

Spring / Summer
Edition 2025

Newsletter



West Clare Children's Disability Network Team

Managers Message

Welcome to the first West 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.

West Clare Children's Disability Network
Manager



Meet Your Physiotherapists

We have three full time Physiotherapists on the West team - Maeve, Siobhan and Damian.

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



West 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: 12th 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)
- Speakeasy Puberty training
- -Play, Learn and Communication groups
- Youth Club (run weekly)
- Understanding Autism parent workshop
- Postural care clinic (run monthly)
- Physiotherapy Serial casting clinic
- Gestalt Language Processing pathway (run over a number of months)

May

- Sleep Tight Training
- Hanen It takes two to Talk (run over a number of months)
- Hanen More Than Words (Run over a number of months)
- Play, Learn and Communication groups
- Youth Club (run weekly)
- Postural care clinic (run monthly)
- Aquatic Therapy group
- Fun with Food Parent Workshop
- Making Sense of Sensory parent workshop
- Transition to secondary school parent information session with NCSE
- Uniquely Me
- Toileting Workshop
- Lamh parent training

June

- Family Network Meeting
- Postural care clinic (monthly)
- Hanen It takes two to Talk (run over a number of months)
- Hanen More Than Words (Run over a number of months)
- Youth Club (run weekly)
- More 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.



West Clare Children's Disability Network Team: Current Vacancies

We currently have the following vacancies:
1 full-time Senior Social worker post and
1 part time Senior physiotherapist 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



West Clare CDNT, Lifford Road, Ennis, Co. Clare. V95KD26
reception.westclareCDNT@hse.ie 0656863500