Minding your mood** – “Minding Your Wellbeing” resources; the provision of relevant activities and supports to children, young people and families over the coming months.

Leitrim Co Council: Arts

See www.leitrimarts.ie

Leitrim Development Company

The team in **Leitrim Travellers Project** is running Youth project and a Craft Project. Support is being offered to the community by appointment.

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.traveller counselling.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>

HSE: New Mental Health Service - to provide immediate support in the short term and connect people to resources that will help them in the future.

'50808' is a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis.

Crisis Volunteers are available 24/7 for anonymous text conversations.

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

Contact: Majella Mc Govern, Manager, Mobile: 087 6713445. Office: 071 9631253

Operating an "APPOINTMENT ONLY "service. Mondays –Friday, 9am-5pm, closed for lunch 1-2pm.

SERVICES PROVIDED: Printing and copying, Food Cloud, Counselling, Play Therapy, Family Support and any other essential services.

- Youth Cafe - Continuing on zoom
- Parent and Toddler Groups will take place over zoom

Contacts as follows:

Manager- Email majella@mohillfsc.info or call 087 6713445.

Administration, printing, and senior alert alarms - Email support@mohillfsc.info or call 071 9631253.

For Family Support and Community Development - Email laura@mohillfsc.info or call 086 6035977.

- **Brief Intervention Therapy for young people:** for children and young people, 10-18 years, for those experiencing mild difficulties impacting on their mental health or wellbeing. The intervention will last 6-8 weeks (one session per week); and will be provided by suitably qualified mental health professionals such as fully accredited Counsellors/Psychotherapists to work with each individual young person.

Contact: Majella Mc Govern, Manager, Mobile: 087 6713445. Office: 071 9631253

Moving Parents and Children Together (MPACT)

You don't have to be addicted to suffer from addiction!

Contact: 071 9150578 & 085 8759313

Website Address: www.alcoholforum.org.

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

Current arrangements: Moving Parents and Children Together Service is working to resume delivery of group work programmes and is currently accepting referrals for the face to face programme.

Moving Parents and Children Together (M-PACT) programme supports families to work together to understand how parental alcohol or other drug misuse has affected their lives. M-PACT is designed to include the whole family and allows children to talk about their feelings and experiences, with their parents, in a safe environment. M-PACT promotes a whole family approach ensuring children and young people living with parental substance misuse are safe, visible and their voices are heard.

Each M-PACT programme can bring together up to eight families at any one time, where at least one parent has or had an alcohol or other drug problem, and where there is **at least one child aged 8-17 years old**. **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 | damienvcp@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: Michelle O'Malley; Mobile: 087 7391569; Office: 0719148860

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>

St Michael's Family Centre, Church Hill. Sligo

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

St Michael's Family Centre has re-opened in a limited capacity. Face to face counselling appointments are available. Play therapy service for current children resumed. Although a long waiting list applies, it is hoped to work through this during the next few months. Other aspects of our service, including meetings of support groups will resume after 29th June depending on the relaxation of restrictions. Please contact the office 071 9170329 or 087 3902661 with any queries.

Sligo Community Response Forum

Sligo COVID-19 Community Response Forum Helpline:

HELPLINE: Contact **1800 292765**, Monday to Friday 9am to 5pm.

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/>

Government Resilience Campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines – see gov.ie/healthyireland

- **Keeping active** - Sporting organisations and clubs will be developing ways to support local communities.
- **Staying connected** – continuing with the local community helpline and befriending service.
- **Switching off and being creative** - a range of initiatives to support individual and community creativity in the arts, crafting, culture and heritage.
- **Eating well** - family time and adding healthy habits; in early 2021, there is an aim to support more people to grow their own food.
- **Minding your mood** – “Minding Your Wellbeing” resources; the provision of relevant activities and supports to children, young people and families over the coming months.

Sligo Community Training Centre and Leitrim Community Training Centres.

Both centres are fully operational and are accepting new referrals.

Leitrim CTC currently has vacancies on both the hairdressing and catering course. Interested applicants may contact the centre via email at enquiries@leitrimctc.com or phone 071- 9621705.

Sligo CTC may be contacted at enquiries@sligoctc.com or phone 071- 9145248.

Information on the centre can be viewed on our **Blog:** www.sligoctc.com

Sligo Family Resource Centre

Home based family support by telephone and face-to-face - 087 9983937.

Footprints crèche is now open - telephone 071 9143646 ask for Rose

On-line cookery class started in November - phone: 087 9983937

ZOOM Parents Plus Children's Programme started Oct - Tel: 089 2037167

Rooms are available for **supervised access visits**

Limited amount of **food parcels** available. Phone: 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

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

Contact: 071 91 41138

- **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 tutorial, 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:** 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 Directory of Services

The **Sligo Leitrim Directory** website provides official listings of services for children, young people and families in Sligo and Leitrim. This includes information on health, mental health, education, disability, youth, childcare and other services. See: www.sligoleitrimdirectory.ie

Noticeboard: Services listed on this website may wish to publish details of relevant upcoming events on our [Notices](#) page – email admin@sligoleitrimdirectory.ie with details.

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**

Visits to Groups and or Schools can be arranged solely with the express permission of the Principal or Leader with all HSE guidelines adhered to.

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 - Substance Misuse Project is continuing to work remotely along with face to face meetings by appointment only Monday to Friday. Face to face meetings in Tubbercurry Family Resource Centre each Tuesday.

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

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

A designated TUSLA essential frontline service. Currently accepting referrals from individuals and professionals. Continues 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

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 (YIC)

Sligo YIC office at Rockwood Parade, Sligo is open Monday to Thursday 9 - 5pm & Friday 9-4.30pm.

Sligo YIC continues to provide information, advice and support to all young people, parents and the wider community during Covid-19. For information and assistance contact:

Catherine McCann (Coordinator) 071 9144150 Email: catherinemccann.ncyccs@gmail.com.

Anne Brennan (Information Officer & Guidance Counsellor) Tel: 085 804 1020

Email: yicsligo.ncyccs@gmail.com.

Facebook page <https://www.facebook.com/yic.sligo/>

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

Website www.ncyccs.ie

Instagram <https://www.instagram.com/yicsligo/>

INFO HELPLINE for Young People & Parents **Call /Text / WhatsApp 085 8041020**. If we cannot answer your call, leave a message, text or email. We can help with the following and lots more... · Applying for Jobs / Unemployment · Writing a CV / Interview Skills · Leaving Cert Students 2020 · Going to College - CAO, PLC Applications & Choices · Accommodation Options · Student Grants · Apprenticeships/Traineeships · Rights and Entitlements · LGBTI+ Support.

Youth Information ONLINE CHAT SERVICE go to <https://direct.lc.chat/10341532/> staffed by professional Youth Information Workers including staff from Sligo Youth Information Centre. Open 4pm to 8pm Monday to Friday for young people aged 16 to 25 years. Young people can also send a message outside of these times. Youth Information Workers will respond to all queries when the system next becomes active. It is impartial, non-judgemental, reliable, and accurate.

SMILY LGBT+ Youth Project (Sligo & Leitrim) **Tel: 089 4820330 Email:**

Smilyyouthlgbt@gmail.com or contact Catherine McCann: catherinemccann.ncyccs@gmail.com

Sligo Springboard Family Support Service

Sligo Springboard Family Support Service provides community-based and intensive support for families specific to the Child and Family Support Network Area 3 (CFSN 3) in Sligo who may require assistance. This Service encourages and empowers individuals and families by enabling them to draw on their strengths to avert potential crises.

- Early Learning and Care, Breakfast Club and School Aged Childcare resumed service on 2nd September 2020.
- Family Support Team continue to provide support to families by phone, on-line platforms and in-home visits, following HSE guidelines.
- Family Support Team are continuing to accept referrals at this time.
- Sligo Springboard communicates with its Community through its website www.sligospringboard.ie and Facebook page @sligospringboard

In line with HSE guidelines the building is currently closed to the public. The following personnel can be contacted by phone:

Mr John Brennan - *Manager*, 085-2514060 / john@sligospringboard.ie

Ms Yvonne Zoschke - *Assistant Manager, with responsibility for Childcare Services*
085-2514064 / yvonne@sligospringboard.ie

Ms Maria Cribbin - *Family Support Worker*, 085-2514063 / maria@sligospringboard.ie

Ms Elaine Treacy – *Family Support Worker*, 085-2514062 / elaine@sligospringboard.ie

Ms Nora Haugh – *Administration*, 085-2514061 / info@sligospringboard.ie

Triple P Positive Parenting Programmes

Triple P Positive Parenting Programmes

Parenting Programmes introduce tips and strategies to support parents/ guardians in the parenting role and help with parenting plans to address challenging issues in parenting.

We offer Groups, Workshops or Seminars depending on what you would like support with and what time you have available

For everyone's safety, we are delivering by video conferencing. All are advertised on the Parent Hub Facebook page.

Contact: teresa.cawley@hse.ie for more information or to book a place

Tubbercurry Family Resource Centre

Childcare Section is open for children from 1 – 12 years. Opening times for the summer are 8.30 am – 5.30 pm. **Contact:** Martina Gallagher 071 9186926

FRC Section is open to the public. Play Therapy has resumed. Outreach Clinics for The Simon Community and Sligo Social Services have resumed. Rooms Hire has resumed and Rooms are available for services to hire to facilitate small groups for meetings or activities. Boccia Group and Ladies Craft Group are returning next week. Our Counselling service is suspended until August.

New usage Protocols covering cleaning, social distancing and PPE are in place and are working well.

Contact: Sandra Cribben or Cathy Regan on 071 9186926

Two summer Camps for Children will run in August – these will be Free of Charge and are for Referred Children only – spaces available –**Contact:** Teresa Bourke or Cathy Regan on 071 9186926
FEAD Programme is continuing for Quarter 3.

- **Brief Intervention Therapy for young people:** for children and young people, 10-18 years, for those experiencing mild difficulties impacting on their mental health or wellbeing. The intervention will last 6-8 weeks (one session per week); and will be provided by suitably qualified mental health professionals such as fully accredited Counsellors/Psychotherapists to work with each individual young person.

Contact: Sandra Cribben 071 9186926/087 2589672

West Sligo Family Resource Centre

Contact: Roisin Moyles, Coordinator: 087-3650949/096 37444 Email: r.moyles@westsligofrc.ie

Current Services: The Centre in Enniscrone is open between 9.30am to 5.30pm. There will be open access to the public between 11am to 1.00pm for information, advice and support. Appointments can be arranged outside of these hours. The following services and classes are available:

Family Support Service (Monday to Thursday) Contact: Heather Reddington: 087-2506773, Email h.reddington@westsligofrc.ie

Drama Workshops for Children in Dromore West on Tuesday evenings from 4.00pm to 5.00pm for 10-12 years and 5.00pm to 6.00pm for 13-15 years. Places are limited.

Drama Workshops for Children in Enniscrone on Thursday evenings from 4.00pm to 5.00pm 7-9 year olds (Fully Booked) and 5.00pm to 6.00pm 10-12 year olds. Places are limited.

Foroige Drug and Alcohol Education and Prevention Programme from 12-18 year olds on Wednesday evenings in Enniscrone FRC. Contact Aimee Flynn on 086-2316303 for further information.

Adult Education and Learning classes are commenced 30th September and include Budgeting and Handling Money, Digital Media, Gardening and Film Making. Please contact the centre on 096-37444 for further information.

Rooms Hire has resumed and Rooms are available for services to hire to facilitate small groups for meetings or activities. Updated room usage Covid-19 protocols are in place in relation to cleaning, social distancing and PPE. For further information, please **contact Roisin on 096-37444**.

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

- **Brief Intervention Therapy for young people:** for children and young people, 10-18 years, for those experiencing mild difficulties impacting on their mental health or wellbeing. The intervention will last 6-8 weeks (one session per week); and will be provided by suitably qualified mental health professionals such as fully accredited Counsellors/Psychotherapists to work with each individual young person.

Contact: Roisin Moyles, Coordinator: 087-3650949/096 37444 Email: r.moyles@westsligofrc.ie

UBU Your Space, Your Place

A new targeted project - **UBU Your Space, Your Place** - under the targeted youth fund scheme of DCYA in partnership with MSLETB is now operating in Leitrim. This project replaces the Leitrim SPY project and is based in the Base Youth Café, Drumshanbo and will work with young people aged 10-17 in the following areas:

- Mid Leitrim
- Drumshanbo
- North Leitrim
- Manorhamilton
- South Leitrim
- Carrigallen

The project provides 'out of school supports' to marginalised, disadvantaged or vulnerable young people, 10-17 years old (in their communities) to enable them to overcome adverse circumstances and achieve their full potential by improving their personal and social outcomes.

Open to referrals from agencies/organisations and hope to work in each of the identified areas one to two days a week. Further information or to meet with project workers, **contact Mary or Fiona on 085-8099766 or 071-9641721 or by email leitrimubuproject@gmail.com**

Youth Action Project Sligo Leitrim (YAPSL)

YAPSL are now working from our office on Rockwood Parade, Sligo. We will continue to be supporting young people and their families on a weekly basis. This will take place both within the community and within our Youth Centre. We continue to support young people within the YAPS Junior Project (8 - 11 years) and Youth Action Project Sligo Leitrim (12 - 17 years).

Please follow our Facebook page for updates / developments on the link attached:

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, elaynehara.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