



Community Services and Resources for Parents

If you are looking for extracurricular activities or services for your children link with local community based centres such as:

- **Your child's school**
- **Local Community Centres**
- **The library in your area**

There are also some organisations and support group which may be useful to link with as follows:

- **AISTEAR BEO FAMILY CENTRE:**

Aistear Beo is a community based therapeutic family support service.

1. To provide therapeutic support to children / young people
2. To provide support to parents / carers of children attending our service
3. To provide intervention for social, emotional and behavioural difficulties.

Address: 1st Floor, Commercial House, Westend Village, Blanchardstown, Dublin 15

Phone No: 01- 8852680 Fax: 01- 8852684 Email:

aistearbeo@docharity.net

- **BARNARDOS CHILD & FAMILY SERVICES:**

Targeted family support services to include individual work with children, joint parent and child work, pre-school group support programme, parenting support and group support programmes, summer programme. Targeted education based support programmes to include after school programmes, breakfast club,

1:1 support in schools, stepping stones transition to secondary school programmes. Parent & Toddler Group Community childcare development work that supports local community based childcare providers around areas of best practice, support and training.

Address: Church Road, Mulhuddart, Dublin 15

Phone No: (01) 820 4033 Fax: (01) 820 0446 Email:

holly.gillen@barnardos.ie

- **BARNARDOS - SPRINGBOARD PROJECT:**

Family Support Service from 9am to 5pm. Springboard is a national initiative funded by the Department of Health and Children through the H.S.E. Northern Area. This project is based in Corduff but has premises in Mulhuddart and operates between Mulhuddart / Tyrrelstown and Corduff communities.

Aims of Project:

1. To offer information, help and support to children and their families
2. To promote and nurture the educational, emotional and social well-being of children

Address: 22 Corduff Park, Blanchardstown, Dublin 15 Phone No:

(01) 826 3434 Fax: (01) 824 8070 Email:

patricia.murphy@barnardos.ie

- **BLAKESTOWN MOUNTVIEW EDUCATIONAL OPPORTUNITIES PROGRAMME:**

Blakestown Mountview Educational Opportunities Programme is a School Completion Programme (SCP) site. This is a Department of Education & Science initiative that aims to have a positive

impact on levels of pupil retention in primary and second level schools and on the number of pupils who successfully complete the Leaving Certificate, or equivalent.

SCP entails targeting individual young people of school-going age, both in and out of school, and arranging supports to address inequalities in education access, participation and outcomes. It is based on the project model with an integrated approach involving primary and post primary schools, parents and relevant statutory, voluntary and community agencies.

Projects are required to engage in a consultative planning process with school's staff and management, with parents and with local representatives of relevant statutory, voluntary and community agencies in the development of the annual retention plans

Address: Scoil Mhuire Junior, Blakestown Way, Dublin 15

Phone No: (01) 821 5525 Fax: (01) 821 5525 Email:

bmeop@ireland.com

- **COMMUNITY PSYCHOLOGY SUPPORT SERVICE**

Are you concerned about yourself or a family member and would like some advice? The Second & Fourth Tuesday the community psychology service offers a parental advice clinic from 9.30 - 12.30,

WHERE: Blanchardstown Primary Care Centre; (01) 829 7233
Ballymun Civic Centre; (01) 846 7109
Corduff Primary Care Centre; 076 695 6700
Navan Road Primary Care Centre; (01) 868 6802
44 North Great Georges St; (01) 814 6180
Wellmount Health Centre, Finglas; (01) 856 7700
Vernon Avenue Health Centre; (01) 853 9500

This is a first come first served service. Contact local clinic reception by phone between 9:00 & 9:30 on the morning of the clinic only to register for the clinic.

- **HOME-START BLANCHARDSTOWN:**

Home-start is a home visiting service where volunteers support parents of preschool children in their own home.

Aims of Project:

1. To support parents to cope with the pressures of rearing families.
2. To promote positive parenting
3. To emphasise the benefit of family life helping to prevent family crisis and breakdown
4. To breakdown isolation
5. To encourage integration and participation in community life

Address: 10 Blakestown Cottages, Clonsilla Dublin 15

Phone No: (01) 802 5444 / 8205 203 Fax: (01) 820 5494 Email:

homestartblanchardstown@eircom.net

- **HSE FAMILY SUPPORT:**

The family support service is a flexible, practical home based service for children and families.

Aims of Project:

1. To promote and improve the well-being of children and their families by providing practical support and emotional support.

Address: 18 Wellview Green, Mulhuddart Dublin 15

Phone No: (01) 820 4692 Fax: (01) 826 2879 Email: N/A Website:

www.hse.ie

- **JIGSAW**

Jigsaw is a free, non-judgemental and confidential service supporting the mental health and wellbeing of young people aged 12 - 25 living, working or studying in Dublin 15.

Aims of Project:

1. Provide guidance and support for young people who are going through a difficult time.
2. Provides a welcoming space for young people to call in, get information or make an appointment. If a young person wants support, staff are here to listen, without making judgements, and to provide supportive guidance, usually over the course of 6 sessions.
3. Provide information and advice to anyone who is worried about a young person in their lives.

Address: 2nd Floor, Blanchardstown Library, Blanchardstown Shopping Centre, Dublin 15

Phone No: (01) 890 5810

- **WELLVIEW FAMILY RESOURCE CENTRE**

HSE community based Child and Family Support project.

Aims of Project:

1. To provide and help co-ordinate the provision of community based child and family support services
2. To promote the guidelines contained in Children First as a template for child and family services
3. To provide the best possible service to children and families seek our assistance
4. To promote and develop community solidarity and integration

5. To develop flexible and innovative programmes to promote the welfare and wellbeing of children

Address: 17/18 Wellview Green, Mulhuddart Dublin 15

Phone No: (01) 826 2878 Fax: (01) 826 2879 Email:

vincent.doherty1@hse.ie

Leisure groups

- **BLANCHARDSTOWN YOUTH SERVICE & COMPUTER CLUBHOUSE:**

Services are provided to voluntary youth groups in the form of training, programme and organisational development.

Aims of Project:

1. To enable young people to involve themselves consciously and actively in their own development and that of the community
2. To respond effectively to the changing needs of young people and their communities.
3. To recruit and enable volunteers, both young people and adults, to engage in youth development activities,
4. To provide summer programmes to young people living in the greater Blanchardstown area

Address: Blanchardstown Youth Service, Main Street,

Blanchardstown, Dublin 15

Phone No: (01) 821 2012 / 086 044 1298 Fax: (01) 821 1144

Email: bys@foroige.ie

- **CORDUFF COMMUNITY YOUTH PROJECT**

Corduff Community Youth Project is managed by Foroige. Groups include sporting activities, afterschool study groups, drama/variety groups, environmental groups, support for

volunteer youth groups, Big Brother Big Sister Programme, Teenage Health Initiative, Youth Health Cafes, Outreach to the community.

Aims of Project:

1. Youth Development
2. Engage young people actively and consciously in personal development and enrich their communities
3. Support local youth voluntary groups
4. Outreach to the community

Address: Corduff Sports Centre, Blackcourt Road, Corduff, Dublin 15

Phone No: (01) 823 5187 Mobiles: 086 605 4126 - Liz 086 850

7320 - Claire Fax: (01) 823 5187 Email: liz.beatty@foroige.ie

- **HUNTSTOWN COMMUNITY YOUTH PROJECT (HCYP)**

The project is a community based youth project dedicated to providing structured group activities for young people from the Huntstown Area. Groups include a Youth Café, Youth Forum, Dance group, Football Group, DJ group, Computer and Games Club etc.

Aims of Project:

1. To improve the participation of young people in community based youth work
2. To enable young people to develop their personal effectiveness
3. Participation of young people in community activities and in activities in the Community Centre
4. Summer Programmes

Address: Huntstown Community Centre, Huntstown Way,
Huntstown, Dublin 15
Phone No: 086 170 0373 Fax: (01) 821 1144 Email:
jkonwumereh@foroige.ie Website: www.foroige.ie

- **MULHUDDART COMMUNITY YOUTH PROJECT**

There are two elements to the project, the first is community based youth work where young people can participate in groups such as afterschool groups, art groups, brass band, junior and senior youth clubs, gospel singers and various interest groups. The second element is outreach work where two staff provide late night outreach work to young people aged 14+ who are at risk and are not involved in other initiatives. Groups include football group, education support, dance group, gaelic group, youth café etc.

Aims of Project:

1. To enhance the life chances of the young people of Mulhuddart
2. To give options to young people for better use of their leisure time
3. To connect with young people in the area and give them support for their needs
4. To link young people from Mulhuddart with other groups/clubs/Foróige events
5. Development of the personal effectiveness of the young people

Address: Mulhuddart Community Centre, Church Road,
Mulhuddart, Dublin 15
Phone No: (01) 821 5012 Fax: (01) 821 4992 Email:
kgorman.mcyp@foroige.ie Website: www.foroige.ie

- **TYRRELSTOWN, MOUNTVIEW & ONGAR PROJECT**

The project is open to young people aged 10 to 18 years living in the communities of Tyrrelstown, Ongar and Mountview. To increase the number of voluntary youth groups in the three communities, to provide special interest groups as necessary.

Aims of Project:

1. To enable young people to involve themselves consciously and actively in their own development and that of the community
2. To Increase the number of voluntary youth groups in existence in the communities
3. To recruit and assist volunteers, both young people and adults, to engage in youth development activities, with a view to establish new Foróige clubs

Address: Fortlawn Facility, Mountview Community Campus,
Fortlawn, Dublin 15

Phone No: 086 044 1298 Email: ekilbride.bys@foroige.ie Website:
www.foroige.ie

Community groups

- **DCD Ireland: Cairde Club & Cairde Corner**

Cairde Club is a safe and fun environment where 20 children with a primary diagnosis of Dyspraxia/DCD and their siblings (ages 4-8) can interact and engage in different types of play. Children play games at the beginning of Cairde club to get them working together and interacting. Then they break up into groups of 5. Each group will go to a different activity and switch to another activity after 15 minutes. Group 1 - social or memory games with the main aim to give the children confidence in talking to one

another. Group 2 – gross motor skills which usually involve the children playing games with balls, hula hoops, bean bags and working together. Group 3 - fine motor group which is usually arts and crafts with a sensory aspect. The aim is to give the children confidence in what they are doing.

Cairde Corner is a safe and fun environment where 20 children (ages 9-12 up to 6th class) come together and in a fun and creative way work on building confidence in their social skills. Each week there are different age appropriate games, arts and crafts and introduction of sensory exploration having a real focus on social skills. Parents are encouraged to highlight any individual needs that their children may have. Cairde Club and Cairde Corner is held every Thursdays starting at 6.15-7.45pm in Carmichael Centre, North Brunswick Street, Dublin 7 (Parking will be available). There will be a place for parents to stay if they wish and have a cup of tea while Cairde Club is on. 'Smart Moves' Programme is incorporated into the activities. 'Movement Matters' is also used in the activities.

- **Coder Dojo:**

You can look this up on Facebook or Twitter on *CoderDojo Dublin 15*. They will be taking bookings in first week or two of September. This group is free and they run regular sessions on a first come first serve basis. Young people are taught by volunteers how to code, develop websites, apps, programmes, games and more. They put a strong emphasis on open source and free software. They make development and learning fun and sociable. CoderDojo is a global movement of free, volunteer-led, community based programming clubs for young people. At a Dojo, young people, between 7 and 17, learn how to code,

develop websites, apps, programs, games and explore technology in an informal and creative environment. In addition to learning to code attendees meet like minded people and are exposed to the possibilities of technology.

Within the CoderDojo Movement there is a focus on community, peer learning, youth mentoring and self led learning, with an emphasis on showing how coding is a force for

Contact details:
coderdojod15@gmail.com

finglas.boi.ie@coderdojo.com

finglascommunity.ie@coderdojo.com

- **Little Seeds Teenagers:**

Teenager version of the 'little seeds' social group for children with ASD. The group is on in Phibblestown Community Centre. They let the teens choose their activities and they all have roles in the group like chair person, treasurer. It costs one euro to attend. They will not take on more than 10 in a group and have about 7 at present (some from the Chroi unit). Its on a Tue night from 6pm to 7pm. Lot of the teens have made nice friends and meet up outside of the group.

Contact Details: Ger on 0879705467

- **Snowflakes Autism Support Group:**

Support group for families with children affected with an autism spectrum disorder. We aim to offer support to parents, children & siblings by organising different events throughout the year. The group was formed in Jan 2012 by a small group of parents & since then have had approx 400 families making contact from all over

Dublin & surrounding counties. It has become a very popular resource for parents & some of the events we organise are as follows:

- Monthly support group meetings
- Subsidised Speech & Language, Occupational Therapy Service
- Subsidised Play Therapy Service
- Snowflakes Library - free rental of books, DVDs & sensory toys
- Regular workshops on different topics related to ASD with guest speakers on the night
- Monthly family event (Visit to Zoo, Kildare Maze, Newbridge Farm etc)
- Weekly Over 10's ASD Social Club
- Hip Hop Class for under 10's
- Sibling group workshop
- Summer Project
- Christmas party

Contact Details: damien@snowflakes.ie (secretary), 087-272656, (01) 5241544 www.snowflakes.ie

- **Xcessible Youth Sport initiative:**

'Special Schools Sportshall Athletics programme' in partnership with the Local Sports Partnerships. 6-8week indoor athletics programme run by athletics coaches within two-three special schools in 17 counties throughout Ireland. Targeted children were between the ages of 7-12years and the schools that took part varied between mild-moderate and severe-profound special schools. Currently working with IRFU in a focus to target similar age groups but in terms of disability there are no restrictions. Rugby clubs throughout Ireland will be rolling out this initiative

Contact: Kate Feeney, National Training and Education Officer, CARA National Adapted Physical Activity Centre. C/O Institute of Technology Tralee, South Campus, Tralee, Co. Kerry 066-7144189

- **Football for All**

Club programme in Hunstown/Hartstown FC close to Blanchardstown.

Contact: Tracey tracymc237@hotmail.com 0871377638.

- **Football**

Dunboyne Football Club in Dunboyne, Co. Meath has a football team which has been set up for children with motor co-ordination difficulties such as Dyspraxia. The team trains on a Saturday at Dublin Football Club. Please contact Áine Coogan Ph: 046 9067337 for further information.

- **Playfit**

'Playfit' which is a fitness programme specially designed by a qualified Occupational Therapist specializing in Paediatrics. Specifically for children who experience difficulties in the area of gross motor skills (i.e difficulties with PE, playing sport with other children the same age, difficulties with coordination, strength, balance and ball skills). If your child has been diagnosed with Dyspraxia or has gross motor delays this is the after school group for you.

Contact: playfitireland@gmail.com
0857148607

- **Touch Typing Course**

Carol has children with special needs and is very passionate about working with children with DCD and other conditions to improve their typing skills.

Contact: Carol Pitchard 0872868910

Tom Lawlor Maynooth Computer Training on 01 627 0631.

- **The Elbow Room**

There are also children's therapy service being provided at the Elbow Room in Dublin 7 including Children's yoga therapy. You can find information on their services on their website www.the-elbowroom.com

- **The Cycle Club**

- Located at St. Vincents, Navan Road (Daughter's of Charity Services for persons with intellectual disabilities) the cycling club is lead by trainers from Cycle Safety Ireland (www.cyclesafetyschool.com) and staff from St. Vincent's
- It is a service for St. Vincent's service users, however, they do accept children who are not linked with their services on a case by case basis at their discretion
- Focuses on all aspects of cycling to develop balance, control, co-ordination, endurance and road safety awareness.
- There is a weekly fee around 3 euro
- A parent must accompany each child and be available to give hands on support to their child during the session.
 - Phone Maura Grace at. St.Vincent's on Ph: 0876203989 for more information.

Websites:

- www.barnardos.ie/teen: help This website was put together by Barnardos for teenagers to provide them with online support and advice regarding common difficulties experienced.
- www.SpunOut.ie combines an interactive online community providing health and lifestyle information, signposting to help services, an alternative youth media space, dynamic discussion forums, and a platform for youth engagement, participation and advocacy. SpunOut.ie reaches over 500,000 users online each year, millions more through the media and has won numerous awards including a Golden Spider Award and a Net Visionary Award.
- www.ReachOut.com is an online mental health support service for young people who are going through a tough time. With blogs, factsheets, and stories, the service provides quality information on a vast range of issues that can impact mental health and it signposts face to face support services, detailing availability and access issues. ReachOut.com is also a great place where young people can read stories about how other young people in Ireland got through a tough time. ReachOut is about bringing mental health into everyday conversation and is fostering an online community of young people who are looking after each other in a positive and supportive way.
- <https://asiam.ie/> : AsIAM.ie aims to provide a one-stop shop for the Autism community in Ireland. From providing the public and

those with the condition to a portal of information about Autism, to serving a platform for people affected by Autism to share their stories and views, to providing a strong voice for the concerns of the community – AsIAm.ie has it all!

- <https://www.nationalsportscampus.ie/inclusivecamps> Inclusive Multi Sports Camp in partnership with CARA, run beside the national aquatic centre.
- <http://www.dyspraxia.ie/index> Formed in 1995 by parents of children with Dyspraxia/DCD, the organisation aims to:
 - Raise awareness of Dyspraxia/DCD in Ireland and create a better understanding of the difficulties people with Dyspraxia/DCD and their families face.
 - Ensure adequate resources are available to support the needs of people with Dyspraxia/DCD. This includes occupational therapy, speech therapy, physiotherapy, psychological support and education.
 - Provide an information and sharing and support network for people with Dyspraxia/DCD and their families.
 - Improve diagnostic services.
 - Organise meetings for people with Dyspraxia/DCD and their families.
 - Provide a link to professionals, for people with Dyspraxia/DCD and their families.

Many Occupational Therapy Websites are available where you can source activity ideas to develop your child's motor and sensory skills at home such as:

<http://www.ot-mom-learning-activities.com/>

<http://www.therapiststreetforkids.com/>

For Specific Handwriting Resources and learning activities the following websites can be useful:

www.Handwritingforkids.com – This website includes printable worksheets, advice and articles of interest

www.hwtears.com – This website offers lots of useful advice and information for parents and teachers.

For General Educational Games and Activities:

www.kidsknowit.com – this is a fun website which includes activities such as spelling and memory games and fun games to learn more about Dinosaurs and Astronomy.

www.learninggamesforkids.com – this is a great website with numerous educational activities, games and videos.



www.nationalgeographic.com/kids - This website includes games, crafts, recipes, videos, cool pictures and information about animals.

www.do2learn.com – This Website again has lots of fun games and activities with educational focus. See sample games from this website below.