

Getting to know you



Mark Mc Loughlin
Executive Librarian
Ashbourne Library

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

I'm loving 'Quarterback' on Netflix - I'm a huge NFL fan and it's great to see the behind the scenes and everyday life of the NFL stars.

What are you currently reading?

I'm reading the new Ross O'Carroll Kelly book - Camino Royale. I've been reading the series since it started in the early 2000's and I own the whole collection.

What would you say to your 16 year old self?

Life is a bumpy road with lots of twists, turns and detours but keep the head down and you'll get where you want to go eventually.

What would be your last meal?

Homemade Shepherd's Pie followed by homemade Apple Tart.

What do you do to relax?

I love to go out for a round of golf but if it's bad, I'll switch on the PlayStation and enjoy a few hours of gaming.

Network Areas



<p>NORTH LOUTH NETWORK Omeath, Carlingford, Ravensdale, Dundalk, Castlebellingham, Louth Village, Stabannan</p>	<p>EAST MEATH NETWORK Olane, Duleek, Bettystown, Ashbourne, Ratoath, Stamullen, Balrath</p>
<p>SOUTH LOUTH NETWORK Drogheda, Ardee, Clougherhead, Colton, Tullyallen, Dromin, Dunleer, Termonfeckin</p>	<p>SOUTH MEATH NETWORK Trim, Dunboyne, Longwood, Enfield, Dunshaughlin, Summerhill, Ballivor, Ballinabrackey</p>
<p>NORTH MEATH NETWORK Navan, Nobber, Kells, Oldcastle, Athboy, Drumcondra, Crossakiel, Rathkenny</p>	
<p>Sandra Stafford Senior Child and Family Support Network Coordinator (CFSN) Louth Meath ✉ sandra.stafford@tusla.ie ☎ 046 9073178</p>	<p>Paula McCabe Child and Family Support Network (CFSN) Coordinator North Louth ✉ paula.mccabe1@tusla.ie ☎ 042 9351680</p>
<p>Alice O'Halloran Child and Family Support Network (CFSN) Coordinator East & South Meath ✉ alice.ohalloran@tusla.ie ☎ 046 9073178</p>	<p>Kerrie Ann Connolly Child and Family Support Network (CFSN) Coordinator South Louth ✉ kerrieann.connolly@tusla.ie ☎ 087 4857385</p>
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Child and Family Support Network

Issue 7 - Winter 2023

Meath Newsletter

Local Services - Local Information - Local Supports

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- Universal Play

Universal Play by Alexander Kriss

Universal Play is a book about video games and the stigma attached around them. It looks at the issues and benefits that come from playing them.

The book is written by Alexander Kriss, who is a clinical psychologist but more importantly, Alexander is also a gamer, so he understands the world of gaming and its pitfalls and benefits.

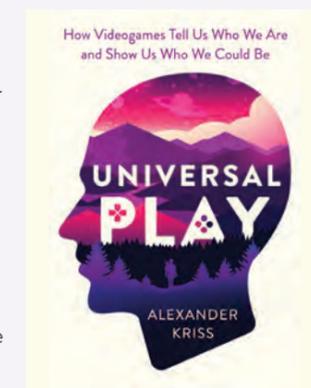
Alexander tries to demystify the stigmas attached to gaming, from mental illness, addiction, and violent behaviour, while focusing on the relationship of the game and the player. By using examples from his years of working with patients, he explains certain benefits as well as some dos and don'ts.

Alexander encourages parents to get involved with their children's gaming routine, even if it's just to sit beside them while they're playing and getting them to talk you through it. He also suggests bringing the real world back to gaming, for example, if the child is playing FIFA, then maybe kick a ball with them for a while afterwards.

He also makes suggestions for parents who are struggling with their own children playing games, including looking at the age rating of games. He maintains that the age rating is critical as it is not always about the content of the game, but sometimes the addictive nature of the actual game play.

Alexander references Fortnite as the main culprit of this reward building system, as it uses tiers which give the player that euphoric feeling on completing the tier but always wanting the next one, and he believes that the 12-age rating is not only for the game play but that under 12's can't comprehend the addictive nature of the game. Also, looking at other games like Call of Duty, Alexander questions parents and asks them if they wouldn't let their child watch an 18's Horror film, then why do they let them play adult rated video games. There are plenty of benefits to gaming which Alexander highlights, including dexterity, quick thinking and problem solving.

The book is an easy read that covers a topic that affects most parents, and is available to borrow in Meath Library Service.



6 young people from the SMART Project took part in a summer soccer programme organised by the SMART Project in conjunction with An Garda Síochána, Trim. The aims of the programme were to increase young people's fitness levels and soccer skills, provide a positive outlet for young people over the summer months and increase the young people's awareness and understanding of An Garda Síochána.

The young people completed 5 weeks of training, being coached by members of An Garda Síochána and staff from the SMART project. Each week the young people completed drills and stamina training to improve their soccer skills, with the intensity of training increasing with each week. On Saturday the 19th of August the much anticipated soccer match took place between the young people and a very formidable team from An Garda Síochána. A fast and competitive encounter ended in a draw with An Garda Síochána eventually winning on penalties. The young people showed great levels of skill and commitment throughout the weeks of training and on match day. Following the match and the medal presentation food and refreshments were enjoyed by players and their families. The 5 weeks of training culminated in a very successful day for the young people, their families and the young people's relationships with An Garda Síochána.



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.helpformychild.ie
- www.gov.ie/supportingchildren
- www.cypsc.ie
- www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support/
- www.changingfutures.ie

Meitheal
A TUSLA led National Practice Model

TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
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Connecting for Life – Louth Meath

Ireland's National Suicide Prevention Strategy, Connecting for Life (CfL), was launched in June 2015 and the Implementation Plan for 2017-2020 was published in late 2017. The first cycle of CfL illustrated an effective example of whole-of-government working, with 23 government departments working together with other statutory and non-statutory implementation partners.

In December 2019, the Department of Health supported an extension of CfL for a further five years, with official approval by Cabinet granted in November 2020. The current National Implementation Plan 2023-2024, is reflected in the CfL Midlands Louth Meath Community Healthcare Organisation (CHO) Suicide Prevention Action Plan 2023 – 2024. This Action Plan consists of 44 Actions aligned to the Seven Strategic Goals of Connecting for Life, Ireland's National Strategy to Reduce Suicide as follows:

Goal One - Improved understanding: To improve the nation's understanding of and attitudes to suicidal behaviour, mental health and wellbeing.

Goal Two - Empowered communities: Support communities' capacity to prevent and respond to suicidal behaviour.

Goal Three - Focus on priority groups: To target approaches to reduce suicidal behaviour and improve mental health among priority groups.

Goal Four - Improved access to support: To enhance accessibility, consistency and care pathways of services for people vulnerable to suicidal behaviour.

Goal Five - High Quality services: To ensure safe and high-quality services for people vulnerable to suicide.

Goal Six - Reduced access to means: To reduce and restrict access to means of suicidal behaviour.

Goal Seven - Better data and research: To improve surveillance, evaluation and high quality research relating to suicidal behaviour.

Three key messages form the foundational basis for the Action Plan:

Suicide Prevention is Everyone's Business, which highlights the need for everyone to be aware of those who may be in need of support and the value of signposting them to ongoing supports and services.



What Can I Do To Keep You Safe For Now? – There are various free accredited Suicide Prevention, Self Harm and Bereavement Support training programmes provided by the HSE. (Booking website: <https://bookwhen.com/suicidepreventiontraininglouthmeath>)



Someone is Always There to Listen – which highlights the various services provided directly by the HSE and those services funded by the HSE –including those that operate outside office hours, i.e. 24/7 phone lines and text support services.

Signposting to Further Supports and Services



HSE Care Groups will lead the implementation, in an integrated and co-ordinated way on the 44 Actions in Connecting for Life Midlands Louth Meath Action Plan through the MLM CHO8 CfL Steering Group, Bi-County CfL Local Implementation Groups and CfL Working Groups. The Implementation Groups and the Working Groups will include representatives from partner statutory, community and voluntary agencies.

The Action Plan complements other national policies relevant to suicide prevention, mental health and wellbeing. It also reflects a number of the principles outlined in Sharing the Vision, a Mental Health Policy for Everyone (2020), which focuses on the provision of recovery-focused integrated mental health services and approaches in Ireland.

For further details please contact: Rosaleen Dolan, Resource Officer for Suicide Prevention - Louth/Meath, Midlands Louth Meath Community Healthcare Organisation, St. Brigid's Campus, Kells Road, Ardee, Co. Louth, A92 DRNO, Mobile: 087 2165846, Office: 041 6859259, Email: rosaleen.dolan@hse.ie

To book or request further information on our community based workshops please contact Jigsaw Meath on email: meath@jigsaw.ie or telephone: 046 90 717 02.

We also have a range of online courses and supports available to adults and young people between the age of 12-25. Included below are some examples of these courses.

For more information go to jigsawportal.learnupon.com Or jigsaw.ie



This online course for parents/guardians of Primary and Post-Primary students (+12 years) aims to raise awareness about youth mental health and will take around 40 minutes to complete.



An online course for students and young people aged 18-25 to develop the skills they need to support their friends' mental health (18+).



A one-hour workshop that aims to provide young adults, aged 17-25 and in third level educational settings, with the strategies necessary to build and take care of their own mental health.



Confident Me!

Aim of programme
To develop within children the ability to recognise and understand their emotions and to introduce strategies and techniques that can be used in managing and addressing their emotions effectively.

To enhance and grow each child's self-esteem through group-work activities, individual tasks as well as providing the opportunity for achieving goals, to display work, receive praise and instil a sense of achievement in each child.

To give each child a greater understanding of all aspects of communication, how to read social cues and respond to them, developing an awareness of individual communication styles and introduce and develop skills to manage conflict.

To promote insight into each child's lived experience, their home life, their family and to identify supports and strengths within themselves and others.

Target Group
Children in 5th & 6th Class who are identified as having additional needs that can be met by a single agency response or a multi-agency response (Level 2 and Level 3 of the Hardiker Model 1991).

With children who are assessed as having multiple needs (Level 3), Confident Me! Should be used as part of a wider plan of support for the child and their family to ensure the best possible outcomes for that child.

This programme is available in Meath Springboard, Mangan House, Clonmagadden Rd, Windtown Rd, Navan, Co. Meath Tel: 046 907 8220

Trim Family Resource Centre, 22 Mornington Drive, Manorland, Trim Co, Meath Tel: 046 943 8850

Kells Family Resource Centre, Lord Edward Street, Archdeaconry Glebe, Kells, Co. Meath Tel: 046 924 7161

East Coast Family Resource Centre, Unit 2, Somerton, Betaghstown, Bettystown, Co. Meath Tel: 087 644 3364

Please contact individual service for upcoming dates.

Supporting Parents

We are delighted to let you know that our Communications Campaign for Supporting Parents started last week!

This campaign by the Department of Children, Equality, Disability, Integration & Youth is essentially about ensuring more parents are aware of the excellent parenting supports available nationally – one of the key goals of the Supporting Parents Model.

There is a brand new Supporting Parents page on gov.ie, which can be accessed using this link: gov.ie - Supporting Parents (www.gov.ie).

This page, we hope, will have many of the resources a parent needs at any stage of their parenting journey. Please take a look and come back to us at parentingsupport@equality.gov.ie if you spot anything we've missed.



Rialtas na hÉireann Government of Ireland