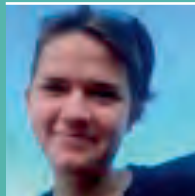


## Getting to know you



Questions and answers with Justyna Doherty – Manager Trim Family Resource Centre

**Q** What's your favourite Netflix programme/ Box Set at the moment and why?

**A** I don't watch much television.. My favourite YouTube series that I discovered in the first lockdown was HOME - 30 Days of Yoga with Adriene - it helped me to find my own space and peace at home during Covid -19 restrictions and changes...

**Q** What are you currently reading ?

**A** Untamed by Glennon Doyle - great reading, so inspiring!!

**Q** What would you say to your 16year old self if you going through COVID-19 then ?

**A** Nothing lasts forever so make the most of each day!!

**Q** What would be your last meal ?

**A** Spicy chicken wings - can never have enough of those ...

**Q** What do you do to relax ?

**A** I play violin every day! I started playing it 2 years ago and it's amazing to see how much I learnt since! It's definitely a relaxing time for me... Also walking and listening to music helps me to calm my mind when there is a lot going on...

## Network Areas



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



**SOUTH LOUTH NETWORK**  
Drogheda, Ardee, Clogherhead, Collon, Tullyallen, Dromin, Dunleer, Termonfeckin



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



**EAST MEATH NETWORK**  
Slane, Duleek, Bettystown, Ashbourne, Ratoath, Stackallen, Stamullen, Balrath



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

**Sandra Stafford**  
Senior Child and Family Support Network Coordinator (CFSN) Louth Meath  
✉ sandra.stafford@tusla.ie  
☎ 046 9073178

**Paula McCabe**  
Child and Family Support Network (CFSN) Coordinator North Louth  
✉ paula.mccabel@tusla.ie  
☎ 042 9351680

**Alice O'Halloran**  
Child and Family Support Network (CFSN) Coordinator East & South Meath  
✉ alice.ohalloran@tusla.ie  
☎ 046 9073178

**AnnMarie Kidd**  
Child and Family Support Network (CFSN) Coordinator South Louth  
✉ annmarie.kidd@tusla.ie  
☎ 041 2152300

**Alice O'Halloran and Jackie Jackson**  
✉ alice.ohalloran@tusla.ie ☎ 046 9073178  
✉ Jackie.Jackson@tusla.ie ☎ 046 9073178

**Jackie Jackson**  
Child and Family Support Network (CFSN) Coordinator Louth Meath  
✉ Jackie.Jackson@tusla.ie  
☎ 046 9073178

## Useful Websites:

[www.parenting24seven.ie](http://www.parenting24seven.ie)

[www.familysupportmeath.ie](http://www.familysupportmeath.ie)

[www.gov.ie/supportingchildren.ie](http://www.gov.ie/supportingchildren.ie)

[www.changingfutures.ie](http://www.changingfutures.ie)

[www.cypsc.ie](http://www.cypsc.ie)

[www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support/](http://www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support/)



## 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.

**Meitheal**

A TUSLA led National Practice Model

**TUSLA**

An Ghníomhaireacht um Leanaí agus an Teaghlach  
Child and Family Agency



Child and Family Support Network

Issue 2 – Summer 2021

# Meath Newsletter

Local Services - Local Information - Local Supports

## IN THIS EDITION

Educational Welfare Services

Meath County Childcare Committee

Family Addiction Support Network

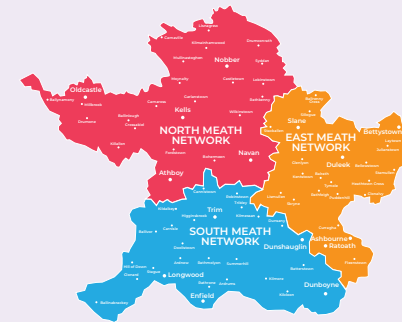
Trim Family Resource Centre

Youth Work Ireland - Meath

Smart Programme

## Child and Family Support Networks

Meitheal is supported through the establishment of five Child and Family Support Networks (CFSNs) across Louth / Meath. Each CFSN is made up of services in that geographic area who are working with children, young people and families. Network members include community and voluntary organisations, HSE services, schools, childcare groups, Tusla, Gardaí, etc. The purpose of networks is to ensure that there is NO WRONG DOOR for children, young people and families who are in need of support. Network members develop and share knowledge on services available in that area and how to access them. Contact your local CFSN Coordinator if you are interested in joining a Network. Coordinators are also available to deliver briefings to staff groups on the Meitheal process and how you might use it in your work. Two Day Meitheal Training is also regularly available – contact your CFSN Coordinator for details.



If you have any suggestions for the Meath CFSN Newsletter or would like further information please do not hesitate to contact Jackie or Alice, CFSN Coordinators.

## Tusla Education Support Service (TESS) – Educational Welfare Service

Under the Education (Welfare) Act, 2000 Educational Welfare Officers (EWOs) of Tusla Child and Family Agency work with children and families who are experiencing difficulties with school attendance. The Statutory Educational Welfare Service of Tusla Education Support Service (TESS) provides advice and assistance to parents and guardians so that they can fulfil their obligations in relation to their child receiving an education from the ages of 6-16 years (and/or 3 years post primary education).

Where children miss a lot of school or are experiencing difficulties with attending school, schools or agencies can refer to the Educational Welfare Service. Parents can also refer to our service for support in relation to school attendance issues. We always aim to work in partnership and in a child centred way with the child/young person, their family, their school and other relevant support services to ensure the child/young person receives an appropriate education to best meet their needs. We always want to hear what the child/ young person has to say about their educational experiences and difficulties – the reasons why they are not attending school and what issues can be identified and worked through so that they can return to school and enjoy their time there. We agree a plan drawn up with the child, family and school which aims to support the child/young person to attend school on a more regular basis. This plan is reviewed regularly by all involved.

If we receive a referral where there are additional complex issues present alongside school attendance issues and we believe another agency or service may be better able to address these needs we will advise and support the parent/school in making contact/referring to the more appropriate service. Our EWOs may remain involved in a supportive manner to the family while awaiting supports from these other agencies.

EWOs are also available to provide support and guidance to parents in relation to securing a school place for their child and we also support children/young people who have been expelled from school. EWOs carry out home visits, arrange meetings in schools or other venues and attend meetings with other Tusla services and external support agencies in relation to school attendance issues.

Unfortunately, due to the current pandemic our ability to meet with families in their homes or visit schools/other agencies has been affected but we continue to link in with parents/young people and schools by phone and have regular meetings online. We are also very aware of the stress and anxiety some students and parents may be experiencing due to Covid 19 and know this may be impacting on their school attendance. Schools are experts at reassuring parents in relation to the supports available to their child when in school and they work in partnership with parents to address any concerns that may exist.

Further information about our service is available at [www.tusla.ie/tess/information-for-parents-and-guardians-tess/](http://www.tusla.ie/tess/information-for-parents-and-guardians-tess/)

**tess**

Seirbhís Tacachta Oideachais Tusla  
Tusla Education Support Service

## The EWS team in Co Meath includes:

**Nuala Colton**  
Educational Welfare Service Regional Manager,  
✉ nuala.colton@tusla.ie  
☎ 087 9248362

**Georgina Traynor**  
Senior EWO Louth Meath,  
✉ georgina.traynor@tusla.ie  
☎ 087 7601955

**Tony Walsh**  
✉ tony.walsh@tusla.ie  
☎ 087 9056609

**Imogen Nolan**  
✉ imogen.nolan@tusla.ie  
☎ 087 4326484

**Sirena Campbell**  
✉ sirena.campbell@tusla.ie  
☎ 087 9324447

**Meitheal**

A TUSLA led National Practice Model

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Child and Family Agency



## Meath County Childcare Committee (MCCC)

Meath County Childcare Committee offers support to over 200 preschool, creches and school aged care settings across Meath in addition to parents and the general public.



The key goal of Meath County Childcare Committee is to coordinate the implementation of National Childcare Policy at local level on behalf of the Department of Children Disability, Equality and Integration.

MCCC comprises of local representatives from the statutory, community and voluntary sectors, social partners and relevant stakeholders within Meath.

Some of the supports Meath County Childcare Committee offer include;

### Early Learning and Care Settings:

- Support to Early Learning and Care services about funding and quality.
- On-site support visits to new and current services.
- Admin support in our offices with a fully equipped resource room and use of printer
- Study supports with an early years library and loan system.
- Promote the inclusion of all children with disabilities, and children from ethnic minorities in Early Learning and Care services throughout Meath.

### Childminders:

- Childminding grants and general set up information.
- Coordinate the provision of accredited training and in-service training for childcare.

### Parents and families:

- Parent support on the various Government schemes such as the ECCE (free preschool year) or National Childcare Scheme (NCS).
- Support to parents in finding childcare places for their child.
- Networking events and Information evenings

For further details please contact Maria, our Parents Information Officer ✉ [maria@mccc.ie](mailto:maria@mccc.ie), our Support and Development team by emailing ✉ [reception@mccc.ie](mailto:reception@mccc.ie) or call ☎ **046 9073010**.



SOSAD launched their messaging support service on the 15th of March 2021. This service will be available from 8pm until 12am daily. Aimed at young people, it can be accessed from their website. There they can talk to trained volunteers about how they are feeling and be signposted to relevant organisations if needed.

**Daily from 8pm to 12am** [www.sosadireland.ie](http://www.sosadireland.ie)



## Trim Family Resource Centre

Trim Family Resource Centre is based in Trim town and open to families, adults and groups from the Trim town and South Meath area. Trim FRC is open to everyone in the community who is in need of advice, information or support.



The project is managed by volunteer members from the community who employ 3 full time staff under TUSLA funding. An enthusiastic and committed team of full time and part time staff funded under CE/ TUS programmes work together with our local community to bring new initiatives, and to help foster an understanding of family and community development.

The work carried out by Trim FRC is hugely supported by local volunteers who dedicate their time, skills and energy to many initiatives including Community Food Bank, Cula Bula Youth Club, CoderDojo Club, Garden Group, Rainbows programme, Community Mothers, Failte Isteach English classes, family and youth events and classes...

Some of the ongoing supports, activities and services provided by Trim FRC are:

- Drop in and outreach support for families (listening/ advice/ referral service)
- Family support through Beacon Family Project (via referral from PPFS Tusla)
- Education and training courses for all the community
- Family support programmes and events,
- Health and wellbeing courses and events,
- Supporting the development of various groups in the community and providing facilities of the centre
- Low-cost counselling service for adults and young people, including Play therapy for children,
- Providing support and information service to the local community on various rights, entitlements and housing with referral to appropriate agencies when necessary,
- Senior Alert Scheme coordination;

The pandemic has had an enormous negative impact on the groups and mental health of the participants with restrictions in place for groups not to meet in person. FRC is adapting the delivery to run several different programmes via online platforms in 2021 including:

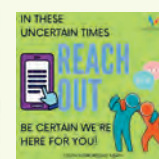
- Women's Health and Development Programme,
- Parenting programmes,
- WRAP programme for adults,
- Digital skills programmes,
- CoderDojo Club for young people 7 - 17,
- Failte Isteach English classes for migrants with little or no English,
- Volunteer led piano classes for children,
- Mindfulness and Wellbeing programmes for adults and young people,
- Creative Art workshops.

For more information, contact Trim FRC directly on ☎ **046 9438850** / ✉ [info@trimfrc.ie](mailto:info@trimfrc.ie) or check out our social media profiles on Facebook, Instagram, Twitter.

Trim FRC is based in 2 locations within one estate in Trim:

- The Bungalow, 15 Wellington Avenue, C15 FC03
- Number 22 Office, 22 Mornington Drive, C15 R853

New website will be launched in line with 20th Anniversary of Trim FRC this year: [www.trimfamilyresourcecentre.ie](http://www.trimfamilyresourcecentre.ie) so everyone can access the information about available supports and services. Hopefully, it will not be long till we are able to welcome everyone again for more chats and more cups of tea!



## Youth Work Ireland Meath

### About Us

Youth Work Ireland Meath was established in 1989. We have a network of youth clubs affiliated from across the county, we also have a network of community youth programmes. We are committed to ensuring the provision of a quality youth service in Meath. YWI Meath support the development of youth clubs and programmes across County Meath and provide training for young people and volunteers.

### Our Services

- Youth Quake - A group of young change-makers working with the community.
- Comhairle naOg - Young voices, local issues.
- LGBT+ - Working with LGBT Youth to make them feel equal, safe and valued.
- School Programmes - Workshops and programmes for TY and school students.
- Volunteer Support - Do you want to Volunteer? Contact us to find out more.
- Youth programmes - Youth clubs in your area. Our Lightbulb and Music Clubs.

### Youth Work Ireland Meath – Student Support Service

With so much uncertainty for Leaving Certificate students at the beginning of the year, they also had to deal with going back to home-schooling. This raised a lot of issues and challenges for them. Following a swift consultation Youth Work Ireland Meath established a new support service for Leaving Certificate Students.

The online support service takes place every Tuesday evening from 6pm – 7pm. Students are welcome to pop in and out at any time that suits them. This space gives them the opportunity to rant and get those frustrations out of their system. Once that's done, we settle into our peer support study group. We have been assisting with study tips, motivational work, CAO applications including HEAR/DARE students and college advice.

As the current students come close to sitting their Leaving Cert exams we are reviewing the Student Support service and how best we can continue this throughout the school year. For more information and log in details, PM us at <https://www.facebook.com/YWIMeath> or email ✉ [info@youthworkirelandmeath.ie](mailto:info@youthworkirelandmeath.ie)

### Young Carers

Youth Work Ireland Meath is raring to go with their latest service for young carers in the county of Meath.

But it seems that the young carers are very hard to identify and recognise, especially as some of the young carers do not identify as a carer.

So, what is a young carer? According to Family

Carers Ireland, a young carer is any young person, under the age of 18 years of age. Who is affected by or has to look after a family member with a serious illness, disability, mental health issue or addiction.

Did you Know? Young carers often do more chores than other children would. On top of providing emotional support to the person they are caring for, they may also have to learn how to nurse them or look after their personal needs like bathing and dressing.

It can be hard work being a young carer. The Health Behaviour in School Children (HBSC) 2018 Study conducted by researchers at National University of Ireland, Galway (NUIG) highlights that young carers are at greater risk of mental and emotional difficulties than their non-carer peers. Family Carers Ireland estimates that in County Meath there are about 2,000 young carers.

Youth Work Ireland Meath works with young people aged 10-24 and are ready to support Young Carers. You can contact our Youth & Volunteer Support Worker Lisa on

☎ **087 0906062** for more information on how you can help us develop our Youth Carers service further. Also, if you are a Young Carer Lisa is here to support you so don't be shy and get in touch.

### Youth Work Ireland Meath

☎ **(046) 909 3402**

✉ [info@youthworkireland.ie](mailto:info@youthworkireland.ie)

Address: St. Mary's Church Grounds, Trimgate Street, Navan, Meath  
@ywimeath on Facebook, Twitter and Instagram

## Family Addiction Support Network

**STILL HERE FOR YOU**



The Family Addiction Support Network (FASN) is a dedicated support service for Family members/ concerned persons who are impacted by loved one's substance misuse.

In these extremely difficult times we are very aware of the challenges our service users will be dealing with so we have developed a safe and secure online communications platform in which we can support you.

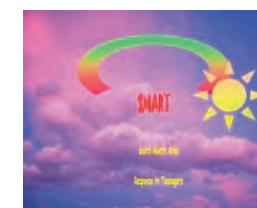
With this in mind we are continuing to provide vital service's in the form of

- One to one support sessions
- 5 Step Brief Intervention
- Health & Wellbeing support through Facebook (FASN)
- Counselling
- Family Support Groups – online peer led family support groups.

Join our weekly online meetings for Navan, Drogheda, Dundalk, Cavan and Monaghan. You must contact us for details and support to access the online services at the contact details below. Remember we are here to help and support you. (in accordance with Department of Health Guidance Level 5). Physical meetings are now happening in Dundalk and Drogheda with Navan opening on the 26th May and Castleblaney and Cavan as soon as the venues open.

☎ **042-9355251 / 087-9046405**

✉ [info.fasn@gmail.com](mailto:info.fasn@gmail.com)



## The Smart Project

The SMART Project is a Garda Youth Diversion Project working with young people aged 12-18 years and their family members, offering a range of programmes based on the needs of the young person and their family. We are committed to safeguarding the well-being and promoting the rights of those with whom we work. Staff strive to provide a non-judgmental, welcoming environment which facilitates personal development and enables and encourages those who wish to realize their full potential. The SMART Project accepts referrals from Juvenile Liaison Officers, Gardai, probation, schools, parents and other agencies/services.

Programmes offered include:

- Crime and Drug Awareness
- Social and Peer Development
- Employment Enhancers
- Leisure Activities
- Family Support

Parent feedback: "The SMART Project has been a great support to my son and I during a difficult time. The team members have gone above and beyond to help in any way they can. The project offers invaluable resources for young people and their families."

For more information please contact: Cathreen Sherrock, Project Co-ordinator on ☎ **087-4146653** or Amanda Veale, Family Support Worker on ☎ **087-7771440**