

Getting to know you



Questions and answers with Angela Newsome, Manager of Kells Family Resource Centre.

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

A The Game of Thrones box-set never gets old.

Q What are you currently reading ?

A 'Ireland and the Magdalene Laundries: a campaign for justice' written by my wife, Claire McGettrick and colleagues and dedicated in part to my mother who was incarcerated in a Magdalene laundry for her entire adult life.

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

A Keep reading, (no IT in those days), stay safe, help others, this too shall pass!

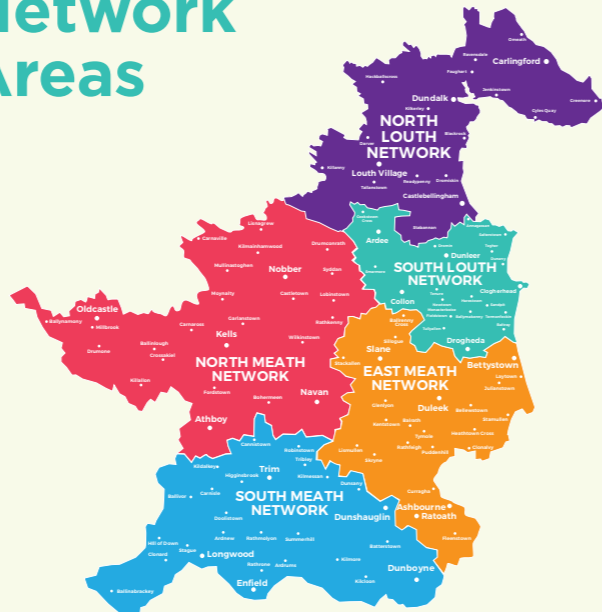
Q What would be your last meal ?

A Anything spicy!

Q What do you do to relax ?

A I swim and walk my three dogs in the forest next to my house. I also enjoy the half hour drive home from work to watch the changing seasons and to process the day before relaxing in the evening.

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

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EAST MEATH NETWORK
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NORTH MEATH NETWORK
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Useful Websites:

www.parenting24seven.ie

www.familysupportmeath.ie

www.gov.ie/supportingchildren.ie

www.changingfutures.ie

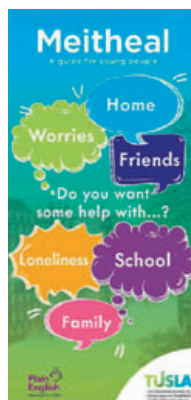
www.cypsc.ie

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

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

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Meitheal

A TUSLA led National Practice Model



Issue 3 - Winter 2021

Meath Newsletter

Local Services - Local Information - Local Supports

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Good News Story

Meath Springboard Family Support Services are delighted to announce their success in their application to the Toy Show Appeal.

2021 saw a huge increase in the demand for our Affordable Counselling and Therapy Service. As a result we closed the service to Adults before the Summer and then were operating a waiting list for children due to lack of funding in May 2021.

We applied to the Toy Show Appeal for funding to provide therapeutic services to children across the county of Meath. On 22nd June 2021 we were delighted to have been awarded €68000 to provide Affordable therapeutic interventions for children across the county.

This will allow us to provide 1:1 therapeutic support to approximately 116 children from September 2021 to August 2022 and 3 Confident Me Programmes for up to 30 children.

We have been lucky to have the support of Kells Family Resource Centre, East Coast Family Resource Centre and Navan Family Resource Centre to help provide this service. Kells FRC and East Coast FRC are currently running Confident Me Programmes and Meath Springboard Plans to run Confident Me in 2022.



If anyone wishes to find out more about the service they can email the Counselling and Therapy Co-ordinator, Tara Stepala at ✉ tara@springboardnavan.ie. Alternatively people can contact **Kells FRC** or **East Coast FRC** for further information.

Kells Family Resource Centre



Kells Family Resource Centre is open all community members of Kells and the greater north Meath area and focuses on empowering children, families and the community to meet their own needs, bring about positive change, and achieve their aspirations.

The centre provides information, support, resources and learning opportunities. The work is led by a Voluntary Board of Management, with two full-time staff, strongly supported by part-time project and CE/Tus staff as well as volunteers who contribute time, expertise and resources. The services are provided in adherence with family support principles, upholding the rights and best interests of children and working within a community development ethos.

Kells Family Resource Centre is based in the Old Carrick School on Lord Edward St; a 181-year-old school building which community members helped us to save from dereliction in the early months of 2010. It was a huge and daunting undertaking on minimal resources which was achieved by local people coming together in a triumph of community spirit, leading to a strong sense of community ownership of the Resource Centre. A true meitheal!

We have continued our mission on this path providing opportunities and support to community members to contribute towards the support and development of themselves, their families and their community!

A broad overview of Kells Family Resource Centre services include:

Family & Parent Support:

- Parenting Skills Programmes
- Beacon Family Support Project
- Drop In Family Support
- Family Connections Project
- Mothers Support Group
- Family Social & Seasonal Events

Support Services:

- Drop-in support service providing information and support, signposting and referrals, administrative supports
- Outreach services
- Access to online resource and supports
- Community Development Initiatives

Children & Young People:

- Coder Dojo
- Junior Chess Club
- Children's Art Club
- Grinds and Learning Opportunities
- Kells Angels Youth Club
- Youth Café
- Munchbox Club

Training Programme:

- Digital Skills Programmes
- Personal Development Programmes
- Skills Development Programmes
- Language Support

Wellbeing Programme:

- Affordable Counselling & Play Therapy
- Food Bank / Food Poverty Programmes
- Health & Wellbeing Programmes
- Rainbows Programme
- Self-Help Addiction Support Groups
- Senior Alert Programme

Kells Family Resource Centre can be found at: Old Carrick School, Lord Edward St, Kells, Co. Meath A82XN75

☎ 046 9247161 ✉ info@kellsfrc.ie
Find @kellsfrc on Facebook, Instagram and Twitter

We are looking forward to launching a new website www.kellsfrc.ie in celebration of the Centre's 20th anniversary in 2022.

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TLCKidz

The TLC KIDZ programme is an early intervention approach for children and young people who have experienced domestic violence and abuse. This is because early intervention is about reducing risk, increasing safety and wellbeing, and mitigating the long-term effects of domestic abuse on health and wellbeing, education, relationships and development.

The programme helps children heal from the impact of domestic abuse and helps mothers in understanding their child's experiences and support their recovery.

It also aims to:

- Empower children to share their experiences, to have their voices heard, to be believed and to feel validated.
- Support children and young people and their mothers in recovering from their experiences by focusing on strengthening the mother child bond.
- Raise awareness among local agencies within the wider community of the impact of gender-based violence and abuse on children and families.



Contact details:
Helena Moran,
TLC Kidz Coordinator Louth & Meath
☎ **046 9022393**
☎ **0873843159**
www.dvsservicesmeath.ie

CFSN Members

If you would like details about your service included in our next CFSN Newsletter or have a good news story you would like to share. **Please contact Jackie on 087-7704021 or Alice on 087-2275645.**



Family Resource Centre, Commons Rd, Navan

Family Resource Centre, Commons Rd, Navan. The reopening of the FRC was on the 9th September with the introduction of the new manager (Marlena Porter) and the launching of the Autumn programmes. There was great excitement and a very warm welcome for all those that popped in on the day after the long break from in-person interaction! The new-look building was also on show and we may be biased but we love it!!!

As your local Family Resource Centre, we are always here to welcome you, help you out and provide information regarding anything you may need. Please feel free to drop in, ring or message us on our Facebook messenger – we are happy to help!!!!

Contact details:
☎ **0469073178**, pop in to C15CP23 or Facebook is facebook.com/Family-Resource-Centre-Navan -110170651359221

Courses and programmes for Autumn, Winter and into 2022 include:

- Parent & Toddler groups
- Traveller Women's Group
- Baby Massage
- Non-Violent Resistance (deals with Child to Parent aggression & violence)
- Parents Plus Programmes (Early Years, Middle Years, Adolescence, Parenting while Separated, Additional Needs)
- Lifestory Work (for children placed in alternative placements to home)
- Empowering Women Group – personal development skills, peer led group
- Nurture Corner – for 4-7 year olds who are experiencing anxiety or needing support to make sense of their world
- Health & Wellbeing programmes such as Yoga, Mindfulness and Creative Activities.

We are also delighted to be offering the following two programmes early in 2022 which are therapeutic in their essence and a welcomed part to our timetable – Rainbows and TLC Kit.

Rainbows is a free, voluntary service for children and young people experiencing loss following bereavement and parental separation.

The Rainbows service is an inclusive service, supporting children and young people experiencing grief and loss resulting from bereavement/parental separation/parental relationship breakdown/divorce.

Attending the programme provides children with an opportunity to meet with other children of a similar age and loss experience, at a minimum of 3 months after the loss. It does not provide an individual one to one support service and does not provide counselling or a therapeutic level of intervention.

The service is **not and cannot** be considered as a first response for a bereavement or loss that may be a more traumatic loss experience e.g. murder, suicide, car accident.

Rainbows can:

- Support a child to engage with their own individual grief– to identify, name, understand, express and share their feelings
- Provide a safe setting to tell and retell feelings and thoughts with trained listeners
- Support children to have a shared experience and identification with others' feelings... "I'm not the only one"
- Acknowledge a child's grief and loss
- Support a child's self-esteem, trust, confidence and resilience
- Support emotional growth and a pathway to positive mental health
- Provide a model of coping and support

Rainbows can't:

Rainbows can sometimes be perceived as a service as a 'One Size Fits All' service, that is "better than nothing." Rainbows is a limited voluntary service. It is not therapy, professional counselling or clinical professional support.

Rainbows cannot,

- analyse or diagnose emotional or behavioural problems
- give advice or attempt to solve problems
- give opinions, pass comment, make judgements, take sides or criticise
- give reports, take notes, give feedback or evidence

For any further information on Rainbows, follow the link www.rainbowsireland.ie

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1 in 7 men in Ireland experience Domestic Abuse

Supporting men and their families experiencing partner and family abuse.

We offer the following to ALL men:

- Confidential Helpline
- Legal Clinic (Family law, legal orders)
- One to one practical support
- Counselling – By phone
- Counselling – In person
- Court accompaniment – Dolphin House
- Outreach clinics in Monaghan Cavan, Drogheda and Navan
- Training Academy – Domestic abuse & Coercive Control

☎ **01 554 3811**

✉ **Hello@mensaid.ie**

📱 **@mensaidireland**

www.mensaid.ie

Christmas Recipe Sugar and Spice Snaps

- 1 1/2 cups (225g) Plain Flour
- ¾ cup (165g) firmly packed dark muscovado sugar
- 2 teaspoons of ground ginger
- 1 teaspoon mixed spice
- ¼ teaspoon ground clove
- 150g butter, chopped coarsely
- 1 egg Yolk
- ¼ cup (55g) Raw sugar

1. Process flour, muscovado sugar, spices, and butter until crumbly. Add Yolk, process until combined. Knead dough on floured surface until smooth. Cover. Refrigerate for 30 minutes.
2. Divide Dough in half, roll each half between sheets of baking parchment to 3mm thickness. Refrigerate for 30 minutes.
3. Preheat oven to 180C /160C for fan – assisted. Lay oven trays with baking parchment.
4. Cut thirty 7cm round from dough. Place round dough on trays, sprinkle with raw sugar.
5. Bake snaps about 10 minutes, then cool on tray.

A Day in the Life of a Family Support Practitioner Tusla, Prevention, Partnership and Family Support

I have been tasked with putting together a piece with the above title, and as I sit to write, I reflect on my 20+ in this role. I note that no two days have ever been the same. The role is itself diverse, and the families we meet are unique. This makes my job both challenging and exciting all at the same time.

As we all emerge from the COVID restrictions, FSP's are re-establishing more familiar patterns of engagements with families. First and foremost, direct contact with families in their home setting. Building trusting relationships, open communication, and truly listening to the difficulties that this family are facing. Working in partnership with families to create solutions and supporting the families to put these solutions in place. Sometimes, a cup of tea, then a return to the office to complete the not so exciting paperwork. Information technology was never my strong point, but indeed, in this day and age, an important part of my job.

We are regularly in contact with other service providers. Working collaboratively, needs can be met more efficiently and effectively. Meitheal meetings and phone calls, emails and letters. We have built strong relationships with staff in the statutory, community and voluntary organisations over the years. They know us and trust our judgement. The Child and Family Support Networks have helped with this also.

Usually, I clock off at 5, but Tuesday is my long day. I am one of a multidisciplinary team of facilitators on the Strengthening Families Program, which runs one evening a week over the course of 14 weeks. This program is a particular passion of mine. Skills based, the program brings together a group of young people and their parents. It has resulted in really positive outcomes for families of Meath. We facilitate many other programs which take place in a group setting, or one-to-one in the home, depending on what the family needs. These programs require facilitation skills, preparation, organisation, delivery and review.

No one is perfect, so there is a need for ongoing upskilling to keep me up to date on the issues that families most need support with. We have regular supervision and discussions with managers and regular team meetings alongside training programs and courses.

My role as a Family Support Practitioner brings me great satisfaction. What a pleasure and a privilege it is, to be welcomed into a home and become a small part of a positive change in a child's life. No better way to aid a good nights sleep at the end of the day.

- Family Support Practitioner Meath PPFS

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