

CARLOW CHILDREN AND YOUNG PEOPLES SERVICES COMMITTEE



Lá Fhéile Padraig sona daoibh go léir!

MARCH 14, 2024; NUMBER 8; VOLUME 10

LGBT+ FAMILY SUPPORT GROUP



A peer support group for folks 18 and older who are parents of LGBT+ kid(s) 0-17 years old to support each other, share parenting wisdom, and build community.

All ways of being or becoming a parent welcome!

Time: 5pm-7pm On the first and Third Tuesday of every month

Location: Bagenalstown FRC, Co Carlow, R21 Y753
to register contact

Sarah 083 897 2460 / 059 9722028 OR
sarahgbfrc@gmail.com



Come and Try Dragon Boating!

Join us for a thrilling "give-it-a-go" session for teens **aged 13-17 years!** It's the perfect chance to test a new sport and make some new pals.

When:
Saturday, April 6th 2024

Time:
11am

Where:
Carlow Town Park

To sign up, email carlowdragonboats@gmail.com or ping us on WhatsApp at 086-8381941.



Ready, attention,
go

COFFEE MORNING

Carlow Garda Station

22nd March 2024

11am to 1pm

All Welcome



All Proceeds in Aid of Cancer Support Carlow



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



An Roinn Dlí agus Cirt
Department of Justice



Carlow Regional Youth Service
Youth Work Ireland

Starting the
19th of Feb

FRIENDS FOR LIFE

For ages 10-12 years old, places are limited

A programme that provides young people with skills to deal with anxiety and
promotes resilience

The programme will be delivered through arts & crafts, mindfulness, fun
games, drama, exercise etc.

The option is available to parents to have their child's anxiety levels
measured before and after the programme using the Spence anxiety scale

Monday
6.30pm-8pm

Graigucullen
Youth Project
40 Chestnut Drive,
Fruithill Manor,
Graigucullen

10 Euro
for 6
weeks

To register call or whatsapp : Siobhan@ 085-7897339



PLACES AVAILABLE ON THE

**MOVING ON PROGRAMME
for mothers 17-35
on a DSP payment**

FREE
COURSE



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

COURSE DETAILS:

September - June

Mon - Fri 9.30am-2.30pm

Off during school holidays

FREE childcare for
children over 1

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



Bailiúchán na hÉireann
Government of Ireland



Carlow County
Development Partnership



An Roinn Ceimiceach Náisiúnta
Department of Social Protection

SOLAS
learning works

kcetb
Kerry County Enterprise Training Board

TUSLA
National Children's Agency

European Union
Erasmus+
Co-funded by the
European Union



Coimisiún na hÉireann um Chearta
an Duine agus Comhionannas
Irish Human Rights and Equality Commission

2024-25 Human Rights and Equality Grants Scheme

Grants Scheme Strands

The 2024-25 Grants Scheme's themes are informed by the Commission's strategic priorities set out in
its [Strategy Statement 2022-24](#). This year the Grants Scheme will support projects under the
following strands:

- **Strand A:** Advancing Economic Equality
- **Strand B:** Promoting Awareness of Rights and Access to Justice
- **Strand C:** Promoting Climate Justice, Environmental Justice and a Just Transition

A total of €350,000 is available for projects.

- [Grant Scheme 2024-2025 Guidance](#)
- [Grant Scheme 2024-2025 Application Form](#)

Volume 10, Issue 3 - Carlow Public Participation Network Members E-Bulletin, March 2024



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

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



CKST Fostering Events 2024

March



CKST Fostering Events:
March 7th Foster Carers / Tusla
Working Group Kilkenny (Venue
TBC) 10.30am - 11.30am
March 28th *First Aid*
Bagenalstown Resource Centre
Chooses one of following times:
9.45am - 12.30pm : 1.30pm -
4.15pm : 4.45pm - 7.45pm

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

2024



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**



INVITATION NATIONAL SINGLE PARENTS DAY

Kilkenny One Parent Community invite you to a
symposium and workshop to celebrate National
Single Parents Day. The KOPC aims to amplify the
voices and increase the visibility of one parent
families in a positive and empowering way
throughout Kilkenny. We aim to connect, support
and celebrate each other on our parenting
journey.

Topics:

Single Parent Supports Welfare Issues
Legal & Financial Equality Partnerism

Guest Speakers:

Damien Peelo - Treoir
Valerie Maher & Niamh Wynne - One Family Ireland
Dr. Caroline Crowley - Independent Researcher in
Natural and Social Science

Date & Venue:

21st March 2024 at 10:00am - 12:30pm
Watergate Theatre, Kilkenny City, R95 D320.

If you would like to join us contact KLP below,
we look forward to meeting you!

FREE EVENT - PREBOOKING IS ESSENTIAL.

Contact us for more info:

Kilkenny LEADER Partnership
T: 056 7752111
E: info@cklp.ie



DAMIEN PEELO

Damien Peelo is the Chief Executive of
Treoir. Treoir provide a free,
confidential, specialist information
service for parents not married to each
other, living together or apart, with
their extended families, and those
working with them. Information is
available on Legal, Social Welfare, and
Parenting issues.



VALERIE MAHER & NIAMH WYNNE

Valerie Maher and Niamh Wynne work
in One Family Ireland.
Valerie is the Adult Education and
Information Manager and Niamh is the
Employability Manager.
One Family Ireland's vision is an
Ireland where every family is cherished
equally and is enabled to enjoy the
social financial and legal equality to
create their own positive futures.



DR. CAROLINE CROWLEY

Caroline is an independent researcher
with a background in the natural and
social sciences who works with those in
social services, community development
and nature conservation. She aims to
help their vital work supporting families,
communities and nature. Increasingly,
her work is focusing on the topic of 'care'
and 'relationships', as the basis of a
socio-economic system that values and
rewards care for one another, nature and
our collective future through Partnership.

Join Us!

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



www.amberwomensrefuge.ie

24/7 HELPLINE: 0818 42 42 44



An Roinn Coimircíe Sóisialaí
Department of Social Protection



This project is co-funded by
the European Union

The Department of Social Protection and One Family invite you to

Save the Date

Lone Parents Digital Activation

Piloting a tailored and holistic approach to employment and social integration

Wednesday 20th March 2024, 10:00am to 12:00pm

This **online webinar** will discuss and review the EU EaSI Lone Parent Digital
Activation Project, delivered by the Department of Social Protection and One Family
for lone parents living in the North East. We will discuss lessons learned, what
worked and what did not, and how they may benefit lone parents.

To view the Agenda and Register, please click here [Webinar
Registration Page](#) and enter your email address

MEN'S HEALTH WEEK

Are you interested in doing something to mark
Men's Health Week 2024?

Would you like to get some practical ideas and
advice from other HSE staff on how they have
went about it?

In collaboration with MHFI and MDN, this
meeting has been scheduled for
Wednesday 20th March 2024 at 11.30am.
Register [here](#) to join.



Toddler Storytime Songs & Rhymes

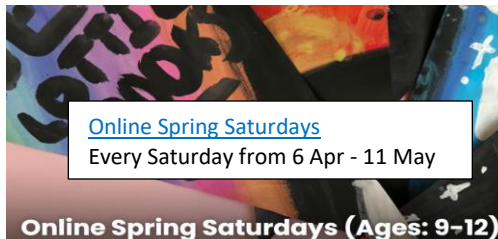
in Carlow Library every Wednesday at 10am
(No Need to Book!)



Online Spring Saturdays

Every Saturday from 6 Apr - 11 May

Online Spring Saturdays (Ages 6-8)



Online Spring Saturdays

Every Saturday from 6 Apr - 11 May

Online Spring Saturdays (Ages: 9-12)



FORWARD STEPS FAMILY RESOURCE TULLOW CO. CARLOW

We are starting a level 2 Parental Separation Programme for ages 9 to 10 yrs. in the next few weeks and there are spaces available.

The Rainbows programme supports children and young people affected by loss, bereavement, separation or divorce.

To make enquiries and/or register your child and to ensure a place on the programme/s, please contact Molly Kirwan Programme Co-ordinator on (059) 9152776, 086 7937321 or pmforwardsteps@gmail.com.



**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

LGBTQIA+ CONSULTATION

18 - 25 year olds

Let us know what you need

Open to all abilities and disabilities

FREE PIZZA

8 - 9.30pm, Thursday
21st March
The Vault Youth Project,
Burrin St.



Get Involved!



For more Information
Contact Ruth
087 387 3724



INTRODUCTION TO

WEIGHT TRAINING FOR TEENAGE GIRLS

Carlow Sports Partnership are delighted to offer a **FREE** 4 week block of **Introduction to weight training** sessions for teenage girls.

The professionals at Patric Fitness Bagenalstown will help girls to increase fitness in a safe, fun and social setting.



WEDNESDAYS
Starting March 6th



TIME
4:30 PM - 5:30 PM



FREE FREE

PATRIC INJURY CLINIC AND FITNESS CENTRE

Kilcarrig, Muine Bheag, Co. Carlow, R21 X788

FOR ENQUIRIES CONTACT
CSHANAHAN@CARLOWCOCO.IE

#BeActive



Kids Easter Workshop

3 Hour Sugarcraft Workshop
creating Easter themed projects

Suitable for boys and girls ages 5 - 12 yrs

Date: Tuesday 26th March, 1pm to 4pm

Cost- €35 per child

Location: Ballon BTS R93 C9H6

Contact - 059 9159447 Email - ballonbts@gmail.com



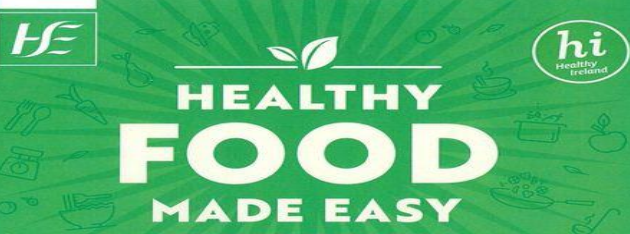
NEW DATE: TUESDAY 26TH MARCH, 1PM TO 4PM

BALLON BUSINESS & TRAINING SERVICE

CAL: 059-9159447

EMAIL: BALLONBTS@GMAIL.COM

BOOK DIRECT: WWW.BALLONBTS.COM




HEALTHY FOOD MADE EASY

Healthy Food Made Easy is a fun course where you will learn to cook healthy meals on a budget

The course is usually run over 6 sessions (2 and a half hours). The emphasis throughout the course is on group learning and talking rather than formal teaching.

- Prepare, cook and taste healthy recipes
- Learn about healthy eating
- Get tips on food shopping
- Plan meals on a budget
- Relaxed and fun approach
- For all ages and abilities



Further details:
BAGINASTOWN FAMILY RESOURCE CENTRE
 Friday 15th March - 3rd May 10am - 12pm
 Phone 059 2722 028 to book your place!

CARLOW WOMEN'S AID

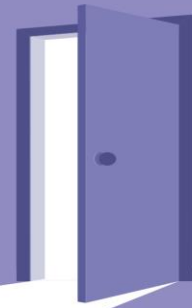
SUPPORTING FAMILIES

AFFECTED BY

DOMESTIC VIOLENCE

FREEPHONE

1800 444 944



059 91 735527 | Old Dublin Road, Carlow | www.carlowwomensaid.ie

Charity Number CHY 13770



An Roinn Dlí agus Cirt
Department of Justice

TÚSLA

An tAidmheasachas na hÉireann
Central Agency for Treasures
Child and Family Agency



'I feel like I am heard'

Seminar Invite



Launching...

- Research Report -**
An exploration of good youth work practice with young people who are not in employment, education, or training
- Toolkit -**
For youth workers and other professionals working with young people not in employment, education or training (NIET)



Thursday, March 21st, 2024
2:00 PM - 4:00 PM
SETU Carlow

This report documents the results of a study undertaken by researchers at SETU which explored models of good youth work practice with young people between the ages of 15 and 24 who are NIET. The research was conducted between December 2021 and November 2023 and was commissioned and funded by KCETB, with additional funding support from Kilkenny Leader Partnership (KLP), Carlow County Development Partnership (CCDP) and SETU.






ART

& Wellbeing Social Group

Age 16 - 18
 Tuesdays 6-7:30pm
 Arts, Crafts & Relaxation

Contact Kathy
khesion@ossoryyouth.com
 087 9937801



ART

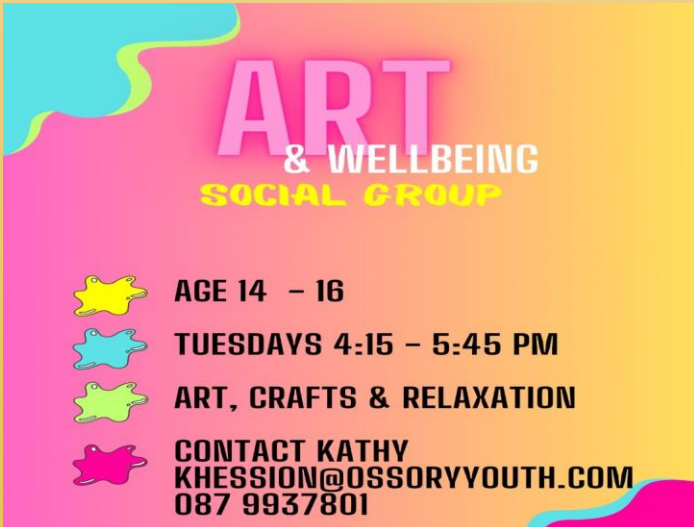
& WELLBEING SOCIAL GROUP

Ages 10 - 13

Art, Crafts & Relaxation

Thursdays @ 3:30 - 5pm

Contact Kathy
khesion@ossoryyouth.com
 087 9937801



ART

& WELLBEING SOCIAL GROUP

AGE 14 - 16

TUESDAYS 4:15 - 5:45 PM

ART, CRAFTS & RELAXATION

CONTACT KATHY
khesion@ossoryyouth.com
 087 9937801

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



What helps when I worry?

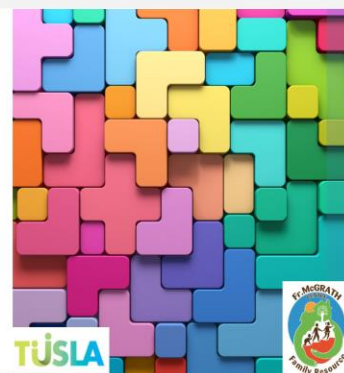
Workshop
For children 8 – 10 years

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



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



Attention Parents

Do you want to help your family become connected?

Join our Parents Plus 'Healthy Family Connection' Workshop and meet other parents in a supportive workshop to make this a reality.

Learn how to:

- Spend fun time with each of your children
- Check in & connect with each child daily
- Do something enjoyable for yourself daily
- Build supportive relationships
- Actively listen to children
- Deal with tantrums and siblings fighting
- Connect with children during play time
- Relax using mindfulness techniques

The workshop will take place on Friday 8th November 2024

Via Zoom from 10 – 12 Noon.

For more information or to reserve your place, please contact:
Karin on 087-2206730 or Wendy on 087-9777810

ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie

SENSORY PLAY WORKSHOP

5 - 7 Years

Wednesday March 20th 2024 4.00 pm - 5.30 pm

Venue Fr. McGrath Family Resource Centre, St. Josephs Road, Kilkenny R95 P0KK

To Book please Karin on 087-2206730 or Wendy on 087-9777810



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



SPRING TERM 2024

Location	Class Name	Dates	Time
Tullow	Wise and Well Tuesdays	Tue 27 Feb 2024 - Tue 2 Apr 2024	10:00-11:00
Tullow	Wise and Well Tuesdays	Tue 27 Feb 2024 - Tue 2 Apr 2024	11:00-12:00
Tullow	Buggy Buddies Pilates	Thu 29 Feb 2024 - Thu 21 Mar 2024	10:30-11:15
Tullow	Wise and Well Thursdays	Thu 29 Feb 2024 - Thu 4 Apr 2024	11:30-12:30
Bagenalstown	Buggy Buddies Bagenalstown	Tue 27 Feb 2024 - Tue 19 Mar 2024	10:00-11:00
Bagenalstown	55+ Fitness Bagenalstown	Tue 27 Feb 2024 - Tue 2 Apr 2024	11:00-12:00
Carlow	Buggy Buddies St. Finacc's Hall	20th & 27th Feb, 5th, 12th, 20th & 26th Mar	10:30 - 11:30



LEARN TO CYCLE CAMPS



CYCLING
IRELAND

Ages 5 - 7

10am - 11:15am

Ages 8+

11:30am - 12:30pm

Carlow College, St Patrick's

3rd - 5th April

€15

For more information
tomeara@carlowcoco.ie



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
Mr. Trevor Hayes & DOMINO: Kelly.Durney@hse.ie
Dr. Sallam: Anita.Cullen@hse.ie

Dr. Veni Yuddandi: Andrea.McCarthy2@hse.ie
Dr. Jasmeet Kumari: LesleyAnn.Brophy@hse.ie

Now available in St. Catherine's Centre in Carlow:

(059) 913 8700

HAPPY Easter

EASTER CRAFT FAMILY WORKSHOP FOR
KILKENNY ONE PARENT COMMUNITY MEMBERS

ST.CANICES NEIGHBOURHOOD
HALL
27TH MARCH 2024
11AM TO 1PM TO BOOK A SPOT
CONTACT JUANITA 0861917195

**FREE
ENTRY**



GET HOME SAFE ASK FOR ANGELA!

DOES IT ALL
FEEL A BIT
WEIRD?

DINNER OR
TINDER
DATE NOT
WHO THEY
SAID THEY
WERE?

DO YOU FEEL
LIKE YOU'RE
NOT IN A SAFE
SITUATION?

ARE YOU
GETTING
UNWANTED
ATTENTION?

APPROACH A MEMBER
OF STAFF AND ASK
FOR ANGELA. STAFF
WILL IMMEDIATELY
KNOW YOU NEED
HELP AND WILL GET
YOU OUT OF THE
SITUATION SAFELY
AND DISCREETLY.

ARE YOU ON A
DATE THAT ISN'T
WORKING OUT?

#ASKFORANGELA

Recovery College South East Recovery Education Programme March 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.

more detailed information on the workshops, please go to the Workshop Section of our Website - www.recoverycollegesoutheast.com)



March 2024

VENUE	WORKSHOP NAME	DATES	TIME
Recovery College South East (In-house and Online)	<u>Writing Group</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. Looking forward to meeting you. See workshop description - page 10	Every Wednesday	3pm - 4pm
Involvement Centre, Kilkenny (In-house only)	<u>Much more than words</u> “Much more than words” - a space where you can share a poem, tell a short story, write a few words, sing a song, draw a picture or just sit, listen and enjoy. Open to everyone, it’s fun, entertaining and a great way to meet people - a good way to express yourself and what may be going on for you in your world. Come along and give it a go! See workshop description - page 8	Every Friday	11am - 12pm
Involvement Centre Carlow (In-house only)	<u>Much more than words</u> “Much more than words” - a space where you can share a poem, tell a short story, write a few words, sing a song, draw a picture or just sit, listen and enjoy. Open to everyone, it’s fun, entertaining and a great way to meet people - a good way to express yourself and what may be going on for you in your world. Come along and give it a go! See workshop description - page 8	Every Friday	11.30am - 12.30pm
Recovery College South East (In-house and online)	<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. See workshop description - page 6	Friday 1 st March	10am - 12.30pm