



Newsletter



Blackberry Park Children's Disability Network Team

Manager's Message

Welcome to the Spring Newsletter from the Blackberry Park Children's Disability Network Team (CDNT). We welcome your support in working towards improving communication with families. If you have any ideas that you would like to share, please get in contact.

We would like to welcome new members to our team including Rita Helene-Speech & Language Therapist, and Grainne Murphy- Psychologist.

Olive Barry, CDNT Manager.



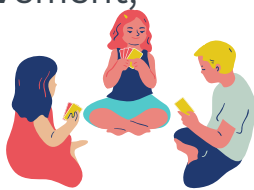
Sensory Regulation

Sensory Regulation is about how you respond to sensory input and manage your reactions to stay balanced and functional.

By being able to integrate and regulate what comes in through our senses, we can engage in the world around us.

For example, a child could be sitting in class trying to pay attention, but someone is mowing the grass outside and birds are singing. He may experience these sounds more intensely than his friends and as a result he could find it hard to pay attention. This might also affect his emotional regulation as he could become frustrated or upset by the noise.

Having good sensory regulation allows better attention, organisation of behaviour, coordinated movement, postural control, emotional regulation, participation in play and social interactions and skill development.



Sensory Regulation continued:

Having the capacity to engage in the world around you, participate in play and skill development also contributes to self-esteem.

<https://sensoryhealth.org/basic/resources-tips-downloadable-flyers>



Your Family Network

Please join us at your next Family Network Meeting. It is a welcoming space to connect with other families, provide feedback on the service & take part in planning going forward.

When: April 16th, 10am to 12pm.

Where: Corpus Christi School, Moyross, V94Y4CY

Updates From Your Last Family Network Meeting:

You can find information about what was discussed at this meeting here:

<https://www.mwcds.ie/cdnt-blackberry-family-forum/>

Some of the areas discussed included:

- Update from our Family Rep
- Plans for the service nationally & within your team.



Upcoming Events



APRIL

- Youth Club 13-18 years (Invite)
- Life & Social Skills Group (Invite)
- Feeding Workshop
- Emotional Wellbeing Programme (9-12 years old)

MAY

- Emotional Wellbeing Programme (9-12 years old)
- The Sensory Experience: Supports & Strategies. (School Age & Early Intervention)
- Life & Social Skills Group (Invite)
- Youth Club 13-18 years (Invite)

JUNE

- Emotional Wellbeing Programme (9-12 years old)
- Fine Motor Skills/ handwriting Groups: School Age & Early Intervention.

• *Invitations to targeted interventions are based on goals identified by your child or family, and the waiting lists for these supports. Please call the team to discuss if you are interested.*

March 2026 was **Cerebral Palsy Awareness Month** in Ireland, celebrating its 20th Anniversary. Please see the shared link for latest research, news & upcoming events.



Midwest website: www.mwcds.ie

The Midwest Website is a useful resource covering different topics, including disabilities, benefits and entitlements, strategies that you can try with your children and supports available in your community.



Your Children's Disability Network Teams Current Vacancies

We currently have the following vacancies:

- Occupational Therapist
- Assistant Psychologist

Vacant posts can be applied for at:

<http://enableireland.ie/about-us/careers>

Parent peer support group for parents of children with additional needs: Northside Family Resource Centre. 061-326623
Contact: Rosie Donelan.
(rosiedonelan@northsidefrc.ie)



Children's and Young Person's Services:

For more information on community services in your area, visit: www.cypsc.ie