

# NEWSLETTER

## South City Childrens Disability Network Team (CDNT)

### MANAGERS MESSAGE

Welcome to the first South City Childrens Disability Network Team (CDNT) Newsletter. This newsletter was developed in response to feedback from families who attend our service. We hope to send this newsletter out about 4 times per year. I hope that you find it informative and useful.

*Aisling Shinnick*  
CDNT Manager

### MEET YOUR OCCUPATIONAL THERAPISTS

We have one full-time and one part-time occupational therapists- Lisa & Kate B. Occupational therapists (OTs) work with children in various settings, including clinical, school environments, and the home. OTs look at a child's functional strengths & areas of difficulty across different performance areas including activities of daily living, school, play and leisure and assist with strategies to promote independence, participation and quality of life. Occupational therapy helps children build essential life skills and enhance their overall well-being and participation in their daily activities.

### USEFUL TIPS/SUGGESTIONS FROM YOUR OT

A tip for learning to a new skill such as dressing, buttons, zips or shoelaces. Try the backward chaining method. This involves breaking down the task into small achievable steps, always ensuring your young person achieves success.



### YOUR FAMILY NETWORK

**Please join us at your next Family Network Meeting!**

**When:** Monday 12th May at 10am

**Where:** St Gabriels, Ashdown Centre, Ashbourne Ave, South Circular Road, Limerick

**Parent Representatives:** The parent representatives will, Represent their Family Forum by expressing their views, concerns and suggestions for improvements, based on grouping of general areas and themes from the family forum.

Represent all issues and ideas raised by families

Ensure there is feedback to families about issues and ideas raised and resulting actions

**Your parent reps for South City are Aisling Hurley & Paula Quinn**

There are now Resources and links to information and supports available on our website. Take a look at:

SCAN ME!





# Upcoming Events

## APRIL

- Baby Massage
- Transition to secondary school
- Hanen More than words
- Early Bird
- Rowing
- Little Adventurers
- Further Events to be confirmed

## MAY

- Hanen more than words
- Hydro Heros, Hydrotherapy Group
- Transition to Primary School
- Collaborative & Proactive Solutions (CPS)
- Further Events to be confirmed

## JUNE

- Powerlifting
- Further Events to be confirmed

Important!

**Invitations to the above events are based on goals identified by your child, young person or family in your IFSP and the waiting lists for these events. If you think one of these might interest you and you are not already on the waiting list for that event, please do contact the team to discuss if it might be appropriate for your child. Unfortunately we are not currently in a position to offer to those on the waiting list for services.**

## Team Vacancies

We currently have no team vacancies in the South City Team

## St Gabriel's Foundation also a website with information and resources:

<https://stgabriels.ie/treehouse-childrens-disability-network-team/>. You can also open this website by using the following QR Code.

SCAN ME!



## Community Resource Booklet

We have created a community resource booklet for school age children and young people which can be found using the following QR code:

Scan Me!



086-1081813



Southcity@stgabriels.com



Unit 11 Ashdown Centre, Ashbourne Ave, South Circular Road, Limerick