



LOVE PARENTING

For more information on parenting and parenting supports, go to

www.loveparenting.ie

“Because Parenting is the Most Important Job in the World.”

Email: info@loveparenting.ie



PAUL PARTNERSHIP LIMERICK
Turning the tide of unemployment
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PÁIRTÍOCHT PAUL LUMINEACH



Limerick Social Service Council Ltd
Comhairle Sheirbhís Sóisialta Luimnigh Teo



Southill Family Resource Centre





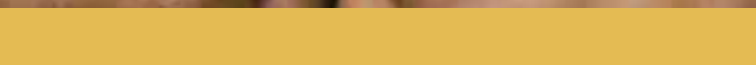
PARENTING *limerick*



Information on Parenting Support
in Limerick



PARENTING
limerick





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Introduction

As Chair of Limerick Children and Young People's Services Committee, I welcome the re-publication of the Parenting Limerick Directory, which was first published in 2013. It has provided a valuable, concise resource on the ranges of supports available to parents and families in Limerick.

Since the original publication, Limerick CYSPC has expanded its remit to become county-wide in line with the amalgamation of Limerick City and County Councils. We are delighted that Parenting Limerick now includes strong representation from both city and county. Parenting Limerick has also developed a key resource, www.loveparenting.ie, to ensure that parents have access to quality information on parenting and links to where to access support locally.

The Limerick CYPSC brings together senior level representatives of agencies that have a remit around delivering services to children and families. The CYPSC in Limerick is charged with improving the well-being and safety of children by supporting and strengthening families, by facilitating coordination and collaboration across Limerick services and by progressing strategic planning and policy in relation to children's services.

Parenting Limerick, a network of organisations that provide parenting and family support in Limerick, was established in 2012 as a sub-group of Limerick CYPSC. It is a key part of the Limerick CYPSC's Parenting Support Strategy, which aims to support parents across all ages and levels of need. While the organisations represented in this brochure work in different ways and with different groups, they share a belief that parents are the most important people in the life of a child and a commitment to working in partnership with families to improve the lives of children.

Parenting Limerick has collaborated closely with the ABC Start Right Project (an early years project working in the north side and city centre of Limerick City) to develop a Positive Parenting Campaign, which includes a media campaign and the development of the web-site. The key message of this campaign is that "Being a Parent is the Most Important Job in the World."

We hope that parents across Limerick find this directory, the information on www.loveparenting.ie and the services provided by our partner organisations a support to them in doing the very rewarding, and just as often challenging, work of parenting.

Ger Brophy,
Chair, Limerick CYPSC, and Area Manager, Mid-West,
Tusla, Child and Family Agency



Parenting Programmes



Parenting Programmes are structured programmes delivered to parents in a group setting over a set period of time. They focus on supporting parents to develop their parenting capacity.

These programmes may have complementary programmes that focus on children or professionals such as teachers.

Incredible Years

Programme Manager, Incredible Years,
PAUL Partnership, Unit 25a Tait Business Centre
Dominic Street, Limerick.

Tel 061-419388

Email info@paulpartnership.ie

Web www.paulpartnership.ie

The Incredible Years Programme is an international, early intervention programme targeting children ranging in age from young infants to twelve years old who are exhibiting social, emotional and behavioural difficulties. Incredible Years consists of three types of programmes, aimed at parents/guardians, children and teachers.

Each of the programmes aims to achieve long-term positive impacts on children's behaviour. The programmes are offered in a range of community and educational settings.

Strengthening Families

Community Substance Misuse Team Leader,
Third Floor, Theatre Court, Mallow Street, Limerick

Tel 061-317688

Web www.csmt.ie

Strengthening Families is a skills based programme for the whole family targeted at parents/carers and young people ages 12-16. It is a 14 week programme that focuses on 3 skills sets: teen skills, parent skills and family skills.

The programme addresses communication issues within the family unit through supporting positive family behaviour. The programmes are offered in a range of community settings.

Parenting and Family Supports



Parenting and Family Supports include a wide range of supports for parents with different levels of need.

It includes the provision of information and referrals, one-to-one supports, group supports and parenting programmes.

Baby/Toddler and Parent Groups

Tel 061-483592
Web www.loveparenting.ie

There are a number of groups for parents and babies and/or toddlers running throughout Limerick City and County.

For a full, up to date list of these programmes, please see <http://loveparenting.ie/baby-toddler-groups/> or contact Tusla Parent Support Programme on 061-483592.

Ballyhoura Development

Coote Hall Resource Centre, Killmallock, Co. Limerick.

Tel 063-20555
Email moconnor@ballyhoura.org
Web www.ballyhouradevelopment.com

Ballyhoura Development, Ltd. Is a community-based, local development company that provides a wide range of supports to community groups, small businesses and individuals seeking training and back to work supports in North and South East Limerick and North Cork.

Supports for parents and families include the following: Support for the Killmallock Family Support Network in partnership with Tusla, parenting programmes such as Incredible Years, women's groups, WRAP (wellness recovery action planning) groups, information sessions, domestic abuse awareness campaigns and personal development.

Barnardos Family Support

Barnardos Centre, 373/374 O'Malley Park,
Southill, Limerick.

Tel 061-319290
Email info@southill.barnardos.ie
Web www.barnardos.ie

Barnardos Centre, 1/2 Pineview Gardens,
Moyross, Limerick.

Tel 061-329298
Email info_moyross@barnardos.ie
Web www.barnardos.ie

Barnardos Family Support Service focuses on improving parenting skills and child/parent relationships in order to reduce subsequent difficulties with children. It works in partnership with other agencies to develop targeted programmes for highly at risk older children and for children involved in anti-social behaviour.

Specific attention is given to those families where child protection concerns exist, to families with ongoing health and welfare problems and/or families in once off or occasional crisis situations. It provides services to the wider community that have a primary preventative focus.

Barnardos Homemaker Family Support Service

Barnardos Islandgate, St. Mary's National School,
Bishop's Street, Limerick.

Tel 061-493587/061-493588
Email homemaker.limerick@barnardos.ie
Web www.barnardos.ie

The Barnardos Homemaker Family Support Service provides early intervention, practical, home-based support (such as helping the family to get ready for school, prepare meals, manage the household, etc.) 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 (family meals, homework, and bedtime), or at other times identified in partnership with the family.

Bedford Row Family Support

Lower Bedford Row, Limerick.

Tel 061-315332
Email info@bedfordrow.ie
Web www.bedfordrow.ie

Bedford Row Family Support 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.

Community Substance Misuse Team

Team Leader, Third Floor, Theatre Court,
Mallow Street, Limerick.

Tel 061-317688
Web www.csmt.ie

CASP Community Substance Misuse Team (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 supportive coping strategies to deal with substance misuse. It is funded by the Mid-West Regional Drugs and Alcohol Forum.

Croom Family Resource Centre

Croom Family Resource Centre Family Support,
Scouts Den, High Street, Croom, Co. Limerick.

Tel 061-602878
Web www.croomfrc.com

Croom Family Resource Centre Family Support Programme 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 'Family Caring Trust', 'Parents Plus', and 'Incredible Years'.

We also offer the following services: one to one family support, counselling, information provision, Money and Budgeting Advice Service (MABS), adult education and referrals to other services.

Focus Ireland

Focus Ireland Family Support Service

Parnell Place, Limerick City

061-317199

talbotj@focusireland.ie

www.focusireland.ie

Focus Ireland works with people who are homeless or at risk of losing their homes across Ireland. We offer individuals and families advice, support, education and housing to help people have and keep a home.

The Families Service is a flexible service that works in partnership with families around their housing issues to prevent tenancy issues arising and sustaining families in accommodation. It works by offering the following services: one to one support, parenting support, information on child development and parenting skills, and a range of other activities.

Home School Community Liaison Scheme (HSCL)

The Home School Community Liaison Scheme (HSCL) is a school based initiative that aims to improve educational outcomes for students who are at risk of not realising their full potential in the education system. The programme promotes partnership between parents and teachers to enhance children's learning opportunities and promote their attendance and retention in the education system. It focuses directly on the significant adults in children's educational lives while seeking indirect benefits for the children themselves. Classroom teachers are released from teaching duties, on a five year rotating basis, in order to take on the role of HSCL Coordinator.

There are Home School Community Liaisons assigned to the following schools; the HSCL can be contacted through the schools.

Primary Schools

St. Mary's National School	061-419264
Our Lady of Lourdes National School	061-227991
Maria King Presentation	061-412494
Gaelscoil Sheoirse Clancy	061-603293
St. John the Baptist Boys National School	061-312411
St. Johns Girls and Infant Boys School	061-416752
Our Lady Queen of Peace	061-311285
St. Michael's Infant School	061-317672
Scoil Iosagain	061-413950
Corpus Christi National School	061-455166
Le Cheile National School	061-419789
Thomond Primary School	061-452755

Secondary Schools

Colaiste Mhichil 061-416628

Colaiste Nano Nagle 061-410390

Ardcoil Mhuire 061-349014

Thomond College 061-452422

(Amalgamated School of St. Nessian's Community College and Salesian Secondary School as of Autumn 2016)

Hospital Family Resource Centre

**Hospital Family Resource Centre,
Knockainey Road, Hospital, Co. Limerick.**

Tel 061-383884

Email hospitalfrc@eircom.net

Web www.hospitalfrc.com

The Hospital Family Resource Centre provides the following supports and services to families in the community: 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, parenting workshops, parent and toddler groups and life skills programmes for children.

ISPCC Family Support

ISPCC, 115 O'Connell St., Limerick City.

Tel 061 400077/88

Email limerick@ispcc.ie

Web www.ispcc.ie

The ISPCC offers parents and children the support of a Parent Mentor. It is a special, supportive relationship between a parent/carer and a trained volunteer mentor. This is an informal support system. More formal support can also be accessed for parents who need it.

Limerick Social Service Council

Tel 061-314111

Web www.lssc.ie

Limerick Social Service Centre,
Upper Henry Street, Limerick.

Parent Support Programme

Tel 061-314111

Email breda.collins@lssc.ie

Web www.lssc.ie

Limerick Social Service Council's Parenting and Family Support Programme provides information, support and practical assistance with child rearing, childcare and solving problems. All programmes are aimed at improving the quality of life for children and families.

It works by offering the following services: one to one support, parent support groups, parent and child work, parent facilitation, parenting workshops, parenting training programmes, information and support for parents experiencing separation and the Family Support Initiative, which connects families and individuals living on the south side of Limerick City to services and supports.

Teen Parents Support Programme

Tel 061-314111

Email martina.hogan@lssc.ie

Web www.lssc.ie

Teen Parents Support Programme is a confidential programme for young people who are pregnant or who are parents. Support is offered in all areas of the young person's life--health, relationships, accommodation, legal rights, social welfare entitlements, education, training, child development, parenting, childcare and anything else which the young person needs. Support is also available to the young person's partner and members of their extended families.

It works by offering the following services: group peer support, one to one support, supports for young expectant parents and young parents in education.

Community Mothers

Tel 061-314111
Email liz.dunworth@lssc.ie
Web www.lssc.ie

Community Mothers is a home visiting service for parents with new babies/young children. A Community Mother is an experienced mother who is trained to visit parents in their homes and to encourage them to enjoy and participate more fully in their child's life.

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.

Family Advocacy Service

Tel 061-314111
Email majella.hynan@lssc.ie
Web www.lssc.ie

The Family Advocacy Service 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.



Le Cheile Mentoring and Youth Justice Support Services

**Southern Regional Manager, Le Cheile,
Unit 1, Fulflex, Galvone Industrial Estate, Limerick.**

Tel 061-422385
Email maryh@lecheile.ie
Web www.lecheile.ie

Le Cheile provides a range of supports including parent mentoring and training programmes such as Parents Plus and Non-Violent Resistance Training. Le Cheile's primary target group is parents and children engaged with Young Person's Probation.

Northside Family Resource Centre

**Northside Family Resource Centre Family Support
Clonconnane Road, Ballynanty, Ballynanty, Limerick.**

Tel 061-326623
Email ciarakane@northsidefrc.ie
Web www.northsidefrc.ie

Northside Family Resource Centre offers a wide range of services for parents that include parenting programmes such as a Dads Programme, Incredible Years and Strengthening Families; 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.

Novas Intensive Family Support Service

**Programme Manager,
Novas Initiatives, 1 Mungret Street, Limerick.**

Tel 061-468033
Email info@novas.ie
Web www.novas.ie

Novas Intensive Family Support Service provides assessment and comprehensive support plans with clients in order to prevent homelessness and sustain tenancies. Once tenancies are stable, additional needs are identified through a hierarchy of needs, and families are supported in addressing these. In instances where families have already lost their home or the home is considered sub-standard to requirements, seeking suitable accommodation or improving the existing residence is prioritised by staff.

PAUL Partnership

Unit 25a, Tait Business Centre, Dominic Street, Limerick.

Tel 061-419388

Email info@paulpartnership.ie

Web www.paulpartnership.ie

PAUL Partnership is a Local Development Company, based in Limerick City. The Partnership works with local communities that have benefited least from economic and social development and aims to promote social inclusion and improve the quality of life of people living in Limerick City. Working with both individuals and communities, it offers a variety of supports around community development employment, enterprise, education and lifelong learning. The Partnership also implements Early Years programmes that support parenting and child development, namely Incredible Years and ABC Start Right.

As a partner of community-based organisations, PAUL Partnership is able to provide sign-posting for agencies or parents who are unsure of where to access relevant supports.

Southhill Family Resource Centre

Southhill Family Resource Centre Family Support,
267-268 Avondale Court, O'Malley Park, Southhill, Limerick.

Tel 061-440250

Email omalleypark@eircom.net

Southhill Family Resource Centre provides support and advice in the delivery of parenting programmes and supports. In partnership with the local Schools, HSE, Tusla and other community based organisations, we 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. We 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.

Tusla Child and Family Agency Parent Support Programme

**Tusla, Child and Family Agency, HSE Offices,
Raheen Business Park, Ballycummin Avenue,
Raheen, Limerick.**

Tel 061-483592

Email susan.mcglone@tusla.ie

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.

West Limerick Resources

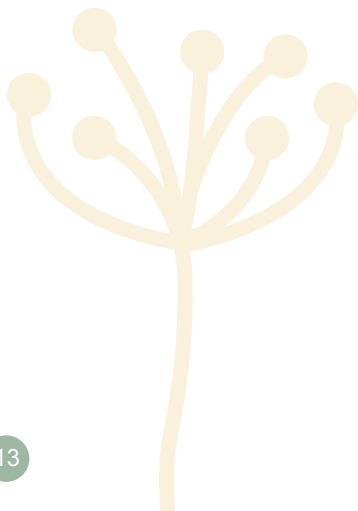
St. Mary's Road, Newcastle West, Co. Limerick.

Tel 069-62222

Email dconlon@wlr.ie

Web www.wlr.ie

West Limerick Resources (WLR) 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 support for parent and toddler groups, one to one parenting support, information, group based activities, workshops and opportunities to access other WLR supports for employment, education and training and referrals to other relevant supports in the community.



Specialist Parenting Programmes



These are specialised training programmes that provide support to parents and children around particular issues.

Bedford Row Support Groups for Parents

Bedford Row Family Project
Lower Bedford Row, Limerick

Tel 061-315332
Email larry@bedfordrow.ie
Web www.bedfordrow.ie

Lifeskills and other formal and non-formal groups that focus on family responsibilities at the core of which is 'good enough' parenting.

Let's Learn About Drugs Together

Post-Primary Substance Use Education Worker
Mid-West Regional Drug & Alcohol Forum, HSE
Corporate House, Mungret St., Limerick City.

Tel 086-467 8010
Email sancha.power@hse.ie
Web www.mwrdf.ie

This programme, developed in partnership between the HSE and the Mid-West Regional Drugs and Alcohol Forum, is aimed at engaging parents and pupils in a shared learning experience about substance use. The programme is being delivered with the support of local schools and is envisioned to be an additional support to schools and teachers delivering the SPHE Substance Use module at Junior Cycle.

Parenting Support and Sexual Health and Education Programme

Limerick Social Services Centre,
Upper Henry Street, Limerick.

Tel 061-314111
Email martina.hogan@lssc.ie
Web www.lssc.ie

The programme is part of the Limerick Social Service Centre Parents Support Programme. It supports parents of teenagers and teenagers around the issues of parenting, relationships, sexual health and communication. This support is provided through one to one support and group work. The service is available to parents of teenagers and teenagers living in Limerick City and County.

Referrals can be made by parents, secondary schools and centres of education, youth, community and family support agencies, GPs, Social Workers, etc.

Way to Go Kids!

Senior Community Dietitian, Health Promotion and Improvement, Parkview House, Limerick

Tel 061-483215

Way To Go Kids is an evidenced based 9 week healthy eating and physical activity programme delivered by registered dietitians and local sports development officers from the Local Sports Partnership. The programme aims to stop and reverse the trend towards increasing weight gain in children, through a healthy and fun approach to nutrition and physical activity for kids, while boosting self confidence and self-esteem.

Non-Violent Resistance Training

Mentoring Programme Co-ordinator

Le Cheile, Youth Space, Galvone Industrial Estate
Southill, Limerick

Mobile 061-422385

Email alan@lecheile.ie

Web www.cheile.ie

Non Violent Resistance (NVR) is an innovative 8-12 week therapy programme, which has been developed to target aggressive, violent, controlling, and risk-taking behaviour in young people. Running this therapy in a group setting has ensured that parents can share experiences and encourage each others to practice the techniques. In Limerick, it is available through Le Cheile and referrals are currently accepted from Young Person's Probation.





