

## Non-Violent Resistance (NVR) Programme for Parents

Some Parents struggle to deal with and respond to aggressive, controlling or abusive behaviours from their children. Despite trying every option available to them the problem may persist.

The Non-Violence Resistance (NVR) Programme provides an alternative approach to support parents.

Barnardos uses this approach with individual families and now plan to introduce this programme in a group setting.

**Start Date:** Wed. May, 2<sup>nd</sup> 2018 for approximately 6 weeks.  
**Venue:** 24 Askea Lawns, Tullow Road, Carlow  
**Time:** 10 a.m. to 12 noon.  
**Cost:** FREE



For further information or to book a place please contact Barnardos on 059 9132868



## Enabling inclusive communities: achievements, challenges, future directions

Pobal Regional Seminar

Visual Centre, Carlow Town

Friday 20<sup>th</sup> April 2018

Seminar Programme

- 9.15 am Registration
- 10.00 am Welcome and Introductions  
*Maria Farry, Pobal*
- 10.20 am Supporting communities over 25 years: Reflections from Pobal  
*Denis Leamy, CEO, Pobal*
- 10.40 am Enabling Inclusive Communities in 2017: A local perspective  
*Lindsay Butler, Community and Culture Department, Kilkenny County Council*
- 11.00 am Enabling Inclusive Communities post 2017: a national perspective  
*Dr. Chris McInerney, Department of Politics and Public Administration, University of Limerick*
- 11.20 am Questions and Answers
- 11.45 am Tea/Coffee
- 12.15 pm Round table discussions on the future challenges and opportunities to address social exclusion followed by summary feedback
- 1.30pm End with Lunch

Please **register** as early as possible if you or representatives of your organisation plan to attend

**WE'RE HIRING!**

**CAMP LEADERS REQUIRED!**

**Additional Needs Multi Activity Camp leaders required for 26th and 27th of March 9.30am - 2.30pm**

Contact Teresa at County Carlow Local Sports Partnership  
Email: [sidocarlow@gmail.com](mailto:sidocarlow@gmail.com)  
Mob: 087-3868973  
for more information and application form

Training will be provided

## Multi-Activity Inclusive 2 day Easter Camp

County Carlow LSP has organised a Fun Filled 2 day Camp. The Camp is open to Boys & Girls with a Disability & their Siblings, From 6 - 15 Years

March 26th & 27th  
10am - 2pm  
@ IT Carlow

The Cost is €15 per Child with each additional Child €5

Please Contact Teresa for an Application form  
[sidocarlow@gmail.com](mailto:sidocarlow@gmail.com)  
0873868973/  
0599179380

Places are Limited & will be Allocated on a First Come First Served Basis



## Athletics Coaching Upskilling Athletics Leader & Level 1

Cost of course subsidised 50% by County Carlow Local Sports Partnership & Healthy Ireland



### Athletics Leader

Provides participants with skills to lead an athletics programme in their club or school. Must be 16 or older.  
Saturday 24th March in IT Carlow 9-5pm.  
€30 pp

### Level 1

Focused on the learning to train stage on the LTAD pathway.  
Must be 18+ and have completed athletics leader or assistant coach.  
Run over two weekends—13th, 14th, 20th & 21st April.  
€50 pp

To book or for group rates contact Tomás at [tomaskinsella@carlowcoo.ie](mailto:tomaskinsella@carlowcoo.ie) or 059 9172472



## DROP-IN INFORMATION SERVICE

**WHERE: NEIGHBOURHOOD EXPRESSO WORKSHOP CAFE, Barrack St. Carlow.**

**WHEN: First Thursday of every Month Starting March 1<sup>st</sup> 2018**

**TIME: 10.00 to 11.30am**

### WHATS IT ABOUT?

Volunteers from Carlow Mental Health Association will be available from 10 - 11.30am on those days to provide information or just to chat if that's what's needed.

If you need more information please call 0858181353

## Easter Family Fun Workshops

If you've enjoyed the Family Explorer Challenge and are looking for some more adventures for your family to enjoy together, we have some fun outdoor workshops for you to try out over the Easter Holidays. We have 2 workshops to start with but others can be organised depending on demand.

### Mini-beast Adventures in Oak Park

Monday 26th March 2018  
11.00 am - 1.00 pm

Join Una for bug-hunting, games and creative challenges and find out about some of the smallest creatures of Oak Park. This is for all the family so parents are encouraged to join in the fun and maybe even learn something new.

### Navigation Know How in Duckett's Grove

Tuesday 27th March 2018  
11.00 am - 1.00 pm

Have fun with your family learning to read and make maps. Let Una get you started with the basics from turning your map the right way to understanding scales and map symbols and making your own map. We'll also have some games on compass directions and learning to read a compass. Parents are encouraged to join in the fun, pass on what you know and learn something new.

**All workshops cost €15 per family and must be booked in advance.**

Bookings: [miduggan@carlowcoco.ie](mailto:miduggan@carlowcoco.ie)



## Teenage Camp

**Date:** March 27<sup>th</sup> – 29<sup>th</sup>  
**Time:** 11am – 4pm  
**Venue:** Fruithill Manor, Graiguecullen  
**Contact:** Paul 085 7897279  
Tracey 086 8054601  
**Cost:** €30  
**Age:** Young People in 1<sup>st</sup> – 3<sup>rd</sup> year

Places are limited and on a first come first served basis.  
Activities may include Orienteering, Obstacle Course, Zipline and Team Games



WE WORK TO EMPOWER YOUNG PEOPLE TO ACHIEVE THEIR POTENTIAL THROUGH QUALITY YOUTH WORK

MONTGOMERY HOUSE, ATHY ROAD, CARLOW  
WWW.CARLOWYSLE 059 9130476 CHY:15667

## Robots enter the classroom to help boost teachers' performance

<https://www.irishtimes.com/news/education/robots-enter-the-classroom-to-help-boost-teachers-performance-1.3432999>

## Children with mental health issues presenting to EDs

<https://www.irishexaminer.com/ireland/children-with-mental-health-issues-presenting-to-eds-468498.html>

## 105,000 people in jobs cannot make a living wage, report

<https://www.irishexaminer.com/ireland/working-poor-rise-despite-economic-recovery-468515.html>

## Social media 'negatively affects adolescent girls more than boys'

<https://www.belfasttelegraph.co.uk/news/uk/social-media-negatively-affects-adolescent-girls-more-than-boys-36723547.html>

## Surge in numbers of young people taking apprenticeships

<https://www.irishtimes.com/news/education/surge-in-numbers-of-young-people-taking-apprenticeships-1.3434045>

## Books by schoolchildren go on display alongside Book of Kells

<https://www.irishtimes.com/news/education/books-by-schoolchildren-go-on-display-alongside-book-of-kells-1.3434262>

## Teens help HSE to catch rogue sunbed operators

<https://www.independent.ie/irish-news/health/teens-help-hse-to-catch-rogue-sunbed-operators-36723299.html>

## One in five students from 15-years-old have jobs

<https://www.irishexaminer.com/ireland/one-in-five-students-from-15-years-old-have-jobs-468549.html>

## Siblings of SIDS victims have higher SIDS risk

<http://www.irishhealth.com/article.html?id=26128>

## Increase in uptake of HPV vaccine

<http://www.irishhealth.com/article.html?id=26132>

## Malnutrition a major problem here

<http://www.irishhealth.com/article.html?id=26130>

## New tool may predict chemo effectiveness

<http://www.irishhealth.com/article.html?id=26126>

## Children facing two-year wait to see obesity specialists

<https://www.independent.ie/irish-news/health/children-facing-two-year-wait-to-see-obesity-specialists-36731222.html>

## Surge in obese homeless children referrals

<https://www.irishexaminer.com/ireland/surge-in-obese-homeless-children-referrals-468585.html>

## Measles outbreak continues to grow as 25 cases identified

<https://www.irishexaminer.com/ireland/measles-outbreak-continues-to-grow-as-25-cases-identified-468616.html>

## Lack of therapies blamed for high antidepressant rates

<https://www.irishexaminer.com/ireland/lack-of-therapies-blamed-for-high-antidepressant-rates-468591.html>

## Cork Simon Community highlights transformative power of education

<https://www.irishexaminer.com/ireland/cork-simon-community-highlights-transformative-power-of-education-468584.html>

## Guidance launched for Muslims to dispel belief adoption is forbidden

<https://www.belfasttelegraph.co.uk/news/uk/guidance-launched-for-muslims-to-dispel-belief-adoption-is-forbidden-36729245.html>

## “CHIME”

“Connectiveness, Hope, Identity, Meaning, Empowerment”

The Involvement Centre, Carlow



**Venue:** The Involvement Centre, Carlow

Free to All Students

Contact: [recoverycollegesoutheast@gmail.com](mailto:recoverycollegesoutheast@gmail.com) Phone: 086 1746330/0567703666

THIS WORKSHOP IS OPEN TO ALL





**National Programme for Screening and Brief Interventions (SBI) for Problem Alcohol & Substance Use - One Day Course**

**Training date scheduled for:**

**Date:** Wednesday 28<sup>th</sup> March 2018

**Venue:** Room 3, Library Education Centre, St Lukes Hospital, Kilkenny

**Time:** 9.30am – 4.30pm

**Who should attend?**

- Staff who have occasion to ask people about their alcohol use. This could include workers from social care, family support, employment support, vocational training, criminal justice, probation, education, housing support and general health care services.

Further information: [johnj.leahy@hse.ie](mailto:johnj.leahy@hse.ie)

**Foundation Programme in Sexual Health Promotion**

18th & 19th September,  
16th & 17th October  
6th & 7th November  
27th & 28th November 11th & 12th December 2018

Dungarvan, Co Waterford

**Course Aim:** To enhance participants' capacity to incorporate sexual health promotion into their work through the development of their comfort levels, confidence, knowledge and skills in relation to sexual health

**Application Process** Step 1: Application Form

Step 2: Telephone interview

Closing date for applications is:

Friday 18<sup>th</sup> May 2018

Application forms are available from

Tracey Tobin [tracy.tobin@hse.ie](mailto:tracy.tobin@hse.ie) / 0879028590

**Vaccine for cervical cancer refused by 11,000 schoolgirls due to safety fears**

<https://www.independent.ie/irish-news/health/vaccine-for-cervical-cancer-refused-by-11000-schoolgirls-due-to-safety-fears-36735207.html>

**Calls to money advice helpline hit six-year high**

<https://www.irishexaminer.com/ireland/calls-to-money-advice-helpline-hit-six-year-high-468661.html>

**'Majority of low-income families relying on food banks have children'**

<https://www.belfasttelegraph.co.uk/news/uk/majority-of-lowincome-families-relying-on-food-banks-have-children-36735614.html>

**Siblings of children with special needs: 'They're not different, they're the same'**

<https://www.independent.ie/life/siblings-of-children-with-special-needs-theyre-not-different-theyre-the-same-dont-you-forget-it-and-neither-will-i-36710215.html>

**Immigrant students more likely to be bullied**

<https://www.irishexaminer.com/ireland/immigrant-students-more-likely-to-be-bullied-468514.html>

**Down twins' traumatic fight with meningitis highlighted in new campaign**

<https://www.belfasttelegraph.co.uk/news/northern-ireland/down-twins-traumatic-fight-with-meningitis-highlighted-in-new-campaign-36722635.html>

**What would Irish teachers based abroad change about our schools?**

<https://www.irishtimes.com/news/education/what-would-irish-teachers-based-abroad-change-about-our-schools-1.3425266>

**Books by schoolchildren go on display alongside Book of Kells**

<https://www.irishtimes.com/news/education/books-by-schoolchildren-go-on-display-alongside-book-of-kells-1.3434262>

**Simple asthma action plan could be lifesaver**

<https://www.belfasttelegraph.co.uk/life/health/simple-asthma-action-plan-could-be-lifesaver-says-northern-ireland-mum-who-lost-husband-stephen-leyland-in-a-bolt-from-the-blue-attack-36725565.html>

**People dying as life-saving drug row continues, Dáil hears**

<https://www.irishexaminer.com/ireland/people-dying-as-cystic-fibrosis-drug-row-continues-dail-hears-468593.html>

**Scheme to help perpetrators of domestic violence stop re-offending launched in Derry**

<https://www.irishexaminer.com/breakingnews/ireland/scheme-to-help-perpetrators-of-domestic-violence-stop-re-offending-launched-in-derry-833696.html>



Training	Date	Time	Fee	Venue
<b>February</b>				
Safeguarding 1 – Basic Awareness Workshop in child welfare and protection	Monday 5 <sup>th</sup> February	6.45pm – 9.45pm	€20	IT Carlow Barrow Centre RF209
<b>March</b>				
Slí Walking Leader Training 2018	Friday 2 <sup>nd</sup> March Saturday 3 <sup>rd</sup> March	Friday 6pm – 9pm Saturday 9am – 5pm	€50	I.T. Carlow Barrow Centre
<b>April</b>				
Safeguarding 1 – Basic Awareness Workshop in child welfare and protection	Monday 16th April	6.45pm – 9.45pm	€20	IT Carlow Barrow Centre RF209
Sports First Aid	Monday 16th April & Monday 23rd April	6.00pm – 10pm	€50	IT Carlow Barrow Centre RF210
Rescue Emergency Care (REC) Level 3	Saturday 21 <sup>st</sup> April Sunday 22 <sup>nd</sup> April	Sat 9am – 6pm Sunday 9am – 6pm	€135	TBC
Safeguarding 2 – Club Children's Officer Workshop	Monday 23 <sup>rd</sup> April	6.45pm – 9.45pm	€20	IT Carlow Barrow Centre RF209
Disability Awareness Training	To Be Confirmed	To Be Confirmed	TBC	TBC

To book a place on any of the above courses please contact the County Carlow Local Sports Partnership at 059 9136205 or by email at [scorrigan@carlowcoco.ie](mailto:scorrigan@carlowcoco.ie). Places are limited and will be allocated on a first come first served basis. Courses are subsidised by Sport Ireland. Check out our social media pages at County Carlow Sports Partnership

County Carlow Sports Partnership @cwslp



## LEVEL 3 with AED

Date Saturday 21st April & Sunday 22nd April

Cost €135pp – Time 9.00am – 6pm each day

Location: Delta Centre

This is the current recognised minimum requirement for those working as Canoe Leader / Mountain leaders etc. and those intending to go on more adventurous outdoor activities such as mountain biking, rock climbing, DOE / Gaisce and wild camping expeditions

This course will be delivered through outdoor practical exercises and scenarios, supported by limited classroom sessions

### Course Content

- Accident procedure
- Airway problems,
- Choking,
- Bleeding
- Common medical emergencies,
- CPR and the use of an AED (Defib).
- Fractures including Sam Splints
- Serious injuries
- Burns
- Eye injuries
- Wilderness triad
- Casualty movement
- Carries and Improvised Stretchers
- Recording of vital signs
- Long term casualty care



For more information contact Sandra in the County Carlow Local Sports Partnership office on 059 9136205