

SUPPORT FOR CHILDREN, YOUNG PEOPLE AND FAMILIES in CORK (NORTH LEE) in 2021

CORK NORTH LEE - EAST AND WEST

TUSLA supports child and family services in many parts of Cork City and County. Contact the service nearest to you to learn about the range of supports on offer to you and your child. The locations of these services include:

Springboard – Faranree. 021-430796
Mayfield NYP- 021-4501674
Glenfields Community Childcare 021-4308395
Newbury House, Mayfield – 021-4507999
Let's Grow Together - Knocknaheeny 021-6010656
Barnardos Brighter Futures - Knocknaheeny - 021-4307964
Macroom Family Resource Centre – 026 20744.
Macroom CDYS– Susan Pearmain 0831609007

TUSLA also has a dedicated website to support parents called "Parenting 24Seven". Look online here: www.tusla.ie/parenting-24-seven



For further information on services during COVID19 restrictions in your area see the CYPSC website: www.cypsc.ie/your-county-cypsc/cork

IF A CHILD IS IN IMMEDIATE DANGER CONTACT AN GARDA SIOCHANA on 999/112

CORK NORTH LEE- EAST CORK

TUSLA supports Family Resource Centres (FRCs) in a number of areas of East Cork. Contact your nearest FRC and ask to speak to their Family Support Worker who can offer support to you and your child.

Cobh FRC 021-4816103
Carrigtwohill FRC 021-4533000
Midleton FRC 021-4633522

TUSLA partners with other support services in **Youghal:**
Barnardos: Valerie Bannerman 086-7015250
Foroige: Catherine Ryan 086-0481956

Cloyne Diocesan Youth Service (CDYS) in Carrigtwohill:
Bernard O Callaghan 086 1701912
CDYS in "My Place" Midleton:
Ross Bonner 086 803 1291



If a child or family requires additional support the Prevention, Partnership and Family Support (PPFS) team in North Lee may be able to offer this support through "Meitheal". For parents information look online here: www.tusla.ie/uploads/content/Meitheal_Parents_Information_Leaflet.pdf or call: **Lynda Monahan - 087-3450983**
Nessa Barrett on 086-7871894.
Niamh Lavin on 087-7104522.

HELPLINE AND CRISIS SERVICES

GARDA SIOCHANA: 999/112
24/7 Freephone Sexual Violence Helpline: 1800-778888
24/7 Freephone Domestic Violence Helpline: 1800-341900
Mna Feasa (Domestic Violence Project, CORK):HELPLINE 021-4211757
Men's Aid Ireland: 01-5543811

If you are worried about the impact that COVID19 is having on your child's ability to access education please contact your school directly in the first instance for support and advice.

- **Tusla Education Support Service:** (TESS) Educational Welfare Officers (EWOs) of the Child and Family Agency work with young people and their families who are experiencing difficulty with school attendance and accessing an education. The role of an EWO is to work with parents, children/young people and schools to support attendance at school. You can ask to speak with an EWO for your area by contacting 021-2428611
- **Tusla Child Protection Services:** **If you are worried about the safety and/or welfare of any child contact Tusla's Child Protection Social Work service on 021-4923493.**

OTHER ORGANISATIONS THAT OFFER ONLINE SUPPORTS FOR CHILDREN, YOUNG PEOPLE AND FAMILIES.

- **Parentline**
- a free, National, confidential helpline that offers parents support, information and guidance on all aspects of being a parent. **1890 927 277** Monday – Thurs 10am – 9.30pm & Fri 10am – 4.30pm. Sat and Sun 10am-2pm Email info@parentline.ie
- **Barnardos Parent Support Line 1800 910123 www.barnardos.ie**
- **One Family:**
The service provides information on: social welfare, finances, family law, housing, education, childcare, parenting, and mediation. It also offers a listening service for people who need support parenting alone, co-parenting or separating.
Lo-call Helpline **1890 66 22 12** or **01 662 9212** Monday – Friday 10am – 1pm & 2pm –3.30pm (also by email - info@onefamily.ie or message privately via Facebook).

- **Treoir:**
Treoir is the National Specialist Information Service for unmarried parents and their children providing up-to-date information free of charge to parents who are not married to each other and to those involved with them. A free, confidential, specialist Information service is available on Legal, Social Welfare and Parenting issues. See www.treoir.ie/ or contact Helpline number: **01 6700 120.**

- **Jigsaw (JigsawOnline.ie)**
Providing free, relevant and accessible mental health support, education, advice and guidance to young people aged 12 to 25 years old, and/or their parents/concerned others.
Freephone **1800 544729** Mon to Fri, 1pm- 5pm
Text "call me" to 086 180 3880 with your preferred day and time for a call back. Mon to Fri, 9am to 5pm.
Email help@jigsaw.ie anytime, clinicians will respond from Monday to Friday, 9am to 5pm

- **ISPCC**
ISPCC's Support Line provides a free, confidential listening service, offering non-judgemental support, information, advice to parents and carers. Call 01 522 4300 Mon to Fri 9am to 1pm or Email: parentingsupport@ispcc.ie or visit www.ispcc.ie/parenting-hub

CHILDLINE: Free phone: 1800 66 66 66 / FREETEXT 50101