

SICAP COVID-19 NEWSLETTER

MAY 2020

Social Inclusion & Community Activation Programme (SICAP)

South Kerry Development Partnerships social inclusion programme aims to reduce poverty and promote social inclusion for all those living in South Kerry improving their quality of life and ensuring that opportunities to progress and develop as groups and individuals are promoted equally. The SICAP team supports a range of people who may be unlikely to access mainstream supports and encourages all those to develop skills to build their own capacity to improve their circumstances.

We work with many different community groups including Residents Associations, Mens Sheds, Disability Support Groups, Lone Parents and New Communities groups. The SICAP officers assist groups to access funding and training to help them operate efficiently and to ensure that their group is open to including all in their locality.

Social Enterprises are supported through the provision of grant aid, mentoring and access to funding and training.

Self employment supports are available for anyone looking into starting their own business. We provide advice, guidance and mentoring for new start ups and support applications to DEASP grants where possible.

Employment supports are available for those unemployed and seeking part-time or full-time employment. Our employment liaison officer will support the development of an up to date CV and provide other pre-employment supports such as interview tips and skills, writing up a personal action plan and supporting job placement.



SOUTH KERRY DEVELOPMENT
PARTNERSHIP CLG.



Social Inclusion &
Community Activation
Programme

Through our Education Officer we offer supports to progress in education and upskill at all stages of life. Supports are offered to those experiencing mental health difficulties in the Community such as Anxiety management workshops and wellbeing events. English language supports are provided to those who do not have English as a first language.

During COVID-19 the SICAP team are still here to help. Remember it is really important to stay connected during this time, keeping in touch with people and talking about how you feel can really help.

Please contact any of the officers on the numbers below for further assistance.

SOCIAL ENTERPRISE

Noel Spillane | 066 947 2724 | nspillane@skdp.net

EMPLOYMENT SUPPORT

Joanne Griffin | 066 976 1615 | jgriffin@skdp.net

SELF EMPLOYMENT SUPPORT

Joanne Griffin | 066 976 1615 | jgriffin@skdp.net

Ann O'Riordan | 066 947 2724 | aoriordan@skdp.net

EDUCATION SUPPORTS

Mairead O'Sullivan | 087 963 1935 | mosullivan@skdp.net

COMMUNITY GROUPS

Eadaoin Moynihan | 087 190 6450 | emoynihan@skdp.net

Mary Gallagher | 087 341 6341 | mgallagher@skdp.net

Joseph McCrohan | 087 284 9165 | jmccrohan@skdp.net

What is SKDP doing during COVID-19?

South Kerry Development Partnership wishes to advise the people of South Kerry that our services continue to be available to you.

We all need to protect ourselves from COVID-19, so if you need our services please, where possible, give us a call or send an email in the first instance. We believe we can deal with many queries this way.

Our contact details are here: www.southkerry.ie/find-us. Tel. 066 947 2724 or facebook



An interview with Margaret Wrenn Manager of Killorglin Family Resource Centre

Margaret thank you for giving this time during a very busy period to tell people of the services and supports available in Killorglin FRC and other FRC'S throughout South Kerry.

What supports are available in the South Kerry FRC's during COVID 19?

All 5 Family Resource Centres in South Kerry are operating remotely. Should a family need to contact they may do so. Some Centres are offering counselling, art therapy, parenting support through phonecall, skype or zoom. Some Centres are also offering non perishable food on a monthly basis. All FRC's can be contacted on the following:

CAHERSIVEEN - SOUTH WEST KERRY FRC

Rosemarie O'Shea | Tel: 066 948 100 / 087 170 1520
Email: rosemarieswkfrc@gmail.com

CASTLEMAINE - MAINE VALLEY FRC

Anita Pannell
Tel: 087 695 3023 | Email: anita.mainevalley@gmail.com

KENMARE FRC

Máire Uí Leime
Tel: 086 158 1218 | Email: maire@kemare frc.ie

KILLARNEY - BALLYSPILLANE FRC

Connie O'Leary
Tel: 086 790 7298 | Email: ballyspillanefrc@gmail.com

KILLORGLIN FRC

Margaret Wrenn
Tel: 087 062 9110 | Email: margaretfrc@gmail.com

Tell me more about Killorglin Family Resource Centre

It was an extremely sad day for us when we had to close our Family Resource Centre on 12th March but staff of the Centre are continuing to work remotely. While the Centre is closed currently in line with HSE Guidelines we are continuing to deliver the following:

- Family support through skype and telephone
- Urgent appointments on one to one basis
- Food parcels for families and individuals
- Play/Art therapy through skype and telephone
- Online Parenting supports
- Counselling through skype and telephone
- Continuing to support 'Meitheal' families through telephone/skype and where necessary by appointment whilst physical distancing
- Supporting older and vulnerable people in the community by linking in with them through telephone and delivery of shopping/medicine
- Working with our local doctors, post workers, garda members to inform us of any support needs
- Advertising our key contacts through which people can link people for supports including national and local helpline services and local support services.
- Providing key contact numbers and identified link people for support to anyone who might need help and not know where to source this help
- Linking families in with Mental Health supports offering tools and tips

- Answering emails, queries and texts
- Childcare staff maintaining contact with students/parents.

You can make an appointment to meet Drugs and Alcohol worker at our Centre. Contact Pdraig on 085 152 5612

How can someone contact the FRC's during this time?

Please contact us if you have a query or question or if you need support or if you need to chat. This is a stressful and challenging time and it will end soon but in the meantime do not hesitate to make contact with us if you are feeling isolated or stressed.

Contact details for Killorglin Family Resource Centre:

Main Office Number: 066 976 2933
Margaret Wrenn, Project Manager: 087 062 9110
Kathleen Morris, Family Support Worker: 087 062 9258
Marguerite Dwyer, Family Support Worker: 087 096 0215
Eileen Quirke, Childcare Manager: 087 061 2736
Email: killorglinfamilycentre@gmail.com



What supports will you provide to the Community when the FRC is fully open again?

- One to one counselling, Art Therapy/Play Therapy
- Breakfast Club
- Free Pre-School through ECCE
- After School Club
- Homework Support Club
- Out of School Camps
- Camps for young adults with special needs
- Face to Face Family Support
- Adult Training and Education
- Space for groups to meet
- Photocopying and email support
- Personal development programmes
- Parenting Support Programmes



Any parting words Margaret?

'The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands in times of challenge and controversy.' MARTIN LUTHER KING JR.

This iconic quote resonates perfectly at this moment in time, when we are all challenged to be our best selves.

Top Tips to help you through Covid-19

We wish to encourage anyone who is struggling, to reach out and avail of range of online and phone supports, provided by the HSE and our partners, that can be found on YourMentalHealth.ie.

For people who need help managing at home the following are the top ten pieces of advice

1. **Stay connected** - keeping in touch with people, and talking about how you feel, can really help.
2. **Create a routine** - if you're at home, getting up, staying active and eating at regular times helps you feel more in control
3. **Stay active** - whether you're indoors or can still go out for exercise, move around as much as you can
4. **Have a healthy diet** - this advice never changes - but eating well really does help your mood.
5. **Reduce stress** - you're not working from home, you're at home, in a crisis, trying to work or homeschool children. There's lots of great ways to reduce stress.
6. **Stop scrolling** - switch off - it's good to keep informed but try to limit how much news you're following and take a break every day.
7. **Get creative** - try some activities like painting, singing, dance. No one is watching!
8. **Help others** - see if your neighbours need any help with shopping or medicines.
9. **For those cocooning** - look for supports from the Community Call lines in each area.
10. **Visit gov.ie/together** for more sources and services that can help.

“no matter what you're going through, let's stay connected and make it through, together”.

#Together



Family Supports

Are you in need of support with children during COVID-19?

You can still access any of the support services while staying safe.

Check out the following for local supports:

www.kerrychildrensservices.com/supports-directory-of-services-available-for-children-young-people-families-during-covid-19/

<https://www.cypsc.ie/resources>

Also the following link on excellent NEPS resources and advice for keeping children and families well during Covid 19. There is information on:

- Advice for young people while schools are closed
- Guide for parents supporting children with routines
- Plan for the day while schools are closed
- Relaxation techniques-podcast/document
- Talking to children and young people about Covid-19: Advice for Parents and School. The link is: <https://www.education.ie>

Or you can call any of the Family Resource Centres or Máiread O'Sullivan, SKDP Education Officer 087 963 1935 or email: mosullivan@skdp.net



Helpful Numbers for Local Services

Southwest Counselling Centre

Tel. 064 663 6416 | Email: info@southwestcounselling.ie
Providing telephone counselling, call to arrange an appointment for 1 to 1 telephone counselling with an experienced counsellor in confidence.

Jigsaw Kerry (12-25 years)

Tel. 066 718 6785 | Email: kerry@jigsaw.ie
Providing brief, goal focused therapeutic intervention supporting young people experiencing mild to moderate mental health distress.

ADAPT Kerry

ADAPT Kerry Women's Refuge provides temporary crisis accommodation for women and their children who have to leave home due to domestic violence. As part of essential services ADAPT Kerry are still here to help and support. You may contact our service on 066 712 9100 between 9.00am and 12.00 midnight, 1.00-11.00pm on Saturdays and Sundays

ACCORD

ACCORD offers a professional counselling service for couples and individuals to explore, reflect upon and work to resolve difficulties that arise in their marriage and relationships. If you need to speak to an experienced counsellor during this time of unprecedented stress and pressure on family life contact: 066 712 2280

Pieta House

Providing free accessible, professional services to people who are in suicidal crises, those who are self-harming and people who have been bereaved by suicide.
Tel. 066 716 3660 or 1800 247 247 or text 'Help' to 51444

Kerry Rape and Sexual Abuse Centre

Freephone 1800 633 333
Kerry Rape & Sexual Abuse Centre provides professional, free and confidential counselling, information and support. Our Centre is opened Monday-Friday from 9.00am until 5.00pm (Appointments can be arranged for outside of these hours if necessary.)

KDYS Killorglin Neighbour Youth Project

Contact Alfie Hughes 085 787 8049
Email: alfiehughes@kdys.ie
The NYP is a community based youth development and family support service working with people aged 12-18 years of age and their families.

FirstLight

FirstLight is a national charity which provides free professional counselling support to parents and families whose children aged 0-18 years died suddenly.
For further information: info@firstlight.ie
24/7 Emergency support 1850 391 391



Rialtas na hÉireann
Government of Ireland



Coiste Forbartha Pobail
Áitiúil Chiarraí
Kerry Local Community
Development Committee



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