

North Tipperary Parenting Support Guide



INTRODUCTION



Welcome to the North Tipperary information guide on Parenting Supports. We all need information and support to help us succeed at whatever we do. Parenting and caring for our children is no different. Getting the right information and support at the right time can really make a difference to the wellbeing of your child, your family and you.

Parents and carers are busy so finding your way around the overwhelming amount of information available can be tricky. It can sometimes be difficult to find out just what is available locally. The North Tipperary Parenting Strategic Working Group designed this brochure to bring you reliable information about the range of parenting supports available in North Tipperary.

The North Tipperary Parenting Strategic Working Group is a network of statutory and voluntary services that work together to offer parenting and family support within North Tipperary. The group aims to coordinate resources, information and services to improve family outcomes through parenting supports and increased parental participation.

Within the brochure you will find information on how to make contact with services and an outline of the parenting supports each service provides. There is also some useful information regarding the key parenting messages and National Support Line details.

We hope you find the brochure useful and if you require any additional information please contact any of the services in the brochure. We would also like to hear from you if you have any feedback or suggestions.

**There is no
such thing as a
perfect parent.
So just be a
real one.**

Sue Atkins







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North Tipperary Parenting Support services



Barnardos – Thurles Family Support Service



 **The Mall House, Slievenamon Road, Thurles, E41 AC97**
 **0504 20018**
 **Info@thurles.barnardos.ie**
 **www.barnardos.ie**

Barnardos Family Support and Targeted Early Intervention Service provides support to children, young people and their parents/carers either in the family home or at our project base. We work together with families and other relevant stakeholders to identify needs and to plan programmes of work to achieve desired outcomes.

Barnardos aims to work with both fathers and mothers as this supports consistency in parenting and strengthens outcomes for children.

Service Area

Thurles Primary Care Team area for individual and family work and North Tipperary area for Group work programmes.

Service Offered

- Information, advice and support to children, young people and their families
- Individual programmes of work with children
- Barnardos Partnership with Parents Programme
- Family work
- Group work programmes for children and parents
- Targeted Early Years Service
- Parent & Toddler Group
- Parenting Workshops
- TLC Kidz project for children and mothers who have experienced domestic violence.

Referrals



Referrals are accepted from parents/carers and from professionals who have agreed the referral with the family.

Please contact the number or email above.



Child and Adolescent Mental Health Service (CAMHS)



-  **Tyone Health Centre, Nenagh E45 KH59**
-  **067 46455 (09.00am to 05.00pm Mon-Fri)**

Young people/children attend CAMHS due to acute mental health concerns. The presentations/assessment requirements include symptoms of: depression, acute anxiety, suicidal intent, psychosis, eating disorders and Attention Deficit Hyperactivity disorder.

Service Area

North Tipperary

Interventions include

- Parent Mental Health Assessments and Interventions
- Counselling/psychotherapy
- Parent mental health education
- Sometimes medication.




Referrals

Referrals are primarily accepted through GPs regarding moderate to severe mental health presentations.



Community Substance Misuse Team



-  **2nd Floor, Arthurs Quay House, Limerick City, V94XVR0**
-  **061 318904**
-  **www.csmt.ie**

Community Substance Misuse Team (CSMT) aims to assist young people, families and communities to develop effective and supportive coping strategies to deal with substance misuse in the Mid-West.

Service Area

North Tipperary, Clare and Limerick

Service Offered

CSMT offers support for young people with substance misuse. The 5 step model of family support is used providing parents with effective coping skills when a loved one is involved in substance misuse.

Supports offered to parents include:

- one to one counselling or advice sessions
- the Strengthening Families Programme (SFP) is also offered to families and is run once a year
- Holistic treatments offered, including acupuncture and mindfulness
- relaxation day groups (delivered out of the CSMT Limerick office).



Referrals

Self-referrals are welcome and are found at www.csmt.ie/contacts/



North Tipperary Child & Family Primary Care Psychology Department



 **Tyone Health Centre, Tyone, Nenagh, Co. Tipperary, E45 KH59**
 **067 46442**

The North Tipperary Child and Family Primary Care Psychology department provides assessment and intervention to young people aged 0-18 and their families who are experiencing emotional and/or behavioural difficulties or mental health difficulties of a mild/moderate nature.



Service Area
North Tipperary

Service offered

Waiting list initiatives such as workshops and parent group interventions (e.g. Circle of Security Parenting-COSP). Individualised assessment, formulation and evidence-based interventions from a variety of approaches based on psychological theories.

Referrals




Referrals are accepted on the primary care referral form or in letter format from GPs, Area Medical Officers, Public Health Nurses, Paediatricians/other medical doctors, HSE therapists such (e.g. SLT, OT, Physiotherapy), Secondary care multidisciplinary HSE teams (e.g. Children's Disability Services, Child and Adolescent Mental Health Services) and other agencies e.g. NEPS, Tusla.

Self-referrals are not accepted.



North Tipperary Children's Services Early Intervention and School Age Team



 **Belmont, St Conlon's Road, Nenagh, Co. Tipperary, E45 E208**
 **067 40130**
 **www.mwcds.ie**
www.hse.ie

Early Intervention and School Age Teams are committed to working in partnership with families of children with disabilities/developmental delay to minimise the impact of disability and maximise opportunities for growth and development.



Service Area
North Tipperary

Service Offered

The teams offer assessments for children, with actual or potential developmental difficulties, to determine the nature and extent of a child's difficulties. Early Intervention for very young children supports the child's family in enabling the child to reach his/her potential.

Referrals

Regional Referral Form to be completed by a health care professional.

Referral Forms can be found on the service website which is mwcds.ie



North Tipperary Development Company



-  **Nenagh Head Office:** 2nd Floor, Friars Court,
Co. Tipperary, E45 KN59
-  **067 56676**
-  **Roscrea:** Main Street, Roscrea, Co. Tipperary, E53 XP82
-  **Tel 0505 24166/24168**
-  **Thurles:** 1 Kickham Street, Co. Tipperary, E41 D935
-  **0504 90579**
-  **www.ntdc.ie**
-  **Northtipperarydevelopmentcompany**
-  **Northtippdevcom**
-  **Northtippdevcom**

North Tipperary Development Company (NTDC) is a community based local development company that provides a wide range of supports and services across North Tipperary. NTDC programmes include the LEADER Programme, SICAP, RSS, Tus, Domestic Violence Service, Primary Care, Youth Services, and Childcare. Many of these programmes offer supports to all families including, parents, guardians, children and young people.

Social Inclusion and Community Activation Programme from North Tipperary (SICAP)

North Tipperary Development Company manages the Social Inclusion and Community Activation Programme from North Tipperary (SICAP). As part of this programme staff offer a diverse range of one to one, group, enterprise and training supports and services to individuals. These range from personal development supports, career guidance, training and work readiness services, enterprise development and learning for life.

Referrals

These supports and services are available via self-referrals. Referrals are also accepted from all agencies e.g. Gardai, Schools, Social Work, NTDC, Youth & Community Workers, GP's, Family Resource centres, etc.



Email:

sicap@ntdc.ie or contact any of the NTDC offices and ask to speak to a member of the SICAP team.

Roscrea Family Support Project

This community based family support service is managed by NTDC and provides a range of parental and youth supports in the Roscrea area. The supports available are:

- Advice/information on parenting
- Support on issues affecting parenting
- Improving social and community connections
- Referrals to other supports and services
- Meitheal
- Supporting establishment of parenting support groups.

Referrals

Referrals are accepted from all agencies e.g. Gardai, Schools, Social Work, NTDC, Youth Workers, GP's, Family Resource centres, etc. Self-Referrals are also welcome.







Contact Roscrea Youth Service on 0505 24462 or download our referral forms from the company website under Youth Services tab. Email nmarci@ntdc.ie

Find us on Facebook @Roscrea Youth Service or visit www.ntdc.ie youth services page for more information.



Ascend Domestic Abuse Service for Women



-  **Main Street, Roscrea, Co. Tipperary. E53 XP82**
-  **0505 23999 (Helpline) or 087 9501299**
-  **ascend@ntdc.ie**
-  **www.ntdc.ie/programmes/ascend/**
-  **www.facebook.com/AscendDomesticAbuse/**
-  **twitter.com/AscendAbuse**

Ascend Domestic Abuse Service for Women is a service of North Tipperary Development Company. We provide support and information to women who have or are experiencing domestic abuse in their intimate relationships. We aim to put the safety of women and children at the centre of our work. We aim to empower women in their lives, and to advocate on their behalf where appropriate.

Service Area

North Tipperary

Service Offered

- This service offers support, information, listening and an understanding of domestic abuse issues. We can meet you at a place and time of your convenience throughout North Tipperary
- We offer a confidential listening and information telephone service
- Emotional Support
- Safety planning
- Court accompaniment service
- Accompaniment to Child Protection Conferences and other meetings
- Personal Development group for women
- We also deliver a Healthy Relationships programme for Transition Year students
- We are part of the inter-agency group-work programme TLC Kidz hosted by Barnardos for children and mothers who have been exposed to domestic abuse
- We are part of the North Tipperary Service Providers Forum on Violence against Women, Safe Ireland, and the Irish Observatory on Violence Against Women.

Referrals





Referrals are accepted from all agencies e.g. Gardai, Courts, Social Work, Barnardos, NTDC, Youth Workers, GP's, Family Resource centres, etc. Self-Referrals are also welcome.

There is a referral form on our website www.ntdc.ie/programmes/ascend/



Public Health Nursing



-  **Health Centre, HSE, Tyone, Nenagh, Co. Tipperary, E45 KH59**
-  **067 46400**
-  **St. Mary's Health Centre, HSE, Parnell St., Thurles, Co. Tipperary, E41 PN20.**
-  **0504 27600**

The Public Health Nursing Service provides universal Maternal, Child Health and Welfare Services throughout North Tipperary. The service focuses on the health and wellbeing of mothers and children, and on the developmental screening of children from birth to preschool age group.

Service Area

North Tipperary

Service Offered

- Antenatal Care
- Postnatal Care
- First Visits to Newborn Infants
- Blood Spot Screening
- Core Developmental Screening of all Children from birth to pre-school age group
- Breast Feeding Support
- Weaning and Infant Nutrition
- Immunisation advice and support
- Advice and support to children and families via onward referral to other services e.g. Community Mothers Programme, Barnardos, Community Crèches, and Early Intervention Services
- A School Health Screening Service is also provided to all primary school children to assist children remain healthy, and support children with healthcare needs.






Referrals

Referral sources include; self, family member, hospital Staff, General Practice staff, allied health professionals, Voluntary services/organisations or from a member of the public.



Silver Arch Family Resource Centre



-  **52 Silver Street, Nenagh, County Tipperary, E45 P624**
-  **067 31800**
-  **www.silverarchfrc.ie**
-  **www.facebook.com/silverarchfrc**
-  **[Twitter.com/silverarchfrc](https://twitter.com/silverarchfrc)**

Silver Arch Family Resource Centre provides support services that are responsive to the needs of individuals, families and the local community. Whether you are a new parent and would like to join a parent/toddler group; a parent who wants to enhance skills or resolve parenting issues, or would like to join an activity group, to get out and meet people – getting in contact with the centre is a good place to start!

Service Area

Support services are available in Nenagh and in other parts of North Tipperary. Support can be delivered via group or one to one sessions. Links are created for families to other services when required.

Service Offered

- Community Mothers Programme
- Parent Support
- Parent Advocacy (for parents whose children are in care)
- Family Support
- Low cost counselling
- Play therapy
- Adolescent counseling
- Community groups
- Health and Well-being programmes

Referrals

Self referrals are welcome. We also receive referrals from Tusla, GPs, schools, Public Health Nurses and other services.



Templemore Community Services Centre

-  **Bank Street, Templemore, County Tipperary**
-  **0504 31244**
-  **www.facebook.com/templemorecommunityservicescentre/**

Templemore Community Services Centre provides support services to individuals and families in Templemore and the surrounding areas.

Service Area

Templemore and surrounding areas.

Service Offered

- An advice and information service is available to individuals who need support with issues such as housing, social welfare payments and applications, and information about local services
- Community Social Work service offers support to individuals around issues including family relationships, domestic abuse, and personal development
- Group support for parents includes weekly Templemore Parent and Toddler group, as well as the Incredible Years Baby Parenting programme, and the Mellow Bumps group for mums-to-be, which are run at various points during the year
- One to one support can take the form of assisting parents with practical issues, as well as advocating for services for a family, and individual work with children. One to one parenting support can focus on parenting skills, personal development as a parent, and linking parents and children to other relevant services where appropriate. Families are encouraged to engage with the TUSLA Meitheal process where extra support is necessary.





Referrals

Referrals are welcome from Schools, GPs, Public Health Nurses, Probation Services, and Tusla Child and Family Agency, as well as self referrals.



Tipperary Children and Young People's Services Committee



-  **Ruairí Ó Caisleáin, Tipperary CYPSC Coordinator**
-  **087-9953835**
-  **Ruairi.OCaisleain@tusla.ie**
-  **www.tipperarychildrenandyoungpeopleservices.ie**
www.cypsc.ie

Tipperary Children and Young People's Services Committee (CYPSC) is a county level committee that brings together the main statutory, community and voluntary providers of services to work together for better outcomes for children and young people, aged 0 – 24 years.

- More information on the work of Tipperary CYPSC is available at the national CYPSC web-site link at **www.cypsc.ie**
- Tipperary CYPSC has also produced an on-line services directory, listing the range of service provision in the county catering to children, young people, and young adults, from 0 – 24 years. This is available on it's website.

Service Area

Tipperary

Service Offered

Tipperary CYPSC issues a Parenting Supports calendar at the beginning of each yearly quarter, 4 times a year. The purpose of the calendar is to provide accurate, up-to-date information on parenting programmes, parenting support services, Parent & Toddler Groups and Mother and Baby Groups being run around the county during any specific quarter. The calendar is for families and for agency staff working with children and families. The calendar provides specific details on where the programme or service is available, what it offers, when it is taking place and what agency to contact for further details. An information sheet, which is generally issued with the parenting support calendar, provides a summary of all parenting programmes that have been run in the county with web-links for further information about specific programmes.

Referrals

Further information about the Tipperary CYPSC Parenting Support calendar is available from Ruairí as above.



Tipperary Childcare Committee



-  **2nd Floor, Civic Offices, Friar St., Cashel,
Co. Tipperary E25 KX94**
-  **062 64200**
-  **info@tccc.ie**
-  **www.facebook.com/tipperarychildcarecommittee**

Funded by the Department of Children and Youth Affairs, we provide information and support to early years providers, parents, childminders and employers to improve accessibility, affordability and quality of early years services in County Tipperary.

Service Area

Tipperary

Service Offered

- We provide information and support to early years providers, parents, childminders and employers to improve accessibility, affordability and quality of early years services in County Tipperary
- We provide advice and information to parents seeking an early years service, help to ask the right questions when they are choosing a service and on financial assistance available
- Our staff offer a range of supports to early years providers including
 - information and advice on the National Practice Guidelines (Siolta & Aistear)
 - accredited and non accredited training opportunities
 - compliance with Pre-school Regulations and funding requirements
 - most importantly on service development and improvement.



Tusla Child and Family Agency



**Civic Offices, Limerick Road, Nenagh,
Co. Tipperary E45 A099**



067 46615



www.parenting24seven.ie | www.tusla.ie



Prevention, Partnership and Family Support (PPFS)

Tusla Prevention, Partnership and Family Support is a programme of early intervention work to support families to improve outcomes for children. This includes the Meitheal National Practice Model and signposting to relevant services.

Parenting 24/Seven

The Tusla website www.parenting24seven.ie / www.tusla.ie is a source of trusted and reliable information that parents need to help their family's health, development and wellbeing. The website offers important messages from international and national research on parenting, human development and children's wellbeing, resources and interactive content that can be downloaded, videos on Attachment & Bonding, Positive Parenting and Parenting Teenagers. Resources are available in multiple languages.

Parenting Support Champions

The Parenting Support Champions Project is part of the Prevention, Partnership and Family Support work of Tusla. There are now over 140 Parenting Support Champions in place in Ireland with a wide variety of skills and expertise. The North Tipperary Parenting Support Champions work for Barnardos, MORE Family Support Project, Silver Arch Family Resource Centre and Tusla. The aim of the project is to support Parenting in Ireland and the role of the Parenting Support Champions is to:

- Promote parenting, family wellbeing and Tusla's Parenting Support Strategy within their area both geographical and professional
- Support and encourage parental participation within their communities
- Promote the Tusla parenting website www.parenting24seven.ie and the 7 General Messages.



Early Years Services

The early years inspection and registration service is the independent statutory regulator of early years services in Ireland. Its role is to promote and monitor the safety and quality of care and support of the child in early years services in accordance with the legislation. The early years inspectorate registers and inspects preschools, playgroups, crèche childminders (who care for more than three children) and drop in services.

Further information available on Tusla webpage at:

www.tusla.ie/services/preschool-services/early-years-providers/
or ☎ 061 461700.

Dedicated Contact Point

You should always inform Tusla if you have reasonable grounds for concern that a child may have been, is being, or is at risk of being abused or neglected. You can report your concern in person, by telephone or in writing to the local social work duty service in the area where the child lives.

Contact details if you need to report a concern about a child or need to discuss a concern:

**Tusla Child and Family Agency, St. Camillus' Hospital,
Shelbourne Road, Limerick, V94 5V24. ☎ 061 588688**

**Tusla North Tipperary is Tusla, Civic Offices, Limerick Road,
Nenagh, Co. Tipperary, E45 A099. ☎ 067 46636/ 067 46660**

www.tusla.ie



Youth Work Ireland Tipperary - MORE Family Support Project



📍 **Old Courthouse, Bank St, Templemore, E41 D622**
 ☎️ **0504 56641**
 ☎️ **087 2642203**
 🌐 **www.youthworktipperary.ie**

The MORE Family Support Project support parents through the provision of one to one support to parents from the pregnancy stage to those that have children up to eighteen years of age. Home visits are offered where necessary and a person centred approach is taken. Engagement with the Meitheal process is encouraged as a means of providing extra support.



Service Area

Templemore and surrounding areas

Service Offered

- The MORE Family Support Project offers the Incredible Years Parent and Baby Programme and is a partner in the delivery of the Strengthening Families Programme
- Through involvement in the delivery of the TLC Kidz Programme, the project works with mothers and children who have experienced domestic abuse and supports their recovery
- Parenting Workshops are run each year based on current parental needs
- Adult Education Groups, encouraging parents to focus on learning new skills, mixing with peers, increasing self-esteem and becoming more confident parents are regularly run
- Support is also provided to parents through the running of a peer parent support group called "Life Outside the School Box" for parents of children with anxiety around school issues. This group encourages peer support and learning new skills, thus increasing self-esteem. An aim is to empower the building of confidence leading to an enhanced sense of self-worth as a parent to support their children during a very difficult time
- Provision of Auricular Acupuncture to parents as a means of alleviating stress, improving sleep patterns, reducing anxiety and providing parents with a general sense of positive well-being enhances their ability to positively parent their children.

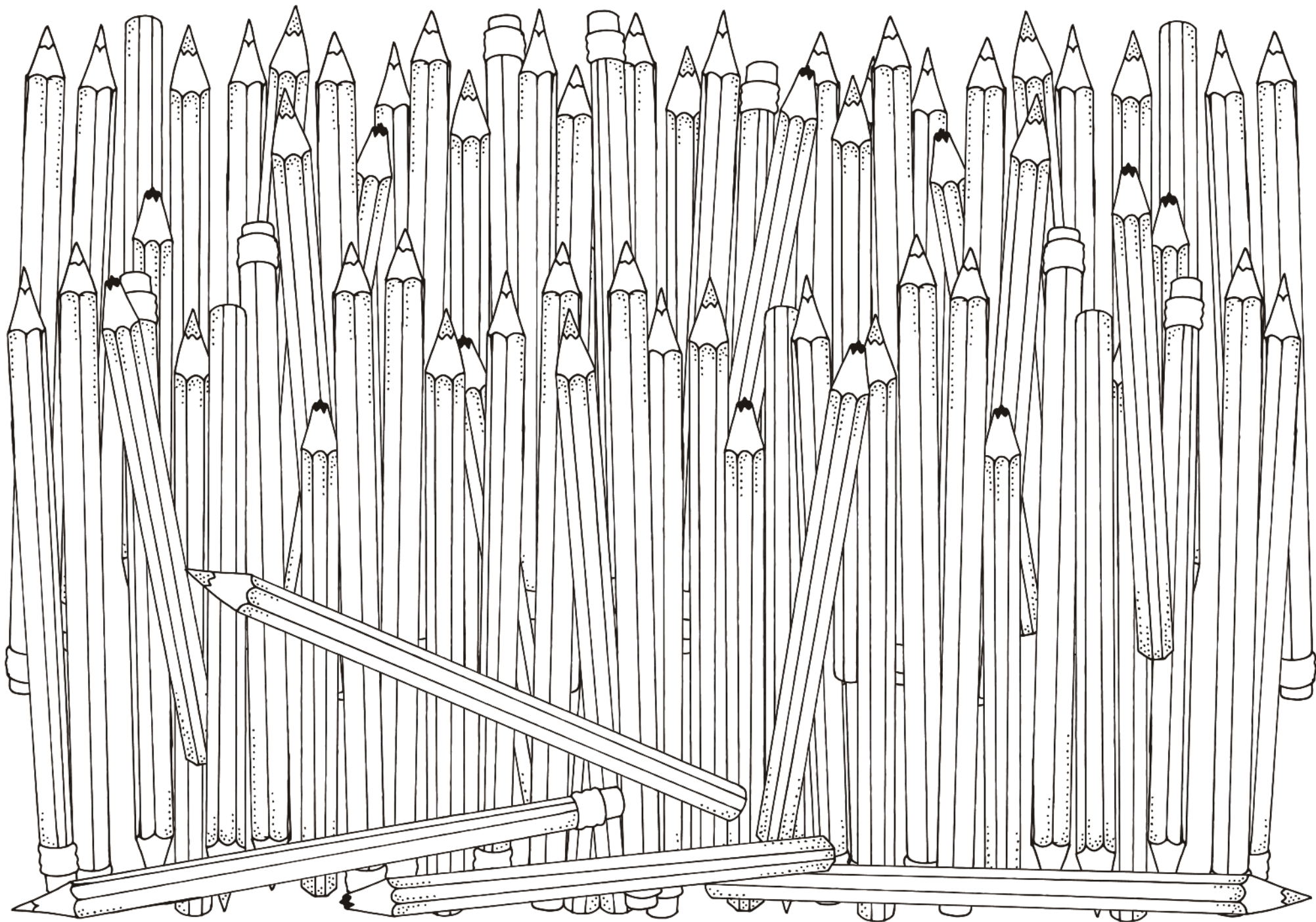
Referrals

Referrals are taken from GP's, Schools, Gardai, Tusla, Primary Care Team etc. as well as self-referrals being welcome.

THE LIST...



DOODLE IT...



**Questions
I need to ask**

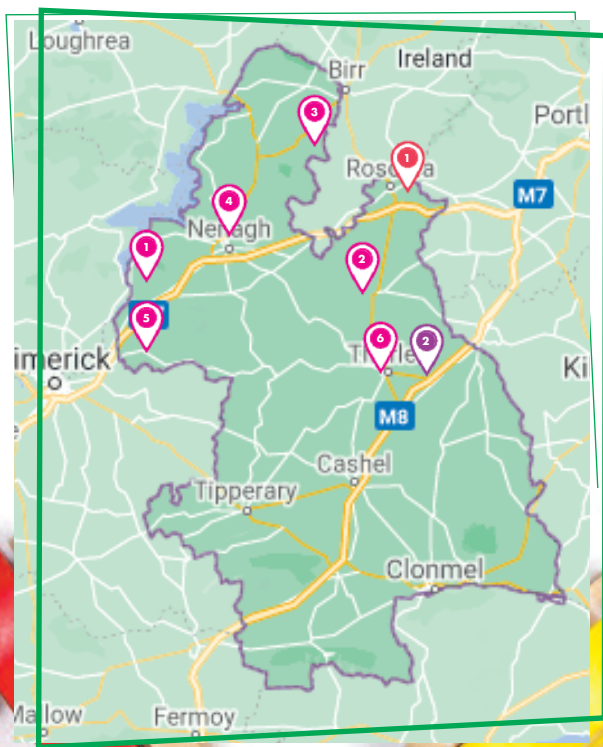
**Answers
I need to get**



Parent, Baby and Toddler Groups

Parent, Baby and Toddler Groups provide sessions for young children and their parents and carers within the local community. These groups are an opportunity for parents to meet in a relaxed environment, share their experiences and to get to know other families in their own community.

Children have an opportunity to play, make new friends and socialise together. If you are caring for a baby or toddler, these groups are a welcoming and supportive place for you and your child.



Unsure of location



Location

Venue

Community Mothers Programme

Silver Arch Family Resource Centre

 067 31800


- 1 Ballina
- 2 Borrisoleigh
- 3 Borrisokane
- 4 Nenagh
- 5 Newport
- 6 Thurles

North Tipperary Development Company

 0505 24166

- 1 Roscrea

Templemore Community Social Services

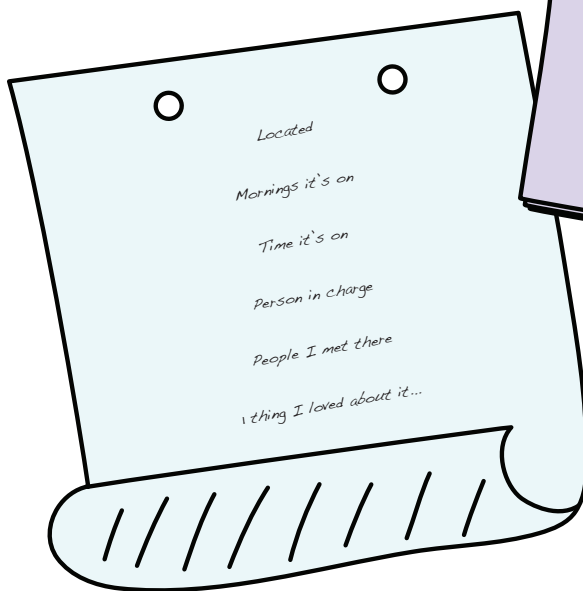
 0504 31244

- 1 Templemore

Barnardos

 0504 20018

- 1 Littleton



National Support Lines

Below is information on national parenting support lines that may provide useful support and information

Midwest Regional Drug and Alcohol Forum

PO Box 486, Corporate House,
Mungret Street, Limerick.

Tel 061 607242

Email info@mwrtdf.ie

Parentline Lo Call 1890 927 277 or 01 8733500

or info@parentline.ie

Monday-Thursday 10:00am-9.30pm

Friday 10:00am-4.30pm

Parentline offers support, guidance and information on all aspects of being a parent and the reassurance that, whatever the problem, you're not the first parent to face it.

ISPCC Call 01 6767960

for more information

Monday-Friday 10:00am-4.30pm

The ISPCC provides a helpline for parents or members of the public who may be concerned about the welfare of a child and who need more information and support.

One Family Call 01 6629212

or email: support@onefamily.ie

Monday-Friday 10:00am-4.30pm

askonefamily is the helpline for people parenting alone, sharing parenting, separating, or experiencing a crisis pregnancy.

Treoir Lo Call 1890 252084

or info@treoir

Monday-Friday 10:00am-1:00pm;
2:00pm-4.00pm

We provide free, confidential, specialist information service for unmarried parents, living together or apart, their extended families and those working with them.

If you are concerned about the safety or welfare of any child, ring the Tusla Duty Social Work team on

061 588688

Tusla Child and Family Agency,
St.Camillus' Hospital,
Shelbourne Road, Limerick V94 5V24.

☎ **061 588688**

Tusla North Tipperary is Tusla,
Civic Offices, Limerick Road, Nenagh,
Co. Tipperary, E45 A099.

☎ **067 46636/ 067 46660**

www.tusla.ie



TOP TIPS FOR Family Well-Being

The Parent-Child Relationship is Key



A strong, loving relationship with a parent or carer is the most important thing for a child. It helps them to be healthy, happy and resilient. Remember it is never too early or late to start spending special time together.

Buy well, Eat well, Be well



Healthy food is important for all the family and is especially important for children's growth. Include them in planning the menu, shopping and cooking meals. Try to eat at least one meal as a family each day. This is a simple way for everyone to connect.

A Positive Parenting Style Works



Give your child positive attention, lots of affection and specific praise. Set routines, rules and boundaries and try to be consistent-children thrive with a routine. Try to remain calm and model positive ways (deep breathing, taking a walk) of dealing with powerful emotions such as anger or frustration.

Child Safety is Key



Toddler proofing your home, using car seats, teaching road safety, learning basic first aid, supervising young children and knowing where older children are and who they are with all helps in terms of reducing child injury and raising happier children.

Baby see, Baby do



Be the role model your children deserve. Children learn by watching their parents. Modelling appropriate, respectful behaviour works much better than telling them what to do.

Name it and Tame It



Communicating with your child is so important at every age. Parents and children who can talk to each other, share problems and address challenges together will have strong, healthy relationships. This will help you to cope with any challenging behaviour or crisis in a positive way.

Parents Need Good Social Networks



Parents need good social networks. Parenting is easier when you can talk with others or spend some time looking after yourself. If you are really struggling, talk to your GP, PHN or other trusted professional or friend to get some support.

These key messages were developed by
Tusla, Child and Family Agency.
For more information, please see
www.parenting24seven.ie



**"If a community
values its children
it must cherish its
parents"**

John Bowlby

