



MEATH COMMUNITY RESOURCES & SUPPORTS

FOR FAMILIES WITH ADDITIONAL NEEDS



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INTRODUCTION

This is a support booklet for parents of children with additional needs. The information on community support and resources is based on current knowledge in Meath at the time of print. It is intended as a guide only and it is not exhaustive. Please note that whilst every effort is made to ensure that the information contained in this document is accurate and up-to-date, Tusla, any of their sub-groups or any of the organisations/agencies/services listed cannot be held accountable for any errors or inaccurate information within.

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Acknowledgements

Following a need highlighted through the Meath Child & Family Support Networks (CFSNs) for support and information for families of children with additional needs, a number of organisations collaborated to produce this booklet. We would like to acknowledge the following services who worked collaboratively in this project:

- Primary Care Social Work/HSE
- Child Disability Network Team/HSE
- Meath County Childcare Committee
- Child and Family Support Network/Tusla
- Navan Family Resource Centre/Tusla
- Meath County Council Library Service
- Trim Family Resource Centre

We also acknowledge and thank the parents who reviewed and submitted feedback on this booklet.



PHOTOS ARE FOR ILLUSTRATIVE PURPOSES ONLY



USEFUL WEBSITES

www.familysupportmeath.ie

Information on services for children and young people aged 0-24 years and their families.

www.parents24seven.ie

Top tips for family wellbeing and information on what works best for children and families at different ages and stages.

www.changingfutures.ie

A website for young people made by young people with experience of Tusla services.

www.gov.ie/supportingparents.ie

Local and national information and advice resource for all stages of parenthood.

CHILDREN'S DISABILITY NETWORK TEAM (CDNT)



CDNT	AREA COVERED	CONTACT DETAILS
CDNT 1 HSE (Lead)	Dundalk Cooley Carlingford Castlebellingham	Manager E: northlouth.cdnt@hse.ie T: 042 938 1400
CDNT 2 HSE (Lead) Climber Hall, Kells, Co Meath	Kells 1 and 2 Oldcastle North Meath Kingscourt	Manager E: cdnt.kells@hse.ie T: 046 9282829
CDNT 3 HSE - Unit 20, Boyne Business Park, Greenhills, Co Louth	Drogheda Clogherhead Dunleer Mornington	Manager E: southlouth.cdnt@hse.ie T: 041 984 2423
CDNT 4 Enable Ireland (Lead) Unit 14, Aerbridge House, Dunshaughlin Business Park, Dunshaughlin, Co Meath	Ashbourne Duleek Dunshaughlin Ratoath, Laytown, Bettystown	Manager E: admin.dunshaughlin@enableireland.ie T: 01 8240696
CDNT 5 Enable Ireland (Lead) Mullaghbuoy Ind Estate, Navan, Co Meath	Navan Slane	Manager E: admin.navan@enableireland.ie T: 046 9092530
CDNT 6 HSE (Lead) Bailis Resource Centre, Johnstown, Navan, Co Meath. C15W303	Athboy Dunboyne Enfield Summerhill Trim	Manager E: trim.cdnt@hse.ie T: 046 9091400

COMMUNITY SUPPORTS

Meath County Childcare Committee

Contact: 046 9073010

Email: reception@mccc.ie

Website: www.mccc.ie & www.aim.gov.ie



Meath CCC supports Early Learning and Care settings, School Age settings, Childminders and Parents with information, advice, training and supports in relation to all aspects of the early years in Meath.

The Access and Inclusion Model (AIM) is an inclusive model of practice with a range of supports to support a child during their ECCE years so that it is inclusive to all and children of all abilities can benefit from early learning and care in a pre-school setting.

- AIM which was introduced in 2016, includes both universal and targeted supports to help children who may need additional support to take part in their free preschool year.
- A formal diagnosis is not needed. It is best to apply in May before your child starts in September however you can also apply all year round.
- To make an application or find out more, you can speak with your preschool to talk about your child's needs. You may also need to sign a permission form to allow the setting to seek advice or supports on your child's behalf.





Meath Partnership

046 928 0790

www.meathpartnership.ie

Meath Partnership's SICAP programme is an inclusive service for all people aged between 15 years and older.

- SICAP is open to young people with additional needs who are seeking assistance with their education or employment journeys. They offer an individualised service where each young person meets with a Job Coach and develops a Personal Action Plan.

- Group workshops and training.
- The Family First action within SICAP supports individual parents with parenting & family issues that are impacting on the lives of the family.

- Workshops and training that parents of children with additional needs.



Family Carers Ireland

Contact: 041 9710158

Email: meathcarersupports@familycarers.ie

Website: <https://familycarers.ie/>



A national charity supporting the 500,000+ family carers across the country who care for children or adults with additional needs, physical or intellectual disabilities, frail older people, those with palliative care needs or those living with chronic illnesses, mental health challenges or addiction.

They provide a number of free supports including:

- Tailored family carer supports with local Support Manager based on the family carers' situation & caring journey
- Rights & Entitlements guidance
- Respite/Emergency Respite Referrals
- Counselling
- Emergency Care Planning
- Online Carer Forum
- Support Groups
- Learning & Education
- Young Carer Support
- Family Carer Research
- Community & National Events
- Lobbying
- Membership
- Advocacy - fighting the family carers' corner

SUPPORTS FOR ADHD

ADHD Ireland

Support line: (01) 8748349 is open from 10.00am to 1.00pm Monday to Friday.

Email: info@ADHDireland.ie



ADHD Ireland's mission is to make life better for people affected by ADHD.

- Dedicated to providing up-to-date information, resources and networking opportunities to individuals with ADHD, parents of children with ADHD and the professionals.
- Support line and email service, information webinars, awareness talks, peer-to-peer support groups for all, teen/adult self-development & parenting courses, also social and creative events.
- Work with organisations in research and the promotion of ADHD.

Changing Lives Initiative

Contact: 087 2403 847 - Annemarie Ó Murchú, Development Officer

Web: www.changinglivesinitiative.com **Email:** changinglives@archways.ie



The Changing Lives Initiative (CLI) is a community-based model which creates a better understanding of ADHD and provides an early intervention programme for families with children (aged 3-7) experiencing behaviours consistent with ADHD.

- Available in Louth and Meath with support of funding from the HSE
- Available to families of children with and without a diagnosis
- As well as working with families the CLI project provides specialist training on ADHD to education, health and social care professionals.





SUPPORTS FOR DYSLEXIA

Dyslexia Association of Ireland

Website: www.dyslexia.ie

Phone: 01 8777 6001

Email: info@dyslexia.ie



Founded in 1972, the Dyslexia Association of Ireland (DAI) is a registered charity which works with and for people affected by dyslexia, by providing information, offering appropriate support services, engaging in advocacy and raising awareness of Dyslexia. DAI is a membership-based association currently representing over 2,200 families and individuals all over Ireland.

Some of the services offered are:

- Information and awareness raising
- Education psychology assessment
- Courses on dyslexia
- Tuition for dyslexia
- Advocacy & campaigning

At the library

Touch Type Read

Spell: TTRS is an online typing course which allows students to develop typing skills. TTRS is helpful to those who experience spelling, reading, or writing difficulties. TTRS can be used at home, in school or in the library.

Dyslexia-friendly

books: Meath libraries stock a range of books by specialist publisher Barrington Stoke. These books are designed to reduce visual stresses and feature a dyslexia-friendly font, accessible layout and are printed on tinted paper.

Also available for loan is 'The Fact Factory', an interactive magazine for children with a visual impairment, with dyslexia or who struggle to read.

Reader Pens: Available to borrow from the TTT collection (page 24), reader pens are portable pens that scan text and read it out loud with a human-like digital voice.



SUPPORTS FOR AUTISM

Meath Autism Network

Contact: 086-2429402

Email: meathautism@gmail.com.

Post to: PO Box 41, Navan, Co Meath

Facebook: Meath Autism Network



Assist families in Co Meath affected by Autism. Aim to support the whole family, including the siblings of the child with autism. Meath Autism Network meets every Saturday morning from 11am-12 noon in their new den at An Tobar retreat centre, Navan.

We do this by:

- promoting social inclusion by arranging social activities for the families
- by providing a support network of other families who have had similar experiences
- sharing knowledge of available services, grants, etc



Autism Support Louth & Meath

Helpline: 087 240 7431

Website: www.autismsupportlouth.com

Email: info@autismsupportlouth.com

Facebook Group: Online private support group for parents - Autism Support Louth & Meath



For adults and parents

- A parent led support group for families of both children and adults affected by Autism.
- Monthly support group meetings
- Training courses
- Provide information and advocacy
- Lobby locally and nationally on autism and disability issues
- Provide a network of parents and families who can support and help each other.

For Children and Young People

- A wide variety of Saturday Youth Clubs for all ages and support needs
- Sibling Workshops
- Gaming Clubs
- Older Art Groups
- Fitness Friends
- Online Zoom quizzes
- Weekly youth clubs
- Sensory Garden



Athboy Autism Support Group

Facebook & Instagram
athboyautism2017@gmail.com

A voluntary parent-led group based within Athboy Convent Community Centre who have their own safe & comfortable space with custom built sensory room and outdoor sensory garden. There is something for everyone. While the children are playing away parents get to chat!

- Open to families from Athboy and all surrounding towns and villages.
- Meet every second Saturday, 11am - 1pm.
- Ages 2 to 13 years.
- Both areas are fully equipped with toys, books, outdoor trampoline, swing and slide set.



TAG Meath Autism Support Group

Contact: 086 8795341

Email: tagmeath@gmail.com

Website: www.tagmeathautismgroup.ie

Facebook: Tag Meath Autism Group



TAG Meath Autism Group is a voluntary led youth club for teenagers and younger children with autism. They run four groups weekly (2 teen & 2 junior) and have a dedicated activity room and sensory room in St. Anne's Resource Centre, Navan.

TAG's ambition is to provide a safe welcoming space for its members to socialise and have fun where there is no judgement and to promote the value of inclusivity in the broader community.



€10 per class

Junior Group (5 - 10)*

- Sensory and floor play
- Trips to soft play centres
- Family friendly outings - eg farm

Teen Group (11+)*

- Welcoming space to socialise in the sensory room
- Arts and crafts, games
- Trips to the cinema, go-karting, bowling, and
- Days out to the Adventure Centre.

*WAITING LIST CURRENTLY IN PLACE FOR BOTH GROUPS

Parents

- Support group

Middletown Centre For Autism

0044 28 3751 5750
middletownautism.com

Middletown Centre was established in 2007 by The Department of Education and Skills Ireland and the Department of Education Northern Ireland to: Support the promotion of excellence throughout Northern Ireland and Ireland in the education of children and young people with Autistic Spectrum Disorders. They provide online training and webinars for parents on a range of topics and provide a large range of online resources which include:

- Lifeskills
- Building Capacity
- Best Practice Resource
- Sensory Processing
- Teenage Resilience
- Managing Change
- Pathways to Resilience
- Severe Learning Disability
- Outdoor play

AsI Am

Contact: 0818 234 234 (Autism Specific Queries)

Email: support@asiam.ie

Website: www.asiam.ie

Family Support Programme: family@asiam.ie



AsI Am Is Ireland's National Autism Charity. AsI Am is working to create a society in which every autistic person is empowered to reach their own personal potential and fully participate in society. Services on offer include:

For Children/Young people

- Autism ID Card
- Child and Family Support Programme* - includes access to clubs, camps and activities for children and young people such as Lego, Dungeons & Dragons, Art clubs. *REGISTRATION REQUIRED

For Adults/Parents

- Information line
- Adult Support Programmes including Post Diagnosis Support
- Adult social and wellbeing groups including Book club, Minecraft, Art, Mindfulness and Peer Support
- Legal Advice
- Benefits and Entitlements information
- Child and Family Support Programme
- Online Resources
- Community Webinars on wide range of topics for Parents/Guardians, Schools, Employers.
- Employment Support





Snowflakes Autism Support

Contact: 0861385364 **Website:** www.Snowflakes.ie

The aim of Snowflakes Autism Support is to organise events for children with Autism Spectrum Disorder (ASD), their parents and siblings and to provide whatever support we can to both pre-diagnosis and post-diagnosis families.

For Adults/ Parents

- Support Group Meetings for parents
- Parent and Baby/Toddler morning
- Information talks and Workshops
- Counselling for parents
- Card Benefits
- Annual Themed Events
- Family Days Out
- Annual Gala Snowball



For Children and Young People

- Subsidised Speech and Language/Occupational Therapies
- Subsidised Play Therapy
- Activities – Our activities are always changed based on the needs of members but the three main areas are Social, Sporting and Skills building programmes
- Youth Club for Older children
- Messy Play
- Cinema Club
- Sibling Workshop
- Bricks Club
- Nature Club

SUPPORTS FOR DOWN SYNDROME

Down Syndrome Ireland (Louth/Meath)



Contact: 083 8972044 **Email:** secretarydslm@gmail.com

Website: downsyndrome.ie/branches-detail/louth-meath/

Facebook: www.facebook.com/DsiLouthMeath

The Louth/Meath Branch represents approximately 250 member families throughout Meath and Louth. The branch is run on a voluntary basis by a committee who meet once a month (usually the first Monday) at 7.30pm in the Conyngham Arms Hotel Slane.

They offer a wide range of activities and supports for members:

- Early Intervention Home Teacher Programme
- Activities for teenagers and young adults
- Speech & Drama and Keep Fit class
- Tag Rugby
- Baby and Toddler Playgroups



Down Syndrome Centre North East

Contact: 042 942 3181 **Email:** info@dscnortheast.ie

Website: www.downsyndromecentre.ie/north-east/



The DSCNE is based in Carrickmacross, Co. Monaghan and provides therapies, supports and information to individuals with Down Syndrome and their families in Cavan, Monaghan, Louth, and Meath. Services are offered free of charge and/or heavily subsidised.



They provide:

- Occupational Therapy
- Early Intervention groups for children aged 2-6 years
- Music Therapy
- Adaptive Dance
- Parent & Toddler groups
- School-aged programmes
- Social groups ages 12-18
- Family support worker
- Counselling for parents & adolescents with DS
- Activities, social events, camps and much more





Dunboyne A-Team Arch Club

archclubs.adm@gmail.com

A social fun club for children (5- 10 years of age) with autism and their families. It is a safe place where children can develop friendships, social and interpersonal skills, and learn new skills in a fun safe environment. We meet weekly during term time.

Trimfinty Arch Club

trimfintyarchclub@gmail.com

This is an activity based social club for children with additional needs. We have 2 classes running on Mondays, for 6-10 year olds in the Living Hope Church based in Trim. We hope to create a space of inclusion in our community for these children.

ARCH CLUBS

Contact: 085 267 2643

Email: archclubs.adm@gmail.com

Website: www.archclubs.com



An Arch Club is a social club for people of all ages with additional needs. It is a safe space for them to develop their social and interpersonal skills, learn real-world skills, make friends, and just have fun! Arch Club was founded in 1976 by a small group of parents in Dublin, looking for a social outlet for their children. Clubs offer a variety of activities ranging from tea and chats, supporting participation in sports, and learning life skills, to engaging in their local community. The National Federation of Arch Clubs is the umbrella organisation supporting our clubs offering guidance and encouragement throughout their Arch Club journey.

SPORT & RECREATION

Physical activity is as important for people with additional needs as it is for anyone. Participating in sports can help boost self-confidence, improve skills in relationship building and working as part of a team. There are many opportunities for children, teens, and adults with additional needs to take part in community-based recreation, sporting and leisure activities in Meath. The activities featured below are a small selection of what is available. Contact your local sports clubs, swimming pool or community centres directly to find out if they have any inclusive activities.



Contact your local pool to find out if they hold sensory swim sessions or cater for people with additional needs.

Kells Pool

Contact: (046) 924 0551 **Email:** kellspool@meathcoco.ie

Facebook: <https://www.facebook.com/KellsSwimmingPool/>

Kells Swimming Pool have the following facilities in place to make the pool accessible for people with disabilities and additional physical needs.

- A dedicated changing room with equipment (changing bed & hoist)
- A pool hoist and wheelchair attachment is also available for use.
- Kells Swimming Pool also dedicate public time to those with additional needs.
- The Timetable is updated weekly and available through our Facebook page.



Meath Local Sports Partnership

Contact: Terry Donegan - Social Inclusion Disability Officer

Phone: 046 9067887 **Email:** tdonegan@meathcoco.ie

Facebook: www.facebook.com/MeathSportsAbility/

Website: www.meathsports.ie/inclusive-sports/

Meath Local Sports Partnership provides a variety of sport and physical activity opportunities for children and adults with additional needs.



Run Jump Throw

A 6-week multi-activity programme suitable for children with Autism or an Intellectual Disability aged 5 - 12 years. The sessions will include a variety of Sports, Fun Games and Obstacle Challenges all adapted to the participants needs. Run Jump Throw takes place in the 6 municipal areas in County Meath.

Learn 2 Cycle

Aims to assist children aged 5-17 with a disability to cycle independently. This programme which is held over 6 weeks and focuses on empowering parents and giving them the tools to support their child in learning to cycle.

Many Meath sports clubs offer inclusive sports for children and adults with additional needs. Contact your local club or Meath Local Sports Partnership for more information on the following initiatives.

FAI Football for All

footballforall@fai.ie

Football for All is an FAI programme that aims to deliver football opportunities to people who may not ordinarily get a chance to play the game.

GAA for All

GAA For All aims to provide Gaelic game activities to people with disabilities in their local community club and promote the ethos of a community club for all.

Peil for All

Navan O'Mahony's inclusive sessions for adults and children.

Blue Dragons Tag Rugby

Contact: 0867865007

Blue Dragons is a tag rugby team for children aged 6 to 18 with additional needs.



- Sunday morning's on the main pitch at Navan Rugby Club.
- The non-contact tag rugby sessions are a mix of games and ball skills.
- Coaches and mentors are a mix of current and ex Navan RFC players, club members and transition year students.

Arc Cinema

- Wheelchair friendly
- "Sensory-friendly screenings" promoted on Facebook
- Each Tuesday (all day) tickets for small groups for cinema, bowling and tazer are reduced price.



Ability Equine

Contact: Victoria on 086 159 4997 to arrange a free trial and assessment.

Email: info@aeat.ie Website: aeat.ie

Address: Gravelmount House, Castletown, Navan. C15 RP44



Ability Equine Assisted Therapy offer unique therapies that aim to enhance the quality of life for children and adults with physical, emotional and cognitive difficulties.

Our services include:

- Therapeutic Horse Riding
- Children's Camp
- Stable Management

Riding for Disabled Association of Ireland

Email: helenaoreilly@eircom.net

Website: www.rdaireland.org

Riding For Disabled Association of Ireland is a voluntary organisation offering therapeutic and recreational riding or carriage driving to people with a physical or intellectual disability. The organisation runs weekly lessons and classes in Pelletstown Riding Centre and Kells Equestrian Centre.

Special Hands Activity Group

Contact: Alva Cullen 0866505566 or Helen Rush 0868452588

Email: specialhandsgroup@gmail.com

Community volunteer led group for children/teens/young adults with additional needs.

- Facebook Special Hands Activity Group
- Updates on activities that are running - for example swimming lessons Kells swimming pool (wait list), Bodhran (teenage/young adult) Navan, Kickboxing (12+) Athboy, Saturday Friends Group, Athboy (older teen/young adult), Zumba over 10's Athboy, Baking/Cooking classes, Athboy (wait-list), Dancing Kells Juniors/Seniors, restarting Oct, Music with Rob, Kells Oct), Seasonal Workshops/Discos, Arts & Crafts!

Jumping Jelly Beans

Contact: 087 2872318 - Laura

Website: www.facebook.com/Jumpingjellybeansvirginia

An after-school sports and social club In Virginia Show Centre for children with additional needs. *WAITING LIST MAY APPLY

- The club runs on Tuesdays 4.30 - 5.30pm
- Parents and siblings welcome. Tea & coffee available
- Charge of €40 per month applies as the club is dependent on fundraising
- A Teen Youth Club is currently being set up.



THERE'S MUCH MORE THAN BOOKS AT MEATH LIBRARIES

Meath County Council Library Service [Website: www.meathlibraries.ie](http://www.meathlibraries.ie)

Branch locations: Ashbourne, Athboy, Duleek, Dunboyrne, Dunshaughlin, Enfield, Kells, Navan, Nobber, Oldcastle, Rathcairn, Slane & Trim

See more: www.meath.ie/council/council-services/libraries/additional-supports-at-meath-libraries

Meath County Council Library Service is a free service operated by Meath County Council. There are 13 public libraries in Meath with a massive number of books on the shelves and many more titles and publications available through online resources. The library is also home to Toys, Technology & Training, a specialised collection designed for use by children and adults with learning difficulties, disabilities or more significant needs. (SEE PAGE 24)

Throughout the year, the library service runs a varied programme of family events, including book clubs, the Summer Stars reading challenge, lego competitions, art and craft workshops, STEAM workshops and much, much more. These activities and programmes are designed to promote the fun side of literacy and learning for children. Libraries also host information talks for parents on topics including parenting and well-being.

Did you know?

- You can use your library card in any public library in Ireland
- There are no fines for late returns
- You can borrow 12 items for 3 weeks

Joining the library is free and easy - just visit your local library with photo ID and proof of address to register as a member.

Book Collections

The library stocks a comprehensive collection of books on health and well-being, including books on parenting, social issues, and abilities/disabilities. A complete collection of dyslexia-friendly books by specialist publisher Barrington Stoke is also available. (SEE PAGE 13)

Musical Instrument Bank

Music Generation Meath & Ashbourne Library run a Musical Instrument Rental Scheme. They provide musical instruments for loan to children and young people (up to the age of 18) for a period of six months at a time. The aim of the service is to allow children to try out the instrument of their choice without having to pay full price for it.





Sensory Sessions

A Sensory Pod is available to book in Ashbourne, Dunshaughlin and Oldcastle Libraries. It is intended for use as a sensory space for children with additional needs and their carer. The pod can be used as a calming space for a child experiencing sensory overload during their visit to the library.

Navan Library has a designated sensory space available every Saturday afternoon between 2pm and 5pm. This space is available for neurodiverse people to use while visiting the library. The 'Magic Table' will be available to use during this session. (SEE PAGE 25)

Steam Backpacks

Did you know that you can borrow a backpack filled with hands-on activities for children aged 3-6 years? The 'STEAM' backpacks contain age-appropriate activities and books for young children and their parents or carers to learn together about Science, Technology, Engineering, Arts and Maths. With 15 different topics there is plenty to engage and inspire children.

Resources

IT services: Meath libraries have free PCs with internet access and the Open Office suite. Libraries also offer Wi-Fi connection and affordable printing in each branch.

eServices: Free access to eBooks, eAudiobooks, online learning and language courses, digital magazines, and newspapers.

LOTE online for Kids: Free access to an online database of digital books in more than 50 languages, that allows children to enjoy the magic of books in LOTE (Languages Other Than English)

Out & About: Visit Blackwater Park in Navan and follow the Scéal Trail featuring 'The Vanishing Lake' by Paddy Donnelly. It is a fun way to bring together the enjoyment of reading, a love of the outdoors and physical activity.

SPECIALISED TOYS & EQUIPMENT

Sensory toys help promote physical and cognitive development skills encouraging emotional, social and language skills. Different toys, different forms of play all wash different parts of the brain with sensory information. Sensory rooms support children to use their senses to the full potential. This active involvement in their own play, learning and discovery changes and transforms their knowledge, their skills and abilities, their values and their ways of seeing the world.



Toys, Technology & Training (TTT)

Meath County Council Library Service [Website: www.meathlibraries.ie](http://www.meathlibraries.ie)

Meath County Council Library Service is home to the Toys, Technology & Training (TTT) initiative, a specialised collection of toys, resources and adaptive technology. This range was curated by library staff and professional therapists and is only available for library members with additional needs. The TTT collection includes balance boards, sensory & tactile kits, weighted lap pads, speech & language Colorcards and 'The Fact Factory', an audio-magazine for visually impaired children. To view the full catalogue or for more information see www.meathlibraries.ie or visit your local branch.



The 'Magic Table'

Meath County Council Library Service

Website: www.meathlibraries.ie

The 'Magic Table' (Tovertafel) is an innovative technology that projects interactive light games onto a surface below. The games respond to the hand and arm movements of players. The games are engaging and fun and are designed to encourage movement, increase focus and develop social-emotional skills. The 'Magic Table' is designed for use by people with autism, learning disabilities and dementia. It is available for individual and group bookings in most of Meath's public libraries.

Sensory Play

Many soft play centres have sensory rooms that are suitable for children with additional needs. These are specially created playrooms for relaxation and stimulation based on the four principles of smell, sound, sight and touch. Sensory rooms contain specialised sensory activity equipment and lighting. Check your local play centre for information on sensory rooms and any events that run for children with additional needs and their siblings.

Private suppliers of specialised products

Adam & Friends
specialneedstoys.com

Toys and equipment for premature babies and children with special needs. They also install multi-sensory rooms and products, and child safety systems in schools and homes.

Sensational Kids
sensationalkids.ie

Kildare-based child development and learning store that stocks a range of skill building toys, books and therapy products.

Thinking Toys
thinkingtoys.ie

An Irish-run business that sells a comprehensive range of products for children with special needs or learning disabilities.

FAMILY RESOURCE CENTRES



The Family Resource Centre Programme is Ireland's largest national family and community support programme. The principal objective of the FRC programme is to combat disadvantage and to strengthen and empower children, families and communities.

East Coast Family Resource Centre

Phone: 041 981 2230 or 087 644 3364

Email: FRC@crannsupportgroup.ie **Website:** crannsupportgroup.ie

Address: 1 Somerton, Triton rd, Bettystown / 5 Strand Haven, Laytown Co. Meath



East Coast FRC works with children, families and community groups to provide a range of social, educational, emotional and wellbeing activities. ECFRC offers a safe place that allows the community to share knowledge and resources effectively.

For children and young people

- **Social:** after-school club, seasonal youth camps & events, youth clubs, parent & toddler group & events (day trips/ music workshops)
- **Development/ Learning:** homework support during afterschool, Healthy Food Made Easy programme, Mind the Gap workshop & Parents Plus Working Things Out programme
- **Wellbeing:** Play Therapy, Confident Me programme, Rainbows Separation & Bereavement programmes

For adults, parents & carers

- **Social:** women's groups, social community events & integration workshops
- **Development & Learning:** LMETB seasonal courses & Healthy Food Made Easy programme
- **Parenting Support:** Parents Plus Early Years/ Childrens/ Adolescent programmes, Special Needs programme, Parenting When Separated programme & Non-Violence Resistance programme
- **Family Support:** tailored individual programmes of family support, Meitheal, 1-1 drop in service, Neighbourly Food service, printing/ photocopying & administration support

Trim Family Resource Centre

Contact: 046 9438850 **Email:** info@trimfrc.ie

Website: www.trimfamilyresourcecentre.ie

Trim FRC provides a wide range of supports for families, parents and children in the Trim and south Meath area.



For adults/parents

- Parents Plus (all age groups) Non Violent Resistance and Circle of Security parenting programmes
- Informal drop-in Family Support
- Beacon Family Support Project (by referral)
- Babies & Bumps, Parent & Toddler groups
- Level Up Project for young people not in education or employment (16 -24 years old)
- Low-cost counselling service
- Women's Development programmes,
- Health & Wellbeing programmes/workshops
- Failte Isteach - Conversational English for adults,
- Once off community events, family events & trips

For children and young people

- Cula Bula Youth Group
- Coder Dojo Coding Club
- Summer, Easter, Halloween and Christmas camps and events (all camps are inclusive) eg Arts & Crafts, Lego, Sports etc
- Young LGBT support group
- Mindfulness, 'Confident Me', Rainbows, 'Fun with Feelings', Sensory Play and Social Skills workshops.
- Play Therapy and Teen counselling
- Piano lessons (keyboards supplied)



Parent Support Group at Trim Family Resource Centre

Based in Trim FRC, this parent-led support meets monthly and offers support for parents/caregivers of children and young people with a disability and/or additional needs.

We offer information, support and advice to parents on a range of issues, including practical support with form filling, dealing with a diagnosis, school issues, supporting siblings and more.

The group is informal and relaxed, providing a safe space to meet with other parents/caregivers.

Contact
087 6031108
087 3344735

Email
caroline@trimfrc.ie
maryrose@trimfrc.ie

Instagram
parentsupportgroup_
meath



Kells Family Resource Centre



Contact: 046 9247161

Website: www.kellsfrc.ie

Address: Lord Edward Street, Kells, A82 XN75

Kells Family Resource Centre provides a range of social supports and developmental opportunities to the children, families and community of Kells and the broader north Meath area. The focus is on meeting the support needs of parents and their children and on helping people to achieve their aspirations for themselves and their family.

For Children and Young People

- **Social activities:** Summer Camps and Activities, Baby & Toddler Group, Youth Café, Kells Angels Youth Club, Seasonal Celebrations eg Halloween & Christmas Events, Chess, Coder Dojo, Little Folk – Music with Kyle, Social space and activities for neurodiverse young people (under 18), Brickx Club
- **Development / Learning Opportunities:** Cool Dudes (healthy eating & cookery), Art & Craft Groups. Confident Me! School Readiness Groups, Grinds, Parents Plus working things out programme
- **Wellbeing:** Play Therapy, Confident Me!, Creative Mindfulness, Anxiety Workshops, Adolescent counselling, 'Rainbows' separation and bereavement programme



For Adults / Parents

- **Social Activities:** Friday Friends, Parent & Toddler, Women's Group, Social and Community Events, Neuro-space social space and activities for neurodiverse young adult (peer support)
- **Development / Learning Opportunities:** IT Digital Skill One to One & Groups, Learning Support, Learning English, Training Courses (as requested), Healthy Food Made Easy
- **Parents Plus:** Parenting Plus Programmes, Early Years, Children, Parenting When Separated, Adolescents, Healthy Families, Non-Violent Resistance Programme, Parent Support Group
- **Support Services:** Community Food Bank, Drop In Support Service
- **Family Support Services:** Tailored Family Support, Parenting Plans, Family Mediation, Outreach services supporting people around issues such as mental health, suicide prevention, addiction, employment.
- **Wellbeing:** Counselling Service, Yoga, Pregnancy and Post Pregnancy Exercise, Wild Women Art Therapy, Health & Wellbeing Programmes and Workshops, Living Well Programmes (living with chronic illness)

Post ASD Diagnosis Service available at Kells FRC

- guidance on what to do next after a child gets a diagnosis.

- Parenting plan and mentoring

- Behaviour support plans for children with disability e.g. toilet training, non verbal common behaviours that challenge, self-injurious behaviours, feeding skills, sleep routines.

- Functional assessments (finding the function of a behaviour) and follow up service how to manage this.

- Linking in with schools on supporting specific child in a classroom setting.

- Anxiety Management - group workshops and one to one sessions

Some activities and therapeutic services incur charges with most being heavily subsidised on a sliding scale in accordance with means to ensure affordability.

NAVAN FAMILY RESOURCE CENTRE

Phone: 046 9073178/086 0388649

Email: marlena.porter@tusla.ie

Facebook: Family Resource Centre Navan

Address: Commons Road, Navan



The Family Resource Centre Navan provides support to children, parents and families in the Navan and Meath areas. It offers the following free programmes, groups and courses. For more information contact 046 9073178 or send a message via Facebook Messenger <https://www.facebook.com/profile.php?id=100079623481262>

Parenting

- Parents Plus - Early Years 1-6 years, Middle Years 6-11 years, Adolescents 11-16 years
- Parenting when Separated
- Parents Plus Additional Needs,
- Parents Plus for Traveller Community
- Parenting & Sex in Today's World
- Non-Violent Resistance (helping parents when their child has challenging behaviour)

Social & Empowerment Groups

- Parent & Toddler Group
- Traveller Women's Group
- Supporting Parents of Children with Additional Needs
- Craft Groups
- Cookery/Baking Groups

Therapeutic Programmes

- Baby Massage
- Circle of Security (promoting attachment & bonding with your child)
- Lifestory Work , Rainbows, Nurture Corner (helping children through anxiety and to make sense of their world)
- Working Things Out (promoting resilience and positive mental health for adolescents 11-16 years)
- Messy Play Workshops (promoting parent/child relationships through play ages 2-5 years)

Play Groups & Camps

- The Happy Hour Playgroups (ages 5-10)
- Easter Camp, Summer Camp, Halloween Camp
- Additional Needs Playgroups (ages 2-5 & 6+)



Additional Needs Play Group

Phone: 046 9073178/086 0388649 **Email:** marlena.porter@tusla.ie

Navan Family Resource Centre hosts an additional needs playgroup (supervised play and activities) for children and their parents.

- Wednesday (0-5Yrs) Tuesday (6+yrs) - days may change
- Provides children with a safe space to socialise and interact with other children while having fun!
- Parents benefit from peer support from other parents.



comhairle chontae na mí
meath county council