



Community Services and Initiatives

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General Community Services and Initiatives

St. Patrick's Festival Relaxed Parade Space Applications Now Open



- Within the Relaxed Parade Space, there will be extra space to allow freedom of movement to those who need it, limited additional seating, dedicated sensory areas, some entertainment before the Parade, accessible toilet areas, private break areas, and a cloakroom for larger bags and buggies etc.
- Families who wish to avail of the Relaxed Parade Space are asked to register their interest via <u>ST. PATRICK'S FESTIVAL</u> <u>RELAXED PARADE SPACE APPLICATION</u> (by Thursday 13 February at 5pm. If you have any issues or queries regarding this form, please contact us on <u>info@stpatricksfestival.ie</u>
- See more info on: https://stpatricksfestival.ie/about/latest-news/relaxed-parade-space

Down Syndrome Louth Meath Branch



 The Louth/Meath Branch of Down syndrome Ireland is run on a completely voluntary basis by parents of children with Down syndrome. Their aim is to support people with Down syndrome and their families in the counties of Louth and Meath.

Contact:

- Updates on events and services can be found on their website or Facebook page.
 - See more at: https://dsilmb.ie/ OR
 https://www.facebook.com/DsiLouthMeath/





Autism Support Louth and Meath







- Autism Support Louth & Meath is a parent led support group for families of both autistic children and adults based mainly in Drogheda. They run monthly support group meetings, weekly youth clubs, training courses and family events. They provide information and advocacy, provide a network of parents and families who can support and help each other.
- Autism Support Louth, 37 Matson Lodge, Drogheda, Co. Louth
- Phone: 087 240 7431
- Email: info@autismsupportlouth.com

Upcoming Supports;

For more information visit:

https://www.autismsupportlouth.com/news/

- Fitness Friends Term One 2025
- Fun, social fitness classes for children with autism
 Wednesday evenings starting 15th January for 12 weeks.
- Classes, run by our youth club staff, will take place in Drogheda ABACAS school hall on Wednesdays.
- €60 for 12 weeks, book on website; https://www.autismsupportlouth.com/news/
- Gaming Club Term One 2025
- Starting Monday 13th January for 10 weeks
- This is a fun social gaming club based in the Drogheda ABACAS School in Congress Avenue playing a variety of individual or group games on our on-site Nintendo Switches
- €50 for 10 weeks, book on website; https://www.autismsupportlouth.com/news/

Contact:

- https://www.autismsupportlouth.com/
- Facebook;
 https://www.facebook.com/DroghedaABACASSchool/

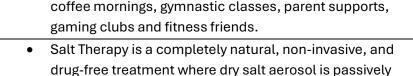




Tel: 01-82	240696	
	•	For updates on events please see the 'News' section of
		their website. Some supports that took place in 2024 are

The Salt rooms Ratoath





inhaled in a specialty constructed salt room.

- Salt rooms provide a plethora of healing properties to address a variety of conditions, from respiratory issues to skin conditions, in a relaxing environment.
- For Adults & Children: Asthma / Bronchitis, Cystic fibrosis / Ear Infections, Common Cold / Skin Conditions, Smokers' Cough / Skin Aging, Swelling & Inflammation, Allergies / Sinusitis, Long Covid Recovery.
- Opening hours

Tuesday – Friday 10am – 8pm Saturday 10am – 5pm Sunday 10am – 4pm



Contact Information:

• Address: The Salt Rooms, Unit 8 The Village Centre Ratoath, Co. Meath

• Tel: 087 921 3659

• Email: info@thesaltrooms.ie

• Website: https://thesaltrooms.ie/

Delta Sensory Gardens



- TripAdvisor often describes it as 'an oasis of peace and tranquillity'
- Located on the outskirts of Carlow town, the gardens are set on 2.5 acres of land with 16 interconnecting, themed areas which are accessible for people of all abilities.

Contact:

- Strawhall Estate, Carlow, Co. Carlow, Ireland
- Tel:(0) 59 914 3527
- Website; https://deltasensorygardens.ie/



Tel: 01-8240696



VUE Cinema – Sensory Friendly Screening



- The VUE cinema group offer sensory friendly screenings on various dates/times. These friendly film screenings are sensory friendly with the sound reduced, lighting dimmed and no adverts or trailers. It is okay for guests to move around and make noise in the cinema. To access what films are available, select the cinema location and add the filter 'Autism Friendly'.
- Locations include Ashbourne and Liffey Valley

Contact (Ashbourne):

Website:

https://www.myvue.com/cinema/ashbourne/whatson#accessibility

• Tel: <u>0345 308 4620</u>*

Contact (Liffey Valley)

Website: https://www.myvue.com/cinema/dublin/whats-on

• Tel: 1890 800 705*

Odeon Newbies



- Selected Odeon cinemas are running baby friendly screenings of latest releases. Screenings include softer volume, dimmed lighting intended to create a soothing environment for both baby and child. Screenings are specifically for parents and babies so it is understood that they may not stay completely quiet throughout the film.
- Participating cinemas include Blanchardstown, Cavan,
 Charlestown, Coolock, Newbridge, Naas, Stillorgen, Limerick,
 Point Square, Portlaoise and Waterford.

Contact:

 Contact details for all participating cinemas can be found on their website: https://www.odeoncinemas.ie/offers-membership/odeon-newbies/



Tel: 01-8240696



The Solstice Arts Centre



- The Solstice Arts Centre Navan holds Autism Friendly screenings of popular children's films. Updates on events are posted on their website under 'News.'
- Solistice Art Centre also have a sister theatre in Trim called 'Swift Cultural Centre'. Updates on events are posted on their website under 'News.'

Contact (Navan):

- See more at: https://solsticeartscentre.ie/news/
- Tel: 046 909 2300

Contact: (Trim):

- See more at: https://swiftculturalcentre.ie/
- Tel: 046 908 7000

Navan Library/ Trim Library



- Various libraries around Meath offer events or times that are sensory friendly.
- Some libraries rent out sensory toys or equipment for free and have sensory rooms on site
- Navan Library have a Sensory time on Saturdays from 2.00-5.00pm. It has a designated sensory space for neurodiverse people to avail of while visiting the library. Toys include the following: Beanbags, Colour changing light cylinder, Vibrating Massage Tube, Pop up blackout sensory den, Vibrating Massage Tube, Senseez Sensory Pillow (Orange), Muffy Black/White striped headphones, Mud Ball set of 3, Green Two Bulb Tracker and Squidgy Sparkle Fidgets (set of 5)
- To see more visit: https://www.meath.ie/council/council-services/libraries/sensory-time-at-navan-library
- Trim Library have Magic Table Available and Rental of Sensory Toys
- To see more visit: https://www.meath.ie/council/council-services/libraries/general-library-services/community-group-services/magic-table
- Social Story with visuals available via their website

Navan Library:

- Website: https://www.meath.ie/amenities/community-facilities/navan-library
- Email: navanlib@meathcoco.ie





Meath Library Service

• Tel: 046 9097361

Trim Library:

• Website: https://www.meath.ie/amenities/community-facilities/trim-library

• Email: trimlib@meathcoco.ie

• Tel: 046 9436063

Magic Tummy time



- Magic Tummy Time is a special time for babies who have not started to crawl yet. Babies can play beneath the beautiful light projections of our interactive Tovertafel console whilst parents and minders get to know each other.
 - Available in all meath Libraries, start times and start dates are subject to each library

Inspire together



- Inspire Together is a therapy and sensory centre dedicated to supporting children with extra needs. We provide a welcoming, inclusive space where every child's potential is nurtured through tailored therapeutic services.
- They offer bookable sensory rooms and movement rooms.

Contact:

 Location: Saint Joan's House, St Joan's Industrial Estate, Ballymount D22 NP49

• **Phone:** 083 333 5319

• Email: info@inspiretogether.ie

Website: https://inspiretogether.ie/shop/

BeeUtiful Minds

BeeUtiful Minds offers neuroaffirming services for families.
 If your family has members who are / might be autistic, ADHD,







gifted and /or with learning difficulties, a.o. or if mainstream parenting advice doesn't seem to be working, BeeUtiful Minds can offer support.

- They are based in Donabate and Swords and can offer supports remotely as well. Alainn Stables are based in Duleek, Co. Meath.
- They offer parent workshops/ coffee mornings, and they run playgroups and therapeutic riding classes in Duleek and playgroups and parents' trainings in North Co. Dublin.

Contact:

• Tel: 086 79 234 90

Email: info@beeutifulminds.ie

• Website: https://beeutifulminds.ie/

Campaigns

As I Am and TFI





- Transport for Ireland (TFI) together with As I Am, Ireland's Autism Charity, have a campaign called "Prepare me As I Am ... for public transport".
- This aims to provide Autistic people with helpful tools to assist them using public transport.
- The website linked below has a library of resources to prepare and assist Autistic people to use public transport including:
 - Activity Packs
 - o Information cards and visual guides
 - How-to Videos

Website: https://www.transportforireland.ie/accessibility/as-i-am/





Tel: 01-8240696

Just A Minute (JAM) Cards





- Card that indicates the person needs additional time and patients from the service provider during public or social situations
- Accepted in Ireland in various business:
 - Transport for Ireland Services (Bus Éireann, Dart, Luas, Dublin Bus, Iarnród Éireann, and TFI Local Link.
 - o Some grocery stores: Lidl, Eurospar, and Spar
 - o Banks: AIB and BOI

Website: https://www.jamcard.org/

Important Traveller Lanyard/Wristband



- A wristband/lanyard that can be shown to Dublin Airport Staff (E.G. Customer Care/Security) for assistance while travelling through the busy airport.
- Assistance can be given when negotiating through security, passport control or any area where you may encounter queues or crowds.
- Must be booked in advance of travel.

Website:

https://www.dublinairport.com/accessibility/travelling-with-autism



Tel: 01-8240696



Sunflower Lanyard





- The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.
- Since its launch in 2016, businesses from every sector have been joining the global Sunflower network ranging from retail, travel and tourism, transport including over 200 airports - as well as railway networks, coach and bus services and ferries, education (universities, schools and colleges), healthcare, central and local government agencies to football teams, theme parks, theatres and financial institutions.
- The Sunflower has now been launched locally in Australia, Belgium, Brazil, Canada, Denmark, Ireland, Latin America, the Netherlands, New Zealand, the UK, the UAE and the USA.

Contact:

• Website: https://hdsunflower.com/us/

• Shop: https://hdsunflower.com/us/shop.html





Hairdressers and Barbers

Specialised Barbers and Hairdressers

- Barbers and Hairdressers Specialised in supporting Autistic Children
- See resources online: https://www.autismsupportlouth.com/resourcesdirectory/community/barbers-and-hairdressers/

Meath:

- KLO Haircare
 - o Hairdresser / Barber: Kerry O'Neill
 - o Mobile haircare Meath.
 - Facebook; https://www.facebook.com/people/KLO-Haircare/100077997301984/
 - o Instagram; https://www.instagram.com/klo_haircare/
- The Grafton Barber Ashbourne
 - o Sensory haircuts by appointment
 - o Tel: 01 801 0666
 - o Website: <u>www.graftonbarbers.com</u>



- Castle Barbers -
 - Unit 10, Blackcastle Shopping Centre, Blackcastle, Navan, Co. Meath, Ireland
 - o Tel: 086-8134474
 - o Ask for Linda (works Wed Sat)
 - Book here: https://www.fresha.com/lvp/castle-barbers-wrgkKv
- Chop Chop Barbers
 - o 9 Watergate Street, Navan, Co. Meath
 - o Tel: 086 843 0015
 - o Ask for AnneMarie
- Crew Barbers Kids Club
 - Crew Barbers Kids Club, The Forge, High Street, Trim, Meath, C15 C590, Ireland
 - o Ask for Caroline
 - o Tel: 046 90 50795
 - o Website: crewbarber.ie









Tel: 01-8240696

• Jacksons Barbers -

o Fair Green, Navan

o Tel: 086 852 8153

o Facebook: <u>Jackson's Barbers | Navan | Facebook</u>

Dundalk:

Renegade 13

o Unit 2 Shorts Court Clanbrassil Street, Dundalk, Ireland

o Email: e_h_95_@hotmail.com

o Website: https://renegade13maleimage.nearcut.com/

Signature Kids

o 69 Clanbrassil Street, Dundalk

o Tel: 083 466 7243

Website: https://signaturehair.ie/pages/signature-kids

The Hair Shop

o Williamsons Mall, Francis Street, Dundalk, Ireland

o Tel: (042) 933 1244

o Email: hairshopdundalk@gmail.com

Drogheda / bettystown:

• Southgate Barbers

o Southgate Shopping Centre Drogheda, Co. Meath

o Tel: 041 981 8177

o Ask for Darren

Studio 5 Barbers

 Unit 5G Eastham Rd, Anchorage, Bettystown, Co. Meath, A92 E896

o Tel: 089 941 1057

o Ask for Malek

• The Grafton Barber (Drogheda) -

Sensory haircuts by appointment Drogheda

o Tel: 041 984 1733

o Website: <u>www.graftonbarbers.com</u>







Paediatric dental practice's

	•
HSE Advice Happy Teeth Paediatric Dentistry happyteeth PAEDIATRIC DENTISTRY	 Dental care for patients with extra needs Some patients may need extra support to get dental care. We call these patients 'special care patients'. For example, people with an intellectual, physical or sensory disability who have problems attending a regular dental surgery. Special care patients may be treated at the HSE dental clinics. But in some cases, their treatment may need extra support. The HSE Dental Service may refer you for treatment under sedation, or for general anaesthetic in a hospital. For routine or emergency dental treatment of special care patients, contact your local HSE dental clinic. Website: https://www.hse.ie/eng/services/list/2/dental/ Located in Lucan, Co.Dublin Paediatric dentistry practice Videos and photos of their building and what to expect on your first visit. Contact: Phone: 01 645 9378 Email: reception@happyteeth.ie Website: https://happyteeth.ie/blogs/our-blog/preparing-your-child-for-their-visit
Friel and McGahon Dental Friel & McGahon DENTAL	 Located in Dundalk Co.Louth Child friendly practice Contact Tel: (042) 933 6214 Email: appts@frielandmcgahon.ie Website: https://frielandmcgahon.ie/kids/ https://frielandmcgahon.ie/kids/





Tel: 01-8240696

Ratoath Dental and implant centre	Located in Ratoath
RATOATH	Child centred practice
CENTRE —	 Contact Tel: 01 8256983 Email: info@ratoathdental.ie Website: https://ratoathdental.ie/your-childs-first-visit-to-the-dentist/
Frazer Dental	Kingscourt, Co.Cavan
FRAZER DENTAL Implants & Orthodontics	 Nervous patients & children very welcome. Their practice is friendly, modern & homely. Contact Tel: 085 788 7014 OR 042 966 8929
	Website: https://frazerdental.ie/
Pierse Dental	Located in Trim, Co. Meath
Pierse Dental	 Check-ups for primary school children under 12 years are free Contact Tel: 046 943 1156
Navangate St, Trlm, Co. Meath	Website: https://www.piersedental.ie/Treatments/Children-Dentistry Dentistry
Boyne Dental (Navan, Dunshaughlin and Maynooth)	It is important that children have a great introduction to dental treatment and feel comfortable from their very first visit. Boyne Dental creates fun activities and a happy environment to eliminate any fears they might have about coming to the dentist.
DOVALE DENITAL	Contact (Navan)
BOYNE DENTAL Navan Maynooth Dunshaughlin	 Tel: 0469028683 Email: enquiries@boynedental.ie Website: https://boynedental.ie/navan_location/
	Contact (Maynooth)
	• Tel: (01) 6289284
	Email: maynooth@boynedental.ie



Tel: 01-8240696



Website: https://boynedental.ie/maynooth/

Contact (Dunshaughlin)

• Tel: 01 8040290

• Email: <u>dunshaughlin@boynedental.ie</u>

Website: https://boynedental.ie/boyne-dental-

dunshaughlin/





Sensory friendly shopping initiatives

Supervalu Autism Friendly Shopping



- Weekly time dedicated to a sensory friendly shopping environment. Locations include: Navan, and Trim.
- Navan: Monday 9:30am-10:30am
- Trim: Tuesdays 7pm-9pm

Contact

Website: https://supervalu.ie/real-people/autism-friendly/shops

Lidl Autism Friendly Shopping



- Weekly time dedicated to a sensory friendly shopping environment
- 6-8pm on Tuesdays
- Locations: Bettystown, Dunshaughlin,
 Ashbourne, Balbriggan, Clonee, Navan, and
 Trim

Website: https://www.abettertomorrow-lidl.ie/autism-aware-store/

Aldi Autism Friendly Shopping



- Weekly time is dedicated to a sensory friendly shopping environment. At 6:30-8:30pm on Tuesdays
- Across all 156 Aldi locations in Ireland;

Contact

Website: Autism Friendly hours at Aldi | CHO7 Children's Disability Network Teams

Pennys Autism Friendly Shopping



- Weekly time dedicated to a sensory friendly shopping environment
- First hour of trade on Sundays
- Locations: Blanchardstown, Navan, and Liffey Valley

Contact

Website: https://www.primark.com/en-ie/autism-friendly









Inclusive Sports and Activities

	-
SPORT IRELAND CAMPUS	 Active Superstars is made up of games, challenges, activities and sports such as Boccia, bowling, boxercise, balloon games, dance, parachute games, ball games and more. We work on building and developing skills such as gross and fine motor skills, hand eye coordination, strength and agility. All disabilities age 7-14 years Superstar Club, Sundays at Sport Ireland Campus Blanchardstown. Contact: Website: https://www.sportirelandcampus.ie/active-superstars-club Tel: 016464300
	Email: sales@sportirelandcampus.ie
Autism Class Swimming Lessons SPORT IRELAND CAMPUS	 Our Autism Class Swimming Lessons cater for children 4 years of age to teens. The lesson is structured in a way that suits the development of the child. Having the adult in the water allows the swimmer to feel supported. This will also teach the adult supports and holds that they can take with them wherever they go. This structure allows a strong bond to be created between swimmer and adult in a more relaxed quieter environment under the watchful eye of our Swim Ireland Level 2 for Autism qualified teachers. Based in Ireland Campus, Blanchardstown. Contact: Website: https://www.sportirelandcampus.ie/autism-class-swimming-lessons Email: Amandawynn@sportirelandcampus.ie
Inclusive TAG rugby – Blue	Navan RFC Inclusive Tag Rugby Team train every Sunday morning at
Dragons	 10am. U18 TAG rugby team If you would like to learn more about Inclusive Rugby in Meath please contact Sports Inclusion Disability Officer Terry Donegan on tdonegan@meathcoco.ie







Contact:

- Gerry Sweeney (Head Coach)- <u>0867865007</u> OR <u>gersweeney@gmail.com</u>
- Facebook: Navan RFC Inclusive Rugby Team
 https://www.facebook.com/people/Navan-RFC-Inclusive-Rugby-Team/100070119122464/#

Leinster Rugby Inclusion Camps Navan RFC



- Children with all disabilities aged between 8 to 12, providing them with a fun-filled three days of rugby during the summer holidays.
- The camps are focused on adapting rugby to meet the needs of campgoers to maximise enjoyment and learning to play.
- Navan RFC Facebook Page: Navan RFC
- If you have any further questions, please contact Leinster Rugby's Spirit Officer, Stephen Gore-<u>stephen.gore@leinsterugby.ie</u>

Website: https://www.meathsports.ie/inclusive-sports/inclusive-rugby/

Inclusive Boxing



- Inclusive Boxing sessions based all over meath.
- Visit website for more information: https://iaba.ie/club-zone/inclusion-boxing-in-iaba/

OR Contact Bettystown Boxing club:

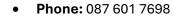
brucy@eircom.net

0879936339

BOUNCE N BEYOND TRAMPOLINE PARK

- Based in Ballyboughal, County Dublin.
- They are open Wednesday to Friday 3pm 8pm Saturday to Sunday 10am – 8pm
- Sensory Hours. Age 5+. 10 euro Wednesday and Sundays
 5.30pm to 6.30pm
- Sensory Room on site
- Soft play Area for under 5s

Contact:



Email: admin@bouncenbeyond.ie







	Website:
Best Of Mates Best Mates	 https://ecom.roller.app/bouncenbeyond2/tickets/en/product/973468 Best of Mates offer a therapeutic area of relaxation and stimulation for children with a sensory playroom based on the four principles of smell, sound, sight and touch. The room is complete with specialised sensory activity equipment, sensory lighting and they even have an exotic fish tank on display.
Party, Play Cardes I & the Best Coffee in Town!	Contact: • Kells Business Park, Cavan Road, Kells, Co. Meath • 046 929 3432 • Website; https://bestofmates.ie/
Messy Adventures	 Messy Adventures provide interactive, and child led learning experiences through play They offer weekday messy and sensory classes for babies and toddlers across North Dublin, including Clontarf, Malahide, and Swords. Social story via website link
	Locations and Supports:
Messy	 Messy play: Malahide, St Sylvester's Pastoral Centre Main Street, Malahide (next to the train station)
.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Grange Woodbine Club
	Raheny Road
	Swords, Applewood Community Centre
	Castleview Lawns, Bunbury Gate Ave
	Google doesn't always pick up the venue, we are next to Swords Educate Together School and opposite the new Miller's Glen estate.
	Role Play Village:
	The Riasc Centre
	Feltrim Road, Drinan, Swords, K67 PX85
	Terenure Sports Club
	54 Terenure Road, Terenure, Swords, D6WX265





	Malahide Rugby Club
	Estuary Road, Seatown East, Malahide
	St Declans National School
	Bourne Avenue, Ashbourne, A84 KT02
	Contact:
	Email: hello@messyadventures.ie
	Call: 085 883 9480
	 https://www.messyadventures.ie/
THE BRICKX CLUB	 The Brickx Club is a creative brick building and social activity club for girls and boys. There are a number of clubs located across Ireland. They run pre-school clubs, after-school clubs, workshops and parties as well as Easter, summer and midterm camps. Smaller groups are run catering for all abilities. These take place in special schools either as part of the school day or as an after-school activity.
	Contact: • See More at: https://www.thebrickxclub.com/
	Rathoath, Dunshaughlin & Ashbourne area Contact:
	brickxclubrachel@gmail.com
Sensory Sunday (Sensory Play 4	Sensory play classes are stay and play classes that run for 1 hour, for
all)	children aged 1 to 8 yrs.

Ship Shape Play



• Ship Shape Kids Play has over 10,000 sq. ft. of soft play activities for kids from 1 year to 11 years of age.

Facebook: https://www.facebook.com/Sensoryplay4all/
Instagram: https://www.instagram.com/sensoryplay4all/#

The sensory play classes include Messy Play, Sensory Play, Floor

- Based in Castleknock
- Less busy early in the morning

Games, Toys and Refreshments

Based in Navan, Co. Meath

Contact:

Contact

- Website: https://shipshapekidsplay.com/
- Email: Shipshapekidsplay@gmail.com





	• Tel: (01) 829 4123
Oldtown Riding Stables	Horse riding lessons based in Wyestown, Oldtown, North Co. Dublin.
	They are a family run riding stables that have therapeutic riding
	available for ages 3+.
(A) AIRC)	Contact
VVIIICC	Website: https://www.aire.ie/index.php/riding-centres/list-
	centres?view=article&id=443&catid=32
	Phone: 01 8354 755
	Email: sheenagoodwin@yahoo.co.uk
Ballustree Equine Therapeutic	Therapeutic riding aims to achieve goals that enhance physical,
center	emotional, social, cognitive behavioural and educational skills.
	Depending on needs, these sessions are delivered in the arena or on
	the sensory trail. • Based in Oldtown, County Dublin
	Contact:
BALCULTRY EC	Website: https://balcultrystables.ie/equine-assisted-therapy/
	Enquires to Catriona text @086 052 8313 or email us
	balcultrystables@gmail.com
Ability Equine Assisted Therapy	Our services include Therapeutic Horse Riding, Children's Camp,
	Carers mornings and Stable Management
Chility	Based in Castletown, County Meath
Ability	Contact:
Equine Assisted Therapy	Website: https://aeat.ie/
	• Tel: 0861594997
	Email: info@aeat.ie
Clonalvy Stables	Clonalvy Stables Therapy Riding Center is in the heart of the
	countryside on the Dublin Meath boarder in Garristown.
	Contact
(A) AIRE)	Address: Hammondstown, Garristown, A42DH72 Tolophone: 0873256783
V VIIICO	 Telephone: 0872256783 - Joy Facebook: https://www.facebook.com/p/Clonalvy-Stables-
	100093654344342/#





Brookfield Stables	Brookfield Stables run summer camps and horse riding lesson for
skfield of	all children with a variety of needs.
Store Store	Hanlonstown, Navan, Co Meath.
	Contact
	See more at: Brookfieldstables.ie
est. 2002	• Tel: 087 138-1716
	Email: info@brookfieldstables.ie
Riding for Disabled Association	The RDAI is an Irish voluntary organization who offer therapeutic
Ireland	and recreational riding or carriage driving to people with a physical
	or intellectual disability. The organization runs weekly lessons and
B B A RDAY	classes in Pelletstown Riding Centre and Kells Equestrian Centre
RUA (18)	Contact
IDEL AND	Contact: Helena O'Reilly
IKELAND CARRAGE	Email: helenaoreilly@eircom.net
The Ark Puddenhill	Indoor play centre, animal farm, and outdoor play grounds. Suitable
	for children up to 10 years old.
THE ARK	Contact
PUDDENHILL	 Moorepark, Puddenhill, Co. Meath, A42 Y046
	• Tel: 046 906 7337
	Email: info@thearkpuddenhill.ie
	See more at: https://thearkpuddenhill.ie/
Huckleberry Den	Huckleberry Den Navan is a soft play adventure Centre suitable for
A M 2+ +5	toddlers and children up to 10 years. Special needs events are run
A Hard to Bound Day	once a month for children with special needs and their siblings.
attied and william	Parent and toddler mornings take place every Thursday.
2	Contact
<i>a</i>	See more at: https://huckleberrysden.ie/
	• Tel: 046 909 3377
My Little Play Home	Soft play center for children aged 1 – 11 years in Drogheda
	Quite Times – Wednesday and Thursday 10am-12pm
	Contact
	mylittleplayhomeltd@gmail.com
	Facebook: MYLITTLEPLAYHOME
	• 085-820 8303
Airbound Trampoline Park	Trampoline Park
·	 Silent Hours between 6pm and 7pm (€6 entry + €2 for socks)
	Regular Hours: €12 + €2 for socks
	-





A is be to	Contact
▲ 太レ火	info@airbound.ie
/ IR Þ ÓÙND	https://www.airbound.ie/
TRAMPOLINE PARK DUNDALK	Unit 19 Northlink Business Park , Coes Road, Dundalk, Co. Louth,
	A91HWT7
	• 042-933 3433
Awesome Walls	Rock climbing / Bouldering Centre
	Sensory Friendly Times: 10am-5pm weekdays
. 17	Contact
	dublin@awesomewalls.ie
	https://awesomewalls.ie/dublin/
	Unit 6, North Park Business Park, Finglas, Dublin, D11 YP40
	• (01) 880 0088
Emerald Park	Amusement park that accepts JAM card and Purple Card
	Contact
	https://www.emeraldpark.ie/ https://www.emeraldpark.ie/
Emeraja	Kilbrew, Ashbourne, Meath, A84 EA02
Dark	• (01) 8351999
Aura Leisure Centre	Aura swimming pools provide swimming instructors trained in
	working with children with disabilities. Children are taught in
	mainstream classes within groups of 8. Lessons begin from 3
	years of age upwards.
	Contact
	Swimming lesson timetable and additional information can be
2112	found on their website
aura	• <u>www.auraleisure.ie</u>
	 Locations: Trim, Navan, Drogheda, Dundalk
	 Trim: 046 943 8730, <u>msrtrim@auragroup.ie</u>
	 Navan: 046 907 9950, <u>navanlesson@aura.ie</u>
	 Drogheda: 041 987 4478
	 Dundalk: 042 933 6230
National Aquatic Centre	Offers swimming lessons and Inclusion Camps
	10 week swimming lessons:
	 4-10 years – Tuesdays 3pm-3:30pm
	 Teen Autism – Thursdays 7:45pm – 8:30pm





<u></u>	SPORT IRELAND
	CAMPUS

- Offers seasonal multisport camps (Summer, Halloween, Christmas, and Mid-Term Breaks
- Several Sensory Areas located in the building (free to use)

Contact

- Swimming Lessons: https://www.sportirelandcampus.ie/autism-class-swimming-lessons
- Multisport camps: https://www.sportirelandcampus.ie/kids/kids-camps-2023
- amandawynn@sportirelandcampus.ie
- Tel: 01 646 43003

Learn to Cycle

Local Sports Partnership

SPORT IRELAND

- 6 Week program that is led by a qualified Cycling Ireland instructor with active parent involvement during the session.
- On at various intervals throughout the year and in various locations around Meath
- Learn 2 Cycle Ashbourne
- Date: Thursdays March 20th April 24th
- Time: 4:30pm- 5:30pm
- Duration: 6 weeks
- Venue: Ashbourne Community School
- Cost: €15

Contact

- Organised by Meath Local Sports Partnership Terry Donegan
- Email: tdonegan@meathcoco.ie
- Website: https://www.meathsports.ie/inclusive-sports/learn-2-cycle/

Run-Jump-Throw



- 6 Week program that aids in gross motor development through different sports, fun games, and obstacle challenges that are all adaptable to the child.
- On at various intervals throughout the year and in various locations around Meath

Contact

- Organised by Meath Local Sports Partnership Terry Donegan
- Email: tdonegan@meathcoco.ie
- Website: https://www.meathsports.ie/inclusive-sports/run-jump-throw/

Inclusive Rugby

Inclusive Tag Rugby







Location 1: Navan RFC every Sunday morning at 10:00am

Location 2: Ratoath FC every Saturday at 12:30

Contact Details 1:

- Organised by Meath Local Sports Partnership Terry Donegan
- > Email: tdonegan@meathcoco.ie
- ➤ Website: https://www.meathsports.ie/inclusive-sports/inclusive-rugby/

Contact Details 2:

Contact via Facebook or Instagram

GAA-For-All



Inclusive GAA

- Meath: Ratoath Rockets, Oldcastle GFC, Moynalty GFC, Dunderry GFC, St Colmcilles (Bettystown), Navan O'Mahonys, Duleek/Bellewstown GFC
- Louth: St Fechins GAA (Termonfeckin), Dundalk Gaels, Naomh Mairtin (Monasterboice), Troche Emmets (Dundalk), Cooley Kickhams GFC (Carlingford), Glen Emmets (Tullyallen)
- North Dublin: Raheny GAA, St Peregrines (Coolmine), Ballymun Kickhams, St Maurs GAA (Rush), St Sylvester's (Malahide), ClG Na Fianna (Glasnevin)
- North Kildare: Cappagh GAA (Newtown), An Chill GAA (Kill)
- Contact: through teams' website

Football-for-All



- Weekly training sessions on in various locations around Meath
 - Organised by FAI Paddy O'Reilly
- Email: footballforall@fai.ie
- Website: <a href="https://www.fai.ie/domestic/football-for-all/football-for-all-f
- East Meath United
 - Location: Minnistown Rd, Ninch, Co. MeathWebsite: https://www.eastmeathunited.ie/
- Balrath FC
 - o Location: Balrath, C15 H9P3
 - Website: http://www.balrathgbfc.com/
- Castle Villa
 - o Location: Kells, A82 W578
 - o Website: https://castlevillameath.com/
- Enfield Celtic
 - o Location: Dublin Rd, Enfield, Meath
 - Website: https://www.facebook.com/enfieldcelticfc/







Football-for-All: Vision Impaired	Weekly training sessions on in Bettystown.
Football	Contact
1 ootbatt	Organised by FAI – Paddy O'Reilly
FAI	Email: footballforall@fai.ie
	Website: <a enjoy-"="" href="https://www.fai.ie/domestic/football-for-all/football-for-all-f</th></tr><tr><th></th><th>clubs-map</th></tr><tr><th>FOOTBALL</th><th>Donacarney Celtic</th></tr><tr><th>FORALL</th><th> Location: Dun Eimear Green, Donacarney Great, Bettystown, Co. </th></tr><tr><th>CLUB PROGRAMME</th><th>Meath</th></tr><tr><th></th><th>Website: <u>www.donacarneyceltic.com</u></th></tr><tr><th>Enjoy Tennis</th><th> Weekly training sessions on in Kells Tennis Club on Sundays </th></tr><tr><th>\</th><th>12pm-1pm</th></tr><tr><th>(0) 1450 711</th><th>Contact Dishard Targer (Kalla Targeis Clab Casala) 000 0504440</th></tr><tr><th>MEAIH</th><th>Richard Tuner (Kells Tennis Club Coach): 086-8524410</th></tr><tr><th>Local Sports Partnership</th><th>Website: https://www.meathsports.ie/inclusive-sports/enjoy-
SPORT IRELAND ——	tennis/
Dunshaughlin Dance	All classes are inclusive, they offer various dance styles for
	various ages.
	 Dance styles include: Hip-Hop, Acrobatic Dance, Ballroom/Latin,
	Jazz, and Baby Boppers
TANKAT	Contact
	Email: dunshaughlindance@gmail.com
AMEND OF MARK	Website: https://www.dunshaughlindance.ie/
D.P. Gymnastics	Offers 10 week blocks of classes (with trial period)
D.i . Cyliniastics	
La Land	Location: Drogheda OR Balbriggan Oartast (01) 000 4000
	• Contact: (01) 690 4208
	Website: https://dpgymnasticsclub.com/
Ashbourne Gymnastics	Inclusive Gymnastics Classes
	When: Fridays at 5:30pm-6:30pm
	Location: Ashbourne Community National School
CGC	• Contact: 085-7663650
- · · · -	
Duranaha ant Mantial Anta Assat	
Braveheart Martial Arts Academy	All classes on offer are inclusive to all children. Instructors are
	able to adapt the class to the child.
	Location: Oak Tree Industrial Estate, Trim, Co. Meath





EXTERES POR	Contact > Website: https://www.facebook.com/braveheartkenpo/ • Email: tigerbren@gmail.com
Mini-Athletes ATHLETICS R	 Inclusive strength and movement development classes that are held in various locations. Age Groups: 2yrs - 3½yrs, 3½yrs - 5yrs, 5yrs – 7yrs Locations: Navan (Claremount Stadium), Drogheda (Marian Park), Swords (ALSAA) Contact Website: https://www.miniathletics.com/mini-athletics-dundalk-drogheda-and-swords-summary/
Spectrum Fitness Huntstown Spectrum KIDS FITNESS	 Spectrum Kids Fitness organises evening classes for its participants to take part in a variety of different activities each week, with the main goals of building fitness as well as developing one's social skills and self-confidence. They run classes for autistic children Contact 0872568678 Facebook: Spectrum Kids Fitness
Scouts SCOUTING IRELAND	 All scouting groups in Ireland are inclusive and the leaders Locations include: Dunshaughlin (A85PN28), Dunboyne, Stamullen (K32C433), Kentstown, Donore (A92FW14), Ratoath (A85TX29) Dunshaughlin: info@7thmeathscouts.ie Dunboyne: GLFirstMeathDunboyneScouts@gmail.com Stamullen: stamullensg@gmail.com Kentstown: 21smeath@gmail.com Donore: 22ndmeath@gmail.com Ratoath: 9thmeathratoathgroupcouncil@gmail.com
Coder Dojo	A volunteer organisation which helps kids learn how to program, build websites, animate games with different software programs and computer languages. Contact

Navan: https://www.facebook.com/CoderDojoNavan/

Dunshaughlin: https://www.facebook.com/CoderDojoDunshaughlin1/





Duleek/Bellewstown GFC



- Duleek/Bellewstown GFC all-star sessions are fun activities for children with additional needs.
- Starting on Thursday the 9th of January from 5-6pm for 6-week blocks
- No booking needed just show up on the day

Contact

Tel: 01-8240696

• Instagram; https://www.instagram.com/duleek.bellewstown.gfc/

Meath Sports Partnership



- Welcome to the Sports Ability Section of the Meath Local Sports
 Partnerships website. This section of the website contains all
 information relevant to Children & adults with a disability looking to
 participate in Sport & Physical Activity.
- Meath Local Sports Partnership set out in its strategic plan the need to
 promote and support the inclusion of people with disabilities in sport
 and physical activity through the development and implementation of a
 Disability Sport Action Plan. Meath LSP would encourage any group or
 individual looking for additional information regarding sport and
 physical activity for people with a disability to contact Terry Donegan
 below.
- https://www.meathsports.ie/inclusive-sports/





Support Groups

SPECIAL HANDS ACTIVITY GROUP	Special Hand Group is a community and parent-led registered
Special Hands Activity Group	charity who organise activities, camps and social events for children & young adults who have additional needs. Based in Kells, Meath Website: https://www.specialhandsgroup.com/
RARE IRELAND RARE IRELAND We Are Stronger Together	 Rare Ireland was set up in 2017 by two mothers of daughters with rare chromosome disorders, Laura Egan and Louise O'Keeffe. Rare Ireland was initially set up as a Facebook support group for parents of children and young adults living with rare conditions and was successful in obtaining charity status in February 2022. Website: https://rareireland.ie/
TAG Meath Autism Group Autism Group	 TAG run Junior and Senior Group Activities as well as weekly Parent Support. Based in Navan Website: https://tagmeathautismgroup.ie/
Fáilte Ireland	 TradFest is a joyful celebration of Irish identity through music. Each January, it showcases the best of established and emerging musical talent at a landmark festival which is rooted in the historic and atmospheric setting of Dublin city and county. Annual inclusive music festival for people with additional needs. Instagram: https://www.instagram.com/ablefestireland/?hl=en Tel: 087.280.0908 Email: ablefest@gmail.com
ARCH CLUBS	 Social Club for people with additional needs Various Locations around Meath and Louth. Listed here: https://www.archclubs.com/clubs
SNOWFLAKES Autism Support	 Registered Charity based in Swords. Parent Support, events and activities for members.





snowflakes autism support	Website: https://www.snowflakes.ie/
SPECTRUM SPIRT	Ratoath GAA Monthly Parent Support Group
Spectrum Spirit The Martillanes di Rende di Hony	 We are a friendly,non judgmental support group for parents and carers of Autistic children within Ratoath/Meath area. Instagram: https://www.instagram.com/spectrum_spirit_/?locale=zh_CN&hl=af
Trim Family Resource Centre	Trim Family Resource Centre host a Parents Support Group that meets
Supporting Parents	once a month for parents of children and young people with a disability/additional needs. • More events are planned for Autumn/Winter 2024 and details of upcoming meetings and events can be found on Trim-Family Resource-Centre Facebook page and on the Parent Support Group's Instagram page at parentsupportgroup_meath • You can also join our Parent Support Group email list by emailing maryrose@trimfrc.ie or caroline@trimfrc.ie Contact: • Facebook; https://www.facebook.com/trimfamily.resourcecentre • Instagram; https://trimfamilyresourcecentre.ie/parent-support-
	group/





Walks around Meath

Loughcrew Time: 40-75 minutes Length: 3-4km trail Difficulty: Moderate Stat-point: Loughcrew Cairns Car Park Girley Eco Bog Walk Time: 90-120 minutes Length: 6km trail Difficulty: Moderate Stat-point: Drewstown Woods, near Kells **Balrath Woods** Time: 10-30 minutes Length: 600m-1.6km trail Difficulty: Easy Stat-point: Balrath Woods Car Park **Boyne Ramparts Walk** Time: 2-2.5hrs Length: 16km Difficulty: Moderate Stat-point: Stackallen or Navan Ramparts **Mullaghmeen Forest** Time: 120 minutes Length: 6km Difficulty: Moderate Stat-point: Mullaghmeen Forest Car Park



Tel: 01-8240696



Summerhill Woods	Time: 45 minutes – 1 hour
	Length: 2.9km
	Difficulty: Easy
	Stat-point: Summerhill Wood Car Park
Hill of Tara	Time: 30-40 minutes
	Length: 5km
	Difficulty: Moderate
	Stat-point: Church Car Park, Tara Hill
Trim Castle River Walk	Time: 40 minutes
A :5: 40	Length: 1.5km
	Difficulty: Easy
	Stat-point: Trim Castle Car Park
Littlewood Forest Walk	Time: 40 minutes
	Length: 2km
	Difficulty: Easy
	Stat-point: Forest Entrance Car Park
Beaches	Morington Beach
	Bettystown Beach
	Laytown Beach
	Clogherhead Beach (Louth)







- Port Beach (Louth)
- Annagassan Beach (Louth)
- Termonfeckin Beach (Louth)

Rossnaree Boyne Canal Walkway



Location: Rossnaree, Meath (Donore area)

Sonairte Eco-Centre and Gardens



Location: The Ninch, Laytown, Meath

Open Friday-Sunday 10am-5pm

Website: sonairte.ie

Porchfield and Talbot's Castle Loop



Location: Trim castle car park

Time: 30 MinutesLength: 1.9km trailDifficulty: Easy

Royal canal way: Enfield to Moyvalley



• Stat-point: Enfield town

Time: 90-120 minutes

• Length: 12.9km trail

Difficulty: Moderate





Slane: Boyne footpath trail

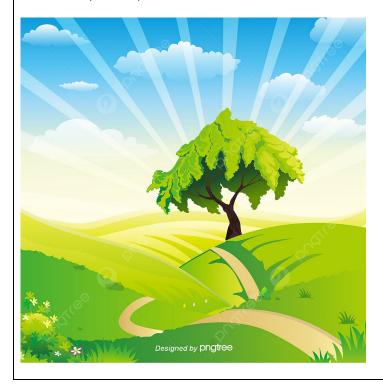


• Stat-point: Slane Town

Time: 3hrs 51 minutesLength: 11.7 km trail

Difficulty: Moderate

Blackwater park loop



 Stat-point: Car park beside ESB networks Navan town

Time: 25 MinutesLength: 1.6km

Difficulty: Easy





Special Olympics Ireland-Sports

Special Olympics Ireland: Club Locations: Ashbourne, Dunshaughlin, Navan, **Athletics** Drogheda Ashbourne: Ashbourne Community Centre; Saturday 10-11am • Dunshaughlin: Dunshaughlin Community Centre; Tuesday 6-7pm • Navan: Claremount Stadium; Friday 7-8pm Drogheda: Slaugh Hall; Monday 6:45-9, Friday 8-9pm Website: https://www.specialolympics.ie/localclubs/find-a-club?k=&location=32&sport=43 **Special Olympics Ireland:** Club Locations: Navan (Arch Club), Drogheda **Basketball** Navan: Navan Arch Club, Beaufort College; Thursday 7:30-9:30pm • Drogheda: Drogheda Institute of Further Education; Wednesday 7:30-8:30pm Website: https://www.specialolympics.ie/local- clubs/find-a-club?k=&location=32&sport=45 **Special Olympics Ireland:** Club Locations: Navan (Arch Club), Drogheda Bocce Navan: Navan Arch Club, Beaufort College; Thursday 7:30-9:30pm Drogheda: Slaugh Hall; Monday 6:45-9pm Website: https://www.specialolympics.ie/local- clubs/find-a-club?k=&location=32&sport=46 **Special Olympics Ireland:** Club Locations: Kells **Equestrian** Kells: Kells Equestrian Centre; Tuesday 4:30-5:30pm, Wednesday 5-6pm Website: https://www.specialolympics.ie/local- clubs/find-a-club?k=&location=32&sport=48





Special Olympics Ireland: Floorball	 Club Locations: Navan (Arch Club), Navan (Royal Rovers), Ashbourne Navan: Navan Arch Club, St. Mary's Hall; Wednesday 7-8pm Navan: Royal Rovers, Claremont Stadium; Tuesday 6-7pm Ashbourne: Ashbourne Community Centre; Saturday 10-11am Website: https://www.specialolympics.ie/local-clubs/find-a-club?k=&location=32&sport=46
Special Olympics Ireland: Football	 Club Locations: Ashbourne, Drogheda Ashbourne: Ashbourne Community Centre; Thursday 7-8pm Drogheda: Leisure Park; Thursday 7-8pm, Saturday 12-1pm Website: https://www.specialolympics.ie/local-clubs/find-a-club?k=&location=32&sport=50
Special Olympics Ireland: Golf	 Club Locations: Drogheda Ashbourne: Ashbourne Community Centre; Drogheda: County Louth Golf Club; Thursday 11-12pm Website: https://www.specialolympics.ie/local-clubs/find-a-club?k=&location=32&sport=50
Special Olympics Ireland: Kayaking	 Club Locations: Cavan Town Cavan Town: Cavan Canoe Centre; Wednesdays 6:30-8:30pm (Summer Time) Website: https://www.specialolympics.ie/local-clubs/find-a-club?k=&location=16&sport=53





Special Olympics Ireland: Motor Activities	 Club Locations: Navan Navan: Navan Arch Club (No Details-keep an eye on Facebook) Website: https://www.specialolympics.ie/local-clubs/find-a-club?k=&location=32&sport=57
Special Olympics Ireland: Swimming	 Club Locations: Trim, Navan, Drogheda, North Dublin, Corduff Trim: Aura Leisure Centre, Trim; Wednesdays 7-8pm Navan: Aura Leisure Centre, Navan; Tuesday 7-8pm Drogheda: Drogheda Leisure Centre; Friday 6:45-8pm North Dublin: ALSAA; Thursday 7-8pm Corduff: National Aquatic Centre; Sunday 4-5pm Website: https://www.specialolympics.ie/local-clubs/find-a-club?k=&location=32&sport=57
Special Olympics Ireland: Table Tennis	 Club Locations: Navan Navan: Navan Arch Club; Thursday 7:30-9:30pm Website: https://www.specialolympics.ie/local-clubs/find-a-club?k=&location=32&sport=56
Special Olympics Ireland: Tenpin Bowling	 Club Locations: Drogheda (Navan Arch Club), Navan (Navan Arch Club) Drogheda: Drogheda Leisure Centre; Wednesday 7-9pm Navan: The Zone; Wednesday 7-9pm, Friday 6-7pm









Shops for Sensory Goods and Toys

•	, , , , , , , , , , , , , , , , , , ,
Adam and Friends	 Adam & Friends hold a range of toys and equipment for premature babies and children with special needs. The also install multi-sensory rooms and products and child safety systems in schools and the home. Contact See more at: specialneedstoys.com Tel: 01 899 1041 Shop In store: Unit 10B 4, Stadium Business Park, Ballycoolin Road, Dublin 11
Sensational Kids	 Sensational Kids is service for children with special educational needs based in Co. Kildare. As part of the organisation they run a child development and learning store which stocks a range of skill building toys and therapy products and books. All proceeds from sales help towards funding occupational therapy & speech and language therapy services for children at Sensational Kids. Contact See more at: SensationalKids.ie Phone orders: 045 520 900 Shop In-Store: Unit F2 Kildare Business Park, Kildare Town
Sensory Kids Store	 The Sensory Kids Store is an online store that sells products to meet a child's sensory needs. Products are listed under seeing, hearing, talking, touching, smelling, moving, feeling, learning and multi-sensory toys. Contact See more at: sensorykidstore.com
Thinking Toys	Thinking Toys is an Irish run business that sells a range of products for children with special needs or learning disabilities. Products can be viewed at thinkingtoys.ie. The business also runs annual Christmas Toy Shows in October and November. Contact







Tel: 061 374402 or 085 889 4855 Email: info@thinkingtoys.ie

Do not forget to check ALDI and LIDL for alternative options or search for similar toys on Amazon

This list was jointly created with the CDNT 4 staff members, our family reps & families who attended our Family Forum in February 2025. If you have anything additional to add/remove, please do not hesitate to contact admin and we will amend same.