



Carlow Mental Health Association & Carlow Library

Getting to grips with Anxiety -

Carmel McEvoy Psychotherapist.

Looking at Anxiety, how it affects us and an introduction to some tools that can help us to manage

Tuesday 10th April 6-7pm Carlow Library

Living with loss -

Rita Kelly M.A. Bereavement and Loss (RCSI & IHF).

Exploring loss with all of its many faces and finding ways to start to move forward with your life

Tuesday 17th April 6-7pm . Carlow Library

Change your Thinking to change your life

Alison Redmond CBT therapist.

Changing your thinking to help you achieve the life you want to have

Tuesday 24th April 6-7pm. Carlow Library



CALLING YOUNG PEOPLE AGED 12 - 17yrs



DANCEHALL PROJECT
AT VISUAL CARLOW

NEW TERM TUES 10TH APRIL UNTIL TUES 29TH MAY
4.15 - 6PM
€2 PER SESSION

PERFORMANCE OPPORTUNITY IN CARLOW ARTS FESTIVAL 2018

BOOK YOUR PLACE ON (085) 1397397

Carlow Regional Youth Service
VISUAL

COUNTY CARLOW CREATIVE IRELAND
OPEN CALL

COMMUNITY Meet & Greet EVENING

9TH APRIL 6.30-9.30PM
WOODFORD DOLMEN HOTEL

CARLOW COUNTY COUNCIL

Storytime

Come join us in Fairgreen Shopping Centre @3.30 every Friday in April
Spring into Story-Time with Carlow Libraries

Leabharlann Chontae Ceatharlach Carlow County Library

FAIRGREEN Shopping Centre



For more info contact Fiona at library@carlowcoco.ie
Tel: 059 9129205

Carlow Mental Health Association
Promoting Positive Mental Health

DROP-IN INFORMATION SERVICE

WHERE: NEIGHBOURHOOD EXPRESSO WORKSHOP CAFE, Barrack St. Carlow.

WHEN: First Thursday of every Month Starting March 1st 2018

TIME: 10.00 to 11.30am

WHATS IT ABOUT?
Volunteers from Carlow Mental Health Association will be available from 10 - 11.30am on those days to provide information or just to chat if that's what's needed.

If you need more information please call 0858181353

IMC SATURDAY CARLOW 14th APRIL 5pm

€10 PER TICKET


CHARITY EVENT
RAFFLE PRIZES

ALL PROCEEDS TO BENEFIT THE CENTRAL REMEDIAL CLINIC

STANLEY KUBRICK'S **BARRY LYNDON**

KINDLY SUPPORTED BY IMC CARLOW

All raffle prizes kindly donated by the following local businesses



STRENGTH & CONDITIONING PROGRAMME FOR WHEELCHAIR USERS
TUESDAYS @ 4PM
SPINNING STUDIO AT CARLOW IT
AGE: 16+
3 WEEKS STARTING APRIL 17TH
CONTACT TERESA AT SIDOCARLOW@GMAIL.COM
MOBILE: 0873868973
OFFICE: 0599170386 FOR MORE INFORMATION

SPORT IRELAND LOCAL SPORTS PARTNERSHIPS
INSTITUTE of TECHNOLOGY CARLOW At the heart of South Leinster
pobal government supporting communities
An Roinn Stáinte DEPARTMENT OF HEALTH
hi Healthy Ireland
County Carlow Local Sports Partnership
SPORT IRELAND



Enabling inclusive communities: achievements, challenges, future directions

Enabling inclusive communities: achievements, challenges, future directions

Friday 20th April 2018

Seminar Programme

9.15 am	Registration
10.00 am	Welcome and Introductions <i>Maria Farry, Pobal</i>
10.20 am	Supporting communities over 25 years: Reflections from Pobal <i>Denis Leamy, CEO, Pobal</i>
10.40 am	Enabling Inclusive Communities in 2017: A local perspective <i>Lindsay Butler, Community and Culture Department, Kilkenny County Council</i>
11.00 am	Enabling Inclusive Communities post 2017: a national perspective <i>Dr. Chris McInerney, Department of Politics and Public Administration, University of Limerick</i>
11.20 am	Questions and Answers
11.45 am	Tea/Coffee
12.15 pm	Round table discussions on the future challenges and opportunities to address social exclusion followed by summary feedback
1.30pm	End with Lunch

Please [register](#) as early as possible if you or representatives of your organisation plan to attend

Scale of violence against Irish children hidden, claims EU <https://www.irishtimes.com/news/crime-and-law/scale-of-violence-against-irish-children-hidden-claims-eu-1.3454940>

State urged to introduce 'victim surcharge' to replace poor box <https://www.irishtimes.com/news/crime-and-law/state-urged-to-introduce-victim-surcharge-to-replace-poor-box-1.3454885>

Surge in childcare demand drives applications for new facilities

<https://www.irishtimes.com/news/education/surge-in-childcare-demand-drives-applications-for-new-facilities-1.3454985>

The schoolgirl raising understanding about young carers <https://www.irishtimes.com/life-and-style/health-family/the-schoolgirl-raising-understanding-about-young-carers-1.3450319>

'If you're going to create demand, you are creating supply - when the next person dies you need to take some responsibility' - campaign looks at recreational drug use

<https://www.independent.ie/irish-news/news/if-youre-going-to-create-demand-you-are-creating-supply-when-the-next-person-dies-you-need-to-take-some-responsibility-campaign-looks-at-recreational-drug-use-36777007.html>

Parents with partial custody have no rooms for kids <https://www.irishexaminer.com/ireland/parents-with-partial-custody-have-no-rooms-for-kids-469247.html>

Defence barristers can not be allowed re-victimise rape trial witnesses - Victims Rights Alliance <https://www.irishexaminer.com/breakingnews/ireland/rape-victims-should-have-evidence-pre-recorded-to-save-courtroom-trauma-report-836389.html>

Food allergies in children linked to baby wipes, study finds

<https://www.belfasttelegraph.co.uk/news/uk/food-allergies-in-children-linked-to-baby-wipes-study-finds-36781798.html>

No more gobbledegook, lawyers told

<https://www.irishexaminer.com/ireland/no-more-gobbledegook-lawyers-told-469293.html>

MAKING CENTS: Students should learn now if eligible for a grant

<https://www.irishexaminer.com/breakingnews/lifestyle/features/making-cents-students-should-learn-now-if-eligible-for-a-grant-836497.html>

Men who fail to equal parents' achievements 'suffer mental distress'

<https://www.theguardian.com/society/2018/apr/10/men-fail-equal-parents-achievements-suffer-severe-distress-divorce>

Many workers totally inactive in their jobs

<http://www.irishhealth.com/article.html?id=26159>

Rural women 'pigeon-holed' into low-paid jobs if returning to work

<https://www.irishtimes.com/news/social-affairs/rural-women-pigeon-holed-into-low-paid-jobs-if-returning-to-work-1.3457489>

2,400 children on trolleys as beds shortage hits youngest <https://www.independent.ie/irish-news/health/2400-children-on-trolleys-as-beds-shortage-hits-youngest-36796012.html>

Non-Violent Resistance (NVR) Programme for Parents

Some Parents struggle to deal with and respond to aggressive, controlling or abusive behaviours from their children. Despite trying every option available to them the problem may persist.

The Non-Violence Resistance (NVR) Programme provides an alternative approach to support parents.

Barnardos uses this approach with individual families and now plan to introduce this programme in a group setting.

Start Date: Wed. May, 2nd 2018 for approximately 6 weeks.
Venue: 24 Askea Lawns, Tullow Road, Carlow
Time: 10 a.m. to 12 noon.
Cost: FREE



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



Foundation Programme in Sexual Health Promotion

18th & 19th September,
16th & 17th October
6th & 7th November
27th & 28th November 11th & 12th December 2018

Dungarvan, Co Waterford

Course Aim: To enhance participants' capacity to incorporate sexual health promotion into their work through the development of their comfort levels, confidence, knowledge and skills in relation to sexual health

Application Process Step 1: Application Form

Step 2: Telephone interview

Closing date for applications is:
Friday 18th May 2018

Application forms are available from

Tracey Tobin tracy.tobin@hse.ie / 0879028590

Report reveals only 1% of aid for early child development goes on education

<https://www.theguardian.com/global-development/2018/apr/11/aid-early-child-development-education>

Exercise cuts heart disease risk even if genetic

<http://www.irishhealth.com/article.html?id=26164>

Mental health issues make premature birth more likely – study

<https://www.irishtimes.com/news/health/mental-health-issues-make-premature-birth-more-likely-study-1.3460147>

Fail. Fail again. Fail better – the story of my parenting life

<https://www.irishtimes.com/life-and-style/people/fail-fail-again-fail-better-the-story-of-my-parenting-life-1.3458246>

Labelling alcohol products: It's time to put the facts where they belong – on the bottle

<https://www.irishtimes.com/life-and-style/health-family/labelling-alcohol-products-it-s-time-to-put-the-facts-where-they-belong-on-the-bottle-1.3459815>

Call to tie future Scouts funding to child protection standards

<https://www.irishtimes.com/news/social-affairs/call-to-tie-future-scouts-funding-to-child-protection-standards-1.3459551>

We buy more treats than fruit and veg, report says

<https://www.irishexaminer.com/ireland/we-buy-more-treats-than-fruit-and-veg-report-says-469405.html>

Parents to choose patrons of new schools through online system

<https://www.irishexaminer.com/ireland/parents-to-choose-patrons-of-new-schools-through-online-system-469416.html>

Vow to fast-track social housing projects

<https://www.irishexaminer.com/ireland/vow-to-fast-track-social-housing-projects-469420.html>

First step to kidney cancer may occur in childhood, study finds

<https://www.irishexaminer.com/breakingnews/world/first-step-to-kidney-cancer-may-occur-in-childhood-study-finds-837086.html>

App under development in Ireland aims to silence cyber bullies

<https://www.irishtimes.com/business/innovation/app-under-development-in-ireland-aims-to-silence-cyber-bullies-1.3457223?mode=sample&auth-failed=1&pw-origin=https%3A%2F%2Fwww.irishtimes.com%2Fbusiness%2Finnovation%2Fapp-under-development-in-ireland-aims-to-silence-cyber-bullies-1.3457223>

€5,000 a year 'best kept secret'

<https://www.independent.ie/irish-news/education/5000-a-year-best-kept-secret-36794091.html>

Learning points: Show your child how to cope with anxiety, not beat it

<https://www.irishexaminer.com/breakingnews/lifestyle/features/learning-points-show-your-child-how-to-cope-with-anxiety-not-beat-it-836904.html>

Spend more aid on early years education for a life of opportunity

<https://www.theguardian.com/global-development/2018/apr/11/aid-early-years-education-opportunity-sarah-brown>

Student loans and third-level funding off the agenda

<https://www.independent.ie/irish-news/education/student-loans-and-thirdlevel-funding-off-the-agenda-36799185.html>

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

#BELIEVEPHQ

www.BelievePerform.com

LOVE
Be there for your child and show care and love

EXERCISE
Encourage play, exercise and sport

BEHAVIOUR
Keep an eye out for any changes in behaviour

SUPPORT
Regularly support, encourage and praise your child

REST TIME
Help your child to manage stress by building in some rest time

BE PROUD
Tell your child that you are proud of them

PATIENCE
Be patient. Don't pressure your child

HELP
Don't be afraid to seek help from professionals

FEELING
Get to know how your child is feeling

EDUCATE
Educate yourself about mental health problems

PROBLEM SOLVING
Help your child to effectively problem solve

LISTEN
Make sure you take time to listen to what your child has to say

COPING
Help your child to learn some simple coping skills such as relaxation

SYMPTOMS
Be aware of signs and symptoms

CONVERSATION
Encourage your child to engage in conversation

ENVIRONMENT
Provide a positive environment for your child where they can thrive

Please see link for information on the [Quality and Capacity Building Initiative](#) funding opportunity. This information will be available on the TUSLA website also

€2m Fund seeks 'Ground-breaking' proposals to support young people
'Time to think anew to break cycle of disadvantage'
Quality and Capacity Building Initiative supported through Dormant Accounts Funding

Statement by the Minister for Children and Youth Affairs, Dr Katherine Zappone

Wednesday 4th April 2018

The Minister for Children and Youth Affairs Dr Katherine Zappone TD, has launched a new €2m fund to support 'ground-breaking and new proposals' to support disadvantaged young people.

This fund is open to community, voluntary and not-for-profit organisations delivering innovation in prevention and early intervention services for children and young people.

Examples of proposals being sought include the development or scaling up of innovative approaches, practices and resources that support the best outcomes for children and young people.



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 @cwisp

