



Lwetb

Bord Oideachais agus Oiliúna
an Longfoirt agus na hIarmhí
Longford and Westmeath
Education and Training Board



Dear Parent/Guardian,

I would like to bring to your attention the different supports and services that are available throughout the year but may be more applicable to some during this pandemic and the Christmas period.

These supports are easily accessed and are available to everyone, young and old.

While many services and supports have been curtailed as a result of Covid 19, all these services and supports are still operating and are there to help in any way they can.

THE HELPING HANDS

ST VINCENT DE PAUL

The Society of St Vincent de Paul (SVP) can help with food — either through its food bank or by providing food vouchers. It also provides ‘meals on wheels’ for older people. It can offer help with money issues; with the provision of items that may be needed when moving into rented accommodation — such as bedding, dishes and utensils; and with the cost of bus transport for children — particularly if a family is in emergency accommodation or is rehoused some distance from a child’s school. You can phone the charity at 01-8848200, send an email to info@svp.ie, visit the ‘Get Help’ section of its website (svp.ie), or contact your local SVP office.

BARNARDOS

Barnardo’s can help with food and it can also provide support in a range of areas such as family support, mental health issues, addiction and domestic violence. You can contact Barnardo’s through its website (barnardos.ie), its national office (01-4530355 or Call save: 1850 222300), through its parent support line (1800 910123) or by email at info@barnardos.ie.

MABS

Contact MABS if you need help or advice managing financial difficulties or debts. The MABS telephone helpline is 0761-072000, the website is mabs.ie — or you can contact it by email at helpline@mabs.ie. “There’s often a perception that you only go to MABS when you are in trouble with debt,” said Michael Laffey of MABS. “However, we are there to work with people who have had a change in their circumstances — so it’s a good idea to come to us before you get into trouble. So, if you find yourself in a situation where you have been affected — if your income has been reduced, our policy is to sit down and do a budget with you. Our priorities are to keep a roof over your head and to keep your heating on and so on. Come and talk to us if you need help with your bills — even if you’re not in arrears.



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CITIZENS INFORMATION

The State-backed Citizens Information Service (CIS) offers free advice on your rights and entitlements. You can contact CIS on citizensinformation.ie or by calling its national line on 076-1074000. The local CIS offices around the country can also be contacted by phone or email.

MYWELFARE.IE

One of the easiest ways to apply for social welfare is online through services @ mywelfare.ie. You need your Personal Public Service Number to apply for the PUP or Jobseeker's Allowance or Benefit — but you currently do not need your Public Service Card (PSC). "The need to have the PSC to apply online for social welfare payments has been suspended during Covid 19," said Mary Watters of North Dublin CIS.

PARENTING INFORMATION

The following links are on the Tusla Website under parenting information.

Each link is connected to a document that may be of help to you. There are also many other links on the website.

- [Parenting Positively for Parents of Teenagers: Teenage Well-Being](#)
- [Parenting Positively for Parents of Teenagers: Teenagers & Bullying](#)
- [Parenting Positively for Parents of Teenagers: Bereavement](#)
- [Parenting Positively for Parents of Teenagers: Domestic Abuse](#)
- [Parenting Positively for Parents of Teenagers: Separation](#)
- [Parenting Positively for Parents of Teenagers: Teenagers & Parents Drug Use](#)

Kind Regards