



Carlow & Kilkenny Children & Young People's Services Committees

Newsletter compiled by Mairéad Maddock; mairéad.maddock@tusla.ie; 085 789 7268

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Barnardos Family Support Project is now taking referrals for the **TLC KIDZ Programme**.

About the Programme:

The TLC KIDZ Programme is a 12 week group work programme for Children and their Mothers who have experienced domestic abuse. The concurrent group work programme is facilitated by trained practitioners from a range of services using a collaborative multi-agency ethos, and integrates a trauma informed approach.

Referral Criteria:

- Open to children aged between 5 and 16 (in age appropriate groups)
- Open to children who are no longer living with the person who has been abusive

For Further Information Or To Make A Referral Please Contact:

- Barnardos Carlow (059 9132868 / email: info@carlow.barnardos.ie)
- Or Amber Women's Refuge CLG (056 77 71404/ email: assistantmanager@amberwomensrefuge.ie)
- Or TLC KIDZ Project Coordinator (trish.keogh@barnardos.ie/ 086 0358532)



Free Solihull Approach Online Course for Professionals

Supporting you and your workforce to become:

1. **Trauma-informed** – Stages & Recovery
2. Attachment aware – Phases & Relationships
3. Neurodevelopment aware - Stages & Impact of Adversity

The Solihull Approach is an evidence-based course to develop staff understanding. Each course can take as little as 3.75 hours to complete (can be done a little at a time) and results in a certificate of completion for each one.

How do I join in?

Register at <https://solihullapproachparenting.com> – 'online courses for professionals'

When prompted, use access code **CHOPERA PRF**

When can I complete it?

The courses can be completed at your own pace, a little at a time to allow time to consolidate the learning. The courses are freely available until 15/03/2022.



Ossory Youth's 6th Class Programme focusing on the transition from primary to secondary school

The programme offers young people the opportunity to discuss the move from primary to secondary in a fun & interactive environment.

Hopes/Fears, Well-Being Wobbles & Coping Strategies, Timetables, Study Tips, Support Networks, Friendships, Resilience, Social Media and more.

All activities are carried out through fun games, groupwork, team challenges and worksheets.

Wednesday July 28th 10.00am to 3.00pm – Ossory Youth, Desert Hall

Places: 12 places max available

Parents Talk available on request

Contact Jacinta Purcell on 087-8876366
jpurcell@ossoryyouth.com

Hacketstown Hub @ Carlow Regional Youth Services

Only 15 Euro

Summer Camp @ Scouts Den 12th & 13th Aug 11-3pm

S.T.E.A.M

For Young People in secondary school
Contact emma @carlowys or 0867806405

Inclusive Kellogg's GAA Cúl Camp

August 2nd-6th 2021
Full and Half Day Camps Available
Netwatch Cullen Park
For ages 6-13
For more info contact Teresa via tomeara@carlowcoo.ie




INCLUSIVE FAI FOOTBALL FOR ALL CAMP

County Carlow Local Sports Partnership
— SPORT IRELAND —

St.Patricks Boys A.F.C

16th - 19th August 2021
For boys & girls aged 6-18 with additional needs & their siblings/friends
10am-12.30pm each day
Cost €35 (Includes full gear)




[Click here to book](#)



Youth Work Ireland

E-Newsletter July 2021
News and Updates for the Irish Youth Work Sector

[Click here to view](#)

SUMMER MUSIC PROJECT



If you love Music, You will love this!!!

Jeremy Hickey (RSAG) presents a 2 week music project incorporating samba rhythms, arranging & recording. The project takes place from 10am - 2pm daily from July 19th - 30th in Desart Hall (Ossory Youth).

If you are interested, contact Mick on 085-1668149 mgreene@ossoryyouth.com
Spaces are very limited.




Child Talks



Child Talks is an opportunity for children to tell their own stories, to share their views and to have their say.

The theme for Child Talks 2021: "My Hopes for the Future"

If you want to take part or find out more email communications@oco.ie, send a voicenote to 0871029039 or fill out the [Child Talks application form](#). Applications close on Wednesday 11th August. Further information [here](#)



CRICKET SUMMER CAMP

Carlow Regional Youth Services in partnership with Cricket Leinster and Carlow Cricket Club are running their first-ever Cricket Summer Camp.

Places limited. Open to both Aids who have played and those who have no experience. Cost 15 Euro.

- DATE:** TUESDAY-THURSDAY 27-29 July 2021
- TIME:** Ages 8 to 11 | 10:00 - 12:00
Ages 12 to 15 | 12:30 - 14:30
- CAMP LOCATION:** Carlow College, St. Patrick's College Street, Carlow

To book your place please ring or text **Jimmy Dooley** 085 730 9463



SUMMER 2021 BACK TO BASICS JULY & AUGUST

empowering young working carolans

foróige KILKENNY

**OUTDOOR ADVENTURE
DIGITAL SKILLS
MUSIC PRODUCTION
LEADERSHIP**

AGES 12 - 18

More info at: <http://bit.ly/drumsummer21>

CONTACT
Rita: 086-7736976
Jimmy: 086-4179031




WEAREFOROIGE

STEAM CAMP

AUGUST 10th-11th
11AM-3PM DAILY
IN TULLOW YOUTH PROJECT
FOR YOUNG PEOPLE IN
SECONDARY SCHOOL



COST €20



A fun and exciting camp which will teach young people how to use their creative and artistic skills to design and make badges, copper figurines, and more!



Contact Natalie on 086 7806406

STEPPING STONES

2021

SUMMER CAMP

FOR 6TH CLASS YOUNG PEOPLE,
GOING TO SECONDARY SCHOOL

STEPPING STONES WILL RUN 3 DAYS STARTING THE 4TH, 5TH, 6TH OF AUGUST 10AM - 3PM

IT IS €22.50 FOR THE 3 DAYS. DAY TRIP ON DAY 3

SPACES ARE LIMITED TO 13 YOUNG PEOPLE FOR THE WEEK

IN INTERESTED IN BOOKING OR MORE INFORMATION CONTACT JAMIE ON 0851397397, OR MARCELLA ON 0852722379

VENUE: AN GAIRDIN BEO
GOVERNMENT AND COVID GUIDELINES WILL BE ADHERED TOO.

THE STEPPING STONES CAMP IS WHERE YOUNG PEOPLE GET TO TALK ABOUT THE MOVE FROM PRIMARY SCHOOL TO SECONDARY SCHOOL.

CHECK US OUT FACEBOOK, INSTAGRAM, & TWITTER



WWW.CARLOWRYS.COM



Carlow Regional Youth Service
Tullow Youth Project

Calling Call for young people in secondary school

"SHAKESPIERE IN PIECES"

PERFORMANCE DELTA GARDENS
AUG 21ST & 22ND SEPT 11TH & 12TH
Tullow Youth Project @ Carlow Regional Youth Services

Carlow Little Theatre Society
Pieces will be divided by workshop outside @ Bishops House Tullow
Aug 11th 16th & 18th
12pm-3pm
interested
Whats app: Emma: 086 7806405



TULLOW PROJECT STEPPING STONES & SURF

A fun and interactive 3 day camp for young people transitioning from 6th class into 1st year.

August 3rd-5th

Time:
11:00am - 3:00pm

In Tullow Community School

Costs €30 per person

For more information contact Cathy on 085 833 8732 or Natalie on 086 780 6406



TULLOW PROJECT FISHING CAMP

3 Day Camp
July 26th-28th
for young people aged 13-16

A fun and interactive 3 day camp where young people will learn how to read water, accuracy when casting, health and safety, catch and release, & more!

from 10:00am - 3:00pm daily

First day is fishing trip to Lake Mahon

Costs €30 per person

Young people will also receive badges from the Tullow Linnets and Trout Anglers Association

Limited Places Available

For more information contact Cathy on 085 833 8732 or



10 AM

FULL County Carlow Local Sports Partnership PRESENTS

WOMEN'S KAYAKING

A one day adventure to celebrate #HerOutdoors week 2021
No kayaking experience needed
Over 18s Only
Must be comfortable in water

15th August
Starts: 10:00am - 3:30pm approx.
Route: Garadrigge - Groganstownagh
Over transport for drop-off & collection required

Cost: €23.00

Email: deborahfoley@carlowcoco.ie Tickets: www.eventbrite.ie

HerOutdoors KILKENNY

Castletomer Discovery Park
Girls aged 13-15 years

Starting Tuesday 10th August every Tuesday for four weeks
Outdoor adventure activity programme where you will get the chance to explore the outdoors and try a number of different activities.

Time: 6:30-8:30pm
Cost: €30.00

Book NOW on Eventbrite.
For more info contact Emma: 085 8048127 emma@heroutdoors.ie

SPORT IRELAND KRSIP Kilkenny



This project is funded through Carlow Sports Partnership, Sport Ireland and Carlow County Council



AUGUST 2021

Activity	Date	Time
Kayaking	Wednesday 4 th	10am-12pm or 1pm - 3pm
Kayaking	Friday 6 th	10am-12pm or 1pm - 3pm
Kayaking	Wednesday 11 th	10am-12pm or 1pm - 3pm
Kayaking - Girls Only Sessions	Friday 13 th	10am-12pm or 1pm - 3pm
Stand Up Paddle - SUP	Tuesday 10 th	10am - 11.30pm
Stand Up Paddle - SUP	Tuesday 10 th	12pm - 1.30pm Girls Only Session
Stand Up Paddle - SUP	Tuesday 10 th	2pm - 3.30pm
Stand Up Paddle - SUP	Tuesday 24 th	10am - 11.30pm
Stand Up Paddle - SUP	Tuesday 24 th	12pm - 1.30pm
Stand Up Paddle - SUP	Tuesday 24 th	2pm - 3.30pm
Rowing	Tuesday 5 th , Monday 9 th , Tuesday 10 th , Thursday 12 th , Monday 16 th , Tuesday 17 th , Thursday 19 th	11am - 3pm Each Day
		Thursday 12 th is Girls Only Session
Fishing	Thursday 12 th Friday 20 th	3pm - 5pm Each Day
		Thursday 12 th is Girls Only Session

- ❑ Activities for young people aged 12 – 17 years old
- ❑ Participants must be able to swim
- ❑ Very limited changing facilities
- ❑ Cost is €10 per session – booking on Eventbrite
- ❑ Registered participants will be contacted with what to bring to & link to Covid-19 Questionnaire prior to session.
- ❑ Please follow current public health advice

LIMITED NUMBER OF PLACES: Think of Others. Please Only Book One Session
Booking On Eventbrite ONLY – no walk in's can be taken on the day.

Eventbrite Registration Links:

Kayaking: <https://www.eventbrite.ie/.../carlow-outdoor-adventure...>

Fishing: <https://www.eventbrite.ie/.../carlow-outdoor-adventure...>

Rowing: <https://www.eventbrite.ie/.../carlow-outdoor-adventure...>

SUP: <https://www.eventbrite.ie/.../carlow-outdoor-adventure...>

Parent and Toddler Group Grants Applications now open
Deadline 10th September 2021

For more information see www.carlowccc.ie or phone 059 9140244 / email info@carlowccc.ie

Carlow County Childcare Committee
Comair Eagrairí Eagrairí Chaitheamh Chaitheamh

Childcare Committees Ireland

Image Based Sexual Abuse Is Against the Law

If you are a victim of this crime, you can contact your Local Garda Station at 999 / 112

My pictures have been shared through social media without my consent

Wicklow Travellers Group, St. Catherine's

ParentsPlus
Empowering Professionals to Support Families

Training Professionals in Evidence-based Parenting and Mental Health Programmes

Parents Plus Special Needs Programme training

Free training places to professionals providing services to adolescents and young adults with an intellectual disability in the Republic of Ireland.

Zoom: 18th, 25th and 27th of August, 9a.m. - 1.30p.m.

****To apply for a funded place on the Parents Plus Special Needs professional training, find out more [here](#)****

Closing dates for applications for sponsorship is Friday 30th of July 2021

Inclusive Watersport Stand Up Paddleboarding

Carlow Town Park
Tuesday August 10th
10am-12pm or 1pm-3pm
Ages 11+

For teenagers & adults with additional needs & their siblings/friends
€10 per session

SPORT IRELAND OUTDOORS, HER, Wicklow Travellers Group, St. Catherine's



St. Catherine's

Community Services Centre

Learning for Everyday Life 2021

- Have you always wanted to return to education?
- Do you want to get out and meet new people?
- Would you like to gain new skills?
- Are you looking for the first step to enter the workforce?
- Would you like to build your confidence and self-esteem?



If you can answer yes to any of these questions and **you have less than a leaving certificate level of education and/or you are in receipt of social welfare** then this could be the course for you. St Catherine's Community Services Centre are offering you the opportunity to make a start on your journey to further education or employment.

Location:	St Catherine's Community Services Centre
Times:	Monday – Friday 9.45 am – 1.00 pm
Start Date:	September 2021
Course Duration:	Course will run from September 2021 to March 2022
Accreditation:	QQI Level 3 Major Award in General Learning
Course Content:	The course includes the following modules: Communications, Mathematics, Computers, Personal Effectiveness, Career Preparation and Office Procedures
Supports:	Course delivered using tutors experienced in delivering adult and community education. Childcare. One-to-one support and mentoring. Information and guidance provided by Carlow Adult Guidance and Information service.

**To apply please phone Andrea on (059) 9138706
St Catherine's Community Services Centre, St Joseph's Road Carlow**



An Roinn Gnóthaí Fostaíochta
agus Coimírce Sóisialaí
Department of Employment Affairs
and Social Protection



etb

East Education and Training Board
100 St. Joseph's Road, Carlow
Education and Training Board



Rialtas na hÉireann
Government of Ireland



EUROPEAN UNION
Investing in Your Future
European Social Fund



Ireland's European Structural and
Investment Funds Programmes
2014-2020
Co-funded by the Irish Government
and the European Union

This course is co-funded by The BTEI Community Strand through KCETB and supported by the Carlow Adult Information and Guidance Service. It is also supported by the DEASP through the Activation and Family Support Programme. BTEI is co-funded by the Government of Ireland and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020

**RECOVERY COLLEGE
SOUTH EAST**



Greenshill
Kilkenny
056 7703666
086 1746330

recoverycollegesoutheast@gmail.com

Recovery College South East – Online Recovery Education Programme

You are invited to join us in our new Online Recovery Education Programme. It is free and will help us all feel connected and supported during these times of uncertainty.

Follow the simple steps below to connect to our online interactive workshops.

(For more detailed information on the workshops, please go to the Workshop Section of our Website – www.recoverycollegesoutheast.com)

1. Complete the attached enrolment form and email it to the Recovery College South East at enrolrecoverycollegesoutheast@gmail.com or forward it to us by post.
Alternatively
2. Phone us on 086 1746330 to enrol
3. Download the free ZOOM app on your mobile phone or/and your laptop.

We are offering a series of ‘stand-alone’ workshops that deal with specific issues related to maintaining good mental health. The 8 workshops are interrelated yet separate, and allow participants to attend one, more or all of them, depending on your choice and availability.

The workshops are aimed around how best to nourish and preserve our own emotional well-being, and nurture positive mental health. There will be learning opportunity in each workshop and some time for participant discussion

July 2021

Coping with Stress	Tuesday 13 th July	11am – 12pm
Thinking Errors and Mood	Tuesday 20 th July	11am – 12pm
Procrastination	Tuesday 27 th July	11am – 12pm

August 2021

Resilience	Tuesday 3 rd August	11am – 12pm
Compassionate Mind	Tuesday 10 th August	11am – 12pm
Dealing with “Worry”	Tuesday 17 th August	11am – 12pm
10 Keys to Happier Living	Tuesday 24 th August	11am – 12pm
Changing Habits	Tuesday 31 st August	11am – 12pm