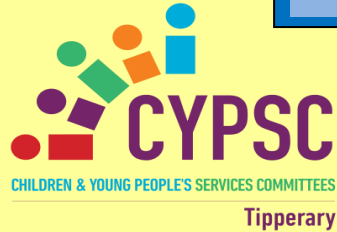


Parenting Supports in Co. Tipperary: April – June 2020



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENT SUPPORT CALENDAR, Q. 2, 2020. THE INFORMATION BELOW IS ORGANIZED UNDER THE FOLLOWING SECTIONS:



- Parenting Supports
- On-line resources

As a consequence of the measures taken to address the corona virus, please note that all service provision below is only phone-based and/or through other media.

<u>Parenting Supports</u>				
<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Target Group</u>	<u>Contact Details</u>
Northern section of Co. Tipperary <i>(includes Ballina Borrisokane Borrisoleigh Cloughjordan Newport Nenagh Portroe Rathcabbin & Thurles)</i>	Community Mothers Programme (Nenagh /Thurles): Support and information provided <i>by phone</i> . Home Visiting is on hold until further notice.	<u>Availability by phone:</u> - During working hours	Families living in the areas listed with children from birth to pre-school age.	<i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre Nenagh</i> <i>Tel. 087 2780029</i>

Northern section of Co. Tipperary	<p>Partnership with Families project: <i>Advocacy service for parents of children in the care of Túsla</i></p> <ul style="list-style-type: none"> - To support parents to engage with Túsla and other relevant services - To support parents to have continued involvement with their children in care <p><u>Phone-based contact until further notice</u></p>	<p><u>Availability by phone:</u></p> <p>10 am – 4 pm, Monday to Friday</p>	<p>Parents of children in the care of Túsla in the North of the county.</p>	<p><i>Eileen Healy, Advocacy Worker, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel.087 7489490</i></p>
	<p>Signposting – for general support information</p> <p><u>Phone-based contact until further notice</u></p>	<p><u>Availability by phone:</u></p> <p>10 am – 4 pm, Monday to Friday</p>	<p>General public</p>	<p><i>Silver Arch Family Resource Centre Nenagh.</i></p> <p><i>Tel 087 7489490</i></p>
Southern section of Co. Tipperary	<p>Barnardos Student Mothers' Group: <u>Support for young expectant mothers and young mothers to remain in second-level education:</u></p> <ul style="list-style-type: none"> - Childcare subsidy - Educational support - Financial support towards books and school materials - Group work programmes and social events <p><u>Phone-based or Skype-based contact until further notice</u></p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - During working hours 	<p>Expectant student mothers or student mothers in second level education in the South of the county</p>	<p><i>Annette Dowling, Barnardos, 130 Clonard Park, Ballybeg, Waterford</i></p> <p><i>Tel. 087 6472019</i> info@wsm.barnardos.ie</p>

Southern section of Co. Tipperary	Teen Parent Support Programme (Positive Parenting for Changing Families programme) - Outreach service <u>Phone-based or contact through other social media until further notice</u>	<u>Availability by phone:</u> - During working hours	Teen parents aged 19 years and under in the South of Co. Tipperary	<i>Bernie Loughman, St. Catherine's Community Services, Carlow</i> <i>Tel.085 1101511</i>
Nenagh and surrounding area	North Tipperary Parents Support Project: The Parent Support Programme provides support for parents with everyday life events, including: - parental stress - parental styles - parenting through separation - peer group pressure - childhood stress & anxiety - social media concerns. <u>Phone-based contact until further notice</u>	<u>Availability by phone:</u> - 10 am – 4 pm, Monday to Friday	Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas	<i>Silver Arch Family Resource Centre Nenagh.</i> <i>Tel 087 7489490</i> fiona.naughnane@silverarchfrc.ie
Templemore	Parenting/ Family Support <ul style="list-style-type: none"> • Family support service • Advice and information on wider issues affecting parenting <u>Phone-based contact until further notice</u>	<u>Availability by phone:</u> - Mon, Tues, Thurs at 9.00 – 5 .00 p.m. - Wed at 9.00 – 12.00.	Parents of children aged 0-18 years and parents-to-be in Templemore and environs	<i>Orlaith McDowell, Templemore Community Social Services</i> <i>Tel. (0504) 31244 083 1606832</i> socialworktss@gmail.com

Templemore	Parents Plus – Early Years Programme: <ul style="list-style-type: none"> - Tuning in to your child - Play and Special Time - Establishing routines and rewards - Encouragement and Talking about Feelings - Using consequences to deal with misbehaviour - Teaching new skills and language - Time in and Time out - Creative play and problem solving - Using stories to teach children - Parent self-care <p><i><u>Phone-based or contact through other social media until further notice</u></i></p>	<u>Availability by phone:</u> <ul style="list-style-type: none"> - During working hours 	Parents of children, aged 1 – 6 years	<i>Stephanie O’Callaghan, More Family Support Project, Templemore</i> <i>Tel. 087 2642203</i>
	Parents Plus – Working Things Out Programme (for adolescents) <ul style="list-style-type: none"> - Getting along with Parents - The key to solving problems - Managing feeling down - Developing helpful thinking strategies - Dealing with Anger and Conflict - Communication for Building Positive Relationships - Making Positive Changes <p><i><u>Phone-based contact or through other social media until further notice</u></i></p>	<u>Availability by phone:</u> <ul style="list-style-type: none"> - During working hours 	Adolescents, aged 11 – 16 years	

Templemore	Parenting Support <ul style="list-style-type: none"> - Advice/information on parenting - Support on issues affecting parenting <p><i><u>Phone-based contact and contact through other social media until further notice</u></i></p>	<u>Availability by phone:</u> <ul style="list-style-type: none"> - During working hours 	Families and Parents of children, aged 0 – 18 years, from Templemore and environs	<i>Stephanie O'Callaghan, More Family Support Project, Templemore</i> <i>Tel. 087 2642203</i>
	Life Outside the School Box: A parenting peer support group for parents of children of any age that are experiencing anxiety around school issues. <i><u>Currently operating through WhatsApp</u></i>	<ul style="list-style-type: none"> - Meetings through WhatsApp 	Parents of children of any age that are experiencing anxiety around school issues	
Thurles area	Parent and Family Support Support to families to: <ul style="list-style-type: none"> - Keep safe - Promote positive behaviour - Maintain routines - Deal with other issues that arise <p>Arranging practical support through delivery of food and urgently needed supplies</p> <p><i><u>Phone-based contact and contact through other social media until further notice</u></i></p>	<u>Availability by phone:</u> <ul style="list-style-type: none"> - During working hours 	Parents of children, 0 – 18, in Thurles Primary Care catchment area	<i>Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018 087 2744772</i> info.thurles@barnardos.ie

Clonmel	<p>Barnardos Family Support Project is a community based project in Clonmel that offers support and advice to families experiencing a difficult period.</p> <p><i>Phone-based contact and contact through other social media until further notice</i></p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - During working hours 	<p>Parents / Carers living in Clonmel or its environs</p>	<p><i>Barnardos Family Support Project, Clonmel</i></p> <p><i>Tel. (052) 6170665</i></p>
	<p>Partnership with Parents</p> <p>To support parents to build their parenting skills, and to strengthen relationships</p> <p><i>Phone-based contact and contact through other social media until further notice</i></p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - During working hours 	<p>Parents of children and teenagers</p> <p>0 – 17 years</p>	
	<p>Parents Plus ‘Parenting when Separated’ programme:</p> <ul style="list-style-type: none"> - Solve co-parenting problems in a positive way that focuses on the needs of children - Help children cope with the impact of the separation. - Enhance communication with their children and their children’s other parent. <p><i>Visual contact through social media</i></p>	<ul style="list-style-type: none"> - To commence in Q. 2, 2020 - 6 weeks: 10 – 12 a.m. 	<p>Separated Parents/Carers of children & young people, 0 – 18 years</p>	
<p>Clonmel / Cahir/Cashel/ Carrick-on-Siúir/ Fethard</p>	<p>Clonmel Community Mothers Programme</p> <p>Support and information provided <i>by phone</i></p> <p>Home Visiting is on hold until further notice</p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - During working hours 	<p>Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúir, Cashel and Fethard.</p>	<p><i>Jill Sandvoss, Clonmel Community Mothers Programme</i></p> <p><i>Tel. 086-8359912.</i></p> <p><i>Web-site:</i></p> <p>https://clonmelcommunitymother.ie/</p>

<p>Cashel</p>	<p>Parenting Support <i>and</i> Youth and Family Support programme (<i>Parents Plus</i>)</p> <ul style="list-style-type: none"> • Advice on Parenting • Listening & Referral service <p><i>Phone-based contact until further notice</i></p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - During working hours 	<p>Parents of children, aged 6 – 17 years from Cashel area</p>	<p><i>Diana Buckley (Family Support Worker)</i></p> <p><i>Spafield Family Resource Centre, Old Road, Cashel Co. Tipperary</i></p> <p><i>Tel. 087 9376662</i></p>
<p>Carrick-on-Siúir</p>	<p>Common Sense Parenting (<i>Boys Town Parenting programme</i>):</p> <p>To help parents to:</p> <ul style="list-style-type: none"> - Build Family Relationships - Deal with Problem Behaviour - Teach Social Skills - Promote Self Control <p><i>Phone-based or WhatsApp-based contact until further notice</i></p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - During working hours 	<p>Parents of children, aged 6 – 16 years</p>	<p><i>Foróige Neighbourhood Youth Project, Carrick-on-Siúir</i></p> <p><i>Siobhán Clifford: Tel. 086-8331886</i></p>
	<p>Non-Violent Resistance programme:</p> <ul style="list-style-type: none"> - To help parents to deal with Child to Parent violence <p><i>Phone-based or WhatsApp-based contact until further notice</i></p>	<p><u>Availability by phone:</u></p> <ul style="list-style-type: none"> - During working hours 	<p>Parents of children, aged 10 – 17/18 years</p>	

Slieveardagh Area (Glengoole/ Killenaule/ Mullinahone/ Ballingarry/ Drangan / The Commons / Gortnahoe and surrounding areas)	Parent Support – General <i>Phone-based contact until further notice</i>	<u>Availability by phone:</u> - Monday – Friday, 9 a.m. – 5 p.m.	Parents of babies, pre-schoolers and primary school age children.	<i>Julie O’Halloran, Millennium Family Resource Centre</i> Tel. (052) 9157992 083 1008075 <u>Facebook page</u> https://www.facebook.com/Millennium-Family-Resource-Centre-121936837906939/
	Parents Plus Adolescents Programme Using this Programme’s concepts & strategies to support parents of teenagers <i>Phone-based contact until further notice</i>		Parents of children, aged 11 - 16 years,	
	Signposting – for general support information <i>Phone-based contact until further notice</i>		General public	
Tipperary town	Parenting Support (Positive Parenting for Changing Families programme) <ul style="list-style-type: none"> • Support on parenting and family issues • Listening and referral service <i>Phone-based contact and contact through other social media until further notice</i>	<u>Availability by phone:</u> - Monday – Friday, 9 a.m. – 5 p.m.	Parents of children, 0 – 17 years, from Tipperary town and environs	<i>Parent & Family Support Programme, Knockanrawley Resource Centre.</i> Tel. 083 0763104 / 083 0762830 helenbuckleykrc@gmail.com knockcdp@gmail.com <u>Facebook:</u> https://www.facebook.com/knockanrawley.resourcecentre
	Parenting Support (Positive Parenting for Changing Families programme) <ul style="list-style-type: none"> • Advice on parenting • Support on parenting and family issues <i>Phone-based contact until further notice</i>		<u>Availability by phone:</u> - During working hours	

Tipperary town	Art Therapy for children <ul style="list-style-type: none"> • Referrals from parents, schools, etc. • For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc. <p><i>Phone-based contact and contact through other social media until further notice</i></p>	<u>Availability by phone:</u> - During working hours Sliding scale charges apply	Children & young people, 4 – 18 years in Tipperary town	<i>Three Drives Family Resource Centre, Tipperary town</i> <i>Tel. 087 2194899</i>
	Play Therapy for children <ul style="list-style-type: none"> • As above <p><i>Phone-based contact and contact through other social media until further notice</i></p>			

On-line Resources

<u>Resource</u>	<u>Source</u>
https://www.tusla.ie/parenting-24-seven/	<i>Túsla</i>
https://www2.hse.ie/my-child/	<i>HSE</i>
https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html	<i>HSE</i>
Talking to children about COVID-19: https://www.youtube.com/watch?v=3A30Kz-WcNk	<i>HSE</i>
https://www.barnardos.ie/resources/parents/parenting-advice https://www.barnardos.ie/news/2020/march/barnardos-guidance-for-parents-when-talking-to-your-child-about-covid-19-coronavirus	<i>Barnardos</i>