

EAST LIMERICK CHILDREN SERVICES FAMILY NETWORK MEETING

21st April 2026



Avista



INTRODUCTIONS

- Children's Disability Network Manager (CDNM) - East Limerick Children Services: Melissa Murtagh
- Administrator of ELCS: Brian O'Flanagan
- Senior Occupational Therapist: Fiona Ryan
- Parent Representatives: Peter, Jennifer, Shirley, Gemma, Petrina.

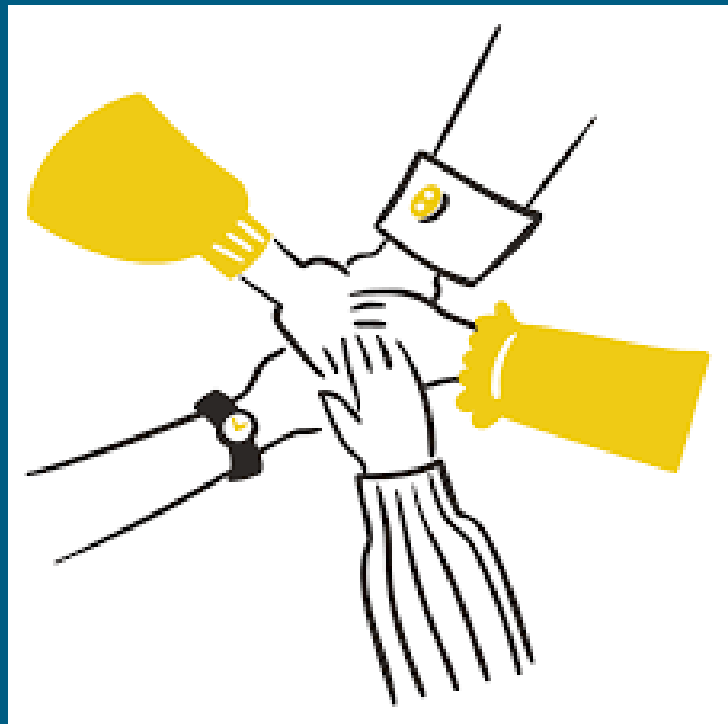
HOW WE WORK TOGETHER

- Family Network meetings are the method by which families can formally engage with their local CDNT to support the further development of the service and look at service improvements
- Part of the governance structure for Progressing Disability Services
- An opportunity for you to share:
 - What you think is working
 - What you think isn't working
 - What could be improved

WELCOME AND AGENDA

1. Introductions/Ground rules – Melissa
2. Service Updates - Melissa
3. Sensory Strategies Information & Demonstration - Fiona
4. Coffee Break
5. Update from Regional Family Representative Meetings – Jennifer
6. Break out session – Identifying topics for future family network meetings
7. Conclusion of meeting

GROUND RULES



EAST LIMERICK CHILDREN'S SERVICES UPDATE

New Staff

Mairead - Clinical Specialist in Social Work

Tracey – Therapy Assistant

Vusi – Senior Physiotherapist

Discipline Managers and Clinical Specialists are currently being recruited for across the region.

National Online Resources Hub for children with disabilities and their families – Launched Nov 2025


Or via Website on <https://www2.hse.ie/babies-children/disabilities/>



Current & Upcoming ELCS Initiatives

Transition to Secondary School Information Session	Social Communication Group
Emotional Regulation Group	Baby Massage
Hydro	Being Me
AAC Modelling Workshop	

EAST LIMERICK CHILDREN'S SERVICES UPDATE

- East Limerick Children Services is operated by Avista in partnership with the HSE.
- We currently have **875** children accepted to our service.
 - 129 children are currently on the waiting list
 - We are currently scheduling children referred in **April 2023 for initial contact.**
- There are 3 sub-teams at ELCS – 0-9 yrs, 9-18 yrs and St. Vincent's School (SVS) Team 

Team	Current Staffing	Current Vacancies
0-9 yrs team (Spraoi)	12 (10 full time, 2 part time)	4 (full time) Nursing, OT, Psychology and SLT
9-18 yrs team (Sonas)	9 (5 full time, 4 part time)	4.4 (full time) OT and Psych, Psych Assistant and SLT 2 due to mat leaves (including 1.4 Clinical Psych)
SVS Team	2 (Part time)	2 (1 full time and 1 part time) due to mat leaves SLT & Psych

There are 2 Therapy Assistants who provide support to the teams.

SENSORY NEEDS STRATEGIES



Weighted Blanket



Squeezing Ball



Pushing Cart



Carrying Books



Wall Push



Animal Walks
(bear, crab, etc.c.)



Wheelbarrow Wkng



Tug of War



Climbing



Pushing Heavy Box



Gym Ball Rolling
(on tummy)



Gym Ball sitting
& Bouncing



Crawling Tunnel



Heavy Massage
(deep pressure massage)



Vacuuming / Sweeping
backpack



Hanging from Bars

ANY ACTIVITY WITH RESISTANCE E.G. PULLING,
DRAGGING, LIFTING, CLIMBING ETC.

Avista East Limerick Children's Services

Sensory Strategies Demonstration

Senior Occupational Therapist – Fiona Ryan

Supporting Video – Calming Deep Pressure Touch

<https://www.youtube.com/watch?v=nb1Cx-15FGo>



REGIONAL HSE MID-WEST PARENT REP MEETING UPDATE

- Meeting Date: 24th March 2026
- Facilitated by Kieran Murphy
- HSE: Olivia Paule (Children's disability Network lead)

Topics discussed:

1) Maternity Leave

- clarity needed regarding decision to cover.
- rolling cover post proposed

2) National Communication Plan

- to be co-designed with parents
- training for communication plan: May 12th
- family reps invited to attend

KEY ISSUES & NEXT STEPS

3) Respite

- long waiting lists | ends at 18

4) Planning for ages 16–18

- including residential options discussed

5) Individual Family Service plan (IFSP)

- Need for clear (IFSP) outcome metrics

- Next meeting: June 2nd | Family reps to bring top 3 issues for discussion

BREAKOUT SESSION

Highlight the top 3 topics you would like to see further information provided on from a clinician at an upcoming Family Network Meeting.

THANK YOU!