

Getting to know you



Questions and answers with Leonard Callaghan Co-ordinator Meath CYPSC

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

A Mandalorian on Disney Plus! Pure escapism to a Galaxy far away and great special effects to boot!

Q What are you currently reading ?

A Kennedy & Johnson by Evelyn Lincoln. Although written in 1968 (5 years after the death of President Kennedy) by his personal secretary of 12 years, the book gives a great insight into the relationship between John F. Kennedy (JFK) and Lyndon B. Johnson (LBJ), as well as American politics in the early 1960s. Not many people knew that JFK was considering dropping LBJ from the ticket for the 1964 US Presidential election. Evelyn Lincoln was one of the first to reveal this interesting piece of information.

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

A Live in the moment!

Q What would be your last meal ?

A Hard to beat a lovely Callaghan's butchers roast!

Q What do you do to relax ?

A Spending time out in the garden, reading, film, travel, soccer, GAA (An Lú Abú!), walking the dogs and hanging out in my man cave.

Network Areas



NORTH LOUTH NETWORK
Omeath, Carlingford, Ravensdale, Dundalk, 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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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

TUSLA

An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency

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Child and Family Agency



Child and Family Support Network

Issue 7
Summer 2023

Meath Newsletter

Local Services - Local Information - Local Supports

IN THIS EDITION

Meath Emotionally Based School Avoidance

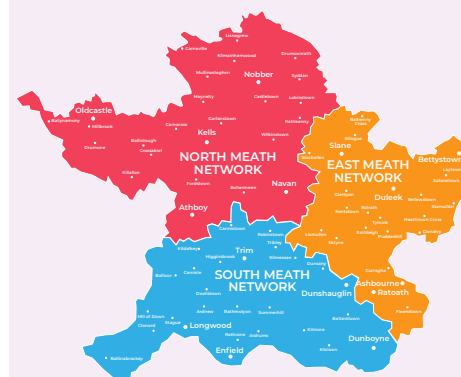
Kells Foroige Youth Café Celebrates a successful First Year in Operation

Changing Lives Initiative ADHD Programme

Navan and Ashbourne Libraries

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.

Meath Emotionally Based School Avoidance

On 1st March, 2023, a webinar was held to launch the Meath Emotionally Based School Avoidance Resource Pack. The Meath School Avoidance Working Group (coordinated through the Meath CYPSC – Children and Young People's Services Committee), alongside our colleagues in NEPS (National Educational Psychology Service), HSE Primary Care Psychology, HSE CAMHS (Child and Adolescent Mental Health Service), TESS (Tusla Education Support Service), HSE and Enable Ireland Disability Services, Meath CFSNs (Child and Family Support Networks), and a number of community based services worked in collaboration to develop a 'School Avoidance Resource Pack' to deliver to schools across the county.

The webinar targeted Principals and Vice-Principals of Primary and Secondary schools in Co. Meath, and involved the above services speaking briefly about the service they offer, their role in relation to school avoidance and guidance regarding accessing this service for a student engaging in school avoidance. There was also an opportunity for a Question & Answers session at the end.

Further to the webinar, copies of the Meath School Avoidance Resource Pack were delivered to all

schools in Co. Meath. The resource pack has been designed to provide schools, students and parents/guardians/carers with a School Avoidance Pathway. The pathway was developed by services working with young people who are experiencing difficulties attending school for various reasons. It is hoped that this pathway and resource pack will provide a guide for schools and parents/guardians/carers on the best way to manage school avoidance and the relevant services that may be of assistance.

This initiative was funded by Meath CYPSC from the DCEDIY BOBF Fund 2022/2023.



Meath Emotionally Based School Avoidance Resource Pack

A collaboration between Meath CYPSC, NEPS, HSE Primary Care Psychology, HSE CAMHS, TESS, Tusla Education Support Service, HSE and Enable Ireland Disability Services, Meath CFSNs, and a number of community based services.



Changing Lives Initiative ADHD Programme

The Changing Lives Initiative has recently rolled out its early intervention ADHD programme in Counties Louth and Meath. Changing Lives Initiative (CLI) is a community-based programme, creating a better understanding of ADHD and providing an intervention programme for families with children (aged 3-7) experiencing behaviours consistent with ADHD.

The Changing Lives Initiative offers a tiered intervention for families starting with Information and Awareness sessions, through to

a Screening Programme and then an intensive intervention in the form of an evidence-based ADHD focused Incredible Years Parent Programme.

The programme is targeted at families with children aged 3-7 who are demonstrating behaviours that may be consistent with ADHD, but are oftentimes too young to receive formal assessment and diagnosis of ADHD. Potential families are identified through health, educational and community services, or can self-refer to the programme. The intervention includes a screening programme, to ensure prospective families meet the necessary criteria for the intervention. A diagnosis of ADHD is not required to access the programme.

As well as working with families the CLI project provides specialist training on ADHD to education, health and social care professionals.

The Changing Lives Initiative programme is being rolled out in Counties Louth and Meath

with the support of funding from HSE Mental Health, following a successful 3.5 year EU funded project by Community Partners to deliver and evaluate the programme. The Evaluations of the programme demonstrated significantly improved outcomes for families, including a significant reduction in ADHD related behaviours, other emotional and conduct problems reported in children, as well as high levels of parental satisfaction with the intervention.

The Initiative is actively taking referrals for the programme. For more information, please get in touch.

The Changing Lives Initiative (Archways) Regional Development Centre
Dundalk Institute of Technology (DKIT)
Dundalk, Co Louth, A91 PWY6

Christina Riordan, Project Manager,
✉ changinglives@archways.ie
or call ☎ **087 367 3716**.

www.changinglivesinitiative.com



Navan and Ashbourne Libraries

Navan and Ashbourne Libraries now have a self-service ScanEZ Station. This station features two scanners and an easy to use touchscreen for translation and high speed copying of documents, photos and books.

An exciting feature of the ScanEX station is a FREE translation service that can scan documents from one language to another (100 languages to choose from). The translation can also be converted into an MP3 audio file.

Documents and pictures can be printed, scanned to Email, scanned to Cloud-based storage like Google Drive and OneDrive and even sent to a Smartphone using a QR code. Colour photographs or old documents that have faded over time can be restored by using the Vivid-Pix software.

For more information and for assistance, please contact Ashbourne Library ☎ **01 8358185** and Navan Library ☎ **046 9021134**



Kells Foroige Youth Café Celebrates a successful First Year in Operation

Kells Foroige Youth Café is a volunteer led youth club held in Kells Family Resource Centre. We meet once a week on Mondays from 6.30 to 8pm. We promote inclusion, socialisation, equality and active participation. All young people from Kells and surrounding areas can attend the Youth Café. We have young people from all back grounds and ethnicities and members of the LGBTQ+ Community.

On April 25th 2022, with the help of volunteers and the staff of Kells Family Resource Centre, we opened the doors of what was then Kells Youth Café. As we grew we affiliated ourselves with Foroige as they provided a number of supports which hugely benefit the club. The club opened all summer and continued into this year. We are

delighted that on our first birthday we have over 40 young people registered and have an average of 25 young people each week. The club has their own Youth Committee.

During the Cafe we have a range of games and activities for the young people to take part in. We play video games, pool, table tennis, arts and crafts and board games. The young people can make toasties, eat fruit and have drinks. We also have a chill out space for young people to relax and chat. Each session costs €2 per child. We have a 10 registration fee each November. The club is run entirely on subsidies and grants.

We run specific activities when funding allows us. At the moment we are creating an outdoor art mural that will be placed in the town.



We took part in the St. Patrick's Day Parade. As we are affiliated with Foroige, we join the interclub events which are organised by the Foroige Clubs in the County which are brought together by the Foroige Meath District Council. We also plan our own trips on occasion eg. Last summer we made a trip to Causey Farm.

Volunteers are an integral part of the club and we welcome anyone who may have something to offer. Giving your time is most beneficial but if you have a skill you can share with us we would really appreciate that. Please get in touch on any of our social media [@kellsyouthcafe](https://www.instagram.com/kellsyouthcafe).

This initiative was funded by Meath CYPSC from the DCEDIY BOBF Fund.



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