

Family Information and Support



Barnardos offer the following services for Parents:

- Drop In Monday – Friday (9am -1 pm & 2pm – 5pm) for Information, advice and resources relevant to children, young people and their parents/carers e.g. Child Development, Children's Behaviour, Parenting, Childcare, Separation, Bullying, Domestic Abuse, Drug and Alcohol Misuse
- Individual support with parenting e.g. parent-child relationships, understanding and managing children's behaviour.
- Group parenting programmes for parents and children (0-18yrs), parent- child relationships and managing children's behaviour
- Individual and Group support for children with specific issues impacting on their lives e.g. low self esteem, friendship skills, expressing feelings, separation, bereavement and loss
- Supported Parent and Toddler groups
- Families can refer themselves or be referred by another agency



Drop in to **24 Askea Lawns, Carlow**
Call **059 9132868** or email **info@carlow.barnardos.ie**.



Carlow Kilkenny Parents Support Programme delivers the following services:

- Lifestart's "Growing Child" monthly Home Visitation Programme-This programme is designed to achieve better child development outcomes by educating parents on how young children develop and learn in the early years from birth to 5 years. It offers a monthly home visiting parenting programme delivered by a specially trained Family Visitor who provides information appropriate to your child's developmental stage. For more information on the Lifestart Programme go to www.lifestartfoundation.org or for local service delivery contact Helen Casey or your local Public Health Nurse (details below). **All services are free of charge.**
- Group Parenting (Parents Plus 1-6 Years) This is a 6 week parenting programme which offer tips for responding to misbehaviour and aims to maximise your child's learning.
- Individual Parenting-support to Parents dealing with the normal challenges of raising young children (birth-5 years)



For further information on all the above please contact **Helen Casey**,
Co-ordinator, Carlow Kilkenny Parents Support Programme and Family Support Work Services
Ph: **087 2330320** Email: helen.casey1@hse.ie.



Teen Parent Support Programme Carlow, Kilkenny, & Tipperary South

The TPSP delivers services to teenage parents 19 years of age and under in Carlow, Kilkenny & Tipperary South. Monday-Friday 9am-5pm. Based in the Kilkenny Road Community Childcare, Carlow and The Drum, McDonagh Centre, Kilkenny. Out of hours services can be agreed by prior arrangement. Parenting services include: Antenatal & Postnatal classes: 1-1 Positive Parenting: Support with Co-Parenting: Advice, Information & Advocacy.



Co-ordinator: Bernie 0851101511: berniel@catherines.ie;
Project Worker: Jean 0851101510: jeank@catherines.ie;
Project Worker: Claire 0851689215: clairef@catherines.ie;

Alternatively you can contact Catherine's CSC on 059 9138700



Carlow Regional Youth Services

"We work to empower young people to achieve their potential through quality youth work"

We provide a wide range of services and opportunities through community based youth work programmes, drop in, specialised one-to-one services for young people at risk, leadership training, etc.

- **8-12 year olds**- Afterschool /Homework Support, Junior Youth Group programme, Summer Camp
- **12-18 year olds**- Drop in facility, Planned Youth Work Programmes, Youth Participation Programmes, Youth Leadership Training, Specialist Support Services, etc
- **18-23 year olds** – Volunteer Training, Youth Work Accredited Training, Some services for vulnerable young adults in their social time

Follaine counselling services provides a confidential and early intervention for young people from 13-18 years to help them come to terms with problems in their lives



Montgomery House, Athy Road Carlow Office: **059 913 0476**
Follaine: **085-2780307** www.carlowys.ie



Health Promotion & Improvement, Health & Wellbeing Division HSE, provides

- The Family Communication and Self-Esteem course - an 8 week parenting programme for parents to enhance communication and relationships within families.
- Health information and resources on a variety of topics such as healthy eating, physical activity, Smoking, cessation, breastfeeding, pregnancy, sexual health – talking to your child, alcohol, mental health, child safety and immunisation.



Most of the publications can be ordered online at www.healthpromotion.ie. Or contact your local Health Promotion Office in Kilkenny at **056 – 7761400** to place an order or make an enquiry.

Family Resource Centres-Bagenalstown & Tullow

Bagenalstown & Tullow Family Resource Centres offer a wide range of Community Education and Recreational Courses, Parenting Courses, Personal Development courses, Counseling/Family Support, Childcare services, Homework support, Citizens advice. They also offer an information service to help you know your rights and entitlements and also a confidential support service should you need any help filling out forms or applications. A one stop shop for support and social interaction.



Bagenalstown FRC, Moneybeg, Royal Oak Road. Tel: **059 9723196** Email: bagenalstownfrc@hotmail.com
Forward Steps FRC, Chapel Lane, Tullow. Tel: **059 9152776/ 0868555294** Email: forwardsteps@eircom.net

St. Catherine's Community Service Carlow

The centre provides a comprehensive range of family supports and services: Adult & Community Education: Learning for Everyday Life/Prep for Work Programme: Intercultural Work: Meals on Wheels: Socially Monitored Alarms: Moving On Programme: Teen Parent Support Programme: Working with Older Persons: Working with the Travelling Community: Traveller Community Health Workers Service: Traveller Men's Health: Community Pre-school Service & ECCE Scheme: Afterschool's Programme: Men's Health: CREWE (Carlow Rohingya Education & Work Experience (Programme): Want to Work Programme. Other Services Based in St. Catherine's: ACCORD: Advocacy: AI Anon: Alcoholics Anonymous; Citizen's Information Centre: Civil Legal Aid: Grow: Overeaters Anonymous.



Tel: **0599138700** Fax: **0599138701**

Email: info@catherines.ie Web: www.catherines.ie



Primary Care & Child Psychology Carlow

Primary Care & Child Psychology Drop -in Service for individual adult or parenting support (parents to attend without their children) in HSE Offices, Floor 2, Primary Care Centre, The Shamrock, Green Lane, Carlow. This service offers psychology consultation every Wednesday morning from 9.30am – 12.30pm.

To register: Please arrive @ 9.00 a.m. to obtain a scheduled time slot with the psychologist.
Phone Reception Primary Care HSE on **076 10 82000**.



Developmental and ASD Psychology Carlow

The Developmental & ASD (Autism Spectrum Disorder) Psychology Service provides a range of supports to parents of children (0-18) with disabilities/ASD in the area of supporting behaviour. These supports are as follows:

1. A monthly **Behaviour Advice Clinic**. At the Behaviour Advice Clinic, parents can meet with one of our psychologists in a one to one setting to discuss any concerns they may have and collaboratively come up with potential solutions.
2. Our **Positive Behaviour Support Workshops** run regularly. These workshops are therapeutic interventions which provide parents with the latest in evidence based information related to supporting children with disabilities who show challenging behaviours. The Department also run a range of other training events (e.g. supporting siblings, social stories, supporting sleep, etc)
3. New to the service are our **Parenting Together** groups which are starting in September 2014. These are a monthly, psychology led discussion group for parents. There will be different and varied 'themes' each month, e.g. 'anger' or 'toileting' although follow up discussions can be on any topic. Unlike the Behaviour Advice Clinic and Workshops, parents do not need to register and can turn up on the day.
 - 2nd Monday of the month Preschoolers 10.30 – 12.00
 - 3rd Monday of the month School Age 10.30 – 12.00



All of the above are run in Bethany House, Carlow. To register for any of the above, please phone our administrator on 056-7784736.



Home School Community Liaison Teachers

Main Targets of HSCL (Home School Community Liaison) Teachers:

- Works in an enabling way with parents to develop their capacity as a key resource in their children's learning.
- Identifies and provides for the personal, leisure and learning needs of parents, so as to promote their self-worth and self-confidence, which will have a positive impact on their children's education.
- Becomes familiar with attendance patterns, in order to maximize student attendance, participation and retention.
- Works in a supportive and purposeful way with parents and facilitates communication with class teacher, tutor, year-head, and school management, when required.



HSCL Teacher in Carlow: Holy Family Boys NS and Holy Family Girls NS, Askea, Carlow: Ms. Catherine Tully; 0879539529 or hsc.l.askea@gmail.com

Other schools in HSCL scheme in Carlow: Carlow Educate Together NS, Carlow. Carlow Vocational School, Carlow. Muine Bheag Vocational School, Muine Bheag, Co. Carlow



Rainbows Programme

Programmes for children who have lost a parent through death or whose parents have separated. 12-14 weekly meetings

For more details please contact:

| Venue | Details | Date | Contact |
|---|-------------|-----------|-----------------------|
| Askea Parish Centre | Age 7 – 12 | Oct./ Jan | Joan 059-9142565 |
| Bagenalstown Idrone | Age 7 – 12 | November | Kathleen 086-4014058 |
| Bagenalstown Family Resource Centre | Age 13 – 18 | October | Josephine 059-9722028 |
| Carlow Youth Services The Vault, Burren St. | Age 13 – 18 | October | Adam 085-2780307 |
| Graigucullen Parish Centre | Age 5 – 12 | October | Anne 087-6636499 |
| Tullow Sch Ret. Programme | Age 5 – 18 | September | Nicola 059 9180010 |



Duty social worker

Please contact 059-9136570 (Carlow & Kilkenny)

