



## Welcome

Welcome to the Spring 2026 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](mailto:cdnt6wicklow@enableireland.ie).

Warm regards  
CDNT 6 team

## Highlights

- ▶ **Advice Corner**  
School transitions
- ▶ **Team News**  
Update from the team
- ▶ **Spotlight on Resources**  
Managing Emotions
- ▶ **Upcoming events**  
A calendar of groups and workshops on offer in Spring 2026

## Advice Corner



### Reminder for Children and Young People transitioning to school in 2027

If your child is transitioning to Primary School or Secondary school in 2027, please inform the CDNT if you require support for special school / special class application.

We are aware that this time of year can be very difficult for some of our families who do not have a confirmed school place yet. A reminder that, the National Council for Special Education, contact details for special education need officers (SENO) can be found at:

<https://www.ncse.ie/parents/support-network/seno/seno-contact-list/>



### Spotlight on Resources

Enable Ireland Sandymount pool

Access for

**Bray**  
**Wicklow**  
**Arklow**

service user free of charge

Tuesday, Wednesday, and Thursday from  
1:00 - 1.45 pm

Saturdays at 1:00 - 1.50pm

If you would like to attend any of the above times you  
must book by emailing

[smtswimbookings@enableireland.ie](mailto:smtswimbookings@enableireland.ie)

Pool Address  
Sandymount Avenue,  
Dublin 4,  
D04 XH22



### Easter Inclusive Event

Following the success of our Halloween inclusive event, and based on parent feedback this year we held another Easter CDNT community event.

This event provided families access to supportive Easter activities within a safe structured environment. We hope you all had fun. See link below.

[https://www.instagram.com/reel/DWtL\\_azNKm0/?igsh=ZTJnbm1jbzZyenA=](https://www.instagram.com/reel/DWtL_azNKm0/?igsh=ZTJnbm1jbzZyenA=)

### Wheelchair Training

We are delighted to let you all know that Wheelchair Skills Training took place again this year! Go-Kids-Go ran on Tuesday 7th April 2026. This was a training day for children and young people and their families.

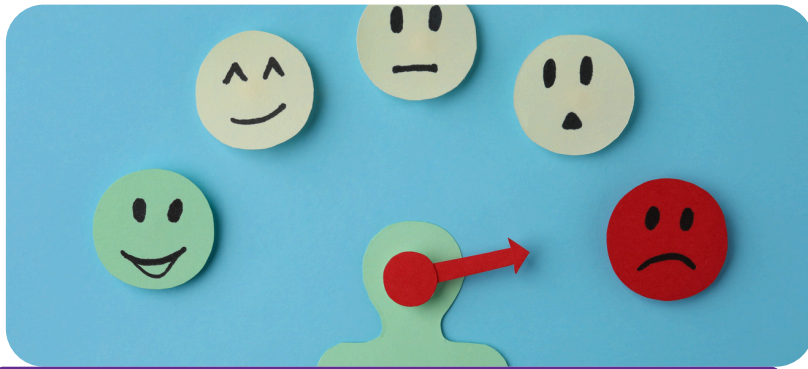
This training was hosted this training at CCM school sports hall. This has been running for a number of years in Wicklow and Dublin with great feedback every time.



### Video Resources

[enableireland.ie/resources](https://enableireland.ie/resources)





### Spotlight on

### Managing Emotions



## Resources

### The Zones of Regulation

<https://zonesofregulation.com/>

### Sensory Integration Mini Series:

[https://www.youtube.com/playlist?list=PLd-2HD99x\\_xwmtl2tcr-dLP\\_4UZ045ue](https://www.youtube.com/playlist?list=PLd-2HD99x_xwmtl2tcr-dLP_4UZ045ue)

### NHS Borders Worksheet with links:

<https://share.google/gJEboHNWY56p43CIV>

### The aims of this intervention are to:

- Support your child to build understanding of personal regulation zones (e.g. recognising emotions, energy levels, and triggers)
- To support self-awareness.
- Develop practical strategies (movement, sensory tools, breathing, etc.) to help your child regulate.
- Encourage peer support and shared learning within the group, promoting confidence, communication, and independence in everyday situations.

Start to explore regulation techniques including cognitive strategies and sensory supports in order to gain skills in starting to help their regulation.”



# Mid Wicklow Services - CDNT 6

## enable ireland

Disability Services  
Life With No Limits

Newsletter | Spring 2026



## CDNT 6 Spotlight On Resources

### Community Groups

#### TYESI YOUTH DEVELOPMENT

15 - 24 YEARS

#### Improving Employability Skills



**Natasha Goggins**

TYESI Youth Development Officer

M: 0860602058

E: [ngoggins@crosscare.ie](mailto:ngoggins@crosscare.ie)



#### What do you get?

- Relevant Training
- Soft Skills Development
- Interview Prep
- Cv's & Cover Letters

An Roinn Oideachais agus Óige  
Department of Education and Youth



#### Learn to Cycle Rathnew

#### Learn To Cycle - Rathnew Soccer Club (indoors) - 4pm 7+ Years

<https://www.eventbrite.ie/e/learn-to-cycle-rathnew-soccer-club-indoors-4pm-7-years-tickets-1985439379631?aff=oddtcreator>

#### get creative with life

#### FREE ONLINE Art Workshops

- ✓ For young people with long-term physical health conditions
- ✓ Get a free bespoke art pack delivered straight to your door
- ✓ Receive step-by-step guided art activities by email
- ✓ Interactive Zoom sessions optional

Ages 6-12  
6 Spring Saturdays  
7 Mar - 11 Apr

Book Today  
[helium.ie](http://helium.ie)



helium  
Inspiring life through art

Ages 13-16  
Monthly Saturday Meet-Ups  
21 Mar, 18 Apr, 16 May...

Enable Ireland,  
Knockrobin,  
Wicklow A67 K5C7



0404 32092



[cdnt6wicklow@enableireland.ie](mailto:cdnt6wicklow@enableireland.ie)



Children's  
Disability  
Network  
Team



Event	Date	Ages	Group	Description
<b>Parent Support Sessions</b>	April 23rd 2026	Adults	Targeted	Dr Tara Kelly, Psychologist and Project Leader of Springboard, Loughlinstown will speak to parents on: "Supportive Strategies for Parents using the SPACE approach"
<b>Transition to School</b>	August 2026	12 Years	Targeted	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. Provisionally this will be scheduled in August 2026.
<b>Managing Emotions</b>	April / May 2026	7-9 years 10 - 12 Years	Targeted	The aims of this intervention are to: <ul style="list-style-type: none"> <li>• Improve your knowledge about regulation and how to support it</li> <li>• Introduce your child to language and visual systems to identify how they may be feeling, and what might cause dysregulation for them.</li> <li>• Start to explore regulation techniques including cognitive strategies and sensory supports in order to gain skills in starting to help their regulation.</li> </ul>
<b>AAC</b>	April 2026	All	Targeted	We are currently running AAC Training Groups for parents of children who use high-tech AAC devices, as well as for those exploring AAC as a communication option for their child  AAC (Augmentative and Alternative Communication) supports children who may not use spoken words to communicate. These sessions are delivered jointly by Speech and Language Therapists and AAC software providers, offering both practical guidance and hands-on support.
<b>Early Bird</b>	April /May 2026	0-6 Years	Targeted	The six-session programme for parents of children who have had a diagnosis of Autism. It covers: <ul style="list-style-type: none"> <li>• understanding autism</li> <li>• communication</li> <li>• understanding autistic experiences</li> <li>• supporting daily living</li> <li>• health and wellbeing</li> </ul>

