

**enable
ireland**

Disability Services
Life With No Limits

Mid Kildare CDNT

Newsletter | Summer 2026



Introduction by Michelle Nolan, Children's Disability Network Manager (CDNM)

Welcome to another edition of our newsletter. I am delighted to have joined the Mid Kildare CDNT as CDNM since the 15th of June. I look forward to meeting you at our next Family Forum, which we plan to run both online and in person in order to facilitate as many families as possible to participate. The Mid Kildare team have great experience and expertise and are working hard to provide assessment, therapies and supports to the many children and their families that attend our service. We hope that you find the information in this newsletter helpful.

Waitlist Families:

Please let us know if your address, email or phone number have changed since your original referral to us.

SENSORY ROOM & PLAYGROUND AVAILABLE TO BOOK:

For a few Friday's over the summer we are offering you the opportunity to book both our sensory room and playground for a 45 minute session. Scan to book:



Play- ground

Pop in for a look the next time you are passing the building.



Our playground is available to book 5 days a week! To make a booking phone 045 875676 or email admin.kildare@enableireland.ie

Enable Ireland Building,
Jigginstown, Naas, Co
Kildare W91 V990



045 875676



admin.kildare@enableireland.ie



Children's
Disability
Network
Team

Travel Tips

Find more supports: <https://www.cho7cdnt.ie/support/local/travel/>



Sensory Rooms

Dublin Airport has two purpose built sensory rooms, designed to help calm passengers who might feel overwhelmed in busy and unfamiliar airport surroundings, located in both Terminal 1 and Terminal 2.

<https://www.dublinairport.com/accessibility/sensory-room>

Important Flyer Lanyard

Passengers who are autistic or have SPD (Sensory Processing Disorder) can find the airport environment difficult. For this reason, Dublin Airport introduced the Important Flyer lanyard, to highlight to staff that these passengers may need additional support going through the screening process.

<https://www.dublinairport.com/accessibility/autism-non-visible-disabilities>



Sensory Packs

Sensory packs are available for Irish Rail customers with additional sensory challenges. These packs contain ear defenders, sunglasses and a fidget spinner and are given to customers travelling by rail with additional needs. These packs are free of charge. access@irishrail.ie

Quiet Coach

Irish Rail has a quieter coach option (Coach G) on its Dublin to Cork service. The coach is available for all travellers to book into, but was introduced following feedback from Irish Rail's Disability User Group.

<https://www.irishrail.ie/en-ie/contact-us/faqs/travelling-by-train/QuieterCoach>



The Just A Minute (JAM) card can be used by people with learning disabilities, autism, or a communication barrier to tell others that they need a 'minute' in a discreet and easy way when they are in environments, such as supermarkets or public transport. JAM cards are available as an app, or a physical card. You can apply online for free or pick one up from your local library: <https://www.jamcard.org/>



<https://ParentingSupport.ie>

You can find out about parenting courses and events that are taking place in your area. There is information about ongoing services and supports provided for parents in Co. Kildare and Co. Wicklow.



Being a member of Family Carers Ireland gives you access to over 1000 exclusive offers and discounts. Check our <https://familycarers.ie/membership/becoming-a-member/your-exclusive-benefits/>

**Have you had a look at our website
www.cho7cdnt.ie?**

Check out the resources and support tab. This section was created to share helpful information with families accessing our services or waiting to receive services.

You'll find:

- Tips and strategies
- Benefits and Allowances
- Local activities and services
- Connecting to National Organisations

