

# Tymon Services

## CDNT 7

Newsletter | Summer 2026



### Welcome to the CDNT7 June Newsletter

This newsletter will provide you with updates on staffing, caseloads and events happening in CDNT7. This newsletter will also give a glimpse of various targeted interventions CDNT7 offers to support parents gain the vital skills needed.

I thank you for actively engaging and providing inputs and feedback and hope to improve the family engagement process.

Milind Sonawane, CDNMM, CDNT7

### Family Forum

The March family forum was very positive and welcoming to those families that attended.

The family forum helped parents to understand the benefits and entitlements, which are available to families of parents on our caseload including information about carer's leave, carer's benefit, DCA etc.

Family representatives also shared very useful information regarding summer activities for children and disabled friendly services in the area.

Our next Family Forum will take place on the 15th of June 2026 from 7:00 to 9:00 pm. The details of the forum and link for joining will be emailed to you in advance and we encourage all parents to attend!

### Caseload

At the end of April 2026, our caseload stood at 528.

Active on caseload - 283. Waiting to receive service - 245.

**Note:** CDNT7 respond to urgent requests for families on the waiting list, from time to time, depending on the need and the team's capacity.



## Team Based Interventions

As part of its ongoing clinical work, CDNT 7 has been delivering a wide range of interventions. These include sensory coffee mornings, fine motor groups, toileting skills workshops, play skills sessions, social groups such as youth clubs, and anxiety management programmes, among others.



These targeted interventions aim to provide individualised, family-centred support. Using Individual Family Support Plans (IFSPs), they focus on specific, agreed-upon goals for children aged 0–18 with complex needs, building skills and encouraging participation in daily life rather than relying solely on traditional therapy models.

Upcoming workshops will cover topics such as supporting your child with play, language and communication, exploring new foods, visual supports, Gestalt Language Processing, and Early Bird Programmes for parents of newly diagnosed children with Autism.

CDNT7 has also provided a limited number of 1:1 interventions based on clinical need and team decision-making.

## Staffing

We are currently operating at 60% staffing capacity. Efforts are ongoing to recruit and fill vacancies, and the team continues to explore creative solutions to address these gaps and maintain service delivery.

## EACD 2026

The 38th Annual Congress of the European Academy of Childhood-onset Disability (EACD) will be coming to the University of Galway from June 3–6, 2026. This year's theme, "Mol an Óige agus Tiocfaidh Siad" (Encourage the young and they will flourish), focuses on a strengths-based approach to supporting children and young people with disabilities. Families are invited to be a central part of this community, joining experts and advocacy groups to explore new ways to help our youth thrive

Discover the Every1Counts Hub at EACD 2026. This central part of the congress, also known as the Experience Village, offers a fantastic lineup of free activities specifically for families and young people with childhood-onset disabilities. From Ground Sports like climbing and wheelchair hurling to Adapted Water Sports such as para-rowing and inclusive surfing, there is something for everyone to enjoy. You can also explore the Accessible Gaming Arcade, try out 3D printing in the MakerSpace, or join the Reels on Wheels Ceilí Dancing for a true taste of Irish culture. While many zones are open for drop-ins, some popular activities like the surfing sessions and frame-running clinics require pre-registration.

Visit the Every1Counts Hub online to see the full schedule and sign up for these inclusive events at [www.eacd2026.com/get-involved](http://www.eacd2026.com/get-involved).

# Challenges

CDNT teams face several challenges, including a growing number of referrals, slow discharge rates, demand for individual interventions, staff vacancies and suitable accommodation.

CDNT 7 works to address these challenges by maintaining strong links with Primary Care, CAMHS, and educational settings, while continuously reviewing internal processes. We welcome any suggestions for improvement

## 8th - 14th June 2026



National Carers Week 2026 recognises the important contribution of family carers across Ireland. The week highlights the challenges carers can face and encourages greater awareness, support and appreciation for those providing care to loved ones. It is also an opportunity for carers to focus on their own wellbeing by accessing supports, taking breaks where possible, and reaching out for advice or assistance when needed.

**For full details visit [Family Carers Ireland](#)**

## Parents Plus 'Special Needs Programme'

Parents Plus special needs is an evidence based programme developed, in Ireland, collaboratively with the Parents Plus Charity and Parents of children with complex additional needs.

CDNT7 ran a successful Parents Plus Special Needs programme for Parents in partnership with CDNT2 in early 2026.

The Parents Plus 'Special Needs Programme' offers parents the opportunity to meet other parents in a supportive group to help their older children and adolescents reach their full potential.

Topics are designed to Support Children to:	As a parent, learn how to:
<ul style="list-style-type: none"><li>• Learn social skills and build friendships</li><li>• Deal with puberty and sexuality</li><li>• Gain confidence and self-esteem</li><li>• Be more independent</li></ul>	<ul style="list-style-type: none"><li>• Personally cope and manage stress</li><li>• Deal with the challenges of adolescence</li><li>• Support the needs of your other children</li><li>• Manage challenging behaviour</li></ul>



# CDNT 7 - Survey



## Tymon CDNT - survey on family forums and family engagement

This survey will take two minutes to complete.

Section 1 is about your family forums. We want to better understand why some parents don't attend these meetings, and what changes or improvements we could make to them going forward.

Section 2 is about the types of family engagement you'd like from us as a CDNT, outside of therapies and family forums.

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

\* Required

Family Forums

**To complete this 5 minute survey please complete it online**

**Or Scan this QR code to access the survey.**

