

Family Support Service

We can offer individual support to families in Callan and the surrounding areas

If you would like support dealing with parenting issues such as:

- Behaviour
- Sleep
- Routines
- Breast Feeding
- Advice & Signposting

This can be in the centre or in your own home, just call Jess to book!



The Old CBS, West Street, Callan, Co Kilkenny
Tel: 056 7755660 Email: droicheadfrc@gmail.com
Facebook: @DroicheadFRC

TÚSLA An Ghníomhaireacht um Leanaf agus an Teaghlach
Child and Family Agency

Date: 22nd February 2018

Venue: Seven Oaks

Time: 10am

Open Invitation To A Presentation On:

Trauma-Informed Care: Recognising and Responding to Trauma in Children and Adolescents

This lecture will aim to provide an up-to-date account of what we now know about trauma and how we can best respond to children and young people who are suffering as a result of traumatic experiences.

A particular emphasis will be placed on complex/developmental trauma due to the profound impact that these experiences have on children and adolescents in almost all developmental domains.

Presenter: Dr. Mark Fitzhenry is a Clinical Psychologist working in the Primary Care and Child Psychology Service in Carlow



Multi-Sport Activity Club



Venue: Barrow Centre, Institute of Technology Carlow

Dates: Saturdays 17 Feb – 24 March 2018 (5 sessions)

Time: 10 – 11 am **Age Group:** 3 – 7 year olds

Cost: €5 a child per session

Early Registration: €15 per child to cover all five sessions



These fun activity sessions will focus on fundamental skills such as balance, coordination, throwing & catching. Places are limited and will be filled on a first-come-first-serve basis. To register contact Tomas Kinsella. County Carlow Sports Partnership at:

Bookings: 087-4932227 or tomaskinsella@carlowcoco.ie

The project is funded by IT Carlow, Healthy Ireland & County Carlow Local Sports Partnership



fitWALK Workshop

Newtown Hall, St Mullins

7th February @ 7pm

Bookings contact Tomás Kinsella 0870950237 or tomaskinsella@carlowcoco.ie

Getting better fitness benefits from your walking!

Only €5



Key Guidelines for Functional Fitness

How to incorporate

- Mobility
- Balance
- Strength
- Aerobic fitness
- Flexibility

into your walking sessions.



So you want to read a story?

Improve your skills of reading aloud and change storytime forever with Neil Griffiths



Right to Read Programme Event

Kilkenny Library Service with partners Kilkenny Education Centre, Kilkenny Childcare Committee and Carlow Kilkenny ETB are delighted to invite parents to a workshop about story reading, with renowned storyteller, teacher & storiesack originator, Neil Griffiths. Topics covered will include:

- Reviews storytime and book sharing
- Examines read-aloud techniques
- Shows how props can be used to enhance story
- Presents 'Storiesack' as a resource for supporting stories and improving read-aloud experiences.

Booking is essential as places are limited.

Phone 056 779 4176 or email loughboy@kilkennylibrary.ie

Read full newsletter on:

<https://mailchi.mp/e6d37a64a32b/kilkenny-library-newsletter-february-372805?e=0163c6a9a6>

1916 Bursary Fund

Closing Date
Fri 16 Feb 2018

The Bursaries are targeted at students who are underrepresented in higher education and who are from one of the following target groups that have low participation rates in higher education:

- Students from **socio economically disadvantaged** backgrounds;
- First time, **mature student** entrants;
- Students with a **disability** – particularly students with a physical/mobility impairment, students who are deaf/hard of hearing and students who are blind or have a visual impairment;
- Irish **Travellers**;
- **Further education** award holders;
- **Lone parents** in receipt of a means tested social welfare payment (at least 20% of the bursaries will be targeted at lone parents);
- **Ethnic minorities** (including programme refugees);
- Students who are or were in the **Care of the State**

<https://www.maynoothuniversity.ie/access-office/1916-Bursary-Fund>

Principals call for Leaving Cert oral exams to be moved <https://www.irishtimes.com/news/education/principals-call-for-leaving-cert-oral-exams-to-be-moved-1.3379724>

Group urges families to be aware of au pairs' rights <https://www.irishtimes.com/news/social-affairs/group-urges-families-to-be-aware-of-au-pairs-rights-1.3378240>

The central role of purpose in a healthy outlook on life <https://www.irishtimes.com/life-and-style/health-family/parenting/the-central-role-of-purpose-in-a-healthy-outlook-on-life-1.3374086>

Fifteen children in intensive care during flu season <https://www.independent.ie/irish-news/health/fifteen-children-in-intensive-care-during-flu-season-36564544.html>

Brendan O'Connor: Is it time for us to do away with single-sex schooling?

<https://www.independent.ie/opinion/columnists/brendan-oconnor/brendan-oconnor-is-it-time-for-us-to-do-away-with-singlesex-schooling-36564591.html>

Plans for one year of paid parental leave <https://www.irishexaminer.com/ireland/plans-for-one-year-of-paid-parental-leave-466659.html>

Warning for parents as 34% of pre-teens talk to strangers online

<https://www.irishtimes.com/business/technology/warning-for-parents-as-34-of-pre-teens-talk-to-strangers-online-1.3381225>

Theory that 'children are bad' has not vanished in Ireland <https://www.irishtimes.com/life-and-style/health-family/theory-that-children-are-bad-has-not-vanished-in-ireland-1.3373975>

'2,100 have died during two-year delay to booze law' <https://www.independent.ie/irish-news/health/2100-have-died-during-two-year-delay-to-booze-law-36572019.html>

Ireland's most common food allergies <https://www.independent.ie/life/health-wellbeing/healthy-eating/irelands-most-common-food-allergies-36560660.html>

Truancy prosecution law to extend to infants' parents

<https://www.irishexaminer.com/ireland/truancy-prosecution-law-to-extend-to-infants-parents-466790.html>

Pupil power: taking control of online safety

<https://www.independent.ie/irish-news/education/going-to-college/pupil-power-taking-control-of-online-safety-36575452.html>

Women's Aid wants gardai trained and monitored on domestic violence

<https://www.irishexaminer.com/ireland/womens-aid-wants-gardai-trained-and-monitored-on-domestic-violence-466833.html>

Surge in third-level students reporting mental health issues

<https://www.irishexaminer.com/ireland/surge-in-third-level-students-reporting-mental-health-issues-466834.html>

First technological universities could open in September <https://www.irishexaminer.com/ireland/first-technological-universities-could-open-in-september-466832.html>

Teachers should ask children if they are suicidal, says charity boss

<https://www.belfasttelegraph.co.uk/news/uk/teachers-should-ask-children-if-they-are-suicidal-says-charity-boss-36580750.html>

Schools are not the answer to childhood obesity epidemic, study shows

<https://www.theguardian.com/society/2018/feb/08/schools-are-not-the-answer-to-childhood-obesity-epidemic-study-shows>

COUCH TO 5K FITNESS PROGRAMME

10 WEEKS—2 SESSIONS PER WEEK

7pm on Tues and Fri's @ Rathvilly GAA

Contact John Kenny for more info 0877956977

Starting on Tuesday 16th Jan 2018. €2 per session. Parkrun will be a third session for each group every Saturday in Carlow Town and Rathwood at



All fitness levels welcome, especially beginners! Walkers and joggers will be catered for. Led by qualified and experienced fitness instructors.

This programme is supported by Rathwood & County Carlow Sports Partnership.



Get Ireland Walking



Carlow Regional Youth Service Positive Wellbeing & Mental Health Programme



Day: 14th & 15th February 2018
Time: 10am – 4pm
Venue: Graiguecullen Youth Project
40 Fruithill Manor, Graiguecullen
Contact: Tracey 086 8054601
Paul 085 7897279
Cost: €5
Age: Young People aged 16 - 18

The programme will be delivered through the FRIENDS Adult Resilience Programme.

- FRIENDS Adult Resilience provides positive coping, and resilience skills for young people aged 16+
- This allows them to develop the skills needed to deal with difficult and stressful situations.

The programme will finish with a fun day trip with outdoor challenges



WE WORK TO EMPOWER YOUNG PEOPLE TO ACHIEVE THEIR POTENTIAL THROUGH QUALITY YOUTH WORK

MONTGOMERY HOUSE, ATHY ROAD, CARLOW
WWW.CARLOWYSJE 029 930476 CHY15667

The Benefits of
Outdoor Free Play
on Children's Development

Mental Health

Better moods
Decrease in hyperactivity
Decreases in symptoms related to anxiety and depression

Physical Health

More opportunities for movement
Decrease in the likelihood of developing obesity or diseases
Development of fine and gross motor skills

Cognitive Health

More opportunities to make decisions and problem-solve
Increases in creative thinking
Children use higher levels of sequencing, planning, organizing



Emotional Health

Development of empathy
Increases in self-esteem
Development of emotional intelligence

Social Skills

Increased social interactions
Higher levels of sharing, cooperation, helping
Decreases in solitary play

Play Skills

Increased creativity
Development of higher play skills and play types
More opportunities for imagination and engagement

Longer maternity leave linked to better exam results for some children

<https://www.theguardian.com/education/2018/feb/07/longer-maternity-leave-linked-to-better-exam-results-for-some-children>

Trauma system set for major reform

<http://www.irishhealth.com/article.html?id=26074>

Acne linked with higher risk of depression

<http://www.irishhealth.com/article.html?id=26076>

Dublin to host major anti-bullying event

<http://www.irishhealth.com/article.html?id=26078>

Parents to get their say on whether local school should stay Catholic

<https://www.independent.ie/irish-news/education/parents-to-get-their-say-on-whether-local-school-should-stay-catholic-36580424.html>

Suicide prevention plan offers a light in the darkness

<https://www.irishexaminer.com/ireland/suicide-prevention-plan-offers-a-light-in-the-darkness-466904.html>



**County Carlow
Local Sports Partnership
Training & Education
January – April 2018**



Training	Date	Time	Fee	Venue
February				
Safeguarding 1 – Basic Awareness Workshop in child welfare and protection	Monday 5 th February	6.45pm – 9.45pm	€20	IT Carlow Barrow Centre RF209
March				
Slí Walking Leader Training 2018	Friday 2 nd March Saturday 3 rd March	Friday 6pm – 9pm Saturday 9am – 5pm	€50	I.T. Carlow Barrow Centre
April				
Safeguarding 1 – Basic Awareness Workshop in child welfare and protection	Monday 16 th April	6.45pm – 9.45pm	€20	IT Carlow Barrow Centre RF209
Sports First Aid	Monday 16 th April & Monday 23 rd April	6.00pm – 10pm	€50	IT Carlow Barrow Centre RF210
Rescue Emergency Care (REC) Level 3	Saturday 21 st April Sunday 22 nd April	Sat 9am – 6pm Sunday 9am – 6pm	€135	TBC
Safeguarding 2 – Club Children's Officer Workshop	Monday 23 rd April	6.45pm – 9.45pm	€20	IT Carlow Barrow Centre RF209
Disability Awareness Training	To Be Confirmed	To Be Confirmed	TBC	TBC

To book a place on any of the above courses please contact the County Carlow Local Sports Partnership at 059 9136205 or by email at scorrigan@carlowcoco.ie
Places are limited and will be allocated on a first come first served basis. Courses are subsidised by Sport Ireland. Check out our social media pages at County Carlow Sports Partnership

County Carlow Sports Partnership @cwlsp

