



Mid Wicklow Services - CDNT 6

Newsletter | Winter 2025



Welcome

Welcome to the Winter 2025 Newsletter for the Mid Wicklow Children's Disability Team. Thank you for your time reading our updates



We appreciate your continued support in working towards improving communication with families. If you have ideas, you would like to share for future newsletters,

Please email cdnt6wicklow@enableireland.ie.

Warm regards
CDNT 6 team

Highlights

▶ Advice Corner

▶ Team News

Update from the team

▶ Spotlight on Resources
Community Groups and information

▶ Upcoming events
A calendar of groups and workshops on offer in Winter 2025

Advice Corner



Find resources for...

- Neurodiversity
- Well-being
- Life Skills
- Families
- Education
- Communication and Interaction
- Exercise and Movement
- Assistive Technology
- Entitlements
- Independent Living

Enable Ireland has a suite of resources on the website that may be of interest to families attending the CDNT. There are a number of on demand videos relating to some topics listed above.



CDNT 6 Team News

Staffing Update

We are delighted to welcome some new members to the team. In September we had two new graduates join the team:

**Speech and Language Therapist
Occupational Therapist**

We are in the process of recruiting for an additional staff grade Occupational Therapist.



CDNT hosted a Halloween Party for Children and Families. This was an inclusive event for children and families and was a great success.

Missed Appointments

If you are unable to make your appointment please advise us as soon as possible as we can offer it to another family.

If your child needs have changed please let us know.



**Dublin and South East
Children's Disability
Network Teams**

<https://www.dublinandsoutheastcdnt.ie>

This website provides information on our Children's Disability Network Teams (CDNTs) in Carlow, Dublin South, Kilkenny, South Tipperary, Waterford, Wicklow and Wexford . This area was previously known as the Community Health Organisation 5 (CHO5) and 6 (CHO6) area. The Dublin and South East health region has 3 healthcare areas:

- HSE Carlow Kilkenny and Tipperary South
- HSE Dublin South and Wicklow
- HSE Waterford Wexford

In particular this website has been created as a resource for families accessing services provided by our CDNTs, families on waiting lists for one of our CDNT services or families referring their children to one of our CDNTs.

- We want to explain how our CDNTs work and how you can contact them
- We want to explain how to refer a child to one of our CDNTs
- We want to list supports, services and activities for families and children to access and enjoy
- We want to support families by sharing information on key topics



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Disability Services
Life With No Limits

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Spotlight on Resources

Nuerodiverse Fitness Centre



Ireland's First Neurodiverse Fitness Centre Greystones

"WHERE EVERY ABILITY IS A SUPERPOWER"

Who we are:

We're a specialised centre helping kids and teens build strength, confidence, and community through fitness and therapy-based activities. With over 10 years of experience in delivery.

What we do:

- ✓ Strength & fitness sessions (adapted to all abilities)
- ✓ Fun movement & coordination games
- ✓ Confidence & skill-building programs

Who we do it for:

Kids and teens with additional needs such as autism, cerebral palsy, Down syndrome, spina bifida, sensory differences & other challenges.

ACTIVITIES & FOCUS AREAS

- Adapted strength & fitness sessions
- Fun movement games
- Balance & coordination exercises
- Core stability & posture support
- Sensory-friendly activities
- Confidence-building programs
- Team games & social interaction
- Flexibility & mobility work
- Motor skill development
- Supportive, inclusive environment



Kimberley Road, Greystones, Wicklow

info@liftinglegends.ie

089 254 1456

liftinglegends.ie

Community Lego Group

AUSOME KIDS CLUB
FOR NEURODIVERGENT KIDS AGED 4+

lego art & more

10am - 11:30am	
25 Jan	19 Jul
15 Feb	16 Aug
22 Mar	20 Sep
26 Apr	18 Oct
17 May	15 Nov
21 Jun	13 Dec

book now FREE

Diagnosis not required
Siblings welcome
Pre-booking required
Guardian required to stay

Literacy Webinar

Free four-part webinar series for the community and voluntary sector

Literacy opens doors

November and December
Online through Zoom

Register at nala.ie



The National Adult Literacy Agency (NALA) is hosting a free four-part webinar series for people working and volunteering in the community and voluntary sector. All events will be online.

This webinar series will explore different aspects of adult literacy, from research on adult learning in Ireland to how peer support can help adults learn.

If you attend **all four webinars** in this series, you will get a NALA Certificate of Completion.

Register for the webinars

You can find out more details on each webinar and register through the links below.

Webinar 1: Adult literacy and addressing inequality in Ireland – Friday 7 November, 10am – 11am

Webinar 2: Peer support approaches to adult learning – Friday 14 November, 10am – 11am

Webinar 3: Literacy friendly in the community – Friday 28 November, 10am – 11am

Webinar 4: Adult literacy and learning in recovery – Friday 5 December, 10am – 11am

For more information, contact Derv in NALA at dryan@nala.ie or on 01 255 1868.

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Children's
Disability
Network
Team

CDNT 6 Upcoming Events



Event	Date	Ages	Group	Description
Talking to your child about grief and loss	Date TBD	All ages	All	<p>Loss and grief are universal experiences, but when a child faces them, the feelings can be unfamiliar and overwhelming. Whether the loss is due to the death of a loved one, the passing of a pet, or a significant change such as divorce or moving away, children process grief differently than adults. Here on the CDNT we recognise that and want support families through the process.</p> <p>Psychology will be hosting an event entitled talking to your child about grief and loss. Parents and guardians from all three CDNT's in Wicklow will be invited to come along to discuss, listen to and share experiences of how best talking to children about grief and loss can be done</p> <p>Keep an eye out in your emails for this event, the date is yet to be confirmed.</p>
Parent Support Sessions	Ongoing	All ages	Targeted	<p>The aim of these sessions is to give parents/carers some time for themselves. To provide an opportunity for parents/carers to meet and share common experiences and ideas. There are three sessions running on 3rd October, 7th November , and 5th December 2025. Please contact cdnt6wicklow@enableireland.ie</p>
Sorting Sounds	Early 2026 TBD	4-8 Yrs	Targeted	<p>Sorting Sounds is a parent and child based support which will aim to review your child's speech and phonology skills development and offer follow up parent sessions to support you in working on your child's speech sound difference. The programme will include 1 individual session and 2 follow up parent sessions.</p>





Event	Date	Ages	Group	Description
Transition to Primary School	May 2025	4-6 yrs	Targeted	<p>This workshop focused on:</p> <ul style="list-style-type: none"> - Concerns you may have - Ideas to help support your child - Practical strategies - Communication passport - Essential skills - Social Stories <p>This workshop was aimed at parents of children who transitioned to Primary School in September 2025.</p>
Busy Fingers July 2025	July 2025	4-12 yrs	Targeted	<p>The programme focused on developing your child's fine motor and handwriting skills. We will work on these skills through fun games and practical activities. Activities chosen will help build your child's confidence and self-esteem. The programme will be offered through either group or individual sessions based on your child's needs. This ran throughout July 2025.</p>
Transition to Secondary School	August 2025	12 yrs +	Targeted	<p>This 2 session (3 hours per session) group focused on helping the young teens to prepare for the transition to secondary school and some of the changes and worries that might come with this. This ran the week of August 11th 2025.</p>
Cygnnet	Ongoing	5-18yrs	Targeted	<p>A parenting support programme for parents and carers of children and young people aged 5-18 with autism. Parents of autistic children face the usual positive and difficult challenges of parenting and more. Attending Cygnnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to support their child.</p>

