



CARLOW CHILDREN AND YOUNG PEOPLES SERVICES COMMITTEE

OCTOBER 31, 2024; NUMBER 38; VOLUME 10

For Frontline Professionals in Carlow and Kilkenny

SAFE & TOGETHER MODEL OVERVIEW TRAINING

Opening Address: Garda Superintendent Anthony Farrell

Carlow and Kilkenny Children and Young People's Services Committees

Invite you to
SAFE & TOGETHER MODEL OVERVIEW TRAINING DAY

in
Woodford Dolmen Hotel, Kilkenny Road, Carlow

on
Tuesday 5th November
9.00 a.m. - 4.30 p.m.

[CLICK HERE](#) to register on Eventbrite



Further information: Eileen.Dillon@tusla.ie
Esther.Pugh@barnardos.ie



Do you ever get
that feeling when..?

Being a teenager can have lots of ups and downs. Sometimes, it can be difficult to know how to manage strong feelings, or to ask others for help. This series of short videos have been created specifically for teenagers. They provide helpful information about coping with common mental health difficulties, and where you can go if you need some extra support.

Let's start the conversation here!

Scan the QR codes to get information, tips and strategies on how to improve general health and wellbeing

Join Our Free Transitions from Pre-school to Primary School Sessions!

4TH-6TH NOVEMBER AT 10AM AND 7.30PM

NPC SUPPORTING PARENTS, SUPPORTING CHILDREN

November Session Dates and Times:

- Monday, 4th November at 7.30pm
- Tuesday, 5th November at 10am
- Wednesday, 6th November at 7.30pm

Lunchtime in the Library

Author talks in Carlow Central Library - November 2024

Friday 8th
Rita Ann Higgins



Friday 15th
Aoife Fitzpatrick



Friday 22nd
Don Conroy



Friday 29th
Sarah Gilmartin



Admission is FREE but places are strictly limited. Email library@carlowcoco.ie to reserve your seat.



www.carlowlibraries.ie



HSE TOBACCO FREE IRELAND UPDATE

Tuesday 26th November at 11am - 12.30pm

HE hi QUIT

WEBINAR INVITATION

Hear about:

- HSE Tobacco Free Ireland Programme
- Quit Campaign
- Free Nicotine Replacement Therapy
- E-cigarettes and Vaping

CATERING COURSE

EDUCATION FOR EARLY SCHOOL LEAVERS

Culinary Operations
Breads, Pastry & Desserts

Learn to cook suitable cuts of meat, poultry, fish and vegetables
Learn the basic principles of food safety and legislation
Learn cookery processes including grilling, poaching, shallow frying, boiling, simmering, stewing and deep fat frying
Kitchen Hygiene

✓ Daily instruction
✓ Training allowance
✓ Certification and Support
✓ Interactive Learning Materials

SOLAS Learning works keetb

CONTACT US 059 91 32245 www.carlowyouthtraining.org

Bereaved Children's Awareness Week 2024

The Irish Childhood Bereavement Network

Bereaved Children's Awareness Week

Children grieve too

18th - 22nd November 2024

www.childhoodbereavement.ie



PLACES AVAILABLE ON THE

MOVING ON PROGRAMME for mothers 17-35

FREE COURSE



EMPLOYMENT SKILLS
QQI Level 4 Major Award
(Ordinary Leaving Certificate equivalent)

COURSE DETAILS:

September - June
Mon - Fri 9.30am-2.30pm
Off during school holidays
FREE childcare for children over 1 (places limited)

Call: 085 162 8570
or email:
movingon@catherines.ie



A number of Kilkenny and Carlow ETB Further Education and Training programmes are co-funded by the Government of Ireland and the European Union.



Free webinar every day



CONNECT to the Five Ways to Wellbeing

Every day in October, including weekends and bank holidays, Mental Health Ireland is offering FREE, live webinars 'Connect to the Five Ways to Wellbeing'. These 45 minute webinars are delivered by our expert trainers and offer you the opportunity to learn tips and tools on how to manage your own wellbeing through **Connect, Take Notice, Be Active, Give and Keep Learning.**

Scan code for booking link



For more information email:
info@MentalHealthIreland.ie
or visit:

<https://bit.ly/MentalHealthMonth24>



RADIO & MEDIA SKILLS

In Association with
Community Radio Kilkenny City



Interested in learning radio production skills, create Podcasts, interviews and playlists

Open to young people aged 14-17 years old (Group 1)

18+ years (Group 2)

(Limited places - 6 per group)

IN-PERSON WEEKLY SESSIONS IN CRKC & OSSORY YOUTH

Contact Jacinta in Youth Information for more details 087-8876366



December 2024

WWW.OSSORYYOUTH.COM

BORRIS Foroige Youth Club WEEKLY FUN MEETINGS

Registration night 5th November Borris Community Hall 6.00 to 7:30pm

WEEKLY FUN MEETINGS

Pizza Pool Music snacks Board Games



For more information contact
AIDAN GLEESON 0850674485 aidan.gleeson@foroige.ie
Bethany Dobson 0851819803
Lukasz Kot 0899509367

Domestic Abuse Women's Support Groups

For women who have lived with or are currently experiencing Domestic Abuse

2hrs per week - from 6 - 12 weeks
Free | Confidential | Safe | Non judgmental

For women living in:

Kilkenny - Call Anita 085 853 3872
Carlow - Call Tanya 085 164 3417



AMBER WOMENS REFUGE

www.amberwomensrefuge.ie

24/7 HELPLINE: 0818 42 42 44



SELF CARE THROUGH ART THERAPY FOR PARENTS AND CARERS

25TH NOVEMBER
6:30-8:30PM

REGISTER
PAMELAFORWARDSTEPS@GMAIL.COM

FORWARD STEPS
CHAPEL LANE
TULLOW



As I Am

IRELAND'S AUTISM CHARITY

Kilkenny Hangout Group

Calling everyone in Co. Kilkenny

We've got a new Hangout!



Twilight Community Group,
Unit 15 Business Centre,
Hebron Business Park,
Leggetsrath,
West Hebron,
Co Kilkenny,
R95 DD29



Where:

When: **Monday** - Monthly



Time: 5:15 pm to 6:15 pm for ages 9 - 12 years
6:30 pm to 7:30 pm for ages 12 - 17 years



Please contact family@asiam.ie to register or additional information.



Cuidiú Kilkenny

PARENT & BABY GROUP

☕ COFFEE, CHATS & CAKE

Thursdays
10.30am-11.45am
@ CAKEFACE BARN
(OUT THE BACK)

let's connect with other parents, parents to be and carers of small babies.

HALLOWEEN IN THE MAYFAIR

Events for Kids & Teens

Date: Tuesday, 29th October
Workshop 1: 12pm - 1pm
Workshop 2: 2pm - 3pm
Age 8+

Children's Art Workshop

Artist Rachel Burke will work with children to use collage and make puppets to tell the story of the Kilkenny Witch Trials.

Date: Wednesday, 30th October
Time: 11am
Age 0-6

Halloween Storytime

Join Helena the Storyteller for some frighteningly fabulous, Halloween themed storytime, nursery rhymes and dancing! Parents/guardians must stay with children.

Date: Thursday, 31st October
Time: 2pm - 4pm
Age 14+

Candle Making Workshop For Teens

Create your own bespoke soy wax candle with a unique blend of aromatherapy, crystals and dried flowers. Delivered by Essie May, a Kilkenny based aromatherapist and candle maker.



Booking Required for all events

WHAT WE DO

STEPPING STONES CHILD CARE
Full Day, Half Day, ECCE and Afterschool services
Summer camps on offer in July.

SPECIALISED SERVICES
Make Domestic Abuse Support, Parent, Carer Peer Group supporting families of children with additional needs, Support for expecting families with Preparing for Life Programme, Amber Women's Refuge - 121 Support + court accompaniment. Tanya 085 164 3417

COMMUNITY AND RECREATIONAL
There's a variety of classes and groups throughout the year such as Arts and Crafts, Holistic Health, and Cooking. Classes are open to all in the community.

THERAPUTIC HUB
The Hub offers several forms of therapy including art, music, equine and play therapy. Therapy is for available Adults, Teens and Children.

FAMILY SUPPORT
Information, advice and Advocacy
1:1 Tailored support
Methuel Parenting Courses

RECEPTION
Printing, Binding, Typing and Laminating services. Room Hire also available. Please contact: 059 9722 028

NEW AND EXCITING SINGING GROUP FOR SECONDARY SCHOOL STUDENTS IN CARLOW!

Please email carlowcollegeofmusic1.com or contact 083 0129762 if you're interested!

iNetSafetyTalk

Internet Safety / Anti-Cyberbullying Information Event for the community

The event incorporates video, guidelines, practical demonstrations and discussion, providing the audience with practical non technical information and guidance for keeping children and families safe online.

Cyberbullying Themes
 □ Definition & Facts
 □ Key messages to teach Children
 □ Children's online behaviour
 □ Consequences & the Law
 □ Recognising signs of Cyberbullying
 □ Addressing a Cyberbullying situation

Supported by Video
 □ Behaviours to Instil in Children
 □ Respect & Resilience

Event Format
 □ Personal Information - Safety Tips
 □ Get Smart or be Outsmarted
 □ Popular Apps with Children
 □ Monitoring children's online activity
 □ Parental Controls
 □ Games Consoles / Phones / Tablets

Ger Brick facilitates an information event that will be different to presentations on these topics you may have attended in the past. Attendance of the event is highly encouraged.

Monday November 4th
7:15 - 9:15
Forward Steps, Chapel Lane Tullow
r93cy68
Register reception 0599152776
or email pamelaforwardsteps@gmail.com

Ghoul-ish Goodies

Date: Mondays starting October 14th for 4 weeks.
Time: 3:30pm - 5pm
Cost : 2 Euros per session

- Halloween themed desserts
- Cheesecake
- No Bake Desserts
- And More

Open to all abilities and disabilities.

Age: 10 - 12 years
Location: 40 Fruithill Manor
Contact Theresa at 086 805 4601 or Siobhan at 085 789 7339

BORRIS Foróige Club

FOR 10 TO 12 YR. OLDS

RECRUITING FOR NEW MEMBERS NOW

WEEKLY FUN MEETINGS

Pizza Pool Music snacks Board Games

For more information contact
AIDAN GLEESON 0860674485 aidan.gleeson@foroige.ie

WHATS HAPPENING

FAMILY FUN DAYS
Join us on the 5th, 12th, 19th and 26th of November and 10th of December from 4:00-5:45pm for Family Evenings with an entertainer each week. There will be a magic show, karaoke, disco, puppet show and lots more. Please call or check Facebook/Instagram for final details.

HEALTHY FOOD MADE EASY
Starting the 8th of November we will be offering the Healthy Food made Easy course each Friday for 6 weeks. On the course you will learn all about making healthier choices and how to cook simple healthy food.

PARENT TODDLER GROUP
Each Tuesday from 10:30am until 12pm meet up with other parents and childminders. Space for children to explore, play, get messy and meet other children. Tea/coffee and biscuits provided. €2 PER FAMILY

DEJA VU SHOP
Don't forget to visit the shop on Main Street to find some secondhand treasures!
We also take donations of preloved clothes and household items.

GET IN TOUCH
Website: www.bagenalstownfrc.ie
Facebook: Bagenalstown Family Resource Centre
Instagram: Bagenalstownfrc
Phone: 059 9722 028
Glenn Na Bearú, Moneybeg, Muine Bheag, Co. Carlow, R21 Y753

**ARE YOU A MAN WHO IS EXPERIENCING DOMESTIC ABUSE?
WOULD YOU LIKE TO BE ABLE TO TALK TO SOMEONE ABOUT YOUR SITUATION?**



NEWPARK CLOSE FAMILY RESOURCE CENTRE, KILKENNY PROVIDES:



- CONFIDENTIAL ONE TO ONE SUPPORT SERVICE INCLUDING:
- INFORMATION ON FAMILY LAW MATTERS
- COURT ACCOMPANIMENT

**FOR FURTHER INFORMATION OR TO ARRANGE AN APPOINTMENT PLEASE CONTACT OUR SERVICE ON
056 7723309 OR 083 1517037
Between 9.30am and 5.30pm**

**ARE YOU A MAN EXPERIENCING DOMESTIC ABUSE?
YOU ARE NOT ALONE**



Phone 0832088689 to speak to our male domestic abuse support worker who can provide support and information



**24/7 CONFIDENTIAL HELPLINE:
0818 42 42 44**

- Emergency refuge accommodation & support
- Community based outreach service in Kilkenny city/county + rural Co. Carlow
- Court Support & Accompaniment
- Group Support programmes for women who are or have experienced domestic abuse
- Counselling
- Parenting Support for Mothers
- 121 & Group Support for children
- Play Therapy



[CLICK HERE](#)

AMBER
- WOMENS REFUGE -
WWW.AMBERWOMENSREFUGE.IE






Helpline's Now Open

9am - 5pm
01 554 3811

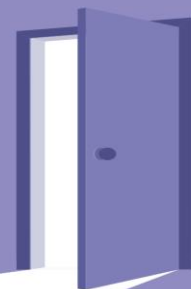





hello@mensaid.ie

www.mensaid.ie

**SUPPORTING FAMILIES
AFFECTED BY
DOMESTIC VIOLENCE**



**FREEPHONE
1800 444 944**

059 91 735527 | Old Dublin Road, Carlow | www.carlowwomensaid.ie
Charity Number CHY 13770





Recovery Education Programme - Carlow September – November 2024

You are invited to join us in our new Recovery Education Programme for Autumn/Winter 2024. All our courses and workshops are co-produced and co-delivered by those who have lived experience in partnership with professional expertise, ***“the expert by experience working alongside the expert by profession”***.

Courses and workshops at the Recovery College South East are for everyone and are free.

(For more detailed information on our workshops, please go to the Workshop Section of our Website – www.recoverycollegesoutheast.com.) You can scan our QR code for quick access to our website.



1. Complete the attached enrolment form and email it to the Recovery College South East at enrolrecoverycollegesoutheast@gmail.com or
2. Phone us on 086 1746330 to enrol

September to November 2024

VENUE	WORKSHOP NAME	DATES	TIME
The Boardroom, St Dymphna's Hospital, Carlow	<p><u>Take Charge of Your Life (10-week workshop – one morning per week)</u></p> <p>Life can be challenging, and we all struggle sometimes. This 10-week programme is designed to support you to take charge of your own mental health and in turn your life. Using evidence-based approaches, you will learn the concepts, skills and strategies you need to build a richer and more meaningful life. By learning to ‘unhook’ and move away from the difficult thoughts and feelings and unhelpful behaviours which are keeping you stuck, and by connecting with your values to move towards more effective behaviours, you can become the type of person you most want to be.</p> <p>By the end of the ten sessions, you can expect to:</p> <ul style="list-style-type: none"> • Have a better understanding of your own motivations and behaviour and that of others • Have learnt to more effectively relate to your own negative thoughts and feelings, without getting as caught up in them • Be able to make better choices to effectively manage your own mental health and wellbeing and to live the life you want to live. <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible. Each week builds on the previous week and home practice exercises will be suggested for in between session practices.</i></p>	Thursday 12 th , 19 th and 26 th September, 3 rd , 10 th , 17 th , 24 th and 31 st October and 7 th and 14 th November	10.00am – 12.00pm

VENUE	WORKSHOP NAME	DATES	TIME
Day Hospital, St Dymphna's Hospital, Carlow	<p><u>Mindfulness Based Practices (4 Sessions - one morning per week)</u></p> <p>Mindfulness is about focusing on how things <u>actually are</u> in a given moment, not on what might have happened in the past, nor how we might want things to be in the future. With mindfulness, you can learn to think in a way that helps you to be more at peace with your thoughts and emotions.</p> <p>Most people can benefit from practicing mindfulness. It is particularly effective for those experiencing anxiety, panic, rumination, and depression as well as other concerns.</p>	Friday 27 th September and 4 th , 11 th and 18 th October	11.30am – 12.30pm
Day Hospital, St Dymphna's Hospital, Carlow	<p><u>Cultivating Compassion (4 sessions – one morning per week)</u></p> <p>Compassion focused mindfulness practice specifically looks at cultivating and fostering a kinder and more soothing approach to deal with distressing emotions and self-criticism. The first step is to recognize how critical self-talk lowers mood and sets up vicious negative cycles of feeling awful about yourself.</p> <p>Building compassion for yourself can help counteract these vicious cycles. With a compassionate focus, you can learn to think in a way that helps you to be more at peace with your thoughts and emotions.</p>	Friday 25 th October and 1 st , 8 th and 15 th November	11.30am – 12.30pm