Coronavirus 19

Resources available online

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Second draft

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# General

## South Dublin County Council

General information, constantly updated for duration of COVID

<https://www.sdcc.ie/en/news/coronavirus-covid-19-information.html>

## HSE

HSE webpage with all you need to know about COVID -19

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

## Social Welfare Information

Links to all COVID-19 entitlements and workers’ rights etc during the crisis on the Citizens Information Website

<https://www.citizensinformation.ie/en/social_welfare/covid19_and_social_welfare.html>

## Dublin City Council

* If you know somebody in Dublin City Council area who needs help: 01 222 8555.
* The lines are open from 8am to 8pm, 7 days a week.

# Helplines: arrangements in place during crisis

## NALA- National Adult Literacy

* Dedicated Coronavirus Helpline: 1800 20 20 65
* Help re reading, writing, spelling; understanding health information; keeping children occupied

## Pieta House

* Helpline: 1800 247 247 Text Help 51444
* Helpline and text service operate 24 hours a day 7 days a week. Our email response operates Monday-Friday from 8am to 8pm.
* Existing clients: phone-based support for all clients throughout crisis; confirm appointment time with your therapist who will work with you over the phone.
* If lines busy, txt HELP to 51444 (std msg rates apply) if you have trouble getting through. Alternatively you email **[Mary@pieta.ie](https://www.pieta.ie/about/coronavirus/Mary@pieta.ie" \t "_blank)** leaving your name and contact details and they will get back to you.
* Suicide Bereavement Liaison Service: <https://www.pieta.ie/how-we-can-help/bereavement-support-counselling/suicide-bereavement-liaison-service/>

## Dublin Rape Crisis Centre

* The National 24-Hour Freephone Rape Crisis Helpline **1800 77 88 88** is open for those who need to access crisis counselling and support.
* **New resource:** For those who are feeling overwhelmed or triggered, especially in this crisis, please have a look at our [**collection of grounding techniques to help you find calm**](https://www.drcc.ie/2020/03/grounding-exercises/). Particularly with regular practice, these can be extremely effective. <https://www.drcc.ie/2020/03/grounding-exercises/>
* Therapists of existing clients have already or will shortly be in touch with to discuss arrangements. If you have not had a call from your therapist and you are due to call in soon, please contact [counselling@rcc.ie](mailto:counselling@rcc.ie).
* If you are hoping to arrange an appointment as a new client: Please e-mail at [counselling@rcc.ie](mailto:counselling@rcc.ie) and we will get back to you as soon as possible..

## Safe Ireland/ Women’s Aid

* National Helpline still operating 24/7: [**1800 341 900**](tel:1800-341-900)
* This website provides constantly updated list of contacts throughout the crisis- which lines/ centres are open/ closed at any point in time

<https://www.safeireland.ie/get-help/where-to-find-help/>

## ALONE

* National support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus).
* Professional staff are available to answer queries and give advice and reassurance where necessary.
* The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024.
* Hours may be extended to meet the demand.

## Seniorline

* SeniorLine is a FREEPHONE service and our older callers can call free between 10am and 10pm every day of the year on 1800804591
* Website: [www.thirdageireland.ie](http://www.thirdageireland.ie/)
* Facebook: @thirdageireland
* Twitter: @thirdageireland
* Instagram: @thirdageireland

## Aware

* Support line for people diagnosed with depression or bipolar- 7 days 10am to 10pm 1800 80 48 48or email support@aware.ie
* General guidelines re maintaining positive mental health during the crisis, especially anxiety and depression
* <https://www.aware.ie/information/mental-well-being-during-covid-19-outbreak/>

# Parents and Guardians

## Barnardos National Parent Support Service: Response to Covid-19 Pandemic

A dedicated telephone and email support service: Barnardos staff provide support and advice to parents on the following issues:

* How to talk to your children about the corona virus
* Setting a good routine
* Managing children’s behaviours and sibling dynamics
* Managing aggression and family discord
* Home schooling/managing school expectations.
* Fostering natural learning opportunities in the home
* Healthy eating
* Accessing fun and educational activities for families and individual children
* Managing your child’s worries
* Self-care for parents
* Helping parents manage their own worries and anxieties
* Managing children’s online activity

Link:

[https://www.barnardos.ie/how-you-can-help/fundraising/covid-19-crisis-appeal-for-children/support-for-parents-during-covid-19-crisis/barnardos-national-parent-support-service](https://www.barnardos.ie/how-you-can-help/fundraising/covid-19-crisis-appeal-for-children/support-for-parents-during-covid-19-crisis/barnardos-national-parent-support-service?utm_source=Barnardos+Mailing+List&utm_campaign=2d4aecb77f-EMAIL_CAMPAIGN_2019_06_27_02_22_COPY_01&utm_medium=email&utm_term=0_b71ad90a2b-2d4aecb77f-17035341&mc_cid=2d4aecb77f&mc_eid=4b09fe034f)

Barnardos continues to provide:

* [Post Adoption Support](https://www.barnardos.ie/our-services/work-with-families/post-adoption-service/)  helpline for adoptive parents on (01) 454 6388, open 10am - 1pm, every Tuesday & Thursday
* [Childhood Bereavement Service](https://www.barnardos.ie/resources/bereavement/)  helpline for bereaved families on (01) 473 2110 open Monday to Thursday, 10am-12pm

## COVID related online material for using with children

Sesame Street in Communities has special clips to help educate and support small children during the pandemic eg handwashing, coping with emotions, being at home with family nonstop etc

<https://sesamestreetincommunities.org/topics/health-emergencies/>

## Guidelines ****for separated parents during the Corona Virus Restrictions:****

### Law Society of Ireland

<https://www.orpenfranks.ie/family-child-law-committee-guidelines-on-access-during-covid-19/>

### **One Family**:

* **Helpline: Lo-call 1890662212**
* <https://onefamily.ie/how-you-can-support-social-distancing-continue-to-successfully-share-parenting>

### **Treoir**

* Challenges for separated parents during the Corona virus:    <https://www.treoir.ie/2020/03/24/challenges-for-shared-parenting-during-covid-19/>
* [https://www.treoir.ie](https://www.treoir.ie/)          **Phone: 01 6700 120 for further information**

# Keeping children occupied

## Recommended free online educational resources

* **[Go Noodle](https://www.gonoodle.com/" \t "_blank)** - a selection of free videos including dancing, exercise, meditation and reflection activities.
* **[PBS Kids](https://pbskids.org/games/spelling/" \t "_blank)** - this site has hundreds of fun spelling games for children.
* **[Google Earth](https://www.google.com/earth/" \t "_blank)** - The world's most detailed globe. Check out the entire planet.
* **[Starfall](https://www.starfall.com/h/" \t "_blank)** - a free website that helps children learn how to read, and have fun while they learn.
* **[National Geographic Kids](https://kids.nationalgeographic.com/" \t "_blank)** - games, science, animals, quizzes, and more...all designed for kids.
* **Sesame Street**
* **[Youtube Kids](https://www.youtube.com/kids/" \t "_blank)** - a safer online environment for kids, with millions of fun videos and stories.
* **[Exploratorium](https://www.exploratorium.edu/explore" \t "_blank)** - explore, play, discover: websites, activities, and more.
* **[Turtle Diary](https://www.turtlediary.com/" \t "_blank)** - fun educational and online games for kids.
* **[Seussville](https://www.seussville.com/" \t "_blank)** - the online home of Dr. Seuss with stories, rhymes, games, activities, printables and even recipes.
* **[NASA Kids Club](https://www.nasa.gov/kidsclub/index.html" \t "_blank)** - for the budding astronaut or scientist, or just kids interested in space and missions to Mars
* **[Khan Academy](https://www.khanacademy.org/" \t "_blank)** - a free website with a mission to provide top quality education to anyone who simply wants to learn
* **[Magic Tree House](https://www.magictreehouse.com/" \t "_blank)** - join Jack and Annie on incredible missions traveling around the World and through time!
* **[Science Bob](https://sciencebob.com/" \t "_blank)** - scientific experiments, blogs, videos, project ideas and a lot more for kids interested in the world of science.

## Free online training in basic coding

<https://www.codecademy.com/>

## Celebrity classes for kids

Top of Form

### P.E WITH JOE WICKS

30 minutes | 9am daily Free workout aimed at kids LIVE on YouTube

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

### COOK WITH JAMIE

Easy recipes to try in your own time

<https://www.jamieoliver.com/features/6-brilliant-recipes-to-get-kids-cooking/>

STORY TIME WITH DAVID WALLIAMS

David Walliams will release a new audio story every day for the next 30 days for free.

<https://www.worldofdavidwalliams.com/>

### MATHS WITH CAROL VORDERMAN

Free maths classes for 4-12 year olds, matched to the (British) national curriculum.

<https://www.themathsfactor.com/>

### MUSIC WITH MYLEENE KLASS

YouTube Classes.There’s no need for instruments or to feel intimidated. Any age, any ability welcome. Music helps to look after our children’s minds and souls, especially at a time when they need it most plus, we may even find the next Elton or mini Mozart!

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

# Keeping teens/ adults/ older adults occupied

## Join your library online and access online materials

<https://www.librariesireland.ie/join-your-library>

## Complete an online training course

<http://www.ecollege.ie/#learn>

eCollege courses are temporarily being made available free of charge as an additional support to those impacted by Covid-19 containment measures. They may benefit those

* + already doing a FET course who would like to augment their learning,
  + who have recently become unemployed or had their hours reduced,
  + wishing to upskill and reskill.
* designed to give a flexible response to the specific skills needs of individuals who require training
* certification to assist re-entry or upskill in the labour market.

## Free online services and activities

This Irish website will be constantly updated for duration of Covid crisis. Headings include: Education, Business Resources, Health & Wellbeing, Sports, Entertainment, Music

In the education section: links to publishers of school and college text books all providing free access to text books during the crisis

<https://covid19.shanehastings.eu/giveback/>

## General information/ advice/ inspirational for adults/ teens

### Adult mental health & wellbeing during Pandemic: Six Free Worksheets over six weeks

In the Blog section of commercial website Wrkit.com- a weekly series of tips for maintaining mental health and wellbeing during the crisis- one a week over six weeks- prepared by Jason Brennan, Psychotherapist. First two links below

* <https://wrkit.com/blog/2020/03/19/coping-with-big-changes/>
* <https://wrkit.com/blog/2020/03/26/mental-skills-for-mental-health-goal-setting/>

### TED Talks for ‘Community & Hope’ during Pandemic Crisis

<https://www.ted.com/about/programs-initiatives/ted-connects-community-hope?utm_source=recommendation&utm_medium=email&utm_campaign=explore&utm_term=ted-connects>

# Older people

## Age Action & Red Cross Ireland Hardship fund for older people

Emergency fund to respond to the immediate needs of older people in vulnerable situations across Ireland experiencing additional hardship as a result of the COVID-19 health crisis.

* Once-off grants, up to a maximum of €500, per person/household affected.
* Can include costs of the following examples and other needs as they arise:
  + Small household maintenance, repairs and safety improvements
  + Food and basic provisions and associated delivery costs
  + Upgraded or New Small Appliances (fridge, freezer, washing machine, TV, cooker, etc.)
  + Providing Digital Technology Equipment, for example smart phones or tablets
  + Contribution towards increased energy costs or telephone bills
  + Contribution towards additional home or personal security costs
  + Contribution towards additional travel costs for essential reasons (medical appointments, etc.)
* **Who Can Apply:** Older people in need of assistance, family members supporting an older person, carers of older people, social workers and local voluntary organisations or community groups providing direct assistance to individuals within this target group.
* **How to Apply:**
  + Clearly outline the need, how the grant will alleviate hardship, what it will be used for and details of the costs (up to a maximum of €500).
  + The COVID-19 Hardship Fund Application Form is available at this link:
    - <https://www.ageaction.ie/file/2020-covid-19-hardship-fund-form-finaldocx>
    - Or request a form at
      * [**hardship2020@redcross.ie**](mailto:hardship2020@redcross.ie)
      * **Irish Red Cross at 01 6424600**
      * **Age Action at 01 475 6989**

Full info through below link:

<https://www.ageaction.ie/how-we-can-help/age-action-and-irish-red-cross-covid-19-hardship-fund>

# People with Special needs

## Autism

The online resources that the autism community regularly access are UK and USA based – two countries whose experience and practice re the Virus are vastly different to our own, so far. A word of caution if teens/ adults with autism access these sites unsupported, given their tendencies to literal interpretation and vulnerability to anxiety (this notes by Marieva Coughlan, Clinical Psychologist, Ireland)

### Information with updates for individuals with autism and their families

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

### How NHS guideline on critical care applies to autistic people (25 March 2020)

<https://www.autism.org.uk/get-involved/media-centre/news/2020-03-25-nice-guidelines.aspx>

## Adults/ teens with intellectual disability

Inclusion Ireland has collated accessible information videos and has produced an easy read guide

<http://www.inclusionireland.ie/content/page/corona-virus>

## Downe’s Syndrome

General (UK) medical advice…..similar to general public

<https://www.dsmig.org.uk/covid-19-and-down-syndrome/>

## Hearing impaired

Irish Sign Language versions of HSE guidelines re Cocooning

<https://www.irishdeafsociety.ie/coronavirus-isl-support/>

# Mental health specific advice

## Grounding exercises on Dublin Rape Crisis website

<https://www.drcc.ie/2020/03/grounding-exercises/>

## Resources from Samaritans

* Very good collection of resources targeted at individuals who might be struggling with their own mental health during the crisis, including video/ cartoon links

<https://www.samaritans.org/ireland/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

* Similar collection for people worried about someone else

<https://www.samaritans.org/ireland/how-we-can-help/support-and-information/worried-about-someone-else/if-youre-worried-about-someone-else-during-coronavirus-outbreak/>

* International Helpline: 116 123

## Obsessive compulsive disorder (OCD)

Very accessible BBC clip about particular risks for people with OCD during this crisis – fear of contamination, compulsive handwashing

<https://www.bbc.com/news/av/health-51909368/coronavirus-how-to-manage-anxiety-and-ocd-during-the-pandemic>

# Bereavement and Grief during the Pandemic

All agencies below have begun to place information relating to COVID19 circumstances on their websites and all will continue to develop this as the crisis continues

## Hospice Ireland

Hospice Ireland has some material on this website and plan to develop this further throughout the crisis:

<https://hospicefoundation.ie/bereavement-2-2/>

At the moment they have-

* a short film/ presentation targeted at sympathisers
  + <https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/>
* a 4 page leaflet – ‘Grieving in Exceptional Times’
  + <https://hospicefoundation.ie/wp-content/uploads/2020/03/Grieving-in-exceptional-times-.pdf>
* a 4 page leaflet – ‘Helping Children Grieve during COVID19 Restrictions
  + <https://hospicefoundation.ie/wp-content/uploads/2020/03/Helping-Children-Grieve-COVID19-WEB.pdf>

## Rainbows Ireland

Support for bereaved children and separated parents- normal services closed but responding to calls for urgent advice and support at 087 3510898 – if the phone is busy, speak slowly and clearly, leave contact number; or email: [ask@rainbowsireland.ie](mailto:ask@rainbowsireland.ie) or support@rainbowsireland.ie

## The Dougy Center

The USA National Centre for Grieving Children and Families. General website: [www.dougy.org](http://www.dougy.org)

So far they have the following COVID19 specific material:

* A 4 page leaflet re supporting children and teens when someone is dying, amended for COVID 19 circumstances when child may not be able to visit the dying relative or attend funeral
  + <https://www.dougy.org/docs/Supporting_Children_and_Teens_When_Someone_is_Dying.pdf>
* A 4 page leaflet – supporting grieving children and teens during COVID 19
  + <https://www.dougy.org/docs/Grief_during_COVID-19.pdf>

They also have general worksheets and activities for grieving children which can be downloaded for use at home;

* + <https://www.dougy.org/grief-resources/help-for-kids/>
  + <https://www.dougy.org/grief-resources/help-for-teens/>
  + <https://www.dougy.org/grief-resources/help-for-young-adults/>

## WYG – What’s Your Grief

A USA based organisation. Their webpage already has several articles re death, dying and grief in COVID19 times. They add an article per week and you can sign up for notifications.

<https://whatsyourgrief.com/>

Topics on current page include:

* <https://whatsyourgrief.com/funerals-when-you-cant-be-together/>
* <https://whatsyourgrief.com/cant-be-with-a-dying-family-member/>
* <https://whatsyourgrief.com/how-to-live-stream-a-funeral/>

## Winston’s Wish

A UK Based charity – some guidance re supporting children who can’t attend a funeral during COVID19 crisis

* <https://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/>
* <https://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/>

## Cruse: UK based charity

Very general advice re bereavement during COVID 19, across a lot of themes- they might develop resource further as crisis continues

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

# For professionals

## Resources available for domestic violence during the crisis

<https://www.safeireland.ie/national-domestic-violence-agency-keeping-an-update-on-services-available-for-women-and-children-in-absence-of-government-directive/>

## ACES Connection Network

If you join this USA based Network of ACE informed practitioners you can sign up for daily/ weekly communications- some very American but most are applicable beyond the States. Current focus on building resilience through COVID19 experience

<https://www.acesconnection.com/>

## Psychological Society of Ireland Guidelines for Online Therapy

Attached as PDF

## Working with older people

### Cocooning

Guidelines for implementing cocooning

<http://www.thirdageireland.ie/assets/site/files/default/covid-19_guidance_for_extremely_medically_vulnerable_v1.pdf>

### Age-action/ Red Cross special hardship fund

Full info through below link:

<https://www.ageaction.ie/how-we-can-help/age-action-and-irish-red-cross-covid-19-hardship-fund>

## Mental health workers

The Mindremake Project website provides links to free PDF manuals, workbooks, guides for groups and individual therapy or self-help.

[https://mindremakeproject.org/](https://mindremakeproject.org/" \t "_blank)