

# enable ireland

Disability Services  
Life With No Limits

## Jigginstown Services - CDNT 10

Newsletter | Easter 2025



A number of families have recently received their first appointment with the team. On behalf of the team we would like to extend a further warm welcome.

Sarah O'Sullivan & Chris Walker CDNM's

### Helpful contact links highlighted at our recent Family Forum by Social Work:



Family carer rights & Entitlements: [https://familycarers.ie/media/1884/family-carers-ireland-rights\\_entitlements-single-pages\\_online\\_with-links.pdf](https://familycarers.ie/media/1884/family-carers-ireland-rights_entitlements-single-pages_online_with-links.pdf)  
Citizens Information Board *Guide to entitlements for people with disabilities*:  
[https://www.citizensinformationboard.ie/downloads/guides/guide\\_to\\_entitlements\\_for\\_people\\_with\\_disabilities\\_2022.pdf](https://www.citizensinformationboard.ie/downloads/guides/guide_to_entitlements_for_people_with_disabilities_2022.pdf)  
Financial Wellbeing *Your A-Z Guide on Special Needs Entitlements*:  
<https://www.financialwellbeing.ie/wp-content/uploads/2021/01/2021-A-Z-Entitlements-Booklet.pdf>

### Information:

#### Community Car Scheme:

CKLP & GoCar have launched a new community car service. They offer a free collection and drop-off service for appointments in the Kildare area. To make a booking, you can contact **Vicky** by calling **086-8183459** or emailing **car@countykildarelp.ie**. Please give as much notice as possible to ensure availability. For more information, <https://www.countykildarelp.ie/cklp-gocar-launch-new-community-car-service/>



#### Conference:

'Supporting Disabled Parents Conference' on 1<sup>st</sup> May 2025 in Castletroy Park Hotel, Limerick.  
Registration link:  
<https://forms.office.com/e/7jZt4faSsc>



#### TTT (Toys, Technology & Training)

The TTT Programme is designed to offer support to children and adults with learning difficulties, disabilities or more significant needs. A specialised collection of toys and assistive equipment can be borrowed free of charge via any library in Kildare. The TTT programme also hosts a series of free talks and workshops each year, offering guidance, support and networking opportunities for parents, teachers and healthcare professionals. [www.kildarecoco.ie/library/](http://www.kildarecoco.ie/library/)

### Travel info:



**Airport:** If you are traveling through the airport and need assistance, further information can be found:  
<https://www.dublinairport.com/contact-us/passenger-special-assistance>

**PEG:** Information for Parents of peg fed children going on holidays can be found:  
[https://media.childrenshealthireland.ie/documents/NEW\\_CHI\\_PEG\\_Booklet\\_2024.pdf](https://media.childrenshealthireland.ie/documents/NEW_CHI_PEG_Booklet_2024.pdf) See page 15



**Disability Show**

May 8th, 2025  
Curragh Racecourse, Co. Kildare

**Disability Show** on 8<sup>th</sup> May 2025  
in Curragh Racecourse, Co Kildare.  
Tickets: [www.disabilityshow.ie](http://www.disabilityshow.ie)

Enable Ireland,  
Jigginstown, Naas, Co  
Kildare W91 V990



045 875676



[admin.kildare@enableireland.ie](mailto:admin.kildare@enableireland.ie)



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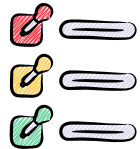
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### Have we got the correct email address for you?

We will aim to check in with you regularly to confirm we have the correct email address for you. If you have not been receiving regular emails from us please check SPAM folder. Please add [admin.kildare@enableireland.ie](mailto:admin.kildare@enableireland.ie) to your contacts to ensure you receive email invites from us.



### How will we contact you for an appointment?

We are changing how you receive emails going forward. To make it easier for parents/guardians to filter through emails of importance, we will be introducing a colour coding system for all emails.

There will be three colour codes as follows: **Green** / **Purple** and **Yellow** (This will be noted in the subject bar of all emails going forward - **\*\*Green – Kildare library service information\*\***).

**Green** – All Green emails are Universal emails that we think you may be interested in reading (National updates, information from other services etc) – **Green** emails are purely information emails and will be sent to All Active and Wait List families.

**Purple** – All Purple emails are Targeted intervention's i.e. Groups, Workshops etc. that are specific to your family/child's goals (for example Early Bird, Cygnet, Hanen More than words and so on). (Please respond to any purple emails as they will be targeted invitation for your family).

**Yellow** – All Yellow emails are Specific to your family i.e. 1:1 appointments/School visits/Home Visits/Orthotics etc. (Please be sure to always respond to any yellow emails as they will be a direct invitation for your family).

Going forward you will see the colour codes on the admin email signature and a brief description as a reminder. We hope this small change will help families to identify emails of importance much quicker.

### UNDERSTANDING & THRIVING with ADHD

#### JOIN OUR TWO-PART WORKSHOP FOR PARENTS

GUIDED BY ADHD COACHES CATE & CIARA

**DATES:** TUESDAY 15 & 22ND OF APRIL

**TIME:** 7.30 – 9.30PM

**LOCATION:** SALLINS, CO. KILDARE

**FEE:** €50 FOR THE 2 EVENING PLUS YOUR OWN UNDERSTANDING ADHD WORKBOOK

#### What You'll Gain:

A clear understanding of how ADHD affects your child.  
Insights into ADHD and executive function challenges  
Practical strategies to tackle everyday struggles  
A tailored roadmap to move forward confidently

Spaces are limited so secure Your Spot Today!  
Text Ciara on 087-0555671

### THE BOARD GAME CAFE

Looking for a space to play, create, and experiment with board games this easter, where you can go from player to game creator in just two sessions! Join us for a 2-part board game cafe style workshop designed especially for 12-15 year olds with ADHD—but open for any young person who love games!

Get the opportunity to design & create your very own board game

Play classic & new board games with other like minded people.

Build social & executive functioning skills (without even realising!)

Led by ADHD Family & Youth Coaches, Cate & Ciara, this workshop is all about switching off from tech, getting creative, and having fun in a welcoming, judgment free space. Limited spaces Available! DM us or Text Ciara on 087-0555671

ON WED 16TH & 23RD OF APRIL

**TIME:** 1-3PM

**AGE:** 12-15 YEAR OLDS

**LOCATION:** SALLINS

**FEE:** €50

### CALLING ALL STORY MAKERS JOIN US FOR A WICKEDLY CREATIVE WORKSHOP THIS EASTER!

Have you ever dreamed of creating your own hero, villain, or world? Now's your chance! Switch on your imagination in our 2 part creative storytelling workshop designed especially for 9-12 year-olds with ADHD—but open to any young person who love being creative.

**When:** Wed 16th & 23rd of April  
**Time:** 10am-12noon  
**Age:** 9-12  
**Location:** Sallins  
**Fee:** €50

Create your own epic Characters, wild storylines—YOU decide the adventure!

Led by ADHD Family & Youth Coaches, Cate & Ciara, the workshop is all about switching off from tech, getting creative, & having fun in a welcoming, judgment free space. Limited spaces Available! DM us or Text Ciara on 087-0555671

Invent your own wickedly cool characters, heroes, villains, or mischievous sidekicks!

Take home your very own finished creation to share with family & friends!

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### The Teenage Years

This resource has been created by a team of autistic teenagers working with AsIAM to reflect their experiences, and has been directed towards autistic teenagers. This resource may be of interest to a person who identifies as autistic, or a person who wants to learn more about what it is to be autistic.

It is a useful resource for teenagers and their families to dip in and out of and to support conversations around important topics. The publication of these resource has been supported by the Saint John of God (SJOG) Foundation and the Hospital Saturday Fund.



**It includes topics such as:**  
**A glossary of handy terms**  
**The autism assessment process**  
**Telling people you are autistic (if you want to)**  
**Friendships and belonging**  
**Meeting people and hanging out online**  
**Minding your mental health**  
**Sleep, food, self-care**  
**School**  
**Puberty, sexuality and gender**  
**What makes you, you**  
**Resources**

Additional resources are available from the AsIAM website: <https://asiam.ie/advice-guidance/resource-library>



## World Autism Month

Check out events happening throughout the month: <https://asiam.ie/who-we-are/world-autism-month#WAM-Diary>

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