

Issue 5 – Winter 2022

Child and Family Support Network

Meath Newsletter

Local Services - Local Information - Local Supports

East Coast FRC



Family support

Family Support Service: Individualised service, working with a family providing a listening ear, practical assistance, information and guidance to help families to address issues of concern

Parenting programmes

Parents plus adolescence programme- All parent plus courses are practical, solution-based programme that draws on parents strengths – due to start spring 2023

- Parenting When Separated – suitable for parents who are preparing for, going through or have gone through a separation or divorce
- Early Years Parenting – suitable for parents of children aged 0 to 6 years, including children with additional needs

Parent plus early years - Parents in Mosney are completing the programme with ECFRC

Non Violence resistance - Programme to support parents to respond to child to parent violence- due to start in Spring 2023

Children's and youth programmes

Working Things Out Programme:

A practical CBT programme equipping young people with the skills to cope positively and overcome mental health problems such as anxiety, depression and poor self-esteem

Youth group Tuesday and Wednesdays

Tuesdays group are open to new members

Confident me childrens wellbeing group

Due to start in Spring 2023

Rainbows loss and separation programme

Due to take place in Spring 2023

Wellbeing and Social support programmes

Parent and toddler group

Thursdays 10-12

Wild wonderful women - Women's personal development group that meet Wednesday 10-12

Women's shed - New women's group hoping to be funded by DCEIY under the new women's shed initiative, Thursday 10-12

Great fun was had at the Mosney family fun day with funding from community foundation Ireland the families enjoyed Woolly farm, Giant Jenga, xs&os face painting and balloon making.



Create the great workshop with

Mark McCormack - to build resilience, develop interpersonal skills and enhance wellbeing- 5th December 2022

Yoga and Pilates Mondays in 9th and 23rd of January from 10-12

Meath wellness hub in Bettytown Wednesdays with Eddie Kiernan

Free Counselling available with Megan available in Laytown on Wednesdays



Mosney family fun day

Great fun was had at our community event in The Village Hotel with funding from community foundation Ireland the families enjoyed DJ Paul, Magician Jamie Skelton and our face painters and balloon makers!



Meath Women's Refuge & Support Services

Meath Women's Refuge and Support Services held a seminar titled "We Feel it Too"- A child's experience of domestic violence. Minister for Justice Helen McEntee opened the day and spoke about the Domestic Violence Strategy 2022-2026 and how policies in this area will support children as victims in their own right.

Keynote speakers on the day included Dr. Stephanie Holt who spoke about understanding the child's experience of domestic violence, Dr. Eleanor Hollywood and Dr. Sonam Banka on the voice of the child in research and Emer McDonagh carried out a session on experiential learning and how play can support children in their recovery.

Katie and Helena from The Children's Team in the refuge facilitated a workshop centred on children's lived experiences of domestic violence and how as a community we can

respond to childhood domestic violence.

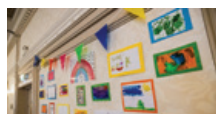
The day was attended by professionals across different areas in Meath and there was fantastic discussion and engagement from those in attendance.

Meath Women's Refuge and Support Services provides a wide range of services to women and children experiencing domestic violence and abuse. We provide emergency refuge accommodation for women and children, and we operate a 24/7 Helpline throughout the year. The service offers an Outreach service to women across the county where they can get support with domestic violence court orders, advice and information and safety planning. Through our therapeutic services we are able to provide counselling to women. The Children's Team support children who are residing in refuge and those children who are living in the community where they have experienced domestic violence and abuse. We do this by offering one-to-one developmental sessions, group programmes such as TLC Kidz and the It's Good to be Me programme and we provide play therapy to children also. Please contact 046 90 22393 for more information on any of the services above.



For more information

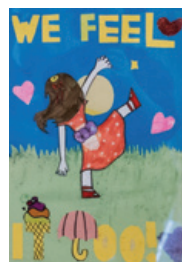
Pictured Left-Right: Dr. Stephanie Holt, Helena Moran, Sinead Smith, Helen McEntee TD, Denise Charlton (Community Foundation For Ireland), Katie Carry, Dr. Eleanor Hollywood, Dr. Sonam Banka and Emer McDonagh.



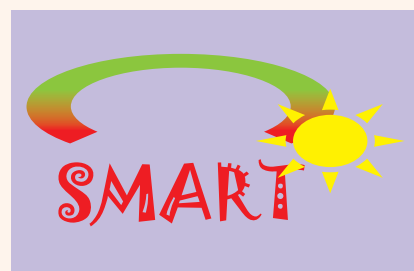
Children's Artwork



Workshop on the day



Artwork by Girl Aged 10



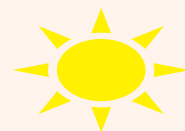
SMART Youth Diversion Project are delighted to announce their Early Intervention initiative for Kells, supporting children aged 8-11 years of age.

The aim of this initiative is to reduce young people's involvement in anti-social behaviour and prevent their involvement in crime through the creation of a bespoke wraparound intensive programme including resilience building, peer influences; decision making; communications skills, anger management; conflict management;

Building a child's self-esteem in an inclusive and non-judgemental way through play and fun.

Interventions could also include engagement with the child's family, providing support and tools to assist parent(s)/guardians in dealing with their child's behaviour.

If you would like more information please contact Trish: **(087)1965 629** or email: trish.smart@crannsupportgroup.ie



Merchants Quay Ireland have recently set up a Family Support Service covering counties Louth and Meath.

The service provides one-to-one support to family members or concerned persons over the age of 18 years, who are impacted by a loved one's addiction to drugs and or alcohol. This service is free and confidential.

Trying to understand and support someone with an addiction can be extremely challenging, causing an enormous amount of stress, strain and/or worry for family and friends. A lot of energy can go into minding or supporting the person in addiction. Addiction doesn't just impact a person, it impacts everyone around them as well. We believe family members need just as much support. Spouses, children, and parents may

all be impacted by the way addiction affects the family.

Peaceful, loving homes can be divided by the stress caused by drug and alcohol abuse. Conflict becomes normal as family members fight to engage with a child who abuses cannabis, for example. Trust begins to diminish. Relatives may become more withdrawn or isolate themselves if a family member who is abusing substances becomes aggressive or hides their addiction. Marriages can be impacted. Communication can become strained and unproductive, causing frustration.

The Northeast Family Support Service offers a free, confidential nonjudgmental and supportive service to family members/loved ones impacted by addiction. We provide support through an evidence-based approach known as 5-step method.

Our specialist family support team also aim to allow its service users to partake in interventions which may help them in their day to day lives such as practicing self-care, increase their

knowledge of alcohol and drugs, develop their communication skills, explore coping mechanisms, and become informed of further supports available to them and their loved ones.

We offer appointments in several venues throughout counties Meath and Louth including Kells, Navan, Trim, Dunshaughlin, Ashbourne Drogheda and Dundalk.

We also offer the option of video call appointments.

To make a referral please contact:

E: alison.caldwell@mqi.ie

or phone

T: 0861366870

between Monday and Friday, 9am - 5pm.

Callers out of hours and over the weekends are welcome leave a message and a staff member will return their call the next working day. Family members can self-refer or be referred by a voluntary, statutory or community organisation.



SICAP's Engage program & the Meath Wellness Hub

The Engage program was developed as an action under Meath Partnership's Social Inclusion Community Activation Programme (SICAP). Engage is designed to support young people and their families find better pathways to stay in education for 15-17-year-old students. The approach is therapeutic with staff trained under strict national guidelines (CORU). SICAP's Engage Project Officer is trained in working with the young people and the family unit to meet the client and the family needs. The service works firstly with the educational needs of the young person taking a holistic approach. This would include looking at the service user's wellness and mental health needs. If a successful working alliance is built with the family and the young person, Engage service users can also avail of Meath Wellness Hub supports. Meath Wellness Hub team are skilled in supporting service users to manage their mental health and wellbeing in the community. This can be directed in the following ways;

Workshops in schools

Managing anxiety (Anxiety & Me) its aim is to help young people understand normal emotions and feelings like Anxiety. The workshop is designed to have the group engage in the topic so when they leave the workshop they have the tools and information to help manage the issue. All students are given a goody bag with pens, notebooks and information booklets on mental health and wellbeing. SICAP's Engage program and Meath Wellness Hub are also looking at developing workshop programs around issues of substance abuse and Resilience. All programmes are available for group training and can be delivered through one to one supports.

Counselling:

Meath Wellness Hub has built up positive working relationships across Meath, working with the East Coast Family Resource Centre. Meath Wellness Hub counselling service can offer information provision to clients in therapy about other supports offered from Meath Partnerships. Meath Wellness Hub's team has been able to refer clients from the counselling service on to support services like SICAP's Engage project. The service offers support in areas dealing with mental health, education and advocacy for the service user. All with the aim of offering a holistic view when working with individuals.

Eddie Kieran

Engage Co-ordinator/Psychotherapist
Social Care Worker

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JIGSAW MEATH

Young people's
health in mind

25 Brews Hill
Dillonsland, Navan
Co. Meath, C15 X2ND

T: 046 9071702

E: meath@jigsaw.ie

Jigsaw is the national centre for youth mental health. We offer a listening ear, and give free expert advice and support to young people aged 12 to 25 years old. At Jigsaw, we are here to make sure that every young person's mental health is valued and supported. Mental health can affect every aspect of a young person's life. We believe every young person must have the support that's right for them, whatever they are going through.

We do this by providing young people with advice and support in-person and online.

We also give families, educators, and those who support young people's mental health ways to cope and the skills to be there for young people. Using our collective power, knowledge and expertise, we make sure that youth mental health is a national and local priority.

All our online supports are available at www.jigsaw.ie.

You can find Jigsaw Meath at 25 Brews Hill, Navan, Co. Meath and you can contact us by phone on **046 9071702** or by email at meath@jigsaw.ie



Jigsaw also offer a free Live Chat support service, see below on how to register. This often supports young people who cannot wait for an appointment or while they wait, it is operated by our colleagues in Jigsaw national office.

Jigsaw Meath can also support community organisations, parent and support groups, etc., through a range of youth mental health related workshops that we can deliver either in person or online. Please feel free to contact meath@jigsaw.ie for further details on these.

NEED TO CHAT?

Jigsaw Live Chat offers free, online professional support to people aged 12 - 25 in Ireland.



How it works:

1. Visit jigsaw.ie/livechat
2. Create an account - give as much or as little information as you'd like.
3. Sign in to start a chat session with a Jigsaw clinician from Monday - Friday. You can talk about **whatever** is on your mind. Sessions usually last 40 - 50 minutes.

JIGSAW Young people's
health in mind

Getting to know you



Questions and answers with Eddie Kiernan – Engage Project Meath Partnership

What's your favourite Netflix programme /Box Set now and why?

Top boy: I think it captures how easy it is for people to get involved in criminality due to poverty and neglect. I used to work in a city with young people for years and many of them got into crime as a means to get out of the poverty. I got to know many of the young people and seen how gifted they were at sports and school but fell into crime trying to survive. I didn't agree with it but I understood it.

What are you currently reading?

I'm about to start reading The Myth of Normal by Gabor & Daniel Mate. I love anything by Gabor Mate, he has way of explaining things around stress and trauma.

What would you say to your 16yr old self?

Life is hard, but once you know that it's beautiful.

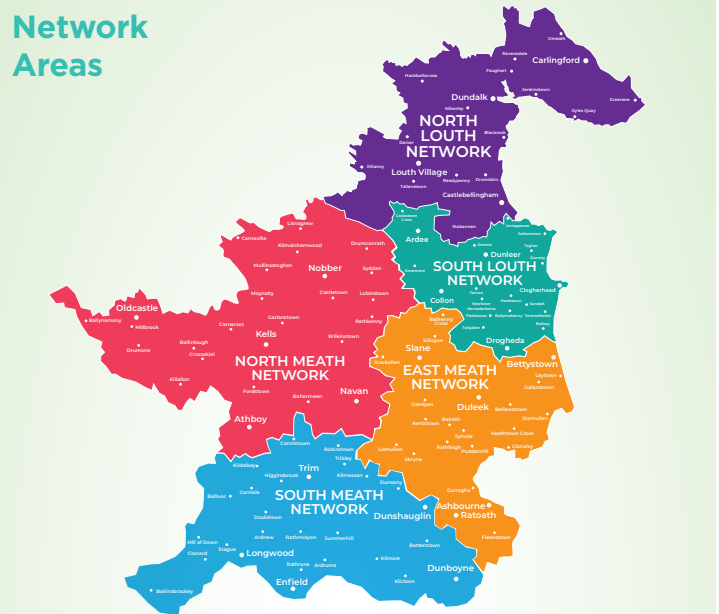
What would be your last meal?

Last meal would be anything Italian or Asian food just love good food.

What do you do to relax?

I like to do a couple of adventure races every year, so I do a lot of mountain biking, mountain running anything that has me outside getting fit. I am a big believer in nature and it having a positive effect for everyone cost free.

Network Areas



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

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

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

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

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

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EAST MEATH NETWORK
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SOUTH LOUTH NETWORK
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NORTH MEATH NETWORK
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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.

Useful Websites:

www.parenting24seven.ie

www.familysupportmeath.ie

www.gov.ie/supportingchildren.ie

www.changingfutures.ie

www.cypsc.ie

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

Meitheal

A TUSLA led National Practice Model

TUSLA

An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency