

Meath Child and Family Support Network

## NEW DROP-IN CLINIC

We provide:

- A Safe and Confidential Space
- Support and Signposting
- Meitheal Information
- Links to other Services and Organisations

**Commencing 10th December 2020**

**Every Thursday 10am to 12pm**

**During Primary School term**

No appointment necessary / COVID-19 guidelines adhered to

**Phone or drop in: Family Resource Centre**

Commons Road, Navan

Jackie - 087 7704042, Alice - 087 2275645



Child and Family  
Support Network



Welcome  
to the  
First Issue!

Child and Family  
Support Network

Issue 1, Winter 2020

# Meath Newsletter

LOCAL SERVICES • LOCAL INFORMATION • LOCAL SUPPORTS

## Magic Tables in Meath Libraries

The Magic Table (Tovertafel) is a fun care innovation designed for use by people with dementia, autism and learning disabilities. It consists of a series of interactive light games that are projected on to a table and infrared sensors respond to the hand and arm movement of the players.

The aim of the Magic Table is to create "moments of joy" for the users as well as increasing physical and cognitive activity. Using the Magic Table can bring generations together and create treasured moments with family members and carers. The games are all about enjoyment and wonder and respond to even the smallest movements. Some of the games can be used to trigger memories and reminiscence and to start conversations. Others can help teach about taking turns and help improve co-ordination. Playing the games in a group can improve social interaction as well as being a fun activity.



### Book a Session

If you are care for someone who has Autism, Special Needs, Dementia or Alzheimers then you can book a session on the Magic Table. The table can be booked by individuals, families or groups. Please contact your local library to make a booking.

### Email or Phone your Local Library

ashbourne@meathcoco.ie	01-8358185
athboy@meathcoco.ie	046-9432539
dunboynel@meathcoco.ie	01-8251248
kells@meathcoco.ie	046-9436014
navan@meathcoco.ie	046-9097361
nobber@meathcoco.ie	046-9052732
oldcastle@meathcoco.ie	049-8542084
slane@meathcoco.ie	041-9824955
trim@meathcoco.ie	046-9436063

**Meitheal is a way of working with children and their families to identify and respond to their strengths and needs in a timely way.**

## Meitheal

### What is Meitheal?

Multi-agency group including parent/carer and child/young person

Early help for a child/young person who has unmet additional and/or complex needs

Identifies the strengths and needs of the child to ensure a strengths-based approach

Tailored response to improve child/ young person's outcomes to help ensure their rights are realised

Holistic view of the child/young person in the context of their family and their environment

Expert team around the child/young person with parent and young person's voices privileged as the experts in their own situation

All aspects of the process are led by the parent/child and based on their voluntary engagement

Limits duplication, agrees clear actions and roles, reduces workloads and promotes partnership



### Senior CFSN Coordinator Louth Meath

Sandra Stafford 046 9073178 / 087 2492941

#### North Louth Network

Paula Mc Cabe 042 9351680 / 087 7218112

#### South Louth Network

Ann Marie Kidd 041 2152300 / 087 6542139

#### North Meath Network

Jackie Jackson 046 9073178 / 087 7704042

#### East Meath Network

Alice O'Halloran 046 9073178 / 087 2275645

#### South Meath Network

Alice O'Halloran and Jackie Jackson

## Child and Family Support Networks

**Meitheal is supported through the establishment of five Child and Family Support Networks (CFSNs) across Louth/Meath**

Each CFSN is made up of services in that geographic area who are working with children, young people and families. Network members include community and voluntary organisations, HSE services, schools, childcare groups, Tusla, Gardaí, etc. The purpose of networks is to ensure that there is NO WRONG DOOR for children, young people and families who are in need of support. Network members develop and share knowledge on services available in that area and how to access them.

Contact your local CFSN Coordinator if you are interested in joining a Network. Coordinators are also available to deliver briefings to staff groups on the Meitheal process and how you might use it in your work. 2 Day Meitheal Training is also regularly available - contact your CFSN Coordinator for details.



## Ideas!

This first issue of the CFSN Meath Newsletter is a sample of the type of information and news that can be shared with parents and colleagues. Have you ideas about name, content or format? We would like to hear from you. Please email Alice or Jackie, CFSN Coordinators Meath, with suggestions. We look forward to hearing from you.

## IN THIS ISSUE

- Tusla Family Resource Centre
- East Coast Family Resource Centre
- Meath CYPSC
- Meath County Childcare Committee
- Jigsaw Meath
- 5 Questions... and much more

## TUSLA Family Resource Centre Navan - We are still here!

### NEW INFORMATION PHONE LINE

We will launch our Telephone Information Line on **Monday 23rd of November** for families who may require parenting programmes, information or signposting to other services within Meath. **Our Telephone Information Line will operate every Monday and Wednesday morning from 10am to 12noon. Families can contact us on 046 907 3178.**

Due to recent refurbishments to our building and in line with COVID-19 restrictions, the Tusla Family Resource Centre Navan is currently restricted to the public. Our dedicated team is working continuously behind the scenes supporting families of children and young people under 18 years of age within the Meath area. We are currently offering a suite of Parent Plus Programmes remotely to families across Meath.

As soon as COVID-19 restrictions permit we will return to the delivery of our onsite courses and groups in our newly refurbished Tusla Family Resource Centre Navan. These will include:

- Parent Plus Programmes (Age: 0-16 years)
- Parenting When Separated Programme
- Non-Violent Resistance (NVR) Programme - Responding to Child to Parent Violence
- Working It Out Programme (Age 11-16 years)
- Women's Group
- Children's Group (Age: 8-12 years)
- Messy Play Workshops (Age: 2-5 years)
- Parent & Toddler Group (Age: 0-5 Years)
- Baby Massage
- Cook it programme - Healthy Eating on a Budget



Tusla Family Resource Centre, Commons Road, Navan, Co. Meath, C15 CP23 • Tel: 046 9073178



### East Coast Family Resource Centre

In October 2018 The Family Resource Centre opened its second premises in Bettystown and became part of the National Family Resource Centre programme. What was the Laytown Family Resource Centre is renamed the East Coast Family Resource Centre. The expansion of the Family Resource Centre means the community can be supported through a range of community services including family support work, education and training, parenting programmes and youth work.

#### Services Available:

- (0-1 years) Incredible Years
- (1-6 years) Parents Plus Early Years
- (Adolescents) Parents Plus
- Non Violence Resistance
- Family Support / Meitheal

#### Groups:

- Women Group
- Youth Groups
- Parent/ Toddler Group
- Cook it - budget cooking
- Rainbows (Children's loss & separation peer programme)
- 'Confident Me' Children's wellbeing programme - designed by Springboard Meath
- 'Mind the Gap' school transitioning programme
- 'Invest in You' Parental wellbeing programme
- LMETB courses
- Food cloud food distribution service

**Lilliputs Pre-School:** (5 Strand Haven, Laytown)

**Afterschool:** (5 Strand Haven, Laytown)

**Office Service:** Daily 9.00am - 5.30pm  
Internet Access, Computer Access, Photocopying / Scanning / Form-filling  
Family Resource Centre, 1 Somerton, Triton Rd., Bettystown.

#### GOOD NEWS STORY

Young people from Bettystown and Laytown took part in a graffiti workshop with RASK graffiti artist and East Coast FRC. Local councillor Elaine McGinty contacted a local newspaper and radio station and initiated the 'give teenagers a voice' project with the FRC. Meath County Council has since found a wall in the community for the group to design and spray paint in the coming weeks.

The FRC has a new youth worker funded by the Pobal Mental Health fund and Meath CYPSC. Sabrina's work will include youth groups, outreach and one to one work focusing on wellbeing and mental health promotion programmes and activities.

*Drop in for chat and join us in a safe, confidential and friendly environment.*

**Open: Monday - Friday 9.00 am - 5.30 pm • Facebook: East Coast Family Resource Centre**  
**W: crannsupportgroup.ie/east coast family resource centre • T: 041 - 981 2230 or 087- 644 3364**



At Jigsaw our vision is for an Ireland where every young person's mental health is valued and supported. We provide an early intervention mental health service for 12-25 years-olds in their communities. It's vital that young people have easy access to the information and support they need. That's why we provide free, expert information resources and support online, and in

communities across Ireland.

Young people who need mental health supports can access Jigsaw in several different ways. Face to face services are available with Jigsaw Clinicians in our Hubs across the country. For young people in Meath, Jigsaw Meath is based at 25 Brews Hill, Navan, Co. Meath.

Young people can also get support online through Jigsaw Live Chat. Our trained staff host 1:1 webchats, Monday, Wednesday and Friday from 1-5pm, and Tuesday and Thursday from 2-3pm. All details for Jigsaw Live Chat and Phone Supports can be found at <https://jigsaw.ie/talk-online/>

Our Youth Advisory Panel (YAP) are young people who volunteer to make a difference to young people's mental health across Ireland. They help us to highlight issues related to youth mental health and their insights and input are invaluable in helping us to continually improve our services to support young people with their mental health.

#### Meath YAP

Hi! We are Aisling and Amina from the Youth Advisory Panel (YAP) in Jigsaw Meath. The YAP is a group of young volunteers aged 16-25 from across Meath who are passionate about youth mental health.



The YAP acts as a voice for young people in Meath and helps guide decisions made by staff in all areas of Jigsaw's work. We are consulted on topics to ensure that the service is accessible and meets with young people's needs. They ensure that Jigsaw is 100% youth focused and always has young people in the heart of everything they do.

Our favourite part of the YAP is the fact that young people's voices are so valued and heard. We get to provide insight into what it's like being a young person today and influence the key decision makers that will be affecting the way services are run. Also what we love about the YAP is the people you meet along the way. Every single staff member and volunteer is so supportive and enthusiastic and cares so much about youth mental health.

During Covid-19 we got to work on really cool projects like a consultation led by Jigsaw and the HSE called Youth Talk We Listen, where 80 young people shared their views on wellbeing during Covid-19. After some interview skills training, we sat on interview panels to make sure new staff would engage with young people well. We also got to create short video clips to help other young people that might be struggling during Covid-19. We are currently helping Jigsaw fundraise by taking part in the Revolution X fundraiser. [www.revolutionxjigsaw.ie/](http://www.revolutionxjigsaw.ie/)

If you are a young person that needs support or you are interested in joining our YAP please contact:

Jigsaw Meath on **046 907 1702**  
or Email: [meath@jigsaw.ie](mailto:meath@jigsaw.ie)



Meath Springboard Family Support Services provide a range of services to support adults in their parenting role to improve outcomes for their children. We are a community based service, operating from Navan and working with families across County Meath. Almost all of our work is funded by Tusla, The Child and Family Agency.

Our service provision includes:

- Tailored Programmes of Family Support providing intensive one to one support to families experiencing difficulties.
- The Child & Adult Counselling to children and adults,
- The Children's Access Support Service provides a safe, neutral space where children have the opportunity to develop & maintain meaningful relationships with their non-resident parent. (This service is provided on a pay per use bases)
- Parent Support Groups. Springboard provide support groups for;
  - Mums - The Connect Women's Group
  - Dads - He's My Dad Group
  - Young Mums Group (under 25)
- Counselling Support to children and adults. (Parents contribute to the cost of counselling based on their ability)

Parents and those working with families can contact the service to refer or get more information.

**W: [meathspringboardfamilysupportservices.ie/](http://meathspringboardfamilysupportservices.ie/)**  
**E: [shay@springboardnavan.ie](mailto:shay@springboardnavan.ie)**  
**T: 046 907 8220**

## 5 Questions

with Shay Fulham of Meath Springboard

1. What's your favourite Netflix programme /Box Set at the moment and why?

'Troy', easy escapism and plenty of sunshine.

2. What are you currently reading?

Michael Harding 'What is Beautiful in the Sky'. Michael seems to be a good example of how to be a reasonable middle aged man, rather than the grumpy kind.

3. What would you say to your 16yr old self if you were going through COVID-19 then?

"Stay safe, this too will pass"

4. What would be your last meal?

A long one: lamb tagine, couscous, red wine and good company.

5. What do you do to relax?

Cycle (I am one of the MAMIL group) cook, read and travel (when allowed).



My name is Dearbhla Moriarty and I am the young person (aged 18-24 years) representative for Meath's CYPSC. I joined the committee in November 2019, so this is still year one for me. Upon joining the committee, I was very

nervous. It was quite daunting to sit in a room with unfamiliar faces of people with extensive titles to announce myself as just "the young person representative". I was shy and quiet for my first few meetings, although over time my voice and confidence began to grow. The members of the committee made me feel equal; I knew my opinion was just as valued as everyone else's.

In July 2020, I co-hosted a Youth Consultation zoom meeting alongside Jigsaw Meath's Project Manager, Derek Hanway. During this event we covered lots of topics affecting youths in regard to Covid-19, youth recreational spaces and other matters. It was great to speak to other youths and gain insight to the lives of others in the locality. I would not have had the opportunity to do this without being involved with Meath CYPSC.

A burning issue that I have discussed since joining Meath CYPSC is the lack of youth space in Meath towns. The other members of Meath CYPSC have been very attentive to this issue and we are finding ways to develop this issue into a working project. I look forward to the outcome of this project, as I know we will be helping lots of youths, while effectively battling other issues as a result.

During our last meeting which was held on zoom, we discussed the difficulties for youths since the schools reopened and certain aspects of life are moving forward as normal as possible. I offered my opinion to some of these issues, including the mental health of those who are high risk and cannot return to school. I suggested care packages from fellow classmates and teachers should be made for those who cannot attend school, to ensure they do not feel isolated and although they are not physically at school, their peers are still thinking of them. I know that this suggestion has been forwarded on to other parties to look into for development. This gives me a great sense of achievement and confidence. I have thoroughly enjoyed my time as a member of Meath CYPSC up to now and look forward to continuing this work in the future.



**Note:** Meath CYPSC is a key structure identified by Government to plan and co-ordinate services for children and young people aged 0-24 years in the county. The overall purpose is to improve outcomes for children and young people through local and national interagency working.

**For further information contact:**

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Telephone: **046-9098642** or **087-6441418**