



Spring 2026



# Newsletter

## East Limerick Children's Disability Network Team

### Message from CDNM

Dear Families,

It is my pleasure to welcome you to our first newsletter of the year. I am delighted to be returning to East Limerick Children's Services, having previously worked here in 2023. It is a real pleasure to reconnect with the team and with families attending our service. This spring edition of our newsletter highlights our ongoing work in **raising awareness of physical disabilities** and strengthening the support we provide together. I know how important the partnership between families and our team is and I'm looking forward to continuing to build those relationships. I am very conscious that some families are currently waiting to access services and we appreciate your patience and understanding. We remain committed to collaborating with parents, carers and colleagues as we continue to support every child to reach their full potential.

Best regards,  
Melissa Murtagh  
Children's Disability Network Manager (CDNM)

### **EAST LIMERICK CDNT FAMILY NETWORK**

**DATE: TUESDAY 21<sup>ST</sup> APRIL**  
**TIME: 10:30-12:30**  
**LOCATION: KILMURRY LODGE**

**OUR FAMILY NETWORK MEETINGS ARE A WELCOMING SPACE FOR CAREGIVERS TO:**

- **CONNECT WITH EACH OTHER**
- **SHARE EXPERIENCES**
- **PROVIDE FEEDBACK ON SERVICES**
- **TAKE PART IN CO-PRODUCTION AND PLANNING**

**PLEASE REGISTER YOUR INTEREST WITH EVENTBRITE**



You can review information from previous **Family Network Meetings** by scanning this QR Code



### Who are we?

Avista East Limerick Children Services Disability Network Team is a team of clinicians and administrative professionals working together to provide services to children/young people who present with complex needs arising from a disability, or where there is a possibility of developing a disability, with or without a diagnosis.

We offer assessment and interventions to children from babies to 18 years old who are referred to our service.

Our service catchment area is aligned with the HSE CHN 5 area which includes East Limerick, parts of North Tipperary and East Clare.

### Entry to Services Booklet Launched

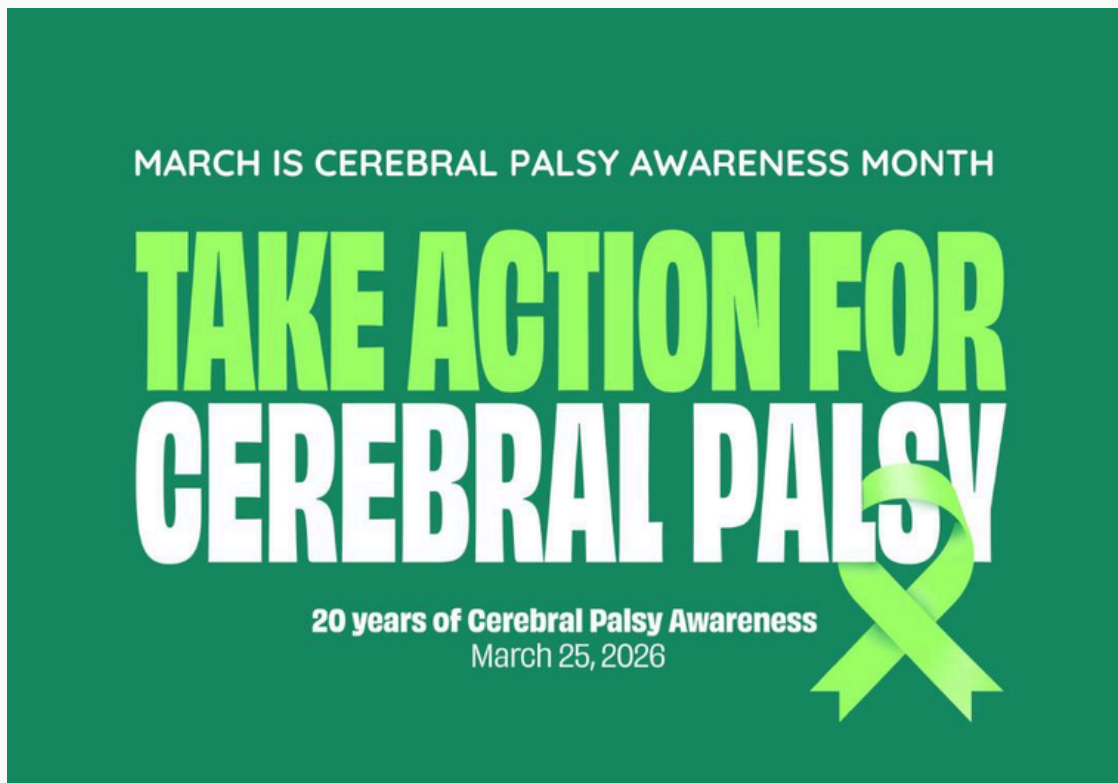
We are delighted to announce the launch of our "Entry to Services Booklet". A copy of same is on our website. [www.mwcds.ie](http://www.mwcds.ie) Please remember, there are also continuous new resources and links to information available here.



It is important that we have correct contact information on file for you and your child so if any details on address, email or contact numbers change please advise by emailing [elcs.reception@avistaclg.ie](mailto:elcs.reception@avistaclg.ie) or ringing **061-603400**

March 2026 is **Cerebral Palsy Awareness Month** in Ireland, celebrating its 20th anniversary with the theme **#GoGreen4CP**.

Key events include a **free Family Fun Day on March 22nd** at The Heritage Hotel, Laois, and a focus on research, including the CP-Life Research Centre and ELEVATE programme.



**#GoGreen4CP Campaign:** The Cerebral Palsy Foundation (CPF) encourages wearing green and lighting up landmarks to raise awareness for the estimated 12,500 people in Ireland living with CP.

### **Upcoming Focus Months and Days**

#### **March**

World Down Syndrome Day – **March 21**

Purple Day for Epilepsy – **March 26**

Cerebral Palsy Awareness Month – **March**

Developmental Disabilities Month – **March**

#### **April**

World Autism Awareness Day – **April 2**

International Guide Dog Day – **April 29**

Autism Acceptance Month – **April**

Limb Loss and Limb Difference Awareness Month – **April**

# SPOTLIGHT

## Supporting Children with Physical Disabilities

This quarter, our therapy teams share simple, everyday strategies that help build mobility, independence, strength, and participation. These activities work well at home, in school, or in the community.



### **Tips from Our Physiotherapists (PTs)**

#### Encourage Movement Through Play

- Indoor obstacle courses (pillows, tunnels, stepping stones)
- Ball games for coordination and balance
- Music, dancing, and action songs for stamina
- Build Strength in Daily Routines
- Pushing a laundry basket or light household items
- Step-ups onto safe surfaces (with supervision)
- Climbing onto the couch or bed independently
- Support Stretching & Flexibility
- Gentle stretches before bed or after a warm bath
- Play in positions like side-sitting, tall kneeling, or half-kneeling
- Floor activities that encourage reaching and turning

### **Tips from Our Occupational Therapists (OTs)**

#### Fine motor and sensory regulation activities

- Playdough, drawing, Lego, threading beads
- Practice with buttons, zips, and utensils
- Promote Sensory Regulation
- “Heavy work”: pushing, pulling, carrying groceries
- Deep pressure like firm squeezes or weighted lap pads
- Calm movement breaks: slow rocking, stretching, or swinging
- Increase Independence
- Break tasks into clear steps
- Use visual schedules or first-then boards
- Celebrate each small success

## East Limerick CDNT Team Updates

We would like to welcome to our team

- Melissa – Children’s Disability Network Manager
- Tracey – Therapy Assistant,
- Mairead – Clinical Specialist Social Work

We also want to wish our former CDNM Nicola the very best in her new role after 30+ years wish AVISTA

We have vacant posts in

Psychology,  
Physiotherapy,  
Occupational Therapy,  
Speech and Language  
Therapy,

Recruitment campaigns are underway to fill these vacancies.

## 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 Limerick CDNT Unit 4, Crossagalla, Eastway Business Park, Ballysimon Rd, Limerick

Eircode: V94 E179 Tel: 061-603400 Web: [www.avista.ie](http://www.avista.ie) / [www.mwcds.ie](http://www.mwcds.ie) ----->>> Scan QR

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## Contact Details of Community Based Supports for teenagers.

Parents have mentioned these and given good feedback

1. **Dochas** <https://www.dochasautism.ie/> **has gym, social club**
2. **ASD Ireland** <https://www.asdireland.ie/> **Social and sport activity groups**
3. **Clare Sport Partnership** - **Cycling and Athletic club** - Nicola Welford. Derg AC
4. **Get rowing** - **Castleconnel Rowing** - Asia Pasinska East Limerick CDNT
5. **Football for All** - **FAI** - <https://www.fai.ie/play-and-participate/women-and-girls-football/fai-programmes/football-all/>
6. **Suas** - **Wall Climbing** - <https://suasclimbing.ie/> also part of Physiotherapy Service contact Asia at East Limerick Children's Services
7. **I-Play** - **UL** <https://www.ul.ie/hsa/junior-health-sciences-academy/i-play> or Daniel Tindall [Daniel.tindall@ul.ie](mailto:Daniel.tindall@ul.ie)
8. **Athletics** - **Athletic club** - <https://www.emeraldac.ie/>
9. **Martial Arts** - **STOP BULLING program** <http://munstermartialarts.ie/>
10. **Tennis for All** - Limerick Lawn Tennis Club / Basketball Michelle Aspel 086 817 6937
11. **Inclusive Powerlifting Training** - Urban Barbell
12. **FIT100 Ballysimon Rd** - **Classes/gym/ 1:1 personal training.**
13. **www.gathering.ie** - [hello@thegathering.ie](mailto:hello@thegathering.ie) - **board games/role play**
14. **Jigsaw** <https://jigsaw.ie/> - **mental health support**
15. **Inclusion Ireland** - <https://www.inclusionireland.ie/projects/>
16. **Multo Sport Club** - <https://www.iwa.ie/new-multi-sport-club-ready-to-roll-into-limerick/>
17. **Horseriding** Liskennett - <https://www.sjf.ie/What-We-Do/Facilities/Liskennett-Farm>
18. **Basketball** - Limerick Celtics BC