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ireland**

Disability Services
Life With No Limits

Mid Wicklow Services - CDNT 6

Newsletter | Spring 2025



Welcome

Welcome to the Spring 2025 Newsletter for the Mid Wicklow Children's Disability Team. Thank you for your time reading our updates



We appreciate your continued support in working towards improving communication with families. If you have ideas, you would like to share for future newsletters,

Please email cdnt6wicklow@enableireland.ie.

Warm regards
CDNT 6 team

Highlights

- ▶ **Advice Corner**
Teaching Independent Cycling to Children with Ambulant Cerebral Palsy
- ▶ **Team News**
Update from the team
- ▶ **Spotlight on Resources**
Recent experience of attending parent workshops
- ▶ **Upcoming events**
A calendar of groups and workshops on offer in Spring 2025

Advice Corner



Aisling Renshaw

Clinical Specialist Physiotherapist (Management of Tone)

Congratulations to Aisling on winning best poster presentation at the CRC conference in October. Aisling's poster outlined her work on Teaching Independent Cycling to children with Ambulant Cerebral Palsy. She has produced a two part video series exploring teaching children with ambulant Cerebral Palsy how to ride a bike. Part 1 reviews considerations of what to look for in bike set-up, size and design of bike. Part 2 was produced by 3 children who use Enable Ireland Service and they teach the specific skills required and stages of learning to cycle independently. Viewers are also shown various adaptations which can be made to bikes which can be useful especially for children with hemiplegia. Check the resources out by scanning the QR codes below.

The videos are available on the Enable Ireland You-Tube Channel which includes many teaching videos on playlists including 'Neurodiversity' and 'Independence Skills'.

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**Children's
Disability
Network
Team**



CDNT 6 Team News

Staffing Update

Whilst there have been some departures from the team, leaving us with two Occupational Therapy vacancies, we are delighted to welcome some new members to the team. We have welcomed staff in the following areas:

- Positive Behaviour Support (part -time)
- Physiotherapy and Occupational therapy Assistants (both part - time)
- Speech and Language Therapy (0.8 WTE post)

We are in the middle of a new graduate recruitment campaign for the following posts:

- 2 X Occupational Therapy
- 1 X Speech and Language Therapy

We have received great interest in this recruitment campaign and hope we will be successful in recruiting into these positions.

Missed Appointments

If you are unable to make your appointment please advise us as soon as possible as we can offer it to another family.

If your child needs have changed please let us know.



Easter Inclusive Event

Following the success of our Halloween inclusive event, and based on parent feedback this year we held our first Easter CDNT community event.

This event provided families access to supportive Easter activities within a safe structured environment . We hope you all had fun.

Wheelchair Training

We are delighted to let you all know that Wheelchair Skills Training took place again this year! Go-Kids-Go ran on Friday 25th April 2025. This was a training day for children and young people and their families.

This training was hosted this training at CCM school sports hall. This has been running for a number of years in Wicklow and Dublin with great feedback every time.



Video Resources

enableireland.ie/resources

enable ireland

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Spotlight on Resources

Community Lego Group



AIMS

Assess and inclusion model information for parents.

In February we welcomed, representatives from better start to the CDNT to provide us with information on the AIMS model. This model aims to create a more inclusive environment in pre-schools, so all children, regardless of ability, can benefit from quality early learning and care. The model achieves this by providing universal supports to pre-school settings, and targeted supports, which focus on the needs of the individual child, without requiring a diagnosis of disability.

For additional information on all supports available and the application process please review the AIM website at www.aim.gov.ie

Find us on  /aosome.kids.club

wicklow town library

AUsOME KIDS CLUB
FOR NEURODIVERGENT KIDS AGED 4+

lego art & more

10am - 11:30am

25 Jan	19 Jul
15 Feb	16 Aug
22 Mar	20 Sep
26 Apr	18 Oct
17 May	15 Nov
21 Jun	13 Dec

book now **FREE**


Diagnosis not required
Siblings welcome
Pre-booking required
Guardian required to stay

Local Gym & Fitness Groups

Shoreline Bray/Greystones

<https://www.shorelineleisure.ie>

Full gym and 25m 'Pool

16+ Gym access

Accessible for all

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CDNT 6 Spotlight On Resources

School Applications

We are aware that this time of year can be very difficult for some of our families who do not have a confirmed school place yet. A reminder that, the National Council for Special Education, contact details for special education need officers can be found at <https://ncse.ie/for-parents-2>

Out and About – Accessible and Inclusive Spaces
<https://crosscareyouthinfo.ie/out-and-about-accessibility/>

Inclusive places and spaces offers more than just somewhere to go or something to do; they allow everyone to enjoy the outside, feel the excitement of new adventures, and gain confidence by learning new skills. These spaces help build friendships, encourage personal growth, and create a sense of belonging.



TY work experience

CDNT 6.

I did my placement in the Children's Disability Network Team from the 9th-14th of February 2025.

I truly enjoyed this placement it opened up different pathways I would like to explore as I get older.

I very much enjoyed SLT and OT they were my two favourites I was allowed take part in. They made me realise I would like to work in an environment like this.

I would definitely work in CDNT again it was such an experience to work here.

Amy Doyle
TY Student



CDNT 6 Past Events



Event	Ages	Group	Description
Decider	12-18 yrs	Targeted	The Decider Skills use Cognitive Behavioural Therapy to teach children, young people and adults skills to recognise their own thoughts, feelings and behaviours, allowing them to monitor and manage their own emotions and mental health. This programme ran for 12 weeks over March, April & May 2025.
Sensory Workshop	All ages	Targeted	Sensory Intervention Programme. At the parent training we will come together to learn how to recognise the body's senses and how sensory processing works. Connect with other parents in a supportive environment. If you attend the training you received a follow up 1:1 Occupation Therapy Intervention at the Sensory Clinic. This ran in March and April 2025.
Easter Event	All ages	All	Our first Easter CDNT community event was held on Wednesday April 16 th . This event provided service users access to supportive Easter activities within a safe structured environment . We hope you all had fun.
Parent Support Sessions	All ages	Targeted	The aim of these sessions is to give parents/carers some time for themselves. To provide an opportunity for parents/carers to meet and share common experiences and ideas. There are three sessions, two sessions have already run and the third session will be run on Friday 23 rd May 2025.
Visuals	6-12	Targeted	Visual supports are beneficial for children and families, aiding, attention, listening, communication, independence, emotional, regulation, behaviour management, and understanding social interaction differences. This program ran on Friday 7th March 2025.
Postive Mealtimes	All	Targeted	Mealtimes can be a difficult time, with some of our children experiencing, preferences around the types of foods that they eat . This series of workshops aims to offer you some strategies and ideas support positive mealtimes for you and your child. This was run in February & April 2025 over two sessions.



CDNT 6 Upcoming Events



Event	Date	Ages	Group	Description
Transition to Primary School	22nd May 2025	4-6 yrs	Targeted	<p>This workshop will focus on:</p> <ul style="list-style-type: none"> - Concerns you may have - Ideas to help support your child - Practical strategies - Communication passport - Essential skills - Social Stories <p>This workshop is aimed at parents of children who are entering Primary School this coming September 2025.</p>
Busy Fingers July 2025	July 2025	4-12 yrs	Targeted	<p>The programme will focus on developing your child's fine motor and handwriting skills. We will work on these skills through fun games and practical activities. Activities chosen will help build your child's confidence and self-esteem. The programme will be offered through either group or individual sessions based on your child's needs. Running throughout July 2025.</p>
Transition to Secondary School	August 2025	12 yrs +	Targeted	<p>This 2 session (3 hours per session) group focused on helping the young teens to prepare for the transition to secondary school and some of the changes and worries that might come with this. Provisionally this will be scheduled the week of August 11th 2025'</p>

WICKLOW TOWN LEARN TO CYCLE



Learn 2 Cycle Taster Sessions

Saturday 10th May 2025

Will run in Arklow, Blessington, Greystones and Bray. These sessions are fully inclusive, and an opportunity for both parent and child to engage around learning to cycle. Please contact your CDNT for further details.

