



Mentoring Programme



Carlow & Wexford

Foroige's mentoring programme has now launched in Carlow & Wexford.

The mentorship programme involves matching a young person to a trained adult volunteer. The matches meet up once a week, for an hour, to do an activity they have both agreed on. These activities can include things like going for a walk, playing a sport they both enjoy, learning an instrument or even getting a hot chocolate together.

The ultimate goal of the programme is that the young person will feel supported and encouraged to reach their own personal goals, no matter how big or small.



Contact details

Once we receive a referral a staff member will be in contact to follow up and discuss it further

If you have any questions about the programme or are unsure about a referral, please do not hesitate to contact us;

Wexford & Carlow

Tara Murray

086 165 7466

tara.murray@foroige.ie

Kilkenny & Carlow

Sarah Fitzpatrick

086 136 6790

sarah.fitzpatrick@foroige.ie



Autism Positive Support Group for Parents

A Space to Connect, Support and Listen



Where: Ossory Youth, Desert Hall, Lower New Street, Kilkenny. R95 P5HC

When: The first Wednesday of every month – beginning on Wednesday 3rd April at 7:30pm – 9pm

Who: Parents and Caregivers of autistic children and adolescents

Everyone is welcome - to confirm your place please text or WhatsApp Carol on 087 912 5804.

Save the date!



Say Hello on May 15th

Say Hello and ask: How are you?



Save the date for this year's 'Hello, How are you?' campaign. Put it in your diary now and start planning your event. More details to come.



www.HelloHowAreYou.info
e: info@HelloHowAreYou.info



2 online training sessions for **organisers and volunteers** on how to host an event and how to use the HELLO Framework:

April 25th 11.00 - 12.30 & May 2nd 6.00 - 7.30 pm

Contact Gina to book a place on this training:
gina@mentalhealthireland.ie

Look Good, Feel Good

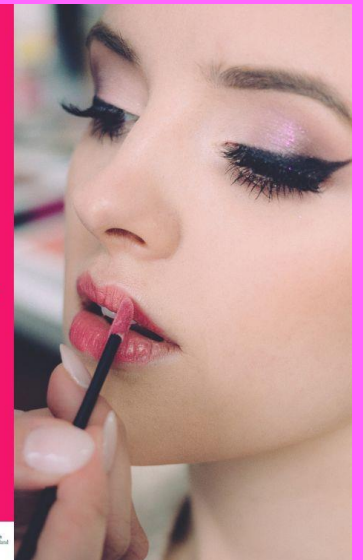
Make Up and Skin Care Class with John Paul Payne

Learn to apply your own make like a true professional.

Topics covered include:
Skin care, Contouring, Makeup Application

Tuesday 23rd May
7.00 pm – 9.00 pm for 6 weeks
in
St Catherine's Community Services Centre
Carlow
To enrol please call Andrea Dalton on
(059) 9138706

Places are limited and are allocated on first come first served basis



Circle of Security

This is a course which will help you to understand your child's emotions and behaviours and how to respond.

Wednesday 24th
April-12th June

10am-12pm

Free 8 week course



For more information or to book your place please contact our reception on 0599722028.



CKST Fostering Events 2024

April



CKST Fostering Events
April 11th South Tipperary Foster Carers / Tusla *Working Group*
Fostering Dept Ferryhouse
10.30am -11.30am
April 16th *Attachment Training*
Facilitated by St Bernard's Childrens Services
Bagenalstown Family Resource Centre
10.00am – 1.00pm

Participants Needed

Help us to design a website for parents of adolescents who self-harm

Participants will receive a €50 voucher



About our project

- **Aim:** To design a website with text and videos.
- **For whom:** Parents of adolescents who self-harm or attempt suicide
- **How can you help?** Tell us what you think parents need to know and what you found helpful.

Who can participate?

- Adults aged 18-25
- History of self-harm
- Have not self-harmed in the last 12 months
- Living in Ireland



Your voice matters

- We want to know what your parents did that helped you.
- What you think parents need to know about self-harm and suicide
- Whether you think there are gaps in the information that we have compiled for the website.



Scan the QR code to sign-up

University College Dublin Youth Mental Health Lab
Contact Eilis Hennessy: eilis.hennessy@ucd.ie



FREE Parenting Talks

HSE Primary Care & Child Psychology Service

To register or for more information, please call 056-7732018

Parenting Positively: Building Relationships and Positive Behaviour Management
(2 session talk)
Mon 4th & Mon 11th March @ 9.45am-11.45am

Ready, Steady, Relax: Anxiety Management
Thurs 11th April @ 9.45am-11.45am

Managing Strong Emotions
Mon 15th April @ 9.45am-11.45am

Managing Low Mood
Mon 29th April @ 9.45am-11.45am

All talks will take place in Carlow Library

Domestic Abuse Women's Support Groups

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

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

Book your place NOW - 0818 42 42 44



AMBER
WOMEN'S REFUGE

www.amberwomensrefuge.ie

24/7 HELPLINE: 0818 42 42 44

Setting up a Parent & Toddler Group

Are you interested in setting up a Parent & Toddler Group in your area?
Carlow County Childcare Committee provides the following support to set up a new Parent and Toddler Group.

- Applying for Annual P&T Grants from Department of Children, Equality, Disability, Integration & Youth - €1400 Maximum Grant
- Setting up your Group
- Sourcing a venue
- Promoting your group to parents including the benefits of attending a P&T Group
- Group activities/ideas



For further information email :
niamh@carlowccc.ie

An tSeirbhís Leasú, Cruthúcháin, Ráilteanna, Leasúcháin agus (S)áirde
Department of Children, Equality, Disability, Integration and Youth



CHILDREN'S RIGHTS ALLIANCE
Uniting Voices For Children

You're Invited: Launch of Listen Up!
Listen Up! Children's Voices on the Future
Children's Rights on the Island of Ireland

25 April 2024 2.30pm – 4.00pm
Online via Zoom Webinar

RSVP using the Eventbrite link [here](#).



The Prevention and Early Intervention Network AGM

Wednesday May 1st 2024

10am - 12.30pm

Join us online for a PEIN members event featuring:

The launch of 'Shifting Sands', our research paper on the response to the needs of Ukrainian families and children & PEIN's Annual General Meeting 2024

Visit the link below to register
<https://eventbrite.ie/e/879391392327?aff=oddtcreator>

Click [HERE](#) to register



Bagenalstown Family Resource Centre

Parent and Toddler

Every Tuesday 10:00-11:30

For more info: 059 972 2028

Feel free to bring your own mat

INTRODUCTION TO YOGA

Bagenalstown Family Resource Centre R21Y753

Monday 22nd April - 5th June

9:30am - 11:30am

Contact 0599722028 to book your place

SOCCER INTEGRATION BLITZ

5 A SIDE COMMUNITY GROUP SOCCER BLITZ

€10 ENTRY PER TEAM

26 APRIL 2024 | SETU SOUTH SPORT CAMPUS | 11AM-3PM

Give yourself the gift of Quitting Smoking

Quitting is the single best thing you can do to improve your health

Free Nicotine Replacement Therapy (NRT) available to anyone who engages with our HSE Stop Smoking Advisors on the standard treatment programme.

Scan QR code to register for a call back

You're up to 4 times more likely to stop smoking for good if you use a combination of stop smoking medication (NRT) & receive support from a HSE Stop Smoking Advisor.

Contact: Vivienne 087 181 4646 or email SouthEastStopSmokingSupport@hse.ie

ARE YOU A MAN EXPERIENCING DOMESTIC ABUSE?

YOU ARE NOT ALONE

ONE IN EVERY 7 MEN WILL EXPERIENCE DOMESTIC ABUSE IN THEIR LIFETIME

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

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



NEWPARK CLOSE FAMILY RESOURCE CENTRE, KILKENNY PROVIDES:



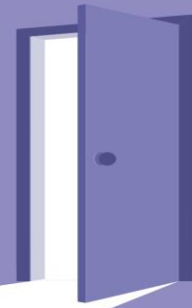
- **CONFIDENTIAL ONE TO ONE SUPPORT SERVICE INCLUDING:**
- **INFORMATION ON FAMILY LAW MATTERS**
- **COURT ACCOMPANIMENT**

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

CARLOW WOMEN'S AID

SUPPORTING FAMILIES AFFECTED BY DOMESTIC VIOLENCE

FREEPHONE 1800 444 944



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



WELCOME TO Effective Communications on Child Health and Obesity Webinar

00:03:22

[Effective Communications on Child Health and Obesity Webinar \(youtube.com\)](https://www.youtube.com/watch?v=...)

Bagenalstown & South Carlow Youth Project **The Library, Borris**

Wednesdays, 3.00pm - 4.00pm

Friendships, preparing for secondary school, anti-bullying and lots more

€2 per session

6th Class group

Call or WhatsApp Marcella on 0874276282 or Mairead on 086 7525587

For 6th class Students going into 1st year

Lots of fun, games and a trip

Open to all abilities & disabilities



GIRLS GAMING GROUP **GRAIGUECULLEN YOUTH PROJECT** **6:30PM TO 8PM** **€2 PER SESSION**

TO SIGN UP CONTACT THERESA ON 086 8054601 OR SIOBHAN ON 085 7897339



Every Thursday for 13 to 16 years

@40 Fruithill Manor, R93 D6Y3

Open to all abilities & disabilities new members welcome!



UBU YOUR FLAG! Kceth An Roinn Leanaí, Comhionannais, Micheimáil, Láimhártochtá agus Óige (Department of Children, Equality, Disability, Integration and Youth) National Lottery

GUITAR CLUB



THE VAULT

Young people aged 15 - 18 years

TO SIGN UP CONTACT AMY ON 085 272 2379



FRIDAY 19TH 6-8PM

OPEN TO ALL ABILITIES AND DISABILITIES

When Big Changes Happen? (New school / Family changes etc.)

A Workshop for Children 10-12 years

Wednesday 12th June 2024 4pm – 5.30pm

Venue: Fr McGrath FRC, St. Josephs Road, Kilkenny R95 P0KK

Book: Call Karin on 087-2206730 or Wendy on 087-9777810



TUSLA



What helps when I worry?

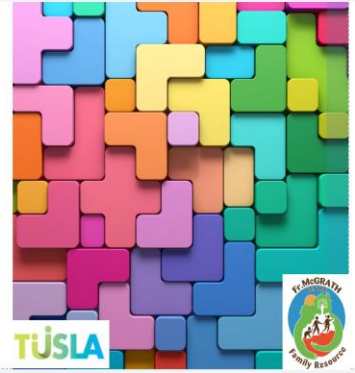
Workshop
For children 8 – 10 years

Wednesday 1st May 2014

4pm – 5.30pm

Venue: Fr. McGrath FRC, St. Josephs Rd, Kilkenny R95 P0KK

Booking: Call Karin on 087-2206730 or Wendy on 087-9777810



TUSLA



BIG FEELINGS

WORKSHOP FOR CHILDREN 7 – 9 YEARS

Wednesday 5th June 2024 4pm – 5.30 pm

Venue: Fr McGrath FRC, St. Josephs Rd, Kilkenny. R95 P0KK

Book by Calling Karin on 087-2206730 or Wendy on 087-9777810

TUSLA



Volume 10, Issue 4 - Carlow Public Participation Network Members E-Bulletin, April 2024



Influencing the Decisions That Shape Your Community!
Community & Voluntary ~ Social Inclusion ~ Environment



carlowppn.ie/e-bulletins/April-E-Bulletin-2024.html

CARE LEAVERS - 10 YEARS ON STUDY HAVE YOUR SAY AT OUR PLANNING WORKSHOP!

EVER LIVED IN STATE CARE?
WE WANT TO HEAR FROM YOU

WHAT'S THIS RESEARCH ABOUT?

This national study is about the experiences of people who've grown up in Irish state care. Your opinion on how we plan to do this research matters to us.

WHO WE ARE

We're a team from Trinity College Dublin and the University of Sussex who want to learn about the lives of care leavers. With your help, we hope this study will inform care policies and services in Ireland.

WHO CAN JOIN?

Anyone aged 18+ with experience of Irish state care (foster care or residential care).
Anyone interested in helping us to make a great study.

WHAT WILL YOU DO?

Share your ideas.
Give us feedback on our research plans.
Help us make our research as relevant as possible to care leavers.

WHY TAKE PART?

Be heard - your voice will help this research to have a greater impact.
Connect - meet others who share your experience.
Make a difference - help us improve care for future generations.
Get travel expenses covered and receive a gift voucher - your time and insights are valuable to us.

WORKSHOP DETAILS

FRIDAY 26TH APRIL 2024
11AM - 2PM
TRISS SEMINAR ROOM, ARTS BLOCK, TRINITY COLLEGE DUBLIN

INTERESTED?

We'd love to hear from you!
For more information and to register for our planning workshop, contact us at:

0862200488
0862200488

www.careleavers10yearson.com



FORWARD STEPS
FORWARD STEPS
FORWARD STEPS

Baby Massage

Starting Thursday 11th April
10am for 5 weeks
for babies from 0 to 12 months

BOOK NOW! 0599152776
5 Euro a week
or email pamelaforwardsteps@gmail.com

Association of Infant Massage (AIM)



Self-paced training module:
A Guide to the Mental Health Experiences and Needs of Autistic Teenagers

Modules key features

- The modules include interactive features, such as reflective questions, film clips, quizzes, animation and learner activities.
- The majority of the modules take around 60-90 minutes to complete.
- We use e-learning software (Articulate Storyline 360) to provide every learner with an accessible experience. The modules are keyboard navigable and compatible with JAWS and most NVCD screen readers.
- Learners will receive a certificate of completion which can be used towards your CPD recording forms.

<https://www.autism.org.uk/what-we-do/autism-training-and-best-practice/training/e-learning>

SOCCER INTEGRATION BLITZ

5 A SIDE COMMUNITY GROUP SOCCER BLITZ
€10 ENTRY PER TEAM

26 APRIL 2024 SETU SOUTH CAMPUS 11AM-3PM

Logos: SETU, FAI, etc.

Mental Health & Family Caring: Supporting the Supporters

A five week online programme for family carers and supporters of people with mental health challenges.

Explore: Self-care, Mental Health & Recovery Concepts, Boundaries, Communication Techniques, Supports & Services

Dates: 17th, 24th April and 1st, 8th, 15th May
Time: 10.30am - 1pm

ONLINE Event Registration
[Click Here!](#)

Logos: Mental Health Ireland, Family Resource, etc.

The Vault Music Club
FRIDAYS 6.30PM - 8.30PM
OPEN TO ALL ABILITIES AND DISABILITIES.
SHOWCASE YOUR TALENTS AND LEARN NEW SKILLS WHILST MEETING NEW PEOPLE!

FOR MORE INFO / JOIN CONTACT
AMY ON 085 272 2379

FOR YOUNG PEOPLE AGED 12 - 18 YRS

WOMEN'S HIKE
SATURDAY 20TH APRIL
10AM - 3:30PM
BLACKSTAIRS MOUNTAIN
€5.00
GRADE B HIKE: MODERATE WITH A SMALL DIFFICULT SECTION

SPORT IRELAND

**Master of Social Science
Community Work & Youth Work**

'Journey to Justice'

INFORMATION SESSION

Monday, 22nd April
19.00-20.00

Join here: <https://bit.ly/3xcXAHP>

Learn more about this programme and career prospects. Join current & past students for an interactive session.

We welcome applications from a variety of backgrounds.

WHY APPLY?

- Dual endorsed professional qualification.
- Block learning on campus.
- Full-time fieldwork practice placements.
- Research practice project.
- Student centered Department.
- Practice informed academics.
- MU team teaching award 2022.
- Focus on social justice & human rights.

Graduates are working in community work & youth work, climate & environmental justice, working with Travellers & Roma, migrant rights, LGBTQ+, anti-racist & intercultural work, politics, public policy, education, training & more.

- We are the only provider of Community Work and Youth Work education at postgraduate level in Ireland.
- No requirement for undergraduate qualification in Social Science.

E: cywrecruitment@mu.ie

**Parenting When Separated
Parents Plus Programme**

Parenting when separated can be difficult, and how it is managed has a significant impact on children. This FREE short course does not propose to find magic answers but aims to help parents to gain the support of other parents and to find solutions for difficult situations. The focus of the course is positive and aims to build on your strengths as a parent and what you are already doing right.

The Parenting when separated programme hopes to help you:

- Understand the impact of separation on parents and children
- Establish a positive cooperative co-parenting relationship
- Communicate more effectively with your child's other parent and your child
- Manage successful contact and handovers
- Manage conflict and challenges
- Develop personal coping and stress management skills

Who should attend:
The course is open to parents from all backgrounds and all walks of life that are going through or have gone through a separation or divorce. They are designed to be mixed and suitable for mothers and fathers of children of all ages. A parent can attend on their own, should the other parent of their child wish to participate we can link them into a future course date.

Dates: May 2024, we will come back with definite dates once referrals are received.
Time: Mornings – over 6 weeks, 1 morning a week
Location: 24 Askea Lawns, Tullow Road, Carlow
FREE

For further information or to book a place, please contact
Barnardos on 059 9132868

St. Luke's General Hospital Carlow Kilkenny Maternity Department

Preparation for Birth and Parenthood Classes

DID YOU KNOW?

All expectant parents are entitled to paid leave from work for **one set of Antenatal Classes?**
Mums are entitled to 5 classes & Partners 2 classes.

Topics Covered

- ✓ Wellbeing in Pregnancy
- ✓ Preparation for Labour and Birth
- ✓ Active Pregnancy & Birth
- ✓ Infant Feeding
- ✓ Caring for your Baby
- ✓ Your Health & Wellbeing Post Birth

- Book early as places limited.
- Classes are free of charge.
- Both face to face and online classes available.
- Classes facilitated by Midwives, Senior Physiotherapist, Infant feeding specialists & Lactation consultants.

Face to Face Classes take place in Kilkenny Education Centre, Callan Rd., Kilkenny, R95RH97 on Thursdays & St. Catherine's Community Services Centre, St. Joseph's Rd., Carlow R93T4C6 on Wednesdays.

For more information on the classes available to you contact the secretary of your antenatal clinic with your name, hospital number & estimated due date.

Dr. Conrad Cusnaider:	Anita.Whitty@hse.ie	Dr. Veni Yuddandi:	Andrea.McCarthy2@hse.ie
Mr. Trevor Hayes & DOMINO:	Kelly.Durney@hse.ie	Dr. Jasmeet Kumari:	LesleyAnn.Brophy@hse.ie
Dr. Sallam:	Anita.Cullen@hse.ie		

Now available in St. Catherine's Centre in Carlow:
(059) 913 8700

UPDATE LGBTQIA+
**CONSULTATION
NEW DATE!**

18 - 25 year olds
Let us know what you need

Open to all abilities and disabilities

**8 - 9.30pm, Thursday
11th April**
The Vault Youth Project,
Burrin St.

Get Involved!
**TO JOIN
CONTACT RUTH
087 387 3724**

Recovery College South East Recovery Education Programme April 2024

(You can scan our QR code for quick access to our website)

1. Complete the attached enrolment form and email it to the Recovery College South East at enrolrecoverycollegesoutheast@gmail.com or

2. Phone us on 086 1746330 to enrol. For more detailed information on the workshops, please go to the Workshops page of our website - www.recoverycollegesoutheast.com)



VENUE	WORKSHOP NAME	DATES	
Recovery College South East (In-house and Online Workshop)	<u>Creative Writing</u> This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing.	Every Wednesday from 19 th April	3pm – 4pm
Involvement Centre, Kilkenny (In-house workshop only)	<u>Creative Writing</u> This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go.	Every Friday starting on 21 st April	11am – 12pm
Involvement Centre, Carlow (In-house workshop only)	<u>Creative Writing</u> This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group, give it a go.	Every Friday starting on 14 th April	11.30am – 12.30pm
Recovery College South East (On-site workshop only)	<u>Growing towards Health and Wellness</u> This is an outdoor workshop. For more information, see workshop description – page 7	Monday 17 th April	10am – 12pm
Zoom (Online only)	<u>Mental Health and Family Caring, Supporting the Supporter (5 week workshop)</u> Mental Health and Family Caring: Supporting the Supporters, is a five-week programme for family members supporting a loved one living with a mental health challenge. It was coproduced in partnership with Family Carers Ireland and people with lived experience of a mental health challenge alongside family members	Tuesday 18 th , 25 th April and Tuesday 2 nd , 9 th , 16 th May	10am – 1pm
Recovery College South East (In-house and online workshop)	<u>Understanding and Managing Anxiety (4 week Workshop)</u> For people who want to learn more about the facts of anxiety and learn practical and effective ways of managing and living with anxiety.	Tuesday 18 th , 25 th April and Tuesday 2 nd and 9 th May	7pm – 9pm
Recovery College South East (In-house and Online Workshop)	<u>Understanding and Living with Hearing Voices, Morning Workshop</u> The experience of hearing voices can differ from person to person. The aim of this workshop is to gain a better understanding of the common nature of voice hearing, to explore and share ideas for managing and living well with hearing voices.	Friday 21 st April	10am – 12.30pm
Recovery College South East Online – Zoom	<u>Support Group for people who live with Anxiety</u> This peer support group will give you an opportunity to share openly and safely your personal experience of anxiety and also learn coping tips and tools from others who have experience of anxiety.	Monday 24 th April	2.30pm
Recovery College South East (In-house and Online Workshop)	<u>Understanding and Managing Anger</u> What is Anger? Why do we feel it? Does Anger affect your wellbeing and quality of life? Anger is a natural powerful emotion that we all experience from time to time. However unchecked, it can impact negatively in our lives.	Wednesday 26 th April	10am – 12.30pm
Recovery College South East (In-house and Online Workshop)	<u>Understanding and living with Psychosis /Paranoia Morning Workshop</u> While psychosis/paranoia is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it as well as the people who care about them. This workshop is for anyone who wants to better understand psychosis and paranoia and learn effective ways of living well with it	Friday 28 th April	10am – 12.30pm