

Parenting Supports in Co. Tipperary: July - August 2020



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE
PARENTING SUPPORT CALENDAR, JULY - AUGUST, 2020. THE INFORMATION BELOW IS
ORGANISED UNDER THE FOLLOWING SECTIONS:



- Parenting (Group) Programmes
- Parenting Supports
- On-line resources
- Parenting Supports & Programmes in September and Q. 4, 2020

As the restrictions around Covid-19 continue to be lifted from 29th June 2020, please note that the transition from access to services by phone and social media only to face-to-face access, with appropriate Covid-19 precautions, will be taking place gradually over this period.

<i>Parenting (Group) Programmes</i>					
<i>Area</i>	<i>Details of services</i>	<i>When</i>	<i>Venue</i>	<i>Target Group</i>	<i>Contact Details</i>
Northern section of County Tipperary	TLC Kidz Programme Groupwork programme for children and mothers, meeting in separate groups, who have experienced Domestic Violence.	To re-commence in July 2020	Venue in Nenagh <i>Face-to-face with appropriate Covid-19 precautions</i>	Children aged between 6-16 years <u>and</u> their mothers from the North of the county.	<i>Orlaith McDowell, Templemore Community Social Services Tel. (0504) 31244</i> <i>Margaret Carroll Blake, Barnardos Thurles Tel. (0504) 20018</i>

<p>Nenagh and surrounding area</p>	<p>Parenting programmes:</p> <ul style="list-style-type: none"> - <u>Circles of Security</u> <ul style="list-style-type: none"> ▪ Focuses on how parent/child relationships can be strengthened ▪ A unique approach teaching parents new ways to understand children's needs and behaviours ▪ Effective ways to respond to these needs and behaviours - <u>Parenting when Separated:</u> Solving co-parenting problems and coping with the emotional impact of separation for parents and children - <u>Parenting Adolescents:</u> <ul style="list-style-type: none"> • Building Good Relationships • Effective Communication • Negotiating Rules & Boundaries • Building Confidence • Conflict Resolution <p><i>Enrolment for these programmes is open.</i></p>	<p>To commence over this period</p>	<p>Silver Arch Family Resource Centre, 52 Silver Street, Nenagh</p> <p><i>Face-to-face with appropriate Covid-19 precautions or on-line, at parent's discretion</i></p>	<p>Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas</p>	<p><i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i></p> <p><i>Tel (067) 31800</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>
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Parenting Support

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
Northern section of Co. Tipperary <i>(includes Ballina Borriskane Borrisoleigh Cloughjordan Newport Nenagh Portroe Rathcabbin & Thurles)</i>	Community Mothers Programme (Nenagh /Thurles): Ongoing support and information provided by experienced facilitators in Infant Baby Massage, Circle of Security Parenting Support, and Healthy Weaning <u>on phone and video call</u> . Home Visiting is on hold until further notice.	<u>Availability by phone:</u> Monday – Friday, 9.00 a.m. - 5.00 p.m.	-	Families living in the areas listed with children from birth to pre-school age.	<i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh Tel. 087 2780029</i>
Northern section of Co. Tipperary	Partnership with Families project: Advocacy service for parents of children in the care of Túsla <ul style="list-style-type: none"> - To support parents to engage with Túsla and other relevant services - To support parents to have continued involvement with their children in care <u>Phone-based contact until further notice</u>	<u>Availability by phone:</u> Monday to Friday, 10.00 a.m. – 4.00 p.m.	-	Parents of children in the care of Túsla in the North of the county.	<i>Eileen Healy, Advocacy Worker, Silver Arch Family Resource Centre, Nenagh Tel.(067) 31800</i>

Northern section of Co. Tipperary	Signposting – for general support information <i>Phone-based contact until further notice</i>	<u>Availability by phone:</u> 10 am – 4 pm, Monday to Friday	-	General public	<i>Silver Arch Family Resource Centre Nenagh.</i> <i>Tel 087 7489490</i>
	Traveller Family Support project, North Tipperary Development Company Support is provided to parents and families of the Travelling community in their own homes and neighbourhoods by phone and Home Visiting.	Monday – Friday, 9.00 a.m. – 5.00 p.m.	Visits to the home and contact by phone		Traveller families in the North of the county
Southern section of Co. Tipperary	Teen Parent Support Programme (Positive Parenting for Changing Families programme) - Outreach service <i>Phone-based or contact through other social media until further notice</i>	<u>Availability by phone:</u> - During working hours	-	Teen parents aged 19 years and under in the South of Co. Tipperary	<i>Bernie Loughman, St. Catherine's Community Services, Carlow</i> <i>Tel.085 1101511</i>
Templemore	Parenting/ Family Support <ul style="list-style-type: none"> • Family support service • Advice and information on wider issues affecting parenting • Practical support <i>Phone-based contact until further notice</i>	<u>Availability by phone:</u> <ul style="list-style-type: none"> - Mon, Tues, Thurs at 9.00 – 5.00 p.m. - Wed at 9.00 – 12.00. 	Possibility of face-to-face contact during this period.	Parents of children aged 0-18 years and parents-to-be in Templemore and environs	<i>Orlaith McDowell, Templemore Community Social Services</i> <i>Tel. (0504) 31244 083 1606832</i> socialworktss@gmail.com

Templemore	Parents Plus – Early Years Programme: <ul style="list-style-type: none"> - Tuning in to your child - Play and Special Time - Establishing routines and rewards - Encouragement and Talking about Feelings - Using consequences to deal with misbehaviour - Teaching new skills and language - Time in and Time out - Creative play and problem solving - Using stories to teach children - Parent self-care <p><u>Phone-based or contact through other social media until further notice</u></p>	<u>Availability by phone:</u> <ul style="list-style-type: none"> - During working hours 	-	Parents of children, aged 1 – 6 years	<i>Sara Leahy, More Family support Project, Youthwork Ireland Tipperary Templemore</i> <p><i>Tel. (0504) 56641 087-2642203</i></p>
	Parents Plus – Working Things Out Programme (for adolescents) <ul style="list-style-type: none"> - Getting along with Parents - The key to solving problems - Managing feeling down - Developing helpful thinking strategies - Dealing with Anger and Conflict - Communication for Building Positive Relationships - Making Positive Changes <p><u>Phone-based contact or through other social media until further notice</u></p>	<u>Availability by phone:</u> <ul style="list-style-type: none"> - During working hours 		Adolescents, aged 11 – 16 years	

Templemore	<p>Parenting Support</p> <ul style="list-style-type: none"> - Advice/information on parenting - Support on issues affecting parenting <p><u>Phone-based contact and contact through other social media until further notice</u></p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - During working hours 	-	Families and Parents of children, aged 0 – 18 years, from Templemore and environs	<p><i>Sara Leahy, More Family support Project, Templemore</i></p> <p><i>Tel. (0504) 56641 087-2642203</i></p>
Nenagh and surrounding area	<p>North Tipperary Parents Support Project:</p> <p>The Parent Support Programme provides support for parents with everyday life events, including:</p> <ul style="list-style-type: none"> - parental stress - parental styles - parenting through separation - peer group pressure - childhood stress & anxiety - social media concerns. <p>Support is provided in one-to-one sessions, group parenting courses, themed parenting talks, workshops and seminars</p>	Monday – Friday, 9.00 a.m. – 5.00 p.m.	<p>Silver Arch Family Resource Centre, 52 Silver Street, Nenagh</p> <p><u>Face-to-face with appropriate Covid-19 precautions or by phone, at the service-user's discretion</u></p>	Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas	<p><i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i></p> <p><i>Tel (067) 31800</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>
Thurles area	<p>Parent and Family Support:</p> <ul style="list-style-type: none"> - Support to parents and children - Tailored around specific needs - Includes structured parenting programme, parent-child work and work with children <p>Available on a one-to-one basis for parents</p>	<ul style="list-style-type: none"> - During working hours 	<i>Some scope for face-to-face contact during this period.</i>	Parents of children, 0 – 17 years in Thurles Primary Care catchment area	<p><i>Barnardos Centre, Thurles</i></p> <p><i>Tel. (0504) 20018</i></p>

Thurles area	Partnership with Parents <u>One-to-one programme:</u> <ul style="list-style-type: none"> - Developing parents' understanding of their child's needs - Developing their understanding of their child's development - Improving their relationship with their child - Understanding their approach to parenting 	<ul style="list-style-type: none"> - During working hours 	<i>Some scope for face-to-face contact during this period.</i>	Parents of children, 0 – 17 years in Thurles Primary Care catchment area	<i>Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018</i>
Clonmel / Cahir/Cashel/ Carrick-on-Siúir/ Fethard	Clonmel Community Mothers Programme Support and information provided through some Home Visiting and phone, providing: <ul style="list-style-type: none"> - Support & Information re. Child Development & Parenting - Ante-natal support - Breast-feeding support 	<ul style="list-style-type: none"> - During working hours 	In the home, on a case-by-case basis, with appropriate Covid-19 related precautions	Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúir, Cashel and Fethard.	<i>Jill Sandvoss, Clonmel Community Mothers Programme</i> <i>Tel. 086-8359912.</i> <i>Web-site:</i> https://clonmelcommunitymother.ie/
Clonmel	Barnardos Family Support Project is a community based project in Clonmel that offers support and advice to families experiencing a difficult period. <u>Phone-based contact and contact through other social media until further notice</u>	<u>Availability by phone:</u> <ul style="list-style-type: none"> - During working hours 	-	Parents / Carers living in Clonmel or its environs	<i>Barnardos Family Support Project, Clonmel</i> <i>Tel. (052) 6170665</i>

Clonmel	Partnership with Parents To support parents to build their parenting skills, and to strengthen relationships <u>Phone-based contact and contact through other social media until further notice</u>	<u>Availability by phone:</u> - During working hours	-	Parents of children and teenagers 0 – 17 years	<i>Barnardos Family Support Project, Clonmel</i> <i>Tel. (052) 6170665</i>
Carrick-on-Siúir	Common Sense Parenting (Boys Town Parenting programme): To help parents to: <ul style="list-style-type: none"> - Build Family Relationships - Deal with Problem Behaviour - Teach Social Skills - Promote Self Control <u>Phone-based or WhatsApp-based contact until further notice</u>	<u>Availability by phone:</u> - During working hours	-	Parents of children, aged 6 – 16 years	<i>Foróige Neighbourhood Youth Project, Carrick-on-Siúir</i> <i>Siobhán Clifford:</i> <i>Tel. 086-8331886</i>
	Non-Violent Resistance programme: <ul style="list-style-type: none"> - To help parents to deal with Child to Parent violence <u>Phone-based or WhatsApp-based contact until further notice</u>	<u>Availability by phone:</u> - During working hours		Parents of children, aged 10 – 17/18 years	
	Barnardos Student Mothers' Group: <u>Support for young expectant mothers and young mothers to remain in second-level education:</u> <ul style="list-style-type: none"> - Childcare subsidy - Educational support - Financial support towards books and school materials 	<u>Availability by phone:</u> - During working hours	-	Expectant student mothers or student mothers in second level education in Carrick area.	<i>Annette Dowling,</i> <i>Barnardos,</i> <i>130 Clonard Park,</i> <i>Ballybeg, Waterford</i> <i>Tel. 087 6472019</i> info@wsm.barnardos.ie

Cashel	Parenting Support <i>and</i> Youth and Family Support programme (Parents Plus) <ul style="list-style-type: none"> • Advice on Parenting • Listening & Referral service <p><i>Phone-based contact until further notice</i></p>	<u>Availability by phone:</u> - During working hours	-	Parents of children, aged 6 – 17 years from Cashel area	<i>Diana Buckley (Family Support Worker)</i> <i>Spafield Family Resource Centre, Old Road, Cashel Co. Tipperary</i> <i>Tel. 087 9376662</i>
Slieve Ardagh area (<i>Glengoole/ Killenaule/ Mullinahone/ Ballingarry/ Drangan / The Commons / Gortnahoe and surrounding areas</i>)	One-to-One Parenting Support <ul style="list-style-type: none"> - One-to-one - Parenting Support and Advice - A Listening Ear 	BY APPOINTMENT: Face-to-face with appropriate Covid-19 precautions	Millennium Family Resource Centre, Glengoole	Parents from Slieve Ardagh / Glengoole, Killenaule, Ballingarry, & Mullinahone areas	<i>Julie O'Halloran, Millennium Family Resource Centre</i> <i>Tel. (052) 9157992 083 1008075 julie@mfrc.ie</i>
	Parents Plus Adolescents Programme One-to-one parenting support including family sessions as required.	BY APPOINTMENT Face-to-face with appropriate Covid-19 precautions		Parents of children, aged 11 - 16 years, from Slieve Ardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry	
	Incredible Years Parenting Programme: One-to-one parenting programme with a focus on: <ul style="list-style-type: none"> - Strengthening children's Social Skills, Emotional Regulation and School Readiness Skills. - Using Praise and Incentives to Encourage Co-operative Behaviour - Positive Discipline – Rules Routines & Effective Limit Setting, Handling Misbehaviour. 	BY APPOINTMENT Face-to-face with appropriate Covid-19 precautions		Parents of children, aged 3 – 12 years from Slieve Ardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry	

<p>Slieve Ardagh area</p>	<p>Parent Child Attachment Play (PCAP)</p> <ul style="list-style-type: none"> - A gentle play-based approach aimed at improving the attachment quality of the parent-child relationship. - Uses child-oriented play with parents/carers and their children aged 3-15+ years. - Brings positive relationship change directly into the family home by empowering parents and carers as change agents. - PCAP practitioners work with the parent(s) or carer(s) and not directly with the child(ren). 	<p>BY APPOINTMENT Face-to-face with appropriate Covid-19 precautions</p>		<p>Parents of Children aged 3-15+</p>	<p><i>Julie O'Halloran, Millennium Family Resource Centre</i></p> <p>Tel. (052) 9157992 083 1008075 julie@mfrc.ie</p>
<p>Tipperary town</p>	<p>Parenting Support (<i>Positive Parenting for Changing Families programme</i>)</p> <ul style="list-style-type: none"> • Support on parenting and family issues • Listening and referral service <p><i><u>Phone-based contact and contact through other social media for the most part.</u></i></p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - Monday – Friday, 9 a.m. – 5 p.m. 	<p>Some pre-arranged face-to-face contact with appropriate Covid-19 precautions</p>	<p>Parents of children, 0 – 17 years, from Tipperary town and environs</p>	<p><i>Parent & Family Support Programme, Knockanrawley Resource Centre.</i></p> <p>Tel. 083 0763104 / 083 0762830</p> <p>helenbuckleykrc@gmail.com</p> <p>knockcdp@gmail.com</p> <p><i>Facebook:</i> https://www.facebook.com/knockanrawley.resourcecentre</p>

Tipperary town	<p>Parenting Support (<i>Positive Parenting for Changing Families programme</i>)</p> <ul style="list-style-type: none"> • Advice on parenting • Support on parenting and family issues <p><i>Phone-based contact until further notice</i></p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - During working hours 	-	Children & young people, 4 – 18 years in Tipperary town	<p><i>Three Drives Family Resource Centre, Tipperary town</i></p> <p><i>Tel.(062) 80831 087 2194899</i></p>
	<p>Art Therapy for children</p> <ul style="list-style-type: none"> • Referrals from parents, schools, etc. • For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc. <p><i>Phone-based contact and contact through other social media until further notice</i></p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - During working hours <p><i>Sliding scale charges apply</i></p>			
	<p>Play Therapy for children</p> <ul style="list-style-type: none"> • As above <p><i>Phone-based contact and contact through other social media until further notice</i></p>				

On-line Resources

<u>Resource</u>	<u>Source</u>
https://www.tusla.ie/parenting-24-seven/	<i>Túsla</i>
https://www2.hse.ie/my-child/	<i>HSE</i>
<p>Barnardos Parent Supportline: A national telephone support service for parents in response to the challenges they are facing during the Covid-19 pandemic.</p> <p>Tel. 1800 910 123</p>	<i>Barnardos</i>
<p>Parentline: A national confidential helpline that offers parents support information and guidance on all aspects of being a parent and guidance on all aspects of being a parent and any parenting issues.</p> <p>Tel 1890 927 277 / (01) 8733500 Website: www.parentline.ie</p>	<i>Parentline</i>
<p>Parents Centre : This site contains information for parents and provides links to a wide range of trusted and high quality online resources including learning, parenting and information on supports for parents</p>	<i>Department of Children & Youth Affairs</i>
<p>Let's Play Ireland – is an initiative to support children and young people's play during this period of Covid-19 restrictions on access to the usual outlets. The link provides access to a range of play resources for children.</p>	
<p>Mental Health & Wellbeing services: https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html</p>	<i>HSE</i>
<p>'<i>In This Together Tipperary</i>' has a range of resources to support all age groups in the community at this time.</p> <p>Follow the weblink: https://www.ppntipperary.ie/in-this-together-tipperary/</p>	<i>Tipperary Public Participation Network</i>

<https://jigsawonline.ie/parents-and-guardians/mental-health-awareness-course/>

Jigsaw

Mental health awareness for parents course: This short online course for parents and guardians of secondary school students is an introduction to supporting youth mental health.

This 30-minute course has 4 modules:

- The Changing Needs of Young People
- Introduction to Mental Health
- Youth Mental Health in Ireland
- Promoting & Supporting Youth Mental Health for the Young People in our lives

Parenting Support services and programmes in September 2020 & Q. 4, 2020

<u>Area</u>	<u>Details of programme</u>	<u>Date of Commencement</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
Northern section of Co. Tipperary	<p>TLC Kidz Programme Groupwork programme for children and mothers, meeting in separate groups, who have experienced Domestic Violence.</p> <p><i>Open for referrals now</i></p>	Ongoing	Venue in North Tipperary to be confirmed	Children aged between 6-16 years <u>and their mothers</u> from the North of the county.	<p>Margaret Carroll Blake, Barnardos Thurles Tel. (0504) 20018</p> <p>E-mail: info@thurles.barnardos.ie</p>
	<p>Strengthening Families Group programme:</p> <ul style="list-style-type: none"> - It aims to give parents and their children the opportunity to learn new, healthy communication skills that create positive relationships within families. These new skills also assist and reduce the risk of young people getting involved in adverse behaviours. <p><i>Open for referrals now</i></p>	To commence in September 2020,	Venue in Nenagh	<p>Teenagers, aged 12 – 16 years with parent or responsible adult, residing in <u>Northern part of the county</u>.</p> <p>Open to teenagers either with or without Substance Misuse issue</p>	<p>Áine O'Brien, Community Substance Misuse Team</p> <p>Tel. (061) 318904</p> <p>E-mail: aobrien@csmt.ie</p>

Slieve Ardagh	Play Therapy service for children	To commence in September 2020	Millennium Family Resource Centre, Glengoole	Children, aged 4 – 14 years	<i>Julie O'Halloran, Millennium Family Resource Centre</i> <i>Tel. (052) 9157992 083 1008075 julie@mfrc.ie</i>
	Mindfulness for Children			Separate groups for children aged 5 – 8 and 9 – 12	
	Baby Bonding <ul style="list-style-type: none"> • Baby bonding classes are a special weekly session for parents to enjoy with their babies. • These are relaxed sessions, well-grounded in Attachment theory and research, helping to deepen the bond between parent and baby. • Parents and babies can have fun and relax using easy activities, baby strokes, simple rhymes and lullabies 			Parents of young children at each of following stages: <ul style="list-style-type: none"> - Bumps (28 + weeks pregnancy) to Crawling - Crawling to Toddling - Toddlers 	

