

**enable
ireland**

Disability Services
Life With No Limits

Sandymount Services

Newsletter | Autumn/Winter
2025



Welcome



Welcome to the third edition of the CDNT1 Newsletter. As the leaves begin to change, we hope your children have settled into their new routines, whether they've begun their journey in primary school or have made the move to secondary school.

Thank you for taking the time to engage with our updates and news.

This newsletter is our way of staying connected with you and sharing information, supports, and developments from the team. If there's anything you'd like to see included in future editions, we'd love to hear from you!

Staff update

New Staff

Over the past few months, we've welcomed several new team members to the Children's Disability Team. This includes two Senior Physiotherapists, a new graduate Physiotherapist, a new graduate Speech and Language Therapist and a Therapy Assistant. We welcome back a Senior Speech and Language Therapist and soon look forward to a new Senior Occupational Therapist and Senior Psychologist joining the team. The additional staff bring great experience and enthusiasm to the team.

Staff departures

While we're thrilled to have new colleagues on board, we are also sad to share that one of our Senior Psychologists has moved on from the service. We thank them for their dedication and wish them all the best in their next chapter.

**Enable Ireland
Annual Report
2024**

Enable Ireland Annual Report 2024 is available to view online. You can find out about the impact Enable Ireland had on the lives of over 13,000 children and adults with disabilities throughout Ireland last year. enableireland.ie/Annual_report

Highlights

▶ CDNT1 Welcome

▶ CDNT1 News

Staff update from the team

▶ Parent Workshop

Reflections from parents
Reflections from Teen group

▶ New Sensory Room

Update

▶ Upcoming events

A calendar of groups and workshops on offer in Spring 2025

Family Forum

The next Family Forum Meeting will take place on Thursday 27th November from 3-4.30pm on MS Teams. More information to follow



Family Forum Video

<https://enableireland.ie/family-forum-video>

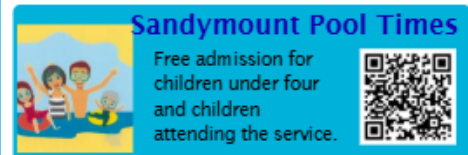


Video Resources

enableireland.ie/resources



Scan the QR code to watch our social media tribute to our Teen Gym initiative!



Garden Centre Opening times
Monday - Saturday 9:30 - 5:30pm


**GARDEN
& GIFT STORE**



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**Children's
Disability
Network
Team**



Children's
Disability
Network
Team

PARENT WORKSHOPS

Here at the Children's Disability Network Team, we offer a range of interventions to children and families. We are often asked why we include workshops and groups for parents, as part of the interventions we offer.

1

Build Understanding

They support your understanding of your child's development and what it means for them as they grow.

6

Pro-active and Preventative

We focus on giving you tools today that can make things easier for you and your child in years to come.

2

Empower

They empower you with strategies you can use daily at home.

Evidence Based

This is an approach that has been studied and shown to work well for children and families.

Shared Understanding

They create a shared understanding that we can build on in future work with your child.

Daily Impact

They recognise that you, the parents, are the most important support in your child's daily life, spending the most time with your child.

4

3

Parent reflections on Triple P - Positive parenting program

"The parent workshop is an excellent supporting resource for the programme and for afterwards. The three girls delivering the programme were very strong also, very effectively combining the content with compassion and humanity"

"The ladies were fab and gave great strategies on working towards handling both my child's and my own anxiety. So grateful."

"Me and my partner found this program hugely beneficial to both my son and us as his parents. We have learnt so much from attending this program. We are hugely grateful for being invited to it. This will be huge benefit to my son in managing his anxiety."

"Thank you again for a positive and insightful way of managing and dealing with anxiety. Lots of new lessons learned and tools taken away to practice."

Young People's reflections on 'Who We Are' Teen Group

Meeting other people like me

I liked the show & tell where we talked about our interests and the fact i was interacting with other autistic people

Getting to talk about autism in general and meet other autistic people

Everyone was nice to me **Looking at autistic champions**

Meeting people who are like me and getting inspired by how autistic people grow up

At the show & tell everyone liked my singing and gave me an applause

There were autistic people like me and there wasn't any noise

New Sensory Room

We are delighted to share that, thanks to a generous donation from the Carne Group, we are repurposing one of our small therapy rooms into a dedicated sensory breakout space. This room will provide an environment where children can regulate or co-regulate during both individual and group sessions.

As part of the initiative, we are also introducing a sensory loan library, allowing families to borrow sensory items for a short trial period, as advised by their Occupational Therapist.

This gives children and families the opportunity to experience the benefits of the equipment first-hand, ensuring it meets their individual needs, before purchasing such an item.

We are very grateful to the Carne group for their generosity and look forward to welcoming our service users into this exciting new space in the coming months



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Event	Date	Ages	Group	Description
Hanen More Than Words	29th Sep-15th Dec	2-5yrs	Targeted	Hanen More Than Words Programme was designed specifically for parents of children aged 5 and under with Autism and other social communication difficulties. Addressing the unique needs of these children, the programme provides parents with the tools, strategies and support they need to help their children reach their full communication potential
Parents Plus Special Needs	Oct date to be set	11-16 yrs	Targeted	A seven session programme for parents/ guardians of a young person with an intellectual disability, who may also have Autism or a physical disability. Supports parents to connect with their teen, understand issues pertinent to the teen years, build self-esteem and well-being, while preparing for adulthood.
Little Lámh Workshop	8th Sep	All ages	Targeted	This is a 1 session workshop for families of babies and young children who may go on to use Lámh signs, or for families who might be using a small number of Lámh signs.
Lámh Module 1	Oct date to be set	All ages	Targeted	This 3 session programme with online self-directed learning is for parents/guardians (preschool and school) who use Lámh signs to enhance their communication. Participants learn 100 signs, practice using Lámh signs to support communication and learn more about the optimal Lámh signing environment.
Cygnnet	10th Sep - 22 nd Oct	5-18yrs	Targeted	A seven session workshop aimed at parents/ guardians and family members of young people with Autism. Building on parent experiences, includes discussion on social interaction and communication, sensory regulation, understanding and supporting behaviour and topics raised by the group.
Family Lámh Course	Nov date to be set	All ages	Targeted	This course for parents, siblings, grandparents and others close to the family. It gives families the skills to support their child's sign use alongside Lámh sign training. Families say they enjoy the opportunity to share experiences with other families.
Entitlements and Benefits	Date to be set	All ages	Universal	Provides information on entitlements, relevant schemes and grants available to families of children with disabilities.
Selective Eating parent support group	23rd Sep	All relevant ages	Targeted	Supporting children with selective eating profiles, this pathway includes a parent workshop facilitated by an SLT/OT, providing information about restrictive eating, as well as practical strategies and evidence-based approaches to support children with mealtime challenges. Following the workshop, parents are offered one-to-one consultations to discuss their child's eating profile and explore ways to implement specific strategies at home or in school. Parent support groups are also held throughout the year to provide peer support, build confidence, and share experiences.
Changing Perspectives	19 th and 26 th of Nov	All ages	Universal	A two-session workshop for parents and family members to support their child's social communication differences. The sessions share information and ideas with parents about supporting social communication differences through a social model of disability. It is suitable for parents to develop skills to tell other people like siblings, grandparents etc. about their child's social differences and how others can support them through a neuro-affirmative lens.

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