

Family Information and Support

Barnardos offer the following services for Parents:

- Drop In Monday – Friday (9am -1 pm & 2pm – 5pm) for Information, advice and resources relevant to children, young people and their parents/carers e.g. Child Development, Children’s Behaviour, Parenting, Childcare, Separation, Bullying, Domestic Abuse, Drug and Alcohol Misuse
- Individual support with parenting e.g. parent-child relationships, understanding and managing children’s behaviour.
- Group parenting programmes for parents and children (0-18yrs), parent- child relationships and managing children’s behaviour
- Individual and Group support for children with specific issues impacting on their lives e.g. low self esteem, friendship skills, expressing feelings, separation, bereavement and loss
- Supported Parent and Toddler groups
- Families can refer themselves or be referred by another agency



Drop in to **24 Askea Lawns, Carlow**
Call **059 9132868** or email **info@carlow.barnardos.ie**.



Carlow Kilkenny Parents Support Programme delivers the following services:

- Lifestart’s “Growing Child” monthly Home Visitation Programme-This programme is designed to achieve better child development outcomes by educating parents on how young children develop and learn in the early years from birth to 5 years. It offers a monthly home visiting parenting programme delivered by a specially trained Family Visitor who provides information appropriate to your child’s developmental stage. For more information on the Lifestart Programme go to www.lifestartfoundation.org or for local service delivery contact Helen Casey or your local Public Health Nurse (details below). **All services are free of charge.**
- Group Parenting (Parents Plus 1-6 Years) This is a 6 week parenting programme which offer tips for responding to misbehaviour and aims to maximise your child’s learning.
- Individual Parenting-support to Parents dealing with the normal challenges of raising young children (birth-5 years)



For further information on all the above please contact **Helen Casey**,
Co-ordinator, Carlow Kilkenny Parents Support Programme and Family Support Work Services
Ph: **087 2330320** Email: Helen.Casey1@tusla.ie.



Teen Parent Support Programme Carlow/ Kilkenny/Tipperary South:

The TPSP delivers services to teenage parents 19 years of age and under in Carlow, Kilkenny and Tipperary South. Monday-Friday 9am-5pm. Based in the Kilkenny Road Community Childcare & Family Centre, Carlow and The Drum, McDonagh Centre, Kilkenny. Out of hours services can be agreed by prior arrangement.

Our parenting services include: Antenatal & Postnatal classes: 1-1 Positive Parenting: Support with Co-Parenting: Advice, Information & Advocacy.



Co-ordinator: Bernie 0851101511: berniel@catherines.ie:
Project Worker: Jean 0851101510: jeank@catherines.ie:
Project Worker: Claire 0851689215: clairef@catherines.ie:

Alternatively you can contact us via St. Catherine’s C.S.C. on 059 9138700



Carlow Regional Youth Services

“We work to empower young people to achieve their potential through quality youth work”

We provide a wide range of services and opportunities through community based youth work programmes, drop in, specialised one-to-one services for young people at risk, leadership training, etc.

- **8-12 year olds**- Afterschool /Homework Support, Junior Youth Group programme, Summer Camp
- **12-18 year olds**- Drop in facility, Planned Youth Work Programmes, Youth Participation Programmes, Youth Leadership Training, Specialist Support Services, etc
- **18-23 year olds** – Volunteer Training, Youth Work Accredited Training, Some services for vulnerable young adults in their social time

Follaine counselling services provides a confidential and early intervention for young people from 13-18 years to help them come to terms with problems in their lives



Montgomery House, Athy Road Carlow Office: **059 913 0476**
Follaine: **085-2780307** www.carlowys.ie



Health Promotion & Improvement, Health & Wellbeing Division HSE, provides

- The Family Communication and Self-Esteem course - an 8 week parenting programme for parents to enhance communication and relationships within families.
- Health information and resources on a variety of topics such as healthy eating, physical activity, Smoking, cessation, breastfeeding, pregnancy, sexual health – talking to your child, alcohol, mental health, child safety and immunisation.



Most of the publications can be ordered online at www.healthpromotion.ie. Or contact your local Health Promotion Office in Kilkenny at **056 7734869** to place an order or make an enquiry.



Family Resource Centres-Bagenalstown & Tullow

Bagenalstown & Tullow Family Resource Centres offer a wide range of Community Education and Recreational Courses, Parenting Courses, Personal Development courses, Counseling/Family Support, Childcare services, Homework support, Citizens advice. They also offer an information service to help you know your rights and entitlements and also a confidential support service should you need any help filling out forms or applications. A one stop shop for support and social interaction.



Bagenalstown FRC, Moneybeg, Royal Oak Road. Tel: **059 9722028** Email: bagenalstownfrc@hotmail.com

Forward Steps FRC, Chapel Lane, Tullow. Tel: **059 9152776/ 0868555294** Email: forwardsteps@eircom.net

St. Catherine's Community Services Centre, Carlow

The centre provides a comprehensive range of family supports and services: Community & Parental Education: Learning for Everyday Life/Prep for Work Programme: New Communities Mother & Toddler Groups: Meals on Wheels: Socially Monitored Alarms: Moving On Programme for Young Mothers: Teen Parent Support Programme: Traveller Community Health Workers Service: Traveller Men's Health: Traveller Community Development & Family Supports: Traveller Pre Development Parenting Programme: Two Community Childcare Services; one in St. Catherine's and one in the Kilkenny Road Community Childcare & Family Centre. Pre-school Service & ECCE Scheme: Afterschool's Programme: Want to Work Programme. Other services based in St. Catherine's: ACCORD: National Advocacy Service for People with Disabilities: AI Anon: Alcoholics Anonymous; Citizen's Information Service: Civil Legal Aid: Grow: Overeaters Anonymous.



St. Catherine's C.S.C. Tel: 0599138700 Fax: 0599138701

Kilkenny Road Community Childcare & Family Centre: 0599137392

Email: info@catherines.ie Web: www.catherines.ie



Primary Care & Child Psychology Carlow

Primary Care & Child Psychology Drop -in Service for individual adult or parenting support (parents to attend without their children) in HSE Offices, Floor 2, Primary Care Centre, The Shamrock, Green Lane, Carlow. This service offers psychology consultation every Wednesday morning from 9.30am – 12.30pm.



To register: Please arrive @ 9.00 a.m. to obtain a scheduled time slot with the psychologist. Phone Reception Primary Care HSE on **076 10 82000**.



Developmental and ASD Psychology Carlow

The Developmental & ASD (Autism Spectrum Disorder) Psychology Service provides a range of supports to parents of children (0-18) with disabilities/ASD in the area of supporting behaviour. These supports are as follows:

1. A monthly **Behaviour Advice Clinic**. At the Behaviour Advice Clinic, parents can meet with one of our psychologists in a one to one setting to discuss any concerns they may have and collaboratively come up with potential solutions.
2. Our **Positive Behaviour Support Workshops** run regularly. These workshops are therapeutic interventions which provide parents with the latest in evidence based information related to supporting children with disabilities who show challenging behaviours. The Department also run a range of other training events (e.g. supporting siblings, social stories, supporting sleep, etc)
3. A monthly, psychology-led parenting discussion group with Carlow & Kilkenny locations – parents welcome to pop in. **Parenting Together** is a monthly support group to help parents meet the behaviour needs of their children. Specifically for parents of children and teens with developmental delay, disabilities (intellectual, physical/sensory) or autism spectrum disorders, this group aims to tackle topics specific to your child's needs.

Groups: 3rd Monday of each month

Locations: Carlow - Bethany House; Kilkenny- Kilcreene Children's Service

All Groups: 10 a.m. – 11.30 a.m., Monthly presentations from psychologists, Facilitated discussion, Group based support. No need to book / register – come along on the day, Groups are for parents only: children should not attend



To register for any of the above please phone our administrator on 056-7784736 (KK) or on 076-1082200 (CW)



Home School Community Liaison Teachers

Main Targets of HSCL (Home School Community Liaison) Teachers:

- Works in an enabling way with parents to develop their capacity as a key resource in their children's learning.
- Identifies and provides for the personal, leisure and learning needs of parents, so as to promote their self-worth and self-confidence, which will have a positive impact on their children's education.
- Becomes familiar with attendance patterns, in order to maximize student attendance, participation and retention.
- Works in a supportive and purposeful way with parents and facilitates communication with class teacher, tutor, year-head, and school management, when required.

Schools in HSCL scheme in Carlow:

- Holy Family Boys' NS and Holy Family Girls' NS, Askea, Carlow: Ms. Catherine Tully; 0879539529 or hscl.askea@gmail.com
- Carlow Educate Together NS, Carlow and Carlow Vocational School, Carlow: Ms. Nicola Phelan; 0876444391 or nicola.phelan@carloweducatetogether.ie
- Muine Bheag Vocational School, Bagenalstown, Carlow: 0599721335



Rainbows Programme

Programmes for children who have lost a parent through death or whose parents have separated. 12-14 weekly meetings

For more details please contact:

Venue	Details	Date	Contact
Askea Parish Centre	Age 7 – 12	Oct./ Jan	Joan 0599142565
Bagenalstown Idrone	Age 7 – 12	November	Eilish 0857685504
Bagenalstown Family Resource Centre	Age 13 –18	October	Josephine 0599722028
Carlow Youth Services, The Vault, Burrin St	Age 13 –18	October	Adam 0852780307
Graigucullen Parish Centre	Age 5 – 12	October	Anne 0876636499
Forward Steps FRC Tullow	Age 5 – 18	September	Jen 0599152776



Parent and Toddler groups



Venue and Contact details:	Day and Times:
Askea Parish Centre. Norah Holohan 059 9142565	Wednesday 10.00-12.00
Graigucullen: St Fiacc's Hall. Trish Byrne 089 4336605 or Jen Kelly 087 2748784	Friday 10.00-12.00
Big Blue Barn €5.00 per child incl. tea/coffee Reception 059 9131222	Wednesday 10.30 – 12.30
Barnardos, 24 Askea Lawns Áine Murphy/Marian Dowd 059 9132868	Monday 10.00 –12.00
CUIDIU: Big Blue Barn. Áine 086 1680565	Tuesday 10.30-12.30
Tinryland: Parish Hall. Andrea McDonnell 087 2050500 or Emma Deane 085 7605241	Wednesday 9:30 - 11:30
The Visual, Old Dublin Rd. Reception 059 9172400	Wednesday 11.00– 1.00
Spraoi Irish language Group: New Oak Community Centre: Emma 085 1340047 or Caoimhe 086 8570832	1 st & 3 rd Saturday of every month, 11.00-12.00
St Mullins Parent & Toddler Group; Byrne's, Caitriona Grennan 0876174827 Bernie Nolan Walshe 0879041959	Tuesday 10.00-12.00
Ballinkillen Lorum Community Centre Club Marcella Hughes 086-4066565 Clare Magill 087-9223044	Tuesday 9.30-11.30
Tullow: Forward Steps 059 9152776 Sharon Power 086 3957930 or Florence Worrall 087 8383602	Monday 10:30-12:30
Ballon GAA Club House. Patricia O'Connor 087 6765926 or Ethna Quirke 086 0569137	Thursday 10:00-12:00
Bagenalstown: Bagenalstown FRC Royal Oak Road Josie Tierney 059 9722028	Wednesday 10.00-12.00
Leighlinbridge: Parish Centre. Sinead O'Neill 087 9799134	Monday 10.00-12.00
Grandparent & Toddler Group Leighlinbridge Parish Centre Ann Kelly 087 7634155 Anna Owen 059 9122202	1 st Thursday every Month 10.00-12
Borris Community Centre Deirdre McCormack Coleman 087 9317184 Eileen Hayes 087 8556408	Wednesday 10.00 – 12.00



If you are interested in attending any of the above groups:

Or feel free to drop in at the allocated times.

Ph: 059-9140244 E-mail: info@carlowccc.ie Website: <http://www.carlowchildcare.com/>



Tullow Area School Completion Programme provides support for students and parents from Junior infants to Leaving Certificate. Tullow Area School Completion Programme supports eight local schools.

Services include: Breakfast club, Fruit scheme, attendance tracking, delivery of relevant programmes in schools including circle time, mental health, FRIENDS and Fun FRIENDS resilience training programme, Squashy couch, Rainbows, , One to one student mentoring service, behaviour management support, exam preparation, access to Social Education Opportunities, Suspension Intervention, Self – esteem/ confidence building.

For Parents: Family support including:

Parents drop in service every Thursday morning from 10 – 11am @ SCP office.

Family Communication Programmes

One to one parenting advice and courses.

Parents mornings, day trips and information sessions/workshops on topics including Cyberbullying and Drugs Awareness.



For Further information contact Nicola, Michael or Denise @ 059 -9180010.
Tullow Area School Completion Programme, Old School of the Cross Keys, Shroughaun, Tullow,
Co.Carlow. Email: tullowscp@eircom.net. Find us on Facebook @ TullowSCP.

Social Work Department

If you are worried about a child/young person please contact:

Child & family Agency, Carlow/Kilkenny Social Work Department
Duty Social Worker: 059-9136570

