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 Sooey  
Ballymote FRC is working in collaboration 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](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](http://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

**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: diversitiesligocoordinator@gmail.com
Contact may be made with Josette, Monday to Friday at 086 232 59 51
Email: diversitiesligo@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
The Foroige South Leitrim Neighbourhood Youth Service is providing support to young people and parents over the phone or by video call. Individual work and group work sessions are also being continued with young people through phone calls, video calls and online platforms such as Zoom. Please do not hesitate to contact Sarah on 086 9788852 or Denise on 0869789759.
Co. Leitrim Youth Drug & Alcohol Education & Prevention Programme is providing support to young people and parents over the phone or by video call. Individual work and group work sessions are also being continued with young people through phone calls, video calls and Zoom. Please do not hesitate to contact Grainne on 0861702340.
Family Support Service Leitrim works to empower and enable Children, Young People and their Families by providing a home based supportive service to families who require extra support for a variety of reasons. Family Support Workers can work with Parents and/or their children around; Parenting skills / Strengthening family relationship / Accessing further supports / Connecting to the community / Dealing with the challenges of family life
Service operating through phone support; face to face online contact Anne Marie 0869087141
Foroige Services Sligo
The Foroige CRIB provides support to young people and parents over the phone or by video call. Individual work and group work sessions are continuing with young people, through phone calls, video calls and online platforms such as Zoom.
There are some spaces on the Foroige Health and Wellbeing programme online, Monday afternoon and a free Zumba class Monday evening and are running a Daily Challenge. 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; Email crib@foroige.ie or FB https://www.facebook.com/thecribsligo/
Family Support Service Tubbercurry and Surrounding areas: Providing a home based supportive service to families. Family Support Workers can work with Parents and/or their children around; Parenting skills/Strengthening family relationship/Accessing further supports Connecting to the community/Dealing with challenges of family life.
Phone support; face to face online. Contact Anne Marie on 0869087141
Co. Sligo Youth Drug & Alcohol Education & Prevention Programme: Contact Anne Marie, 0869087141. Queries and New Referrals – Contact Anne Marie on 0869087141
HSE – support for frontline services - useful information on Covoid 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-OShQOAZqqzJhGqShlpkxgXc8-twWYw&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 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 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

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.
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, 0861851654

Mental Health Supports

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

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-%2Fcovid19%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.

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
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 | marychealy@gmail.com/Donegal
- Mark Askey - 087 2208602 | markaskeynorthside@gmail.com/ Sligo & South Leitrim
- Damien Daly - 087 7010520 | damienryco@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
- 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 McEleny: 087 9369312/christinemceleny@donegaletb.ie

NW Task Force Staff:

- Sean O’Connor, Coordinator – Mob: 0871034941/Email: Sean.J.OConnor@hshe.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 1955984/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=IwAR3fwqdhtoPTZ4uOle21x7HL9uQ282a60KdhLyrJOp32n7zSVFgYe-5U4

Parent Hub Sligo/Leitrim

Contact: Phone Aolish, 087-7391569. Email: aolishligochildcare@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 the issue 3 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

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/](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

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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.

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**Sligo Family Resource Centre**

Home based family support is now being carried out 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 or collected by appointment – **Phone:** **087 9143646**

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

**Baby clothes** on request; collected by appointment - **087 9143646**.

**Contact email:** sligofrc@gmail.com

**Social media is updated on a daily basis:** [https://www.facebook.com/SligoFamilyResourceCentre/](https://www.facebook.com/SligoFamilyResourceCentre/)

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**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

**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** – (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-ADrOi3mneZUid3dhkefhT8C4Pz1ezjWpgNSG_ei1QQ](https://www.facebook.com/yic.sligo/?ref=aymt_homepage_panel&eid=ARC2oWNwsSW8-qHtVGp94RORzql107OF-qrl-ADrOi3mneZUid3dhkefhT8C4Pz1ezjWpgNSG_ei1QQ)

**Resources:**
- [www.schooldays.ie](http://www.schooldays.ie) - Education and Parenting Information
- [www.hse.ie](http://www.hse.ie) - COVID 19 - Youth friendly videos
- [www.sligoleitrimdirectory.ie](http://www.sligoleitrimdirectory.ie) - For supports and services in Sligo & Leitrim
- [www.sligosportsandrecreation.ie](http://www.sligosportsandrecreation.ie) - Clubs, Sports, Events details in Sligo area

Updating of [www.ncycs.ie](http://www.ncycs.ie) website with YWI contacts and developments

Updating of organisations and services details on [www.sligoleitrimdirectory.ie](http://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

**Springboard Resource House Project**

The Resource House Project offers a professional Supporting Service, which at this juncture of time is working remotely. The Service is available for the purpose of promoting: Positive Reassurance, including Emotional Support as well as guiding people on ways to manage electricity/ power supply cards (top-up). In line with the HSE guidelines all of the above Service is managed, via phone conversation(s) only. In concluding, The Service offering valuable parenting support through the Family Support Team.

**The Following Personnel can be contacted by Phone:**

Mr. Tony Stewart, Project Manager, 085 251 4062, Mon-Thurs and 9.00- 1.00pm & 1.30- 5.00pm, Friday, 9.00- 2.00pm

Ms Yvonne Zoschke, Assistant Project Manager, 085 251 4064, Mon-Thurs, 9.00- 1.00pm & 1.30- 5.00pm, Friday, 9.00- 2:00pm

Mr John Brennan, Family Support Worker, 085 251 4060, Mon-Fri, 9.00 1.00pm 1.30 - 4.30pm

Ms Maria Cribben, Family Support Worker, 085 251 4063, Mon-Fri, 9.00 1.00pm 1.30 - 4.30pm

**Tubbercurry Family Resource Centre**

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

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

**Feed Programme:** Supporting children and families with food parcels through scheduled collection appointments. **Phone:** 087 2589672

Tubbercurry FRC is posting out packs to 110 families this week. (Little art packs and an information sheet for parents)
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](https://www.facebook.com/WestSligoFamilyResourceCentre) or [www.westsligofrc.ie](http://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=yapsl%20gydp&epa=SEARCH_BOX](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

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**Don’t forget Sligo Leitrim Directory of Services:**