

Spring / Summer  
Edition 2025

# Newsletter



## East Clare Children's Disability Network Team

### Managers Message

Welcome to the first East Clare Children's Disability Network Team (CDNT) Newsletter.

This newsletter was developed in response to feedback from families who attend our service.

I would like to thank all the family representatives who worked with us on developing this newsletter.

We hope to send out a newsletter about 3 to 4 times per year.

I hope that you find it informative and useful and if there is anything you would like us to add to future issues, please let us know.

East Clare Children's Disability Network Manager



### Meet Your Physiotherapists

We have one Senior full time and one Senior part time Physiotherapist on the East team - Fiona and Donna.

They help children with disabilities and developmental delay to reach their motor potential, striving for independence and participation in everyday activities in their home, school and community.

### Useful Tips/Suggestions from your Physiotherapist

Tummy time is an important activity to promote a baby's development and should become part of each baby's daily routine.

You can watch more about Tummy Time



East Clare CDNT run postural care clinics: 24-hour postural care is a gentle, non-invasive, inexpensive way to promote health and quality of life for people with motor difficulties. It can protect the shape of a person's body, help balance muscle tone, reduce pain, ease physical care, improve sitting posture and tolerance, and help people sleep better

#### Overview of Clinic

- Joint Clinic with Physiotherapist and Occupational Therapist
- Physical assessment of body shape and range of movement of the joints
- Parent consultation to look at current equipment, activities of daily living and goals
- Moving and handling plan if needed
- Planning for equipment if needed
- Looking at your goals and priorities, and supports needed from the team
- Advice and education

## Your Family Network

Please join us at your next Family Network Meeting!

When: 12<sup>th</sup> June at 10am

Where: West County Hotel in Ennis



Updates From Your Last Family Network Meeting:

The new introduction to services booklet has been developed and is being distributed to new incoming families.

There are also continuous new resources and links to information available on our website. Take a look





# Upcoming Events



## April

- Hanen More Than Words (Run over a number of months)
- Anxiety Parent Workshop
- Parents Plus: Special Needs
- Making Sense of Sensory Workshop
- Hanen It Takes Two to Talk (Run over a number of months)
- Postural Care Clinic (Run monthly)
- Understanding Autism: Parent workshop
- Physiotherapy: Serial Casting
- Speakeasy Puberty training
- Fun with Food
- Youth Club (run weekly)

## May

- Transition to secondary school parent information session with NCSE
- Play, Learn and Communication groups
- Parents Plus: Special Needs
- Hanen More Than Words (Run over a number of months)
- Understanding Autism parent workshop
- Fun with Food Workshop
- Postural Care Clinic (Run monthly)
- Youth Club
- Hanen It takes two to Talk (Run over a number of months)
- Follow up Parent support group in relation to anxiety
- Hanen It Takes Two to Talk (Run over a number of months)
- Psychology Clinics (Run monthly)

## June

- East Clare Coffee Morning: Date to be confirmed
- Family Network Meeting
- Hanen More Than Words (Run over a number of months)
- Hanen It Takes Two to Talk (Run over a number of months)
- Circle of Security Group (dates to be confirmed)
- Postural Care Clinic (Run monthly)
- Psychology Clinics (Run monthly)

## July

- Transition to Secondary School: Group for Children
- Circle of Security Group (dates to be confirmed)
- Postural Care Clinic (Run monthly)
- Psychology Clinics (Run monthly)
- Further events to be confirmed



Invitations to the above events are based on goals identified by your child, young person or family in your Individual family support Plan (IFSP) and the waiting list for these events is based on those goals. If you think one of the above might interest you, and you are not already on the waiting list for that event, please do contact the team to discuss if that event might be appropriate for your child.

Unfortunately we are not currently in a position to offer one of the above events to those awaiting their first IFSP appointment.



## East Clare Children's Disability Network Team: Current Vacancies

We currently have vacancies in:  
1 part time social work post and  
1 part time Senior Occupational therapy post

Recruitment campaigns for these posts are underway.

## Children's and Young Person's Services

For more information on community services in your area visit the, Children and Young People's Services Committee website by following the link below or scanning the QR code

[www.cypsc.ie](http://www.cypsc.ie)



East Clare CDNT, Lifford Road, Ennis, Co. Clare. V95KD26  
reception.eastclareCDNT@hse.ie 0656863515