



**Limerick**

**Children and Young People's  
Services Committee**

**Children and Young People's Plan  
2021 - 2023**

## Contact

The **Limerick** Children and Young People's Services Committee welcomes comments, views and opinions about our Children and Young People's Plan.

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Copies of this plan are available on: [www.cypsc.ie](http://www.cypsc.ie).

## Contents

<b>Contact .....</b>	<b>2</b>
<b>Contents .....</b>	<b>3</b>
<b>Forward .....</b>	<b>6</b>
<b>Section 1: Introduction .....</b>	<b>7</b>
<i>Children and Young People’s Services Committee in Ireland.....</i>	<i>7</i>
<i>Children and Young People’s Services Committee in Limerick.....</i>	<i>7</i>
<i>Limerick CYPSC Members .....</i>	<i>13</i>
<i>How the Children and Young People’s Plan was developed .....</i>	<i>14</i>
<b>Section 2: Socio-Demographic Profile of Limerick .....</b>	<b>15</b>
2.1 <i>Vital Indicators .....</i>	<i>16</i>
2.2 <i>Socio-Demographic Profile .....</i>	<i>17</i>
<b>Section 3: Overview of Services to Children and Families in Limerick.....</b>	<b>48</b>
<i>Outcome 1: Active and healthy, physical and mental wellbeing.....</i>	<i>49</i>
<i>Outcome 2: Achieving in all areas of learning and development .....</i>	<i>59</i>
<i>Outcome 3: Safe and Protected from harm .....</i>	<i>64</i>
<i>Outcome 4: Economic Security and Opportunity.....</i>	<i>73</i>
<i>Outcome 5: Connected, Respected and Contributing to their World .....</i>	<i>74</i>
<i>Summary .....</i>	<i>76</i>
<b>Section 4: Local Needs Analysis in Limerick.....</b>	<b>77</b>
<i>Introduction.....</i>	<i>77</i>
<i>Overview.....</i>	<i>77</i>
<i>Key Considerations .....</i>	<i>77</i>
<i>Outcome 1: Active and Healthy.....</i>	<i>80</i>
<i>Outcome 2: Learning and Development.....</i>	<i>101</i>
<i>Outcome 3: Safe and Protected from Harm .....</i>	<i>108</i>
<i>Outcome 4: Economic Security and Opportunity.....</i>	<i>118</i>
<i>Outcome 5: Connected, Respected and Contributing to their World .....</i>	<i>125</i>
<b>Section 5: Summary of Children and Young People’s Plan for Limerick .....</b>	<b>131</b>
<b>Section 6: Action Plan for Limerick Children and Young People’s Services Committee .....</b>	<b>132</b>
<b>Section 7: Monitoring and Review .....</b>	<b>156</b>
<b>Section 8: Appendices.....</b>	<b>157</b>

## Tables

Table 1: Vital Indicators .....	16
Table 2. Most and Least Populous EDs in Limerick City and County, 2016. ....	19
Table 3. Deprivation Indices for some of the most disadvantaged EDs in Limerick City, and selected SAs within them, 2016.....	27
Table 4. Deprivation Indices for some of the most disadvantaged EDs in Limerick County, and selected SAs within them, 2016.....	28
Table 5. Most Prevalent Nationalities in Limerick City and County, 2016. ....	30
Table 6. Irish Travellers in Ireland and Limerick.....	31
Table 7. The mean percentage of student/days lost, 20-day absences, expulsions, and suspensions for Limerick and Nationally, 2015/16.....	36
Table 8. Meitheal Statistics for Limerick in 2018 and 2019 .....	39
Table 9. New Referrals in Limerick 2017.....	39
Table 10. New Referrals in Limerick 2018.....	39
Table 11. Open cases requiring a social work service in Limerick as of 31 December, 2018. ....	40
Table 12. Q1 2021 No of children in care and rate per 1000 population 0-17 years .....	41
Table 13. Number and Percentage of young adults (aged 18 to 22) in receipt of an aftercare service who are in full time education / accredited training .....	42
Table 14. Top 10 Areas of Severe Unemployment in Ireland, 2016. ....	45
Table 15. Areas of High and low Youth Unemployment Rate in Limerick City and County by ED, 15 to 24 years, 2016. ....	46
Table 16. Number of under 25 year olds on the live register by social welfare office .....	46
Table 17. Self-Harm in Ireland by gender, 2018. ....	94
Table 18. Numbers of Individuals presenting to the University of Limerick Hospital as a result of Self-harm, 2017.....	94
Table 19. Numbers of individuals on a waiting list for over 12 months, by CHO, 2018.....	96
Table 20. Age of mother at maternity, Ireland and Limerick, 2016. ....	98
Table 21. Number of Recipients of main Child-Related Payments by County, 2018.....	120

## Maps

Map 1: County Limerick with Electoral Divisions and Municipal Districts .....	15
Map 2. Population Density of Limerick City and County, 2016. ....	18
Map 3. Population Density of Limerick City, 2016. ....	19
Map 4. Percentage of Population Aged 0 – 24 by ED in County Limerick, 2016. ....	22
Map 5. Total Age Dependency Ratio in Limerick City and County, 2016. ....	24
Map 6. Total Age Dependency Ratio in Limerick City, 2016. ....	25
Map 7. Deprivation Indices for Limerick Metropolitan District by Small Area, 2016.....	26
Map 8. Deprivation Indices for Limerick City Centre by Small Area, 2016. ....	27
Map 9. Pobal HP Deprivation Indices for County Limerick by Small Area (2016) .....	28
Map 10. Percentage of non-Irish nationals by Small Area in Limerick City, 2016.....	29
Map 11. Percentage of Population with a disability in Limerick City and County, 2016.....	33
Map 12. Percentage of Population with a disability in Limerick City, 2016.....	34
Map 13. Percentage of Labour Force Unemployed in County Limerick by SA, 2016. ....	44
Map 14. Percentage of Labour Force Unemployed in Limerick City by SA, 2016.....	44
Map 15. Early Years Services in Limerick by Community (Green) and Private (Purple) providers. ....	102
Map 16. Limerick Garda Divisions .....	114
Map 17. Individuals receiving a GYDP Referral in the 12 months to the end of August 2018 .....	115

## Figures

Figure 1. Population of Males and Females by age in Limerick City and County, 2016 .....	20
Figure 2. Percentage of Population aged under 18 years, 2016 .....	21
Figure 3. Percentage of Population aged 0 – 24 years, 2016. ....	22
Figure 4. Youth Dependency Ratios, 2016. ....	23
Figure 5. Total Age Dependency Ratios, 2016. ....	25

Figure 6. Population of Limerick City and County by ethnic or cultural background (not including white Irish), 2016.	30
Figure 7. Percentage of White Irish Travellers, at ED Level, 2016.	31
Figure 8. Population of young Travellers in Limerick in 2011 and 2016	32
Figure 9. Rate of Population with a Disability by Age Group, Limerick City and County (2016)	33
Figure 10. Percentage Population with a Disability in Limerick, 2016.	34
Figure 11. Percent of Lone Parent Families with Children under 15, at ED Level, 2016.	35
Figure 12. National Leaving Certificate Retention Rate in Limerick city, Limerick county and Ireland for 1997-2010 Cohorts	37
Figure 13. Retention Rates in Ireland at Junior Certificate and Leaving Certificate by DEIS and non-DEIS schools, 2010 Entry cohort.	37
Figure 14. Leaving Certificate Retention Rates by DEIS Designation, 2001-2010 Cohorts.	38
Figure 15 Number of children in Ireland listed as 'Active' on the Child Protection Notification System shown by Area, Q1 to Q4 in 2020 and Q1 2011.	40
Figure 16. Breakdown of children in care in each Tusla area, Q1 2020 – Q1 2021	41
Figure 17. Children 0-17 years in Homeless Hubs, Hotel and Hostel Accommodation in Limerick, January 2020	43
Figure 18. Percentage of Labour force Unemployed, nationally and by ED, 2016.	43
<b>Figure 19. Unemployment rates by age, 2011 and 2016</b>	45
Figure 20. Percent of boys in Ireland who report participating in vigorous exercise four or more times a week, by age and social class, 2018.	82
Figure 21. Percent of girls in Ireland who report participating in vigorous exercise four or more times a week, by age and social class, 2018.	82
Figure 22. Percent of 15 - 24 year olds in Ireland by BMI categories, 2017.	85
Figure 23. Percentage of boys in Ireland who report high life satisfaction, by age and social class, 2018.	91
Figure 24. Percentage of girls in Ireland who report high life satisfaction by age and social class, 2018.	91
Figure 25. 3-year average rate of suicide per 100,000 population in Ireland and Limerick	92
Figure 26. Proportion of Suicide in Ireland by Gender within the 18-24 age group, 2005, 10, 15 and 18 per 100,000 of population.	93
Figure 27. Suicide in Ireland by City and County, 2014 - 2016	93
Figure 28. Self-Harm Rate in Ireland, by gender, 2018.	95
Figure 29. Numbers on CAMHs waiting list for over 12 months, nationwide, 2016/17 and 2017/18	96
Figure 30. Percentages of 15-17 year olds who report having ever had sex, by gender and social class, 2018.	98
Figure 31. Sub-districts with five or more individuals referred to GYDP	115
Figure 32. The 'at risk of poverty' rate including and excluding social transfers	119
Figure 33. Limerick City and County Live Register, 2017 - March 2019	122
Figure 34. Under 25 Limerick City and County Live Register, 2017 - March 2019	123

## Forward

As chairperson of Limerick Children and Young People's Committee, I am delighted to present the Children and Young People's Plan 2021 – 2023.

This is Limerick CYPSCs third Children and Young People's Plan and continues to build upon the good work undertaken by the current and past committee members, CYPSC sub-groups and partner agencies. The plan will guide the committee's efforts to progress its overarching goal of improving outcomes for children and young people through interagency working.

Limerick CYPSC has developed from the initial pilot of the Limerick Children's Service Committee in 2007 through two Children and Young People's Plans to become an established forum for interagency working. During this time Tusla was established, with CYPSC and the Prevention Partnership and Family Support (PPFSS) Programme developing nationally. Limerick CYPSC expanded beyond the city to include a focus on the county while also expanding its remit to include young people up to the age of 25 years.

In October 2018, the committee agreed a new set of operating principles. Actions in this plan have been guided by these principles. As implementation begins, Limerick CYPSC has established a core role in promoting progressive and systemic change in supporting children, young people and their families.

Limerick CYPSC has included an additional action to our plan under 'Change Management' to review responses to the Covid-19 pandemic and its impact on children and young people. All organisations and service providers have been responding to the significant health and social impacts on the lives of children young people and their families. CYPSC is well placed to identify and respond to changing need that arises as we move toward recovery from the impact of the pandemic.

Finally, thank you to all the people who contribute to the success of CYPSC for their commitment to developing and implementing ideas and plans to improve the safety and wellbeing of children and young people in Limerick. We will continue to work together to further develop CYPSC and its response to the changing needs of our local children and young people.

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Aisling O'Neill,  
Limerick CYPSC Chairperson

## Section 1: Introduction

The purpose of the Children and Young People's Services Committees is to secure better outcomes for children and young people through more effective integration of existing services and interventions at local level.

CYPSC work towards the five national outcomes for children and young people in Ireland. These are that children and young people:

- 1. Are active and healthy, with positive physical and mental wellbeing**
- 2. Are achieving full potential in all areas of learning and development**
- 3. Are safe and protected from harm**
- 4. Have economic security and opportunity**
- 5. Are connected, respected and contributing to their world**

### Children and Young People's Services Committee in Ireland

The Office of the Minister for Children and Youth Affairs (OMCYA), now the Department of Children, Equality, Disability, Integration and Youth, established the Children and Young People's Services Committees (formerly Children's Services Committees) in 2007 with the purpose of improving outcomes for children and families at local and community level. Since then CYPSC have increased incrementally in number and are a key structure identified by Government to plan and co-ordinate services for children and young people, aged 0 – 24 years, in every county in Ireland.

CYPSC bring a diverse group of agencies across the statutory, community and voluntary sectors in local county areas together to engage in joint planning of services for children and young people. All major organisations and agencies working locally on behalf of children and young people are represented. These committees work to improve the lives of children, young people and families at local and community level through integrated planning and improved service delivery.

*Better Outcomes, Brighter Futures: The National Policy Framework for Children and Young People 2014 – 2020* underscores the necessity of interagency working and tasks Children and Young People's Services Committees with a key role in this regard.

### Children and Young People's Services Committee in Limerick

Limerick city was one of four pilot Children's Services Committees (now CYPSC) sites established by the then OMCYA in 2007. As the establishment of the CSC coincided with the establishment of the Limerick Regeneration Agency, the first phase of the work of the CYPSC was very closely aligned, both in terms of geography and programme priorities.

#### **2007 – 2010: Limerick City Children's Services Committee established**

The first meeting of the Limerick City Children's Services Committee was held in August 2007. In early 2008 a part-time coordinator was appointed to support the work of the committee. While there was no formal structure for the development of strategic plans during this pilot phase, Limerick City CSC developed several work plans. The following are a number of key achievements up to the point of the CSCs first strategic plan in 2011.

##### **1. Development and implementation of a comprehensive Research Framework**

Limerick City Children's Services Committee's Research Framework helped to build a strategic approach to planning and the strategic direction of the Limerick City CSC and enabled critical reflection on the existing strategies of the CSC's participating agencies. The broad aim of the research framework was to inform the planning and action of the Limerick Children's Services Committee, and its constituent agencies, in relation to the design, delivery and co-ordination of services through a comprehensive, integrated and longitudinal programme of research.

## **2. Development of the Limerick Assessment of Need System (LANS)**

The Limerick Assessment of Need System was a project of the Limerick City Children's Services Committee (CSC) managed by the Health Service Executive. It was an inter-agency project, the purpose of which was early identification of need and early intervention based on assessment of need for children and young people. The project promoted and supported integrated, co-ordinated working across services working with children and families and put forward the concept of 'one child one plan'.

## **3. Engagement with the City-wide Children and Youth Forum**

Limerick City CSC's engagement with the Children and Youth Fora was through regular meetings with the City-wide Children and Youth Forum which consisted of representatives from the five local fora. The City-Wide Forum worked to develop and support the local fora and to share learning across the city. The Children's Services Committee sought to provide support to the work of the local fora and to integrate its work with other collaborative work supported by the CSC. The City-Wide Children and Youth Forum also played a role in identifying emerging trends and feeding this information into the CSC.

## **4. Restorative Practices**

The CSC recognised the potential benefits of restorative approaches as a means of engaging effectively with children and families across the full spectrum of services. The CSC was also assured of its' compatibility with other key developments such as the LANS and Common Assessment Framework. This involved intense training and enhanced support targeting the pilot schools. These were intended primarily as a support mechanism to share experiences and resolve any difficulties arising in the application of the approach but they also served as a means of identifying and developing best practice.

## **5. Regeneration Agencies**

The Regeneration Agencies identified a number of priorities around integrating and enhancing services for children, and the CSC worked with them to realise their joint objectives. The LCCSC agreed to be the driving force for the implementation of a citywide Child and Family Support Plan. The child and family support plan was prepared by HSE Childcare on behalf of the CSC. It was submitted to the Limerick Regeneration Agency in July 2008 and included in the Limerick Regeneration Agencies' Social Master Plan and the CSC's 2009-2010 Work Plan.

## **2011 – 2014: First Limerick City CSC Children and Young People's Plan**

Many of the priorities identified first years of the Limerick City CSC, such as Restorative Practices and the Limerick Assessment of Need System, remained in the first Children and Young People's Plan, developed significantly over time. New areas, such as early years, early intervention and prevention, participation and retention in education and parenting and family support became key priorities and areas of work in the CSC plan. Below are some of the achievements of the CSC during the implementation of this plan between 2011 – 2014.

### **1. How are Our Kids?**



Completion of a comprehensive baseline analysis of the needs of children and families in Limerick City: *“How are Our Kids? Experiences and Needs of Children and Families in Limerick City with a Particular Emphasis on Limerick’s Regeneration Areas”*.

## **2. Establishment of LANS**

Establishment of the Limerick Assessment of Needs (LANS) Project which informed the development of the Local Area Pathways (LAPS) and Meitheal nationally.

## **3. Programme Innovation and Development Fund**

Funding was secured from the Programme Innovation and Development Fund (PIDF), which was a funding initiative of Atlantic Philanthropies and Government for Limerick City. The CSC acted as a coordinating body for the four consortia funded under the PIDF Children’s Programme (Start Right, Limerick DEIS Primary Schools Literacy Initiative, Southside Education Campus, and CYPSC) and a direct recipient of funding. The CSC used this funding to develop three key initiatives: Restorative Practices, Parenting Support Programme and the development of a Quality Assurance Framework for Child and Family Services

## **4. Restorative Practices**

Restorative Practices Project continued to grow and developed a strong partnership with Justice, Education and community groups. This was funded under the PIDF programme of work.

## **5. Start Right**

Funding was secured from the National Early Years Access Initiative to establish the Start Right Early Years Early Intervention and Prevention Programme. Further funding was brokered from the Limerick Regeneration Agency and the PIDF, which allowed for the development of the Community Wrap-around Model. Start Right also informed the development the Limerick CYPSC ABC application in late 2014. This successful application to the Area-Based Child Poverty Initiative allowed the delivery of the Start Right Programme to transfer to two other areas of Limerick City in 2015.

## **6. Parenting Limerick**

Establishment of Parenting Limerick, a network of all organisations in Limerick City that provide parenting support. The network worked to share and disseminate information, coordinate parenting supports across the city and develop a shared approach to delivering high-quality accessible parenting supports.

## **7. Homemakers Family Support Service**

The design and implementation of the Homemaker Family Support Service. This involved research into home-based family support programmes, consultation, service design, development of a FETAC Level 5 accredited training programme, contracting of an agency to deliver the service (Barnardos was successful in their tender for this service), recruitment of staff and ongoing management of the service in partnership with Barnardos. This was funded under the PIDF programme of work.

## **8. Quality Assurance Framework**

Development of a draft Quality Assurance Framework for Child and Family Services in Limerick City which was piloted across six agencies. This was funded under the PIDF programme of work.

## 2015 -2018: Second Limerick CYPSC Children and Young People's Plan

Limerick CYPSC second Children and Young People's Plan was produced in 2015. As this plan was being developed and during its implementation, a number of significant developments occurred.

- The committee extended its geographical remit to cover all of Limerick city and county.
- CSC were renamed Children and Young People's Service's Committees with an extended age remit to 24 years of age.
- The CYPSC initiative was mainstreamed under Tusla, including the post of Limerick CYPSC coordinator.
- During the lifetime of the plan a significant increase in investment from the Department of Children, Equality, Disability, Integration and Youth led to increased seed/programme funding and moving under the newly established Tusla Child and Family Agency. Further investment emerged through the Healthy Ireland initiative from 2017 onwards.
- Institutional changes in the local authority (merger of Limerick city and county), the establishment of Tusla, the establishment of the ETB (merger of VEC's in Limerick and Clare), restructuring within the HSE all had an impact on each organisation's focus on and capacity for the collaborative working that underpins the CYPSC.

### 1. ABC Start Right

A successful application by Limerick CYPSC to the Area-Based Child Poverty Initiative allowed the learning from the Start Right programme be continued with ABC Start Right in the Northside and centre of Limerick city. The ABC project was overseen by a Project Management Committee, acting as a sub-group of Limerick CYPSC. In September 2018 the funding for this programme was mainstreamed under Tusla, ending Limerick CYPSC governance of the initiative.

### 2. Parenting Limerick

The Parenting Limerick sub-group developed as a network expanding membership to county partners. Under the Population Approach campaign in collaboration with ABC Start Right, Parenting Limerick supported the development of a billboard campaign, regular newspaper articles, workshops and the development of a website, [www.loveparenting.ie](http://www.loveparenting.ie), all promoting positive parenting. Overtime these initiatives developed. Parenting Limerick members contribute collectively to a weekly newspaper article in the Limerick Leader (city), Vale Star (west Limerick) and Weekly Observer (east Limerick). Parenting Limerick has produces a brochure every two years, Information on Parenting Support in Limerick. The third edition of this brochure is currently in circulation. The brochure provides information from agencies across Limerick who provide parenting and family supports. In January 2019 Parenting Limerick began producing a calendar of parenting programmes and workshops being delivering Limerick, acting as an accompaniment to the brochure and assisting professionals in referring to programmes and help parents be aware of what is available.

Through DCEDIY funding, Parenting Limerick has funded network members to attend training for parenting support programmes so they can be delivered on an interagency basis. This has led to Parents Plus: Parenting When Separated and Parents Plus: Childrens Programme being delivered on an interagency basis in Limerick city and county. These programme were both identified based on need identified locally. Peer networks have been established around these programmes for staff who are trained with a view to enhancing quality of delivery. Accreditation is also supported by Parenting Limerick for these staff. In 2019 Limerick CYPSC successfully applied for funding under the 'What Works' Network Support Fund. This led to a local conference in November 2019 entitled *Enhancing Practice with Parents and Families: How ACES Inform Our Work*.

### **3. Healthy Ireland Fund**

With the recognition of CYPSC as a key local structures, in 2017 they were invited (along with LCDC) to apply for funding from the Healthy Ireland initiative to propose and then implement actions that aligned with the Healthy Ireland Framework and local CYPSC priorities. The aim of the Fund is to support innovative, cross-sectoral, evidence-based projects, programmes and initiatives. The fund has enhanced connectivity and collaboration with key stakeholders, with strong partnerships being developed with Limerick LCDC and Healthy Limerick as a result.

### **4. Research and Learning ‘Think In’**

In March 2017 Limerick CYPSC hosted a “Think-In on Childrens Research and Data” seminar to build on previous research undertaken by the committee. It was viewed as the first step in bringing stakeholders together to build on and update this previous work and to identify how the child and family sector can work together to develop a shared understanding of the needs and experiences of children. A report was completed and is available here.

## **2021 – 2023 Third Limerick CYPSC Children and Young People’s Plan**

Limerick CYPSC has been in place for 14 years. Limerick CYPSC was fortunate to receive investment through the Programme Innovation Development Fund (PIDF), the National Early Years Access Initiative (NEYAI) and the Area Based Childhood Programme (ABC) during a period of economic downturn. This allowed CYPSC to play a strong role in influencing the development of service response in Limerick City.

As Limerick CYPSC begins its next cycle of implementation it is important to reflect on the ever-changing landscape in which CYPSC operate. Throughout the formation period of the then Limerick City CSC pilot through to the development and implementation of two Children and Young People’s Plans, much has changed. The establishment of Tusla and the emergence of the Prevention, Partnership and Family Support (PPFS) programme; the mainstreaming of CYPSC under Tusla; institutional change both locally and nationally; the expansion of the CYPSC to encompass the county of Limerick; and its expanded remit to also include young people up to 25 years of age have all contributed to a significant change of the landscape in which CYPSC operate.

CYPSC are increasingly identified in strategies as playing a role in the local implementation of national policy. The need for strategic partnership with LCDC is ever more evident. This is no more so apparent than in Healthy Ireland identifying CYPSC and LCDC as the key structures through which to channel funding to address local needs relating to health and wellbeing. The fact the CYPSC have been viewed as a vehicle to respond to local needs of children and young people is reaffirming in this sense.

It is within this context the Limerick CYPSC presents its next Children and Young People’s Plan. In October 2018 the committee agreed a new set of operating principles. Actions in this plan have been measured through the prism of these principles. As implementation of this plan begins, Limerick CYPSC has identified its core role as promoting progressive and systemic change within the system of supports for children, young people and their families.

### **COVID-19**

The Limerick CYPSC Children and Young People’s Plan was developed and finalised in 2019 and early 2020. When it was signed off by Limerick CYPSC for national review, Ireland did not yet have a case of the Covid-19. Between then and the publication of this plan, all organisations and service providers having been responding to the significant impacts on the lives of children young people

and their families as a result of the pandemic. It is having, and will continue to have, many health and social impacts on children, young people and their families across Limerick. In this regard Limerick CYPSC agreed to include an additional action to our plan under 'Change Management' to review responses to the Covid-19 and its impact on children and young people.

Already, for many services managing our response to the virus has re-orientated how we work, communicate and collaborate. As we move forward and work towards implementing our Children and Young People's Plan, we will collectively need to agree new ways of working, sharing information, learnings and collaborating. Out of Covid-19 has emerged an opportunity for us to explore new ways to work together at both an interagency level and for service users. The collective multi-sectoral response to Covid-19 highlights the potential that can be achieved through ambitious planning and resourcing of services.

## Limerick CYPSC Members

	<b>Name</b>	<b>Position</b>	<b>Organisation</b>
<b>1</b>	Aisling O'Neill (Chair)	Area Manager, Mid West	Tusla Child and Family Agency
<b>2</b>	Seamus O'Connor (Vice Chair)	Chief Information Officer, Limerick LCDC	Limerick City and County Council
<b>3</b>	Aisling Finucane	General Manager, Primary Care	Health Service Executive
<b>4</b>	Anne Delaney	Manager	Limerick Childcare Committee
<b>5</b>	Anne Kavanagh	CEO	PAUL Partnership
<b>6</b>	David Dineen	Regional Manager	Tusla Education Support Service
<b>7</b>	David Studer	Limerick CYPSC Coordinator	Tusla Child and Family Agency
<b>8</b>	Eileen O'Keeffe	Manager	Ballyhoura Development
<b>9</b>	Helen Ryan	Deputy Principal, Mungret Community College	Limerick and Clare Education and Training Board
<b>10</b>	Irene Gilmore	Senior Probation Officer	Probation Services
<b>11</b>	Majella Hanrahan	Deputy Principal, Castletroy College	National Association of Principals and Deputy Principals
<b>12</b>	Mary McGrath	Manager, Hospital Family Resource Centre	Family Resource Centres
<b>13</b>	Mary Shanahan	Director of Public Health Nursing	Health Service Executive
<b>13</b>	Mick Parry	General Manager	Tusla Child and Family Agency
<b>14</b>	Shay Riordan	CEO	West Limerick Resources
<b>15</b>	Sinead Hickey	Prevention, Partnership and Family Support Manager	Tusla Child and Family Agency
<b>16</b>	Sinead Toomey	Principal, Thomond Primary School	Irish Primary Principles Network
<b>17</b>	Stephanie Whyte	Assistant Director of Children's Services	Barnardos
<b>18</b>	tbc	tbc	An Garda Síochána

A number of CYPSC members have left the committee since the last plan was developed and submitted in 2015. Limerick CYPSC acknowledges the contribution of all past members during the implementation of the last Children and Young People's Plan and the development of this document. In particular, Limerick CYPSC would like to acknowledge Margaret Mastriani for her work as Limerick CYPSC Coordinator from 2008 to 2018 and Patricia Sheehan who sat on the committee from its first meeting in 2007 until 2019.

## How the Children and Young People's Plan was developed

The Limerick CYPSC developed its Children's and Young People's Plan (CYPP) through a variety of consultations, service provision reviews, local and agency information and socio-demographic profile. Below is an overview of the different stages that led to the development of this plan.

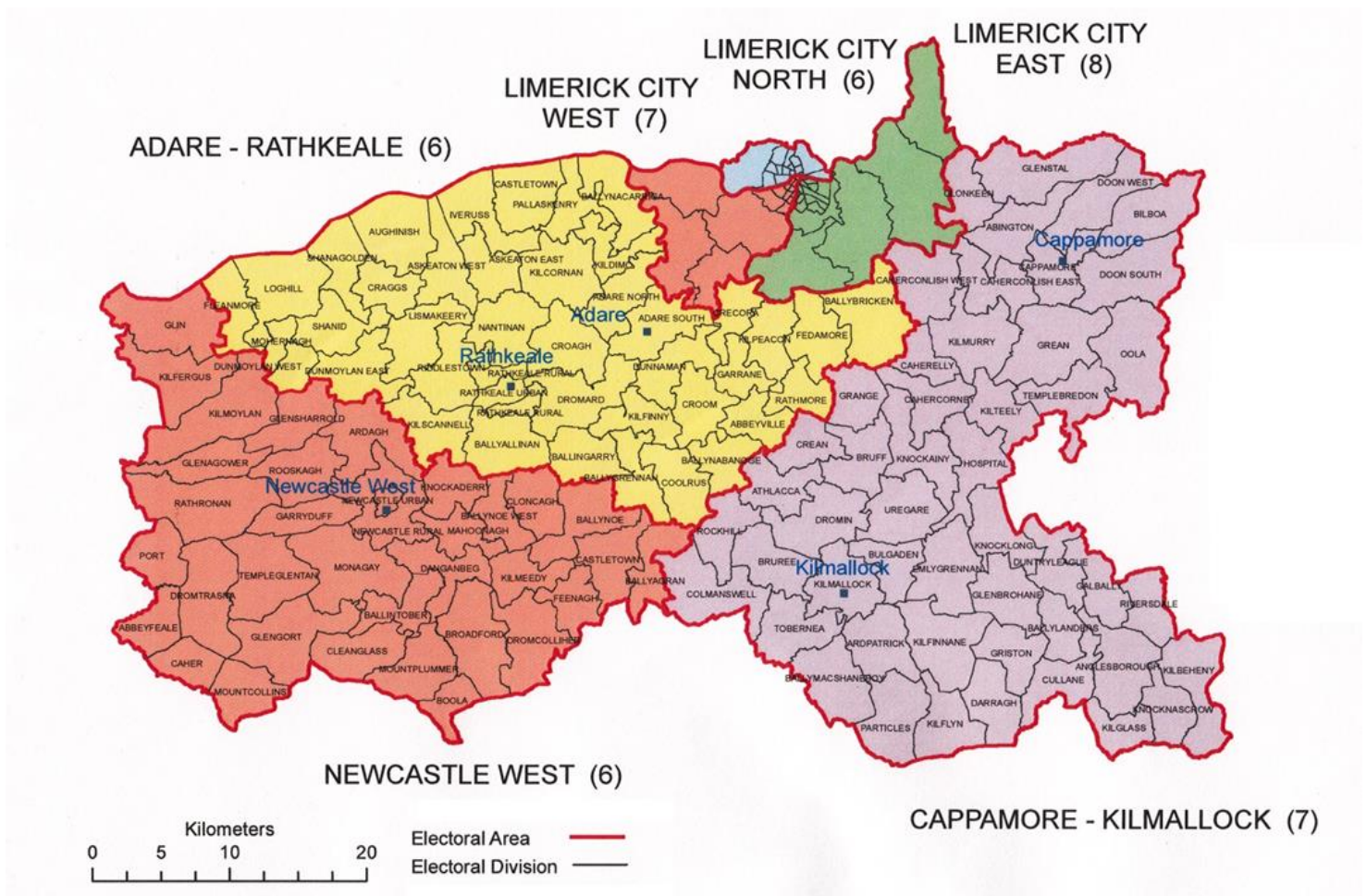
Year	Process	Stakeholders Consulted	Outputs
2017-18	Limerick CYPSC Evidence Baseline Report on Children and Young People commissioned.	CYPSC Research & Learning sub-group	<ul style="list-style-type: none"> <li>Socio-economic and demographic profile of Limerick</li> <li>Data and indicator on 5 national outcomes based on Better Outcomes, Brighter Futures Indicator Set</li> </ul>
2017-18	Limerick CYPSC Service Mapping exercise commissioned	CYPSC Research & Learning sub-group	<ul style="list-style-type: none"> <li>Mapping of Services in Limerick City and County</li> </ul>
2018	5 key stakeholder sessions to analyse Evidence Baseline Report held.	45 key stakeholders from community and voluntary and statutory agencies across 5 meetings	<ul style="list-style-type: none"> <li>Final report produced for Limerick CYPSC highlighting consistent themes, gaps in data and identified priorities for next CYPP</li> </ul>
2018	Independently facilitated session with CYPSC members	CYPSC members	<ul style="list-style-type: none"> <li>New Terms of Reference agreed amongst CYPSC members, including Key Principles and Way of Working Together.</li> <li>Review of Evidence Baseline Report</li> </ul>
2019	Consultations with Children, Young People and Parents on Play and Recreation in Limerick	105 children and young people 14 parents	<ul style="list-style-type: none"> <li>Consultation Report for Limerick City and County Council to develop a Play and Recreation Policy</li> </ul>
2019	Consultations with CYPSC sub-groups and key networks	8 network consultations with approx. 80 professional stakeholders	<ul style="list-style-type: none"> <li>Consultation report</li> </ul>
2019	Consultations with children in breakfast clubs and afterschool clubs	Approx. 26 children between 6 – 12 years	<ul style="list-style-type: none"> <li>Consultation report on what children like, dislike and would like to change in their communities</li> </ul>
2019	Circulation of Surveys to Professionals, Parents and Children & Young People in Limerick City	186 Professional responses 100 Children responses 220 Parent responses	<ul style="list-style-type: none"> <li>Survey responses aggregated and report produced for Limerick CYPSC</li> </ul>
2019	Limerick Youth Service-led consultations and surveys with young people in Limerick County	505 survey responses from young people in county Limerick	<ul style="list-style-type: none"> <li>Baseline Study and Needs Analysis of Young People Aged 10-18 years in county Limerick</li> </ul>

## Section 2: Socio-Demographic Profile of Limerick

This section presents an overview of the relevant socio-demographic information for Limerick City and County. A summary of the Vital Statistics is presented at the beginning of the chapter. This is followed by an initial overview of Limerick City and County, with regards its socio-economic and demographic profile. It should be noted that statistics relating to particular national outcomes form part of the needs analysis.

It should be noted that some data is only available at census level, that last of which was in 2016.

**Map 1: County Limerick with Electoral Divisions and Municipal Districts**



## 2.1 Vital Indicators

Table 1 below summarises the key figures and statistics for Limerick CYPSC. The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) has identified a number of Vital Indicators (and associated statistics) to use as a baseline to measure outcomes for children and young people and are presented in the below table.

**Table 1: Vital Indicators**

	<b>Limerick Total</b>	<b>Limerick % / rate</b>	<b>State Total</b>	<b>State % / rate</b>	<b>+ or – State</b>
<b>Child and Youth Population:</b> Number and percentage (compared to overall population) of children and young people aged 0 – 24 years. (CSO, 2016)	65,428	33.6%	1,582,463	33.2%	+
<b>Child Population:</b> Number and percentage (compared to overall population) of children 0 – 17 years. (CSO, 2016)	47,090	24.2%	1,190,127	25.0%	-
<b>Young Adult Population:</b> Number and percentage of young people (compared to overall population) aged 18 – 24 years. (CSO, 2016)	18,338	9.4%	392,336	8.2%	+
<b>Infant Mortality:</b> The number of deaths among infants under 1 year per 1,000 live births (CSO, 2016)	9	3.4	205	3.1	+
<b>Traveller Children and Young People:</b> Number and percentage (compared to Limerick population) of Traveller children and young people. (CSO, 2016)	876	1.34%	18,018	11.4	+
<b>Non-Irish national children and young people:</b> Number and r percentage (compared to Limerick population) of foreign national children (CSO, 2016)	4,784	7.32%	127,689	80.7	-
<b>Children and young people with a disability:</b> Number and percentage (compared to Limerick population) of children and young people with a disability (CSO, 2016)	5,135	7.85%	112,551	71.1	+
<b>Children and young people registered as having a physical or sensory disability:</b> Number and percentage (compared to Limerick population) of children and young people (CSO, 2016)	1,291	1.97%	28,803	18.2	+
<b>Family Structure:</b> Number and percentage of children living in a lone-parent household. (CSO, 2016)		21%		19.9%	+



## 2.2 Socio-Demographic Profile

### 2.2.1 Notable findings

- The population of Limerick City and County has experienced a 1.6% increase since the 2011 Census. The most densely populated areas are Limerick City and its suburbs.
- The County has higher rates of Children (under 18 years) than the City. However, there are higher rates of young people (0-24 years) close to, and in, the city.
- Limerick City tends to have lower young age dependency rates than Limerick County.
- Higher variation in the Pobal HP Deprivation Index is present in the City than in the County and there are also higher levels of deprivation in the City. John's A, which is extremely disadvantaged, (-31.91) received the lowest Pobal HP Deprivation score nationally.
- Limerick City and County has lower rates of non-Irish nationals than the national average. The highest rates of non-Irish nationals in Limerick City and County are around the City centre.
- Limerick City and County has a higher rate of children and young people diagnosed with a disability than the national average.
- Limerick City and County has a higher Traveller population than the national average.
- Lone Parent Rates are much lower in the County than in the city. Higher rates of lone parent households tend to be those which are also more disadvantaged.
- The unemployment rate in Limerick City and County is higher than the national average. The City has higher rates of unemployment than the County. Higher unemployment rates were seen among young people.
- There were 79 areas of severe unemployment in Ireland in 2016. 17 of these were in Limerick City, which means almost half (45%) of the EDs of Limerick City still suffer from very high levels of unemployment.

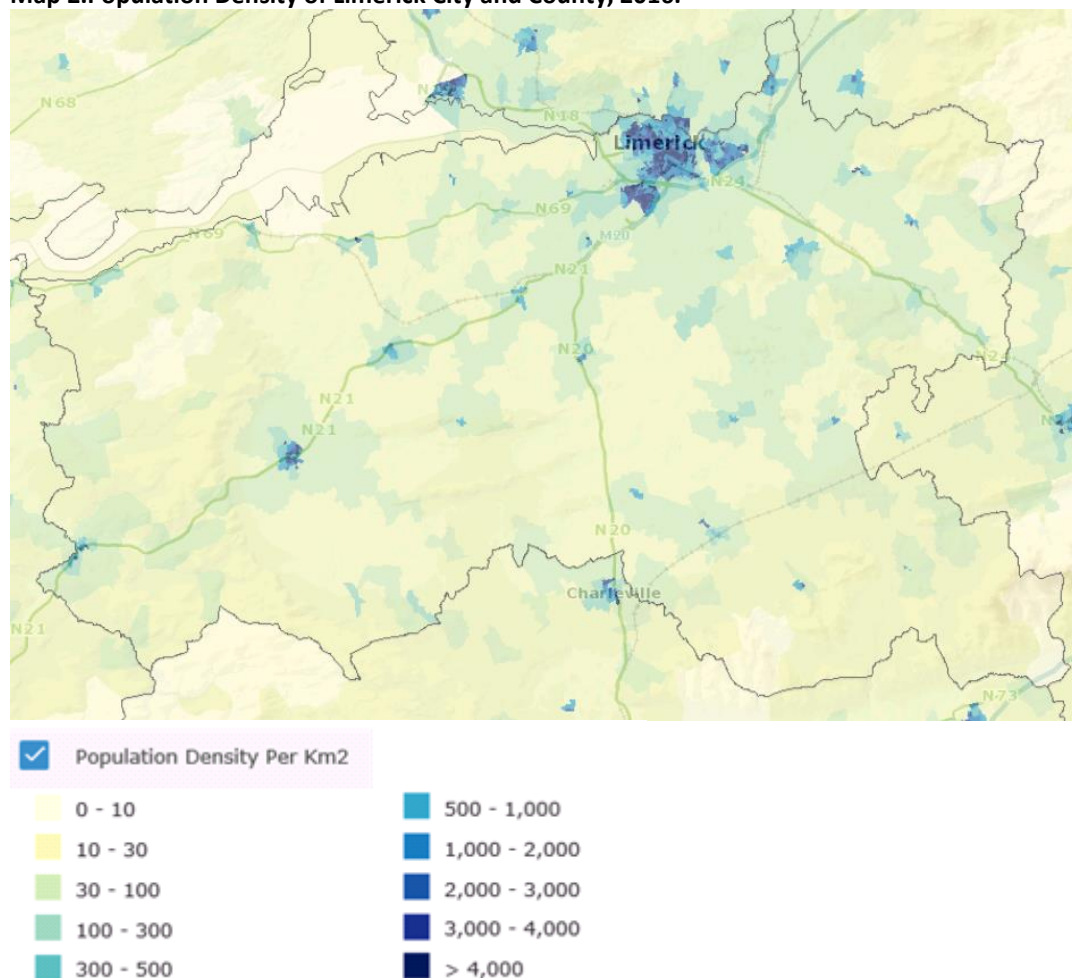
## 2.2.2 Population

In 2016 the population of Ireland was 4,761,865. The total population of Limerick City and County was 194,899 according to the 2016 Census<sup>1</sup>. This was dispersed between Limerick Metropolitan District (104,952) and the County (89,947). There was a relatively equal divide between males and females; 97,340 and 97,559 respectively.

There were 65,428 residents in Limerick City and County between the age of 0 and 24. In Limerick City (metropolitan district) there were 36,239 children and young people, while in the county there are 29,189.

Map 2, below, shows population density by colour gradient for Limerick City and County, while Map 3 shows a closer view of the city. The most densely populated areas are Limerick City and its suburbs. There are also high population densities in the urban centre of Newcastle West, to the West of the County. The least populous areas are in rural parts of the county. Table 2 below lists the five most populous and the five least populous EDs in Limerick, according to the 2016 Census.

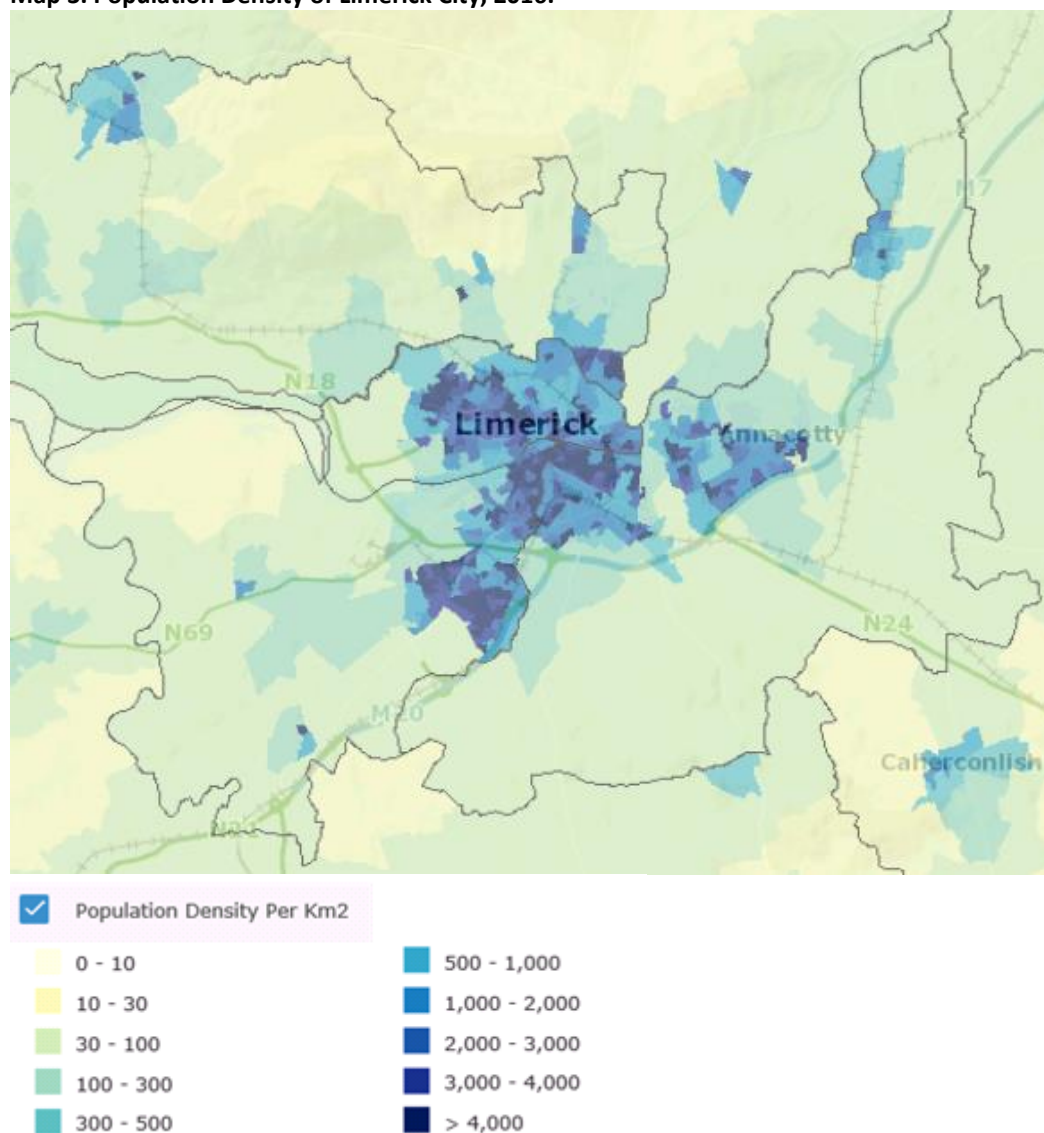
**Map 2. Population Density of Limerick City and County, 2016.**



Source: AIRO, Census 2016 Viewer [Online] Available at: <http://airomaps.nuim.ie/id/Census2016/>

<sup>1</sup>Central Statistics Office, Census 2016. [Online] Available at: <http://www.cso.ie/en/>

Map 3. Population Density of Limerick City, 2016.



Source: AIRO, Census 2016 Viewer [Online] Available at: <http://airomaps.nuim.ie/id/Census2016/>

Table 2. Most and Least Populous EDs in Limerick City and County, 2016.

Most populous EDs	(N)	Least Populous EDs	(N)
Ballycummin	18,388	Dunmoylan West	66
Ballysimon	13,590	Mohernagh	136
Limerick North Rural	6,801	Boola	145
Newcastle Urban	5,104	Knocknascrow	194
Abbey A	4,636	Kilflyn	199

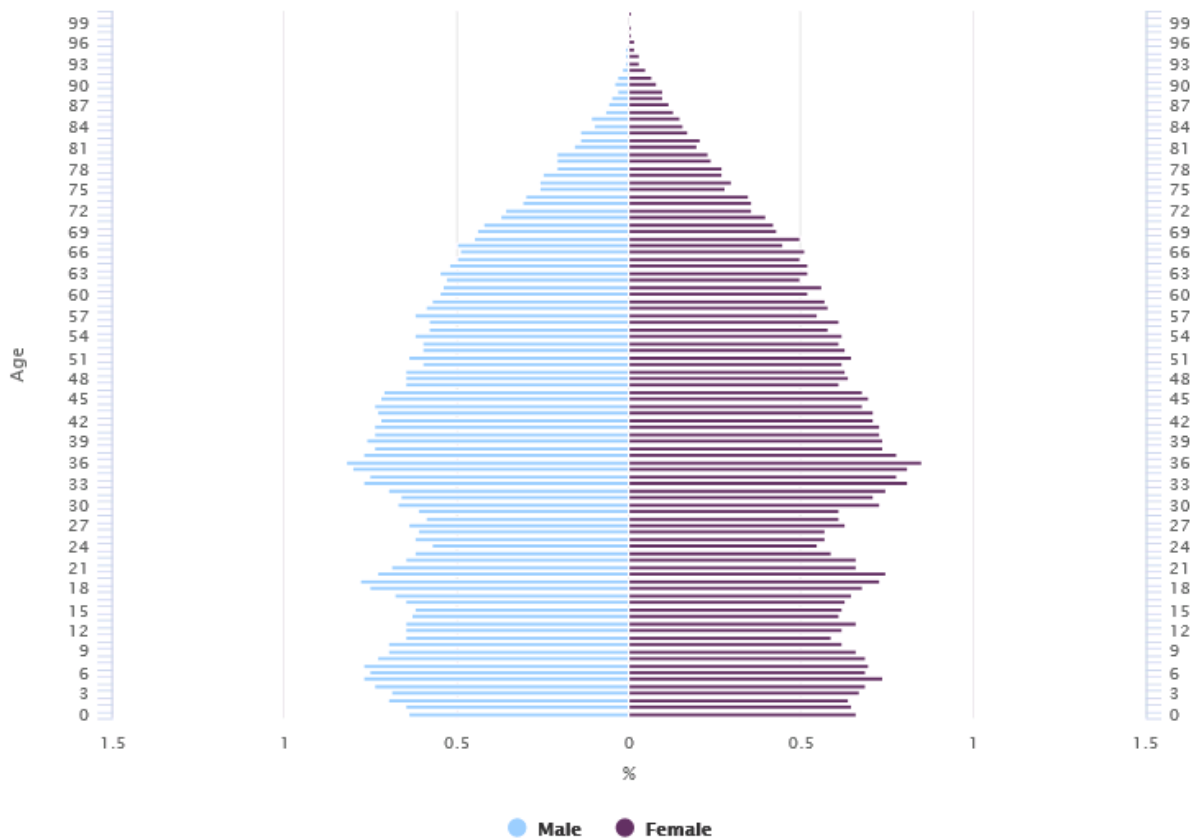
Source: AIRO, Census Mapping Module: Limerick [Online] Available at: <http://airo.maynoothuniversity.ie/external-content/limerick>  
 Central Statistics Office - Census 2016 Small Area Population Statistics [Online] Available at: <http://census.cso.ie/sapmap/>

The population of Limerick City and County has experienced a 1.6% increase since the previous Census in 2011<sup>2</sup>, this compares to a 3.8% increase in population nationally and 1.5% increase in the Mid-West region. Some EDs have experienced considerable population changes between the 2011 and 2016 Census. The EDs with the highest population increases are in the City; Shannon A (+41.2%), Shannon B (+39.7%), Dock A (+30.0%), Custom House (+29.1%) and John's C (+23.9%). Conversely, the EDs which have experienced the most population decreases are Galvone B (-24.4%), Prospect A (-20.5%), Dunmoylan West (-16.5%), St. Laurence (-13.5%), Kilflyn (-12.3%), John's A (-12.1%) and Dock D (-11.4%)<sup>3</sup>. Two of these EDs are in the county (Dunmoylan West and Kilflyn), while the rest are in the city, and either cover a regeneration area or are very close to one.

### 2.2.3 Age profile

The average age of the population in Ireland in 2016 was 37.4. In Limerick City and County, the average age was very similar at 37.7 years, and slightly higher than in 2011 (36.5 years). Parts of the city centre, the suburban communities, and commuter areas to the East of the city tend to have a lower average age than the rest of the county. Figure 1 shows the population by age group and sex for Limerick City and County in 2016.

**Figure 1. Population of Males and Females by age in Limerick City and County, 2016**



Source: Central Statistics Office. Census of Population 2016. Profile 3, An Age Profile of Ireland [online] available at: <http://www.cso.ie/en/releasesandpublications/ep/p-cp3oy/cp3/aad/>

Limerick has a higher proportion of children (under 18 year olds) in the County (excluding city) than the City, but there is a much higher proportion of young people (18-24 year olds) resident in the City than the County. In Limerick County 25.53% of the population is under 18 while in Limerick City

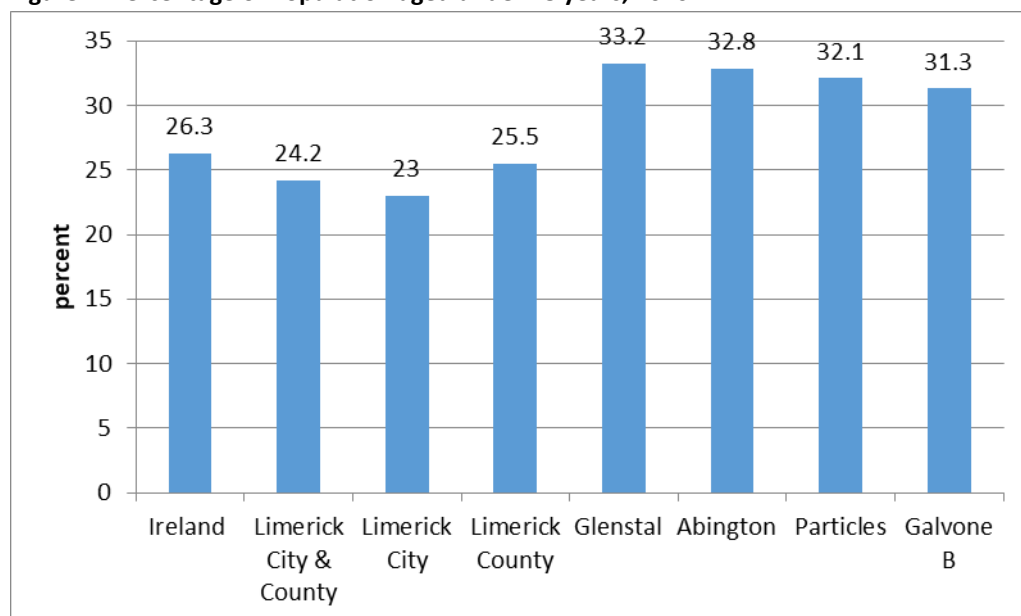
<sup>2</sup>Central Statistics Office, Census 2011. [Online] Available at: <http://www.cso.ie/en/>

<sup>3</sup>AIRO, Census 2016 Viewer [Online] Available at: <http://airomaps.nuim.ie/id/Census2016/>

22.99% is under 18. However, when looking at 18 to 24 year olds, only 6.92% of the population of Limerick County is made up by this age group while in the City it is almost double at 11.54%<sup>4</sup>.

In Ireland, 26.3% of the population is under 18 years of age. In Limerick City and County this percentage is slightly lower at 24.2%, corresponding to 47,090 children aged under 18. Some areas have much higher percentages of under 18 year olds. The EDs where more than 30% of the population are under 18 are all in the county, apart from Galvone B which is within Limerick Metropolitan District and is also one of Limerick's Regeneration Areas. The EDs showing higher percentages of population within the under 18 age bracket are presented in Figure 2. Glenstal, Abington and Particles are the EDs with the highest rates of under 18s. Galvone B has been included as an example of the highest rate within the city, however, it should be noted that there are a few other EDs in the county which have higher or similar rates to Galvone B. Data for the City, County and Nation as a whole have also been included in Figure 2.

**Figure 2. Percentage of Population aged under 18 years, 2016**



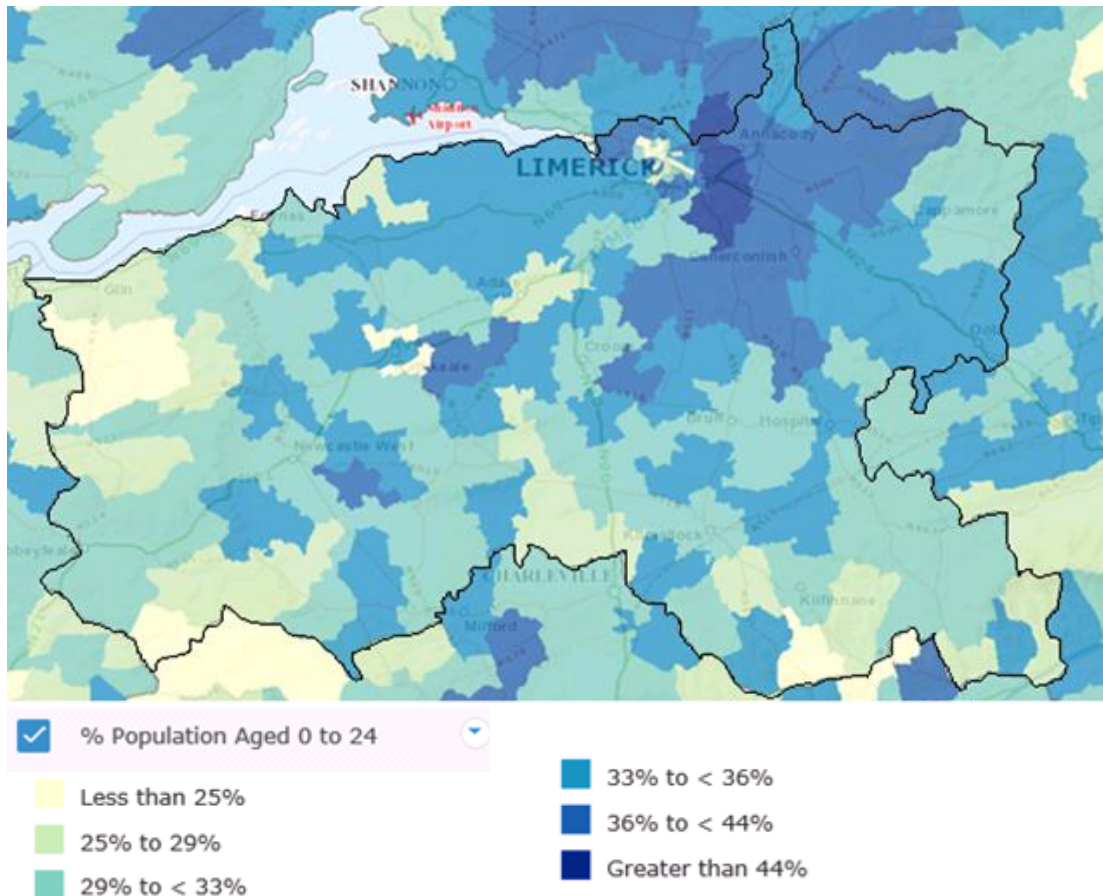
Source: Central Statistics Office - Census 2016 Small Area Population Statistics [Online] Available at: <http://census.cso.ie/sapmap/>

AIRO, Census 2016 Viewer [Online] Available at: <http://airomaps.nuim.ie/id/Census2016/>

Nationally 33.2% of the population are between 0 and 24 years, which is very similar to the rate in Limerick City and County which is at 33.6% representing 65,428 children and young people. The regeneration areas have high rates of population between 0 and 24 years according to the 2016 Census; Galvone B (41.40%), Prospect B (37.50%), Ballynanty (36.90%), John's A (36.60%), and Rathbane (32.50%). However, the ED with the highest rate of residents between 0 and 24 is Ballysimon (45.60%). All of these are above the state average of 33.2% apart from Rathbane. Map 4, below, illustrates the distribution of young people throughout the county as a percentage of the total population. It is clear that there are higher percentages of young people close to, and in the city, whereas in the rural parts of the county, especially to the West there are much fewer. Figure 3 compares Ireland and Limerick with some of the EDs with particularly high levels of young people aged between 0 and 24.

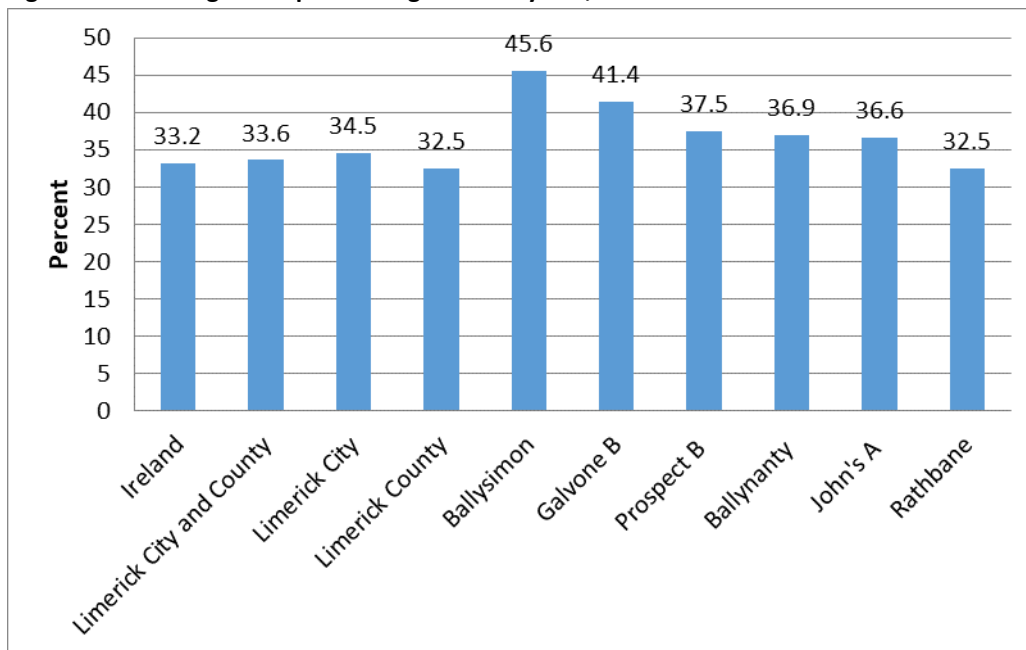
<sup>4</sup> Source: Central Statistics Office - Census 2016 Small Area Population Statistics [Online] Available at: <http://census.cso.ie/sapmap/>

Map 4. Percentage of Population Aged 0 – 24 by ED in County Limerick, 2016.



Source: AIRO, Census 2016 Summary Results - Part 1 [Online] Available at: [http://airomaps.nuim.ie/id/Census\\_2016/SR\\_PT1/](http://airomaps.nuim.ie/id/Census_2016/SR_PT1/)

Figure 3. Percentage of Population aged 0 – 24 years, 2016.



Source: Central Statistics Office - Census 2016 Small Area Population Statistics [Online] Available at: <http://census.cso.ie/sapmap/>

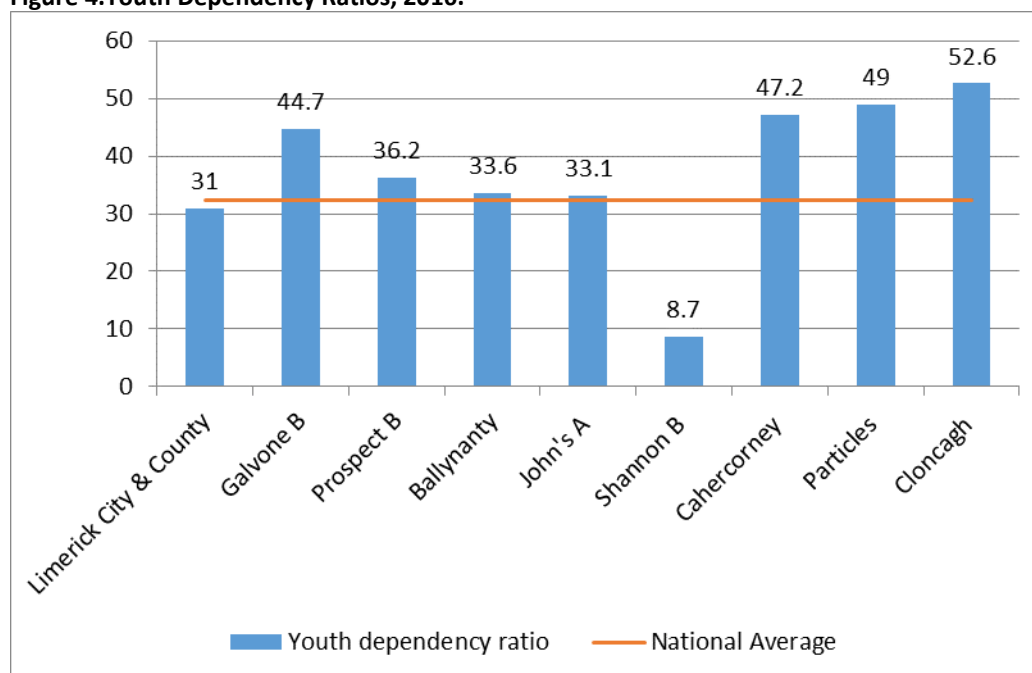
## 2.2.4 Dependency Ratios

Dependency ratios provide insight into the age structure of a population. They give a useful indication of the proportion of dependent people of non-working age, both young (0-14) and old (65+), compared to the proportion of people of working age (15-64). Higher Dependency Ratios are linked to increased financial burden as there are fewer earners per total population.

Youth Dependency ratio refers to the number of people aged under 15 expressed as a percentage of the number of people aged between 15 and 64. Higher Youth Dependency ratios tend to be seen in areas where there are a high proportion of young, sometimes larger, families. High rates of lone parent households can also push youth dependency ratios up.

The Youth Dependency Ratio in Ireland is 32.3%, this compares to the slightly lower rate in Limerick City and County of 31%<sup>5</sup>. Limerick City tends to have lower young age dependency rates; Limerick City East (28.10%), Limerick City West (29.80%) and Limerick City North (27.80%), than Limerick County; Cappamore–Kilmallock (35.60%), Adare –Rathkeale (33.70%), and Newcastle West (32.10%). However, there is marked variation at ED level ranging from 8.7% in Shannon B to 44.7% in Galvone B. In the case of Galvone B, from a population of 389, there are 174 children aged under 15. Four EDs within Limerick’s Regeneration Areas have higher youth Dependency rates than the national average; Galvone B (44.7%), Prospect B (36.2%), Ballynanty (33.6%) and John's A (33.1%). The EDs with the highest youth dependency ratios are not close to the city, they are in the county and include Cahercorney (47.2%), Particles (49.0%) and Cloncagh (52.6%). This is depicted in Figure 4 below.

**Figure 4. Youth Dependency Ratios, 2016.**



Source: AIRO Census 2016 Summary Results - Part 1 [Online] Available at: [http://airomaps.nuim.ie/id/Census\\_2016/SR\\_PT1/](http://airomaps.nuim.ie/id/Census_2016/SR_PT1/)

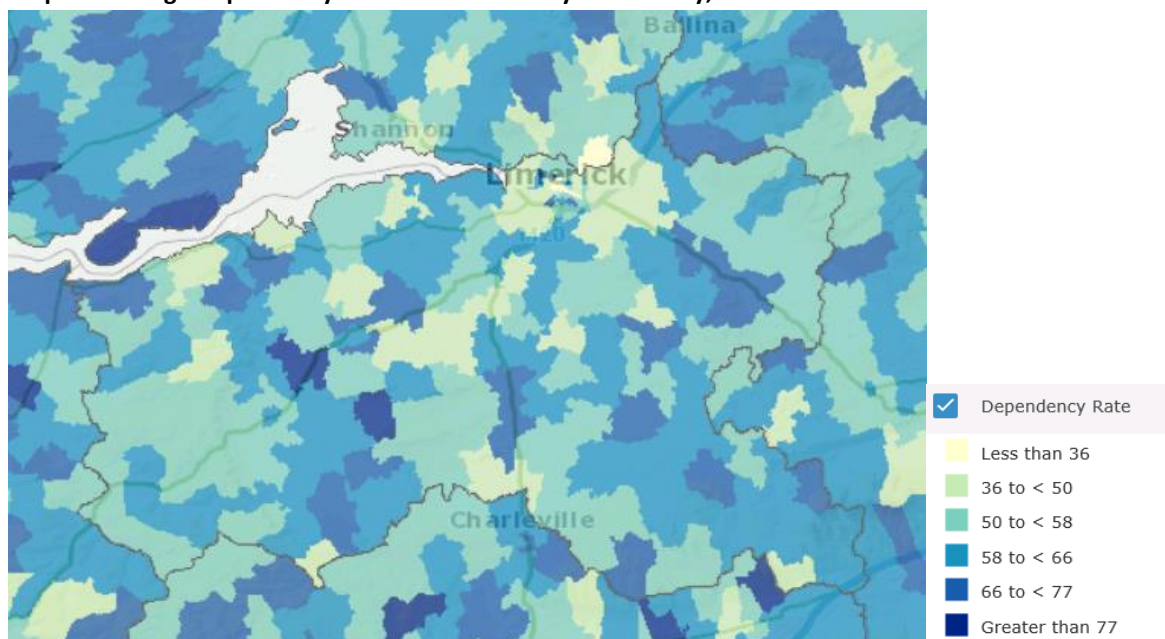
The Older Dependency ratio refers to the number of people aged over 65 expressed as a percentage of the number of people aged between 15 and 64. The Older Dependency Ratio for Ireland is 20.4%, this compares to 21.4% for Limerick City and County. The Older Dependency Ratio tends to increase further away from the city. The Older Dependency Ratios for Limerick City are as follows: Limerick City East (17.40%), Limerick City West (15.70%) and Limerick City North (24.3%). These tend to be

<sup>5</sup> AIRO Census 2016 Summary Results - Part 1 [online] available at: [http://airomaps.nuim.ie/id/Census\\_2016/SR\\_PT1/](http://airomaps.nuim.ie/id/Census_2016/SR_PT1/)

lower than the Older Dependency Ratios for Limerick County: Cappamore–Kilmallock (24.5%), Adare –Rathkeale (23.9%), and Newcastle West (26.7%). However, there are EDs within the city with higher ratios, these include Coolraine (48.70%), Farranshone (48.50%), Ballinacurra B (44.10%) and Castle B (43.60%). The EDs in the County with particularly high older Dependency ratios include Rathkeale Rural (41.30%), Kilmoylan (41.30%) and Kilsconnell (40.80%)<sup>6</sup>.

The Total Age Dependency Ratio for Ireland is 52.7%. The figure for Limerick City and County is very similar at 52.4%. This is broken down within the Metropolitan district as follows: Limerick City East (45.5%), Limerick City West (45.5%) and Limerick City North (52.1%). Within the municipal districts of the county the ratios are as follows: Cappamore–Kilmallock (60.0%), Adare –Rathkeale (57.6%), and Newcastle West (58.8%). Map 5 depicts total age dependency for Limerick City and County and illustrates a lower total age dependency in the outskirts of the city, particularly towards the East, with age dependency ratios increasing in some rural parts of the county. Map 6 shows a closer look at the city. The city centre has some of the lowest total age dependency rates, such as Shannon A and Shannon B; 18.1% and 14.6% respectively. Although the city and outskirts largely have a lower age dependency ratio there are pockets where the ratio is increased such as Farranshone (71.1%), Coolraine (70.2%), Ballinacurra B (69.3%), Galvone B (70.7%). Within the county the total age dependency ratio increases further, for example in EDs such as Uregare (70.1%), Ballynabanoge (70.4%), Broadford (70.8%), Rockhill (73.5%), Kilmeedy (74.4%), Glenbrohane (76.2%), Kilsconnell (77.5%), Cloncagh (89.8%) (see Figure 5).

**Map 5. Total Age Dependency Ratio in Limerick City and County, 2016.**

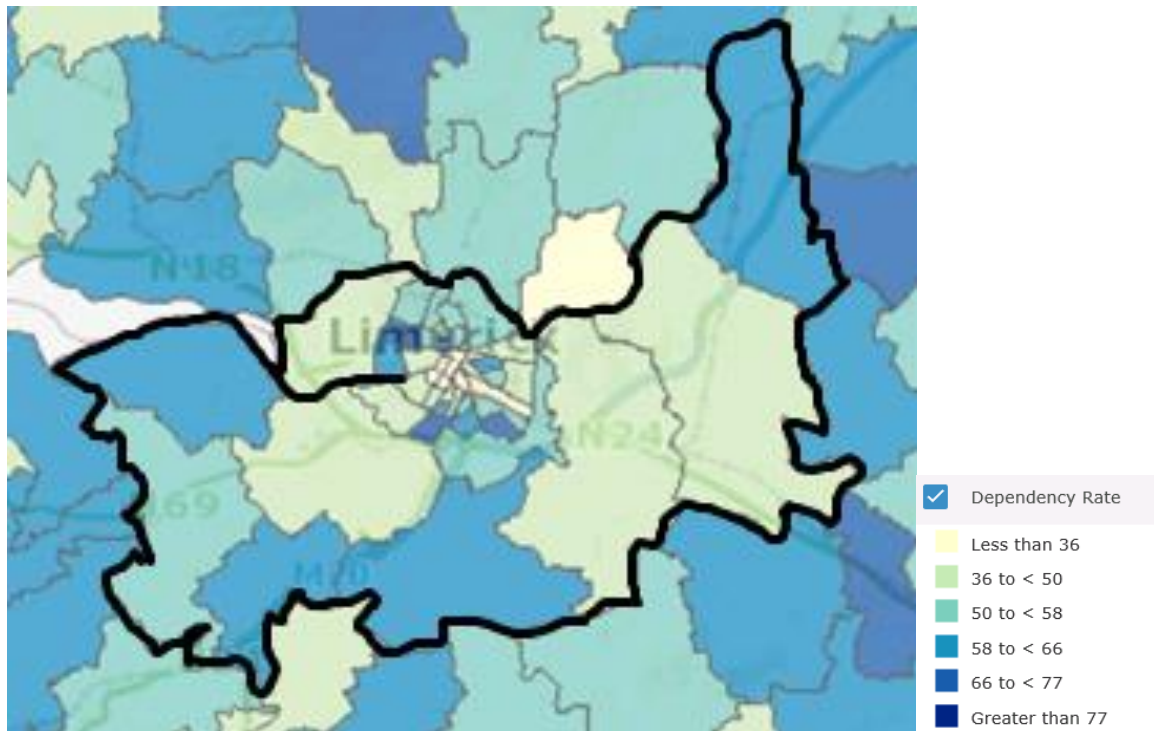


Source: AIRO Census 2016 Summary Results - Part 1 [Online] Available at: [http://airomaps.nuim.ie/id/Census\\_2016/SR\\_PT1/](http://airomaps.nuim.ie/id/Census_2016/SR_PT1/)

<sup>6</sup> AIRO Census 2016 Summary Results - Part 1 [Online] Available at: [http://airomaps.nuim.ie/id/Census\\_2016/SR\\_PT1/](http://airomaps.nuim.ie/id/Census_2016/SR_PT1/)

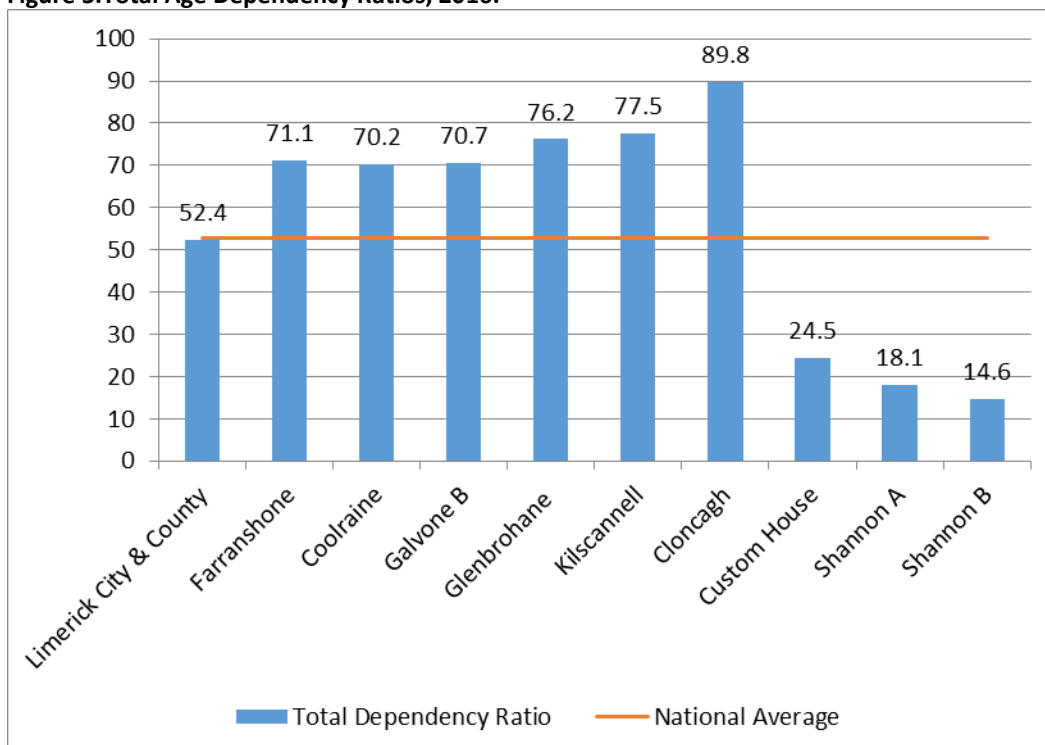


Map 6.Total Age Dependency Ratio in Limerick City, 2016.



Source: AIRO Census 2016 Summary Results - Part 1 [Online] Available at: [http://airomaps.nuim.ie/id/Census\\_2016/SR\\_PT1/](http://airomaps.nuim.ie/id/Census_2016/SR_PT1/)

Figure 5.Total Age Dependency Ratios, 2016.



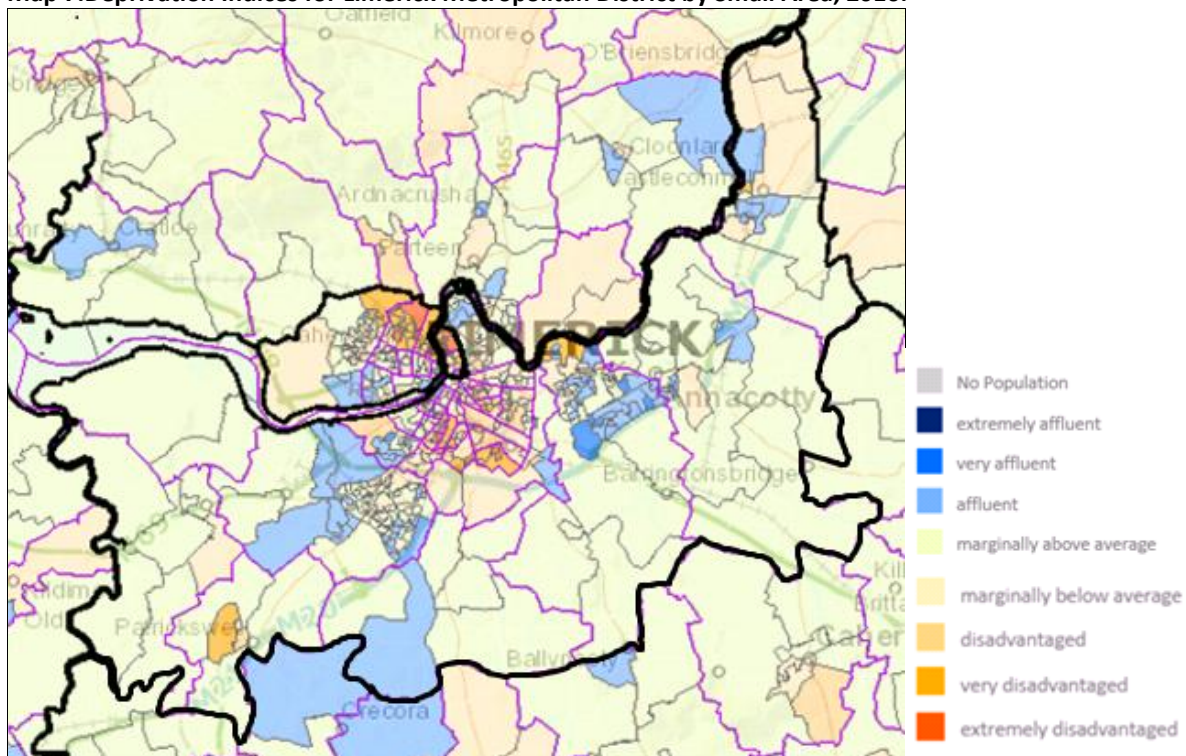
Source: AIRO Census 2016 Summary Results - Part 1 [online] available at: [http://airomaps.nuim.ie/id/Census\\_2016/SR\\_PT1/](http://airomaps.nuim.ie/id/Census_2016/SR_PT1/)

### 2.2.5 Deprivation Index

The Pobal HP Deprivation Index<sup>7</sup> provides a valuable indicator of affluence or deprivation across a particular geographical area. The Index, developed by Socio-Economic Consultants TrutzHaase and Pratschke, uses various socio-economic and demographic indicators in its calculations. Each area is given a score from -40 (being the most disadvantaged) to +40 (being the most affluent), with zero being based on a national average.

The Pobal HP Deprivation Index 2016 for Limerick City and County is -1.31 which is classified as marginally below average. At ED level the majority of the County (outside the city) is classified as either marginally above average or marginally below average. At Small Area (SA) level however, much more variation becomes apparent. In addition, there is a lot more index variation within the Metropolitan District than in the County and there is also more deprivation in the Metropolitan District. Map 7 shows Limerick Metropolitan district while Map 8 provides a closer view of the city centre. At ED level Castle C and Shannon A are both affluent with Pobal HP Index 2016 of 10.53 and 15.06 respectively. The most disadvantaged ED in Limerick is John's A (-31.91) which is extremely disadvantaged. At SA level parts of John's A reach an index of -35.80. In fact, John's A has been given the lowest Pobal HP Deprivation score nationally. Other SAs which are extremely disadvantaged are within the following EDs: Ballynanty (-30.74 and -30.64), Prospect B (-30.19), Ballinacurra B (-30.22), Rathbane (-30.96), Galvone B (-32.15 and -30.52). SA's which are categorised as very affluent are located within Ballinacurra A (20.53) and various areas in Ballysimon (22.73, 22.08, 21.79, 21.71, and 20.91)<sup>8</sup>. Table 3 shows the deprivation classification for some of the most disadvantaged EDs in Limerick Metropolitan District, both at SA level and at ED level.

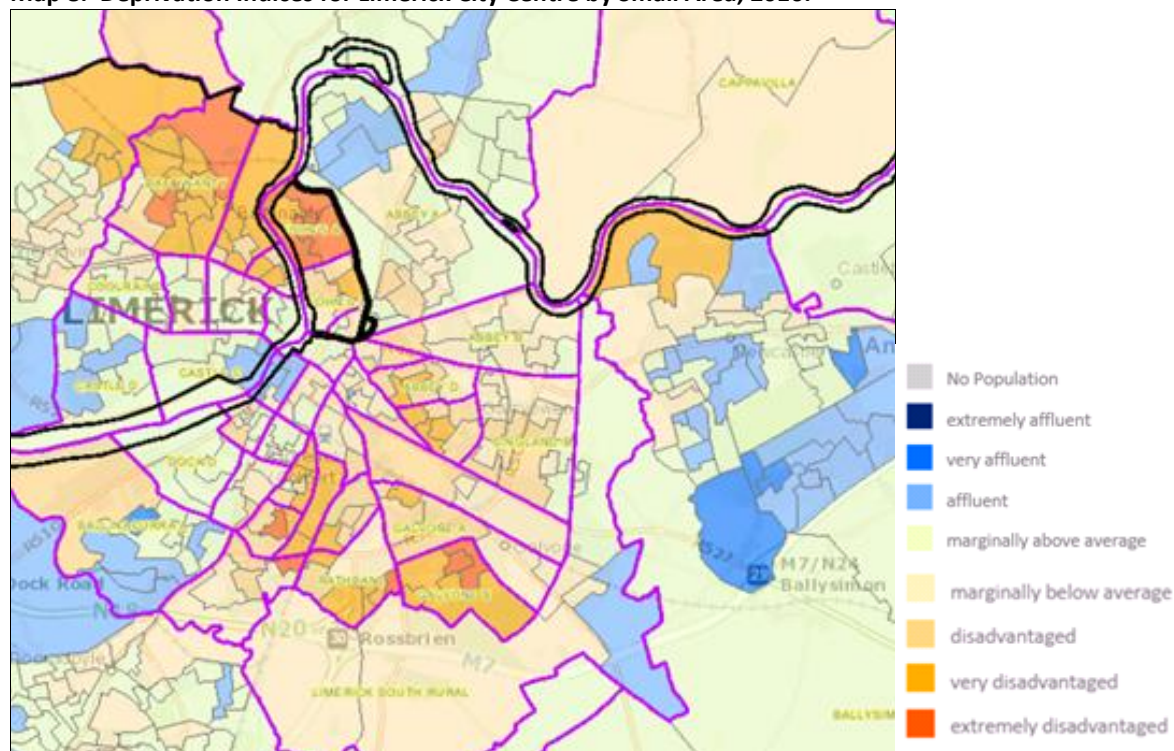
**Map 7. Deprivation Indices for Limerick Metropolitan District by Small Area, 2016.**



Source: Pobal. Pobal HP Deprivation Indices [Online] Available at: <https://maps.pobal.ie/>.

<sup>7</sup>Pobal. Pobal HP Deprivation Indices [Online] Available at: <https://maps.pobal.ie/>.

<sup>8</sup>More than one entry shows that there are multiple Small Areas which fall within the disadvantaged or extremely disadvantaged category within that particular ED.

**Map 8. Deprivation Indices for Limerick City Centre by Small Area, 2016.**

Source: Pobal. Pobal HP Deprivation Indices [Online] Available at: <https://maps.pobal.ie/>.

**Table 3. Deprivation Indices for some of the most disadvantaged EDs in Limerick City, and selected SAs within them, 2016.**

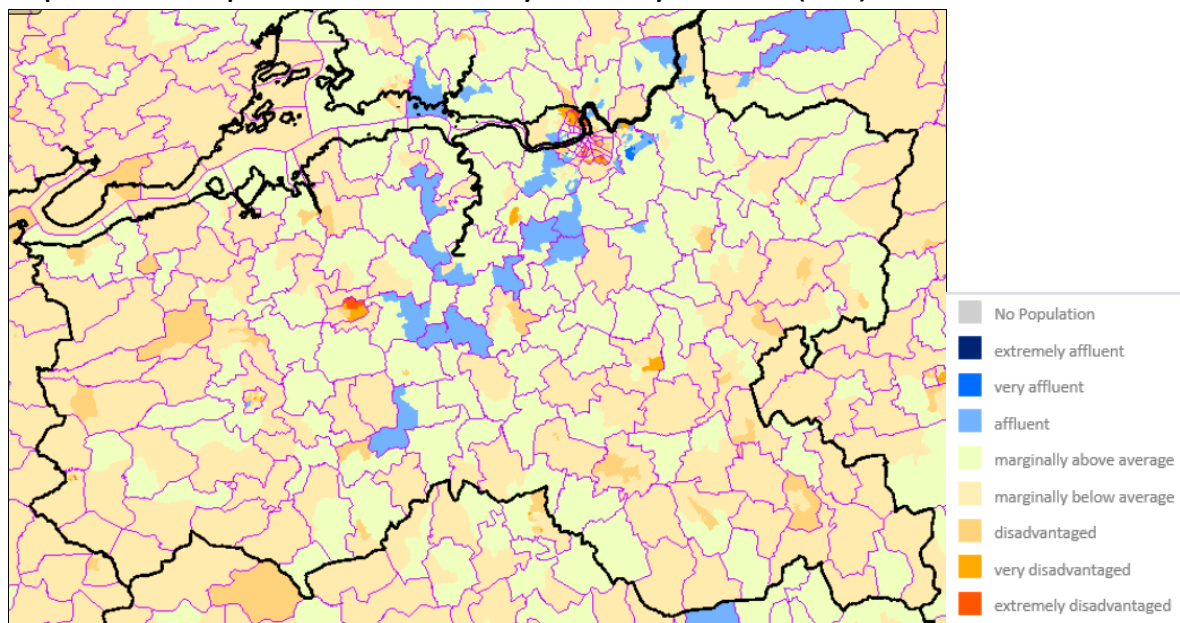
ED	SA level	ED level
Johns A	Extremely disadvantaged	Extremely disadvantaged
Ballynanty	Extremely disadvantaged	Very Disadvantaged
Prospect B	Extremely disadvantaged	Very Disadvantaged
Rathbane	Extremely disadvantaged	Very Disadvantaged
Galvone B	Extremely disadvantaged	Very Disadvantaged
Singland A	Extremely disadvantaged	Disadvantaged
Limerick North Rural	Extremely disadvantaged	Marginally below average

Source: Pobal. Pobal HP Deprivation Indices [Online] Available at: <https://maps.pobal.ie/>.

In the County, there are one outlier at ED level in Rathkeale Urban (-17.93) which is disadvantaged. However, at SA level much more variation becomes apparent (Map 9). Many more Small Areas are categorised as affluent (blue), these fall within the following EDs: Newcastle Urban, Ballynoe, Dromard, Kilfinny, Adare North, Adare South, Kildimo, Dunnaman, Crecora, Kilpeacon, and Ballybricken. Similarly, there are more areas which are categorised as very disadvantaged or extremely disadvantaged and these fall within the following EDs: Bruff (-20.27), Patrickswell (-22.76),

Cappamore (-22.53), Newcastle Urban (-22.15 and -25.26), and Rathkeale Urban (-31.80, -29.38 and -22.63)<sup>9</sup>. Table 4 shows the deprivation classification for some of the most disadvantaged EDs in Limerick County, both at SA level and at ED level.

**Map 9. Pobal HP Deprivation Indices for County Limerick by Small Area (2016)**



Source: Source: Pobal. Pobal HP Deprivation Indices [Online] Available at: <https://maps.pobal.ie/>.

**Table 4. Deprivation Indices for some of the most disadvantaged EDs in Limerick County, and selected SAs within them, 2016.**

ED	SA level	ED level
Rathkeale Urban	Extremely disadvantaged	Disadvantaged
Abbeyfeale	Extremely disadvantaged	Marginally below average
Askeaton	Very Disadvantaged	Marginally below average
Bruff	Very Disadvantaged	Marginally below average
Cappamore	Very Disadvantaged	Marginally below average
Newcastle Urban	Very Disadvantaged	Marginally below average
Patrickswell	Very Disadvantaged	Marginally below average
Kilmallock	Very Disadvantaged	Marginally below average

Source: Source: Pobal. Pobal HP Deprivation Indices [Online] Available at: <https://maps.pobal.ie/>.

<sup>9</sup> More than one entry shows that there are multiple SA's which fall within the disadvantaged or extremely disadvantaged category within that particular ED.

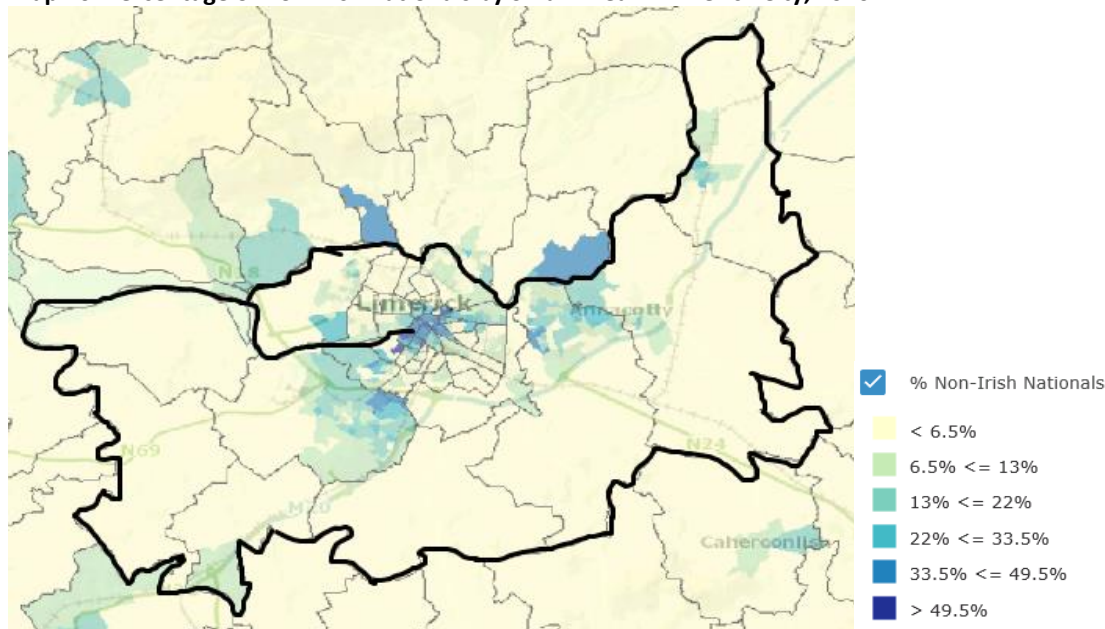
## 2.2.6 Nationality and Ethnicity in County Limerick

### **Nationality**

In 2016, 11.4% of the population of Ireland identified themselves as non-Irish nationals<sup>10</sup>. In Limerick City and County, a lower percentage of the population are non-Irish (9.6%). This rate varies considerably within Limerick. In Limerick City (the three metropolitan districts) the averages rate is slightly higher than the national average, however, the different metropolitan areas have quite divergent rates; Limerick City North (8.20%), Limerick City East (10.5%), and Limerick City West (19.4%). Rates of non-Irish nationals are higher around the City centre, Dooradoyle, and the Annacotty/Castletroy areas. In Custom House ED, in the city centre, the rate rises as high as 64.3% and 61.8% at SA level.

Map 10 shows a close up of the rates of non-Irish nationals in Limerick City. Interestingly, all the Regeneration Areas have very low rates of non-Irish nationals ranging from 1.1% in John's A to 3.80% in Prospect B.

**Map 10. Percentage of non-Irish nationals by Small Area in Limerick City, 2016.**



Source: AIRO, Census 2016 Viewer [Online] Available at: <http://airomaps.nuim.ie/id/Census2016/>

The rate of non-Irish nationals decreases strikingly as you move from the city to the county. The three municipal districts in the county have very low rates of non-Irish nationals; Adare – Rathkeale (4.40%), Newcastle West (8.90%) and Cappamore – Kilmallock (4.90%). In the county there are only small pockets of areas, such as in and around the town of Newcastle West, where the rate rises slightly. Although the percentage of non-Irish nationals in Newcastle West ED is 8.9% it does rise as high as 45.2% in one SA (Small Area: 127116014).

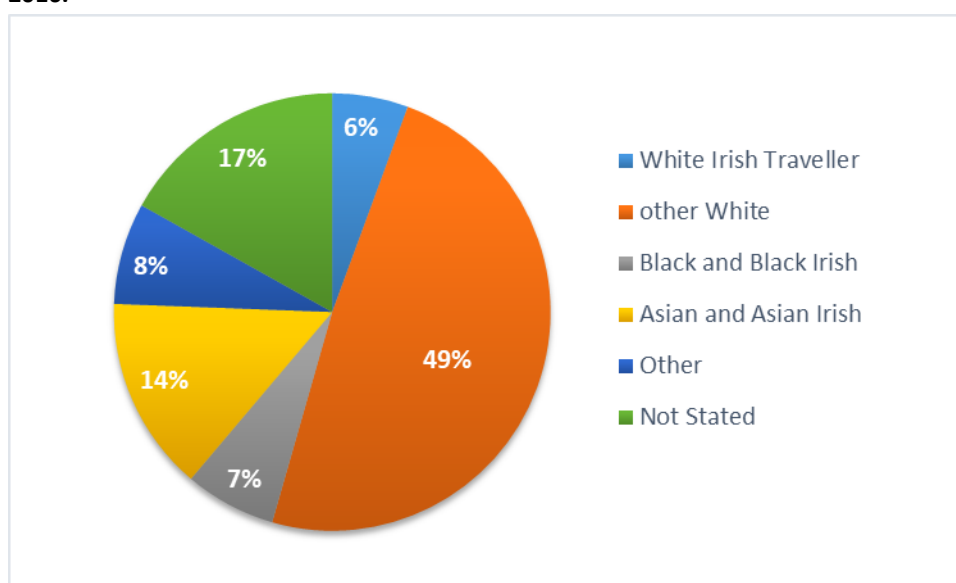
Although Limerick City and County generally have low rates of non-Irish nationals, there is a great diversity of nationalities. The five most prevalent nationalities resident in Limerick are the same in the 2016 Census as in the 2011 Census. Table 5 lists the top most prevalent nationalities in Limerick City and County.

<sup>10</sup>Central Statistics Office, Census 2016. [Online] Available at: <http://www.cso.ie/en/>

**Table 5. Most Prevalent Nationalities in Limerick City and County, 2016.**

Nationality	Number	Nationality	Number
Irish	167,474	Irish-Polish	414
Polish	5,636	Chinese	347
UK	3,495	American (US)	341
Not stated	3,075	Slovak	332
Latvian	914	Spanish	310
Lithuanian	834	Romanian	299
Pakistani	640	French	276
Irish-American	582	Brazilian	267
Afghan	547	German	265
Irish-UK	528	Italian	217
Indian	462	Irish-Other European	206
Total population in Limerick City and County - 194,899			
Source: Central Statistics Office - Census 2016. [Online] Available at: <a href="http://www.cso.ie/en/">http://www.cso.ie/en/</a>			

Almost 85% of the population in Limerick City and County are White Irish. Figure 6 shows how the remaining 15% of the population identify themselves according to ethnic or cultural backgrounds.

**Figure 6. Population of Limerick City and County by ethnic or cultural background (not including white Irish), 2016.**

Source: Central Statistics Office - Census 2016 Small Area Population Statistics [Online] Available at: <http://census.cso.ie/sapmap/>

### Traveller Population

The rate of Traveller population in Limerick is higher than the national average. Table 6 provides numbers and rates of Irish Travellers in both Ireland and Limerick.

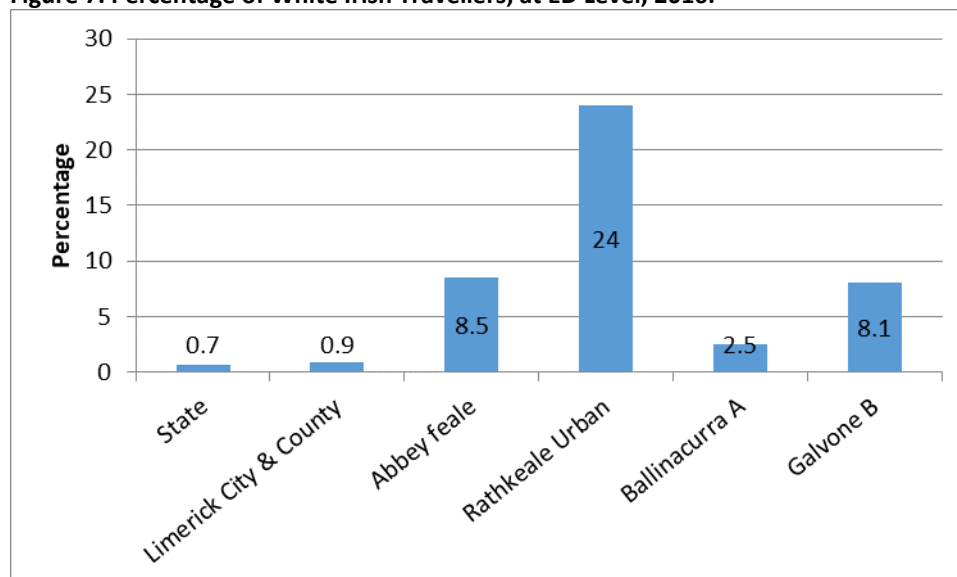
**Table 6. Irish Travellers in Ireland and Limerick**

		2011	2016
<b>Ireland</b>	Number of Irish Travellers	29,573	31,075
	Rate of Irish Travellers per 1,000 total population	6.4	6.5
<b>Limerick City &amp; County</b>	Number of Irish Travellers	1,522	1,671
	Rate of Irish Travellers per 1,000 total population	7.9	8.6

Source: Central Statistics Office. Census 2016. [Online] Available at: <http://www.cso.ie/en/> (E8017)

Figure 7 illustrates the percentage of White Irish Travellers from those EDs which present the highest rates. In addition, it compares these to the levels in Ireland and Limerick City and County. It shows that Limerick City and County (0.9%) has a slightly higher rate of white Irish travellers compared to Ireland (0.7%). This varies considerably with some SA's revealing high rates of White Irish travellers. Rathkeale Urban stands out as an area with a high density of White Irish travellers. At ED level, 24% of the population of Rathkeale Urban identifies as White Irish Traveller, however at SA level this rises as high as 60.7%. In Abbeyfeale the rate is 8.5% at ED level, reaching 45.1% at SA level. In the city, 2.5% of the population of Ballinacurra (ED level) are White Irish travellers, this figure reaches 29.4% at SA level and 8.1% of the population of Galvone B (ED level) are White Irish travellers, this figure reaches 28.3% at SA level. Table 6 provides numbers and rates of Irish Travellers in both Ireland and Limerick. Young Travellers (0 – 24 years) equate to 52% of the total Traveller population in Limerick (Table 7).

**Figure 7. Percentage of White Irish Travellers, at ED Level, 2016.**

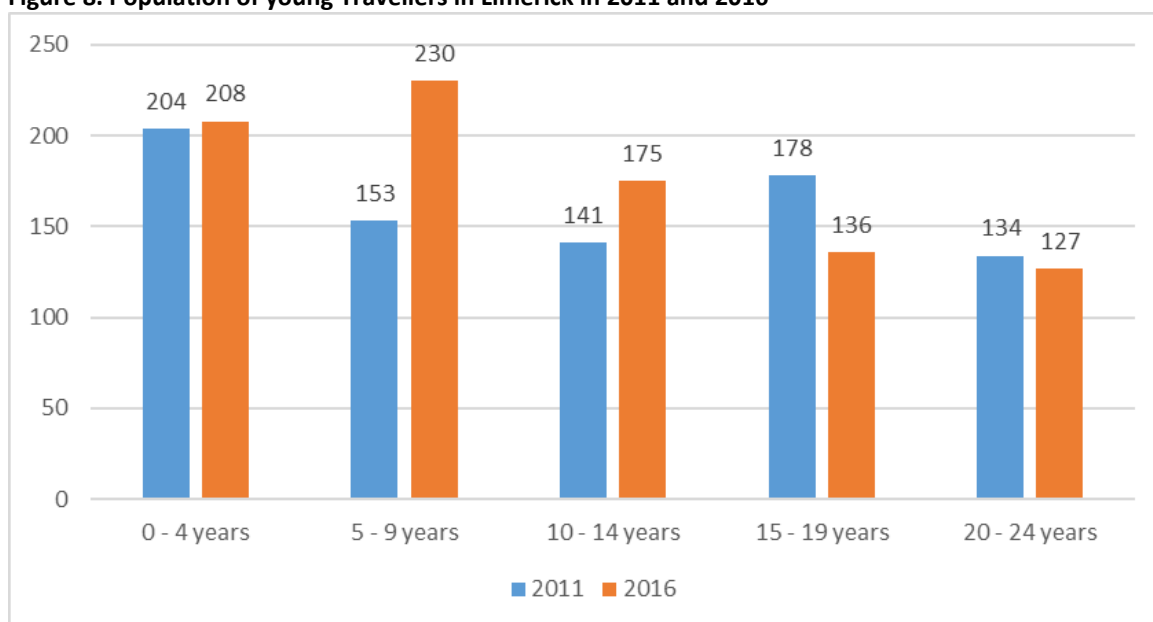


Source: Source: AIRO, Census 2016 Viewer [Online] Available at: <http://airomaps.nuim.ie/id/Census2016/>

**Table 7. Young Irish Travellers in Limerick**

	0 - 4 years	5 - 9 years	10 - 14 years	15 - 19 years	20 - 24 years	Total
2011	204	153	141	178	134	810
2016	208	230	175	136	127	876

Source: Central Statistics Office. Census 2016. [Online] Available at: <http://www.cso.ie/en/>

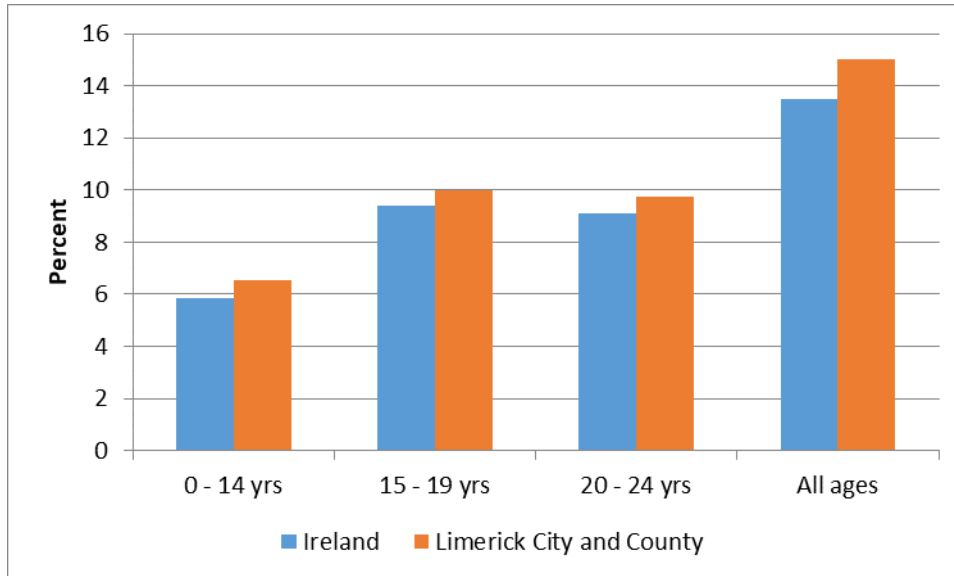
**Figure 8. Population of young Travellers in Limerick in 2011 and 2016**



## 2.2.7 Disability

According to data from the 2016 Census<sup>11</sup> the rate of disability in Ireland is 13.5% which is slightly lower than that found in Limerick City and County (15%). This is true at each age bracket. Figure 9 shows this data for children and young people aged 0-24.

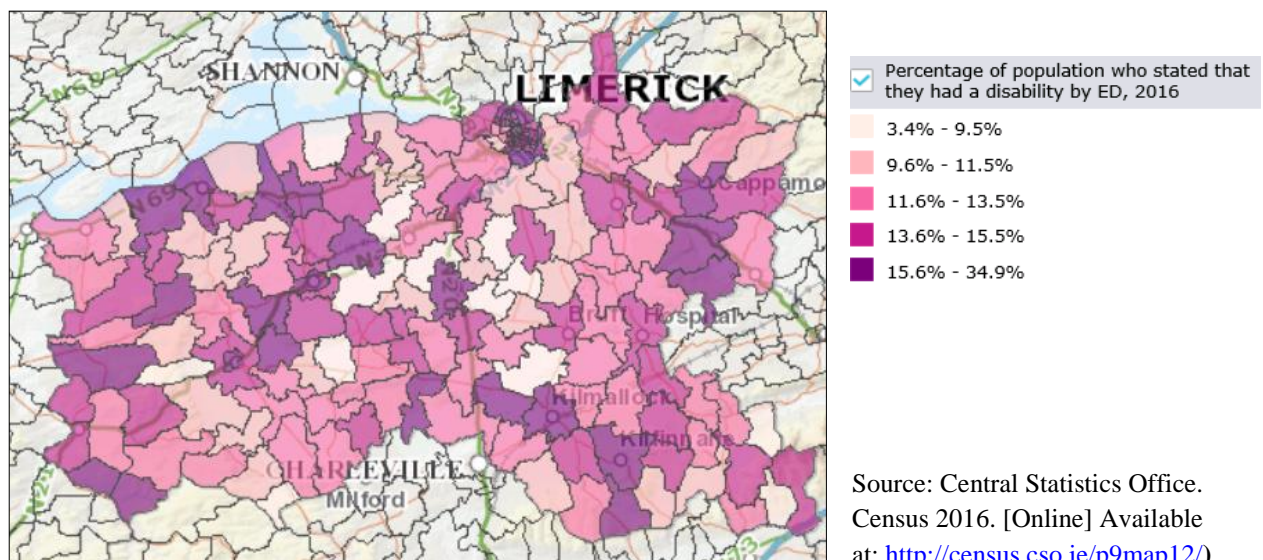
**Figure 9. Rate of Population with a Disability by Age Group, Limerick City and County (2016)**



Source: Central Statistics Office. Census 2016. [Online] Available at: [http://www.cso.ie/en/\(E9038\)](http://www.cso.ie/en/(E9038)).

There is great variability within County Limerick with regards the percentage of population with a disability. This is clearly illustrated in Map 11 below. In Limerick City (Map 12) the areas with higher percentage population with a disability are concentrated close to the city centre, while the adjacent suburbs have a lower percentage population with disability. *These areas with high levels of disability largely coincide with the less affluent neighbourhoods in the city.*

**Map 11. Percentage of Population with a disability in Limerick City and County, 2016**



Source: Central Statistics Office. Census 2016. [Online] Available at: <http://census.cso.ie/p9map12/>

<sup>11</sup>Central Statistics Office. Census 2016. [Online] Available at: <http://www.cso.ie/en/>

Map 12. Percentage of Population with a disability in Limerick City, 2016.

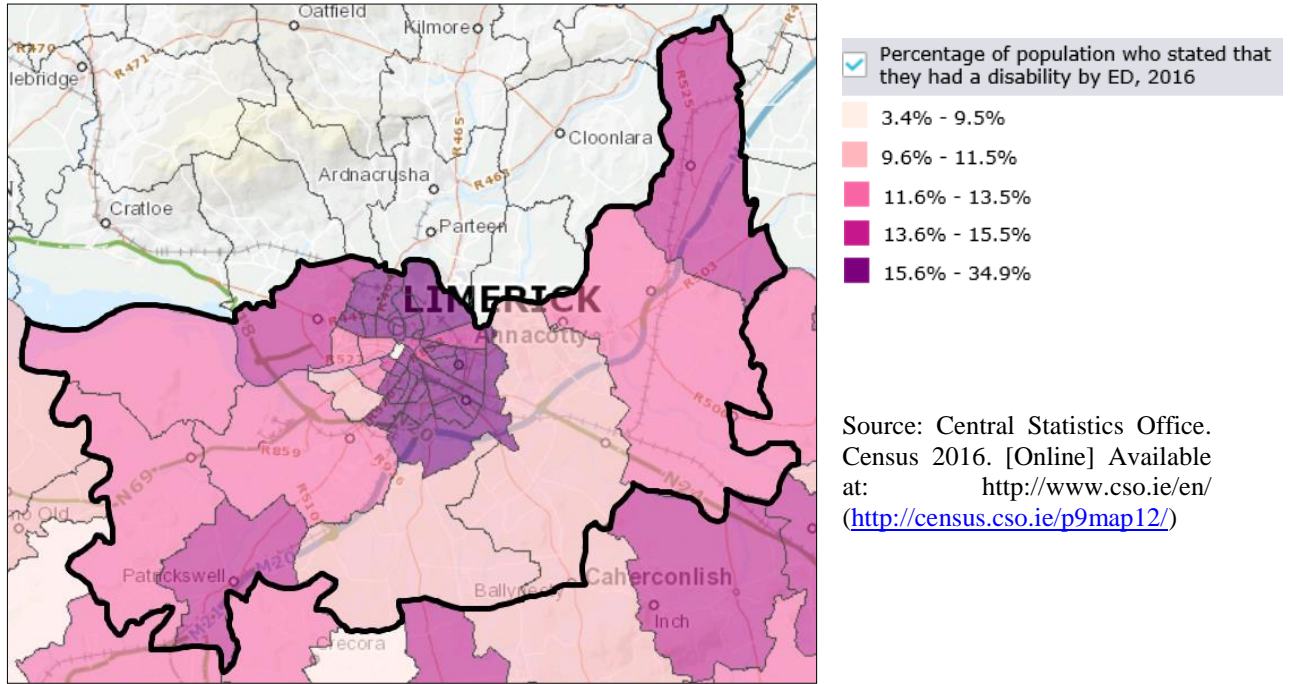
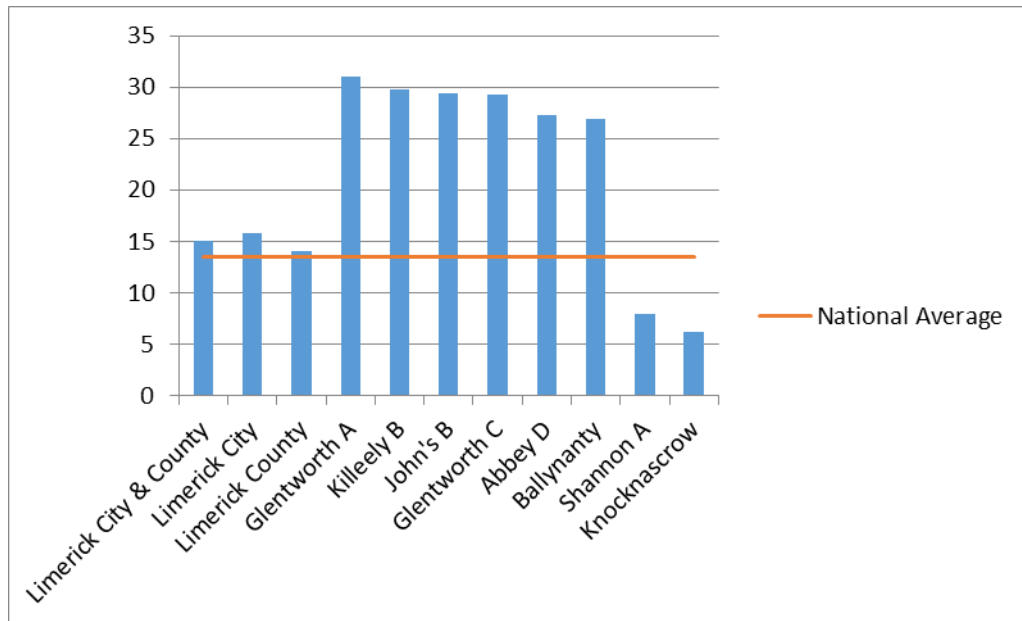


Figure 10 compares some of the highest rates of population with disability with some of the lowest rates of disability.

Figure 10. Percentage Population with a Disability in Limerick, 2016.

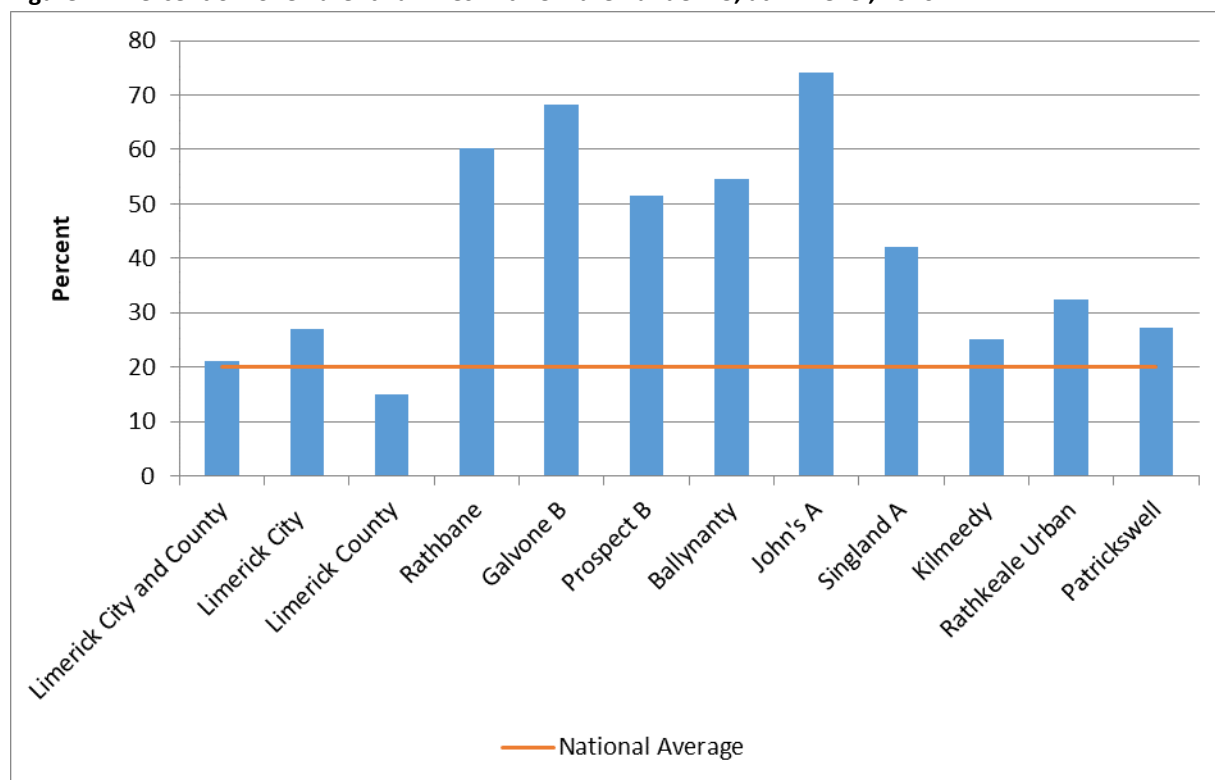


Source: Central Statistics Office - Census 2016 Small Area Population Statistics [Online] Available at: <http://census.cso.ie/sapmap/>

## 2.2.8 Family Structure

The Lone Parent rate in Ireland (20%) is similar to the rate in Limerick City and County (21%). This data refers to data of lone parents with children under the age of 15. In Limerick City the lone parent rate is varies between the three municipal districts which make up the metropolitan area. Higher levels are prevalent on in Limerick City North (34.30%) than in either Limerick City East (25.7%) or Limerick City West (21.2%). Rates in the County are much lower; Cappamore–Kilmallock (15.4%), Adare –Rathkeale (13.8%), and Newcastle West (15.7%). Within the City itself there is a high degree of variation between different ED's. Higher rates of lone parent households tend to fall in areas experiencing higher levels of deprivation, for example the ED's of John's A (extremely disadvantaged) and Galvone B (very disadvantaged) have high lone parent rates at 74.2% and 68.3% respectively, whereas Ballyvarra to the East of the city, which is categorised as marginally above average in the HP Deprivation indices, has 10.4% rate of lone parent households. In the county there are lower rates of lone parent households, however, there are a few areas where higher rates can be seen, and these include Rathkeale Urban (32.5%) and Patrickswell (27.3%). Figure 11 below shows some of these figures for comparison.

**Figure 11. Percent of Lone Parent Families with Children under 15, at ED Level, 2016.**



Source: AIRO, Census 2016 Viewer [Online] Available at: <http://airomaps.nuim.ie/id/Census2016/>

## 2.2.9 Education

Table 7 compares the rates of school non-attendance for both Primary and Post-primary in Limerick City and County to the National rates. At Primary level the rates of non-attendance are higher in Limerick City and County to the national average. At Post-Primary level all four indicators are above the state average apart from the mean percentage of absence of 20 days or more.

Rates of expulsions and suspensions mainly apply to Post-Primary Schools. In the Post Primary sector, the expulsion rate for Limerick City and County in 2015/16 was 0.09% (compared with a state average of 0.06% while the suspension rate was 4.47%, again slightly higher compared with the state average (4.34%).

**Table 7. The mean percentage of student/days lost, 20-day absences, expulsions, and suspensions for Limerick and Nationally, 2015/16.**

	Mean % student/days lost	Mean % Student Absence of 20 days or more	Mean % of Student Expulsion	Mean % of Student Suspension
<b>Primary Schools</b>				
National average	5.8	11.4	0.01	0.48
Limerick City & County	6.3	13.8	0.00	1.44
<b>Post Primary Schools</b>				
National average	8.2	16.1	0.06	4.34
Limerick City & County	7.6	14.6	0.09	4.47

Source: Millar, D. School Attendance Data from Primary and Post-Primary Schools 2015/16, Analysis and Report to the Child and Family Agency, TUSLA child and family agency.

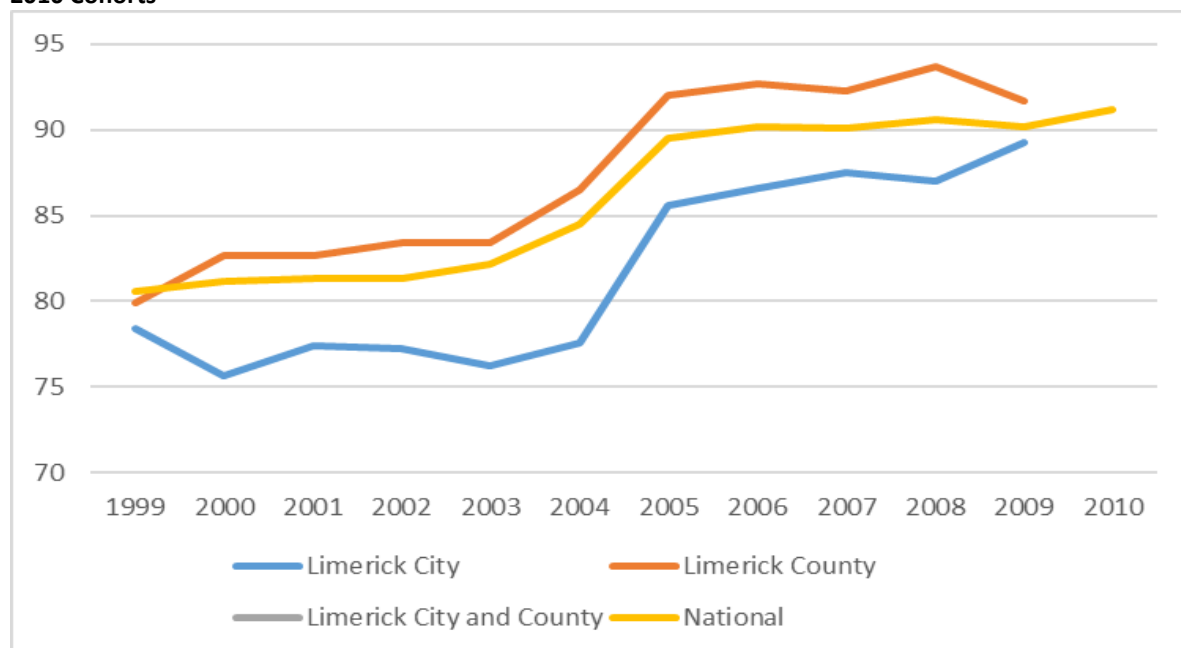
### School Retention

The Department of Education and Skills provides data on retention rates for second-level education<sup>12</sup>. The rate of retention refers to the percentage of entrants to second-level education in a given year that complete their Leaving Certificate. The cohort year refers to year of entry to first year of second-level education (e.g. the 2010 cohort refers to pupils who sat their Leaving Certificate in 2015 or 2016).

Nationally, in the 2010 cohort, 97.35% sat the Junior Certificate Exams in 2013 or 2014 and 91.2% sat the Leaving Certificate Exams in 2015 or 2016. These figures are very similar to the figure in Limerick City and County; Junior Certificate retention (97.48%) and the Leaving Certificate retention (91.30%). Figure 12 shows the Leaving Certificate Retention Rate in Limerick city, Limerick county and Ireland for 1997-2010 Cohorts. Nationally Voluntary secondary schools continue to have the highest retention rate to Leaving Certificate at 92.7%; followed by Community & Comprehensive schools (90.6%) and Vocational schools (88.3%).

<sup>12</sup>Department of Education and Skills (2017) Retention Rates of Pupils in Second-Level Schools 2010 Entry Cohort, Department of Education and Skills

**Figure 12. National Leaving Certificate Retention Rate in Limerick city, Limerick county and Ireland for 1997-2010 Cohorts**



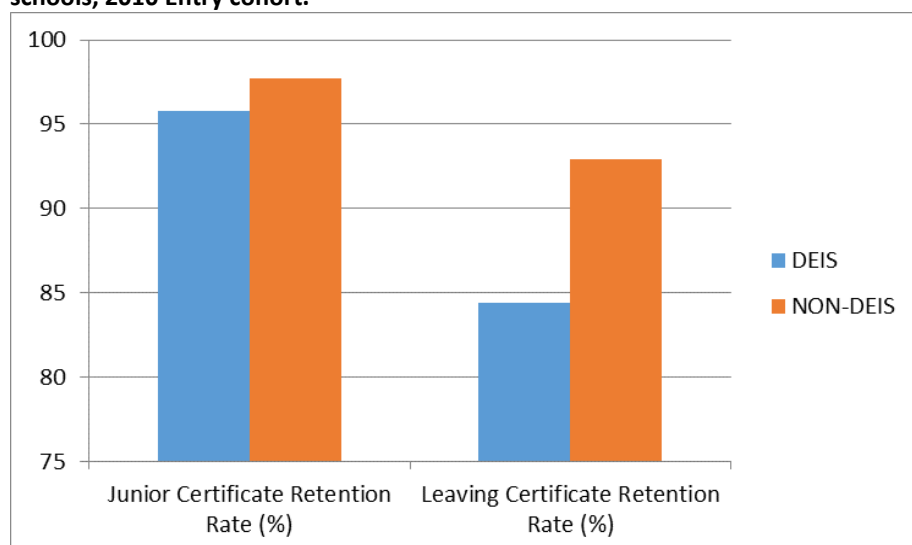
\* Break in series from 2005 onwards due to revised methodology.

\*\* Figures for Limerick city and county were amalgamated in 2010.

Source: CSO

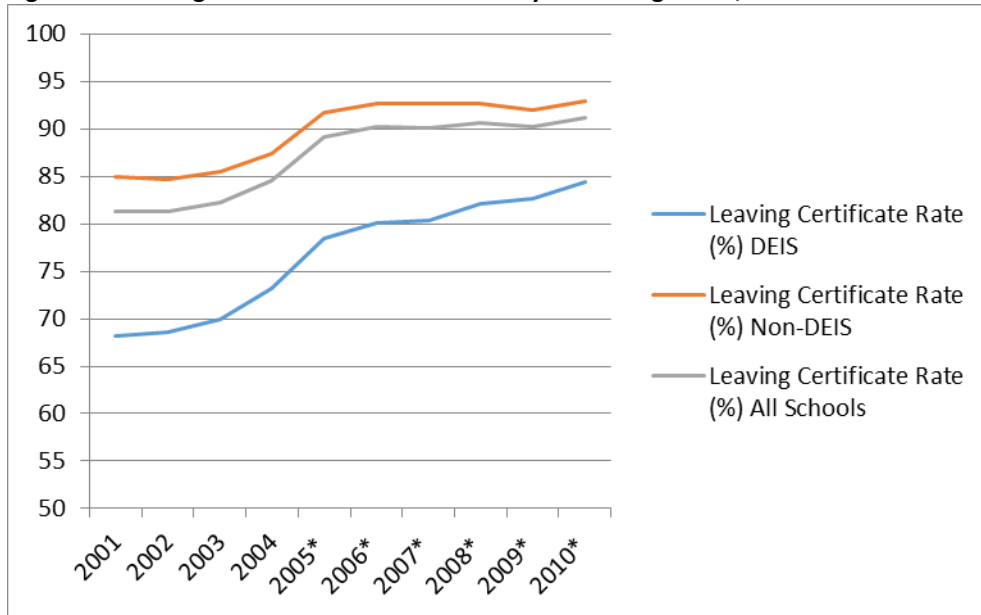
DEIS schools, on average, have lower retention rates than non-DEIS schools, especially at Leaving Certificate level (Figure 13). However, the average retention rate to the Leaving Certificate for DEIS second-level schools continues to increase year-on-year. The retention rate is rising faster in DEIS schools and therefore the gap in retention rates between DEIS and non-DEIS schools continues to narrow. Between the entry cohort of 2001 and the entry cohort of 2010 this gap has halved from 16.8% to 8.5% for Leaving Certificate Retention (Figure 14). Retention rates by DEIS and non-DEIS school are not available at county level.

**Figure 13. Retention Rates in Ireland at Junior Certificate and Leaving Certificate by DEIS and non-DEIS schools, 2010 Entry cohort.**



Source: Department of Education and Skills (2017) Retention Rates of Pupils in Second-Level Schools 2010 Entry Cohort, Department of Education and Skills.

**Figure 14. Leaving Certificate Retention Rates by DEIS Designation, 2001-2010 Cohorts.**



\* Break in series from 2005 onwards due to revised methodology.

Source: Department of Education and Skills (2017) Retention Rates of Pupils in Second-Level Schools 2010 Entry Cohort, Department of Education and Skills.

## 2.2.10 Child Protection and Welfare

Meitheal is an approach to help children where they may need the support of more than one service. Meitheal is a case co-ordination process for families with additional needs who require multi-agency intervention but who do not meet the threshold for referral to the Social Work Department. Table 8 below shows Meitheal statistics for Limerick in 2018 and 2019.

**Table 8. Meitheal Statistics for Limerick in 2018 and 2019**

	2018	2019
<b>Meitheal Requests</b>	38	23
<b>Access Pathways into Meitheal:</b>		
<i>Direct Access (Community Referral)</i>	28	18
<i>Social Work Diversion (Referral from Social Work Intake)</i>	0	1
<i>Social Work Step-Down (Referral after a Social Work Initial Assessment)</i>	10	4
<b>Meitheals Active/Open at 31<sup>st</sup> December</b>	26	16
<b>Meitheals Closed</b>	37	27

### ***New Referrals***

Tables 9 and 10 indicate all new referrals received by Tusla services in Limerick in 2017 and 2018 respectively. The total number of new referrals increased in 2018 by 103 compared to the 2017 figure.

**Table 9. New Referrals in Limerick 2017**

Referral Priority / Report Type	Child Welfare Concern	Neglect	Physical Abuse	Emotional Abuse	Sexual Abuse	Awaiting Categorisation	Total
High	78	83	69	182	93	11	516
Medium	773	30	40	80	26	8	957
Low	709	20	82	65	37	21	934
Not Set	4	1	0	2	0	12	19
Total	1564	134	191	329	156	52	2426

Source: Tusla Child and Family Agency

**Table 10. New Referrals in Limerick 2018**

Referral Priority / Report Type	Child Welfare Concern	Neglect	Physical Abuse	Emotional Abuse	Sexual Abuse	Awaiting Categorisation	Total
High	169	102	71	85	111	5	543
Medium	414	88	95	162	32	3	794
Low	656	105	99	243	83	5	1191
Not Set	0	0	0	0	1	0	1
Total	1239	295	265	490	227	13	2529

Source: Tusla Child and Family Agency

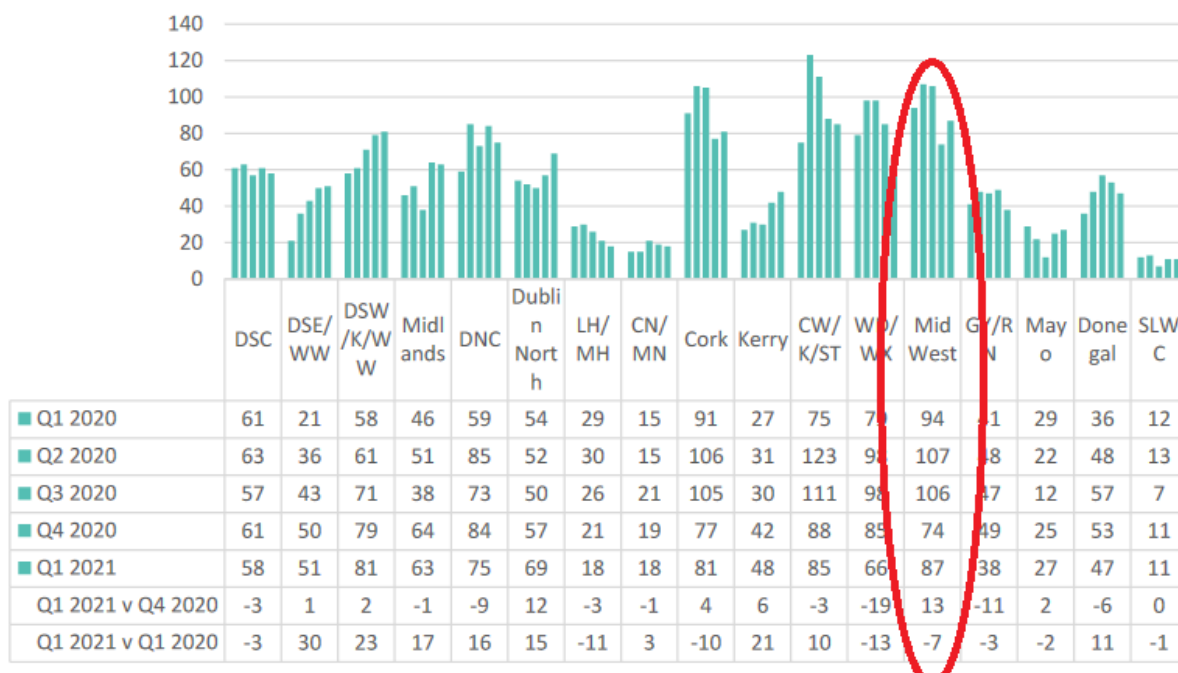
### ***Child Protection Notification System***

The Child Protection Notification System (CPNS) records children who have been identified as being at ongoing risk of significant harm and are, or have been, subject to a Child Protection Plan agreed at

a Child Protection Conference. A child is listed as 'Active' (i.e. at ongoing risk of significant harm) or 'inactive' (no longer at risk). Names on the list are strictly controlled and a child's name is removed from the list completely when they turn 18.

Figure 15 shows the total number of children listed as "active" by Tusla area in 2020 and Q1 2021. The Midwest region, (of which Limerick is a part) falls within the area with the highest figures of children listed as 'Active' on the Child Protection Notification System, although there is a declining trend in these figures. There were 87 children across the Midwest listed as 'Active' in Q1 2021, a decline of 7 children in Q1 2020.

**Figure 15 Number of children in Ireland listed as 'Active' on the Child Protection Notification System shown by Area, Q1 to Q4 in 2020 and Q1 2021.**



Note: Limerick is within the Midwest region.

Source: Tusla Quarterly Performance and Activity Report Quarter 1 2021, [Online] Available at: <http://www.tusla.ie/data-figures>

### **Access to relevant services in suspected cases of abuse**

Tusla records the number of cases where a child has been identified as being in need of a social work service. These figures, shown in Table 11 indicate that of 477 open cases, 105 cases (22%) are awaiting the allocation of a social worker.

**Table 11. Open cases requiring a social work service in Limerick as of 31 December, 2018.**

Referral Priority/Status	Allocated	Awaiting Allocation	Total
High	115	24	139
Medium	115	27	142
Low	142	52	194
Not Set	0	2	2
Total	372	105	477

Source: Tusla Child and Family Agency



### Children in Care

The Mid West region had 575 children in Q1 2021. At 6 children per 1,000 of population, this is the third highest in the country and above the national average of 4.9 children per 1,000 of population.

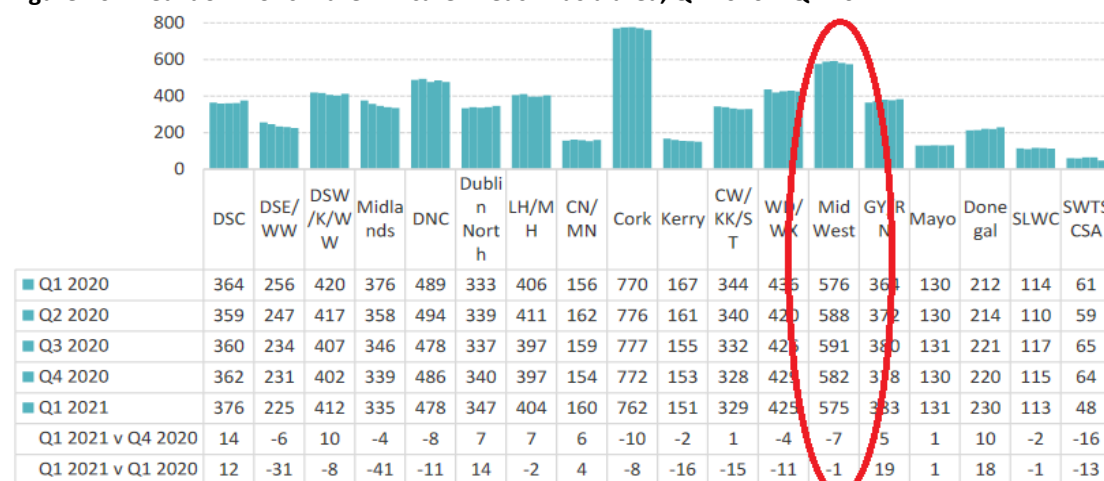
Table 12. Q1 2021 No of children in care and rate per 1000 population 0-17 years

Area	0-17 population (Census 2016)	No CIC Q1 2021	No of CIC/1,000 population 0-17
DSC	65,564	376	5.7
DSE/WW	86,810	225	2.6
DSW/K/WW	108,186	412	3.8
Midlands	80,193	335	4.2
DNC	44,927	478	10.6
Dublin North	100,654	347	3.4
LH/MH	93,093	404	4.3
CN/MN	36,446	160	4.4
Cork	134,015	762	5.7
Kerry	34,527	151	4.4
CW/KK/ST	63,009	329	5.2
WD/WX	66,515	425	6.2
Mid West	96,266	575	6.0
GY/RN	70,012	282	4.8
Mayo	31,968	131	4.1
Donegal	42,865	230	5.4
SLWC	23,554	113	4.8

Source: Tusla Child and Family Agency

Figure 16 show a breakdown for children in care in 2020 and Q1 2021. The figure in the Mid West region has remained relatively stable across the past five quarters. 83% of children in care (475) had an allocated social worker in Q1 2021 This is a 11% decrease from Q4 2020. 99% had an up to date care plan in Q1 2021 with eight children in care having no up to date plan in place.

Figure 16. Breakdown of children in care in each Tusla area, Q1 2020 – Q1 2021



Source: Tusla Child and Family Agency

### Aftercare

Tusla is responsible for preparing an aftercare plan for young people leaving care who meet the eligibility criteria. Aftercare plans are based on a needs assessment and outlines the supports that the young person may require in their transition into adulthood. Aftercare supports care-leavers from age 18 to 21 but can be extended until the young person reaches 23 years of age if they are in full time education or accredited training<sup>13</sup>.

Tusla records the number of young people who are in receipt of an aftercare service. Table 13 presents the number and percentage of young people (aged 18 to 22 inclusive) in receipt of an aftercare service who are in full time education. In Q1 2021 of the 139 young adults in receipt of an aftercare service in the Mid West, 106 (76%) were in full time education.

**Table 13. Number and Percentage of young adults (aged 18 to 22) in receipt of an aftercare service who are in full time education / accredited training**

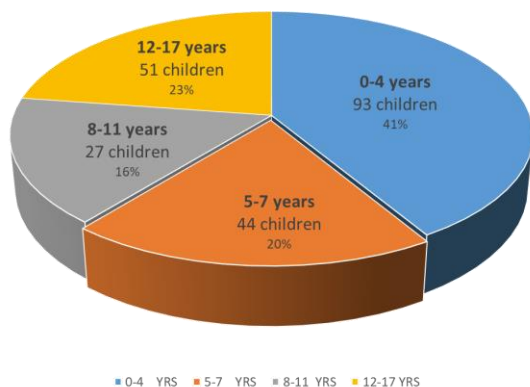
Area	# 18-20 years Q4 2020	# in education / accredited training	% in education / accredited training	# 18-20 years Q1 2021	# in education / accredited training	% in education / accredited training
DSC	101	79	78%	100	79	79%
DSE/WW	75	60	80%	75	64	85%
DSW/K/WW	132	87	66%	124	85	69%
Midlands	78	67	86%	85	75	88%
DNC	160	120	75%	154	116	75%
Dublin North	95	56	59%	94	54	57%
LH/MH	100	69	69%	95	62	65%
CN/MN	39	33	85%	40	34	85%
Cork	179	142	79%	187	151	81%
Kerry	38	29	76%	37	30	81%
CW/KK/ST	100	85	85%	101	87	86%
WD/WX	90	64	71%	82	65	71%
Mid West	137	100	73%	139	106	76%
GY/RN	109	88	81%	110	89	81%
Mayo	35	34	97%	36	34	94%
Donegal	35	28	80%	39	31	79%
SLWC	28	28	100%	27	27	100%
SWTSCSA	82	76	93%	82	80	98%
<b>Total</b>	<b>1,613</b>	<b>1,245</b>	<b>77%</b>	<b>1,617</b>	<b>1,269</b>	<b>78%</b>

<sup>13</sup>Tusla (2017) National Aftercare Policy for Alternative Care. [Online] Available at: [http://www.tusla.ie/uploads/content/4248-TUSLA\\_National\\_Policy\\_for\\_Aftercare\\_v2.pdf](http://www.tusla.ie/uploads/content/4248-TUSLA_National_Policy_for_Aftercare_v2.pdf)

### 2.2.11 Homelessness

In Limerick in January 2020 95 family households were in homeless emergency accommodation, with 63 being lone parent families and 32 two-parent families. This mirrors the 2:1 ratio referenced in national research. Of the children in emergency accommodation, 41% (93) are 0 – 4 years. 20% (44) are 5 – 7 years, 16% (27) are 8 – 11 years and 23% (51) are 12 – 17 years. It should be noted that the numbers of families in temporary accommodation (hotels and hostels) has reduced significantly in 2020 and 2021.

**Figure 17. Children 0-17 years in Homeless Hubs, Hotel and Hostel Accommodation in Limerick, January 2020**



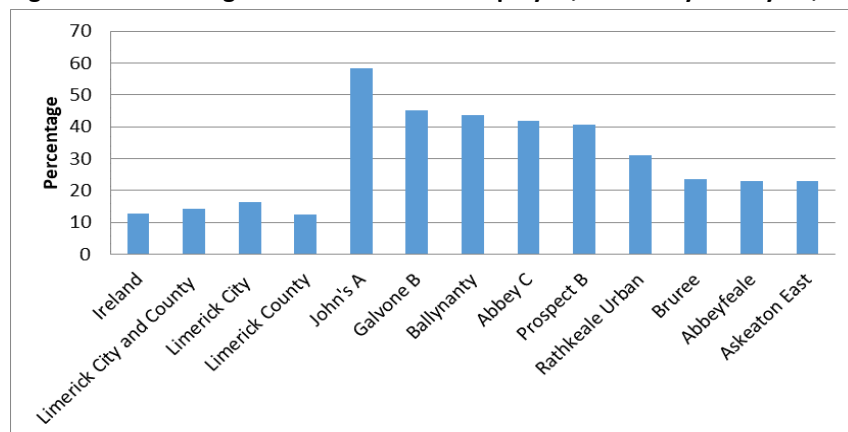
Source: Limerick City and County Council

### 2.2.12 Employment

The economic recession marked a particularly difficult period for the country and has had major impacts on the number of people in employment. The Central Statistics Office uses Principal Economic Data from the Census to calculate the unemployment rate as follows: the number of people unemployed (including those looking for their first job and those unemployed having lost or given up their last job) calculated as a percentage of the total of number of people in the labour force (including those at work plus those unemployed).

According to the 2016 Census<sup>14</sup> the unemployment rate in Ireland is 12.9%. In Limerick City and County, the rate was slightly higher at 14.4%. However, there has been a clear drop in unemployment rate in Limerick City and County since the 2011 Census when the rate was much higher at 21%. Figure 18, below, shows that the unemployment rate is higher in the city (16.4%) than it is in the county (12.4%). There are areas however in both county and city, where unemployment rate is much higher than average.

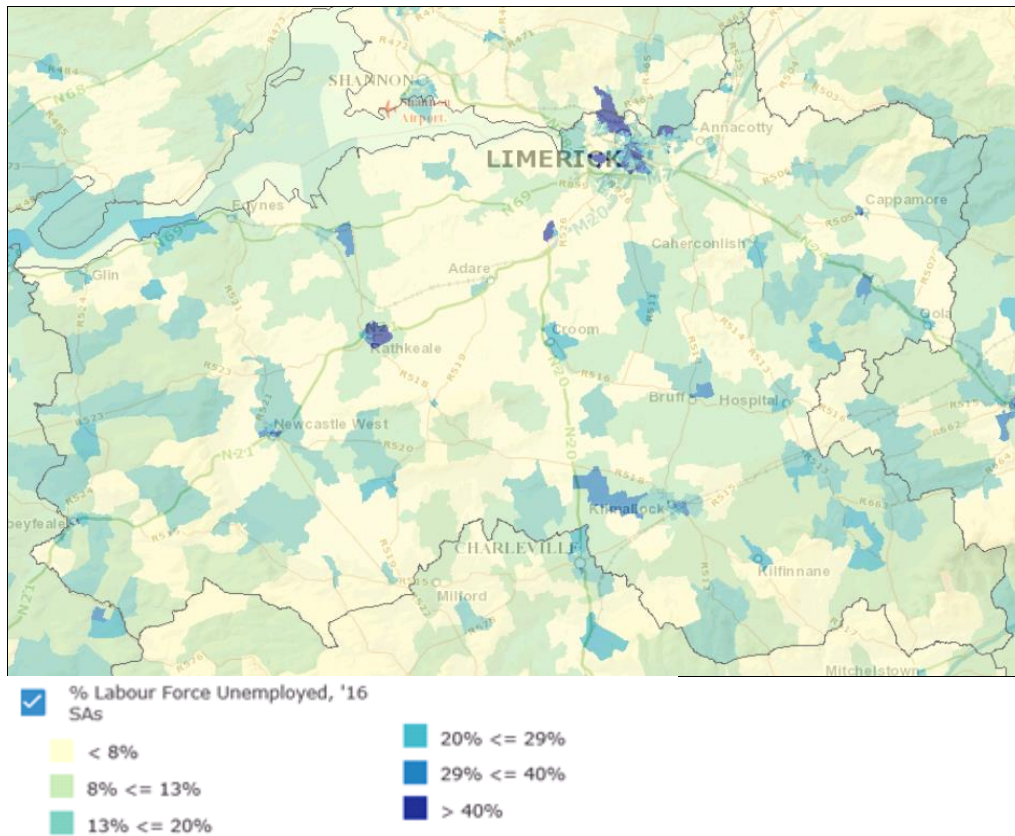
**Figure 18. Percentage of Labour force Unemployed, nationally and by ED, 2016.**



Source: Source: AIRO, Census 2016 Viewer [Online] Available at: <http://airomaps.nuim.ie/id/Census2016/>

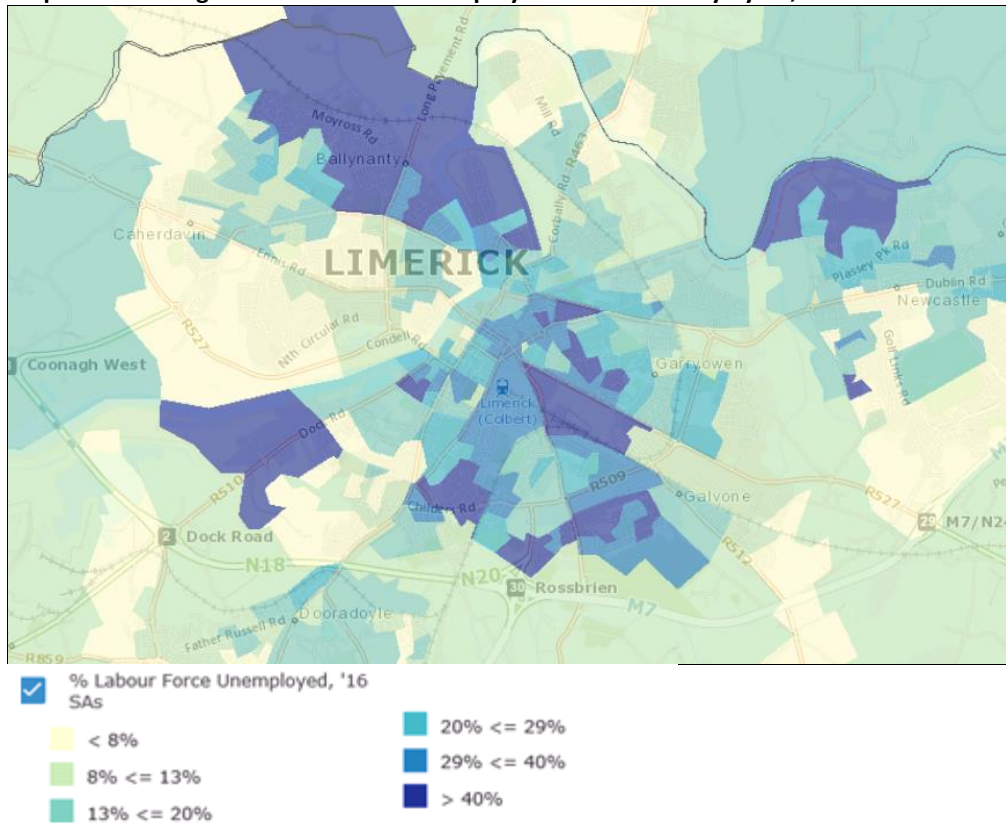
<sup>14</sup>Central Statistics Office. Census 2016. [Online] Available at: <http://www.cso.ie/en/>

Map 13. Percentage of Labour Force Unemployed in County Limerick by SA, 2016.



Source: Source: AIRO, Census 2016 Viewer [Online] Available at: <http://airomaps.nuim.ie/id/Census2016/>

Map 14. Percentage of Labour Force Unemployed in Limerick City by SA, 2016.



Source: Source: AIRO, Census 2016 Viewer [Online] Available at: <http://airomaps.nuim.ie/id/Census2016/>

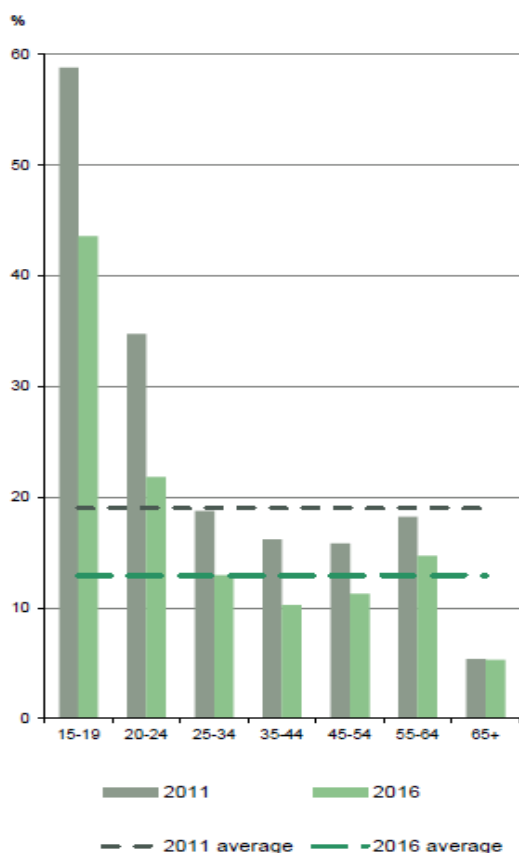
According to the CSO, areas of severe unemployment are defined as EDs with at least 200 people in the labour force and an unemployment rate of 27% or higher. There were 79 of these areas in Ireland in 2016. Of these unemployment area EDs, 17 were in Limerick City, which means almost half (45%) of EDs of Limerick City still suffer from very high levels of unemployment. In fact, eight out of the top 10 areas of severe unemployment nationally are in Limerick City (see Table 14).

**Table 14. Top 10 Areas of Severe Unemployment in Ireland, 2016.**

John's A, Limerick City	58.3%
Galvone B, Limerick City	45.0%
Ballynanty, Limerick City	43.6%
Abbey C, Limerick City	41.9%
Prospect B, Limerick City	40.7%
Glentworth C, Limerick City	40.2%
Longford No. 1 Urban, Longford	39.7%
St. Laurence, Limerick City	39.2%
Killeely A, Limerick City	38.8%
Larchville, Waterford City	37.6%

Source: Central Statistics Office (2017) Census 2016 Summary Results - Part 2. [online]

**Figure 19. Unemployment rates by age, 2011 and 2016**



The rate of unemployment in Ireland varies by age, gender and location. According to the 2016 Census higher unemployment rates were seen among young people. For example, national data shows that the unemployment rate for 20-24 year olds (21.8%) was almost double that of 45-54 year olds (11.3%) (

Figure 19). In some EDs in Limerick City and County the rate of youth unemployment reaches far higher levels. Over 60% of youths in some EDs are unemployed. Table 15 shows the youth unemployment rate for some of the EDs where unemployment rates are highest, as well as the EDs where unemployment rates are less than 10%. All of the EDs with over 60% of youth unemployment are in the city apart from Ballintober which is close to Newcastle West. All of the Regeneration EDs have youth unemployment rates of 40% or higher.

Source: Central Statistics Office (2017) Census 2016 Summary Results - Part 2. [online] Available at: [http://www.cso.ie/en/media/csoie/newsevents/documents/census2016summaryresultspart2/Census\\_2016\\_Summary\\_Results\\_%E2%80%93\\_Part\\_2.pdf](http://www.cso.ie/en/media/csoie/newsevents/documents/census2016summaryresultspart2/Census_2016_Summary_Results_%E2%80%93_Part_2.pdf)

**Table 15. Areas of High and low Youth Unemployment Rate in Limerick City and County by ED, 15 to 24 years, 2016.**

Irish youth unemployment rate: 25.6%			
Limerick City and County youth unemployment rate: 29.0%			
over 60%	50 - 59.99%	40 - 49.99%	Less than 10%
<b>John's A</b>	Killeely A	Port	Grange
<b>Ballynanty</b>	Rathkeale Urban	Bruree	Kilscannell
<b>Prospect B</b>	Singland A	Cappamore	Roxborough
Abbey D	St. Laurence	Glentworth C	Kilmoylan
Ballintober	<b>Rathbane</b>	Croom	Cullane
	Knocklong	Ballinacurra B	Ballyallinan
	Askeaton East	Glentworth A	Riddlestown
	Abbey C	Patrickswell	Abbeyville
	Prospect A	<b>Galvone B</b>	Kilfinny
	Particles	Abbeyfeale	Rockhill
		Newcastle Urban	Carrig
		Galvone A	Doon West
		Rooskagh	Anglesborough
			Garryduff
			Craggs
			Dromard
			Mohernagh
Note: Regeneration EDs are in bold			
Source: Data supplied upon request by the CSO Feb 2018.			

Table 16 shows the number of under 25 year olds who are on the live register. This table shows that the number was falling year-on-year in each of the three social welfare offices in Limerick until 2020 when the impact of Covid-19 becomes evident. However, it should be noted that these figures do not perfectly represent unemployment distribution. Some people sign on in the city when they live in the country and therefore the figure for the city may be overstated while the figures for the rural areas may be understated. In addition, people close to the Tipperary border may sign on in Tipperary and therefore are not captured in the Limerick figures, and vice-versa.

**Table 16. Number of under 25 year olds on the live register by social welfare office**

	<b>2015 (Sept)</b>	<b>2016 (Sept)</b>	<b>2017 (Sept)</b>	<b>2018 (Sept)</b>	<b>2019 (Sept)</b>	<b>2020 (Sept)</b>
<b>Kilmallock</b>	208	170	137	104	105	130
<b>Newcastle West</b>	260	211	158	118	114	132
<b>Limerick City</b>	1,519	1,250	1,173	892	698	919

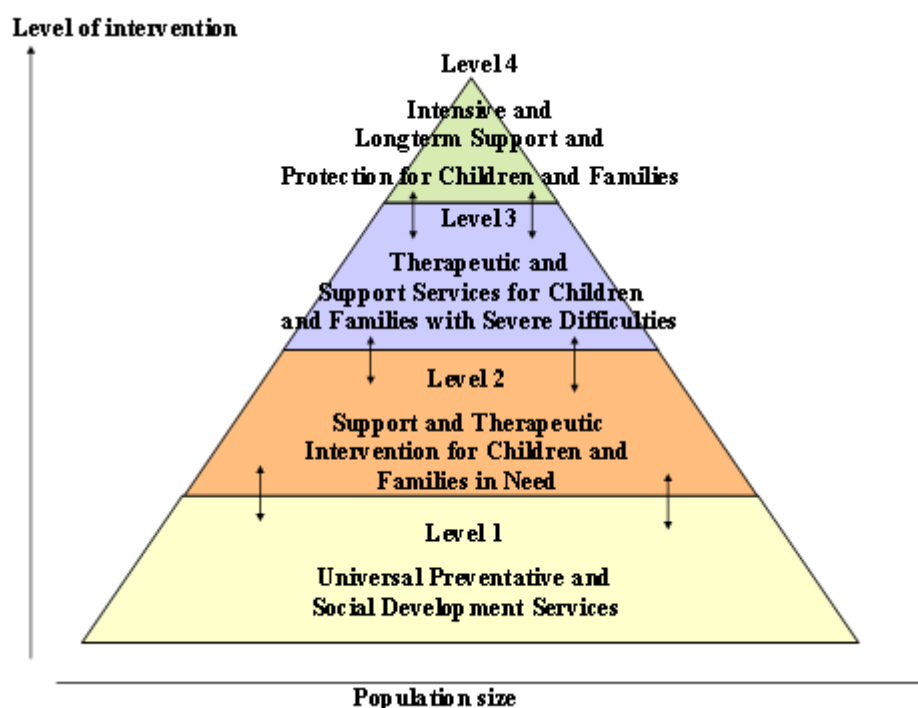
Source: Central Statistics Office. Census 2016. [Online] Available at: <http://www.cso.ie/en/>  
(LRM07)

## Section 3: Overview of Services to Children and Families in Limerick

This section *summarises* the services provided to children, young people and families in Limerick by statutory, voluntary and community sector organisations. The services are categorised under the Five National Outcomes. It is acknowledged that most services deliver across a number of outcome areas. Just as the experiences of children, young people and their families cannot be categorised within the national outcome service, services do not fit neatly into the framework. The Five National Outcomes framework is used as a tool to list services and is not indicative of their over service.

Each listing outlines what the services provided to children, young people and families in Limerick are according to the different levels in the Hardiker Model, i.e. Levels 1, 2, 3 and 4 (recognising that some services cross several levels). It also states whether the services are universal, targeted or both.

It is important to note that this overview of services is not necessarily a complete representation of all services for children and young people in Limerick. Some services may have been omitted in error.





### Outcome 1: Active and healthy, physical and mental wellbeing

- Physically healthy and make positive choices
- Good mental health
- Positive and respectful approach to relationships and sexual health
- Enjoy play, recreation, sport, arts, culture and nature

#### *Physical Health*

<b>Ballyhoura Beo</b>	Ballyhoura Beo is a community service programme that delivers outdoor recreation and environmental education programmes, activities and events. It supports a healthy natural environment, a healthy vibrant economic environment and a healthy equitable social environment.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>Health Service Executive</b>	The HSE offers a wide range of public primary care, health and social care services through clinics, hospitals, local health teams and health centres.	S	<ul style="list-style-type: none"> <li>• Hardiker 1 – 4</li> <li>• Universal &amp; Targeted</li> </ul>
	<p><b>Primary Care</b></p> <p>Includes eye, dental, dietician, GPs and family doctors, GP out of hours; public health nurses, and more specialised services through speech and language therapy, psychological and psychology services; disability, homelessness. There are 18 Primary Care teams across Limerick city and county.</p>	S	<ul style="list-style-type: none"> <li>• Hardiker 1 – 4</li> <li>• Universal &amp; Targeted</li> </ul>
<b>Limerick City and County Council</b>	<b>Outdoor Play and Recreation:</b> Limerick City and County Council maintain the following outdoor play and recreation amenities: Multi-Use Games Areas (6), Skateboard Parks (3), Playgrounds (27), Parks, woodlands and other outdoor amenities (28)	S	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
	<b>Healthy Limerick</b> works to improve health, positive wellbeing and quality of life by ensuring all sectors are aware of and collaborate to achieve a healthy Limerick working with a social determinants approach to health.	S	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>Limerick Sport Partnership</b>	The aim of Limerick Sports Partnership is “Getting Limerick Active” together. Limerick Sports Partnership aims to ‘Get Limerick Active’ through increasing participation in sport. The role of the Partnership is to be a source of information in relation to current and upcoming sports activities, provide quality opportunities and training and to develop and implement a strategic plan for Limerick.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal and Targeted</li> </ul>

### ***Mental Health***

<b>Bluebox Creative Learning Centre</b>	The Blue Box Creative Learning Centre works with schools and families in Limerick City and environs. It provides a safe space with trained Creative Arts Therapists who deliver a professional service through art, play, music and dance movement therapy. They work with children who need support at school or home and help guide them through difficult times.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 -2</li> <li>• Targeted</li> </ul>
<b>CARI Limerick</b>	CARI provides child centred specialised therapy and support to children, families and groups affected by child sexual abuse, regardless of means. CARI provides support during the recovering process, endeavouring to ensure that the child sexual abuse is seen as an experience but not a defining event of the child's life. It also provides therapy to children, up to and including 12 years who are showing signs of Sexually Harmful behaviour.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-3</li> <li>• Targeted</li> </ul>
<b>Children's Grief Centre</b>	The Children's Grief Centre is a support service for school-aged children and young people affected by loss through death, separation or divorce. It provides a safe and supportive place for children and young people and their families who are grieving. The service is provided by trained and experienced people. The Centre offers One-to-One support, Teacher Support, and Community Education.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 – 2</li> <li>• Targeted</li> </ul>
<b>Jigsaw</b>	Jigsaw Limerick is a free, non-judgemental and confidential mental health support service for young people aged 12 - 25 living, working or studying in Limerick City and County. They provide guidance and support for young people who are going through a difficult or distressing time. They also provide advice and guidance for anyone who is concerned about a young person in their life.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal &amp; Targeted</li> </ul>
<b>Limerick Social Service Council</b>	LSSC offers support to young people from 14 – 25 years with mild to moderate mental health difficulties.		<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal &amp; Targeted</li> </ul>
<b>Limerick Youth Service – Be Well Mental Health Team</b>	The LYS Be Well Team offers support to young people from 14 – 25 years with mild to moderate mental health difficulties.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 – 2</li> <li>• Universal &amp; Targeted</li> </ul>
<b>Living Links</b>	Living Links provides practical help, information and support to persons bereaved by suicide in Ireland. They provide an assertive outreach support to the suicide bereaved and a suicide outreach contact person is available to help at local level. The outreach worker can provide information and practical support concerning areas such as funeral, inquest, entitlements, what to say to children, how to deal with neighbours, help to clarify their personal grief, connect to other support services, provide information on suicide and attempted suicide.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 – 2</li> <li>• Targeted</li> </ul>

### ***Mental Health***

<b>Mental Health Ireland – Limerick</b>	Mental Health Ireland is a national voluntary organisation. MHI's aim is to promote positive mental health and wellbeing to all individuals and communities in Ireland. It has a network of 92 Mental Health Associations throughout the country. They are run by volunteers from within the community, including mental health professionals, service users and family members, who provide a range of supports for people with mental health conditions. MHAs provide a range of services including providing advice and information on mental health issues, raising funds for social inclusion activities, supporting the development of peer-led day services and providing education and training opportunities for people with mental health conditions. 5 associations in Limerick: Kilmallock and District, Limerick, North Liberties, Raheen and District and West Limerick	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>National Educational Psychological Service Agency</b>	NEPS Psychologist work with both primary and post-primary schools and they are concerned with learning, behaviour, social and emotional development. Each psychologist is assigned to a group of schools. NEPS psychologists specialise in working with the school community. They work in partnership with teachers, parents and children in identifying educational needs. They offer a range of services aimed at meeting these needs, for example, supporting individual students (through consultation and assessment), special projects and research.	S	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Pieta House</b>	Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm. Pieta House also operates the Suicide Bereavement Counselling centres. Free counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide is also provided.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-3</li> <li>• Universal &amp; Targeted</li> </ul>
<b>Rainbows Ireland</b>	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. 9 school-based centres and 2 FRC-based centres in Limerick	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Shine</b>	Shine provides information and supports to people with mental ill health and their families and carers. It provides services for over 18 year olds but has additional supports for their families. Shine's Regional Development Offices are located throughout Ireland.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal &amp; Targeted</li> </ul>
<b>Health Service Executive</b>	<b>Specialist Perinatal Mental Health Service</b> is responsible for the prevention, detection and management of perinatal mental health problems that complicate pregnancy and the first postnatal year. These problems include both new onset problems, reoccurrences of previous problems, and those with mental health problems before they became pregnant	S	<ul style="list-style-type: none"> <li>• Hardiker 2-4</li> <li>• Targeted</li> </ul>

### ***Mental Health***

<b>Health Service Executive</b>	<b>Child and Adolescent Mental Health Services</b> CAMHS is available for all young people and their families who are experiencing mental health difficulties that affect their ability to function in day to day activities up to the age of 18 years. The aim of CAMHS is to provide timely high quality assessment and treatment of mental health difficulties for young people and their families.	S	<ul style="list-style-type: none"> <li>• Hardiker 2-4</li> <li>• Targeted</li> </ul>
	<b>Child and Family Psychology Service</b> This service works with children/young people aged 0-18 and their families, who are experiencing mild to moderate emotional, behavioural and/or mental health difficulties.	S	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal</li> </ul>
	<b>Counselling in Primary Care</b> This service is suitable for young people and adults 18+ who are experiencing mild to moderate psychological difficulties. Counselling in Primary Care (CIPC) is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited counsellor/therapist.	S	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal</li> </ul>
	<b>Adult Mental Health Service</b> This service is for young people and adults 18+ and provides a range of community-based mental health services. The mental health team normally includes a consultant psychiatrist, registrar in psychiatry, and nurses. In some areas, the services of an addiction counsellor, psychologist, social worker and occupational therapist are available.	S	<ul style="list-style-type: none"> <li>• Hardiker 2-4</li> <li>• Universal</li> </ul>
<b>Samaritans</b>	Samaritans help with emotional support for anyone experiencing feelings of despair or distress. They provide a safe space for people to express how they are feeling, and all conversations are kept private. They can be contacted by telephone 24/7 or face-to-face in their branch which is open 09.00AM to 10.00PM every day of the year.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>University Hospital Limerick</b>	<b>Emergency / Out of Hours Service</b> The service includes provision of emergency services 24/7. A clinical team is on call to deal with emergency cases Monday--Friday 9:30-17:00, and there is a consultant Child and Adolescent Psychiatrist on call at all times.	S	<ul style="list-style-type: none"> <li>• Hardiker 1-4</li> <li>• Universal</li> </ul>

### ***Disability***

<b>Brothers of Charity Services</b>	<p>Brother of Charity works with people with intellectual disabilities and their families. It offers community day services, community residential services (in Limerick city and Newcastle West), and 24 hour integrated services.</p> <p>BOC also work in partnership also with the HSE <b>Disability Services on the Early Intervention &amp; School Age Teams</b> (see below).</p>		<ul style="list-style-type: none"> <li>• Hardiker 2-4</li> <li>• Targeted</li> </ul>
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***Disability***

<b>Daughters of Charity Disability Support Services</b>	<p>DOC Disability Services provide a comprehensive range of person centred services for people with intellectual disability. They run a children’s residential respite service which caters for overnight respite throughout the year, as well as after school &amp; evening respite, fun days out and responds to emergency respite requests. The homesharing service facilitates Adults and Children with Disabilities to receive short breaks with a Host family in their own home and community.</p> <p>DOC also work in partnership also with the HSE <b>Disability Services on the Early Intervention &amp; School Age Teams</b> (see below).</p>	C&V	<ul style="list-style-type: none"> <li>• Hardiker 2-4</li> <li>• Targeted</li> </ul>
<b>Deaf Community Centre</b>	<p>DCC aims to promote participation of the Deaf community in education, community, social and cultural activities with Irish Sign Language (ISL) as the main language of communication. DCC strives to improve the social integration of Deaf people and hearing people with the provision of facilities for entertainment, social, cultural and educational events and functions. Advocacy and assistance are also important; DCC is proud to be able to provide support, advice and information in ISL. Anyone who needs assistance or support to fill in forms or make a phone call is welcome to call into the centre.</p>	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Targeted</li> </ul>
<b>DeafHear Limerick</b>	<p>DeafHear provides a range of specialist supports and services to Deaf and Hard of Hearing people and their families. It seeks to support and work in partnership with other organisations and service providers to make their services fully accessible to Deaf and Hard of Hearing people. Their services include: Hearing Service, Family Support Service, Hearing &amp; Communication, Information &amp; Advice Services, Assistive Technology, Communication Services, Community Services, Mental Health.</p>	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Dóchas</b>	<p>Dóchas is an information and awareness centre for ASD in the Mid-West region of Ireland. There is a drop-in information centre for members and the general public. They host a monthly parent support group meeting and also offer social clubs to children and young people with ASD.</p>	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Targeted</li> </ul>
<b>Down Syndrome Limerick</b>	<p>Down Syndrome Limerick supports people with Down Syndrome and their families. The Association is parent led The primary service is the speech clinic where two full time speech therapists are employed. There is music therapy, drama and swimming on a regular basis and once off courses in make-up, road safety and art classes. The Association also runs summer camps, junior and senior Christmas parties and other social activities.</p>	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Dreamland Play Centre</b>	<p>Dreamland is Ireland's first all-inclusive play centre for all children to play together regardless of their ability or disability.</p>	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Targeted</li> </ul>

**Disability**

<b>Enable Ireland</b>	A non-residential adult day services centre, operating five days a week catering for 32 adults primarily with physical disabilities. Enable Ireland also work in partnership also with the HSE <b>Disability Services on the Early Intervention &amp; School Age Teams</b> (see below).		<ul style="list-style-type: none"> <li>• Hardiker 2-3</li> <li>• Targeted</li> </ul>
<b>Epilepsy Ireland Mid-West</b>	Epilepsy Ireland provides support, information and advice to people with epilepsy including training, one-to-one support, regional support groups and self-management programmes.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Targeted</li> </ul>
<b>Health Service Executive</b>	<p><b>Disability Services, Early Intervention &amp; School Age Teams</b> are committed to working in partnership with families of children with disabilities/developmental delay to minimise the impact of disability and maximise opportunities for growth and development. The Teams provide specialist therapeutic assessment and intervention to children with complex disabilities and/or developmental delay. The service is child and family centred and is offered across a range of settings. These may include the centre, home, school and preschool as appropriate. They are a partnership of the HSE, Brother of Charity Services, Daughters of Charity, Enable Ireland, St. Gabriel's Centre and St. Joseph's Foundation.</p> <ul style="list-style-type: none"> <li>• Blackberry Park Early Intervention and School Age Teams (Enable Ireland)</li> <li>• East Limerick Early Intervention and School Age Teams (Daughters of Charity)</li> <li>• St. Joseph's Foundation Early Intervention Team (St. Joseph's Foundation)</li> <li>• Treehouse Early Intervention and School Age Teams (St. Gabriel's)</li> <li>• West Limerick Early Intervention and School Age Teams (Brothers of Charity)</li> </ul>	S	<ul style="list-style-type: none"> <li>• Hardiker 2-4</li> <li>• Targeted</li> </ul>
<b>Irish Association of Spina Bifida and Hydrocephalus, Mid-West</b>	Services include physiotherapy, orthotics, counselling for members and family, special bikes and equipment, computer classes, cookery, leadership and self-awareness development, summer camps, swimming and art lessons, wheelchair sports, billiard lessons, paid expenses to families attending clinics in Dublin, paid extra tuition, parental support, social activities, respite, Wheels in Motion social group, leadership and confidence building courses, sexuality awareness courses, drug awareness training.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Ability Programme</b>	There are two Ability Programmes in Limerick (Limerick Youth Service (15 – 24 years) and Ballyhoura Development (15 – 29 years). The programmes aims to empower and facilitate young people with disabilities to develop personally, economically and socially to meet their needs and realise their full potential.		<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Multiple Sclerosis Society of Ireland,</b>	MS Ireland provides a range of services and activities to people with MS, their families, health professionals and others interested in or concerned about MS. Services are provided by	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>

### ***Disability***

<b>Mid-West Regional Services</b>	professionally trained staff and a dedicated team of volunteers. Services include Community Work & Family Support, Physiotherapist led exercise classes, professional advice and information related to symptom management, chiropody, community education & peer support groups.		
<b>National Council for the Blind Mid-West</b>	NCBI provides a variety of services to support people who are living with sight loss. These include: Advice and information, Emotional support and counselling, Low vision solutions, Assistive technology advice and training, Rehabilitation training, Library, Employment support, Practical solutions in our shop, and Policy and Advocacy.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>National Learning Network, Limerick</b>	NLN Limerick provides a range of free courses to people who have had an accident, illness, injury or have a disability and extra support needs. Courses are tailored to each student's needs, to help them to build their confidence while getting practical job-seeking skills to help them get a job or go on to further training.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Targeted</li> </ul>
<b>St. Joseph's Foundation</b>	Provides services and support to adults and their families who are referred to the service or are graduating from school services to adult service. Services include da, community services, respite and residential, employment and recreational services.  St. Joseph's also work in partnership also with the HSE <b>Disability Services on the Early Intervention &amp; School Age Teams</b> (see above).		<ul style="list-style-type: none"> <li>• Hardiker 2-4</li> <li>• Targeted</li> </ul>
<b>St. Gabriel's School and Centre</b>	St. Gabriel's School is a special needs primary and post primary day school, one of only five such schools in Ireland. It caters for children from four to eighteen years of age with multiple disabilities, sensory and developmental delay, and more serious life-limiting conditions.  St. Gabriel's also work in partnership also with the HSE <b>Disability Services on the Early Intervention &amp; School Age Teams</b> (see above).	C&V	<ul style="list-style-type: none"> <li>• Hardiker 2-3</li> <li>• Targeted</li> </ul>

### ***Sexual Health***

<b>Gender, Orientation, Sexual Health, HIV (GOSHH)</b>	GOSHH provides drop-in and support services as well as a confidential helpline and has rooms available to hire for counsellors and complimentary therapists. Services are directed to youths, sex workers, people living with HIV or Hepatitis, Lesbian, Gay, Bisexual and Transgender People, and people living with disability.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
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### ***Sexual Health***

<b>HSE Sexual Health Service</b>	The main elements include prevention of sexually transmitted infections (STIs) and clinical care for those with STIs, contraception, screening for diseases, psychosexual counselling and support, and specialised services for high-risk groups and diseases.	S	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal &amp; targeted</li> </ul>
<b>Limerick Family Planning Clinic</b>	Limerick Family Planning Clinic offers advice and full services in relation to family planning and personal health issues. It provides pregnancy testing, counselling services, contraceptive advice, STI/ STD screening, women's health services and vasectomy assessment and operations.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal &amp; targeted</li> </ul>
<b>Limerick Social Service Council</b>	<b>Relationships &amp; Sexual Health Programme</b> aims to increase parental capacity to communicate with their teenage children in the area of relationships and sexual health, and to develop parents' skills on conflict management and self-care. The service is available to parents of teenagers and teenagers in living in Limerick City and County.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted.</li> </ul>

### ***Drugs and Alcohol***

<b>Alcoholics Anonymous</b>	Alcoholics Anonymous is a group of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Targeted</li> </ul>
<b>Ana Liffey</b>	Offers low-threshold harm reduction interventions in response to problem drug use	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 -3</li> <li>• Targeted</li> </ul>
<b>Bushypark Treatment Centre</b>	Residential addiction treatment centre for those addicted to alcohol and other drugs and gambling.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 2-3</li> <li>• Targeted</li> </ul>
<b>Community Substance Misuse Team (CSMT) -Youth Support</b>	CSMT aims to assist young people, families and communities to develop effective and supportive coping strategies to deal with substance misuse in the Mid-West. CSMT is a multi-disciplinary team responding to under 18s with substance misuse issues. The service works with young people, families and communities to develop effective and supporting coping strategies to deal with substance misuse. It is funded by the Mid-West Regional Drugs and Alcohol Forum.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 – 2</li> <li>• Targeted</li> </ul>
<b>Gamblers Anonymous</b>	Gamblers Anonymous (G.A.) is a group of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Targeted</li> </ul>



### ***Drugs and Alcohol***

<b>HSE National Drug &amp; Alcohol Helpline</b>	The HSE National Drug & Alcohol Helpline provides a free confidential place where you can talk through your concerns about drugs or alcohol, get information about services and consider the options available to you to improve your situation.	S	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>Limerick City Drugs Education and Prevention Strategy (DEPS)</b>	Limerick DEPS work with community groups, schools, youth groups, etc. to support young people and their families in the local Communities to make informed choices towards a healthier lifestyle and promote a sense of community. It is a community based drug education and prevention providing drug education and prevention programmes to groups of young people, engages and resources alternative activities for young people, provides advice, reassurance, education and if necessary referrals for parents/guardians.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 – 2</li> <li>• Targeted</li> </ul>
<b>HSE Limerick Drug and Alcohol Service</b>	<p>The Service provides a range of supports including:</p> <ul style="list-style-type: none"> <li>• 1-2-1 Counselling &amp; Outreach Service</li> <li>• Harm Reduction Service including Needle Exchange</li> <li>• Methadone Programme</li> <li>• Drug Education &amp; Training</li> </ul> <p>There is a Walk-in screening available which includes a screening for Methadone Programme.</p>		<ul style="list-style-type: none"> <li>• Hardiker 1 – 2</li> <li>• Targeted</li> </ul>
<b>Mid West Region Drugs and Alcohol Task Forum</b>	<p>The MWRDATF is responsible for ensuring the development of a coordinated response to tackling issues related to drugs and alcohol in Limerick, Clare and North Tipperary.</p> <p><b><i>Let's Learn about Drugs &amp; Alcohol Together (LLADAT) Afterschool Programme</i></b> The aim of the programme is to support and build upon the work of SPHE in the classroom, while addressing parent/pupil needs in drugs education and to create a dialogue on the topic between parents and their children. The after school programme consists of two workshops. Designed for 2nd year pupils and their parents the sessions are interactive and engage the pupil and parent in a unique shared learning environment.</p> <p><b>#CannabisUnplugged</b> is a drug education initiative designed to aid teachers in the teaching and learning of cannabis in the classroom. The #CannabisUnplugged initiative is unique in that it aims to reach out to pupils and communicate to them the different aspects of cannabis use. It explores the cannabis drug, the consequence of use and misuse focusing on health and legal implications. Facilitating pupils to learn more about drugs; empowering them to make informed decisions while building their personal capacity to say no.</p>	S	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal &amp; Targeted</li> </ul>
<b>Narcotics Anonymous</b>	Narcotics Anonymous is a non-profit, international, community-based organization for recovering addicts. NA members learn from one another how to live drug-free and recover from the effects of addiction in their lives.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Targeted</li> </ul>

### ***Drugs and Alcohol***

<b>Novas Initiatives - Mid West Community Detox</b>	Programme developed to assist people wishing to access safer outpatient detoxification from benzodiazepines and/or methadone.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 2-3</li> <li>• Targeted</li> </ul>
<b>Saoirse Treatment Centre</b>	Saoirse Addiction Treatment Centre provides Non-Residential Treatment in Limerick City. Among its services is a therapeutic family programme facilitated by qualified counsellors, for a period of 10 weeks. This programme is followed by a family aftercare programme.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 2-3</li> <li>• Targeted</li> </ul>

### ***Traveller and Migrants***

<b>Doras Luimni</b>	<p>Doras Luimni provides information and advice on immigration-related issues. It provides a free, confidential and professional service, assisting migrants in accessing their rights and entitlements;</p> <ul style="list-style-type: none"> <li>• Advice &amp; Information Centre</li> <li>• Refugee Resettlement</li> <li>• Moving Out of Direct Provision</li> <li>• Learn English</li> <li>• Report Racism</li> <li>• Victims of Trafficking</li> <li>• City Centre Community Network</li> </ul>	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 -2</li> <li>• Targeted</li> </ul>
<b>Reception Integration Agency</b>	<p>Two direct provision centres in Limerick</p> <ul style="list-style-type: none"> <li>• Knockalisheen (Clare, bordering Limerick)</li> <li>• Griffin House (Limerick city centre)</li> </ul>	S	<ul style="list-style-type: none"> <li>• Hardiker 4</li> <li>• Targeted</li> </ul>
<b>Health Service Executive</b>	<p><b>Traveller Health Unit</b></p> <p>Works to improve traveller health in Limerick, Clare and North Tipperary by promoting health lifestyles, in the traveller community, supporting change in the issues that affect traveller health and assisting health service providers to respond to cultural difference. The THU supports two primary healthcare projects for Travellers in Limerick</p> <ul style="list-style-type: none"> <li>• Primary Health Care Project for Travellers (West Limerick / West Limerick Resources)</li> <li>• Traveller Health Advocacy Programme (Limerick City / Limerick Social Service Council)</li> </ul>	S	<ul style="list-style-type: none"> <li>• Hardiker 1 – 2</li> <li>• Targeted</li> </ul>

## Outcome 2: Achieving in all areas of learning and development

- Learning and development from birth
- Social and emotional wellbeing
- Engaged in learning
- Achieving in education

### *Early Years*

<b>ABC Start Right</b>	Hosted by PAUL Partnership, ABC Start Right provides age and stage appropriate developmental checks, information and parenting supports for parents of children ages 0-6 in the Northside and city centre of Limerick by working in partnership with relevant agencies through the community Wraparound Model.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Early Years Services</b>	194 Community and Private Early Years Services in Limerick City and County.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>Incredible Years</b>	Incredible Years is an early intervention and prevention programme and is designed to promote educational and social competence and prevent, reduce, and treat behavioural and emotional problems in young children.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Limerick Childcare Committee</b>	Service to develop, support and enhance early childhood services within the remit of Limerick City and County.	S	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Targeted</li> </ul>
<b>Parent Child Home Programme</b>	Hosted by Garryowen CDP, the Parent Child Home Programme (PCHP) is “learning through play experience” for parents and their preschool children. It is designed to strengthen the natural bond between parent and child and to encourage a love of learning. It employs a non-directive approach and encourages the parent as the child’s first and best teacher. PCHP employs trained local people as Home Visitors, to model verbal interaction for the parent and child. The Home Visitor meets the family twice a week, in their own home, for two short (1/2 hour) visits, term time only.		<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>

<b>Primary, Secondary and Further Education and Training</b>			
<b>Department of Education and Skills</b>	139 mainstream primary schools 33 mainstream secondary schools	S	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
	<p><b>Specialist Schools</b></p> <p><u>Catherine McAuley School</u> This school provides post-primary education to pupils with learning difficulties and those experiencing difficulties in mainstream education.</p> <p><u>Midwest School for the Deaf</u> The school caters for primary and post-primary hearing impaired pupils for the Mid-West region. Pupils are taught through sign language or orally, where appropriate. A pre-school facility is also in place to ensure early intervention for hearing impaired children.</p> <p><u>Red Hill School</u> This school has been designed based on best practice for children with autism combined with Department of the Education and Skills guidelines for special schools.</p> <p><u>St. Gabriel's School</u> This school for children with physical/multiple disabilities. The age range of the children who attend the school is 4 – 18 yrs, primary and post-primary levels.</p>		<ul style="list-style-type: none"> <li>• Hardiker 2 -3</li> <li>• Targeted</li> </ul>
	<b>National Educational Psychological Service Agency</b> NEPS Psychologist work with both primary and post-primary schools and they are concerned with learning, behaviour, social and emotional development. Each psychologist is assigned to a group of schools. NEPS psychologists specialise in working with the school community. They work in partnership with teachers, parents and children in identifying educational needs. They offer a range of services aimed at meeting these needs, for example, supporting individual students (through consultation and assessment), special projects and research.	S	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
	<b>St Augustine's Youth Encounter Project</b> YEP provide non-residential educational facilities for children who have either become involved in minor delinquency, or are at risk of becoming involved. Youth Encounter Projects provide these children with a lower pupil teacher ratio and a personalised education plan.	S	<ul style="list-style-type: none"> <li>• Hardiker 2-3</li> <li>• Targeted</li> </ul>
	<b>DEIS</b> Delivering Equality of Opportunity in Schools (DEIS) the Action Plan for Educational Inclusion, addresses educational disadvantage. The action plan focuses on addressing and	S	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>

**Primary, Secondary and Further Education and Training**

	prioritising the educational needs of children and young people from disadvantaged communities, from pre-school through second-level education (3 to 18 years). DEIS provides for a standardised system for identifying levels of disadvantage and an integrated School Support Programme (SSP). (See Tusla EWS for more information on the SSP)		
<b>Limerick and Clare Education and Training Board</b>	<p><b>Schools Division</b></p> <p>LCETB is responsible for the operation and management and operation of 12 post-primary schools in Limerick and one dedicated PLC college (Limerick College of Further Education). It also has responsibility for Youth Work Services, Outdoor Education (Kilfinane Outdoor Education Centre) and Music Education (Limerick School of Music and Music Generation Limerick City)</p>	S	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal and Targeted</li> </ul>
	<p><b>Further Education and Training</b></p> <p>The LCETB manages, coordinates and supports the delivery of further education and training. It delivers a suite of provision (both full-time and part-time) across Limerick including:</p> <ul style="list-style-type: none"> <li>• Training Services – in 2 locations in Limerick</li> <li>• Vocational Training and Opportunities Scheme (VTOS) – 4 locations in Limerick</li> <li>• Youthreach - an education, training and work experience programme for early school leavers aged 15 – 20. It offers young people the opportunity to identify options within adult life, and provides them with opportunities to acquire certification. 5 Youthreach centres in Limerick:</li> <li>• Community Training Centre - provides training, educational and employment related services for young people in a friendly and informal manner. 1 in Limerick under the auspices of Limerick Youth Service</li> </ul>	S	
<b>Limerick Community Based Educational Initiative (LCBEI)</b>	<b>Engage in Education</b> helps individual students to realise their potential, using the education system with our support and encouragement. It starts early with childhood education and in the primary school years in their community setting, working with students and families. They encourage links with all the mainstream initiatives available to support their educational journey through primary school, second level and through to college graduation. Engage creates a personal and family support pathway to success.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Targeted</li> </ul>
<b>Limerick Learning Hub</b>	The Learning Hub works in partnership with parents, education providers, statutory agencies and the wider Limerick community to provide a safe, welcoming and inspiring learning environment	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> </ul>

**Primary, Secondary and Further Education and Training**

	<p>where young people can reach their true potential. They offer various hubs; music, science, art, health, digi, and story hub.</p> <p>Priority is given to children attending local DEIS schools but over 40% of places are accessible to children from other areas of the city attending non-DEIS schools also.</p>		<ul style="list-style-type: none"> <li>• Targeted</li> </ul>
<b>Tusla Educational Support Services</b>	<p><b>Tusla Educational Support Services</b> The statutory and school support services of the Child and Family Agency's TESS work together collaboratively and cohesively with schools and other relevant services to secure better educational outcomes for children and young people. It provides Educational Welfare Officers and A Senior EWO in Limerick. 172 primary and secondary schools supported alongside School Completion Projects and Home School Community Liaison Officers.</p>	S	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal &amp; Targeted</li> </ul>
	<p><b>Home School Community Liaison</b> The HSCL scheme is a central component of the Department of Education and Skill's DEIS School Support Programme. It is a school based preventative programme that is targeted at children and young people who are at risk of not reaching their full potential in the education system. The programme promotes partnership between parents and teachers to enhance children's learning opportunities and promote their retention in the education system. It focuses directly on the adults in children's educational lives and seeks indirect benefits for the children themselves. It involves the designation of teachers in schools who take the lead in this work. (14 primary schools and 7 post-primary schools)</p>	S	
	<p><b>Schools Completion Project</b> SCP is a central component of the Department of Education and Skill's DEIS School Support Programme. It focuses on targeting and providing supports to young people identified to be most at risk of early school leaving. It aims to have a significant positive impact on levels of young people's retention in primary and second level school and on numbers of pupils who successfully complete the Senior Cycle or equivalent. The SCP aims to maximize pupil's participation in the mainstream setting and prevent early school leaving as well as linking in with and complimenting existing provision in schools.</p>	S	
<b>Third Level Institutions</b>	<p>Three third level institutions in Limerick – University of Limerick, Mary Immaculate College and Limerick Institute of Technology.</p>	S	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>

<b>Primary, Secondary and Further Education and Training</b>		
<b>National Council for Special Education</b>	<p>The National Council for Special Education seeks to improve the co-ordination between the education and health sectors in providing supports for children with special educational needs. Special Educational Needs Organisers interact with parents and schools and liaise with the HSE in providing resources to support children with special educational needs.</p>	<p>S</p> <ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
	<p><b>Special Education Support Service (SESS)</b> is to enhance the quality of learning and teaching in relation to special educational provision. The service co-ordinates, develops and delivers a range of professional development initiatives and support structures for school personnel working with students with special educational needs in mainstream primary and post-primary schools, special schools and special classes.</p>	
	<p><b>National Behaviour Support Service (NBSS)</b> provides support and expertise to partner post-primary schools on issues related to behaviour. The NBSS works with schools in addressing students' social, emotional, academic and behavioural needs, targeted intervention for some students and intensive individualised support for a few students.</p>	
	<p><b>Visiting Teacher Service</b> for children who are deaf/hard of hearing and for children who are blind/visually impaired is a service that offers longitudinal support to children, their families and schools from the time of referral through to the end of post-primary education</p>	

**Outcome 3: Safe and Protected from harm**

- Secure, stable, caring home environment
- Safe from abuse, neglect and exploitation
- Protected from bullying and discrimination
- Safe from crime and anti-social behaviour

<b>Parent and Family Support</b>			
<b>ABC Start Right</b>	ABC Start Right provides age and stage appropriate developmental checks, information and parenting supports for parents of children ages 0-6 in the Northside and city centre of Limerick by working in partnership with relevant agencies through the community Wraparound Model.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Ballyhoura Development</b>	Ballyhoura Development, Ltd. Is a community-based, local development company that provides a wide range of supports. Ballyhoura Development, Kilmallock, offers support to parents and those caring for children through the following services: one to one parent support, Family Health and Wellness programmes, Parents Plus Parenting Programme, Literacy for parents, Digital skills for parents, Parent and Toddler groups, Buggy Fit and Homework Clubs for children.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal &amp; Targeted</li> </ul>
<b>Barnardos</b>	A children's charity working with vulnerable children and their families. Includes family support work, intensive home based supports; early years; teen parent support programme; bereavement services; child and family focussed programmes; assessment and Homemakers family support service.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 1-3</li> <li>• Universal &amp; Targeted</li> </ul>
	<b>Family Support Services</b> work with vulnerable children and families, and are based in heart of communities affected by poverty, disadvantage and lack of opportunity. Barnardos family support responds to individual children and families - by evaluating what their needs are and working with them in their own homes to improve family functioning, and to develop and improve parent-child, and family relationships, for the benefit of the children. Barnardos also provides group support such as parenting groups, and parent and toddler groups, breakfast clubs, after-school groups and groups to support children to manage peer relationships; and grief, separation and loss. Barnardos also provides a phone-in service for the wider local community and general public looking for advice and guidance regarding children and young people. Two Family Support Service in Limerick: Barnardos Limerick North (Moyross) and Barnardos Limerick South (Southill).		



### **Parent and Family Support**

<b>Barnardos</b>	<b>Homemaker Family Support Service</b> provides early intervention, practical, home-based support to families that are struggling to cope with the demands of daily life for a range of reasons. It is a flexible service that works with families at key periods during the day such as mornings/getting ready for school and evenings, or at other times identified in partnership with the family.		
<b>Bedford Row Family Project</b>	Bedford Row Family Project provides support to families affected by imprisonment, services include providing hospitality to families at Limerick prison, organising courses based on what the focus group desire, providing support and counselling to families, providing information, referral and advocacy, supporting parents in their responses to children's needs, raising public awareness, research and supporting people who have been in prison to reintegrate. The project also has a staff member who offers support to the Travelling Community in Limerick.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Family Resource Centres</b>	4 Family Resource Centres in Limerick, supported and funded by Tusla Child and Family Agency. FRCs provide a range of community, family, and child supports that spread across all five national outcomes.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal &amp; Targeted</li> </ul>
	<p><b>Croom FRC</b></p> <p>Croom Family Resource Centre provides a variety of family supports in partnership with Tusla and delivers a number of these programmes in Croom, Ballingarry and various other locations in County Limerick. The programme includes parenting courses such as Parents Plus and Incredible Years. They also offer the following services: one to one family support, parent and toddler groups, Baby Massage, Paediatric First Aid, counselling, information provision, Money and Budgeting Advice Service (MABS), adult education and referrals to other services.</p>		
	<p><b>Hospital FRC</b></p> <p>Hospital Family Resource Centre provides the following supports and services to families in the community: parenting workshops, parent and toddler groups, Strengthening Families Programme, Rainbows Programme (support for children and young people affected by loss or bereavement), Peer Support Group for parents of children with disabilities and life skills programmes for children. An after schools service is also provided for children.</p>		
<p><b>Northside FRC</b></p> <p>Northside Family Resource Centre offers a wide range of services for parents that include parenting programmes such as Incredible Years and Parents Plus, one to one support and advice, counselling, parent and child groups, classes and literacy support, accredited training courses, rights and entitlement clinics, advocacy, and parent support groups.</p>			

### **Parent and Family Support**

	<p><b>Southill FRC</b> Southill Family Resource Centre provides support and advice to parents. In partnership with local schools, HSE, Tusla and other community based organisations, they deliver a wide range of programmes that respond to the needs of local children and their families including the Incredible Years Programmes, Parents Plus and Strengthening Families. They also provide a counselling service for parents who are experiencing difficulties, therapy for children who encounter difficulties with their emotional, social, behavioural and or intellectual development and one to one support and advocacy.</p>		
<b>Family Carers Ireland</b>	Family Carers Ireland services include training, support services, home care support, respite weekend breaks, nurse-led clinics, a dedicated helpline for family carers and assistance with legal/mediation services.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>ISPCC</b>	<b>Childline</b> provides a 24 hour listening service for all children up to the age of 18. It seeks to empower and support children using the medium of telecommunications and information technology.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
	<b>Family Support</b> mentoring programme develops a young person's self-esteem and social skills through support and encouragement from a volunteer mentor. The Mentoring Early interventions in difficult situations with parents, and work at their pace to ensure a manageable problem doesn't become one which overwhelms the whole family.		
<b>Limerick City and County Council</b>	A range of social, housing, community and welfare services including housing and homelessness supports; traveller accommodation and supports; social supports; social work; sports and playground facilities including the Sports Partnership; cultural and library services	S	<ul style="list-style-type: none"> <li>• Universal and Targeted 1 - 4</li> </ul>
<b>Limerick Social Services Council</b>	The Limerick Social Services Centre offers a range of programmes and interventions. The Service targets the most disadvantaged and vulnerable families in the catchment area, and focuses on improving children's experiences of childhood, parenting skills and child parent relationships.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 1 – 3</li> <li>• Universal &amp; Targeted</li> </ul>
	<b>Parent and Family Support Programme</b> provides information, support and practical assistance with parenting, child development and childcare. All programmes are aimed at improving the quality of life for children and families.		
	<b>Teen Parents Support Programme</b> is a confidential programme for young people who are pregnant or who are parents and offers the following services: group peer support, one to one support, supports for young expectant parents and young parents in education. Support is also available to the young person's partner and members of their extended families.		

### **Parent and Family Support**

	<p><b>Community Mothers Programme</b> Community Mothers is a home visiting service for parents with new babies or young children. It works by offering the following services: one to one support, parenting support, parent and baby/toddler groups, information on child development, activities, services and supports and welfare rights and entitlements.</p> <p><b>Family Support Initiative</b> provides information, support and advocacy for families and groups living in Limerick City Centre, the Docklands area and Ballinacurra Weston..</p> <p><b>Family Advocacy Service</b> is a confidential support service for parents and families whose children are in care. The purpose of the service is to support parents and families to continue their involvement with their children while they are in care, to advocate on parents behalf and to refer them to relevant services for additional supports if required. It provides one to one and group supports.</p>		
<b>Northstar Family Support Project</b>	The Northstar Family Support Project is a community based project that provides non-judgemental, confidential support to family members and friends who are affected by, and trying to cope with drug and alcohol misuse.		<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Targeted</li> </ul>
<b>Tusla Child and Family Agency</b>	<p><b>Parent Support Programme</b> Tusla Parent Support provides support and advice in the delivery of a broad range of parenting programmes and supports; provides information on existing parent/toddler groups and supports the development of new groups; delivers a range of parenting programmes including Incredible Years, Strengthening Families and Parents Plus in partnership with community programmes.</p> <p><b>Prevention, Partnership and Family Support</b> The Prevention, Partnership and Family Support (PPFS) Programme is an evidence-led approach to prevention and early intervention work. It has five strands of work: Participation; Parenting; Commissioning; Meitheal and Area-Based Approach; and Public Awareness. In Limerick there is a PPFS Manager and 3 Senior Child and Family Support Network Coordinators.</p>	S	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal &amp; Targeted</li> </ul>
<b>West Limerick Resources</b>	West Limerick Resources provides information and supports to parents, families and children in the West Limerick area through a range of programmes. WLR has established four Family and Community Hubs in the main towns of Abbeyfeale, Askeaton, Newcastle West and Rathkeale. Key activities for parents include parent and toddler groups, one to one parenting support, information, group based activities, workshops and opportunities to access other WRL supports such as employment, education and training and referrals to other supports in the community.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 1-2</li> <li>• Universal &amp; Targeted</li> </ul>

### ***Child Protection and Welfare***

<b>Tusla Child and Family Agency</b>	<p>Tusla is responsible for improving wellbeing and outcomes for children. It includes a range of support services including Child Protection and Welfare; Alternative Care; Prevention, Partnership and Family Support, Tusla Education Support Service; Domestic, Sexual and Gender Based Violence Service and Early Years Inspection.</p>	S	<ul style="list-style-type: none"> <li>• Hardiker 1 – 4</li> <li>• Universal &amp; Targeted</li> </ul>
	<p><b><i>Child Protection and Welfare Service</i></b>          Child Protection and Social Work services are in place to provide frontline response services to children who are not receiving adequate care and protection. Services range from Family Support Services which include prevention and early intervention initiatives, to targeted services which respond to children who have been harmed or have not received adequate care. Support and advice is also provided for adults who wish to disclose past abuse.</p>		
	<p><b><i>Alternative Care</i></b>  <u><i>Foster Care</i></u> Children are placed in foster families when their parents are unable to care for them. A care plan for the child is drawn up which sets out the support to be provided to the child and the foster parents and the arrangements for access to the child in foster care by parents or relatives. The fostering service assesses people who wish to foster and provides support to foster families to enable them to provide a good standard of care for the children they look after.  <u><i>Residential Care</i></u> Care is provided in a home staffed by Care Staff. The home or centre is referred to as a Children's Residential Centre. The majority of Children's Residential Centres are community based which means they look like and are situated within the same houses, estates and communities that everybody lives in. They are supported by health services such as G.P.'s, Speech and Language Therapists, Physiotherapists, Psychologists etc.</p>		
<b>EPIC (Empowering People in Care)</b>	<p>EPIC is a national voluntary organisation working with and for children and young adults who are currently in care or who have experience of being in care. This includes those in residential care, foster care, relative care, hostel, high support and special care units or facilities. EPIC also work with children and young adults preparing to leave care and those in aftercare.</p>		<ul style="list-style-type: none"> <li>• Hardiker 1 -2</li> <li>• Targeted</li> </ul>
<b>Youth Advocate Programmes (YAP)</b>	<p>YAP provides a range of supports for young people and families. Most prominent in the Mid West region is the Intensive Support programme which provides intensive support of up to 15 hours a week for 6 months to young people aged 10-18 years and their families who are at high risk of placement in care, secure care and custody; and the Crisis Intervention Service which provides a rapid response to a young person aged 8-18 years in crisis for a specific time period i.e., prevention of placement breakdown.</p>	C & V	<ul style="list-style-type: none"> <li>• Hardiker 2 - 3</li> <li>• Targeted</li> </ul>

### *Housing and Homelessness*

<b>Homeless Emergency Accommodation</b>	7 locations within Limerick city including 4 hotels, 2 family hubs and 1 mother and child family hub.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 2 - 4</li> <li>• Targeted</li> </ul>
	<b>Family Hubs</b> Childers Road Family Hub (Focus Ireland) Dublin Road Family Hub (Mid West Simon) Suaimhneas (Respond)	C&V	
<b>Focus Ireland</b>	Focus Ireland helps families, young people and children at risk or being affected by homelessness. The service is for those who are worried about losing their homes, who need a bed for the night or who need other services such as information about education and training.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 1 - 4</li> <li>• Targeted</li> </ul>
<b>Limerick City and County Council</b>	Limerick Homeless Action Team (HAT) focuses on co-ordinating services for people who are homeless, supporting those who are homeless with mental health difficulties, resettlement and tenancy support of people from short-term emergency accommodation to independent living.	S	<ul style="list-style-type: none"> <li>• Hardiker 1 - 4</li> <li>• Targeted</li> </ul>
<b>Limerick Money and Advice Budgeting Service (MABS)</b>	MABS is the State's money advice service, guiding people through dealing with problem debt for more than twenty years. MABS is free, confidential and independent.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 1 - 4</li> <li>• Universal</li> </ul>
<b>Mid-West Simon Community</b>	<b>Housing First</b> , is a pilot programme to help solve homelessness. It acknowledges that shelter and a space to call one's own is key to the health of each and every one of us— particularly clients who are experiencing long-term, chronic homelessness. Housing First places a home as the first requirement before addressing any underlying issues.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 2 - 4</li> <li>• Targeted</li> </ul>
	<b>Food Bank</b> Food, in the form of branded basic staples, is distributed to registered Service Users who have requested support to augment their weekly grocery shop.	C&V	
<b>Novas</b>	<b>Long Term Housing</b> These properties provide high quality homes for low-income single adults, couples and families. Some of these households have issues relating to disability, children with special needs or previous experience of homelessness. Such households enjoy security of tenure, pay affordable rents and are supported by the National Housing Co-ordinator and the internal maintenance team.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 2 - 4</li> <li>• Targeted</li> </ul>
	<b>Intensive Family Support Service.</b> IFS works with families who are homeless or at risk of being homeless. It is largely a preventative service, working to keep the family unit together in their own home. The IFS service also provide three small units of emergency housing in the city, for families who are homeless	C&V	
	<b>DIAL House</b> is a six unit residential service which accommodates care leavers with learning disabilities and/or mental health issues, at risk of falling into the cycle of homelessness.	C&V	

<b>Respond</b>	Respond is a housing association. Respond Housing Association has developed a Family Support Strategy that aims to address the specific needs of families in Respond Housing Association estates. It manages three estates in Limerick city.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 1 - 4</li> <li>• Targeted</li> </ul>
<b>Society of St. Vincent de Paul</b>	SVP Social housing is not-for-profit housing developed with the support of Government and managed and administered locally, by the Society of Saint Vincent de Paul, to provide long term accommodation to those who need it.	C & V	<ul style="list-style-type: none"> <li>• Hardiker 3 - 4</li> <li>• Targeted</li> </ul>

### ***Domestic, Sexual and Gender Based Violence Services***

<b>ADAPT Domestic Abuse Service</b>	<b>Services for Women</b> ADAPT provides a range on supports to women survivors of domestic abuse and their children including emergency refuge accommodation, outreach services for women who are not staying in the refuge , 24 hours helpline support , one-to-one support, court accompaniment, support groups, and educational opportunities.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 - 4</li> <li>• Targeted</li> </ul>
	<b>Child &amp; Youth Service</b> supports children who have experienced domestic abuse in their family. Supports for children and young people who are, or have lived with, domestic abuse includes helpline support, one-to-one support, emotional and practical support, group work programmes, educational support and play therapy service. ADAPT works with young people in the community to promote healthy relationships which are based on equality , dignity and mutual respect.	C&V	
<b>CARI Limerick</b>	CARI provides child centred specialised therapy and support to children, families and groups affected by child sexual abuse, regardless of means. CARI provides support during the recovering process, endeavouring to ensure that the child sexual abuse is seen as an experience but not a defining event of the child's life. It also provides therapy to children, up to and including 12 years who are showing signs of Sexually Harmful behaviour.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 2 - 3</li> <li>• Targeted</li> </ul>
<b>Rape Crisis Mid-West</b>	Rape Crisis Midwest provides comprehensive information, professional support and a quality counselling service for survivors of sexual abuse and violence throughout the Midwest region.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 2 - 3</li> <li>• Targeted</li> </ul>

### ***Policing and Youth Justice***

<b>An Garda Siochána</b>	4 Garda Districts and 29 Garda Stations across Limerick providing a range of safe and secure services to residents and the communities. Services operating from Garda Stations include but not limited to Juvenile Liaison Officers, Community Gardaí, Prison services etc. All services provided by an Garda Siochana can be accessed from any Garda Station.	S	<ul style="list-style-type: none"> <li>• Hardiker 1 – 3</li> <li>• Targeted</li> </ul>
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### ***Policing and Youth Justice***

<b>Céim ar Chéim</b>	Céim ar Chéim Training Centre provides programmes to young people who are offending or at risk of offending. The Centre aims to address anti-social attitudes and behaviours.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 – 3</li> <li>• Universal and Targeted</li> <li>•</li> </ul>
	<b>Restorative Practices</b> Hosted by Céim ar Chéim, Limerick Restorative Practices Project offers support to create more restorative communities for children, young people and families in Limerick.	C&V	
<b>Extern</b>	Extern offer programmes that are flexible, community based and targeted at supporting children and young people most in need, assisting in their development and providing individual support to underpin their current living arrangements. It Operates two primary programmes: <ul style="list-style-type: none"> <li>• Janus Programme which provides individually tailored support for young people age 8-17</li> <li>• Time Out, which provides a short-term respite break to children and young people in the age range 8-17 years inclusive and their families/carers.</li> </ul>	C&V	<ul style="list-style-type: none"> <li>• Hardiker 2 – 3</li> <li>• Targeted</li> </ul>
<b>Garda Youth Diversion Programme</b>	This programme, in certain circumstances, enables a young person (under 18 years of age) who freely accepts responsibility for a criminal incident to be cautioned and supervised as an alternative to prosecution. Youths who are at risk of committing a crime can be referred to Garda Youth Diversion Projects as secondary referrals. Children on the Garda Youth Diversion Programme can then be referred to a Garda Youth Diversion Projects (see below for GYDPs in Limerick).	S	<ul style="list-style-type: none"> <li>• Hardiker 2 – 3</li> <li>• Targeted</li> </ul>
<b>Garda Youth Diversion Projects</b>	Garda Youth Diversion Projects (GYDPs) are community based, multi-agency, youth crime prevention initiatives which primarily seek to divert young people who have been involved in anti-social and/or criminal behaviour. They provide suitable activities to facilitate personal development, promote civic responsibility, and improve long-term employability prospects. The projects may also work with young people who are significantly at risk of becoming involved in anti-social and/or criminal behaviour.  Each GYDP has a Project Committee which is responsible for advising on and approving project planning and strategy, and monitoring and evaluating project performance. Each Project also has a Referral Committee which decides on participants for inclusion in the project. <ul style="list-style-type: none"> <li>• Kings Island (Limerick Youth Service)</li> <li>• Irishtown Youth (Limerick Youth Service)</li> <li>• Corpus Christi Youth Development (Moyross Youth Development)</li> <li>• Ballynanty (Limerick Youth Service)</li> <li>• Newcastle West / Abbeyfeale (Foroige)</li> </ul>	C&V	

***Policing and Youth Justice***

	<ul style="list-style-type: none"> <li>• Rathkeale (Foroige)</li> <li>• Southside Youth Initiative (Extern)</li> </ul>		
<b>Le Chéile Mentoring and Youth justice Support Services</b>	Le Cheile Mentoring works to make positive changes in the lives of young people aged 12-21 years who offend, or are at risk of offending, and their families through the provision of Youth and Parent Mentoring; Family Support; and Restorative Justice Services. Le Chéile provides tailored and flexible services with young people at the core. Le Chéile work in partnership with the Probation Services and the Gardaí to reduce the level of crime in the community.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 – 3</li> <li>• Targeted</li> </ul>
	<b>Youth Mentoring:</b> Mentoring is a one to one relationship based support which provides a positive role model to a young person. Mentoring aims to provides young people with the support and encouragement to help them improve self-esteem, relationships and communication skills with the aim of addressing anti-social behaviour	C&V	
	<b>Parent mentoring:</b> Le Chéile provides part of an intervention for young people who offend. Parent mentoring aims to support parents to develop their own parent skills and gives support with parent issues.	C&V	
	<b>Restorative Justice:</b> Le Chéile Restorative Justice Project in Limerick provides a range of restorative justice models to young people who have been involved in crime. Restorative justice brings together all parties affected by the crime and focuses on repairing the harm.	C&V	
	<b>Family support:</b> Le Chéile provides a range of parenting and family support programmes. Evidence based programmes such as Non Violence Resistance, Strengthening Families Programme, and Parents Plus.	C&V	
<b>Prison Services</b>	Limerick Prison	S	<ul style="list-style-type: none"> <li>• Hardiker 4</li> <li>• Targeted</li> </ul>
<b>Southill Outreach</b>	Southill Outreach provides training and education programmes for young people at risk of and involved in anti-social behaviour. The project aims to support the re-entry of young people back into education and training.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 2 – 3</li> <li>• Targeted</li> </ul>
<b>Young Person’s Probation</b>	Works with children and teenagers between the ages of 12 and 18 who come before the Courts, or who are in the Children Detention Schools/Centre.	S	<ul style="list-style-type: none"> <li>• Hardiker 2 – 3</li> <li>• Targeted</li> </ul>



**Outcome 4: Economic Security and Opportunity**

- Protected from poverty and social exclusion
- Living in child/youth friendly sustainable communities
- Opportunities for ongoing education and training
- Pathways to economic participation and independent living

***Employment & Social Inclusion***

<b>Department of Employment Affairs and Social Protection</b>	Provides 3 Intreo offices located across Limerick City and County. Employment Services supports access to the labour market for jobseekers at local, regional and national level and assists employers who are seeking to fill job vacancies.	S	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>Local Development Companies</b>	There are three Local Development Companies in Limerick: Ballyhoura Development, PAUL Partnership and West Limerick Resources. They providing a range of employment, education, training and support services to communities, including Social Inclusion and Community Activation Programme.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 - 2</li> <li>• Targeted</li> </ul>
<b>Local Employment Supports / Services</b>	3 Job clubs established in Limerick city and county for those wishing to enhance skills and knowledge for returning to / engaging in work. 4 Local Employment Service offices in Limerick city.		<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>Legal Aid / Mediation</b>	<p>Limerick Law Centre is responsible for the provision of legal aid and advice on matters of civil law to persons unable to fund such services from their own resources. Also provides a family mediation service.</p> <p>Community Law and Mediation offers free mediation in Limerick including parental, community, elder, workplace and family mediation.</p> <p>1 FLAC (Free Legal Advice Centre) in Limerick City.</p>		<ul style="list-style-type: none"> <li>• Hardiker 1 - 2</li> <li>• Universal</li> </ul>
<b>Money Advice and Budgeting</b>	1 MABS office set up in Limerick to provide support for those concerned about or experiencing problems with debt		<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>

**Outcome 5: Connected, Respected and Contributing to their World**

- Sense of own identity and free from discrimination
- Part of positive network of friends, family and community
- Civically engaged, socially and environmentally conscious
- Aware of rights, responsibilities and respectful of the law

**Youth Work, Clubs and Projects**

<b>Comhairle na nÓg</b>	Comhairle na nÓg are child and youth councils, which give children and young people the opportunity to be involved in the development of local services and policies. Comhairle na nÓg is designed to enable young people to have a voice on the services, policies and issues that affect them in their local area	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>Limerick Youth Theatre</b>	LYT works with young people. It holds weekly workshops, creates performance opportunities and engages with professional artists. LYT presents 5 full-length productions/films/radio plays annually and collaborates with local organisations and venues throughout the year.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>Foroige</b>	Foroige deliver a number of universal and targeted youth groups in Newcastle West, Rathkeale, Kilmallock, Croom and Castletroy.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 - 2</li> <li>• Universal and Targeted</li> </ul>
<b>Garryowen CDP</b>	Garryowen CDP is a not for profit Community Centre which serves the Garryowen community. The CDP runs a Youth Work Programme as part of its service delivery.		<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>GOSHH</b>	<b>Rainbow Gang:</b> Limerick’s LGBT+ Youth Group meets weekly at Lava Java’s Youth Café. The aim of the group is to allow LGBT+ young people to meet and socialise in a safe, supportive environment that is free from prejudice, discrimination, and social exclusion. The group has a programme of fun activities which are chosen by members of the group.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 - 2</li> <li>• Universal and Targeted</li> </ul>
	<b>Gender Wise: Limerick Trans* Youth Group:</b> The aim of the group is to allow young people who identify as Trans+ to meet and socialise in a safe, supportive environment that is free from prejudice, discrimination, and social exclusion.	C&V	
<b>Irish Girl Guides</b>	10 Girl Guides Groups in Limerick	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>

### ***Youth Work, Clubs and Projects***

<b>Limerick Learning Hub</b>	The Learning Hub works in partnership with parents, education providers, statutory agencies and the wider Limerick community to provide a safe, welcoming and inspiring learning environment where young people can reach their true potential. They offer various hubs; music, science, art, health, digi, and story hub. Priority is given to children attending local DEIS schools but over 40% of places are accessible to children from other areas of the city attending non-DEIS schools also.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal and Targeted</li> </ul>
<b>Limerick Youth Service</b>	Limerick Youth Service provides a confidential youth friendly information service in a relevant and understandable format for all young people and those who work with them. Subjects such education, careers, employment, health, accommodation, youth work, research, travel, sport, leisure and many more are covered. LYS provide a range of educational, social training and personal development programmes: <ul style="list-style-type: none"> <li>• Ability Programme</li> <li>• Be Well Team: Youth Mental Health Service</li> <li>• Comhairle na nOg</li> <li>• Community Training Centres</li> <li>• Garda Youth Diversion Projects</li> <li>• SPY Projects</li> <li>• Young Travellers Programme</li> <li>• Youth Café</li> <li>• Youth Clubs</li> <li>• Youth Information</li> <li>• Youth Work Programmes</li> </ul>	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 - 2</li> <li>• Universal and Targeted</li> </ul>
<b>Music Generation</b>	Music Generation Limerick City (MGLC) is an innovative, inclusive music programme, delivered by professional musicians. It gives children and young people the tools and freedom to be creative, recognising and nurturing skills of self-expression in a non-directive way. This increases self-belief and emotional awareness, leading to improved mental and emotional health.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal and Targeted</li> </ul>
<b>Scouting Ireland</b>	17 Scout Groups in Limerick	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>Southill Hub</b>	Southill Hub is a not for profit Community Centre which serves the Southill community. The Hub runs a Youth Work Programme (SouthillClub2gether), a community café, a community garden, a		<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal and</li> </ul>

### ***Youth Work, Clubs and Projects***

	sports hall and a handball alley.		Targeted
<b>Special Projects for Youth</b>	Grant-aided youth work initiative that aim to facilitate personal and social development of young people to realise their potential. 14 SPY initiatives in Limerick administered by LCETB and 3 SPY initiatives administered by City of Dublin ETB. This is being merged into the new “UBU” targeted youth funding scheme and will all be managed locally into the future.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 - 2</li> <li>• Targeted</li> </ul>
<b>Tipperary Youth Service</b>	4 youth groups in county Limerick	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>West End Youth Centre</b>	West End Youth Centre is the a centre of activity for youth where they can participate in a range of activities.		<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>
<b>Young People’s Facilities and Services Funding</b>	The YPFSF assists in the development of preventative strategies / initiatives in a targeted manner through the development of Youth Facilities and services in disadvantaged areas where a significant drug problem exists or has the potential to develop. 7 YPFSF in Limerick. This is being merged into the new “UBU” targeted youth funding scheme.	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1 - 2</li> <li>• Targeted</li> </ul>
<b>Youth Work Provision in Limerick</b>	50 volunteer-led youth work groups in Limerick county 32 volunteer-led youth work groups in Limerick county	C&V	<ul style="list-style-type: none"> <li>• Hardiker 1</li> <li>• Universal</li> </ul>

### **Summary**

On the surface level, the children and young people of Limerick city and county are well served with provision of services. However, many of those services are focused in the areas of disadvantage within Limerick city. Despite a significant amount of services located in the city, consultations with stakeholders also highlighted insufficient funding within these areas to challenge the myriad of social issues that are underpinned by poverty and disadvantage and, in some instances, issues of overlap tied to unclear referral pathways. While there is a significant amount of services, they are hampered by limited funding and long waiting lists. In the county areas, services that are present tend to congregate around the two largest urban areas of Kilmallock (East Limerick) and Newcastle West (West Limerick) with even more limited services in smaller rural towns such as Croom, Cappamore, Hospital, Caherconlish (East Limerick) and Abbeyfeale, Rathkeale and Askeaton (West Limerick).

## Section 4: Local Needs Analysis in Limerick

### Introduction

The Limerick CYPSC needs analysis has been drawn from consultations with Limerick CYPSC members, sub-groups and networks across Limerick city and county. Alongside this local research, stakeholder feedback, service mapping, surveys and a detailed socio-demographic profile all contributed to provide an overall picture in Limerick.

Parallel to this, the Limerick CYPSC plan is also informed by the continuing policy development in the Department of Children, Equality, Disability, Integration and Youth and other key government departments. CYPSC are increasingly being recognised as a strong local interagency structure through which national policy can be supported and progressed. CYPSC *raison d'être* is to respond to local need and to feed back to national structures established under the *Better Outcomes, Brighter Futures* framework where that need is not being met.

### Overview

Limerick City and County is a vibrant, active and diverse county. Home to 65,428 children and young people between 0 -24 years of age, the county is characterised by wide-ranging contrasts of urban and rural, poverty and affluence, ethnicity and service provision. It should be said that many children and young people are thriving in their communities, schools, and with family, even despite sometimes very challenging circumstances. Some children, however, need better and more support to be able to reach their full potential. Services working with children and young people are undertaking excellent work in communities across Limerick and are demonstrating great strength and dynamism to support children, young people and their families. Notwithstanding the good work already happening, gaps in service provision and unmet needs are evident in Limerick.

When identifying its local priorities for the coming years, Limerick CYPSC reflected on a number of local and national strategies and research. In the below needs analysis and subsequent action plan, Limerick CYPSC has identified activities that it will undertake over the next three years. The needs analysis is categorised in line with the Five National Outcomes.

The priority areas and associated actions in this plan are guided by the needs analysis and underpinned by the Limerick CYPSC operating principles which were agreed by committee members (see [Appendix 1](#) for the Limerick CYPSC Terms of Reference) in October 2018. While a number of areas of need emerge in the needs analysis, it is important to acknowledge that this plan is constrained in how it can respond to these, primarily due to limitations of the CYPSC initiative, national policy, resources and, in some instances, the system itself. While for the majority of children and young people, the mainstream system of services and supports serve them well, for those who do not fit into the mainstream, the system can be difficult to navigate. Where Limerick CYPSC feels it doesn't have the capacity or resources to respond to identified areas of need, it has an advocacy role, feeding back local issues of concern through designated structures under the CYPSC initiative.

### Key Considerations

Across the narrative of the needs analysis it is very clear that there is a social gradient in achieving positive outcomes for our children and young people. Children and young people from areas of disadvantage or from minority groups are less healthy, face additional barriers in education, are less safe and have poorer employment opportunities.

There are a significant number of children and young people in Limerick who are either living in deprivation or part of a minority group. Within the needs analysis certain key groups are considered

in the narrative of each national outcome. Below is a short section on groups of key consideration. While some of the priority areas Limerick CYPSC have identified below consider the population of children and young people as a whole, certain groups have a particular focus.

### ***Disadvantage***

There are a significant number communities identified as areas of disadvantage across Limerick city and county. Consultations with stakeholders across all geographic locations and sectors all identified the underpinning issue of poverty and social exclusion as the most significant barrier facing children, young people and families from achieving positive outcomes across all national outcomes framework. This is exacerbated by intergenerational cycles of poverty. Children and young people who are poorer are less healthy, face additional barriers in education, are less safe and have poorer employment opportunities.

### ***Disability***

The challenges facing children and young people with either a physical, sensory or intellectual disability are significant for them and their families. The UN Convention on the Rights of Persons with Disabilities (UNCRDP) was ratified by Ireland in 2018. Ratification means that the State agrees to be held to account for implementation the articles of the UNCRDP. The preamble of the UNCRDP states that “recognising that children with disabilities should have full enjoyment of all human rights and fundamental freedoms on an equal basis with other children, and recalling obligations to that end undertaken by States Parties to the Convention of the Rights of the Child.”<sup>15</sup> The convention goes on to detail rights with regard to health, education participation amongst others.

A national programme called ‘Progressing Disability Services for Children and Young People’ (PDS) is the key policy document for the disability sector pertaining to children and young people with disabilities. PDS is seeking to make access to the services children need easier; to provide services in a way that is considered fair; and to enable health services to work with families and education services to support children and young people with disabilities to achieve their optimal potential. It is important to note that while PDS addresses structures which in turn has the potential to impact on the capacity through eradication of inefficiencies of services, it does not address resource deficit within disability services.

### ***Travellers***

The rate of Traveller population in Limerick is higher than the national average. There is a significant background of research evidence on the extreme disadvantage facing Travellers in a number of life domains – education, employment, housing and health. Travellers also face high levels of prejudice and discrimination in Ireland. The increasing disadvantage in terms of health as the life course progresses is a characteristic of cumulative disadvantage, a process whereby early adverse experiences shape the long-term trajectory, with the effects accumulating over the life course resulting in a larger gap in later life. This evidence has been underpinned by the recent launch of the *East Limerick Traveller Health Baseline Needs Assessment 2019* which highlights some extremely grave statistics. Of particular concern is that this peer-led assessment counted more than twice as many (113%) Travellers in East Limerick than the census. The fact that only 29 Travellers (6.8%) were identified over the age of 50 and 4 Travellers (0.9%) over 65 were identified is stark evidence of the reduced life expectancy of Travellers when compared to the general population.

### ***Migrant Communities***

Non-Irish national migrant communities can face significant barriers to integration and access of services for children and young people and their families. While in Limerick as a whole, a lower

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<sup>15</sup> United Nations Convention on the Rights of Persons With Disabilities (CRDP), [online], available at: [www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities/preamble.html](http://www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities/preamble.html)

percentage of the population are non-Irish (9.6%) compared to the national average. There are major concentrations of migrant diaspora in Limerick city (City Centre, Dooradoyle/Raheen) and county (Newcastle West, Adare and Caherconlish) electoral districts.

The Reception and Integration Agency (RIA) has one Direct Provision Centre in Limerick city (Griffin House), s family centre. A further Direct Provision Centre is based in Knockalisheen, just over the Limerick border, and hosts families with a capacity of 250 people. Most of these families access services in Limerick. A number of Syrian families have also been resettled in the last number of years in Newcastle West and Limerick City under EU resettlement and relocation programmes.

In February 2021 the government produced the *White Paper on Ending Direct Provision*. Subsequent to that document, the Ombudsman for Children Office produced *Safety & Welfare of Children in Direct Provision: An investigation by the Ombudsman for Children's Office* in April 2021. Both the White Paper and the OCO report cite the role CYPSCs should play in supporting the coordination of local services to respond to vulnerability of children and young people in the direct provision system. In Limerick an International Protection Accommodation Services (IPAS) Child and Family Support Network is already established that seeks to bring organisations together in order to respond to the needs of children, young people and families living in Direct Provision.

The Limerick Integration Working Group produced, and is responsible for coordinating the implementation of, *Belonging to Limerick: Limerick City and County Integration Plan 2018 – 2022*. The Plan identified five priority thematic areas based on migrant needs, local knowledge and a policy and literature review:

- Language, Education and Employment
- Information and Communication
- Access to Public Services
- Cultural Awareness and Anti-Racism
- Active Community Participation.

### ***Homelessness***

Living in homeless accommodation presents many challenges for children that impact across all five national outcomes that Government has outlined for children and young people. Social, emotional, cognitive and physical developmental needs of babies and children is of notable concern. Hotels and B&Bs have limited resources to offer onsite and small, cramped spaces without proper cooking facilities, recreational or play space, and even separate living/sleeping quarters are constant challenges and struggles for families. The systemic issue at the heart of this crisis is the lack of sufficient housing and the long term outcomes for babies, children and young people in homelessness has yet to be seen. Additionally, it important to note that some families who present as homeless are as a direct result of domestic violence. The impact of the housing crisis on access to housing also affects young men and women leaving care or young women who have been victims of domestic violence.

## Outcome 1: Active and Healthy

All children and young people are or have:

- *Physically healthy and make positive choices*
- *Good mental health*
- *Positive and respectful approach to relationships and sexual health*
- *Enjoying play, recreation, sport, arts, culture and nature*

Active and Healthy is a very broad outcome covering all aspects of physical and mental health. The Healthy Ireland initiative provides a strong framework through which health inequalities can be addressed through the Healthy Ireland: A Framework for Improved Health and Wellbeing 2013–2025, and more recently, the Healthy Ireland Strategic Action Plan 2021–2025. Of particular note in the recently published action plan is the introduction of a new theme focus on “Health Inequalities”. Alongside this is the importance of Sláintecare, the all-party Oireachtas policy to transform health and social care services for the Irish people, the implementation of which is led by the Sláintecare Programme in the Department of Health. One of the key principles of Sláintecare is to promote health and wellbeing of the population. In Limerick, strong relationships with HSE Health and Wellbeing department and Healthy Limerick are key to progressing this agenda for children and young people.

There is a significant amount of work happening to improve to health and wellbeing of children and young people across government departments, state agencies and community partnerships. As well as the ongoing services being provided across sectors there have been many new developments over the past few years including the National Healthy Childhood Programme, Nurture Infant Health and Wellbeing Programme, The National Women and Infant Health Programme, Making Every Contact Count (MECC), Health Eating Active Living (HEAL), START, Healthy Food for Life, Healthy Ireland Smart Start, Primary Health Care for Travellers projects, Connecting for Life Mid-West and the Little Things campaign. These initiatives are undertaken within the broader policy context of the Healthy Ireland Framework and its constituent strategies. Locally this is underpinned by The Health and Wellbeing Strategic Plan for HSE Mid-West Community Healthcare and the Health and Wellbeing action area in the LCDCs Local Economic and Community Plan (LECP). Within the education sector, the Department of Education and Skills has produced a Wellbeing Policy Statement and Framework for Practice, 2018 – 2023.

It is important to note that those from a lower socio-economic position are more likely to have poor health behaviours and poor health outcomes when compared to those from a higher socio-economic position.<sup>16</sup> There is also cognisance that the below priorities collectively improve the health and wellbeing of children and young people and should be viewed through that lens.

Limerick CYPSC have identified the following priority areas under Outcome 1:

- Physical Activity and Play
- Diet, Nutrition and a Health Weight
- Drugs and Alcohol
- Child and Youth Mental Health
- Sexual Health and Healthy Relationships

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<sup>16</sup> Annual Report Director of Public Health Mid-West (2018), [online], available at: <https://www.lenus.ie/bitstream/handle/10147/624042/Public%20Health%20Mid-West%20Annual%20Report%20FINAL%2028%20Jan%202019.pdf?sequence=1&isAllowed=y>



## Physical Health and Wellbeing

Physical health is an intricate part of a holistic view of a child or young person's overall health and wellbeing. There is significant evidence that physical activity of moderate intensity promotes wellbeing, physical and mental health, prevents disease, improves quality of life and has economic, social and cultural benefits.

Limerick area city and county is well serviced with 27 playgrounds, 7 Multi Use Games Areas and skate parks. It also has 20 parks, woodlands and other amenities across the city and county. Alongside this Limerick has a wide range of Leisure Centres, sports clubs and facilities (including basketball, football, GAA, swimming, tennis, athletics etc.)

Limerick Sports Partnership aims to 'Get Limerick Active' through increasing participation in sport. The role of all Sports Partnerships is to be a source of information in relation to current and upcoming sports activities, provide quality opportunities and training and to develop and implement a strategic plan for Limerick. The Limerick Sports Partnership Strategic Plan 2016 – 2020 outlines its four strategic themes. Theme 1, 'Creating Solid Foundations', is focused on children and young people with the aim of making a positive introduction to physical activity, which promotes and supports lifelong involvement. Furthermore, Theme 3, 'Promoting Equality of Opportunity' aims to support equality of opportunity, and facilitate people of all ages and abilities to access physical activity, throughout their lifecycle. This theme is particularly important when considering disability, homelessness, new communities and travellers.

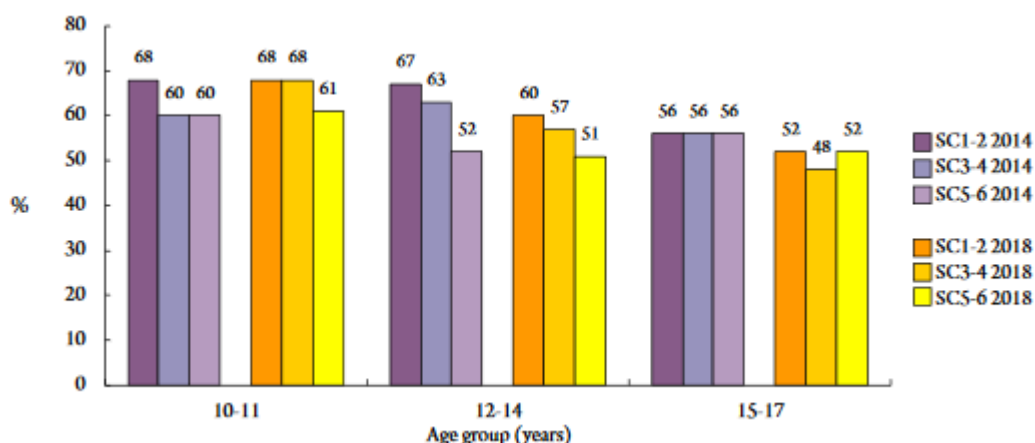
The Irish Health Behaviour in School-aged Children (HBSC) Study 2018<sup>17</sup> states that boys (57%) are more likely than girls (42%) to report exercising four or more times a week. The study found statistically significant differences by gender, age group and social class. Male children, younger children, and children from higher social classes tend to show higher rates of reporting that they exercise four or more times a week. Differences were also evident in age distributions, where older teenagers (15 – 17 years cohort) were significantly less likely to be physically active for more than 60 minutes, four times per week. Figure 20 shows the data on boys while Figure 21 shows the data for girls. These differences across age group, gender and socioeconomic class are consistent with an earlier study; The Children's Sport Participation and Physical Activity study (CSPPA)<sup>18</sup>. CSPPA also found that although children from lower socio-economic backgrounds participated in physical activities organised within school they were much less likely to take part in sporting activities in the community.

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<sup>17</sup>Költő, A. et al (2020) The Irish Health Behaviour in School-aged Children (HBSC) Study 2018. Department of Health and National University of Ireland, Galway.

<sup>18</sup>Woods, C.B., et al. (2010). The Children's Sport Participation and Physical Activity Study (CSPPA). Research Report No 1. School of Health and Human Performance, Dublin City University and The Irish Sports Council, Dublin, Ireland.

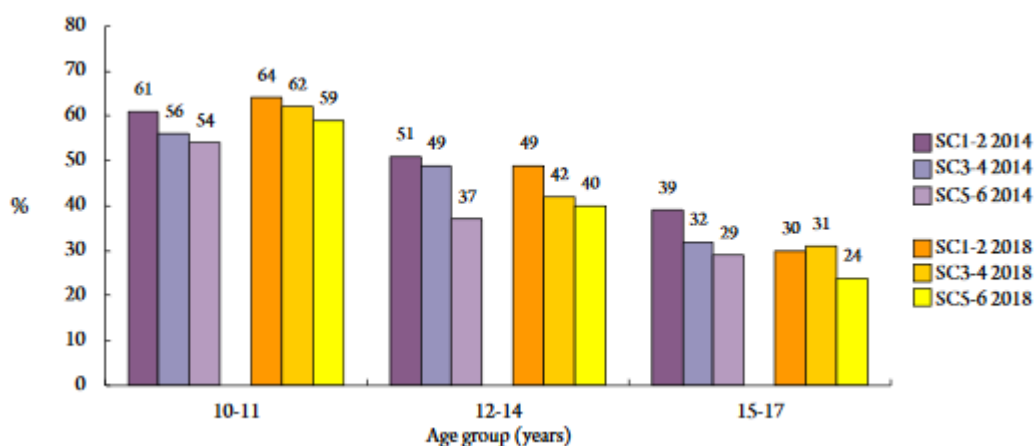
**Figure 20. Percent of boys in Ireland who report participating in vigorous exercise four or more times a week, by age and social class, 2018.**



Note: Social class is represented by SC 1-2, SC 3-4 and SC 5-6 corresponding to high, middle and low social classes, respectively.

Source: Költő, A. et al (2020) The Irish Health Behaviour in School-aged Children (HBSC) Study 2018. Department of Health and National University of Ireland, Galway.

**Figure 21. Percent of girls in Ireland who report participating in vigorous exercise four or more times a week, by age and social class, 2018.**



Note: Social class is represented by SC 1-2, SC 3-4 and SC 5-6 corresponding to high, middle and low social classes, respectively.

Source: Költő, A. et al (2020) The Irish Health Behaviour in School-aged Children (HBSC) Study 2018. Department of Health and National University of Ireland, Galway

According to State of the Nation's Children (2016)<sup>19</sup> immigrant children and children with a disability and/or chronic illness were less likely to report being physically active for at least 60 minutes per day on more than four days per week, while traveller children were significantly more likely to report meeting this physical activity level.

### **Play and Creativity**

The Outdoor Play Initiative has been funded through two rounds of the CYPSC Healthy Ireland Fund. The initiative, which was coordinated through Limerick Childcare Committee, sought to work with 16 services (6 in first round, 10 in second round) to develop a plan to support outdoor play and learning in early years settings by working with each service to identify strategies to improve outdoor policy

<sup>19</sup> Department of Children and Youth Affairs (2016) State of the Nation's Children: Ireland 2016. Government Publications. Dublin.

and practice. The rising prevalence of obesity in children has resulted in a significant policy response in Ireland in relation to the promotion of physical activity in children. Research has indicated a positive association between obesity and physical inactivity. As time spent outdoors is associated with physical activity, there is the potential for outdoor play to have a significant role in reduce childhood obesity and improving children's health more broadly. Outdoor play is also related to children's development. For example, physical activity play is associated with motor development (strength, balance and coordination). Activity within outdoor playgrounds has also been linked to the development of "strength, flexibility and coordination" due to the types of activities facilitated by play equipment, such as "climbing", "balancing" and "swinging". Contact with nature has also been seen to be associated with increased creativity and language development. In terms of wider wellbeing, time spent outdoors has been suggested to have restorative benefits and a positive force on stress reduction and prevention of depression and alleviation of teenage anxiety. Limerick CYPSC is awaiting a final report on the second round of this initiative. Limerick CYPSC will consider the outcomes of the initiative with a view to supporting Limerick Childcare Committee in future funding applications.

Creativity and play is central to the Helium Arts Limerick Creative Health Hub, an initiative developed by Helium Arts with support and guidance provided by an interagency advisory group of key stakeholders. The project is supported mainly through philanthropic funding and seeks to work with children living with long-term health conditions. Beyond the direct health issues related to the condition, long-term chronic health conditions can have a significant impact on other elements of a child's health and wellbeing. The health condition can often lead to missed school days which can impact on both classroom performance and friendships, leading to social isolation. This, combined with the physical and mental challenges of having a long-term chronic condition, can have a significant impact on the mental health of a child or young person. The Creative Health Hub aims to support children living with long-term health conditions, increasing wellbeing, quality of life and enhancing social connections through an arts programme in the community. In 2021 Helium Arts published *ART WORKS | Harnessing the power of health and the arts for children*, a social return on investment study. The research focuses on the Creative Health Hubs and enhances the strength of existing evidence that not only underlines the health and social benefits of engaging in creativity, but also the financial return of investing in same. The Limerick CYPSC Coordinator is a member of the Advisory Group, the aim of which is to provide support guidance and oversight of progress for the Limerick Creative Health Hub community area programme in line with the implementation plan.

### **Traveller Health**

The Mid West Traveller Health Unit (THU) spans Limerick, Clare and North Tipperary. As well as a core staff, including Designated Public Health Nurses, it also funds Traveller Primary Health Care projects in Limerick city and West Limerick. The THU seeks to change the health status of the Traveller Community and equality with the general population in this regard.

The *National Traveller and Roma Inclusion Strategy, 2017 – 2021* is a comprehensive policy strategy that covers a broad range of policy areas and aims to improve the lives of Traveller and Roma Communities in Ireland. Locally, the Traveller Health Unit has developed a strategic plan that runs until 2022. This plan has six strategic aims:

- Improve the health of Travellers
- Respond to accommodation, education and employment issues that affect Traveller health
- Promote mutual respect and challenge discrimination against Travellers
- Build awareness of Traveller culture and support services to respond to their culture
- Assist Travellers to have their voice heard
- Support action by the Traveller community to get positive change for their community.

The THU strategic plan also identifies as CYPSC key organisation to pursue partnership with to respond to child and maternal health of Travellers. Through consultations with its Primary Health Care Projects, the THU strategic plan identified a wide range of health issues within the Traveller community including mental health, cardio-vascular disease, diabetes, cancer and respiratory conditions. Consultations also highlighted early school leaving as an issue for Travellers with poor outcomes from education and low levels of transition from primary to secondary school. Low teacher expectations, lack of culturally appropriate provision and bullying have all being identified as causal factors.

## **OBJECTIVES**

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1. *Consider impact of the Outdoor Play Initiative and feasibility of mainstreaming across all Early Years Services in Limerick.*
  2. *Work with Health Promotion, Limerick Sports Partnership and other stakeholders to promote physical activity information, events and initiatives to children and parents (online and offline) with a particular focus on delivery to migrant, disability, homeless and Traveller groups.*
  3. *Helium Arts' Limerick Creative Health Hub will be successfully implemented and evaluated.*
  4. *Design, deliver and evaluate Gura, Gura, Come Move With Me! (Traveller Movement Initiative)*
  5. *Develop and enhance strategic partnership with Child and Disability Network Teams*
- 

## **Healthy Weight**

### ***Diet and Nutrition***

A healthy diet is crucial in maintaining a healthy lifestyle. It plays a key role in maintaining a healthy weight as well as encouraging positive lifestyles generally. The findings of Irish adult and children nutrition surveys over the last ten years show that eating habits are not consistent with optimal health. Excess consumption of saturated fats, trans fats, sugars and salt (especially from foods and drinks on the top shelf of the Food Pyramid) and low consumption of fruit and vegetables are the major problems in the Irish diet. This was also highlighted in targeted consultations where concerns were raised about the decline in soft skills in the preparation of fresh food.

The key diet and nutrition messages from Health Behaviour in School-aged Children Ireland (Költő, A. et. al. (2020) are summarised below:

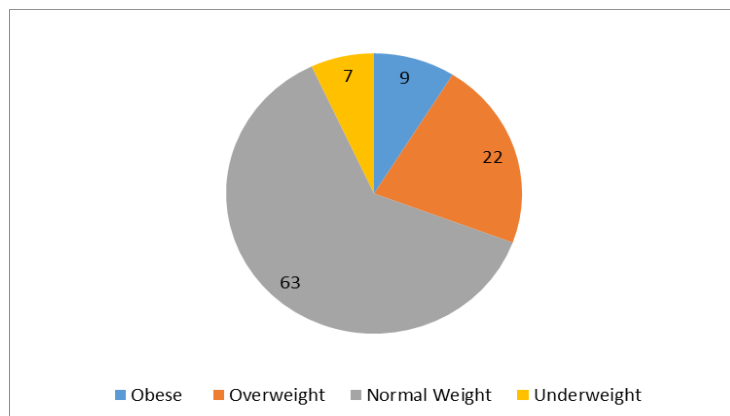
- One in every four eat fruit (23%) and vegetables (21%) daily.
- Consumption of sugar-sweetened drinks is still gradually decreasing, with 21% and 7% having sweets and soft drinks daily or more (down from 27% and 13% respectively in 2014)
- 1 in 8 children (12%) reported never eating breakfast on week days.
- Almost one in every five children (19%) reported going to school or to bed hungry.

While the prevalence of childhood overweight and obesity remains high in Ireland, the Childhood Obesity Surveillance Initiative (COSI) indicates that rates may be stabilising (Heinen et al, 2014). However, it is important to note that overweight and obesity are not distributed equally across the population – those living in disadvantaged circumstances, certain ethnic/cultural minority groups and people with a disability are most at risk. Overweight and obesity are conditions that develop over a number of years in both children and adults. The determinants are multiple and include the

environment, access to healthy and affordable food, physical activity, exercise and leisure activity, cultural and societal norms, education and skill levels, genetic makeup and lifestyle choices.<sup>20</sup>

In children and young people overweight and obesity have become a major public health challenge and are linked to various health issues. Recent decades has seen a rise in childhood overweight and obesity<sup>21</sup>. Figure 22 shows the proportion of 15-24 year olds in Ireland who fall into various BMI categories. Almost a third of this age group fall into the overweight or obese category.

**Figure 22. Percent of 15 - 24 year olds in Ireland by BMI categories, 2017.**



Source: Department of Health & Ipsos MRBI (2017) Healthy Ireland Survey 2017, Summary of Findings, Government Publications, Dublin.

According to The Childhood Obesity Surveillance Initiative (COSI) overweight and obesity prevalence remains higher among disadvantaged schools when compared to more affluent schools. In addition, overweight and obesity rates tend to increase with age for children in disadvantaged schools and the gap between disadvantaged schools and other schools becomes wider as children become older.

Growing Up In Ireland has published data which showed that the percentage of 5-year-olds who were overweight continuing to be a concern. One-in-five children were unhealthily heavy for their height (15% overweight and 5% obese). Children whose parents were also overweight were at greater risk: in two parent families where both parents were overweight, 28% of 5-year-olds were overweight compared to just 8% of two-parent families where neither parent was overweight and 16% in families where one of two parents was overweight.<sup>22</sup>

There is little data on this subject for Limerick specifically, however, a 2012 study carried out in Limerick evaluating the weight of children (aged 2 to 14 years) admitted to hospital found that 24% of the boys and 31% of the girls were overweight or obese. However, it should be noted that this data is on children admitted to hospital and therefore may not be representative of the general population. The study also notes the parental underestimation of this problem.

The HSE 'Healthy Weight for Children (0-6years) Framework' has recommendations developed specifically to build on existing structures and resources (Making Every Contact Count, Nurture Programme, National Healthy Childhood Programme, START, Healthy Eating Active Living) grouped into areas for action for implementation across the various levels, sectors and services.

Limerick CYPSC is committed to supported the re-establishment of the Limerick Food Partnership over the next three years. They key focus of the Limerick Food Partnership will be to raise awareness, improve access and improve supply of healthy food options to target communities in

<sup>20</sup> (World Health Organization (WHO) Commission on the Social Determinants of Health, 2008).

<sup>21</sup> Bel-Serrat, S, et al (2017) The Childhood Obesity Surveillance Initiative (COSI) in the Republic of Ireland: Findings from 2008, 2010, 2012 and 2015. Health Service Executive. Dublin.

<sup>22</sup> Growing Up In Ireland (2019) 'The Lives of 5-year-olds'

Limerick city and county. See [Outcome 4: Economic Security and Opportunity](#) for more information on this action.

### **Breastfeeding**

There is strong evidence that breast milk provides the best nutrition for baby and is important in preventing childhood illnesses, chronic diseases and in protecting maternal health. Breastfeeding is also a significant protective factor against obesity in children (Yan et al, 2014). Children who are not breastfed have an increased risk of being overweight and obese with subsequent health risks, and health and social costs (Ip et al, 2007; McCrory and Layte, 2012). Research has shown lower rates of breastfeeding in mothers from areas of disadvantage, mothers who are unemployed, those with lower levels of education, and those of Irish nationality.

While there have been gradual increases in breastfeeding rates in recent years, Ireland's breastfeeding rates as reported in the National Maternity Strategy (Dept. of Health, 2016) remain low by international standards. While in Limerick overall rates have gradually increased over time, they are consistently below national averages and the poorest performing of the three areas within CHO3.

Limerick CYPSC collaborated with Limerick LCDC in 2018 to co-fund the "We're Breastfeeding Friendly Limerick" initiative through Healthy Ireland Funding. The initiative sought to creating a more supportive physical and social environment for breastfeeding by enhancing the health determinants of social support and neighbourhood and social capital and networks for mothers, fathers and families and seeking to make breastfeeding everybody's business by adopting an intersectoral collaborative approach. As of June 2019 121 publicly accessible places across Limerick city and county had signed up to say there are Breastfeeding Friendly.

Limerick CYPSC commits to supporting the HSE Primary Care service in its goal to increase the number of mothers breastfeeding and for a longer period of time. It will also commit to promoting the We're Breastfeeding Friendly Limerick campaign amongst key stakeholders over the next three years.

### **OBJECTIVES**

1. *Create a more supportive physical and social environment for breastfeeding by enhancing the health determinants of social support*
2. *Support the re-establishment of the Limerick Food Partnership to raise awareness, improve access and improve supply of healthy food options to target communities in Limerick city and county. (see [Outcome 4: Economic Security and Opportunity for more information](#)).*

### **Drugs and Alcohol**

The government-produced National Drugs Strategy, *Reducing Harm, Supporting Recovery: A health-led response to drug and alcohol use in Ireland 2017-2025*, provides a framework of five goals through which substance misuse will be addressed. The Healthy Ireland framework underpinned the development of the strategy which emphasises the key role of partnership between statutory, community and voluntary partners, particularly through the local Drugs and Alcohol Task Forces. The

strategy also highlights specific risk groups, namely children whose parents have substance misuse issues, young people leaving care, third level students and the LGBTI community.

Limerick is served by a number of drug and alcohol services for young people, with coordination being provided through the Mid West Region Drugs and Alcohol Forum. The Community Substance Misuse Team (CSMT) offer early intervention service for young people and their families. The HSE Mid-West Drug and Alcohol Service offers services and supports for young people aged 14 years and upwards affected by drug or alcohol use. A substance misuse education programme developed in the Mid West, *Lets Learn About Drugs and Alcohol Together* is run in schools across Limerick city and county with 2<sup>nd</sup> year students and their parents as part of junior cycle SPHE. There is also youth-focused counselling re substance misuse available for young people in Limerick Youth Service between 14 to 25 years. Family support is also provided by Bushypark Treatment Centre, Northstar, Novas Respite House and Saoirse.

There is a clear link between substance misuse and all aspects of health, including mental health. In 2015, 24% (261) of total treated cases (1,099) for drug and alcohol use in the Mid-West was recorded for young people under 25 years of age. Of those treated cases, 11% (29) were aged 17 years or younger. Of the total number being treated, 18% (202) were either living along with their child or with their partner and child.<sup>23</sup> The issue of Hidden Harm (the experience of children living with, and affected by, parental problem alcohol and other drug use) has been identified nationally as a core issue of concern. A study undertaken by Tallaght Drugs and Alcohol Task Force found that there was just under one child impacted to every one service user of drug and alcohol services. This has seen the establishment of Hidden Harm Steering Group, strategic statement from Tusla and the HSE.<sup>24</sup> Children living with or affected by parental problem alcohol can have serious implications for their outcomes from conception right throughout their life span and for their parents and siblings.

The primary gaps highlighted identified in Limerick CYPSC consultations with stakeholders were 18-25 years olds with a dual diagnosis/co-morbidity and local community-based supports treatments. The complexity of dual diagnosis leads to instances where young people are referred to a high level of clinical intervention where this is not always required. This puts pressure on mental health services, already operating to capacity. Gaps between low level responses and the higher clinical intervention were identified.

Bearing in mind groups of key consideration identified in this plan, consultations with stakeholders emphasised the clear correlation between communities of disadvantage and the availability of drugs in those communities. This ease of access to drugs and their normalisation in communities is an issue of extremely serious concern for children, young people and their families. This is notably prevalent, but not exclusive to, the regeneration areas of Limerick city.

Alcohol and drug abuse are also significant problems in the Traveller community. Alcohol is the main problem substance for Travellers however, there has been an increase in the numbers reporting opiates, benzodiazepines and cannabis as their main problem substance. Polydrug abuse appears to be a more common problem in the Traveller community than in the general population.<sup>25</sup>

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<sup>23</sup> National Drug Treatment Reporting System, 2017 treated cases who reside in the Limerick and are aged 25 years or younger.

<sup>24</sup> Hidden Harm Strategic Statement: Seeing Through Hidden Harm to Brighter Futures (2019)

<sup>25</sup> Evidence Brief: Mental and Health and Suicide in the Traveller Community  
<https://www.nsrp.ie/wp-content/uploads/Briefings/Evidence%20brief%20NSRF%20-%20Mental%20Health%20and%20Suicide%20among%20Travellers%2002-07-2015.pdf>

Research commissioned by drug and alcohol services in Limerick has also highlighted serious concern about the issues of substance misuse amongst women between 17 – 35 years.<sup>26</sup> In relation to trauma experiences, the women who participated had disproportionately high rates of Adverse Childhood Experiences (ACEs). It found that of those women who participated in the research, 91% of them had experienced intimate partner violence into adulthood and 95% had considered their substance use to be related to, or somewhat related to their experiences of trauma. The research also identified parenting, housing and homelessness, criminal justice issues, drug and alcohol use, physical health and mental health as key areas of need.

### ***Planet Youth***

It is notable that there is limited rigorous statistical information available that gives a strong understanding of substance use of children and young people in Limerick. The National Drug Treatment Reporting System, while an excellent database, does not provide enough information to dig deeper into the causes of substance misuse by young people. In association with local partners, including Galway, Roscommon and Mayo CYPSC, the Western Region Drugs and Alcohol Task Force has committed to supporting the introduction of Planet Youth to parts of the region. Planet Youth is an evidence-based approach to preventing children and adolescents from initiating drug use. The model originated in Iceland where a group of social scientists, policymakers and practitioners began collaborating in an effort to address the increasing levels of drug and alcohol use among Icelandic young people. The prevention model that emerged ‘reflexively and continuously links national-level data collection with local-level reflection and action to increase social capital’. The model is predicated on three pillars of success: evidence-based practice; using a community-based approach; and creating and maintaining a dialogue among research, policy, and practice.

There are three broad elements to the model:

1. The collection of data from young people through a school-based questionnaire. This explores background factors, substance use, social circumstances, and potential risk factors associated with substance use. These data are then analysed to identify the scope of the problem and map out the risk and protective factors experienced by the young people in that area.
2. Local stakeholders use the findings to plan and deliver a set of prevention responses – stakeholders include researchers, policymakers, practitioners, parents, school personnel, sports facilitators, recreational and extracurricular youth workers, and other interested community members.
3. ‘Integrative reflection’ whereby the impact of the interventions is measured through regular data collection, interventions amended in response to the findings, and any new issues identified.

### ***Not Around Us***

Limerick City and County Council is leading the ‘Not Around Us’ initiative in partnership with a range of stakeholders, including the HSE, Limerick Local Community Development Committee, Limerick Comhairle na nÓg, Limerick CYPSC, Limerick Childcare Committee, Healthy Ireland, ASH Ireland and the Council of the Irish Heart Foundation. Not Around Us is about promoting an environment where it is easier for those who smoke to quit and stay quit and to help de-normalise smoking for the next generation. One of the main purposes of the Not Around Us campaign is to help protect children and young people from second-hand smoke exposure and contribute to the de-normalisation of smoking for children and young people.

### ***OBJECTIVES***

1. *Scope Planet Youth project and decide if it is an appropriate approach for Limerick.*
2. *Support #NotAroundUs project initiated by Healthy Limerick as part of Tobacco Free Limerick*



## **Child and Youth Mental Health**

The direction of child and youth mental health services in Ireland is governed by a number of key documents. Foremost of these is *A Vision for Change: Report of the Expert Group on Mental Health Policy 2006* which set out a framework for mental health services for the subsequent 10 years. Although 13 years old, it remains the overarching mental health strategy in Ireland. *Connecting for Life: Ireland's National Strategy to Reduce Suicide 2015 – 2020* is complimented locally by an action specific *Connecting for Life Mid West Suicide Prevention Action Plan 2017-2020*. In 2017, the *National Youth Mental Health Task Force Report* was published. This report set out 10 clear, deliverable objectives over the subsequent 12 months and provides a good local framework for interagency responses to mental health issues.

Limerick has a wide range of services that respond to the issue of mental health for children and young people across the continuum of care. Counselling services for young people are available through Primary Care Psychology, Jigsaw Limerick, Limerick Youth Service, Limerick Social Service Council, Barnardos, Pieta House and My Mind. Some counselling services are also available through Family Resource Centres and other organisations which target particular cohorts of the population. Mental Health supports are also available through group such as Mental Health Ireland, GROW, Aware and the Samaritans. Child and Adolescent Mental Health Services (CAMHS) and Adult Mental Health Services (AMHS) support to children and young people with moderate to severe mental health issues. Some targeted supports are available to minority groups including GOSHH who provide a counselling service in the LGBTI+ community, Doras Luimni who work with migrant communities. Rape Crisis Mid West and ADAPT Domestic Abuse Service offer counselling supports along with CARI, a child centred specialised therapy and support to children, families and groups affected by child sexual abuse. Further supports and services are provided through the National Educational Psychological Services (NEPS) for primary and secondary schools (see Outcome 2: Learning & Development for more information on NEPS).

Despite a wide range of services offering supports, consultations have highlighted a significant need for better access to, and resourcing of, mental health services for 0-24 age groups in clinical, school and community settings. While services are available in Limerick, they are disproportionately weighted towards Limerick city. Provision for children and young people is inhibited by long waiting lists for assessment/treatment; lack of awareness of appropriate referral pathways; and lack of localised, community-based early intervention and prevention services. Consultations noted in particular the lack of creative arts therapies available to children and young people in Limerick.

When asked via the Limerick CYPSC Parent Survey what aspects of parenting that parents would most like support with, three of the highest scoring supports they identified were child mental health (44%), teen mental health (35%) and parent mental health (32%) support.

### **Infant Mental Health**

There is a growing body of research that tells us that the first three years of life provide the foundation for a child's social and emotional health and wellbeing and brain development. Positive social and emotional development in infancy can have an impact on children's cognitive development— when a child feels safe and secure; they are better equipped to learn from their day to day experiences. When infants are provided with predictable and nurturing care giving environments they are afforded the best possible opportunity for optimal development. This enhances their capacity to make healthy transitions into education and to sustain their positive health and wellbeing across later developmental stages of childhood, adolescence and adult life. It is essential that Infant Mental Health (IMH) is recognised and understood with the same importance as infant physical development. The Nurture programme - Infant Health and Wellbeing which is been

led out by the HSE aims to embed evidence based information and skills into child health services to support and promote an understanding of IMH within early care giving relationships. Training packages of 3 e-learning units (due for launch in 2020) will be supported by a skills workshop for practitioners to embed an IMH understanding and approach in child health. Limerick has an IMH Network which works collaboratively across services and agencies to support and promote IMH.

Within the University of Limerick Maternity Hospital, a new Specialist Perinatal Mental Health Service was launched in 2018 to support women experiencing mental health problems during and after pregnancy. Currently the team comprises a Consultant Psychiatrist, Consultant Obstetrician, Senior Registrar in Psychiatry, Clinical Midwife Manager in Perinatal Mental Health and a Clinical Psychologist. The main focus of the Perinatal Mental Health Unit is to provide high-quality care for women with moderate to severe mental health difficulties throughout pregnancy and up to the end of the first postnatal year. A 2018 MBRRACE-UK report concluded that mental health problems are related to around one in four maternal deaths between six weeks and a year after childbirth. Perinatal mental health disorders are those which complicate pregnancy (antenatal) and the first postnatal year. They include both new onset and a relapse or reoccurrence of pre-existing disorders. Their unique aspect is their potential to affect the relationship between mother, child and family unit with consequent later development of significant emotional and behavioural difficulties in the child.<sup>27</sup>

The unique aspect of perinatal mental health disorders is the potential to affect the relationship between mother, child and family unit with consequent later development of significant emotional and behavioural difficulties in the child. These may be exacerbated where the mental health disorder leads to the separation of the mother and child, for instance, during an inpatient admission. The full range of mental disorders may occur and there is an increased incidence of serious postnatal illness, particularly in those with a previous or family history of affective disorders. Perinatal Mental Health Services are concerned with the prevention, detection and management of perinatal mental health problems that complicate pregnancy and the postnatal year.

### ***Positive Mental Health and Wellbeing***

The Healthy Ireland Survey is an annual survey of the health and wellbeing of the population in Ireland. It provides a baseline set of data on various indicator of the nation's health. There have been five waves of data collections so far; 2015 to 2019. The 2016 Healthy Ireland Survey found that higher positive mental health is reported among younger people than older people. Higher scores were also reported amongst men than women. This metric has not been included in subsequent reports up to, and including, 2019.

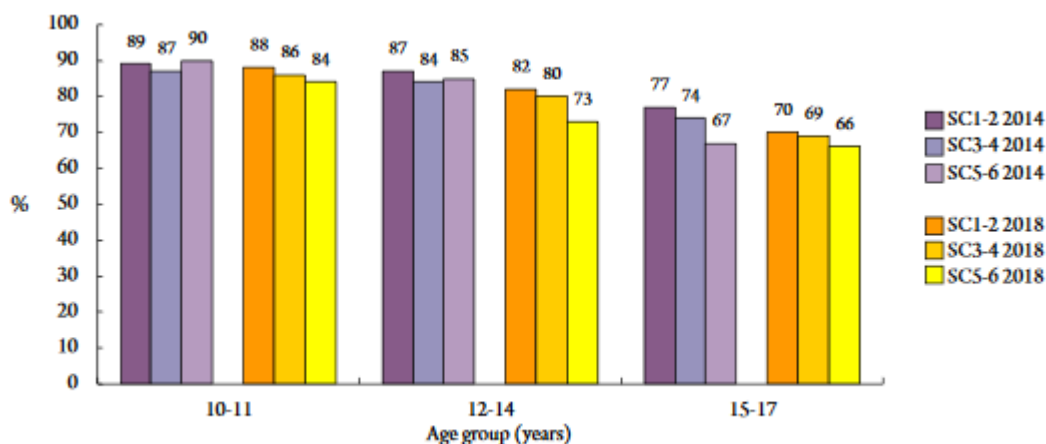
Life satisfaction is considered a useful indicator of subjective well-being and positive mental health. The Irish Health Behaviour in School-aged Children (HBSC) Study 2018<sup>28</sup> asks young people aged 10-17 to rate their life satisfaction using an 11 point visual scale called the Cantril ladder. Overall, 73% of children report high life satisfaction (76% in 2014). There are statistically significant differences by gender, age group and social class with boys, younger children and those from higher social class groups are more likely to report high life satisfaction. Percentages of young people who report high life satisfaction are presented in Figure 23 (for boys) and Figure 24 (for girls). Unfortunately, such data is not available at local or county level.

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<sup>27</sup> Specialist Perinatal Mental Health Services: A Model of Care for Ireland

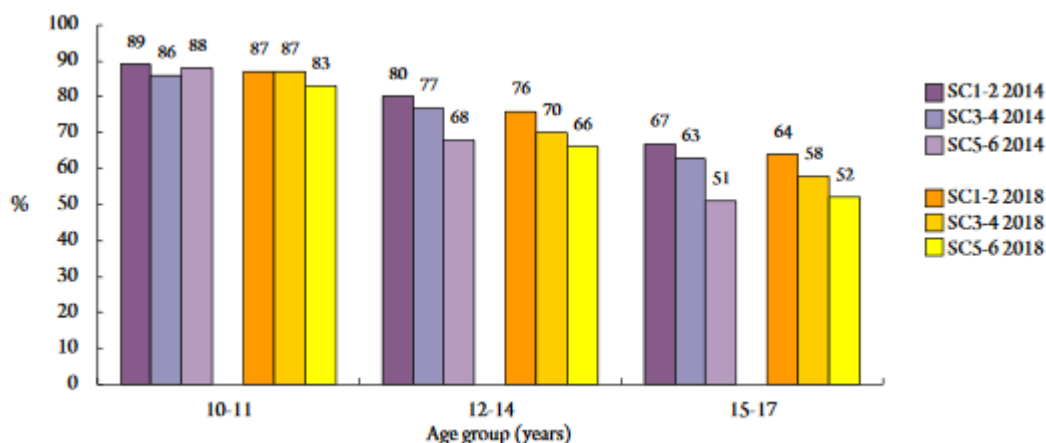
<https://www.hse.ie/eng/services/list/4/mental-health-services/specialist-perinatal-mental-health/specialist-perinatal-mental-health-services-model-of-care-2017.pdf>

<sup>28</sup>Költő, A. et al (2020) The Irish Health Behaviour in School-aged Children (HBSC) Study 2018. Department of Health and National University of Ireland, Galway

**Figure 23. Percentage of boys in Ireland who report high life satisfaction, by age and social class, 2018.**

Note: Social class is represented by SC 1-2, SC 3-4 and SC 5-6 corresponding to high, middle and low social classes, respectively.

Source: Költő, A. et al (2020) The Irish Health Behaviour in School-aged Children (HBSC) Study 2018. Department of Health and National University of Ireland, Galway

**Figure 24. Percentage of girls in Ireland who report high life satisfaction by age and social class, 2018.**

Note: Social class is represented by SC 1-2, SC 3-4 and SC 5-6 corresponding to high, middle and low social classes, respectively.

Source: Költő, A. et al (2020) The Irish Health Behaviour in School-aged Children (HBSC) Study 2018. Department of Health and National University of Ireland, Galway

It is important to note that the HBSC Study focuses on general population. Limerick CYPSC consultations noted poorer life satisfaction and significantly higher mental health issues are present amongst children and young people with a diagnosed disability. This can manifest in a number of ways but does present challenges in the interface between Disability and Mental Health services in the HSE. Both services have significant challenges in meeting the needs of the population due to limited resources and increasing referral rates.

### ***Suicide and Self Harm***

Suicide and self-harm among children and young people is of significant concern for the Irish government. Connecting for Life, Mid West Suicide Prevention Action Plan 2017 – 2020<sup>29</sup> is the regional suicide prevention action plan covering Limerick, Clare and North Tipperary. The action plan

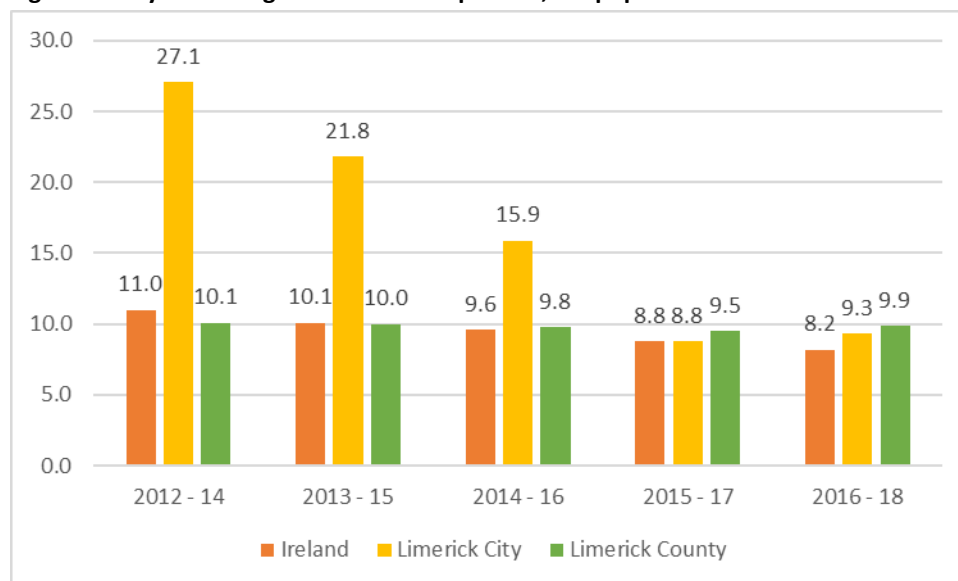
<sup>29</sup> HSE, Department of Health (2017) Connecting for Life, Mid West, Suicide Prevention Action Plan 2017 – 2020. Resource Office for Suicide Prevention, Limerick

reflects the national vision for suicide prevention and includes a wide range of actions directly relating to children, young people and their families.

### Suicide

The suicide rate in Limerick City increased significantly between 2007 and 2012 coinciding with the economic recession in Ireland. The rate within Limerick County stayed relatively similar to the national average during this period. Figure 25 shows a 3-year average rate of suicide per 100,000 population by area beginning from the high point from 2012 to 2014. Suicide rates in Ireland, Limerick City and Limerick County have fallen across 4 reporting periods, with statistically significant drop in Limerick City. Of some concern is the slight increase in suicides in Limerick City and Limerick County in the 2016-18 period, contrasting with the continuing decline in national figures.

**Figure 25. 3-year average rate of suicide per 100,000 population in Ireland and Limerick**

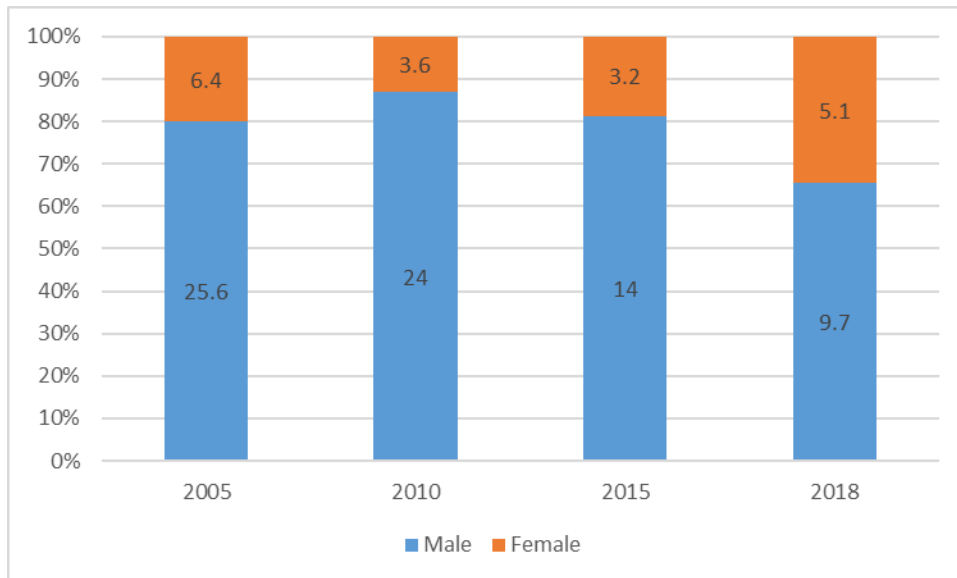


Source: NOSP Briefing CSO data

There is a high male to female ratio in suicide, with 80% of deaths being amongst males, according to the National Office for Suicide Prevention in 2018<sup>30</sup>. Figure 26 shows the proportion of male and female deaths of this type within the 18-25 year old age bracket. Strikingly the proportion of male suicides is 65% with females at 35%, marking a significant change to previous years.

<sup>30</sup>National Office for Suicide Prevention (2019) Briefing on CSO Suicide Figures [Online] Available at: <https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/nosp-briefing-cso-data-nov-2019.pdf>

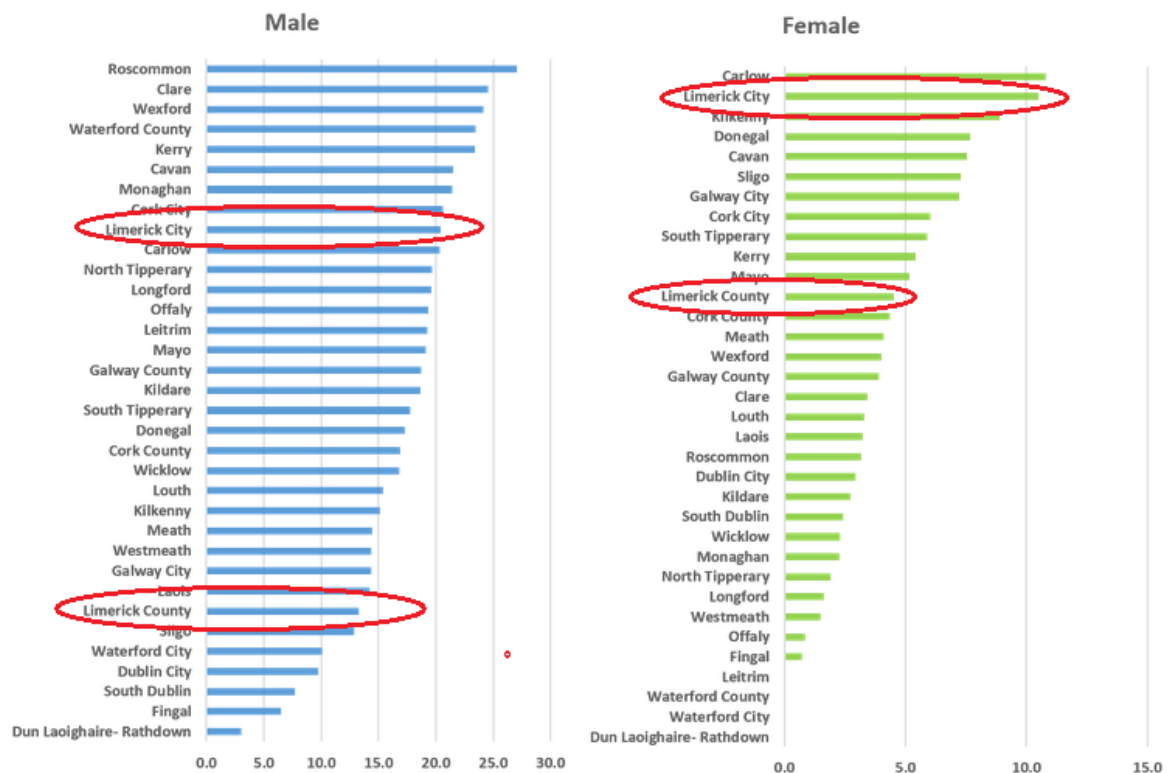
Figure 26. Proportion of Suicide in Ireland by Gender within the 18-24 age group, 2005, 10, 15 and 18 per 100,000 of population.



Source: National Office for Suicide Prevention (2019) Briefing on CSO Suicide Figures [Online] Available at: <https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/nosp-briefing-cso-data-nov-2019.pdf>

Figure 27 presents suicide rates for males and females from 2014 - 2016. Females in Limerick city fare very poorly in terms of suicide rates (2<sup>nd</sup> highest rate in the country) with the county closer to the national average (12<sup>th</sup> highest in the country). Males in Limerick are closer to the national average in the City (9<sup>th</sup> highest rate in the country) and below average in the county (28<sup>th</sup> highest out of 34).

Figure 27. Suicide in Ireland by City and County, 2014 - 2016



Source: National Suicide Research Foundation: [www.nsrif.ie/statistics/suicide/](http://www.nsrif.ie/statistics/suicide/)

### Self-Harm

Self-harm covers a wide range of acts where a person intentionally causes injury to themselves. Self-harm is highest amongst young people (15 – 19 years and 20 – 24 years) and amongst females.

According to the National Self-Harm Registry Ireland Annual Report 2018<sup>31</sup>, the 2018 age-standardised rate of individuals presenting to hospital following self-harm was 210 per 100,000. This data, along with other data on self-harm, are disaggregated by gender in Table 17.

**Table 17. Self-Harm in Ireland by gender, 2018.**

	Males	Females
<b>National rate of self-harm (2018)</b>	193 per 100,000 males	229 per 100,000 females
<b>% change since previous year</b>	+7%	+4%
<b>Peak rate for self-harm</b>	20-24 year age group (505 per 100,000)	15-19 years age group (758 per 100,000)
<b>Area with highest rate of self-harm</b>	Cork City	Limerick City
Source: Griffin, E, et al. (2019) National Self-Harm Registry Ireland Annual Report 2018. National Suicide Research Foundation. Cork.		

Table 18 shows the numbers of individuals presenting to the University of Limerick Hospital Group as a consequence of self-harm. The gender balance for 2018 is 43% male to 57% female. It should be noted that hospital recorded episodes only indicate part of the problem as many self-harm episodes do not end in a hospital visit.

**Table 18. Numbers of Individuals presenting to the University of Limerick Hospital as a result of Self-harm, 2017.**

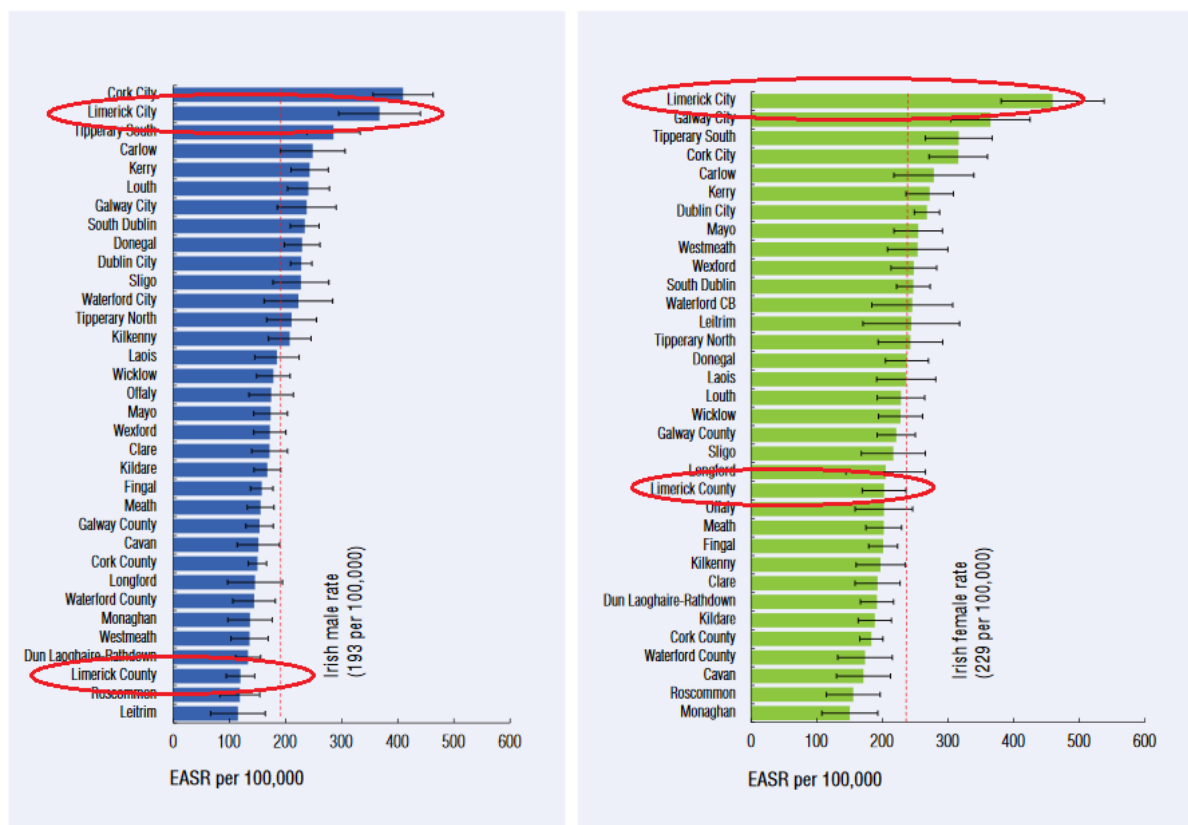
	Males	Females	Total
<b>Numbers of individuals who presented</b>	323	420	743
<b>Number who repeated</b>	52	57	109
Source: Griffin, E, et al. (2019) National Self-Harm Registry Ireland Annual Report 2018. National Suicide Research Foundation. Cork.			

ional average for both sexes.

Figure 28 presents self-harm rate for males and females. Limerick City fares very poorly in terms of self-harm rates, both for males (second highest rate in the country) and for females (highest rate in the country). In Limerick City the male and female rates were approximately twice the national average. The rates of self-harm in Limerick county are below the national average for both sexes.

<sup>31</sup> Griffin, E, et al. (2017) National Self-Harm Registry Ireland Annual Report 2016. National Suicide Research Foundation. Cork.

Figure 28. Self-Harm Rate in Ireland, by gender, 2018.



Person-based European age-standardised rate (EASR) of self-harm in the Republic of Ireland in 2018 by city/county of residence for males (left hand side) and females (right hand side).

Source: Griffin, E, et al. (2019) National Self-Harm Registry Ireland Annual Report 2018. National Suicide Research Foundation. Cork.

It is important to note that the above figures presented by the NSRF relate to hospital presentations only. In many instances, people may present to their GP service or to CAMHS services. This is one of the primary reasons to explain the significant contrast in self-harm figures between Limerick city and Limerick county.

### **Child and Adolescent Mental Health services**

The first point of contact for children and young people with mental health difficulties is generally GPs, schools or primary care services. These primary care services can include community psychologists, speech and language therapists, community occupational therapists and public health nurses. Children and young people may be referred on to GPs by other primary care professionals if this is deemed necessary, or families may contact GPs directly themselves. A recognised deficiency in the supports currently available for children and young people at primary care level is mitigating against early intervention and leading to an increase in referrals to CAMHS.<sup>32</sup>

Secondary services consist of specialist community CAMHS teams. CAMHS teams comprise consultant psychiatrists, doctors in training, clinical psychologists, CAMHS nurses social workers,

<sup>32</sup> Joint Committee in the Future of Mental Healthcare, *Second Interim Report: Recommended actions arising from progress made to date* (2018), p. 27.

speech and language therapists and occupations therapists. Within each CAMHS team, the clinical lead role is carried out by the CAMHS consultant psychiatrist. A child or young person can be referred to CAMHS by a GP, senior social worker or a senior psychologist who is known to the child being referred.

As the main statutory provider for mental health services for under 18's, the HSE Child and Adolescent Mental Health Service (CAMHS) is delivered in Rosbrien Road, Limerick with three teams based out of the same office. This service provides a multi-disciplinary team response for *moderate to severe* mental health cases.

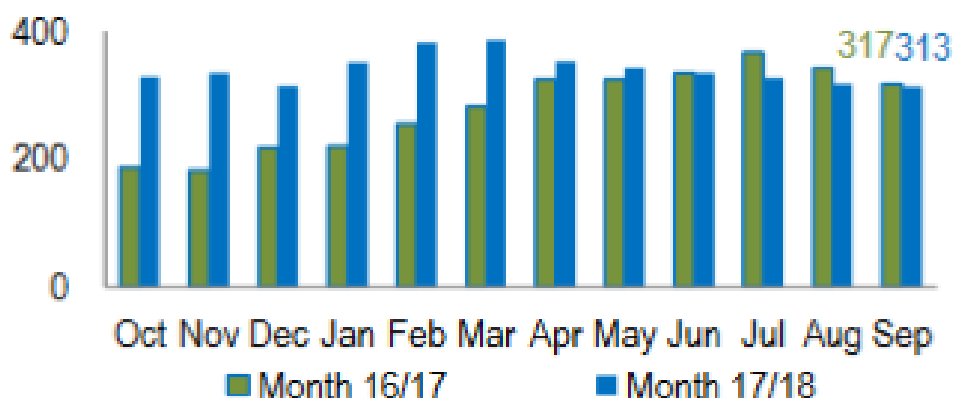
The time that individuals are on waiting lists before they get seen however can be long, in many cases over 12 months. The CAMHS Waiting List Initiative was put in place to focus on ensuring that no-one waits over 12 months to be seen, however the issue still prevails, especially in some Community Health Organisations (CHO) areas. Table 19 shows the CHO areas with the highest number of individuals on waiting lists for over 12 months. CHO Area 3, which includes Clare, Limerick, and North Tipperary/East Limerick, along with CHO 4 and CHO 8 fare particularly poorly in this respect.

**Table 19. Numbers of individuals on a waiting list for over 12 months, by CHO, 2018**

CHO 1	CHO 2	CHO 3	CHO 4	CHO 5	CHO 6	CHO 7	CHO 8	CHO 9
17	0	66	174	4	2	0	50	0

Source: HSE (2018) Performance Profile — July to September 2018 Quarterly Report [online] available at: <https://www.hse.ie/eng/services/publications/performance-reports/july-to-september-2018-quarterly-report.pdf>

**Figure 29. Numbers on CAMHS waiting list for over 12 months, nationwide, 2016/17 and 2017/18**



Source: HSE (2018) Performance Profile — July to September 2018 Quarterly Report [Online] Available at: <https://www.hse.ie/eng/services/publications/performance-reports/july-to-september-2018-quarterly-report.pdf>

A Limerick CYPSC Survey of Professionals reported high level of dissatisfaction with access to CAMHS across all age ranges. Consultations also highlighted significant concerns regarding the transition from CAHMS to Adult Mental Health Service (AMHS). The CAMHS Standard Operating Procedure (2015) notes that not all young people engaging in CAMHS require a transition plan, but it is essential that all are assessed for it. Every young person of 17 years and above will require a 'transition' plan within their Individual Care Plan if it is intended that their care will move into



general AMHS. The issue of joint working between CAMHS and adult mental health services should be considered as an option in the initial weeks of handover to aid a smooth transition from one service to the other. The young person's key worker will be responsible for managing a smooth handover to the adult mental health service.<sup>33</sup>

Within the above it is also important to note that CAMHS in CHO3 is under-resourced when compared with most other CHOs. At 54% of *A Vision for Change* recommendations for staffing of teams, it is expected that there will be difficulties in accessing timely CAMHS assessments and treatments.<sup>34</sup>

Where children or young people do not meet the criteria of moderate to severe mental health issues, the alternative to therapy options, where appropriate, are limited. The majority of counselling services for young people are targeted at 12+ years for which there are waiting lists. There are few community-based age-specific services for young children when compared to adolescents or older youth.

## OBJECTIVES

1. *To clarify referral pathways into and between mental health services for children and young people.*
2. *To promote good Mental Health for Parents/Carers and in Young People*
3. *To increase accessible and community based early intervention support for young people.*
4. *To enhance supports available in the Specialist Perinatal Mental Health Service (SPMH) in UL Maternity Hospital by using arts as an intervention to improve maternal mental health and wellbeing.*

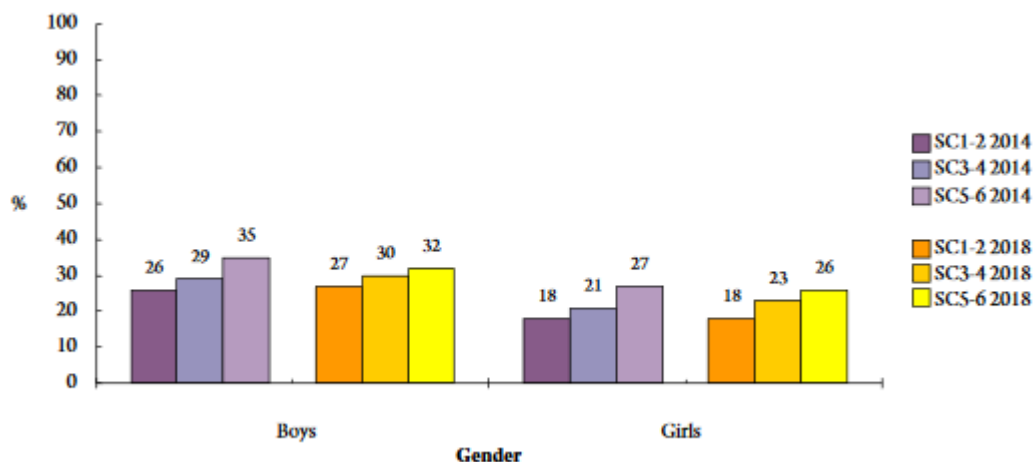
## Sexual Health and Healthy Relationships

Provision of sexual health education is provided in a number of settings including schools, youth services and consultations with GPs and other healthcare providers. Health centres and primary care centres can provide support in terms of sexual health advice, pregnancy testing and STI screening. Limerick Social Service Council and Barnardos both offer Teen Parent Supports.

The Health Behaviour in School-aged Children reported on sexual activity. It found that there are statistically significant differences by gender and social class. Overall, 15 to 17-year-old boys (28%) are more likely than 15 to 17 year old girls (20%) to report that they have ever had sexual intercourse. Young people from higher social class groups are less likely to report that they have ever had sexual intercourse than those from other social class groups. (Figure 30).

<sup>33</sup> CAMHS SOP (2015)

<sup>34</sup> Mental Health Commission (2017) 'Child and Adolescent Mental Health Services – CHO3. 2017 Inspection Report' [online], available: [https://www.mhcirl.ie/File/2017IRs/CHO3\\_2017CamhsIR.pdf](https://www.mhcirl.ie/File/2017IRs/CHO3_2017CamhsIR.pdf)

**Figure 30. Percentages of 15-17 year olds who report having ever had sex, by gender and social class, 2018.**

Note: Social class is represented by SC 1-2, SC 3-4 and SC 5-6 corresponding to high, middle and low social classes, respectively.

Source: Költő, A. et al (2020) The Irish Health Behaviour in School-aged Children (HBSC) Study 2018. Department of Health and National University of Ireland, Galway

Of those boys who reported ever having had sexual intercourse, 64% report that they used a condom at last intercourse (73% in 2014). Of those girls who report ever having had sexual intercourse, 29% report that they used the birth control pill at last intercourse (33% in 2014). Girls are more likely to report that they used the birth control pill at last intercourse. There are no significant differences across social class groups.

The Vital Statistics Yearly Summary 2018 published by the CSO<sup>35</sup> details the age of mothers at maternity. In the last decade the rate of teenage pregnancy has declined significantly. In 2018, a total of 980 mothers in Ireland were under 20 years of age at maternity. Table 20 shows both the number and percentage of young mother in Ireland as well as in Limerick City and Limerick County. Although in Limerick County there is a lower proportion of young mothers, in Limerick City the rate is more than twice as high than the national average.

**Table 20. Age of mother at maternity, Ireland and Limerick, 2016.**

		under 20	20-24 years
<b>Ireland</b>	Number	980	5,057
	% of total mothers at maternity	1.60%	8.29%
<b>Limerick City</b>	Number	28	113
	% of total mothers at maternity	3.51%	14.16%
<b>Limerick County</b>	Number	16	124
	% of total mothers at maternity	0.91%	7.04%

Source: Central Statistics Office(2019) Vital Statistics Yearly Summary2018 [Online] Available at: [https://pdf.cso.ie/www/pdf/20190531100647\\_Vital\\_Statistics\\_Yearly\\_summary\\_2018\\_full.pdf](https://pdf.cso.ie/www/pdf/20190531100647_Vital_Statistics_Yearly_summary_2018_full.pdf)

<sup>35</sup> Central Statistics Office(2019) Vital Statistics Yearly Summary2018 [Online] Available at: [https://pdf.cso.ie/www/pdf/20190531100647\\_Vital\\_Statistics\\_Yearly\\_summary\\_2018\\_full.pdf](https://pdf.cso.ie/www/pdf/20190531100647_Vital_Statistics_Yearly_summary_2018_full.pdf)

*Report on the Review of Relationships and Sexuality Education (RSE) in primary and post-primary schools*, was commissioned by the National Council for Curriculum and Assessment.<sup>36</sup> The report is based on responses to questionnaires by 5,000 students, teachers and parents, along with in-depth consultations with 25 schools. Pupils in most cases say they receive little information about sexual consent, LGBT issues or the positive aspects of relationships. In response to a survey of almost 600 children and young people in Limerick between 11-18 years, one in three 16-18 year olds expressed dissatisfaction with their level of information on sexual relationships, consent, contraception and sexually transmitted infections. These young people would have participated in the SPHE curriculum in the junior cycle of secondary school which includes relationships and sexuality education (RSE).

As in other parts of the country, sex, sexual identity and gender are complex, but very current issues for children and young people. In Limerick GOSHH offers support to young people and their wider networks of family and friends where they identify as LBGTI+.

Issues around sex, relationships and consent is complicated by increasingly immediate access to pornography by children and young people. Consultations have raised concerns about lack of specific training and programmes made available to support children and young people in this area. A number of sexual health and education programmes have been developed by organisations for young people, typically 12+ years, including Foroige (REAL U Programme); Squashy Couch (as part of an Adolescent Health Information Project in Waterford); the HSE 10 Foundation Sexual Health Programme; and National Youth Council of Ireland's B4U Decide.

Consultations undertaken by Limerick CYPSC with service providers and young people highlighted the rising use of social and other online media to access information, pornography and the impact this has on self-image; the complexity of gender identity; the need for sexual health advice, information and education; and parental support to facilitate talks with their children and young people. Immediate online access has also led to additional issues on issues relating to cyber-safety with issues such as up-skirting and revenge porn that is having a significant impact on the mental health and wellbeing of children and young people on the receiving end of such targeted abuse.

Limerick CYPSC consultations with stakeholders representing DSGBV services expressed concerns that training and supports available to young people regarding healthy relationships and consent. ADAPT Domestic Abuse Service and Clare Haven have previously developed a Healthy Relationships programme, devised to be delivered in schools. In 2017/18 ADAPT took the lead on a European-funded Erasmus Project that involved 77 young people from Ireland, Greece, Macedonia and Croatia. The aim of the project was to look at Teen Healthy Relationships Programme with a view to further develop resources and methodologies including the safe use of technology. The final programme report highlighted the need for the Healthy Relationships Programme to address issues on consent and social media as means of abuse in dating relationships. There is currently a 30month EU funded pilot project running until March 2020 in partnership with the Manuela Riedo Foundation and Tusla. The Manuela Programme is a six-session 12-hour classroom based intervention targeted at Transition Year inform young people about sexual consent and prevent sexual violence from happening.

These consultations also highlighted concern with vulnerable women between 18 to 25 years of age, with particular concern for those women leaving care. As referenced earlier research commissioned by drug and alcohol services found that young women with substance misuse issues had disproportionately high rates of Adverse Childhood Experiences (ACEs). It found that of those women who participated in the research, 91% of them had experienced intimate partner violence into

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<sup>36</sup> Report on the Review of Relationships and Sexuality Education (RSE) in primary and post-primary schools (2019), National Council for Curriculum and Assessment.

adulthood and 95% had considered their substance use to be related to, or somewhat related to their experiences of trauma.

## OBJECTIVES

- 1. Work with Youth Work services, GOSHH and other key stakeholders to identify and coordinate appropriate training to support young people, and those working with young people, with issues of sexual health, identity and healthy relationships.*
- 2. Introduce delivery of programme/ workshop to young people in the area of healthy relationships, sexual health and consent.*
- 3. Develop resource which supports young people leaving Care to identify and form healthy relationships taking their Care history, attachment issues and childhood trauma into account.*

## Outcome 2: Learning and Development

All children and young people are or have:

- Learning and development from birth
- Social and emotional wellbeing
- Engaged in learning
- Achieving in education

Learning and development is a key feature of a child's life from birth onwards. The Learning and Development sub-committee has developed priorities that address a number of aspects of same under the following headings:

- Early Years and Childhood Education
- Primary and Post Primary Education

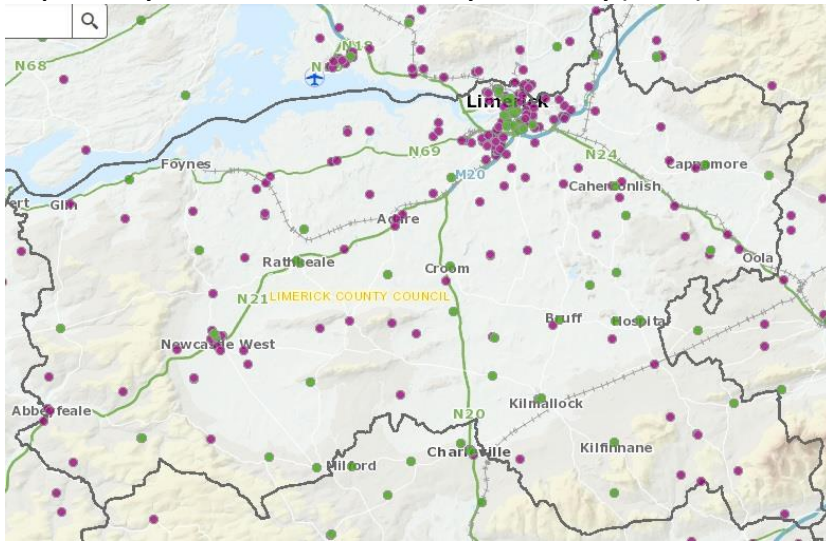
### Early Years and Childhood Education

Policy direction within the Early Year sector will primarily be progressed through *First Five: A Whole-of-Government Strategy for Babies, Young Children and Families, 2019 - 2028* over the next decade. One of its primary areas of focus is reform of the early learning and care system and access to a broader range of options for parents.

Limerick is home to 13,135 children aged 0 – 4 according to the 2016 Census. As well as 194 registered childcare providers, supports are also provided through the Limerick Childcare Committee and ABC Start Right which covers Limerick city north and city centre. In addition, 3 of the 40 Early Start programmes set up by the Department of Education and Skills in 1994 are based in Limerick. Early Start programmes are a “pre-primary initiative in designated areas of urban disadvantage, for children who are most at risk of not succeeding in education”. There have been no Early Start programmes initiated since this time. The Access and Inclusion Model (AIM) is a model of supports is also available and is designed to ensure that children with disabilities can fully participate in pre-school.

The Early Years sector in Ireland has undergone considerable change in the past 15 years in terms of funding and regulation. Ireland has a mixed model of funding provision of early years services. 74% of the services are private and 26% community. Community services are primarily located within disadvantaged communities or in rural areas where it would not be viable for a private provider to deliver a service. Limerick closely mirrors this national picture – of the 194 services 74% are private and 26% community providers. A close analysis of early years service provision indicates that community services typically outnumber private services in small areas categorised as either ‘very disadvantaged’ or ‘extremely disadvantaged’. The two exceptions to this are Abbeyfeale (two small area categorised ‘very disadvantaged’ and ‘extremely disadvantage’ with four private providers and no community provider) and Askeaton (three small areas categorised as ‘very disadvantaged’ or ‘disadvantaged’ – with three private providers and no community providers). In Limerick city small areas categorised as either extremely or very disadvantaged are almost exclusively served by community providers.

**Map 15. Early Years Services in Limerick by Community (Green) and Private (Purple) providers.**



Source: Pobal Maps

However, because privately-run childcare services can deliver the same childcare funded programmes as community services, the number of families accessing subvented childcare from privately run childcare services is greater than the numbers accessing childcare from community childcare services. In many cases, private services' supports to families extend beyond childcare and involve liaising with other support organisations in a similar way to what was traditionally only the case with community services. Research indicates that children who attend pre-school services are better prepared for the transition to primary school. While take-up of Early Years education services is quite high in Limerick, the committee is interested in exploring any remaining barriers to families participating in the ECCE scheme.

Regarding School Age Childcare services, a requirement to register with Tusla came into effect in February 2019 and is being introduced on a phased basis with all services required to register by August 2019. Regulations for these services are currently being developed. There are currently 18 Childminders (minding children in their own home) registered with Tusla. A National Childminding Plan is due to be published in July/August which will support the further development of this sector of Early Years provision.

Despite parents increasing dependence on Early Years services, the sector remains underfunded and significant challenges exist with regard to the sustainability these services. Increasing administrative demands and increased compliance and standards requirements are contrasted against inflexible funding model and a highly-skilled, yet underpaid workforce. In 2019 Limerick CYPSC communicated these concerns to the Department of Children, Equality, Disability, Integration and Youth through the National CYPSC office.

### ***National Childcare Scheme***

A new funding programme, the National Childcare Scheme (NCS), was officially launched in March 2019 and will commence in October 2019, replacing the existing targeted childcare programmes from September 2020. All registered childcare providers including School Age Childcare services and Childminders will be able to offer the NCS. The Early Childcare Care and Education Scheme (ECCE) will remain unchanged. Concerns have been raised by Limerick CYPSC regarding the possible reduction in subvention for parents who are not in work or employment. Such a reduction would result in reduced demand for services which would, in turn, impact the sustainability of services that

are already struggling financially.<sup>37</sup> Limerick CYPSC will continue to advocate on behalf of the Early Years Sector regarding concerns about the impact that the NCS will have on areas disadvantage. However, this is the model that is being introduced. For this reason, Limerick CYPSC will also work with the Limerick Childcare Committee to promote the new NCS to ensure that there is common understanding of the scheme for amongst parents / guardians and professionals working with young children and their parents.

### **Access and Inclusion Model**

As noted above, the AIM model seeks to support children with additional needs to participate in the ECCE scheme. The application for these supports does not require a diagnosis but is based on the identification of the abilities and supports needs of the child through the completion of a profile by parent and childcare provider. For the 2018/19 ECCE programme, there were 201 applications for Level 4 supports (advice and support from Early Years Specialist on strategies to support inclusion). Of these 14 applications were submitted for Level 5 supports (equipment or minor alterations) and 173 for Level 7 supports (financial support for service to reduce ratios in ECCE room) in Limerick city and county. It is unknown how many of these applications were successful.

### **OBJECTIVES**

- 1. improve the take-up of preschool places across Limerick city and county, with a particular focus on key consideration groups (disadvantaged, disability, Traveller, migrant children)*

### **Primary and Post-Primary Education**

The educational policy direction is governed by the Department of Education and Skills (DES) for mainstream primary and secondary schools. Included in these policy's and plans are the DEIS Plan 2018; Action Plan for Education 2018; the Education and Skills Strategy 2016-2019; and the Wellbeing Policy Statement and Framework for Practice 2018- 2023. As well as the DES and Tusla Education and Welfare Service (EWS), The Limerick and Clare Education and Training Board (LCETB) manage and operate second level schools, further education colleges and a range of adult and further education centres delivering education and training programmes. Other strategies targeting specific populations such as LGBT+, Disability, Traveller and Roma, Tusla Educational Welfare Strategy including School Completion Programmes, and child and youth related strategies also tie into supporting educational and wellbeing outcomes.

In Limerick there are 139 mainstream primary schools and 33 secondary schools. Of the primary schools, 17 have DEIS status (14 urban band 1; 3 rural). In post-primary 7 schools have DEIS status (4 in the city and 3 in the county). These schools receive additional supports to meet the needs of the student population. Support for children and young people struggling in school are provided by School Completion Programmes for which there are 7 in the Limerick area. Home School Community Liaisons are also deployed in DEIS schools to work with families who may need additional support to increase participation in education and increase attendance. Further supports and services are provided through the National Educational Psychological Services (NEPS) for primary and secondary schools. National government policy has committed to increasing the number of NEPS psychologists to ensure comprehensive coverage for all schools. 7 NEPS psychologists (1 senior and 6 main grade) cover schools in Limerick city south and county Limerick. 5 NEPS psychologists (1 senior and main grade) serve Limerick city north and Castletroy (as part pf the North Tipperary team. NEPS

<sup>37</sup> Brocklesby, Susan (2016), 'Breaking Point: The challenge of securing sustainable Early Years Services to support children and families most at risk of poverty'.

psychologists work with both primary and post-primary schools and are concerned with learning, behaviour, social and emotional development. Each psychologist is assigned to a group of schools.

### ***Attendance***

School attendance and the associated issues of retention, reduced timetables and school refusal are all prominent on the Limerick CYPSC agenda. School retention is also a priority of the Limerick LCDC under action 2.1.11.

### ***Reduced Timetables***

A common theme that recurred across Limerick CYPSC consultations and survey responses was a concern about reduced timetables. The term 'Reduced Timetable' is used to describe a reduced day in school where, by arrangement with the school authorities, a student arrives to school after the usual starting time or leaves before the end of the school day. The consultations suggested that reduced timetables are used by some schools when a behavioural issue impacts on the safety of other children in the classroom. As children on reduced timetables are marked "present", their reduced hours are currently not reported to the education welfare section at Tusla or the Department of Education. Neither body collects any data on reduced timetables. Anecdotal evidence from stakeholders has also suggested that this issue disproportionately affects children from the Traveller community and, in some instances, children with disabilities.

The current position of the Department of Education and Skills (DES) is that reduced timetables should not be used as a behavioural management technique, or as a de facto suspension or consultation. Where schools apply a shorter school day in relation to a child, such arrangements should only be put in place in exceptional circumstances in order to assist a pupil to return to school. Any such arrangement should be transitional arrangement, which is designed to assist the reintegration of a pupil to a school environment.<sup>38</sup> *Developing a Code of Behaviour: Guidelines for Schools* (NEWB, 2008) states that "exclusion of a student for part of the of the school day, as a sanction, or asking parents to keep a child from school, as a sanction, is a suspension. Any exclusion imposed by a school is a suspension, and should follow the guidelines relating to a suspension." Under the Education Welfare Act 2000, a school principal is required to inform an Education Welfare Office where a student is suspended for a period of more than 6 days. This is not happening at present.

Proposed guidelines have been drafted by the DES to provide clarity to schools around reduced timetables and to set out the procedures to be followed by schools where such an option is being considered and used. The aim is to ensure that the use of reduced timetables is limited solely to those circumstances where it is absolutely necessary. The draft guidelines are underpinned by the principles that a reduced timetable should not be used as a sanction or as a behavioural management tool; that it should be applied proportionately and should last only as long as is necessary to facilitate a return to school on a full-time basis. There is no indication of when these guidelines will be finalised and published.

Limerick CYPSC has identified reduced timetables as an ongoing concern. As well as the impact that using reduced timetables has on the educational outcomes of a young person, the current lack of ability to count this also hides additional needs that a school may actually be reporting. Limerick CYPSC commits to advocate its concerns relating to reduced timetables through its appropriate structures.

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<sup>38</sup> Dail Eireann Debate. Statement from Minister for Education and Skills (November 2018)



In addition, through Limerick CYPSC, What Works (a DCEDIY-funded initiative) supported 26 stakeholders from across Limerick city and county to participate in a programme to identify innovative ways of tackling “wicked” or intractable problems. One of these groups, anticipating the publication of guidelines relating to reduced timetables, is currently working on how to effectively support schools, parents and agencies in responding to the impact of this new direction. Using the forthcoming guidelines, the group is exploring ways to support schools, families and communities supports to respond to the issue of reduced timetables.

### School Avoidance

School avoidance refers to a student’s refusal to attend school or difficulty with remaining in classes for an entire day. There are many reasons why a student may avoid attending school or remain in school. School avoidance is a challenge that confronts all schools, at both Primary and Secondary level. Early recognition and intervention are key to prompt resolution. Where the problem persists or becomes complex, schools often seek the advice and support of outside agencies. From Limerick CYPSC consultations it emerged that issues of school avoidance have, in some instances, fallen between a number of different agencies such as NEPS, mental health services and disability services leading to inaction.

### **School Transitions**

School transitions, from preschool to primary and from primary to post-primary are a major landmark in children’s lives. The transition to primary school is recognised as being one of the most important educational transitions that young children experience. It is widely considered that children who attend pre-school are likely to experience a smoother transition. A successful transition can have long-term positive outcomes for children both in their educational success and in terms of social and emotional development. There is a small cohort of children in Limerick whose parents do not take up the ECCE programme. A poor transition from primary to post-primary has potential to impact on a young person’s performance in school and may lead to issues of school refusal or ultimately early-school leaving.

### Preschool to Primary

*First Five*, the government’s strategy for babies, young children and families, has identified transitions to and through early years settings to primary school as a key priority. National and international research has shown that positive experience during this important transition is a predictor of children’s future success in terms of social, emotional and educational outcomes. Positive transitions help to form good attitudes towards school which support strong school engagement and lead to long-term benefits for future learning and relationships. Recent research from *Growing Up in Ireland* indicates those more likely to experience adjustment difficulties during this time are boys, children with disabilities or special educational needs, children with social and emotional difficulties, children from one-parent families, children from larger families and children from socio-economically disadvantaged backgrounds.<sup>39</sup>

The National Council for Curriculum Assessment (NCCA) completed a research series on transitions from preschool to primary in 2018. Locally, ABC Start Right produced *Ambitions for Transitions: A Guide to Support Every Child’s Progression from Early Years Services to Primary School* that is underpinned by the NCCA research. This resource offers guidance and direction for families, early years PR actioners and teachers of junior infants classes.

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<sup>39</sup> Smyth, E. (2018) *The Transition to Primary School. Insights from the Growing Up in Ireland Study*. Dublin: National Council for Curriculum and Assessment (NCCA)

A recent consultation undertaken by the National Disability Authority on behalf of the Departments of Children and Youth Affairs, and Education and Skills also highlighted particular challenges for children with a disability/special education needs.<sup>40</sup> The importance of early intervention units to support transitions into mainstream primary education improves outcomes for children by provide opportunities for early supported learning and gives parents the tools to be able to support children in learning from an early age. Figures for Limerick city and county show that 3.6% (467) of the population of 0-4 year olds had a registered disability in 2016 as compared to 3% in the state. A full list of additional supports in Limerick is available on National Council for Special Education website [www.ncse.ie](http://www.ncse.ie). Any additional supports that an early years service received through the AIM programme do not transfer to the primary school.

### Primary to Post Primary

Growing up in Ireland examines the difficulty of this transition from the parents and young person's view point.<sup>41</sup> Parents reported fewer difficulties in the transition, although at least a fifth of young people were reported to be anxious about making new friends and missed friends from their previous school. The young people's own perspective of the child's transition showed that their confidence in their academic abilities in the junior cycle was lower than when they were in primary school, this was especially the case for girls who were also more likely to experience transition difficulties than boys. In addition, greater transition difficulties were evident among young people from families who were not employed or had lower levels of education, and from immigrant families. Young people with special educational needs found the transition the most difficult.

### Post Primary to Further Education, Training or Employment

The transition from Junior Certificate to Leaving Certificate and the transition from Leaving Certificate to further education, training or employment is a challenging one for young people. Limerick CYPSC consultations with young people expressed concern with the consistency of career guidance support across education settings. In particular, it was considered that career guidance counsellors did not have broad understanding of the options available outside of mainstream third level opportunities.

Guidance is an entitlement in post-primary schools as per the Education Act (1998) Section 9 which states that a school shall use its available resources to *(c) ensure that students have access to appropriate guidance to assist them in their educational and career choices*. The document *Guidelines for Second-Level Schools on the Implications of Section 9(c) of the Education Act 1998, Relating to Students' Access to Appropriate Guidance (DES, 2005)*, indicates that a guidance programme should be part of a school plan and identifies the central role of the guidance counsellor as well as the important contribution of different members of staff to the role of guidance. The Whole School Guidance Plan for the school should take account of the needs of all Junior Certificate and Leaving Certificate students. Guidance also forms part of the curriculum in the Transition Year Programme (TYP), the Leaving Certificate Applied (LCA) and Leaving Certificate Vocational Programme (LCVP).<sup>42</sup> It should be noted that the Wellbeing Policy Statement and Framework for Practice state that the DES will "collect and review data on the use of Guidance Counselling

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<sup>40</sup> National Disability Authority (2019) Review of Overage Exemptions for the Early Childhood Care and Education (ECCE) Programme. Dublin: Department of Children and Youth Affairs

<sup>41</sup> Smyth, E. Et al (2017) Growing Up in Ireland, National Longitudinal Study of Children. Off to a good start? Primary School Experiences and the Transition to Second-Level Education. Department of Children and Youth Affairs, The Stationery Office, Dublin.

<sup>42</sup> Guidelines for Second-Level Schools on the Implications of Section 9(c) of the Education Act 1998, Relating to Students' Access to Appropriate Guidance (DES, 2005)

resources in post primary schools and identify potential recommendations for improvement”. This was due in Q4 2018.

### *Migrant children transitioning into the education system*

For new communities who are accessing the education system in Ireland, the transition can pose significant cultural, language and access issues. This is of particular concern to asylum-seeking families. Issues can exist relating to the policy of placing children in age appropriate schooling, irrespective of their level of English. For example, if a learner arrives in Ireland at 16 years or more, they are allocated to Junior Cert or 5<sup>th</sup> year. If the student has little or no English, it is almost impossible for them to grasp all the subjects they are expected to do. Limerick and Clare Education and Training Board were successful in applying to the Asylum and Migrant Integration Fund (AMIF). Co-funded between AMIF and the LCETB. The Realising Potential project is based on extensive consultation with LCETB partner projects and experience of developing and delivering curriculum to migrants. It is designed to address needs emerging from structural gaps and resourcing issues which fall outside the remit of any single agency or organisation. This project has two broad themes related to the acquisition of language skills and appropriate educational guidance designed to support migrant’s participation in their local communities and local economic life.

- To address structural gaps which exist in relation to providing access to appropriate levels of ESOL at each stage in the learning journey including primary school parents, post primary school students and adult learners.
- To providing access to targeted educational guidance for adult migrants including providing assistance in recognition of prior learning and qualifications achieved in their country of origin.

Limerick CYPSC supported this application and sits on the Partnership Group to support implementation of the project.

### **OBJECTIVES**

1. *Support implementation of forthcoming DES guidelines on Reduced Timetables*
2. *Develop School Avoidance Pathways Guidance for Limerick*
3. *Support Implementation and Delivery of Realising Potential project*
4. *Collaborate with key stakeholders to provide information and training to designated career guidance counsellors about opportunities available to young people leaving post-primary education.*

### Outcome 3: Safe and Protected from Harm

All children and young people are or have:

- Secure, stable, caring home environment
- Safe from abuse, neglect and exploitation
- Protected from bullying and discrimination
- Safe from crime and anti-social behaviour

The primary statutory agencies with responsibility for protection and welfare of children and young people rests with An Garda Síochána and Tusla Child and Family Agency, supported by services provided by the HSE. CYPSC has targeted a number of areas to develop under Outcome 3:

- Parenting and Family Support
- Child and Family Support Networks, Meitheal and Local Area Pathways
- Homelessness
- Domestic, Sexual and Gender-based Violence

#### Parenting and Family Support

Supporting parents is one of the core transformational approaches identified in *Better Outcomes, Brighter Futures* to help children and young people reach their full potential. The *High-Level Government Policy Statement on Supporting Parents and Families* was subsequently produced in 2015, underpinning parent and family support policy. *First Five* re-emphasises this commitment. DCEDIY are currently developing a National Model of Parenting Support Services.

There is an array of parenting family supports offered in Limerick via statutory, community and voluntary services. Public Health Nursing provides one-to-one support for parents of all babies. Other parenting support is provided through statutory support services across the HSE in primary care, disability, mental health as well as through Tusla. Tusla also provides core funding to its Family Resource Centre Programme. There are four Family Resource Centres in Limerick – two in Limerick city and two in East Limerick. There is no FRC in West Limerick, something that has been identified as a significant gap in the area through consultations. The FRCs focus on supporting families, parents, children and communities in their respective areas through programmes, groups, education, counselling, early years services, childcare, peer support services etc. Other parenting and family support services are delivered through a variety funding sources (such as Tusla, HSE, private fundraising) and governance structures. Barnardos, Limerick Social Service Council and other key community and voluntary partners also offer family supports by way of family therapy, home visits, parenting programmes, counselling, outreach, advice, education, including specific targeted populations such as migrants, families affected by prison, substance misuse, homelessness etc. A full list of these services available in Limerick is outlined in [section 3 of this plan](#).

Limerick is also one of 13 sites across the country with an Area Based Childhood (ABC) initiative. ABC Start Right, based in Limerick city centre and city north, is a prevention and early intervention initiative that was jointly funded by DCEDIYDCEDIY and Atlantic Philanthropies with an explicit focus of addressing child poverty. The ABC initiative was under the remit of Limerick CYPSC. However, since September 2019 it has been funded by Tusla under the Prevention, Partnership and Family Support (PPFS) programme of work. Online supports for parents have also been developed including LoveParenting.ie (Limerick CYPSC and ABC Start Right), Parenting24seven (Tusla) and MyChild.ie (HSE).

In a survey delivered to professionals working with children and young people in Limerick, more than 60% working with or referring into parent and family support services stated that they were satisfied or somewhat satisfied with access to these services. This score was consistent across parent and family support services with families who had children across all age ranges. However, it is also

noted that while this level remained consistent when viewing respondents based in either Limerick City or East Limerick only, it was significantly lower when viewing respondents based in West Limerick only (averaging 45% across all child age ranges). This is consistent with consultations undertaken with stakeholders in West Limerick. While this may contrast with the number of parenting and family support services listed in section three of this document, it is important to note that many of these services are referral-based supports and, in some instances, have long waiting lists.

A core goal of CYPSC is to enhance the coordination and collaboration of services working to support children, young people and their families. Parenting Limerick, a sub-structure of Limerick CYPSC, is one mechanism through which Limerick CYPSC works to achieve this. Parenting Limerick comprises of organisations involved in delivering parenting and family supports in Limerick city and county. Underpinning the work of Parenting Limerick is the government commitment in *Better Outcomes, Brighter Futures* which states that planning and coordination of parenting supports should happen at local level through Children and Young People's Services Committees. Under the auspices of Limerick CYPSC, Parenting Limerick undertakes a number of actions to meet this objective including the publication of an information brochure on parenting supports in Limerick and parenting information calendar which includes listings of parenting programmes, events and workshops. It also undertakes to promote positive parenting messages through a weekly article in the Limerick Leader, Vale Star and Weekly Observer and supporting other parenting events that take place across the city and county. All these publications redirect toward LoveParenting.ie, a website developed in collaboration between Parenting Limerick and ABC Start Right. The purpose of LoveParenting.ie is to link parents to quality information and locally available services. Parenting Limerick also collaborates with key stakeholders around the table to deliver parenting support programmes where a need has been identified. This work is augmented by the Parenting Support Champions initiative under Tusla. In 2019 Limerick CYPSC successfully applied for funding under the What Works initiative which was using to support ongoing quality assurance of parenting and family support groups and to host a Parenting Conference focusing on Adverse Childhood Experiences, trauma and attachment.

There is some overlap in membership between local networks in Limerick that focus on parenting and family support and Parenting Limerick. The CYPSC Coordinator participates on the East Limerick Child and Family Support Network Hospital Community and Family Network, West Limerick Child and Family Support Network and the Abbeyfeale Community Network.

The establishment of a Parenting Unit within the Department of Children, Equality, Disability, Integration and Youth is a welcome development in aligning local response with national strategic direction to ensure that there is consistency in delivery and support across Limerick, the Mid West and the country.

## OBJECTIVES

1. *Coordinated and consistent support for parents across Limerick City and County.*

## PPFS and Child and Family Support Networks

Under the Tusla Prevention, Partnership and Family Support programme of work, Tusla have a team of three Senior Child and Family Support Network Coordinators and a PPFS manager. This is augmented by a Parenting Programme Manager who covers the Mid West region. Unlike other areas, there are no Tusla Family Support Workers in Limerick. The PPFS team are in the process of setting up Child and Family Support Networks – the purpose of these networks is to ensure there is a

good interagency and collaborative approach to meeting need of children and families in their area, while also engaging partners in the Meitheal model of support and liaising with Limerick CYPSC.

The primary reasons for referral to Meitheal in 2019 were emotional, educational, parenting support and mental health. These reasons closely align to what parents identified as needing support within the Limerick CYPSC Parent Survey. As Meitheal gains momentum as an interagency approach to responding to early identified need, it is hoped it will ultimately lead to a reduced need for child protection and welfare, thereby reducing the resources needed to intervene intensely. The Meitheal process continues to be evaluated.

Tusla Mid West produced their first Area Commissioning Plan in 2018, outlining the commissioning priorities for Tusla Mid West over the period 2018 – 2020. The plan identified for key priority areas for services:

1. Implementing early intervention services
2. Addressing vulnerability factors impacting on parental capacity
3. Implementing creative community alternatives
4. Enhancing resources in the Mid West area.

## OBJECTIVES

*1. Support the development and implementation of the Prevention, Partnership and Family Support programme of work.*

## High Needs and Complex Cases

As the statutory provider for child welfare and protective services, data collated by Tusla is a useful indicator of levels of need across a spectrum, particularly those children with potentially high or complex needs (Hardiker level 3 and 4). In 2017 Tusla adopted the Signs of Safety model as part of its broader Child Protection and Welfare Strategy to enable one uniform assessment and intervention approach to be used across the country. This approach was launched in June 2017 marked the commencement of a three-year, system wide implementation across Tusla's Child Protection and Welfare service.

In a survey conducted with professionals working with children and young people in Limerick almost 3 in 4 respondents (73%) stated that they strongly disagree or disagree with the statement that there is sufficient service provision from Child Protection and Welfare Services in their area. Despite this a majority of respondents also indicated that they were satisfied or somewhat satisfied with access to child protection and welfare services (68% for 0 – 5 years; 62% for 6 – 12 years and 59% for 13 – 17 years). This seems to suggest that while a majority of professionals are happy with Tusla's service provision, while they are under resourced the organisation will be unable to meet the demands for the service.

Consultations also reflected concerns that professionals are coming across increasingly complex cases. They also expressed a concern with a lack of clarity regarding thresholds within Tusla services. That being said, it was also noted that there has been significant progress in making the public more aware of child protection and welfare issues.

Tusla has established RED (Review, Evaluate, Direct) teams. RED Teams are an internal Tusla mechanism designed to ensure that children and families are provided with a response which is the most appropriate to meeting low-medium child welfare needs. The RED Team is an operational one

comprising of members of Tusla Social Work; PPFS (Partnership, Prevention, and Family Support); and Tusla Education Support Service. It does not replace existing Standard Operating Procedures within Tusla Social Work, TESS, or PPFS -it is seen as being complimentary to the national Meitheal Practice Model. It will respond to the needs of children/families with 'low –medium' level of needs (typically Hardiker levels 2-3). The RED Team will consider cases where there is an unmet and uncoordinated child welfare need which is connected to parenting.

Consultations with key stakeholders when developing the Limerick CYPSC plan did identify transitions as a key challenge for children and young people. In this instance it is acknowledged that transition from care is an extremely challenging one for any young person. The Irish Aftercare Network notes that while it is important to highlight that most young people in the care system have very positive experiences and most make a smooth transition to adulthood, there are a significant number of young people do still face problems on leaving care including social exclusion, poor mental health and periods of homelessness.

The risk of homelessness for care leavers has increased sharply in recent years due to the worsening housing crisis, which affects vulnerable groups more acutely. Young people who are at the greatest risk are those who have had very traumatic childhood experiences and disruptive care experiences.

## OBJECTIVES

*1. No interagency objectives emerged from consultations with stakeholders. Limerick CYPSC is open to supporting actions that may emerge in this area within the lifetime of the Children and Young People's Plan.*

## Homelessness

Figures from 2014 to 2019 illustrate the concerning rise of homelessness across Ireland. The number of children in emergency accommodation rose from 749 in July 2014 to 3,422 in December in 2019. A report in 2016/17 on homeless families estimates that 65% of families were lone parent families, and 35% were headed up by couples. *Rebuilding Ireland: Action Plan for Homelessness and Housing* was established in 2017 to monitor and respond to the housing and homelessness crisis. The housing crisis has created rippling effects for families and young people, even as the whole Limerick metropolitan area is now marked as a "rent pressure zone".

Limerick City and County council provides emergency accommodation to those families registered as homeless in Limerick. Emergency accommodation consists of Supported Temporary Accommodation (more commonly known as Family Hubs) or Private Emergency Accommodation (typically hotel rooms and B&Bs). There are 4 hotels, 2 family hubs and 1 mother and child service in Limerick. Family hubs offer a safer environment for families to live in compared to Private Emergency Accommodation with additional supports made available to families supported in those settings. Agencies involved in service provision include Mid-West Simon (Dublin Road Family Hub, 10 families), Focus Ireland (Childers Road Family Hub, 30 units) and Respond / Suaimhneas for mothers and children.

Through Limerick CYPSC, What Works (a DCEDIY-funded initiative) supported 26 stakeholders from across Limerick city and county to participate in a programme to identify innovate ways of tackling "wicked" or intractable problems. One of these groups focused on reducing the impact of developmental delay in children in their formative years (0-5) living in homeless accommodation in

Limerick. These formative years are a time of rapid development, when child experiences shape the adults that they will become. Children living in homeless accommodation is one cause of adversity in childhood. The experience of homelessness has been shown to increase the risk of physical and mental difficulties during childhood and early adulthood. In a study done in 2018 by Lambert et. al.<sup>43</sup> it highlighted that placing homeless families in hotel rooms was having a destructive impact on children and significantly affected mental health and physical development. In November 2019, the Royal College of Physicians produced a report on the impact of homelessness on the health of young children. It highlighted negative impacts of homelessness on children including poorer physical and emotional health.

Through this working group, funding was secured through HSE Social Inclusion, Tusla PPFs and Limerick CYPSC (through the Healthy Ireland Fund) to respond to the concerns highlighted through a Child Development Homelessness Project Coordinator. Based within the ABC Start Right team this post will support the development and the implementation of interventions to meet the child development needs of children in Homelessness or at risk of homelessness.

## OBJECTIVES

*1. Maximise opportunities for children and young people in homelessness to be safe and enjoy their childhood by prioritising access to educational opportunities support services for families and continued access to their peers.*

## Domestic, Sexual and Gender Based Violence

The impact on children, as witnesses to violence, or victims of same, are well documented and have both short and long term impacts. ADAPT Domestic Abuse Service is the main speciality support service for women, children and families affected by domestic violence in Limerick. Some mainstream family and support services also offer a range of specialist support for children. In Limerick Local and national helplines, information and advocacy, and advice can also be sourced through Women's Aid. There is Midwest Sexual Assault Treatment Unit (SATU) located in the University Hospital Limerick where Rape Crisis Mid-West psychological support workers are available to all patients. Within that service a Rape Crisis counsellor also arranges follow-up appointments for counselling and Garda accompaniment if this is requested. There is currently only one dedicated support service in the country working directly with men who have experience domestic violence, which is based in Navan.

Beginning in 2019, Tusla have begun a collaboration with Barnardos and ADAPT to establish TLC Kidz in Limerick and Clare. TLC Kidz involves the establishment of a collaborative interagency approach responsive to the needs of children who have experienced domestic violence and abuse, and their families. At the core of the initiative is the delivery of the TLC Kidz group programme to children who have experienced domestic violence and abuse, and their mothers to assist children's understanding of their experience, to give voice to their experience, and to support their safety and well-being. The approach also includes awareness-raising and capacity-building at a local community level to increase the understanding of the impact of domestic violence and abuse on children, and to aid identifying and responding to the needs of children who have experienced, or are experiencing domestic abuse within their family.

<sup>43</sup> Lambert, S. et. al. (2018), Young Families in the Homeless Crisis: Challenges and Solutions, Focus Ireland.



The *Domestic, Sexual and Gender Based Violence Strategy (2016-2021)* is the second of its kind in Ireland. COSC, the National Office for the Prevention of Domestic, Sexual and Gender Based Violence, with the Department of Justice and Equality, oversee the coordinated implementation of the DSGBV strategy and action plan. The Gardaí play a crucial role in supporting those in emergency situations, and Tusla now holds a central role in leading the development of national DSGBV services. The COSC strategy is underpinned by the *Convention on preventing and combating violence against women and domestic violence* (Istanbul Convention, 2011), Criminal Justice (Victims of Crime) Act 2017, Criminal Justice (Victims of Crime) Act 2017 and, most recently, the Domestic Violence Act 2018. In particular, it is important to note that changes in the law now make it possible for someone in a dating relationship to get a Safety Order.

As noted [earlier in the needs analysis](#), the emergence of pervasive online behaviours have added an additional layer of complexity and concern when considering domestic abuse. Increasing connectivity via social media and other mobile phone applications has led to easier access to tracking movements of young women, online abuse and revenge porn.

Consultations with key stakeholders did identify frustration at the removal of funding to support the Regional Advisory Committees, an interagency structure that focused specifically on domestic, sexual and gender-based violence. In the Mid West, the RAC was considered a positive structure through which significant collaboration and coordination of services was achieved.

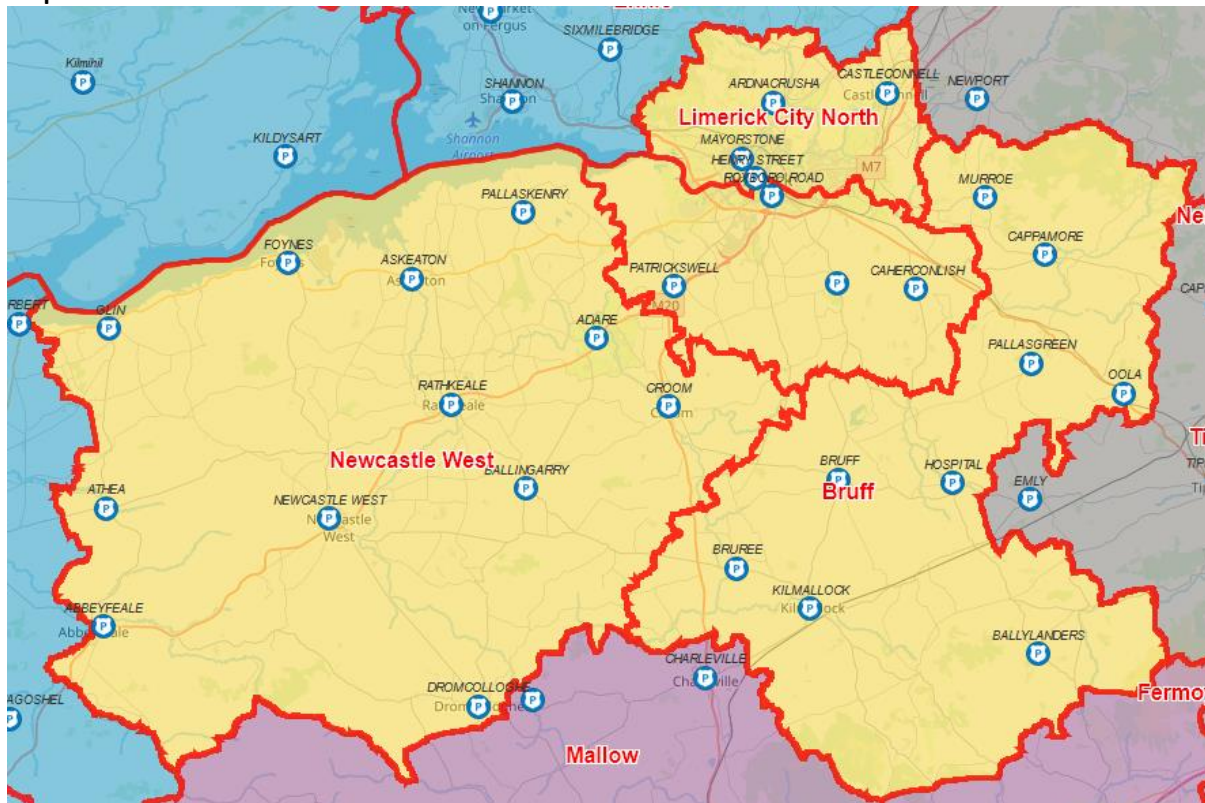
## OBJECTIVES

*1. No interagency objectives emerged from consultations with stakeholders. Limerick CYPSC is open to supporting actions that may emerge in this area within the lifetime of the Children and Young People's Plan.*

### Community Safety and Youth Justice

Limerick is part of the Southern Region of An Garda Síochána. The Limerick Garda division has 4 districts (Henry Street, Roxboro Road, Bruff and Newcastle West) and 29 stations within those districts. An Garda Síochána are the leading statutory body with responsibility for community safety. Probation Services (including Young Persons Probation) are the statutory body in charge of criminal and youth justice.

Map 16. Limerick Garda Divisions



There are 7 Garda Youth Diversion Projects (GYDP) operating in Limerick, managed by multiple organisations. Five are based in or around Limerick city, with two projects based in West Limerick. There are no GYDPs in East Limerick. GYDPs are community based, multi-agency, youth crime prevention initiatives which primarily seek to divert young people between 12 to 17 years who have been involved in anti-social and/or criminal behaviour. They provide suitable activities to facilitate personal development, promote civic responsibility, and improve long-term employability prospects. The projects may also work with young people who are significantly at risk of becoming involved in anti-social and/or criminal behaviour.

The majority of referrals for GYDPs coming from Limerick city and surrounding areas. Of the referrals received for GYDPs over the last 12 months up to August 2018, 69% of the referrals (640) representing 62% of the individuals referred (267) came from Limerick city. This represent 34 individuals per 1000 of population. West Limerick areas of Abbeyfeale, Newcastle West, Rathkeale and Askeaton also represent a significant proportion of referrals. While the number of individuals and referrals made are lower with 16% of the referrals (n) representing 13% if the individuals referred (n), the rate of individuals is 29 per 1000 of population. In East Limerick referrals significantly lower. It is difficult to ascertain if this is because there is no GYDP in this side of the county. Outside of the Kilmallock, the largest area of East Limerick referrals come from north of Limerick city in Castleconnell and Ardnacrusha.

Map 17. Individuals receiving a GYDP Referral in the 12 months to the end of August 2018

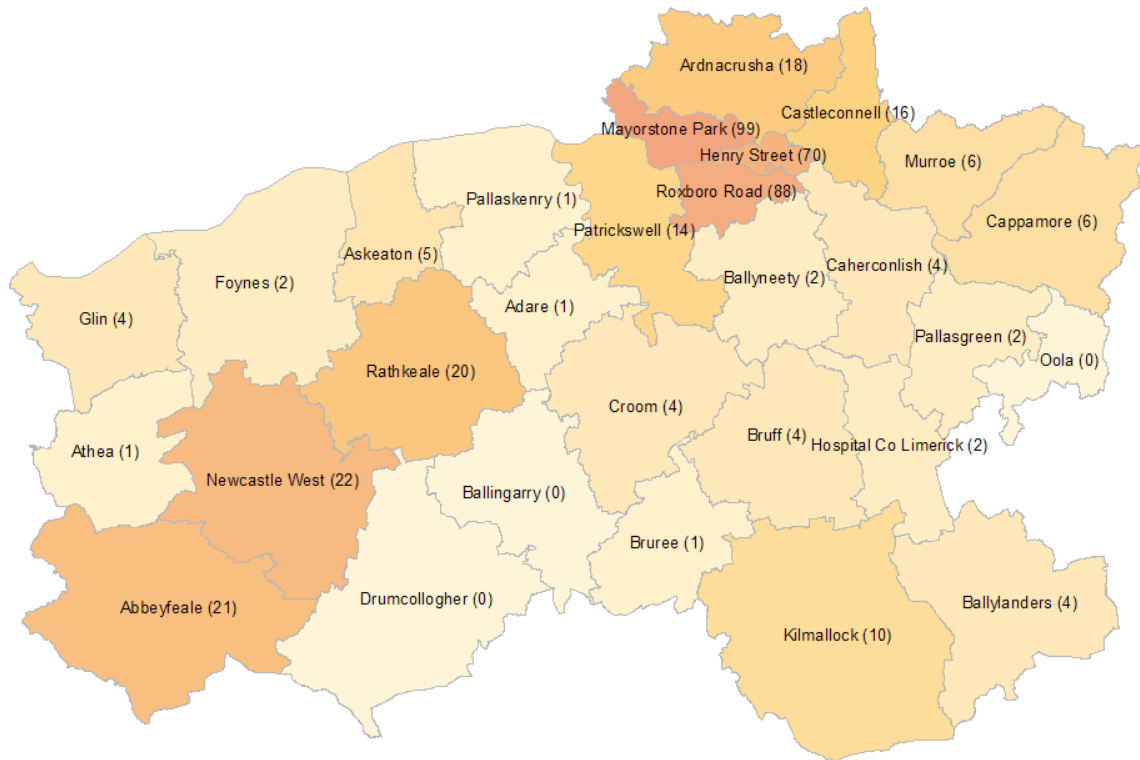


Figure 31. Sub-districts with five or more individuals referred to GYDP

Limerick		Rate per 1,000	Referrals 12 months to end Aug 2018	Caution Type by Individual			Offence Group			Referral Change	
	Population = 12-17yrs = (8%)		Individuals = Referrals =	Informal	Formal	Unsuitable	Property	PubOrd	Violent	1 yr	2 yr
National	4,823,332 381,119 (8%)	21	8,110 15,116	47%	24%	30%	45%	38%	17%	↘	↔
Limerick	207,816 15,765 (8%)	28	437 927	42%	23%	34%	42%	40%	18%	↘	↘
10. Mayorstone Park	27,293 1,917 (7%)	48	99 231	32%	23%	45%	35%	44%	21%	↘	↔
17. Roxboro Road	32,943 2,270 (7%)	39	88 268	33%	21%	45%	54%	30%	16%	↘	↘
28. Henry Street	31,013 1,832 (6%)	40	70 130	50%	28%	22%	45%	37%	18%	↘	↘
106. Newcastle West	11,192 806 (7%)	28	22 44	60%	13%	27%	23%	58%	19%	↘	↘
111. Abbeyfeale	7,038 566 (8%)	38	21 32	67%	14%	19%	54%	36%	11%	↘	↘
115. Rathkeale	4,988 441 (9%)	46	20 39	19%	64%	17%	55%	45%	0%	↘	↘
123. Ardnacrusha	10,901 941 (9%)	19	18 27	52%	13%	35%	35%	58%	8%	↘	↘
130. Castleconnell	7,276 592 (8%)	27	16 29	53%	16%	32%	33%	39%	28%	↘	↘
141. Patrickswell	6,567 553 (8%)	25	14 26	50%	33%	17%	26%	52%	22%	↘	↘
158. Kilmallock	6,856 564 (8%)	18	10 11	100%	0%	0%	71%	14%	14%	↘	↘
158. Irishtown	24,800 1,046 (4%)	10	10 11	64%	36%	0%	36%	45%	18%	↘	↘
217. Cappamore	3,609 291 (8%)	21	6 18	33%	13%	53%	45%	45%	9%	↘	↘
217. Murroe	3,181 346 (11%)	18	6 6	83%	17%	0%	50%	33%	17%	↔	↘
244. Askeaton	2,268 204 (9%)	25	5 5	100%	0%	0%	60%	20%	20%	↔	↘

The regional Young Persons Probation is part of the Probation Service serves Limerick, Clare, North Tipperary and North Kerry. As well as working with children and teenagers between the ages of 12 and 18 who come before the Courts, or who are in the Children Detention Schools/Centre, it also provides support to other services working with children and young people engaged with the justice system, including Le Cheile Mentoring, Céim ar Chéim and Southill Outreach. While there are no similar services located in Limerick county, all these services are open to referrals across Limerick city and county. This can present a challenge in some instances with consultations from county based professionals, parents and young people all indicating frustration with city-based services and the challenge in accessing the services. A new pilot project, Evolve Youth Project, is being run in Rathkeale, Askeaton and Croom. This project aims to provide 1:1 and small group interventions for young people who present with difficulties in relation to their behaviour in the home, school or community.

Consultations with key stakeholders, particularly amongst community development and youth workers, have highlighted the value of community policing with the opinion expressed that this model needs to be enhanced. Significant concerns were raised in consultations and survey responses about the issue of community violence and the long term impact this has on children and young people witnessing it in their communities. A National Community Policing Office has been established to support community Gardaí with community engagement. This is part of that *Modernisation and Renewal Programme for Community Policing (2016 – 2021)*. As part of this process geographical areas will be mapped out to evaluate resource allocation and provision and establish 'Community Areas of Policing'.

### ***Restorative Practices***

The Limerick Restorative Practices Project offers support to create more restorative communities for children, young people and families in Limerick. Under previous funding made available to the Limerick CYPSC, it supported the establishment of a Restorative Practices Project which developed into a strong partnership between Justice, Education and community groups. The Restorative Practices sub-group was chaired by the Probation Services representative on the Limerick CYPSC. The project employed a coordinator and was hosted in Céim ar Chéim. From 2013 when the project was established it trained, mentored and supported over 1,000 people and 52 organisations across Limerick to use restorative approaches. This funding stream ended in 2016 and led to less direct engagement between the project and Limerick CYPSC. It is currently being supported by the Probation Service and the Limerick Social Intervention Fund through Limerick City and County Council. Limerick CYPSC Coordinator rejoined the RP Steering Group in 2020 with a view to supporting the development and continued delivery of the RP project.

### ***Restorative Justice***

Restorative Justice is a victim-sensitive response to criminal offending, which through engagement with those affected by crime, aims to make amends for the harm that has been caused to victims and communities and which facilitates offender rehabilitation and integration into society. Le Chéile Mentoring hosts the Restorative Justice Project. The youth-focused project is housed under the governance of Le Chéile Mentoring and Youth Justice Support Services. It is closely aligned with and works alongside Limerick Young Persons Probation (YPP) having been established specifically to dovetail with existing statutory service provision, vis-à-vis YPP. The Project is also embedded within a broader range of services providing restorative practice initiatives across the city, across justice, education and community and voluntary services. The Project's primary focus is on providing a range of restorative justice interventions to young people from the Limerick area, who have been involved in crime and are being worked with by the Probation Service. In addition to this, the Project's staff provide accredited training in restorative practices to professionals including Gardaí and staff of community-based services. The Limerick CYPSC Coordinator was invited to join the RJ Steering Group in 2021.

### ***Weapon-Carrying***

The issue of weapon-carrying and knife crime is currently on the national agenda following a number of high profile across the country. These incidents have drawn attention to an issue that has been evident to professionals working in the youth justice and youth work sectors for some time – the increase of young people carrying knives and other weapons. Although the CSO does not publish statistics on knife crime, a report in the Irish Times stated that knife seizures have continued to increase in 2020 despite the Covid-19 lockdown, with one in six knives seized by Gardaí taken from children aged 12 to 17 years.<sup>44</sup> Anecdotal evidence from the local probation service, probation-funded project and schools is that weapon carrying is a growing issue in Limerick. Schools in Limerick are reporting an increase in weapon carrying incidences.

The national discourse tends to focus on measures like “stop and search” and increased sentencing. Throughout the lifetime of this plan, Limerick CYPSC will work with partners to develop a project aims to focus at both the prevention and intervention end of the scale. Early prevention work will lead to less weapon-carrying incidents that require youth justice or custodial interventions, a benefit for young people, their families and communities and the court system (both in time and expense). Where there are incidents, the project will seek to have a structured targeted support framework in place for these young people.

There is a very real concern amongst stakeholders in Limerick that the issue of knife/weapon carrying amongst young people is a “ticking time-bomb”. While prevention work is often initiated in response to a crisis, by its very nature it should be something we do to prevent that crisis from occurring in the first place and, importantly, to prevent it from reoccurring in the future.

### **OBJECTIVES**

- 1. Support the continued delivery and development of the Restorative Practices and Restorative Justice projects*
- 2. Develop and support implementation of an early prevention and targeted intervention weapon-carrying initiative.*

<sup>44</sup> Irish Times (2019), <https://www.irishtimes.com/news/crime-and-law/rise-in-seizures-appears-to-show-growth-of-knife-carrying-culture-1.4409989>, [Accessed 23.02.2021].

## Outcome 4: Economic Security and Opportunity

*Children and young people are or have:*

- *Protected from poverty and social exclusion*
- *Living in child/youth friendly sustainable communities*
- *Opportunities for ongoing education and training*
- *Pathways to economic participation and independent living*

The Outcome 4 sub-committee have identified the following priorities over the course of the three-year plan:

- Food Poverty
- Further Education and Training
- Post-Primary Career Guidance

Limerick City and County Council and the three local development companies that serve Limerick (PAUL Partnership, Ballyhoura Development and West Limerick Resources) all contribute towards promoting greater social and economic inclusion across the city and county. The Limerick LCDC have addressed areas of social and economic inclusion in its Local Economic and Community Plan.

The Government has promised to lift almost 70,000 children out of consistent poverty by 2020. Consistent poverty means a child is living in a household that cannot afford two out of 11 basic items including adequate clothing, food, heating and participation in social OBJECTIVES. There has been some progress in tackling child poverty in recent years and the Government has succeeded in lifting 24,000 children out of consistent poverty between 2016 and 2017 through targeted payments to families on low incomes and help with back-to-school costs. The Government has also invested in community based early intervention and prevention programmes to break the cycle of disadvantage – the Area Based Childhood (ABC) Programme.

### **Poverty and Social Exclusion**

Consultations with stakeholders across all geographic locations and sectors all identified the underpinning issue of poverty and social exclusion as the most significant barrier facing children, young people and families from achieving positive outcomes across all five national outcomes. This is exacerbated by intergenerational cycles of poverty. Children and young people who are poorer are less healthy, face additional barriers in education, are less safe and have poorer employment opportunities. As noted in the socio-demographic profile that are a significant number of areas designated as either disadvantaged or extremely disadvantaged across Limerick city and county.

### ***Child Poverty and Lone Parents.***

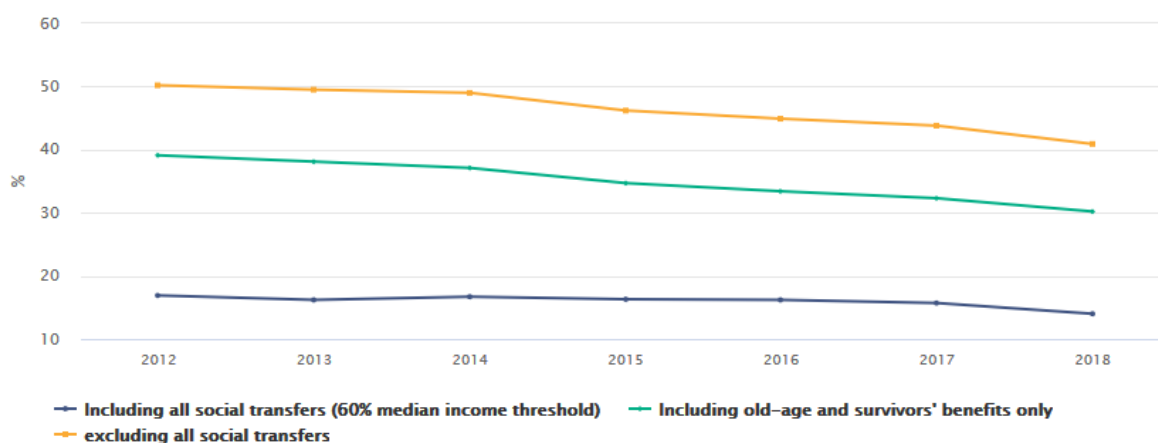
Children are one of the most vulnerable groups in any society. Consequently, the issue of child poverty deserves particular attention. Child poverty is measured as the proportion of all children aged 17 years or younger that live in households with an income below the 60 per cent of median income poverty line. The 2018 CSO Survey of Income Living Conditions survey indicates that 15.9 per cent of children were at risk of poverty, translating to approximately 200,000 children. The consistent poverty rate is 7.7 per cent (approx. 95,000 children). The fact that such a large proportion of our children are living close to or below the poverty line has obvious implications for the education system, for the success of these children within it, for their job prospects in the future and for Ireland's economic potential in the long-term. One in every four children (24.7 per cent) live in households experiencing deprivation of two or more basic necessities. While nationally the number of children in consistent poverty has dropped year on year since 2014, this decrease is not reflected in those communities that are most disadvantaged. While this data is not available at

Limerick level, it can be surmised that it translates down to county level, particularly in areas of disadvantage.

It is well evidenced that lone parent households are more likely to experience poverty. State of the Nation's Children (2016) cited that approximately one in six children live in lone-parent households. The Lone Parent rate in Ireland (20%) is similar to the rate in Limerick City and County (21%). This data refers to data of lone parents with children under the age of 15. Within the City itself there is a high degree of variation between different ED's. Higher rates of lone parent households tend to fall in areas experiencing higher levels of deprivation, for example the ED's of John's A (extremely disadvantaged) and Galvone B (very disadvantaged) have high lone parent rates at 74.2% and 68.3% respectively, whereas Ballyvarra to the East of the city, which is categorised as marginally above average in the HP Deprivation indices, has 10.4% rate of lone parent households. In the county there are lower rates of lone parent households, however, there are a few areas where higher rates can be seen, and these include Rathkeale Urban (32.5%), Patrickswell (27.3%) and Kilmeedy (25%). Nationally in 2018, households with one adult and children aged under 18 had the highest deprivation rate at 42.7%. This rate is 14.3% for households with two adults with 1-3 children aged under 18. Lone parent families are almost three as likely to be living in enforced deprivation as two-parent families. People in lone parent households continue to have the lowest disposable income out of all households with children in the State.

Social transfers can have a poverty reduction effect by reducing the 'at risk of poverty' rate. In 2018 if all social transfers were excluded from income, the 'at risk of poverty' rate would have been 40.9%, a decrease from the 2017 rate of 43.8%. The corresponding figure for 2013 was 49.5%. This decrease between 2013 and 2018 shows a decreasing dependence of individuals on social transfers to remain above the 'at risk of poverty' threshold during this period. Between 2006 and 2011 there was an increased dependence on social transfers to stay above the poverty threshold, with 'at risk of poverty' rate increasing from 40.2% to 50.7% when all social transfers were excluded from income. This however has slowly fallen again year-on-year since that date.

**Figure 32. The 'at risk of poverty' rate including and excluding social transfers**



Source: Central Statistics Office (2019) Survey on Income and Living Conditions 2018 results. [Online] Available at: <https://www.cso.ie/en/releasesandpublications/ep/p-silc/surveyonincomeandlivingconditionssilc2018/povertyanddeprivation/>

Family centred social transfers include Child benefit and the Working Family Payment (WFP) (formerly Family Income Supplement). Child Benefit is payable to the parents or guardians of children under 16 years of age. It is paid for children under 18 years of age if they are in full-time education, full-time training or have a disability and cannot support themselves. The Working Family

Payment (WFP) is a weekly tax-free payment available to employees with children. It gives extra financial support to people on low pay.

Table 21 provides the number of recipients of these child-related payments by County.

**Table 21. Number of Recipients of main Child-Related Payments by County, 2018.**

<b>Number of Recipients of main Child-Related Payments by County, 2018</b>			
	Working Family Payment	Child Benefit (Recipients)	Child Benefit (Children)
<b>Carlow</b>	932	8,873	16,853
<b>Cavan</b>	1,253	10,307	20,781
<b>Clare</b>	1,161	15,090	29,607
<b>Cork</b>	5,503	70,206	135,027
<b>Donegal</b>	2,719	20,064	40,068
<b>Dublin</b>	12,614	168,791	309,632
<b>Galway</b>	2,510	32,424	64,148
<b>Kerry</b>	1,668	17,862	34,209
<b>Kildare</b>	2,332	33,064	63,346
<b>Kilkenny</b>	951	12,051	23,665
<b>Laois</b>	1,057	11,231	22,414
<b>Leitrim</b>	379	4,130	8,330
<b>Limerick</b>	<b>2,336</b>	<b>25,207</b>	<b>48,497</b>
<b>Longford</b>	782	5,845	11,635
<b>Louth</b>	2,062	19,005	36,388
<b>Mayo</b>	1,506	15,605	31,201
<b>Meath</b>	2,116	29,341	57,257
<b>Monaghan</b>	1,030	8,032	16,410
<b>Offaly</b>	1,015	10,458	20,377
<b>Roscommon</b>	745	7,825	15,869
<b>Sligo</b>	732	7,932	15,712
<b>Tipperary</b>	2,020	21,258	41,381
<b>Waterford</b>	1,779	16,223	30,713
<b>Westmeath</b>	1,175	12,645	24,428
<b>Wexford</b>	2,264	21,119	40,268
<b>Wicklow</b>	1,338	20,705	38,969
<b>Others, including those abroad</b>	137	3,061	5,740
<b>Total</b>	<b>54,116</b>	<b>628,351</b>	<b>1,202,925</b>
Source: Department of Employment Affairs and Social Protection (2019) Annual Report, Statistical Information on Social Welfare Services 2018 [online] available at: <a href="http://www.gov.ie/en/publication/02f594-annual-sws-statistical-information-report/">www.gov.ie/en/publication/02f594-annual-sws-statistical-information-report/</a>			

### **Food Poverty**

Food poverty is the inability to have an adequate and nutritious diet due to issues of affordability or accessibility. It is measured by the percentage of individuals experiencing one or more of the following:

- Unable to afford a meal with meat, or vegetarian equivalent, every second day;
- Unable to afford a weekly roast dinner (or vegetarian equivalent); and



- Missing one substantial meal in the last fortnight due to lack of money.

In 2019 the Department of Social Protection published the Social Inclusion Monitor 2017 which presented the progress towards the national social target for poverty reduction in the Republic of Ireland<sup>45</sup>. The report took its findings from the Survey on Income and Living Conditions and from Eurostat. Food poverty is one of a number of indicators of social inclusion. The monitor reported an improvement in the level of food poverty in 2017. Food poverty was experienced by 8.7% of the population in 2017 (approximately 1 in 11 households). This is a reduction in the percentage of the population experiencing food poverty compared with 2016 in which time 9.8% of the population experienced food poverty. This data is not available at Limerick level.

The cost of healthy food is a major contributing factor in people's inability to access a healthy diet. Food poverty is multidimensional. It encompasses both the lack of access to a nutritionally adequate diet and the consequential impact on health and social participation. Among the barriers to a healthy diet are competing pressures within a limited household budget and the unavailability of local stores that stock an adequate range of healthy foods. Rural areas and smaller urban towns may not have accessible transport to larger stores offering a wide range of healthy food items. Low literacy and food skills, lack of access to education and information on healthy eating are also contributing factors to an inadequate and unhealthy diet. Safefood produced a report in 2019 estimating the cost of a healthy food basket in Ireland in 2018.<sup>46</sup> Among the key findings, it noted that:

- The average weekly cost of a minimum healthy food basket in 2018 has fallen by 4.4% from 2016
- Low-income households need to spend between 14% and 33% of their take-home income to buy a healthy minimum essential food basket in 2018
- The cost of the food basket depends on household composition.
  - Food costs rise as children grow older. The cost of feeding a teenager is more than double the cost of feeding a pre-school child.
  - Households with a teenager, reliant on social welfare, would need to spend 30% of their take-home income to meet the cost of an MESL healthy food basket. Households with younger children, reliant on social welfare, would need to spend 25% of their income. When in minimum wage employment, this improves to 24% and 20% of take-home income, respectively
- The research highlights the challenges when trying to balance buying a healthy food basket with other weekly household expenses. Low-income families may sacrifice a healthy diet given other competing budget demands

Consultations in Limerick have indicated that there is a lack of food literacy and a loss of certain soft skills around food preparation. Limerick CYPSC is committed to supporting the re-establishment of the Limerick Food Partnership over the next three years. The objectives of the Limerick Food Partnership will be to raise awareness, improve access and improve supply of healthy food options to target communities in Limerick city and county. Limerick Food Partnership is a strategic collaboration between voluntary organisations, community organisations and statutory agencies and will be achieved through a multi-agency collaboration between Limerick CYPSC (through the Healthy Ireland Fund), Limerick LCDL (Healthy Ireland Fund, PAUL Partnership and philanthropic funding from the Redemptorists). A coordinator has been employed to deliver the objectives of this project, guided by a Steering Group.

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<sup>45</sup> Social Inclusion Monitor 2017 (2019), Department of Employment Affairs and Social Protection, [online], available at: <https://www.gov.ie/en/collection/156b21-social-inclusion-monitor/#2017>

<sup>46</sup> What is the cost of a healthy food basket in the Republic of Ireland in 2018? (2019). Safefood [online], available at: <https://www.safefood.eu/Publications/Research-reports/What-is-the-cost-of-a-healthy-food-basket-in-the-Republic-of-Ireland-in-2018.aspx>

In addition, Ballyhoura Development is one of 14 organisations that implement and manage the Community Food Initiatives Programme (CFI) nationally. This Initiative, which has been running since 2016, aims to positively influence the eating habits of parents and children, by showcasing healthy eating initiatives, facilitating parents to learn about nutrition and healthy food preparation, and by providing small grants to support community-led training projects. Ballyhoura Development sit on the Limerick Food Partnership Steering Group.

**OBJECTIVES**

*1. Support the re-establishment and delivery of the Limerick Food Partnership*

**Employment and Further Education and Training.**

A broad range of educational and employment services are available in Limerick, which can be viewed in [Section 3](#). Local Development Companies (PAUL Partnership, Ballyhoura Development and West Limerick Resources), Local Employment Services, Intreo and Jobs Clubs have all support those who are marginalised, to provide training, advice, and guidance and increase social inclusion. The Ability Programme in Limerick Youth Service works to empower and facilitate young people (15-24yrs) with disabilities to develop personally, economically and socially to meet their needs and realise their full potential. Tusla Aftercare supports care-leavers from age 18 to 21 but can be extended until the young person reaches 23 years of age if they are in full time education or accredited training.

Unemployment rates in Census 2016 for males and females stood at 8.3% in Limerick City and County. Youth unemployment continues to fall since the last census in 2011. Of those young people who are unemployed, 75% are located in Limerick city.

**Figure 33. Limerick City and County Live Register, 2017 - March 2019**

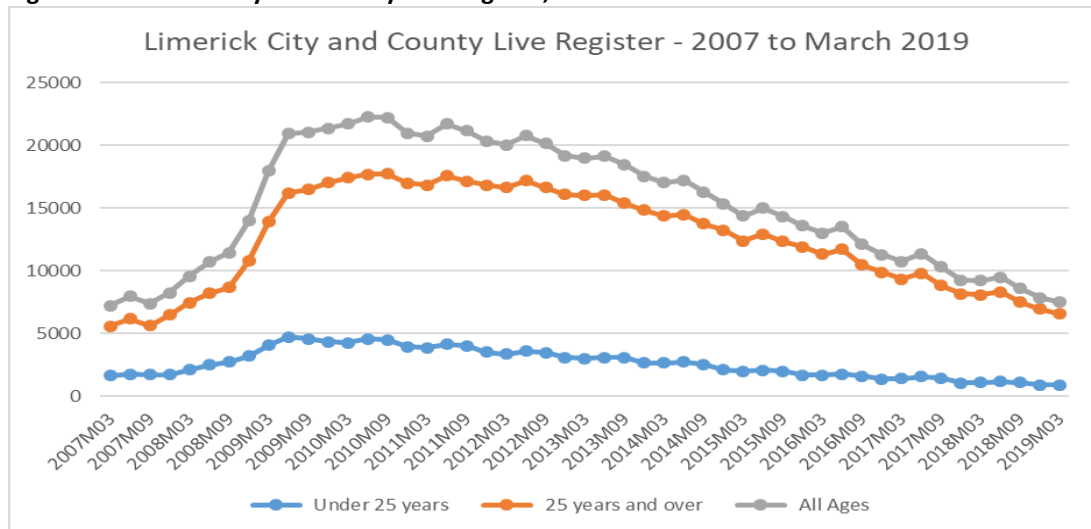
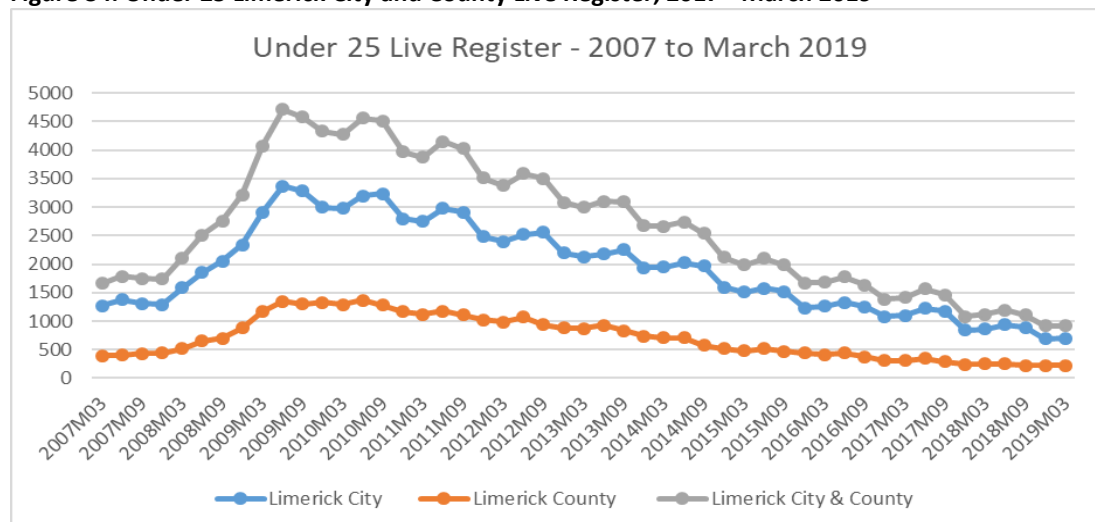


Figure 34. Under 25 Limerick City and County Live Register, 2017 - March 2019



While it is important to acknowledge the downward trend overall in the unemployment rate in Limerick, this should be matched against the persistently high rates of unemployment in certain areas of Limerick city and county. Similar to child poverty rates and rate of lone parent households, the decrease in the unemployment rates is not reflected in areas of disadvantage in Limerick city and county.

Better Outcomes, Brighter Futures recognises that *“household joblessness is an important risk factor for child poverty. Ireland has twice the European average of jobless households (22%). A quarter of all children live in jobless households. This raises the prospect of the intergenerational transmission of unemployment and poverty”*.<sup>47</sup>

Alongside concerns about youth unemployment are those young people who are not in employment, education or training – more commonly known as NEETS. While youth unemployment and NEETs are related, there are important differences between these two terms. The youth unemployment rate is a measure of out of work youth who have looked for work in the past month and are able to start within two weeks. The rate is derived by considering this group as a proportion of economically active youth, which typically include individuals currently in education or who have withdrawn from seeking work. In comparison, NEETs, by definition are youth not in employment, education or training, but the NEET rate includes some economically inactive youth, such as those taking a planned study or work break. The NEET rate is derived by considering this group in proportion to the total rate of youth.

Employment opportunities for those young people from Traveller and disadvantaged backgrounds, those with a diagnosed disability, and those children leaving care, are lower than the national average. As noted above, the decreasing unemployment rate in Limerick is not reflected in areas of disadvantage across the city and county. An IHREC/ESRI report in 2017 ‘Who experiences discrimination in Ireland?’<sup>48</sup> shows Irish Travellers are 10 times more likely than White Irish to experience discrimination when seeking work. Research from the English-speaking world consistently shows that children leaving the care of the State tend to have lower levels of educational attainment and higher rates of unemployment and social disadvantage than other

<sup>47</sup> Better Outcomes, Brighter Futures: The National Policy Framework for Children and Young People, 2014 – 2020 (2014), Department of Children and Youth Affairs.

<sup>48</sup> McGinnity, F. et. al (2017), Who experiences discrimination in Ireland?, IHREC/ERSI, [online], available at: <https://www.ihrec.ie/app/uploads/2017/11/Who-experiences-discrimination-in-Ireland-Report.pdf>

young people.<sup>49</sup> Census data compiled by the National Disability Authority (NDA) shows that the unemployment rate for persons with a disability is 26.6% compared to 11.5% for persons who do not have a disability (2.3 time greater than those without a disability).<sup>50</sup>

Limerick CYPSC consultations with young people expressed concern with the consistency of career guidance support across education settings. In particular, it was considered that guidance counsellors did not have broad understanding of the options available outside of mainstream third level opportunities. Research has been undertaken to understand and respond to the needs of young people who leave school early, supporting educational engagement and transitions, and employment and training supports. Engagement through schools and youth services before young people leave school is viewed as a positive preventative methodology, and can be universal and selective in its approach to providing employment and training opportunities. See [Outcome 2: Learning and Development](#) for more information on this priority in the action plan.

## OBJECTIVES

- 1. Parenting Support services have a greater understanding of FET system and opportunities for Parents.*
- 2. Young people leaving care to have improved education or employment options*

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<sup>49</sup> Darmody, M. et. al. (2013) Ed Education of Children in Care in Ireland: An Exploratory Study, Office of the Ombudsman for Children [online], available at:

[https://www.oco.ie/app/uploads/2013/05/11873\\_Education\\_Care\\_SP1.pdf](https://www.oco.ie/app/uploads/2013/05/11873_Education_Care_SP1.pdf)

<sup>50</sup> National Disability Authority (2019) NDA Factsheet 2: Employment, [online], available:

<http://nda.ie/Resources/Factsheets/NDA-Factsheet-2-Employment/NDA-Factsheet-2-Employment.html>

## Outcome 5: Connected, Respected and Contributing to their World

- Sense of own identity and free from discrimination
- Part of positive network of friends, family and community
- Civically engaged, socially and environmentally conscious
- Aware of rights, responsibilities and respectful of the law

### Child and Youth Participation

Through the UN Convention on the Rights of the Child (1992), child and youth participation has become a central direction in national strategy. The most recent of which has been the development of the *National Strategy for Child and Youth Participation (2015-2020)* highlighting the levels of which services can support children and young people to actively influence decisions that affect their lives. Subsequently Tusla, as part of the PPFS Programme launched a *Child and youth Participation Toolkit* to support Tusla's practice in implementing the core values of same. This toolkit also launched the roll out training in child and youth participation practice for Tusla's staff.

While there are many models of participation practice, and many examples of good practice locally, an important element of these national strategies and aligned national implementation frameworks has been the structural alignment with a the *Lundy Model of Participation* <sup>60</sup> The Lundy model provides a way of conceptualising a child's right to participation, as laid down in Article 12 of the UN Convention on the Rights of the Child and is intended to focus decision-makers on the distinct, albeit interrelated, elements of the provision. The model is endorsed by the DCEDIYDCEDIY and Tusla as a core practice model of participation.

CYPSC core value stream centres on promoting, uplifting and encouraging children and young people. Limerick CYPSC will be promoting and working towards the participation of children and young people in all CYPSC activities to the best degree possible and will further be reviewing recommendations laid out in the *Guidance for Children and Young People's Services Committees (CYPSC) on participation by children and young people in decision-making*.

### OBJECTIVES

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1. *Children and Young People actively influence decisions that affect their lives*

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### Youth Work

Under the Youth Work Act (2001), Youth Work is defined as "a planned programme of education designed for the purpose of aiding and enhancing the personal and social development of young persons through their voluntary participation, and which is complementary to their formal, academic or vocational education and training; and provided primarily by voluntary youth work organisations". Youth Work services across Limerick city and county are a core part of the infrastructure that support young people. The Department of Children, Equality, Disability, Integration and Youth produced the *National Youth Strategy, 2015 – 2020* with ten objectives underpinned by Better Outcomes, Brighter Futures.

Limerick city and county is well served with a large number of services and supports that engage young people between 10 – 25 years. In both the city and the county there is a large number of volunteer-led youth provision through Limerick Youth Service, Foroige, Scouting Ireland, Irish Girl Guides. A number of single organisation youth groups are also run by ADAPT, Bedford Row, Limerick

Learning Hub, Southill Hub, Northside FRC and GOSHH as well as a number of other independent groups. Many of these would receive some form of grant-aid through the Limerick and Clare ETB.

As well as providing range of educational programmes and services in the areas of adult education, further education and secondary education and Further Education and Training (FET) Limerick and Clare ETB also works with local youth work organisations and groups to support the development of youth work programmes and facilities. In particular, it supports drugs education and prevention projects through the Young Peoples Facilities and Services Fund (YPFSF); it implements the Special Projects for Youth (SPY) Scheme and the Local Youth Club Grant Scheme. 14 Special Projects for Youth (SPY) and 7 Young People's Facilities and Services Fund (YPFSF) are funded through the ETB in Limerick. These schemes have recently been amalgamated into the UBU- Your Place, Your Space targeted youth funding scheme which was launched in December 2019.

Limerick and Clare ETB produced its *Youth Work Plan, 2018 – 2021* in which it identified four strategic goals:

- High quality youth work provision and practice
- Value and visibility of youth work
- Good governance and sustainability
- Networking, Connecting and Collaborating

Limerick Youth Service is the largest youth work service in the county and supports city and countywide Youth Clubs, Youth Cafés, Youth Projects, Comhairle na nÓg, Garda Youth Diversion Projects, Youth Intervention Programmes, and provides a Youth Information Service. In its Community Training Centre, the Youth Service provides second chance and further educational training programmes including Youthreach and Leaving Cert Applied for early school leavers. Foróige also delivers a number of targeted youth projects in Limerick county.

In Limerick City the Limerick City-Wide Children and Youth Forum meets on a bi-monthly basis. The Forum is made up of representative from local youth fora across the city and is facilitated by the Limerick City Youth Officer within the ETB. The Forum seeks to identify, communicate, and where possible, address needs identified by members. In Limerick county a number of fora undertake a similar role including the West Limerick Youth and Community Workers Network, Hospital Family and Community Network and the Kilmallock Child and Family Network.

Limerick CYPSC collaborated with the LCETB in supporting a day long consultation with youth work providers in 2019. Along with consultations facilitated by Limerick CYPSC. The information gathered was consistent across all consultations although there was some different depending on geography (rural v urban). Stakeholders expressed significant concern at the more targeted approach towards funding in the youth work sector. While a targeted approach for some vulnerable young people was acknowledged as important, it appears to be coming at the expense of universal youth work. Young people who may need a more targeted service would be easier to engage initially as part of a universal service that could refer into a more targeted service. Indeed, the criteria needed to qualify for targeted funding itself is such that areas are waiting for new deprivation indicator scores after the census to see if they qualify to apply for funding to support young people in their area. Furthermore, the annual nature of funding, instead of multi-annual funding, left the sector as somewhat insecure.

Furthermore, stakeholders also expressed concern at the significant and increasingly complex challenges faced by young people from a very early age. As well as youth work services being restricted by the 10+ age limit, it is important to remember that youth work supports do not operate in a vacuum. There is limited ability for youth work services to respond to broader societal needs – health, housing, policing, education, employment – which limits the impact of good youth work and

the outcomes of young people. Overall, stakeholders were keen to note that there are limited supports in either the city or county for children between 6 – 10 years.

All services, but particularly rural ones, highlighted the increasing difficulty in retaining volunteers. A significant amount of time and resource goes into training volunteers.

### **Disability Services**

Consultations with disability stakeholders have identified a number of issues in relation to the health and wellbeing of the children and young people they work with. Extra-curricular opportunities for children and young people with a disability within general community settings and school holiday provision to support children and families such as summer camps are notably limited across Limerick city and county. Socially, teenagers with Autism Spectrum Disorder or an Intellectual Disability need to have opportunities to attend groups within their community that is targeted to their likes/interests and needs. These type groups need to be developed considering the needs of the young person. Concomitant to this is a growing concern about the mental health of many young people with a diagnosed disability. This is increasingly evident in schools.

### **OBJECTIVES**

1. *Participate and respond to needs identified on the Limerick City Wide Children and Youth Forum*
2. *To provide more social opportunities to children with disabilities*

### **LGBTI+<sup>51</sup>**

In Limerick GOSHH provides drop-in and support services as well as a confidential helpline and has rooms available to hire for counsellors and complimentary therapists. Services are directed to youths (including youth groups), sex workers, people living with HIV or Hepatitis, Lesbian, Gay, Bisexual and Transgender People, and people living with disability.

The *LGBTI+ National Youth Strategy 2018-2020* was launched in June of 2018 as a cross-Government strategy driven and coordinated by the Department of Children, Equality, Disability, Integration and Youth (DCEDIY). The strategy aims to enhance the lives of young LGBTI+ people by putting in place additional measures and addressing key challenges that they face. According to the *LGBTI+ National Youth Strategy 2018-2020* there are still various challenges for LGBTI+ young people today that need to be addressed. These include the following:

- Discrimination, victimisation, stigmatisation and abuse;
- Bullying and harassment in schools, colleges, workplaces and the community;
- Difficulties coming out to family and in their communities;
- Limited understanding by professional service providers and broader society of LGBTI+ issues; and
- Mental, physical and sexual health challenges.

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<sup>51</sup> This section is taken directly from Goodbody, R. P. (2018). *LGBTI+ Study: Provision of current LGBTI+ groups and services in Limerick and Clare*, Limerick and Clare Education and Training Board

The two main recent studies which examine the issues relating to the LGBTI community in Ireland are the Burning Issues 2 Report<sup>52</sup> which is the most extensive LGBTI consultation in Irish history, and The LGBTIreland Report<sup>53</sup> which focuses on the mental health of LGBTI people in Ireland. Some of the main findings from these studies which relate to LGBTI young people are outlined below.

The LGBTIreland report, which focuses on the mental health of LGBTI people in Ireland, found that although the majority of participants aged 26 and over reported positive overall mental health and wellbeing, a significant number of those in the younger cohort did not experience the same levels of positive mental health and wellbeing. When comparing 19-25 year olds in the LGBTIreland Report with peers of a similar age (17-25 year olds) in the My World Survey<sup>54</sup> it was found that Self-harm and Attempted suicide were two-times higher and three-times higher, respectively, in LGBTI young people. Furthermore, *younger* LGBTI people were most likely to self-harm or to have attempted suicide. In addition, levels of severe or extremely severe stress, anxiety and depression were four-times higher among young LGBTI people (14-18 year olds) when compared to their peers (12-19 year olds) in the My World Survey.

Despite younger respondents (14-18 year olds) being less likely to have witnessed anti-LGBTI+ bullying in school compared to older respondents (19-35 year olds), indicating a reduction in this type of bullying, attending school can still be a negative experience for young LGBTI+ people. In fact, according to the Burning Issues 2 Report only 8% of respondents agree that schools are safe places and fully inclusive of LGBT students. Victimisation and harassment in every-day life also continues without any significant reduction in recent years. Society's attitude towards LGBTI+ people can have a major impact on the lived experiences of LGBTI+ people, as such increased awareness and education has a role to play in this regard.

Perhaps reflective of societies views and recent advancements with regards LGBTI, The LGBTIreland Report discusses how younger people are continuously coming out at a younger age. The age of telling someone about their LGBTI identity is significantly lower for younger people compared to older people. As such, the gap between the ages of knowing about LGBTI identity and telling someone about it is reducing.

According to the LGBTI Youth Strategy youth groups were found to have a hugely positive impact on the lives of young LGBTI+ people. With regards community supports in general, the Burning Issues 2 Report found that there is a distinct lack of LGBT community support services as well as opportunities for LGBT people to socialise with other LGBT people in entertainment settings in their locality, particularly in rural areas. The main supports and entertainment opportunities are based in the major cities around the country. Overall, 64% of all respondents felt the level of LGBT community support services was inadequate and 63% said there were insufficient opportunities for LGBT people to socialise with other LGBT people in entertainment settings in their locality. However, when the data was disaggregated for respondents in rural areas these figures increased to 85% and 87%, respectively. According to the Burning Issues 2 Report the community supports which are most needed are counselling services and mental health services.

As part of the LGBTI+ National Youth Strategy Limerick and Clare ETB recently undertook a study to identify current LGBTI+ youth services and groups in Limerick and Clare and compile data on how

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<sup>52</sup> O hUiltachain, C. et al (2016) Burning Issues 2; What's Next for LGBT Ireland? Dublin: National LGBT Federation.

<sup>53</sup> Higgins, A. et al (2016) The LGBTIreland Report: national study of the mental health and wellbeing of lesbian, gay, bisexual, transgender and intersex people in Ireland. Dublin: GLEN and BeLonG To Youth Service.

<sup>54</sup> Dooley B and Fitzgerald A (2012) My world survey: national study of youth mental health in Ireland. Dublin: UCD and Headstrong



these services are advertised and communicated to young people. This study focused on how professionals and stakeholders working in the youth sector view the current situation with regards the provision of LGBTI+ services and gained valuable recommendations on how to move forward. The study confirmed that there are very few exclusive and/or actively inclusive groups/services in the Limerick, particularly in the county. LGBTI+ groups and services are concentrated in Limerick City. As part of the study, a targeted questionnaire and focus group revealed that a number of groups which currently do not target LGBTI+ young people see the benefit and intend to become more actively inclusive.

The focus group aimed to gain a broader understanding of the effectiveness of current provision of LGBTI+ groups and services and where the focus should be moving forward. The high level of stigma that still surrounds LGBTI+ was a major underlying issue from which other discussions in the focus group were based. The deep-seated cultural and societal norms and associated stigma present in Irish society can be a major barrier to LGBTI+ young people. LGBTI+ stigma appears to be more prominent in certain areas and within certain communities. As such, anonymity can be a concern. The importance of family and peers that are accepting and embracing of a young person's LGBTI+ identity was also discussed.

There was a lot of discussion throughout the focus group around the need for increased LGBTI+ awareness and educative programmes. This appears to be a key area where work can be done to reduce stigma, but also to increase general awareness and knowledge with regards LGBTI+. A whole-of-organisation approach was deemed the most beneficial. Training should equip people with the knowledge and information to support LGBTI+ young people and increase their confidence in engaging with them. Educative and awareness raising programmes would also provide a platform for increased dialogue and visibility. In addition, it was recommended that an online awareness raising campaign could be implemented to increase awareness and reduce stigma. In conjunction with recommendations to provide more education and information were recommendations on how to make this information more accessible and flow more effectively between organisations. Finally, in relation to training, an interesting point which was touched on was the potential benefits that could be gained from encouraging members of the LGBTI+ youth community to train as youth workers or to become volunteers in youth groups.

Participants in the focus group established that universal groups needed support to become more inclusive, but that there was also a need to strengthen and increase exclusive groups and one-to-one support. In addition, it was recommended that there should be increased outreach services in order to somewhat fill the gap with regards the lack of services available to LGBTI+ young people in Limerick County. However, various challenges were taken into consideration within this discussion.

Supporting universal groups and services to become more inclusive appeared to be important in terms of reducing stigma, making all young people feel safe and accepted, but also as a point of access with regards directing young people to other exclusive groups if appropriate. Enhancing inclusivity could be done using subliminal messaging in the form of flags, posters and symbols and/or by providing advice and information leaflets on other LGBTI+ groups and services. It was recommended that as the internet has become such a prominent part of young people's lives, groups inclusivity should be displayed clearly online, again possibly with the use of symbols, colours, etc. In addition, it was proposed that online presence in general should also be strengthened.

### **Arts and Cultural Activities**

In Better Outcomes, Brighter Futures, the government recognises that "early and ongoing exposure to art and culture lays a positive foundation for creativity, an essential component in critical thinking

and innovation”.<sup>55</sup> In 2020 The Children’s Right Alliance is ran the NoChild 2020 campaign, the purpose of which is to advocate on behalf of children who suffer due to poverty. One of the goals, participation, states that every child will have the opportunity to take part in community-based arts and cultural activities. This is a worthy aim and something that should be achievable at a local level. The Limerick Arts Office have produced two strategies in recent years - the *Limerick Cultural Strategy Framework 2016 – 2030* and *Limerick Culture and Creativity Strategy 2018 – 2022*. Under pillar one of the latter strategy it aims to enable the creative potential of every child in Limerick. Existing initiatives in Limerick such as Music Generation, Sing Out With Strings and the Artists in Schools Programme are all examples of this. The key goal under the Culture and Creativity Strategy is to work collaboratively to provide opportunities to all children to engage schools, youth services, cultural organisations and third level institutions to deliver this priority. Limerick CYPSC commits to facilitating this goals and supporting the participation of children and young people across Limerick city and county.

Limerick and Clare ETB were awarded funding in 2019 under the Creative Ireland Programme to deliver on a local Creative Youth Partnership. A coordinator has been employed to share information and foster collaboration between local creative youth service providers – better utilising existing resources, practices and initiatives.

Limerick CYPSC is currently engaged in two projects that use arts as a tool to support and engage children, young people and parents: the Specialist Perinatal Mental Health Arts Initiative and the Helium Arts’ Limerick Creative Health Hub.

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<sup>55</sup> Better Outcomes, Brighter Futures: The National Policy Framework for Children and Young People, 2014 – 2020 (2014), Department of Children and Youth Affairs, p. 56.

## Section 5: Summary of Children and Young People's Plan for Limerick

Outcome Areas	Local Priority Areas*
1. Active and healthy, physical and mental wellbeing	1. Physical Health, Wellbeing and Play 2. Diet, Nutrition and a Healthy Weight 3. Drugs and Alcohol 4. Child and Youth Mental Health & Wellbeing 5. Sexual Health and Healthy Relationships
2. Achieving full potential in learning and development	6. Early Years 7. School Attendance 8. Realising Potential and Post-Primary Opportunities
3. Safe and protected from harm	9. Parenting and Family Support 10. Prevention, Partnership and Family Support 11. Homelessness 12. Youth Justice
4. Economic security and opportunity	13. Food Poverty 14. Education and Employment opportunities
5. Connected, respected and contributing to their world	15. Social Opportunities for children with disabilities 16. Children and Young People actively influence decisions that affect their lives

Change Management	Local Priority Areas
Change management - CYPSC may also identify priority areas relating to change management and supports needed to enable interagency collaboration at local level, e.g. development of interagency protocols, development of information sharing protocols, interagency training.	16. Strategic Partnerships 17. Commitment of senior personnel across member agencies to Limerick CYPSC 18. Research, Evaluation and Learning 19. Critical Incident Protocol 20. Advocacy for Children, young people and families in Limerick 21. Communication 22. Trauma Informed Services 23. Covid-19 Response

## Section 6: Action Plan for Limerick Children and Young People's Services Committee

In this action plan, Limerick CYPSC has reflected on the needs analysis and has taken a number of considerations into account:

- 1. Limerick CYPSC Operating Principles:** In October 2018 the committee agreed a new set of operating principles. It was agreed that actions identified would need to be measured through the prism of these principles if they were to appear in the action plan.
- 2. Systemic Change:** Limerick CYPSC is interested in promoting progressive and systemic change within the system of supports for children, young people and their families. Within that premise, it is important that any efforts to undertake this task must be sustainable or present a strong argument as to why an action should be progressed if sustainability is not confirmed at the outset.
- 3. Using the Plan:** Not all areas identified as a need can be addressed in the Limerick CYPSC Children and Young People's Plan. For example, consultations with professionals highlighted a significant gap in creative therapy supports for children and young people. While Limerick CYPSC may not be able to directly address this identified need, it is hoped that this plan can be used as a tool by partner agencies when applying for additional funding and supports
- 4. Advocacy:** Limerick CYPSC will use the opportunities it gets to advocate for the needs identified in this plan. This includes advocacy at a local level amongst partner agencies and advocacy at a national level.

## Action Plan for **Limerick** Children and Young People's Services Committee

### Outcome 1: Active and healthy, physical and mental wellbeing

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
<b>1. Physical Health, Wellbeing and Play</b>	1.1 Consider impact of the Outdoor Play Initiative and feasibility of mainstreaming across all Early Years Services in Limerick.	Final report on Outdoor Play Initiative is produced.	Final report received by Limerick Childcare Committee.	Assess the final outcome of the Healthy Ireland funded Outdoor Play Initiative and, in collaboration with the Limerick Childcare Committee, support the initiative to access further funding to deliver the programme across all early years services in Limerick.	Q2 2021	<b>Lead:</b> Limerick Childcare Committee  <b>Partners:</b> Early Years Services, Outdoor Play Initiative Working Group	Healthy Ireland: A Framework for Improved Health and Wellbeing, 2013 - 2025  Healthy Ireland: Getting Ireland Active! National Physical Activity Plan for Ireland  A Step in the Right Direction - Health and Wellbeing Strategic Plan for HSE Mid West Community Healthcare	<b>Transformational Goals:</b> - Ensure Quality Services
	1.2 Support Health Promotion, Limerick Sports Partnership and other stakeholders to promote and support physical activity information, events and initiatives to children and parents	No of activities targeted at minority groups children and young people (Travellers, disability, migrants and homeless)	Increase in activities for children and young people targeted at minority groups children and young people (Travellers, disability, migrants and homeless)	Work with Health Promotion, Limerick Sports Partnership and other stakeholders to promote physical activity information, events and initiatives to children and parents (online and offline) with a particular focus on migrant, disability, homeless	Q4 2023		Healthy Ireland: A Framework for Improved Health and Wellbeing, 2013 - 2025  Healthy Ireland: Getting Ireland Active! National Physical Activity Plan for Ireland	<b>National Outcomes:</b> 5. Connected, Respected and Contributing to their World

## Action Plan for Limerick Children and Young People's Services Committee

### Outcome 1: Active and healthy, physical and mental wellbeing

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
	with a particular focus on delivery to disadvantaged, migrant, disability, homeless family and Traveller groups.			family and Traveller groups.			Limerick Sports Partnership Strategic Plan 2016 – 2020  A Step in the Right Direction - Health and Wellbeing Strategic Plan for HSE Mid West Community Healthcare	
	1.3 Helium Arts' Limerick Creative Health Hub will be successfully implemented and evaluated.	Communication system  No. of Community Workshops	Communication system developed  6 – 8 community workshops per annum	Develop communication system and materials to increase awareness and referrals to the children's creative health programme in the community  Support delivery of community based workshops  I	Q4 2023	<b>Lead:</b> Helium Arts  <b>Partners:</b> Limerick Health Hub Advisory Committee	First Five: A Whole of Government Strategy for Babies, Young Children and their Families, 2019 – 2028.  A Step in the Right Direction - Health and Wellbeing Strategic Plan for HSE Mid West Community Healthcare.	<b>National Outcomes:</b> 5. Connected, Respected and Contributing to their World

## Action Plan for Limerick Children and Young People's Services Committee

### Outcome 1: Active and healthy, physical and mental wellbeing

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
	1.4 Design and deliver <i>Gura, Gura, Come Play With Me!</i> (Traveller Movement Initiative)	Resource developed.  Training programme for PCHP Community Health Workers designed.  Evaluation of resource.	Resource developed and printed.  Training delivered to PCHP Community Health Workers.  Evaluation complete.	Collaborate with Traveller Health Uand other key stakeholders to design and deliver Traveller Movement Initiative through Healthy Ireland Funding.	Q4 2021	<b>Lead:</b> Traveller Health Unit  <b>Partners:</b> Limerick Sports Partnership; ABC Start Right; West Limerick Resources, Mary Immaculate College	HSE Mid West Traveller Health Unit Strategic Plan 2018 – 2022. A Step in the Right Direction - Health and Wellbeing Strategic Plan for HSE Mid West Community Healthcare.	<b>National Outcomes:</b> 2. Achieving in all areas of learning and development.  <b>Transformational Goals:</b> - Support Parents - Earlier Intervention and Prevention
	1.5 To develop and enhance strategic partnership with Child and Disability Network Teams	No. of actions undertaken by Limerick CYPSC will consider the relevance and participation of disability services  Each CDNT nominates a direct contact with Limerick CYPSC Coordinator	Impact on disability considered by CYPSC on each action it undertakes  Five CDNTS nominate a direct contact with Limerick CYPSC Coordinator	Support and promote Progressing Disabilities Programme and Limerick-based Children's Disability Network Teams (CDNT).  Develop links with CDNTS and support progression towards family-centred and community based services.	Ongoing	<b>Lead:</b> HSE Disability; Child and Disability Network Teams  <b>Partners:</b> Parenting Limerick, Child & Youth Mental Health sub-group; Child and Family Support Networks	Progressing Disability Services for Children and Young People	<b>Transformational Goals:</b> - Ensure Quality Services - Support Parents
<b>2. Diet, Nutrition and a Healthy Weight</b>	2.1 Create a more supportive physical and social environment for	No. of stakeholders that sign up to We're Breastfeeding	10 new CYPSC stakeholders sign up every year	1. Promote We're Breastfeeding Friendly Limerick Campaign with stakeholders.	Ongoing	<b>Lead:</b> HSE Primary Care  <b>Partners:</b> We're	Breastfeeding in a Healthy Ireland: Health Service Breastfeeding	<b>Transformational Goals:</b> - Support parents - Earlier

## Action Plan for **Limerick** Children and Young People's Services Committee

### Outcome 1: Active and healthy, physical and mental wellbeing

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
	breastfeeding by enhancing the health determinants of social support	Friendly Limerick  No. of articles that promote Breastfeeding in LoveParenting Limerick Leader article	2 articles per year that promote Breastfeeding	2. Promote breastfeeding support groups on loveparenting.ie and Positive Parenting newspaper articles	Ongoing	Breastfeeding Friendly Limerick working group; Parenting Limerick; ABC Start Right	Action Plan 2016 - 2021  A Step in the Right Direction - Health and Wellbeing Strategic Plan for HSE Mid West Community Healthcare  A Healthy Weight for Ireland - Obesity Policy and Action Plan 2016 – 2025	Intervention and Prevention
<b>3. Drugs and Alcohol</b>	3.1 Scope Planet Youth project and decide if it is an appropriate approach for Limerick.	Planet Youth model has been scoped, costed and measured against Limerick CYPSC principles	Planet Youth model has been scoped, costed and measured against Limerick CYPSC principles	Collaborate with MWRDATF and other key stakeholders to interrogate WRDATF engagement with Planet Youth and scope feasibility of engaging with the Planet Youth model in Limerick.	Q2 2022	<b>Lead:</b> Mid West Region Drugs and Alcohol Task Forum  <b>Partners:</b> HSE, Tusla PPFS, Healthy Limerick, IPPN, NAPD, EWS. LCETB	Reducing Harm, Supporting Recovery: A health-led response to drug and alcohol use in Ireland, 2017-2025,	<b>National Outcomes:</b> 3. Safe and Protected from Harm  <b>Transformational Goals:</b> - Support Parents - Earlier Intervention and Prevention - Listen to Children and Young People - Ensure Quality Services



## Action Plan for Limerick Children and Young People's Services Committee

### Outcome 1: Active and healthy, physical and mental wellbeing

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
	<p>3.2 To promote an environment where it is easier for those who smoke to quit and stay quit and to help de-normalise smoking for the next generation.</p> <p>To protect children and young people from second-hand smoke exposure.</p> <p>To contribute to the de-normalisation of smoking for children and young people</p>	No. new organisations sign up for #NotAroundUs signage	10 new child and family services per annum sign up for #NotAroundUs signage	Support #NotAroundUs project initiated by Healthy Limerick as part of Tobacco Free Limerick	Ongoing	<p><b>Lead:</b> Limerick CYPSC Coordinator</p> <p><b>Partners:</b> Tobacco Free Limerick Steering Group</p>	<p>Tobacco Free Ireland</p> <p>Tobacco Free Ireland Programme Implementation Plan 2018 - 2021</p> <p>A Step in the Right Direction - Health and Wellbeing Strategic Plan for HSE Mid West Community Healthcare</p>	<p><b>Transformational Goals:</b></p> <ul style="list-style-type: none"> <li>- Earlier Intervention and Prevention</li> </ul>
<b>4. Child and Youth Mental Health and Wellbeing</b>	4.1 To clarify referral pathways into and between mental health services for children and young people.	<p>1. Pathways Poster developed</p> <p>2. Parenting Limerick Brochure and Calendar developed.</p>	<p>1. Pathways Poster circulated and promoted in all relevant services</p> <p>2. Brochure and Calendar produced and actively promoted.</p>	<p>1. Development of a user-friendly publication to explain referral pathways across the spectrum of need.</p> <p>2. Circulate and promote <i>Limerick Parenting Information and Supports</i> brochure and <i>Limerick Parenting Calendar</i> to mental health and wellbeing services.</p>	<p>Q2 2021</p> <p>Ongoing</p>	<p><b>Lead:</b> Child and Youth Mental Health working-group</p> <p><b>Partners:</b> HSE CAMHS, Primary Care Psychology, Office for Suicide Prevention, Jigsaw, Limerick Social Service Council, Limerick Youth Service, NEPS, Children's Grief</p>	<p>National Youth Mental Health Task Force Report 2017</p> <p>Connecting for Life Mid-West: Suicide Prevention Action Plan 2017 – 2020</p> <p>A Vision for Change, 2006</p>	<p><b>National Outcomes:</b></p> <ul style="list-style-type: none"> <li>3. Safe and Protected from Harm</li> </ul> <p><b>Transformational Goals:</b></p> <ul style="list-style-type: none"> <li>- Support Parents</li> <li>- Strengthen Transitions</li> </ul>

## Action Plan for Limerick Children and Young People's Services Committee

### Outcome 1: Active and healthy, physical and mental wellbeing

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
		3. Ensure a common understanding of the transition between CAMHS and AMHS	3. Statutory and community partners, parents and young people all have a clear understanding of the transition between CAMHS and AMHS	3. Collaborate with HSE CAMHS to ensure a clearer understanding of pathways for young people and their families when they transition out of CAMHS to either AMHS or an alternative community service.	Q4 2022	Centre, FRCs		
	4.2 To promote good Mental Health for Parents/Carers and in Young People	No. of articles that promote Parent Mental Health in LoveParenting Limerick Leader article	4 articles per year	<p>1. Increase number of weekly articles appearing in the Limerick Leader "Love Parenting" article on theme of minding parent/carer and child mental health</p> <p>2. Commit to supporting HSE campaigns on health and wellbeing, both targeted campaigns and general health promotion and intervention.</p>	Ongoing	<p><b>Lead:</b> Parenting Limerick Editorial Group</p> <p><b>Partners:</b> Parenting Limerick Network, Child &amp; Youth Mental Health sub-group</p>	National Youth Mental Health Task Force Report 2017	<p><b>Transformational Goals:</b></p> <ul style="list-style-type: none"> <li>- Support Parents</li> </ul>
	4.3 To increase accessible and community based early intervention support for young	No. of community based models identified specifically targeted towards young	1 new or expanded initiative established	1. Scope and map evidence based models of community based early intervention models of mental health;	Q4 2023	<p><b>Lead:</b> Child &amp; Youth Mental Health sub-group</p> <p><b>Partners:</b> HSE</p>	National Youth Mental Health Task Force Report 2017	<p><b>Transformational Goals:</b></p> <ul style="list-style-type: none"> <li>- Ensure Quality Services</li> </ul>

## Action Plan for Limerick Children and Young People's Services Committee

### Outcome 1: Active and healthy, physical and mental wellbeing

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
	people in the area of mental health.	people		and existing plans in the area for developing same.  2. Develop proposal/seek funding based on gaps for young people to develop community based mental health supports and / or space		CAMHS, Primary Care Psychology, Office for Suicide Prevention, Jigsaw, Limerick Social Service Council, Limerick Youth Service, NEPS, Children's Grief Centre, FRCs		
	4.4 Enhance supports available in the Specialist Perinatal Mental Health Service (SPMH) in UL Maternity Hospital by using arts as an intervention to improve maternal mental health and wellbeing.	No. of patients supported in ULMH  Pre and post tools measuring anxiety and mental health  Qualitative research measuring impact of intervention	Improved maternal mental health and wellbeing for inpatients categorised as being long stay (5 or more days) in ULMH.	Development of a structured programme where a qualified artist or arts organisation will be engaged to come to the ULMH ward to offer art or music therapy to either individuals or groups of inpatients.	Q4 2021	<b>Lead:</b> Specialist Perinatal Mental Health Service  <b>Partners:</b> PAUL Partnership, ABC Start Right, Limerick Arts Office, Office for Suicide Prevention	Specialist Perinatal Mental Health Services: Model of Care for Ireland (2017)	<b>Transformational Goals:</b> - Support parents - Earlier Intervention and Prevention
<b>5. Sexual Health and Healthy Relationships</b>	5.1 Enhance training opportunities for services to promote and support the development of Healthy	No. of workshops made available to services who work with young people	3 workshops per year over 3 years	Work with Youth Work services, GOSHH and other key stakeholders to identify and coordinate appropriate training to support young	Q3 2023	<b>Lead:</b> Limerick and Clare ETB  <b>Partners:</b> GOSHH, LYS, Foroige, FRCs,	Limerick and Clare ETB Youth Work Plan 2018 —2021  LGBTI+ National Youth Strategy,	<b>National Outcomes:</b> 3. Safe and Protected from Harm

## Action Plan for Limerick Children and Young People's Services Committee

### Outcome 1: Active and healthy, physical and mental wellbeing

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
	Relationships for young people			people, and those working with young people, with issues of sexual health, identity and healthy relationships.			2018 – 2020.  National Sexual Health Strategy, 2015 – 2020.	<b>Transformational Goals</b> - Earlier Intervention and Prevention - Support Parents
	5.2 Delivery of programme/ workshop to young people in the area of healthy relationships, sexual health and consent.	Identify appropriate programme/ workshop to be delivered in schools  No. of programmes/ workshops made delivered to young people	Programme / workshop identified	Support delivery of training to young people in the area of healthy relationships, sexual health and consent.	Q3 2022	<b>Lead:</b> Tusla DSGBV  <b>Partners:</b> ADAPT, NAPD, IPPN, LYS, ETB, Foroige	National Sexual Health Strategy, 2015 – 2020.	<b>National Outcomes:</b> 3. Safe and Protected from Harm  <b>Transformational Goals</b> - Earlier Intervention and Prevention - Listen to an involved children and young people
	5.3 To develop a resource which supports young people leaving Care to identify and form healthy relationships taking	Health Relationships Resource	Healthy Relationships Resource developed and piloted and evaluated.	Develop resource which supports young people leaving Care to identify and form healthy relationships taking their Care history, attachment issues and childhood	Q4 2021	<b>Lead:</b> Limerick CYPSC and Clare CYPSC  <b>Partners:</b> Tusla; EPIC, ADAPT Services, Clare	National Sexual Health Strategy, 2015 – 2020.	<b>National Outcomes:</b> 3. Safe and Protected from Harm  <b>Transformational</b>

## Action Plan for **Limerick** Children and Young People's Services Committee

### Outcome 1: Active and healthy, physical and mental wellbeing

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
	their Care history, attachment issues and childhood trauma into account.			trauma into account.		Haven, Clare Care		<b>Goals</b> <ul style="list-style-type: none"> <li>- Earlier Intervention and Prevention</li> <li>- Listen to and involve children and young people</li> </ul>

## Action Plan for Limerick Children and Young People's Services Committee

### Outcome 2: Achieving full potential in learning and development

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
<b>6. Early Years</b>	6.1 To improve the take-up of preschool places across Limerick city and county, with a particular focus on key consideration groups (disadvantaged, disability, Traveller, migrant children)	% of children starting primary school who have been engaged with an early years' service.	Increase % of children starting primary school who have been engaged with an early years' service.	<ol style="list-style-type: none"> <li>1. Work with primary schools to identify children that did not engage in EY Services.</li> <li>2. Consult with parents who did not send children to EY services to ascertain reasons.</li> <li>3. Develop measures to support parents based on outcome of consultations</li> </ol>	Q3 2022	<p><b>Lead:</b> Limerick Childcare Committee</p> <p><b>Partners:</b> Primary Schools (IPPN), Education Welfare Service, OSCAILT Network.</p>	First Five: A Whole of Government Strategy for Babies, Young Children and their Families, 2019 – 2028.	<p><b>Transformational Goals:</b></p> <ul style="list-style-type: none"> <li>- Support parents</li> <li>- Earlier Intervention and Prevention</li> </ul>
<b>7. School Attendance</b>	7.1 Support implementation of forthcoming DES guidelines on Reduced Timetables	DES Guidelines	DES Guidelines Produced	1. Executive Leadership Programme working group to assess new guidelines and scope progression of complementary proposal to support to implementation of DES Guidelines	Q4 2022	<p><b>Lead:</b> TESS</p> <p><b>Partners:</b> DES, IPPN, NAPD, NEPS, HSE CAMHS, Disability Services, Traveller Health Unit, ELP Working Group</p>	Developing a Code of Behaviour: Guidelines for Schools (NEWB, 2008)	<p><b>Transformational Goals:</b></p> <ul style="list-style-type: none"> <li>- Earlier Intervention and Prevention</li> <li>- Listen to and involve children and young people</li> <li>- Support parents</li> </ul>
	7.2 Develop School Avoidance Pathways Guidance for Limerick	School Avoidance Pathways Guidance for Limerick	School Avoidance Pathways Guidance for Limerick produced	<ol style="list-style-type: none"> <li>1. Form working group to develop pathway document.</li> <li>2. Write and disseminate document to schools, parents, young people</li> </ol>	Q3 2022	<p><b>Lead:</b> TESS</p> <p><b>Partners:</b> IPPN, NAPD, NEPS, HSE CAMHS, Disability Services</p>	Wellbeing Policy Statement and Framework for Practice 2018-2023	<p><b>Transformational Goals:</b></p> <ul style="list-style-type: none"> <li>- Earlier Intervention and Prevention</li> <li>- Listen to and involve children</li> </ul>

## Action Plan for Limerick Children and Young People's Services Committee

### Outcome 2: Achieving full potential in learning and development

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
				and other relevant services.				and young people Support parents
<b>8. Realising Potential and Post-Primary Opportunities</b>	8.1 Support Implementation and Delivery of Realising Potential project	Realising Potential project implemented and evaluated.	Realising Potential project implemented and evaluated.	1. Attend Realising Potential Guidance Committee and support implementation and evaluation of f project.	Q4 2023	<b>Lead:</b> LCETB  <b>Partners:</b> Project Guidance Group	Migrant Integration Strategy (DOJE), 2017)  LCETB Strategy Statement, 2017 – 2021  Belonging to Limerick: Limerick City and County Integration Plan 2018 – 2022	<b>National Outcomes:</b> 5. Connected and Respected  <b>Transformational Goals</b> - Support parents
	8.2 To enhance knowledge of Career Guidance Counsellors re options available to young people subsequent to post-primary education, with a particular focus on migrant, disability, homeless family and Traveller groups.	No. of post-primary career guidance counsellors who receive training/resource.	All post-primary school career guidance counsellors will have received training/resource on options available to young people subsequent to post-primary education.	Collaborate with key stakeholders to develop resource and provide training to designated career guidance counsellors	Q3 2022	<b>Lead:</b> Limerick and Clare ETB  <b>Partners:</b> NAPD, EWS, Limerick Education Centre, LCDC, Local Development Companies		<b>National Outcome:</b> 4. Economic Security & Opportunity  <b>Transformational Goals:</b> - Strengthen Transitions

## Action Plan for **Limerick** Children and Young People's Services Committee

### Outcome 3: Safe and protected from harm

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
<b>9. Parenting and Family Support</b>	9.1 Coordinated and consistent support for parents across Limerick City and County.	New Parenting Calendar produced	New Parenting Calendar produced every 6 months	1. Continue the development and dissemination of consistent messaging and information sharing to parents through weekly newspaper articles, loveparenting.ie, publication of 6 monthly Parenting Calendar and updating Parenting Supports Information Brochure	Ongoing	<b>Lead:</b> Parenting Limerick  <b>Partners:</b> Tusla PPFS, HSE (Primary Care, Disability, Mental Health), HSCLs, EWS, Barnardos, Limerick Social Service Council, FRCs, ISPCC, East Limerick Family Support Network, Hospital Community and Family Network, West Limerick Youth and Community Workers Network, Kilmallock Family Support Network, ABC Start Right, Ballyhoura Development, West Limerick Resources, PAUL Partnership, MWRDATF, Traveller Health	Better Outcomes, Brighter Futures: G2. Ensure planning and co-ordination of parenting supports at local level through CYPSC (p.28)  First Five: A Whole of Government Strategy for Babies, Young Children and their Families, 2019 – 2028.  High-Level Government Policy Statement on Supporting Parents and Families (2015)	<b>Transformational Goals:</b> - Support Parents - Earlier Intervention and Prevention - Ensure Quality Services  <b>National Outcomes:</b> 1. Active and Healthy Physical and Mental Wellbeing
		Information on Parenting Supports brochure reviewed	New version of Information on Parenting Supports brochure reviewed	2. Mapping of parenting programmes being delivered and staff trained in and delivering parenting programmes across Limerick.	Q3 2021			
		Audit of parenting programmes and staff trained in parenting programmes.	Audit completed	3. Review of Audit and analysis of Limerick Parenting Calendars with a view to support areas identified as having gaps in parenting and family supports.	Q4 2021			



## Action Plan for **Limerick** Children and Young People's Services Committee

### Outcome 3: Safe and protected from harm

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
		Parenting When Separated, Childrens Programmes and Adolescents Programme delivered	4 x PWS programmes delivered (2 in city; 2 in county) each year	4. Continue to support collaborative approach to delivery of Parenting When Separated and Childrens Programmes and support additional training, quality assurance and programme fidelity where a need is identified.	Ongoing	Unit, ADAPT Services, Focus Ireland, Novas Initiatives, Limerick Homeless Action Team		
		No. of stakeholders identified	2 x Childrens programme and 2 x Adolescents Programme delivered in county each year	5. Establish peer learning and support networks. Support additional training and quality assurance across all parenting programmes being delivered in Limerick	Q4 2021			
			2 Peer learning groups established: i) Circles of Security ii) Parenting When Separated	6. Develop creative ways of capturing the voice of the parent to services are responding to need	Q1 2022			
				7. Enhance engagement and support collaboration with services working with	Ongoing			

## Action Plan for **Limerick** Children and Young People's Services Committee

### Outcome 3: Safe and protected from harm

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
		<p>Panel of ETB tutors linked in to Parenting Limerick network</p> <p>National call for expression of interest to become part of National FRC programme</p>	<p>Panel of ETB tutors linked in to Parenting Limerick network</p> <p>Limerick CYPSC supports application submitted for FRC in West Limerick</p>	<p>parents in disability, mental health, domestic violence, drugs &amp; alcohol and youth justice.</p> <p>8. Establish and develop links with panel of parenting tutors in the ETB.</p> <p>9 Support the establishment of a Family Resource Centre in West Limerick.</p>	<p>Q3 2022</p> <p>Ongoing</p>			
<b>10. Prevention, Partnership and Family Support</b>	<p>10.1 To create a collaborative network of community, voluntary and statutory providers so as to improve access to support services for children and their families.</p> <p>10.2 To inform the commissioning</p>	<p>Clearly identified geographical areas will be identified and each will have a designated Child and Family Support Network Co-ordinator in place</p> <p>There will be better co-ordination of services across the county and people, will be better</p>	<p>Child and Family Support Networks established across the county.</p>	<p>1. Set up Steering Committee to oversee and support implementation of Local Area Pathways and Meitheal</p> <p>2. Ensure that funding to family support services is based on need and improve co-ordination of</p>	Ongoing	TUSLA	<p>Meitheal – A National Practice Model for All Agencies Working with Children. Young People and their Families</p> <p>Tusla Mid West Commissioning Strategy</p> <p>50 Key Messages to Accompany Families:</p>	<p><b>Transformational Goals:</b></p> <ul style="list-style-type: none"> <li>- Support Parents</li> <li>- Earlier Intervention and Prevention</li> <li>- Ensure Quality Services</li> <li>- Listen to and involve children and young people</li> <li>- Strengthen Transitions</li> </ul>

## Action Plan for **Limerick** Children and Young People's Services Committee

### Outcome 3: Safe and protected from harm

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
	<p>process of how to use the total resources available for children and families in order to improve outcomes in the most efficient, effective, equitable, proportionate and sustainable way.</p> <p>10.3 To operate Meitheal –for all Agencies working with Children, Young People and their Families.</p>	<p>informed about available services</p> <p>Meitheal – the National Practice Model, for all Agencies Working with Children, Young People and their Families will be adopted and implemented</p>		<p>funding to services supporting children young people and families.</p> <p>3. Broker support for CFSNs and Meitheal across agencies.</p>			<p>Supporting Parents to Improve Outcomes for Children</p> <p>Investing in Families: Supporting Parents to Improve Outcomes for Children</p>	
<b>11. Homelessness</b>	11.1 Maximise opportunities for children and young people in homelessness to be safe and enjoy their childhood by prioritising access to educational	<p>Homeless Needs Analysis Research</p> <p>Child Development Homelessness Project Coordinator</p>	<p>Homeless Needs Analysis Research completed.</p> <p>Child Development Homelessness</p>	<p>1. Work with key stakeholders to respond to needs identified in research.</p> <p>2. Co-Fund Child Development Homelessness Project</p>	<p>Q1 2021</p> <p>Q3 2023</p>	<p><b>Lead:</b> ABC Start Right</p> <p><b>Partners:</b> Dept. of Public Health, Tusla, HSE Social Limerick City and County Council; HSE; Homeless</p>	Rebuilding Ireland – an Action Plan for Housing and Homelessness	<p><b>National Outcomes:</b></p> <p>1. Active and Healthy</p> <p>2. Learning &amp; Development;</p> <p>4. Economic Security &amp; Opportunity;</p>

## Action Plan for **Limerick** Children and Young People's Services Committee

### Outcome 3: Safe and protected from harm

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
	opportunities support services for families and continued access to their peers.		Project Coordinator appointed to address developmental needs of children living in homeless accommodation	Coordinator role		Action Team homeless services; ELP Working Group		5. Connected & Respected  <b>Transformations Goals:</b> - Support Parents - Earlier Intervention and Prevention - Listen to and involve children and young people
<b>12. Youth Justice</b>	1. Support the continued delivery and development of the Restorative Practices and Restorative Justice projects  2. Develop and support implementation of an early prevention and targeted intervention weapon-carrying initiative.	No. of Restorative Practices and Restorative Justice Steering Group meetings attended  Funding  Project Group meetings held  Supports developed and delivery to professionals, parents	Attend Restorative Practices and Restorative Justice Steering Group meetings  Funding secured  Project established  Supports developed and delivery to	Support continued delivery and development of Restorative Practices and Restorative Justice projects  Leverage funding from stakeholders  Establish Steering Group  Develop Early Intervention and Prevention supports for	Ongoing  Q4 2023	<b>Lead:</b> Young Persons Probation  <b>Partners:</b> Ceim ar Cheim, Le Cheile, Southill Outreach, Limerick Council, Tusla, LCETB, An Garda Síochána	Youth Justice Strategy, 2021 - 2027	<b>National Outcomes:</b> 1. Active and Healthy 2. Learning & Development;  <b>Transformations Goals:</b> - Support Parents - Earlier Intervention and Prevention - Listen to and involve children and young people - Ensure Quality

## Action Plan for **Limerick** Children and Young People's Services Committee

### Outcome 3: Safe and protected from harm

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
		and children/young people  Programme delivered to intended recipients  Evaluation Report published	professionals, parents and children/young people  Programme Developed  Evaluation Report commissioned and written	professionals, parents and children/young people on weapon-carrying  Develop targeted intervention programme for young offenders convicted of weapon/knife carrying or crime  Commission evaluation report				Services

## Action Plan for **Limerick** Children and Young People's Services Committee

### Outcome 4: Economic security and opportunity

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
<b>13. Food Poverty</b>	13.1 Support the re-establishment and delivery of the Limerick Food Partnership	Limerick Food Partnership Coordinator  Healthy Food Made Easy programmes delivered  Set up community of practice delivery partners forum	Limerick Food Partnership Coordinator appointed  40 Healthy Food Made Easy Programmes established  Community of practice delivery partners forum established.	Support the re-establishment and delivery of the Limerick Food Partnership	Q4 2021	<b>Lead:</b> PAUL Partnership  <b>Partners:</b> Limerick CYPSC; Limerick LCDC; Redemptorists; Ballyhoura Development; Simon Mid West, HSE Health Promotion; HSE Health and Wellbeing	Limerick Local Economic and Community Plan  Healthy Weight for Ireland - Obesity Policy and Action Plan 2016 – 2025  A Health and Wellbeing Strategic Plan for HSE Mid West Community	<b>National Outcomes:</b> 1. Active and Healthy  <b>Transformations Goals:</b> - Support Parents - Earlier Intervention and Prevention
<b>14. Education and Employment opportunities</b>	14.1 For Parenting Support organisations to have a greater understanding of FET system and opportunities for Parents.	Increased understanding of FET system by Parenting Support services.	Increased understanding of FET system by Parenting Support services.	Enhance understanding of services between Parenting Support organisations and Further Education and Training sector	Q3 2022	<b>Lead:</b> Limerick and Clare ETB  <b>Partners:</b> Parenting Limerick; local development companies; Learning Limerick	Limerick Local Economic and Community Plan	<b>National Outcomes:</b> 2. Learning and Development  <b>Transformations Goals:</b> - Support Parents
	14.2 For young people leaving care to have improved education or employment options	Increase number of young people leaving care progressing to education or employment	Increased number of young people leaving care progressing to education or employment	Identify, pilot and evaluate an initiative that engages children leaving care with the labour market and/or education opportunities.	Q4 2023	<b>Lead:</b> LCETB  <b>Partners:</b> Tusla, Local Development Companies, LCDC,	Limerick Local Economic and Community Plan	<b>National Outcomes:</b> 2. Learning and Development

Action Plan for <b>Limerick</b> Children and Young People's Services Committee								
Outcome 5: Connected, respected and contributing to their world								
Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
<b>15. Social Opportunities for children with additional needs or disabilities</b>	15.1 To provide more social opportunities to children with disabilities	No. of youth groups for children with disabilities in each Child Disability Network Team area	Minimum 1 youth group for children with disabilities in each of the 5 Child Disability Network Team areas in Limerick	Support collaboration between CDNTs and Youth Work services to provide youth work groups.	Q4 2023	<b>Lead:</b> HSE Disability  <b>Partners:</b> Limerick Youth Service, Foroige, LCETB	Participation Strategy for Children and Young People (Tusla)  National Strategy on Children and Young People's Participation in Decision-Making, 2015-2020	<b>National Outcomes:</b> 1. Active and Healthy 2. Learning and Development  <b>Transformations Goals:</b> - Support Parents - Ensure Quality Services
<b>16. Children and Young People actively influence decisions that affect their lives</b>	16.1 To identify advisory councils/youth leadership models of practice  16.2 To increase links with existing structures such as Comhairle na nOg, National Youth Council of Ireland and Children's Rights Alliance	No. of child/youth participation advisory councils identified.  No. of children and young people engaged with / informing CYPSC where appropriate.  Agreement of ongoing links with Comhairle na nOg and other relevant structures	At least one model identified to support interaction/on-going liaison with young people	To review good practice models of engagement and participation with other CYPSC and local services  Establish links with appropriate structures across all ages to ensure youth participation and voices are heard at all levels.	Q3 2022  Ongoing	<b>Lead:</b> tbc  <b>Partners:</b> Comhairle na nOg, Jigsaw, LCETB, LYS, Foroige, Tusla PPFS, NYCI, Childrens Rights Alliance	Participation Strategy for Children & Young People (Tusla)  National Strategy on Children and Young People's Participation in Decision-Making, 2015-2020	<b>Transformations Goals:</b> - Listen to an involve children and young people

## Action Plan for **Limerick** Children and Young People's Services Committee

### Change management

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
<b>17. Strategic Partnerships</b>	17.1 To enhance and develop working relationship with the LCDC	Memorandum of Understanding between Limerick CYPSC and Limerick LCDC	Memorandum of Understanding between Limerick CYPSC and Limerick LCDC signed	Identify areas of duplication and collaboration and ensure that respective work is informed by the other	Ongoing	<b>Lead:</b> Tusla and Limerick City and County Council  <b>Partners:</b> Limerick CYPSC, Limerick LCDC	BOBF: G3	<b>Transformational Goals:</b> - Cross-Government interagency collaboration and coordination
<b>18. Commitment of senior personnel across member agencies to Limerick CYPSC</b>	18.1 Full engagement of relevant agencies at senior level	Full CYPSC membership at appropriate level	Membership attendance at CYPSC meetings is at 90%	Attend meetings  Identify and release resources for CYPSC work/projects	Ongoing	All member agencies represented on Limerick CYPSC	CYPSC Shared Vision, Next Steps	<b>Transformational Goals:</b> - Cross-Government interagency collaboration and coordination
<b>19. Research, Evaluation and Learning</b>	19.1 To ensure that the CYPSC is informed by up to date research and best practice	Meeting of Research & Learning sub-group	Minimum 4 weeks of Research & Learning sub-group per annum	To provide research and evaluation expertise and advice to the CYPSC  To keep the CYPSC informed of key pieces of research and their implications for policy and practice  To advise the CYPSC on issues for future research	Ongoing	<b>Lead:</b> CYPSC Coordinator  <b>Partners:</b> Mary I, UL, LIT, LYS, Ballyhoura Development, PAUL Partnership, LCETB	CYPSC Shared Vision, Next Steps	<b>Transformations Goals:</b> - Ensure Quality Services
	19.2 To stream and condense publically available sources of data in one	No. of services trained to use data hub  No of services	Up to 8 local services receive training.  All CYPSC	Training delivered to 8 services for further application and roll out to communities.	Q4 2022	<b>Lead:</b> Tusla  <b>Partners:</b> Limerick CYPSC	Tusla Corporate Plan 2018-2020  Tusla Business Plan 2019	<b>Transformational Goals:</b> - Cross-Government interagency collaboration and



## Action Plan for **Limerick** Children and Young People's Services Committee

### Change management

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
	online support tool to support planning through Outcomes for Children National Data Hub	utilising data hub	members engaged in online use of data hub					coordination - Ensure Quality Services
	19.3 Scope and cost How Are Our Kids 2	Cost and timeframe	Estimated cost and timeframe scoped		Q42022	<b>Lead:</b> Limerick CYPSC Coordinator, CYPSC Research & Learning sub-group		<b>Transformations Goals:</b> - Listen to an involve children and young people - Ensure Quality Services
<b>20. Critical Incident Protocol</b>	20.1 Develop Critical Incident Protocol for Limerick in collaboration with local, regional and national structures.	No. of interagency models identified  No. of critical incidents responded to through interagency working structures.	Critical Incident Protocol developed, implemented and monitored.	Working group established  Review and evaluate model of practice	Q4 2023	<b>Lead:</b> Tusla, HSE, Gardaí with relevant stakeholders		<b>Transformational Goals:</b> - Cross-Government interagency collaboration and coordination
<b>21. Advocacy for Children, young people and families in Limerick</b>	21.1 To advocate for appropriate service provision, resources and emerging/ongoing issues of concern in Limerick	No. of partner services  No. of gaps in service provision advocated for.  No. of submissions/presentations made.	At least 2 submissions made to the National Steering Group	Develop links with regional and local agencies/networks and other partners with a role in advocating for children and young people.  Develop submissions to funders at national level	Ongoing	As relevant	National Strategy for the Participation of Children and Young People in Decision-Making (2015)	<b>Transformational Goals:</b> - Ensure Quality Services

## Action Plan for **Limerick** Children and Young People's Services Committee

### Change management

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
		No. of achievements/ responses		to advocate for identified gaps.				
<b>22. Communication</b>	22.1 To develop an online searchable database of services and resources available to children, young people and families in Limerick	No. of services identified for directory  No. of users / traffic through website	100% of services identified and recorded  10% increase in traffic per year.	Develop database of services for Limerick  Make publically available searchable online website for users.	Q4 2023	<b>Lead:</b> Limerick CYPSC  <b>Partners:</b> Limerick City and County Council		<b>Transformational Goals:</b> - Support Parents
	22.2 To communicate effectively with key stakeholders and promote the work of Limerick CYPSC locally and nationally.	Limerick CYPSC webpage updated  Limerick CYPSC twitter account set up	3 news stories submitted per annum to CYPSC.ie	Maintenance of Limerick CYPSC presence of cypsc.ie.  Establish Limerick CYPSC on twitter	Ongoing	<b>Lead:</b> Limerick CYPSC		
<b>23. Trauma Informed Services</b>	23.1 To facilitate development of a network of services working towards being trauma informed.	Trauma informed network of services	Network trauma informed services established.	Formation of a trauma informed network of services	Q4 2023	<b>Lead:</b> Limerick CYPSC, Limerick City and County Council, HSE, An Garda Siochana, Tusla  <b>Partners:</b> ADAPT, Novas, Barnardos		<b>Transformational Goals:</b> - Ensure Quality Services

## Action Plan for **Limerick** Children and Young People's Services Committee

### Change management

Priority Area	Objective(s)	Indicators	Target	Activities	Timeframe for completion	Lead Responsibility and partners	Link to other plans	Linked to other national outcome(s) and or Transformational Goal(s)
<b>24. Covid-19 response</b>	24.1 To review Covid-19 responses in Limerick related to children and young people	Analysis report and recommendations complete	Analysis report and recommendations produced	Undertake analysis report of Covid-19 responses across Limerick city and county.	Q4 2022	All Limerick CYPSC and CYPSC sub-group members		<b>Transformational Goals:</b> <ul style="list-style-type: none"> <li>- Ensure Quality Services</li> </ul>

## Section 7: Monitoring and Review

Limerick CYPSC recognises the importance of measuring outcomes, monitoring implementation and reviewing our plan and structures. We are committed to ensuring all our processes are quality-driven and outcomes focussed. Limerick CYPSC will use the CYPSC Planning and Reporting Framework as its guide for ensuring our processes are meeting the required standards. While Limerick CYPSC will oversee the progress of the plan, locally, this will be supported by progress/annual updates and feed into national structures such as Tusla Child and Family Agency and the CYPSC National Steering Group. The following monitoring and review processes will be undertaken by Limerick CYPSC throughout the life-cycle of each 3 year plan:

Monitoring and Review	Description
<b>Annual Progress Report</b>	Updates and progress from the 3 year plan, involvement of children and young people in our structures; interagency activity; challenges and achievements. Limerick CYPSC will utilise this information to inform decision to enact developments or changes within the 3 year strategic plan
<b>Mid-Year Progress Update</b>	Monitoring mid-year to check if 3-year plan is on schedule; and will enable CYPSC to highlight local issues or challenges to national level structures.
<b>Annual Programme of Work</b>	Each year of the CYPP, CYPSC will produce an annual statement of intent/action outlining the work to be undertaken and achieved.

## Section 8: Appendices

### Appendix 1: Limerick Children and Young People's Services Committee Terms of Reference

#### 1. Mission

Limerick CYPSC will work strategically together on the challenges that affect children and young people thereby creating positive change across all of the city and county.

#### 2. Vision

That children and young people experience easy access to best quality services and responses at the time they need them.

#### 3. Review

The Limerick CYPSC Term of Reference will be reviewed every 12 months. In addition to the annual review, CYPSC members will have responsibility for holding the operation and work of the committee to account against the Terms of Reference.

#### 4. Roles and Responsibilities of Limerick CYPSC Members

In line with the national guidance document, *Blueprint for the Development of CYPSC*, and the agreed operating principles and ground rules for the Limerick CYPSC, the following are the roles and responsibilities of Limerick CYPSC members:

- Be a senior member within their organisation;
- Be committed to attend meetings;
- Be open to communicate and give feedback to the wider sector/organisation from which they are from;
- Be expected to bring knowledge and understanding of their sector;
- Agree to the mission, vision, operating principles and way of working together;
- Be committed to agreed priorities.

#### 5. Ground Rules: The Way We Work Together

**Clarity:** We are clear about our core remit, process and principles.

**Jargon Free:** We keep it simple and limit the amount of jargon and acronyms where possible.

**Remove hats:** We take off our organisation "hats" and work together on issues that we have a common interest in.

**Person centred:** We recognise the person along with the organisation they represent.

**Equal Space:** We give equal space to all committee members, hearing and listening to all views and opinions.

**Being present:** Successful meetings are measured by group participation. We commit to contributing and turning off phones or putting them on silent and not checking them throughout the meeting.

**Trust:** We commit to building trust amongst CYPSC members,

**Confidentiality:** We agree that conversations at CYPSC meetings are confidential

**Information Sharing:** We commit to sharing information: sharing information at CYPSC meetings and sharing information on work and priorities of CYPSC within our organisations and sectors in Limerick

## 6. Our Operating Principles

**Positive change:** We are here to contribute, create positive change and be solution-focused.

**Agreed Priorities:** We will ensure our list of agreed priorities can make a real and positive strategic impact.

**Focus:** We continually check our priorities and actions against our principles and way of working together.

**Equality & Inclusion:** We actively support the principle of equality and inclusion.

**Participation:** We involve the views of children, young people their parents/carers and other stakeholders

**Interagency Governance:** We are accountable and provide good interagency governance for the work we undertake.

**Sustainability:** We come together to do sustainable work.

**Commitment:** Overall we agree with the principles and remit of CYPSC in the national guidance document, *Blueprint for the Development of CYPSC*, and the Limerick CYPSC Operating Principles should be read in conjunction with it.

## 7. Meetings

Meeting agendas and minutes will be provided by the Limerick CYPSC Coordinator. This includes:

- preparing and circulating agendas and supporting papers;
- preparing meeting notes and information;

Meetings will be held every 6 weeks. This can be reviewed and amended by consensus.

A minimum of one CYPSC member (excluding the CYPSC Coordinator) should sit on any working group that is formed.

All working groups should have clear terms of reference and operated in line with the Vision, Mission and Operating Principles in this document.