

**parent and toddler
group @
Forward steps Tullow FRC
Starting on Monday
12/11/18
@10am-12pm**



**To book Please
Contact: 059-9152776**



Newpark Close Family Resource Centre

Parent & Toddler Group

**Tuesday Mornings
10AM - 12PM**

**Newborns to
Pre-School
Welcome**



**Children
provided with
Light Snack**

**Contact Ber
056-7723309**

- Allows quality time with your child without the distraction of housework.
- Develops social skills for young children.
- Enjoy a cup of tea and a chat while your child plays.

Tusla – Child and Family Agency: Prevention, Partnership & Family Support

Cyber Awareness Information Event



Date: Wednesday 21st November 2018, 9.15 – 13.00

Venue: The Education Centre, Seville Lodge, Callan Road, Kilkenny



Parenting Learning Community Event

Venue: Fr. McGrath Family Resource Centre

Groups: Immigrant Services & Faillte Isteach

Date: Wednesday 7 November 2018

Time: 10.00 a.m.

Information sharing about:-

- accessible parenting advice & supports
- beginner's computer supports / training
- follow up community events / supports

Organised by Wendy Taylor - Parenting Support Champion, Kilkenny. 056 7751988 ext 2.
<https://www.tusla.ie/parenting-24-seven/>



"Coping with Christmas" Recovery College South East



How to thrive, not just survive the Holiday Season. Christmas is a time of year that has come to mean many different things for different people, but often it's a difficult time with the family and financial problems it can bring. Whatever our spiritual background and however we feel about Christmas, we are surrounded by it! In this half day workshop we will support each other in looking at how we may be affected by the different aspects of the festival, including: personal values, money worries, relationships, loss, eating/drinking too much and facing the New Year, and developing a personal plan to help cope with Christmas

Contact: recoverycollegesoutheast@gmail.com Phone: 086 1746330/0567703666



16 Days of Action
Opposing Violence Against Women.

*Enough is Enough
End Domestic Abuse*

Carlow Domestic Abuse
Network

at the
Shamrock Plaza

Monday 26th
November 2018
From
11:00-13:00

Speakers:
Garda Inspector Audrey Dormar
& Garda Sergeant Elaine Dalton

For further information Contact:
Mairéad Maddock @ (085)7897268



**Carlow
Local Sports Partnership
Training & Education
September - December 2018**



Sports First Aid	Monday 12 th & Monday 19 th November	6.00pm – 10pm	€50	I.T Carlow, Barrow Centre Room F209
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To book a place on this course please contact the 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  




**Amber Kilkenny
Women's Refuge**

'What Would You Do?'

Sarah Kearns, Outreach Worker from Amber Women's Refuge is conducting a series of workshops in FRCs in Carlow and Kilkenny throughout the 16 Days of Action against Violence against Women

Further information from Sarah: 056-7771404
kwrpoutreach@eircom.net helpline: 1850 424244



Amber Kilkenny Women's Refuge CLG

TAKE YOUR FIRST STEP TOWARDS FREEDOM



Starting in Kilkenny in October 2018
**Freedom Programme Women's
Support Group**

**Are you or have you been living with
an abuser?**

A 12-week programme is open to women 18+ who want to learn more about the reality of domestic violence and abuse in relationships. Each session runs for 2 hours per week and explores the abusive tactics, controlling behaviours and belief systems of the abuser and the effects on our health and well-being.

As it is a rolling programme you can start the programme at any point and can catch up on any missed sessions when they are repeated. We never give advice or tell a woman she should leave and we don't ask intrusive questions of your experience.

We understand how hard it can be to attend a programme for the first time which is why we can arrange to meet you beforehand to explain the programme and answer any questions you may have.

If you are interested in booking a place or finding out more information please contact Sarah Kearns on 056-777 1404

1 in 5 Females in Ireland will suffer Domestic Abuse in their Lifetime



Service funded by Child & Family Agency & Victims of Crime.

**Invitation: Home Works Study
Research dissemination and discussion event**

When: Thursday 29th November 2018, 6pm to 8pm
Where: Seamus Heaney Lecture Theatre (G114) DCU Institute of Education, St. Patricks Campus, Drumcondra, Dublin 9.
Who: Parents, students, teachers and professionals working alongside families experiencing homelessness

The Home Works study, commissioned by the Children's Rights Alliance, and completed by Dr Ger Scanlon and Grainne McKenna from the DCU Institute of Education, provides insights into the educational experiences of children living in homeless accommodation by investigating the efforts of parents, teachers and school principals to respond to the needs of children and families within their school communities.

Agenda:

- Welcome address : Dr. Anne Looney, Executive Dean, Institute of Education
- From evidence to advocacy: Saoirse Brady, Legal and Policy Director, Children's Rights Alliance
- 'Through the Cracks': a short documentary exploring the challenges faced by families living in emergency accommodation
- Home Works, presentation of key findings: Dr. Ger Scanlon and Grainne McKenna
- Response and panel discussion: led by Fergus Finlay with contributions from study participants
- Closing Remarks: Dr. Ger Scanlon



Carlow County Childcare Committee
48 mins · 

Minister for Children & Youth Affairs Katherine Zappone TD to launch the first ever national strategy for children from birth to age five. Big reveal-Ireland's first ever strategy for babies and young children is a 10-year vision for all children aged 0-5 and their parents six days to launch!



First 5

**A Whole-of-Government Strategy for
Babies, Young Children and their Families
2019-2028**

BUGGY FIT CARLOW



Mondays and Fridays at 10.30am
Carlow Town Park
€5 per class
For more info call 0599136205

Fitness sessions for
new mothers
focusing on arms,
legs and core
strength

Join us in The Clink after tea/coffee & a scone
for €4 (optional)

Further information

Tomás Kinsella

Community Sports Development Officer
County Carlow Local Sports Partnership
Town Hall
Centaur Street
Carlow

Office: 059 9172472 Mob: 087 0950237 email: tomaskinsella@carlowcoco.ie



Hacketstown
Drop in
Thursday Nov 15th, 2018
4pm-5.30pm - 1st- 3rd yrs
6.30pm- 8pm - TY- 6th yrs
Come along and bring your friends or maybe
make some new ones whilst having fun and
taking part in activities decided by the
young people.
AT THE SCOUTS DEN
IN ASSOCIATION WITH TULLOW YOUTH PROJECT
FOR MORE INFORMATION PLEASE CALL CATHY ON 085 8338732



**disability
inclusion
training**

This is a six hour introductory level workshop, designed to
give participants ideas and inspiration to adapt their sport
and physical activity sessions, to make them more accessible
and inclusive for children and adults with a disability.

[caracentre.ie](https://www.caracentre.ie)

Date: Saturday November 17th 2018
Venue: IT Carlow
Cost: €20 (10am-4pm)
For further information please contact: Teresa - sidocarlow@gmail.com
This workshop is facilitated by:





Rape survivor begs court to show victims 'some respect'

<https://www.irishtimes.com/breakingnews/ireland/rape-survivor-begs-court-to-show-victims-some-respect-884963.html>

Group representing sex workers criticises new report

<https://www.breakingnews.ie/ireland/latest-group-representing-sex-workers-criticises-new-report-885018.html>

Alcohol Awareness Week: How to talk to your children about alcohol

<https://www.irishtimes.com/breakingnews/lifestyle/alcohol-awareness-week-how-to-talk-to-your-children-about-alcohol-884834.html>

High-calorie milkshakes should be banned, say sugar campaigners

<https://www.belfasttelegraph.co.uk/news/uk/highcalorie-milkshakes-should-be-banned-say-sugar-campaigners-37522805.html>

Gardaí concerned training cancellations will delay opening of more sex crime units

<https://www.irishtimes.com/news/crime-and-law/garda%C3%AD-concerned-training-cancellations-will-delay-opening-of-more-sex-crime-units-1.3694216>

Preschools in poorer areas to benefit from extra staff and free meals for children

<https://www.irishtimes.com/news/education/preschools-in-poorer-areas-to-benefit-from-extra-staff-and-free-meals-for-children-1.3694078>

Varadkar urged to focus on child poverty as 'crisis of our times'

<https://www.irishtimes.com/news/social-affairs/varadkar-urged-to-focus-on-child-poverty-as-crisis-of-our-times-1.3692697>

Parents warned not to rely on schools for exercise

<https://www.independent.ie/life/health-wellbeing/parents-warned-not-to-rely-on-schools-for-exercise-37517389.html>

'Pushy parents need to pull back and stop shoving perfectionism down children's throats'

<https://www.independent.ie/life/family/parenting/fiona-ness-pushy-parents-need-to-pull-back-and-stop-shoving-perfectionism-down-childrens-throats-37510566.html>

Dublin hosts first National Drugs Forum

<https://www.independent.ie/breaking-news/irish-news/dublin-hosts-first-national-drugs-forum-37517556.html>

Childhood obesity likely to rise without State intervention

<https://www.irishtimes.com/breakingnews/ireland/fianna-fail-childhood-obesity-likely-to-rise-without-state-intervention-884526.html>

School transport review should focus on children with special educational needs

<https://www.irishtimes.com/breakingnews/ireland/school-transport-review-should-focus-on-children-with-special-educational-needs-885230.html>

Obesity risk almost tripled for oversize babies with diabetic mothers

<https://www.irishtimes.com/breakingnews/world/obesity-risk-almost-tripled-for-oversize-babies-with-diabetic-mothers-885228.html>

Social media regulation could include deadlines for removing harmful content

<https://www.irishtimes.com/magazine/technology/2018/11/13/news/social-media-regulation-could-include-deadlines-for-removing-harmful-content-1484072/>

Children on reduced timetables 'denied education'

<https://www.irishtimes.com/news/social-affairs/children-on-reduced-timetables-denied-education-1.3699181>

Apprenticeship uptake lags year behind target

<https://www.independent.ie/irish-news/education/apprenticeship-uptake-lags-year-behind-target-37534495.html>

New findings add twist to screen time limit debate

<http://theconversation.com/new-findings-add-twist-to-screen-time-limit-debate-105717>

Irish people 'taking too many antibiotics'

<http://www.irishhealth.com/article.html?id=26439>



NEWPARK CLOSE COMMUNITY DEVELOPMENT LTD
Newpark Close Family Resource Centre

Tel: 056-772 3309

Fax: 056-772 3309

E-mail: info@newparkclose.ie

Web: www.newparkclose.ie

Healthy Street Programme 2018

Newpark Close Family Resource Centre is offering places on a Free 12 week programme.
Suitable for Families looking to get more active and healthy

Healthy Cooking Classes
Fun physical activities for the whole family



Tuesday Mornings: 10am - 12pm and Wednesday Evenings: 6.30pm - 7.30pm

Closing Date for application is 16th November

Families will receive



For more information or to apply for a place
Contact: Newpark Close Family Resource Centre on: 056-7723309
E-Mail: paris@newparkclose.ie
helen@newparkclose.ie
mar@newparkclose.ie



Additional Needs Horse Riding

At Doyle Equestrian Rathvilly

4 Weeks Starting
October 24th

€10 per Lesson
5pm-6pm

Contact Teresa on sidocarlow@gmail.com
or
059 9170380



Heilbrunnstraße 10a, 50823 Köln
Health Service Executive



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



PUBLIC MEETING

Post Natal Mental Health
Monday 19th November
Seven Oaks Hotel
8pm



Susan Glancy was diagnosed with Post Natal Psychosis following the birth of her first child. She wants to share her personal story in the hope that more people will talk about post natal mental health. She hopes to set up a support group in Carlow following this public meeting

SAVE THE
DATE

icaan
Irish Community Action
on Alcohol Network
Supported by Alcohol Forum

Reducing
Alcohol Harm:
The Power and Potential
of Communities.



November 22nd 2018,
Carnbeg Hotel, Dundalk

Ireland's first All Island Conference
on Community Action on Alcohol.

Join the Irish Community
Action on Alcohol Network and
the Institute of Public Health
for a full day conference
with a range of international
speakers and grass roots
community activists.

DETAILS TO FOLLOW...

For more info & to book:
paula@alcoholforum.org



TECHNIQUE CLINIC

GRAIGUECULLEN

NOVEMBER 18TH 6-7PM