

Getting to know you



Questions and answers with Gavin McGee, Genesis ABC programme Manager, Louth LEADER Partnership CLG

Q What's your favorite Netflix programme / Box Set at the moment and why?

A I'm watching "The Americans" at the minute and I am really enjoying it, but I cannot wait for the new "Witcher" Series to come out in December, it has a very Game of Thrones vibe to it!

Q What are you currently reading?

A I am just finished "I Am Pilgrim" by Terry Hayes, it's a good spy thriller but very much the same as others like it. I do love a bit of historical fiction and have just bought a book called "Dissolution" by C.J Sansom and I am looking forward to getting stuck into that series.

Q What would you say to your 16 year old self if you were going through COVID-19 then?

A Get outside as much as possible! Exercise is more important than ever before. It helps to regulate our emotions, diet and sleep during what is a very peculiar period of time. Use this time as an opportunity to learn and grow, but first and foremost look after yourself.

Q What would be your last meal?

A Lasagne and chips! Without a doubt. People who say steak or anything else fancy just haven't had a good cheesy lasagne with home cooked chips!

Q What do you do to relax?

A Mountain biking or hill walking. I love being outdoors, there is a regenerative quality to being surrounded by nature. The smell, the sounds and the sights all bring me back to a baseline point of relaxation. If I had my way, I would live in a cabin in the middle of the Cooley Mountains with a hiking/bike trail right at the back door.

Network Areas



NORTH LOUTH NETWORK
Omeath, Carlingford, Ravensdale, Dundalk, Blackrock, Castlebellingham, Louth Village, Stabannan



SOUTH LOUTH NETWORK
Drogheda, Ardee, Clogherhead, Collon, Tullyallen, Dromin, Dunleer, Termonfeckin



NORTH MEATH NETWORK
Navan, Nobber, Kells, Oldcastle, Athboy, Drumcondra, Crossakiel, Rathkenny



EAST MEATH NETWORK
Slane, Duleek, Bettystown, Ashbourne, Ratoath, Stackallen, Stamullen, Balrath



SOUTH MEATH NETWORK
Trim, Dunboyne, Longwood, Enfield, Dunshaughlin, Summerhill, Ballivor, Ballinabrackey

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Useful Websites:

www.parenting24seven.ie

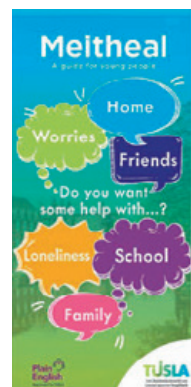
www.helpformychild.ie

www.gov.ie/supportingchildren.ie

www.cypsc.ie

www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support/

www.changingfutures.ie



What is Meitheal?

Multi-agency group including parent / carer and child / young person. Early help for a child/young person who has unmet additional and / or complex needs. Identifies the strengths and needs of the child to ensure a strengths-based approach. Tailored response to improve child/ young person's outcomes to help ensure their rights are realised. Holistic view of the child/young person in the context of their family and their environment. Expert team around the child/young person with parent and young person's voices privileged as the experts in their own situation All aspects of the process are led by the parent/child and based on their voluntary engagement. Limits duplication, agrees clear actions and roles, reduces workloads and promotes partnership.

Meitheal is a way of working with children and their families to identify and respond to their strengths and needs in a timely way.

Meitheal

A TUSLA led National Practice Model

TUSLA

An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency

www.helpformychild.ie

www.parenting24seven.ie

www.gov.ie/supportingchildren

www.changingfutures.ie

Issue 3 – Winter 2021

Child and Family
Support Network

Louth Newsletter

Local Services - Local Information - Local Supports

Insolvency Service of Ireland

Taking Control of Problem Debt

Debt is a sensitive subject, especially here in Ireland. Often, people do not like to discuss their finances or admit they are struggling. Debt problems can happen to anyone, for a variety of reasons and often through no fault of their own.

When you are in debt it is hard to focus on anything else. You can feel stressed and frightened about the future. It's tempting to just not think about it. But taking control of your situation and sorting out your debt problems can help you to feel better – and to stay well. The good news is, there is a solution to every debt problem and this is where the Insolvency Service of Ireland (ISI) can help.

The ISI is the independent government body with four debt solutions to help people with all levels of problem debt - from credit cards, loans, utility bills to rent arrears and mortgages. It regulates debt advisors called Personal Insolvency Practitioners (PIPs) and Approved Intermediaries (AI).

All of the debt solutions overseen by the ISI are designed to get a person back on track financially, keeping them in their home where possible. At the end of the process, the person will be solvent again and can start planning their future.

Taking the first step is easy, visit www.backontrack.ie to contact a PIP in your area.



The PIP will look at your situation, advise which solution is right for you and guide you each step of the way. They will also deal with those you owe money to on your behalf, putting an end to any demands for unpaid debt - no more phone calls, letters or visits.

Those who have been through the process have spoken of the immense sense of relief they felt knowing they have taken that first step and could see light at the end of the tunnel.

To find out more visit www.backontrack.ie call the ISI's information line at 076 106 4200 or free text GETHELP to 50015 for a call back.



ISI Seirbhís Dócmhaineachta na hÉireann
Insolvency Service of Ireland

Christmas Recipe

Sugar and Spice Snaps

- 1 1/2 cups (225g) Plain Flour
- 3/4 cup (165g) firmly packed dark muscovado sugar
- 2 teaspoons of ground ginger
- 1 teaspoon mixed spice
- 1/4 teaspoon ground clove
- 150g butter, chopped coarsely
- 1 egg Yolk
- 1/4 cup (55g) Raw sugar

1. Process flour, muscovado sugar, spices, and butter until crumbly. Add Yolk, process until combined. Knead dough on floured surface until smooth. Cover. Refrigerate for 30 minutes.
2. Divide Dough in half, roll each half between sheets of baking parchment to 3mm thickness. Refrigerate for 30 minutes.
3. Preheat oven to 180C /160C for fan – assisted. Lay oven trays with baking parchment.
4. Cut thirty 7cm round from dough. Place round dough on trays, sprinkle with raw sugar.
5. Bake snaps about 10 minutes, then cool on tray.



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Social Prescribing Project Officer

My name is Danny McCormack and I am delighted to be able to introduce myself to you all as the new Social Prescribing Project Officer for Co. Louth. This new service is very exciting, and I have no doubt it will provide great support for people who feel they need some help creating better lifestyles for themselves.

So what is Social Prescribing you may ask? Social Prescribing can provide a social solution to issues that affect a person's health and wellbeing. Rather than seeing the doctor and being prescribed medication, you may find that taking up an activity or joining a group or even planning your week more may be enough to make you feel better. That is what a social prescriber does for you. It all begins with a face to face chat to discuss what's on your mind. From there the social prescriber will agree on a plan with you to try help you resolve your issues by advising you on what changes you could make and helping you to take the steps you need. Sometimes all a person needs is for someone to listen and to inform them on what supports and services are out there that can provide them with a positive outcome. Quite often people do not know what is going on in their area and there is a lot of groups and services set up to help people that suffer from, social exclusion, loneliness, employment or housing issues. The Social Prescriber is like the link that people lack to the community around them.

The first step is to visit your GP and ask them about a social prescription rather than a medical one. If they feel you meet the criteria they will refer you to us and we will book you in and take it from there. The service is free and is available to those in long term unemployment, disadvantaged areas, those who are socially excluded or those negatively impacted by loneliness or covid 19.

Contact details:

Danny McCormack

Address: Redeemer Family Resource Centre, Dundalk, Co. Louth

✉ danny.mccormack@cllp.ie



The Red Door Project was established in 2010. Its mission is to provide confidential assistance and services to individuals, families, and the wider community that are affected by drug and alcohol use. The Red Door project offers support and advocacy work for individuals at any stage of addiction including one to one counselling, peer support, relapse prevention, addiction education, life skills and personal development, care planning and goal setting, health education and a multiplicity of progression routes including a special Rehabilitative Community Employment Programme. We are a harm reduction service, which means our goals for our service users are always devised in a collaborative way with them and may not necessarily equate to abstinence.

Usually, the first port of call for anyone asking our service is our low-threshold drop in service, which is open four days a week. This service is open to anyone in the community affected by addiction that is over the age of eighteen. There is no expectations on the service users in the drop in in terms of their substance use, we merely ask that there is no use on site. "Drop-in" is an opportunity to get to know our service, feel part of a community, and the opportunity to begin to see a world beyond their addiction. Participants in our drop in who are seeking 1:1 support are offered an assessment, a one hour appointment which aims to get an understanding of where the individual is at with their addiction and the supports that are best placed to help them achieve their goals. Following this, service users are added to a waiting list for 1:1 work.

For those service users that have achieved a level of stability in their recovery, The Red Door Project offers a high-threshold day programme. This CE programme is a special purpose state funded rehabilitation programme. The programme was developed to support individuals who are in recovery from drug or alcohol use. CE participants can benefit from numerous group therapies, key working, practical work experience; training and a number of QQI accredited courses, such as communication skills. Each placement can be taken up for three years and participants work for nineteen and a half hours a week.

More recently, we have seen our team expand to include two brand new positions of a Drugs Court Liaison Officer and a social worker. The Drugs Court Liaison Officer works closely in conjunction with both The Probation Service and The Court Service to work with individuals with drug related offenses before the courts to divert them away from the traditional court system, support them to a recovery that is abstinence based, and advocate for the individuals to graduate from the drugs court system without a conviction. The social work position has been developed to work with clients with dependants in order to support them to recovery and act as a liaison and advocate with other services. Referrals from Tusla and/or Meitheal programmes will be prioritised and assessed directly by the social worker.

☎ **041 9804957**
✉ **admin@lcdat.ie**

Foróige Cable Project



Foróige's Cable Project is a community based and supported youth development project which seeks to divert young people from becoming involved (or further involved) in antisocial or criminal behaviour.

The project facilitates personal development and promotes civic responsibility for young people aged 8 - 24 across Mid Louth and North Drogheda. Every young person involved in the Cable Project goes through an assessment process to identify their individual needs and strengths. This allows the project to tailor a programme of activities specifically to meet the needs of the young person.

The outcomes for each individual will vary depending on their own needs, but they will involve the reduction of risk factors for offending and an increase in protective factors. If you would like to refer a young person into the project, or have any questions in relation to their work, please contact:

Bronagh Conlon; Senior Youth Officer,
☎ **086-4641756**
✉ **bronagh.conlon@foroige.ie**



CAWT MACE Project

The CAWT MACE Project has been awarded grant funding from the EU INTERREG VA programme. The MACE project aims to transform the lives of vulnerable families who are at risk from multiple adversities in their lives, through identification, early intervention, and the provision of nurturing support within their communities. The MACE Project funded a summer initiative in County Louth which supported 60 young people in attending 3-day adventure camp. The adventure camp was a collaborative piece of work between service providers in the Louth area.

For further details on how to access MACE intervention within Louth, please contact

CAWT EU INTERREG VA MACE Project Office,
from Louth, Tel: 048 71320741



A day in the life of a Family Support Practitioner

Tusla, Prevention Partnership and Family support

I have been tasked with putting together a piece with the above title, and as I sit to write, I reflect on my 20+ years in this role. I note that no two days have ever been the same. The role is itself diverse, and the families we meet are unique. This makes my job both challenging and exciting all at the same time.

As we all emerge from the COVID restrictions, FSP's are re-establishing more familiar patterns of engagements with families. First and foremost, direct contact with families in their home setting. Building trusting relationships, open communication, and truly listening to the difficulties that this family are facing. Working in partnership with families to create solutions and supporting the families to put these solutions in place. Sometimes, a cup of tea, then a return to the office to complete the not so exciting paperwork. Information technology was never my strong point, but indeed, in this day and age, an important part of my job.

We are regularly in contact with other service providers. Working collaboratively, needs can be met more efficiently and effectively. Meitheal meetings and phone calls, emails and letters. We have built strong relationships with staff in the statutory, community and voluntary organisations over the years. They know us and trust our judgement. The Child and Family Support Networks have helped with this also.

Usually, I clock off at 5, but Tuesday is my long day. I am one of a multidisciplinary team of facilitators on the Strengthening Families Program, which runs one evening a week over the course of 14 weeks. This program is a particular passion of mine. Skills based, the program brings together a group of young people and their parents. It has resulted in really positive outcomes for families of Meath. We facilitate many other programs which take place in a group setting, or one-to-one in the home, depending on what the family needs. These programs require facilitation skills, preparation, organisation, delivery and review.

No one is perfect, so there is a need for ongoing upskilling to keep me up to date on the issues that families most need support with. We have regular supervision and discussions with managers and regular team meetings alongside training programs and courses.

My role as a Family Support Practitioner brings me great satisfaction. What a pleasure and a privilege it is, to be welcomed into a home and become a small part of a positive change in a child's life. No better way to aid a good nights sleep at the end of the day.

- Family Support Practitioner Meath PPFS

