

**Roscommon LEADER Partnership Company**



# **SPRING NEWSLETTER**

**April 2020**



## **ROSCOMMON LEADER PARTNERSHIP UPDATES**

### **RLP Offices: Changes over the next few weeks**

Safety for clients and staff is the priority with the current situation. RLP has made some precautionary changes to address this.

The RLP offices is closed to "walk-in" visits: If you have a query please call  
090 663 0252

# RLP Supports to Individuals



Ahojte všetci

tu v partnerstve s vedúcimi predstaviteľmi spoločnosti Roscommon sme sa len chceli podeliť o niektoré informácie, ktoré by mohli byť užitočné pre vás alebo vašu rodinu alebo priateľov v súvislosti s vírusom covid-19

pre všetkých migrantov je bezpečný prístup k základným službám (zdravotná starostlivosť alebo sociálne zabezpečenie) írsku vláda potvrdila migrantom priamo v Írsku, že všetci ľudia zdokumentovaní alebo nezdokumentovaní majú prístup k zdravotnej starostlivosti alebo sociálnym službám bez strachu.

Ak máte akékoľvek otázky týkajúce sa prístupu k zdravotnej starostlivosti alebo sociálnemu zabezpečeniu, akejkolvek imigrácie alebo zamestnania, môžete sa obrátiť na pravé centrum migrantov v Írsku telefonicky na čísle 018897570, webový dotaz na našej webovej stránke [www.mrci.ie/contact-us/a](http://www.mrci.ie/contact-us/a) e-mailom na adrese [info@mrci.ie](mailto:info@mrci.ie) pondelok až piatok od 10:00 do 16:00 . zdravotnícke služby alebo služby sociálnej starostlivosti nebudú zdieľať informácie s ministerstvom spravodlivosti a rovnosti.

Ak vám napriek tomu môžeme pomôcť v rámci partnerstva vedúcich spoločnosti Roscommon, kontaktujte lindu na čísle 0876388589 alebo [linda@ridc.ie](mailto:linda@ridc.ie)

Caro amigos,

O Leader Partnership de Roscommon, gostaria de passar informações que possam ser beneficiantes a você ou seus familiares sobre CoVid-19/Coronavírus.

**É seguro para todos os emigrantes ter acesso ao Serviço Social e aos Serviços da Saúde.**

O governo Irlandês confirmou ao Centro de Emigrantes Irlandês, que todo o povo ambos documentados e não documentados podem ter acesso aos serviços de saúde e assistência social.

Se você tem alguma dúvida sobre o acesso aos serviços de Saúde ou Assistência Social, você pode entrar contato com O Centro de Emigrantes Irlandês por telefone 01-8897570 ou por email <https://www.mrci.ie> de Segunda- Sexta feira das 10 am-4pm.

**Os Serviços de Saúde, e os de Assistência Social, não irão dar suas informações ao Departamento de Justiça e Igualdade.**

Se acaso pudermos te ajudar em qualquer coisa aqui no Roscommon Leader Partnership por favor entre em contato com a Linda 0876388589 ou [linda@ridc.ie](mailto:linda@ridc.ie)

Roscommon Leader Partnership: Fornecendo apoio aos comunidades e indivíduos



# Life Coaching

Clarity & coping with stress  
CV compiling & Interview Preparation,



The present situation with the restrictions can create many stresses, uncertainties, confusion and fears. Reaching out maybe difficult.

We are providing individual online Coaching session to support you on this journey

This includes: **FREE**

- **Life and Wellness Coaching**— stress management, listening, exploring what works for you
- **Emotional Mastery**—dealing with difficult emotions & thoughts
- **Job Coaching**—prep for work, interview skills and CVs
- **Support to use online platform to engage in the Sessions**

Contact Teresa O'Brien on 086 029 1215 or [teresa@ridc.ie](mailto:teresa@ridc.ie)

**Roscommon LEADER Partnership Company (SICAP) Social Inclusion & Community Activation Programme)**



Roscommon LEADER Partnership Company is delivering the SICAP programme on behalf of Roscommon Local Community Development Committee, which is a committee of Roscommon County Council. The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Social and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020.

## *Wellness Recovery Action Planning (WRAP)*

WRAP is a 'self-management' tool used in many countries around the world to help individuals take more control over their own wellbeing and recovery; recognising that people are the experts on themselves.

Your WRAP is something that you can refer to daily as a reminder, as a guide and as a reference to turn to especially in times of difficulty. It's a tool for learning more about yourselves and the things that help you when you are faced with challenges. It is also a support to help you to stay well and deal with trying situations.

By developing our own WRAP you can better manage the most difficult periods in your life. Never is WRAP more important than now, when we are facing the current challenges of covid-19/ Coronavirus.

We have trained staff who facilitate WRAP. We can offer this support on a one to one basis using technology.

WRAP is developed by you and for you; we only support you through the process.

WRAP is completely confidential and the training is free.

If you would like to learn more about WRAP or would like to take part in WRAP training please contact Linda Sice at [linda@ridc.ie](mailto:linda@ridc.ie) or on 087 6388589.



# Roscommon Volunteer Information Service

Family and friends of residents in Nursing Homes are unable to visit them due to the Covid-19 crisis. Roscommon Volunteer Information Service with the support of Roscommon LEADER Partnership are working to ease this sadness for the residents through letters of hope.

Volunteers are sending letters, via email, to the residents of the Nursing Homes. The letters entitled 'Keeping Connected While Apart' will help reassure the residents that they are in our minds and hearts and are not forgotten.

Interested in writing a letter? **Contact Mena@ridc.ie or Mary on [rlp@ridc.ie](mailto:rlp@ridc.ie)**

During this difficult time, it is very important we all keep in contact with one and other.

**Keeping Connected While Apart**

Write a letter/email to residents in a nursing home  
Send the email to [volunteerletters1@gmail.com](mailto:volunteerletters1@gmail.com) and make someones day!

**#Jointheconversation  
#flattenthecurve**

*Have any questions?  
Would you like to recieve a letter/email  
Contact: Mena Roscommon LEADER  
Partnership: 086 0499394  
[volunteerletters1@gmail.com](mailto:volunteerletters1@gmail.com)*

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ROSCOMMON LEADER PARTNERSHIP is an initiative of the LEADER Programme in Ireland, co-funded by the European Union and the Irish Government. The LEADER Programme is a rural development initiative which is co-funded by the European Union and the Irish Government. The LEADER Programme is a rural development initiative which is co-funded by the European Union and the Irish Government. The LEADER Programme is a rural development initiative which is co-funded by the European Union and the Irish Government.

# Roscommon Youth Service

## Roscommon Youth Service

Roscommon youth service aims to help, support and encourage young people in county Roscommon ages 10-24 years. During this difficult time, we all need to stand together and fight this. Keep an eye on the Roscommon Youth Service Facebook & Instagram pages for daily challenges and competitions. Let's keep the fun spirit out there!!


**Contact Aoife 086 6036050 or Karen 086 6037598** for a friendly chat, text or phone call.

Get to know the staff with **Mugshot Mania**:

Name	Aoife
Favourite food	Lasagne
Hobby	GAA, Swimming, Socialising
Favourite book	This is going hurt
Favourite TV show	Brooklyn Nine Nine
Favourite Band/singer	Westlife,
Guilty pleasure	Watching Judge Judy
My Favourite place in the world	Home, and the beach
Favourite thing about my job	Meeting new people and having fun
What would I do if I won the lotto	Fly to the moon!!



Name	Karen
Favourite food	Spaghetti Bolognese
Hobby	Art, jigsaws and walking
Favourite book	All of Marian Keyes books, favourite is Watermelon
Favourite TV show	Young Sheldon
Favourite Band/singer	Any feel good music
Guilty pleasure	Chocolate Eclairs
My Favourite place in the world	Walking in the woods
Favourite thing about my job	Meeting new people
What would I do if I won the lotto	Bring my family and friends on a 6 month cruise around the world



# Ability Programme

## Update from the Ability Team

In light of Covid-19 the Ability Team are continuing to engage with participants on the programme by digital means. The participants are being supported to engage in online education through the use of ASDAN and are also being supported emotionally through this difficult time.

The participants are being supported to engage in various online initiatives and where possible the mentors are also still supporting with follow up to participants specific goals.

### *The Ability Team*

*Linda, Rebecca, Amanda, Fiona, Edel*

## Walk & Talk Initiative:

The Walk and Talk group has been set up to promote being physically active to enhance better physical and mental health during this current Coronavirus crisis.

At the same time each day participants will be encouraged to take a walk in their own area adhering to all the guidelines re physical distancing and remaining within their 2km radius.

Mentors from the Ability programme and the Youth Service will check in with participants during their walks and participants will also buddy up with others in the group via phone calls to connect with them to reduce feelings of isolation at this time.



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## Quiz Time

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### House Scavenger Hunt

- Find something that begins with the letter “a”
- Find something that is blue
- Find something that is round
- Find something that has wheels
- Find something that begins with the letter “b”
- Find something that is orange
- Find something you can eat
- Find something you can wear
- Find something that begins with the letter “c”
- Find something that is soft
- Find something that floats
- Find something that is smaller than a penny
- Find something that begins with the letter “d”
- Find something that is yellow
- Find something that is sharp
- Find a rubber band
- Find something that begins with the letter “e”
- Find a paperclip
- Find a post-it
- Find a battery
- Find something that begins with the letter “f”
- Find an American coin
- Find a Non-American coin
- Find a magazine
- Find something that begins with the letter “g”



# RLP Community Group Supports and Services



Community Groups that are looking for support please contact 090 6630252:

<u>Sector 1</u>	<u>Sector 2</u>	<u>Sector 3</u>	<u>Sector 4</u>
<u>Martina Earley</u>	<u>Christopher Scally</u>	<u>Tommy J Mc Dermott</u>	<u>Helen Mc Ginty</u>
St Michaels	Western Gaels	Elphin	Strokestown
St Ronan's	Eire Og	Kilmore	Kilglass Gaels
Boyle	Micheal Glaveys	Shannon Gaels	St. Barrys
Ballinameen	Ballagh	Tulsk	St. Faileachs
<u>Sector 5</u>	<u>Sector 6</u>	<u>Sector 7</u>	<u>Sector 8</u>
<u>Gail Murray</u>	<u>Paul Clabby</u>	<u>Noel Egan</u>	<u>Amanda Mee</u>
Castlerea	Roscommon Gaels	Creggs	Clann Na Ngeal
St. Croans	Kilbride	Fuerty	Padraig Pearses
Oran	St. Josephs	Athleague	St. Brigid's
		Tremane	St. Dominic's
			St. Aidans

Ballaghaderreen Family Resource centre is open but working behind closed doors, offering phone, video, social media and email support to the families of Ballaghaderreen and surrounding areas during the Covid-19 emergency.



We have received a huge response for resource pack for adults and children, so far 280 packs have been provided to families. The packs containing information on Covid-19 and strategies for remaining both physically and mentally healthy, healthy eating and information on organisations available to support families during the crisis.

We are at the end of the phone for any and all concerns or questions families will have at this time Monday to Friday.

We can be contacted at the following:

**Linda 086 7807438** - [lindadevine@ridc.ie](mailto:lindadevine@ridc.ie) Kara **086 6048560** – [karareynolds@ridc.ie](mailto:karareynolds@ridc.ie)

We are continuously updated our Facebook page and twitter with updates and helpful resources. For more information or to make contact through Facebook, [click here](#)





Launched in 2008, the Roscommon Friendly Call Service provides a weekly phone call to clients and provides social contact. Staff and volunteers call clients sometimes daily or a few times a week to check in with them ensuring they are well and having a quick chat. The staff and volunteers who operate the service have plenty in common with the clients and understand issues concerning isolation or older people living in County Roscommon.

The Friendly Call Service works towards improving and protecting the social living standards and very importantly in reducing the feeling of isolation often experienced by people countywide. The service is supported by public health nurses around the county who engage with older people, and they encourage people to avail of the service.

The Friendly Call Service also acts as an emergency action service. In the event of there being no response to the call by the client, the friendly call service staff will contact a next of kin to check on the client's well-being.

If you or someone you know would like to avail of the service, please contact **Sandra** on **090 6630252** or **Eileen** on **086 412 4096**.



# *Keadue Social Services*



*Keadue Social Services*

Community Matters

## ***What We Do***

Keadue Social Services Centre offers a wide range of activities and supports for Older People and Adults with a Disability. Keadue Social Services aims to provide a range of social and health supports for older people and adults with disabilities enabling them to remain as independent as possible in their own homes and communities.

## ***Meals on Wheels Service***

Keadue Social Services Centre provides freshly cooked meals available Monday to Friday.

A Hot Main Course Meal can be delivered to you to enjoy in the comfort of your own home for €6.00 per meal with free dessert on Fridays.

A scone and yogurt can also be delivered.

Meals must be ordered by 9.30am each day.

## ***Laundry***

Keadue Social Service provides a laundry service Monday to Friday.

Contact the centre to arrange collection.

## ***Areas Covered***

**If outside this area, please contact the centre to discuss your needs with the manager.**

Arigna, Ballyfarnon, Crossna, Knockvicar, Ardcarne, Boyle, Cootehall, Croghan, Carrick on Shannon, Drumboylan, Leitrim Village, Drumshanbo

## **Please Contact:**

**Julie Dockery, Manager of Keadue Social Services on 086 174 9816**



An Roinn Feabairtha  
Tuaithé agus Pobail  
Department of Rural and  
Community Development



# Emergency Phone List



Your Phone Number: \_\_\_\_\_



Your Address: \_\_\_\_\_

\_\_\_\_\_



Your Eircode: \_\_\_\_\_

Do you know your EIRCODE?

The National Ambulance Services use Eircode to support what they do in emergency situations. Use <https://finder.eircode.ie/#/> or call 01 901 2232 to find yours.



GP Name and Number: \_\_\_\_\_

\_\_\_\_\_



Name and Number of Key Contact in Case of Emergency:

\_\_\_\_\_



Local Garda Station: \_\_\_\_\_



HSE Covid-19 Helpline:

**1850 241850**

**8am-8pm Monday –Friday and 10am-5pm Saturday& Sunday**

### Covid-19 Advice for Vulnerable People

[Please click here for further  
information](#)

### Covid-19 How to Protect Against Fraud and Generate Trust

[Please click here for further  
information](#)

Dedicated community support helpline now available

[Click here for further information](#)

### Appointment of Temporary Agent to collect DEASP payments

[Please click here for further  
information](#)

### Appointment of an Agent in other cases to collect DEASP payments

[Please click here for further  
information](#)

### Poster for Vulnerable People

[Click here for further information](#)

### Listing of Shops & Pharmacies – Co. Roscommon Offering delivery

[Please click for further  
information](#)

### Let's get walking! Competition

[Please click for further information](#)

### Volunteer Information Service Competition

[Please click for further information](#)

