

Useful Websites and Resources

Health Related Information

www.hse.ie HSE information and guidance

<https://www2.hse.ie/coronavirus/> Coronavirus and your mental health info

www.who.int World Health Organisation factual updates on Coronavirus pandemic

www.gov.ie Dept of Health updated information on Covid 19

<https://youtu.be/EfQvLT0sKNc> Handwashing video for kids

Information For Separated Parents

www.treoir.ie Information and updates for separated parents

Education

www.education.ie Dept of Education and Skills.

<https://www.irishtimes.com/news/education/keep-calm-stay-focused-expert-tips-for-state-exam-students-studying-at-home-1.4206151?mode=print&ot=example.AjaxPageLayout.ot>
Tips for Exam Students

<https://studyclix.ie/>For Junior and Leaving Cert students, revision and subjects.

<https://www.scoilnet.ie/>Useful resources for primary and secondary school students to access curriculum support.

<https://stories.audible.com/start-listen> Free books to access from Amazon

www.clarefamilylearning.org Home Schooling link for parents to find useful online resources in one place, from Family Learning staff in Limerick and Clare Education and Training Board's Further Education and Training Division

Parenting Supports

<https://www.parentsplus.ie/> Parents Plus link for information for parents

<http://www.incredibleyears.com/parents-teachers/articles-for-parents/> IY link for parent's resources

Activities

https://www.rte.ie/lifestyle/living/2020/0324/1126047-9-family-friendly-activities-to-take-part-in-while-at-home/?mc_cid=5909ac2e2d&mc_eid=93d31093d2 Activities while at home

<https://www.ncn.ie/index.php/about-us> National Childhood Network. Suggestions for activities for children from birth to 15 years.

<https://scratch.mit.edu/>Create stories, games animations online.

<https://www.gonoodle.com/> Games to play with children to ensure they get some physical exercise while at home.

<https://www.parentmap.com/> 25 indoor play ideas from a preschool teacher.

https://www.google.com/search?q=cosmic+kids+yoga&rlz=1C1GCEU_enIE896IE896&oq=cosmickids&aqs=chrome..69i57j0l3j5.8414j0j4&sourceid=chrome&ie=UTF-8 Mindfulness and Yoga for children age 3+

Clare County Council Support

www.clarecoco.ie Clare County Council website. Go to Contact the Council. Click on Helpdesk has been set up, Scroll down to Community Response Team Map. This is an interactive map which contains contact details for various areas in relation to the delivery of groceries and prescriptions.

Income Support

Department of Employment Affairs and Social Protection

https://www.google.com/search?q=dept+of+employment+affsairs+and+social+protection&rlz=1C1GCEU_enIE896IE896&oq=dept+of+employment+affsairs+and+social+protection&aqs=chrome..69i57j0l7.15664j0j9&sourceid=chrome&ie=UTF-8 Information on a range of measures to provide income support to people affected by Coronavirus.

National Child/Teenline Supports

Childline <https://www.childline.ie/index.php> Support children and young people up to 18 years of age. Link available on this site also for those aged 18+

Mental Health/Counselling Supports

www.jigsawonline.ie Mental health information and a Q & A service for young people, their parents and guardians and those who work with young people.

<https://www.pieta.ie/> A suicide support service providing phone and text support

www.alustforlife.com Online Irish mental Health Resource for young people and Families.

www.yourmentalhealth.ie Information on online services available during the Coronavirus outbreak.

www.turn2me.org Free online support and counselling for those aged 18+

www.grow.ie For mental health support during the current crisis.

<https://grow.ie/category/covid-19-support> A 6 week programme to help people look after their mental health during the Coronavirus. Includes podcasts, relaxation techniques and practical tasks, designed to help and be Fun