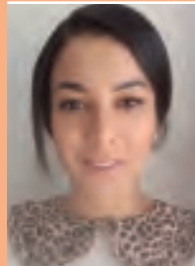


Getting to know you



Questions and answers with Pamela Brady, Manager East Coast Family Resource Centre.

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

A Clarence my kids and I enjoy it a lot, there are plenty of funny characters especially Mr Reece the principal who is awful at his job! There is lots of childish silliness that makes us giggle.

Encanto has also been on repeat - at my request.

Q What are you currently reading ?

A Hold onto your kids by Gabor Maté and Gordon Neufeld.

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

A Learn to cook, find a project, get creative!

Q What would be your last meal?

A Tapas, a little bit of everything- prawns, wings, breads, dips!

Q What do you do to relax?

A I like to spend time outdoors and I love to be by the sea!



Network Areas



NORTH LOUTH NETWORK
Omeath, Carlingford, Ravensdale, Dundalk, Blackrock, 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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Child and Family
Support Network

Meath Newsletter

Local Services - Local Information - Local Supports

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Getting to know you...



Toys, Technology and Training

Meath County Council Library Service are delighted to launch a specialised Toys, Technology and Training initiative. The collection is designed to offer support to children and adults with learning difficulties, disabilities or more significant needs. This specialised collection of toys and other resources is now available to borrow from your local Meath library.

The collection was chosen by the staff of Meath County Council Library Service in partnership with therapists and other professionals working with Enable Ireland and Meath County Childcare Committee. Access to the collection is free but we ask that adults / families sign up for a free TTT card.

As part of the initiative, we will host an annual series of free lectures, recordings and workshops.

More info here: www.meath.ie/council/council-services/libraries/toys-technology-and-training

A link to the toy and resource catalogue here: indd.adobe.com/view/46946800-9774-44fe-b517-5941d43bed47



My Experience as a Meitheal Lead Practitioner



Having started working as a Youth Justice Worker in Meath at the beginning of 2016, I attended training to become a Meitheal lead practitioner in my first few weeks.

Being honest, I initially wondered what was different from 'professional's meetings' which had been part of standard practice in previous youth work roles.

In the following months, myself and Alice began working on our first Meitheal together and the rest as they say is history. I have now been lead practitioner on several Meitheal's every year, as well as attending others as an agency involved with the young person and/or family.

While there is no denying that there is extra work involved in the Meitheal process as opposed to a professionals meeting, my experience over the last 6 years has shown me the value of investing that extra time into the process and the young people whom are involved.

For me, young people should be at the centre of all of the work that we do. Each young person is unique and individual but each one possesses an enormous amount of potential which needs to be

supported and nurtured in the right way. During the Meitheal process, the young people are the heartbeat and the professionals are the organs- the organs are vital, but they only work if they have blood flow.

I have seen many hugely positive outcomes for young people over the last few years through engaging with Meitheal. By empowering young people to be consciously and actively involved in their own decision making, they are much more motivated to engage in the process and continue to engage, even if the road gets bumpy along the way.

As I depart from my role a Youth Justice Worker in the LAR Project, I want to thank Alice and all the team for their hard work and dedication over the last 6 years and beyond. The lives of many young people in County Meath have been positively impacted by the child centeredness of the work you have facilitated and I hope it continues long into the future.

Best wishes to everyone in Meath in the future and hopefully our paths may cross again.

Ciarán O' Donoghue,
LAR Youth Diversion Project

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

Useful Websites:

www.parenting24seven.ie

www.helpformychild.ie

www.gov.ie/supportingchildren.ie

www.cypsc.ie

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

www.changingfutures.ie



TUSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

SUST

Substance Use Service for Teens

The Substance Use Service for Teens (SUST)

The Substance Use Service for Teens (SUST) service was established in 2016 by the HSE for Louth and Meath. Our aim is to provide treatment and support for young people who are engaging in substance use, and their families.

Typically we work with under 18s but as some 18 year olds are still in school we frequently work with 18 year olds as well.

The treatment plan is based on the assessment of the young person but typically involves one to one sessions working on motivation and skills using techniques that have been proven in research to work. In addition we work to support their parents / guardians which can involve separate sessions with them or family sessions together with the young person. We think this is important as having a child who is using substances can be very stressful and upsetting for parents and we want to help them to support their child.

Referrals can come from the family directly or from any professional working with the young person which could include health professionals, social workers, social care workers, youth workers, Gardaí etc. Once we receive a referral we generally offer an appointment fairly quickly, usually within 2 weeks, and we try to see the young person in a location that is suitable but convenient. We regularly see clients in Navan, Kells, Trim, Ashbourne, and Dunboyne in Meath and in Drogheda, Dundalk and Ardee in Louth.

To refer someone or to discuss the service further feel free to ring or email us.

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Involve Youth Project Meath

Involve Youth Project Meath delivers youth programmes and activities to young people from the Travelling and other disadvantaged backgrounds in Co. Meath.

We have youth clubs in Navan and Trim with our offices based at the Trim youth club building in Castle Meadows. Involve works with young people aged 6 to 25 years of age with a focus on 10 to 18 year olds. We have over 14 groups with over 60 young people coming to us weekly. We deliver out of school, non-formal education programmes and are funded by the DCEDIY.

Kay McCabe,
Senior Project Worker

Involve CLG., Castle Meadows,
Trim, Co. Meath. C15FN36

☎ (087) 757 20 10



Tusla Family Resource Centre, Navan Co. Meath

The following are running in the FRC Navan over the next few months...

- The Happy Hour is on Mondays from 3.30-4.30pm; this is an hour of fun, creativity and play for children ages 5-7 years.
- Nurture Corner continues on Friday afternoons. This group supports children who are having difficulty in their social environments and promotes self-esteem and confidence, minimising anxiety whilst having fun!!
- Women's Group continues on Friday mornings and this group are planning to take over the world!
- Baby Massage will return on 8th June providing a beautiful nurturing space for bonding and attachment between parent(s) and baby.
- We will be having some 'Messy Play' workshops for parents and children in June, watch this space as well as our Summer Camps in July, with a Brickx Club in August!

We had our first coffee morning for parents of children with additional needs on May 11th. This will be a monthly event and we welcome anyone who would like to join.

Please get in touch for information and bookings on 0469073178 or send a PM through our Facebook page.

No Shame Board Game

Involve Youth Project Meath have always taken Mental Health issues within the Travelling Community very seriously.

With a national campaign called No Shame, that has it's own purple ribbon, posters and a viral social media Video. They even won the Garda Youth Awards community section in 2019 for their No Shame Campaign. So to progress their project even further they decided to make an interactive board game that was made by young people for young people and tackled the stigma around Mental health.

Funding was approved from Facebook/Meta Community grant to develop and get 100 games manufactured, these games will then be given to every secondary school, Youthreach and youth club in County Meath for free. After a slight delay due to the pandemic, a group of 10 young people attended a 3 day workshop to finalise the game last summer, then some trialling and testing by other young people and youth workers, we finally sent it off to be manufactured. Some interest has been stirred up on social media about the game with people and other organisations looking to buy it, so now Involve Meath are looking for Social enterprise funding or other grants to get more games made to share across the country.

The official launch of the game was in April 2022.

