

# DIRECTORY OF PARENT SUPPORTS AND SERVICES IN WATERFORD CITY



Report commissioned by Waterford City Childcare Committee in partnership with St Brigid's FRC and Waterford Area Partnership, prepared by Community Consultants Ltd and funded by FAS.

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## **Introduction**

The job of parenting is often taken to be natural, instinctive and private, and yet many parents will at one time or another find themselves facing issues they feel ill prepared to deal with. In response to an increasing awareness of the kinds of problems that can beset families, and also in recognition of the fact that, due to changing work and demographic patterns, many families can no longer rely on the daily support of wider family or neighbours, many organisations have sprung up that provide support and guidance, or opportunities for peer learning, to families seeking help.

A wide range of parenting supports and programmes are currently operating or planned across Waterford City. These include structured parenting courses, one-off seminars, drop-in advice and information, auricular acupuncture, breastfeeding and antenatal advice and support, facilitated peer support for targeted groups such as family members who are dealing with drug or alcohol issues within their family, and for the general public.

### **Definition of Family Support:**

“Family support is recognised as both a style of work and a set of activities that reinforce positive informal social networks through integrated programmes. These programmes combine statutory, voluntary, community and private services and are generally provided to families within their own homes and communities. The primary focus of these services is on early intervention aiming to promote and protect the health, well-being and rights of all children, young people and their families. At the same time particular attention is given to those who are vulnerable or at risk”. (Dolan 2006).

Here is a brief description of some of the structured courses on offer:

## **Courses/Programmes**

### **Parent Plus:**

This is aimed at parents of children 0 – 6 and 6 – 12 years and is delivered to groups of 12 – 20 participants for 2 hours per week over 6 weeks. Topics include tuning in to your child, child-centred play and communication, discipline and consequences and routines and rewards. (Dr John Sharry course)

### **Positive Parenting:**

This course is aimed at all parents and caregivers and is delivered to groups of 10 – 12 people over 10 weeks for 2.5 hours per week. The course covers topics such as active listening, good enough parenting, communication, stress management, nutrition, bullying, family change, and children's sex education. (One Family course)

### **Parent Wise Programme:**

This course is offered to new parents and lone parents of children between the ages of 1 and 16 years, and can be delivered individually or to groups of 3 – 12 participants. The programme runs for 8 – 10 weeks for 1.5 hours and covers issues such as boundaries, discipline, managing difficult behaviour, conflict resolution, separation and loss and stress management. This programme is run as the need arises in the community. (St. Brigids FCC course)

### **Triple P: Positive Parenting Programme:**

Group Triple P aims to promote positive caring relationships between parents and their children, and to help parents develop effective management strategies for dealing with a variety of everyday childhood behaviour problems and common developmental issues.

**Group Triple P:** is an eight week programme delivered over 2 and

a quarter hours; in groups of 10 - 14 parents of children 2 years - 12 years. It includes five group sessions and 3 individual telephone calls. "Attainment of Triple P skills promotes family harmony, reduces parent-child conflict, fosters successful peer relationships and prepares children for successful experiences at school." This course is currently available through the HSE through referrals to Public Health Nurses/Social Workers. Facilitators: Anne Laffan 051 542950/ Margaret Phelan 051 842946.

**Triple P Seminars:** are designed to provide an overview and introduction to the principles of positive parenting for any interested parent, it is a less intensive form of group parent training than the eight week programme. Parents learn how to use positive parenting to encourage children to learn the skills and competencies they need and to promote their health, development and wellbeing. The series comprises three 90 minute presentations; for groups of 20-30 parents. Delivered through local schools and interested community groups. Contact Anne Laffan 051 842950 / Margaret Phelan 051 842946.

### **Family Communication and Self-Esteem:**

The Health Promotion Unit of the HSE offers this course to provide parents of 9 – 16 year olds with the skills to forge strong relationships with their children through the development of effective communication within the family. The course runs for 20 hours, usually for 8 weeks for 2.5 hours per week and covers topics such as communication and listening, self-esteem, limits, feelings, conflict resolution and problem solving, peer pressure and alcohol and drugs.

### **Empowering Parents Programme:**

This course, provided by Disability Equality Special Support Agency (DESSA), aims to empower parents to effectively advocate for their disabled children, to be aware of their rights and to improve their communication skills with agencies and service providers.

### **Training the Trainers Programme in Empowering Parents:**

The Training the Trainers Programme in Empowering Parents, provided by DESSA, aims to up-skill experienced facilitators from the community with the relevant knowledge to deliver Empowering Parents Programme in the future.

## **Other Parent Supports in the City**

### **Parent & Toddler Groups:**

There are a number of Parent & Toddler Groups operating in the city which run on a voluntary basis. In general Parent & Toddler groups are set up by groups of parents who are interested to meet other parents and children and wish to socialise and share in their children's play activities together. They usually meet in community settings for a two or three hour session on a weekly basis.

### **Community Supports**

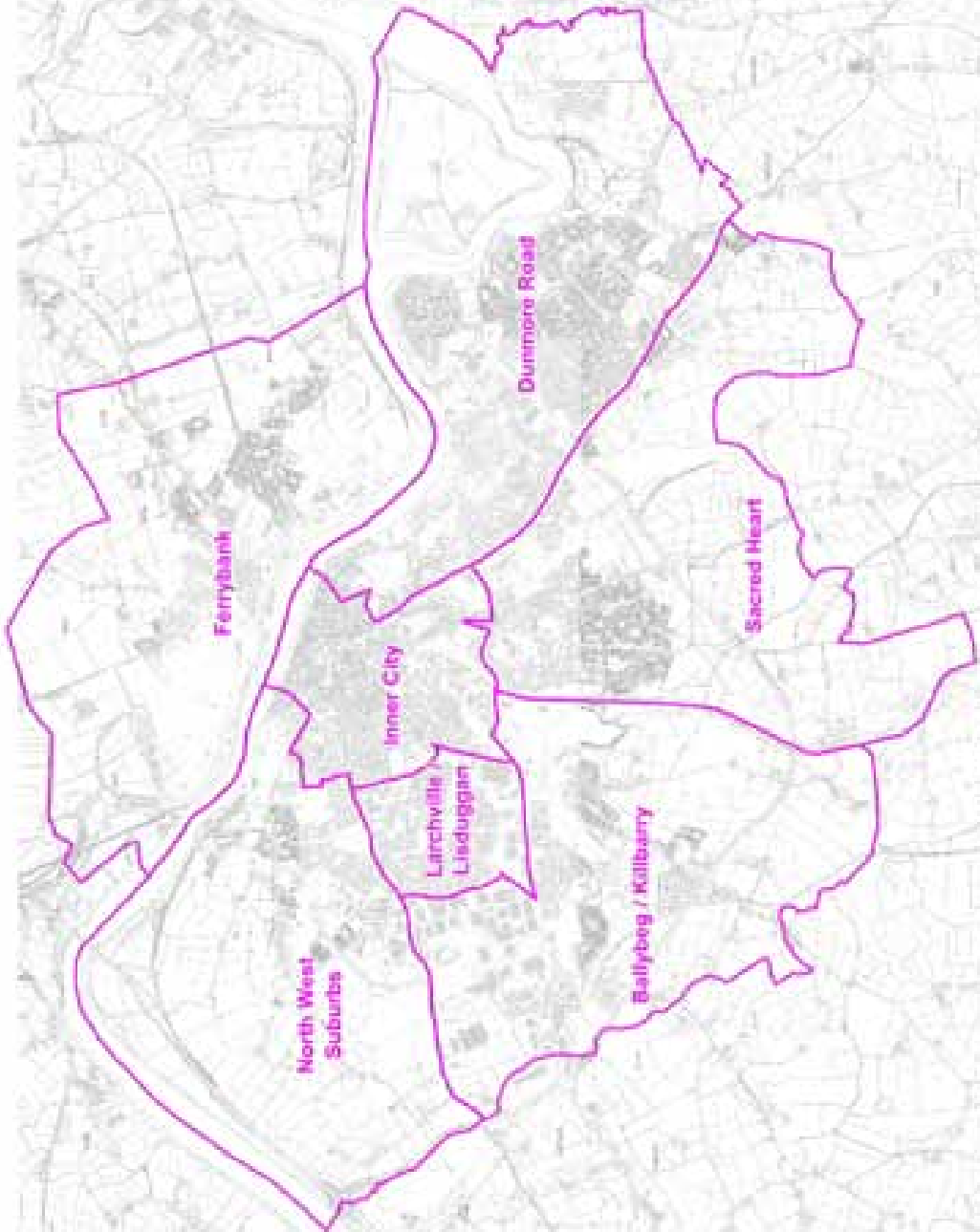
Community Development Projects, Family Resource Centres and Childcare services also provide a range of supports to families across the seven neighbourhoods.

**This directory** aims to provide a quick and easy reference guide for parents and practitioners to enable people seeking supports to readily identify those that are suitable and accessible to them in their neighbourhood. The directory is accordingly arranged by services available citywide and then by neighbourhood. Some of the services cover the entire city and are included in the city-wide section. Other services cover more than one neighbourhood, and where this is the case, their details are presented under each of the neighbourhood areas they serve.

Waterford City is divided into seven neighbourhoods which are as follows and shown on the map

- Ballybeg/Kilbarry
- Inner City
- Dunmore Road
- Sacred Heart
- North West Suburbs
- Ferrybank
- Larchville/Lisduggan

# Map of the City Neighbourhood Areas



## Citywide Services

### Triple P programme:

**HSE Community Care Services.** Currently working with Social Work referrals (new schedule 2011). Ann Laffan with Margaret Phelan. 051 842950.

email Ann.Laffan@hse.ie , MargaretM.Phelan@hse.ie

### Family Communication and Self Esteem course:

Health Promotion Unit – HSE. Susan Scully. 051 846712.

email susan.scully@hse.ie

### Traveller Parenting support:

**Waterford Traveller CDP.** For young Traveller women. Supports include advocacy on accessing childcare, school and afterschool. Direction advice and support on form filling regarding back to school and clothing allowance. Parish Centre, Ballybeg. Contact Michelle Gallagher on 051 357016. or email travellercdp@eircom.net

**Waterford Traveller Community Peer Health Workers** provides support on health and well being of parents and families.

Contact Emma Maguire on 051 357016 or email waterfordtravellerpeerhealth@live.ie

### ISPCC:

Mentoring Project provides one to one mentoring to parents and young people. This service aims to support parents and increase their confidence in their ability to meet their children's needs.

Catherine O Donohoe, ISPCC, Unit 4F, Cleaboy Business Park, Old Kilmeaden Rd, Waterford. 051 591631. Email waterford@ispcc.ie

<sup>1</sup> Note that times and venues for Community Based Drugs Initiative (CBDI) family support groups are confidential and information may be obtained directly from the CBDI worker in each instance.

### **Information, Support and Training:**

**Cuidiu:** Irish Childbirth Trust. Support on early parenthood: antenatal, birth, breastfeeding support, parent and child groups, talks and training, meet ups, social and children's events. Leela O' Shea 087 2263465. [www.cuidiu-ict.ie](http://www.cuidiu-ict.ie)

**FACT (Fathers and Children Together).** Support and information for unmarried and separated fathers including information on parenting courses. David O'Hanlon. 083 3876004.

**HSE Child, Adolescent and Family Psychology Services.** Drop-in psychology advice and consultation service for parents on Wednesday mornings from 9.30 to 12.30. No appointment necessary. Check in at reception. Community Care Services, HSE, Cork Rd, Waterford. 051 842982.

**Integration and Support Unit (ISU) for New Communities** provides one-stop-shop service to support refugees, asylum seekers and other migrants in the areas of English language, literacy, employment, information, culture, childcare and other issues. Anne Nolan. Mount Sion, Barrack Street, Waterford 051 852564. website: [www.edmundrice.ie/isu](http://www.edmundrice.ie/isu)

**Waterford Childcare Forum Parents Network.** Support for parents, information sessions/talks on demand. Email [waterfordparentsnetwork@gmail.com](mailto:waterfordparentsnetwork@gmail.com). Margaret Mulligan. 051 841740.

### **Parenting Children with Disabilities:**

**DESSA South East (Disability Equality Specialist Support Agency):**

Empowering Parents Programme and Training the Trainers Programme in Empowering Parents. Kay Teehan, Support worker for South East Region. 087 3534432.

**Down Syndrome Parent & Toddler Group:** Parent and toddler group for all children with special needs meets in Children's Grouplink, Military Rd. Jacqui Burke. 051 856143.

**Parents of Children with Disabilities Forum:** Network, information and support activities for parents of children with disabilities. Contact Waterford City and County Childcare Committees. 051 860444 or 058 43601.

**National Advocacy Service** (available in Waterford City): 'An independent advocacy service for adults with disabilities'.  
Deirdre Lillis, National Advocacy Service (region 4) Waterford Citizen's Information Services, 37 Lower Yellow Road, Waterford, Tel: 086 0400974

**WASSA:** (Waterford Autism Social and Sports Action), Organisation set up by local parents to support children with Autistic Spectrum Disorder (ASD) through a range of social and sports activities. Contact 086 6637055 or email [contact@wassa.ie](mailto:contact@wassa.ie) website: [www.wassa.ie](http://www.wassa.ie)

**Waterford City Childcare Committee:** provides information, advice and guidance on all aspects of childcare including the Government Support Schemes.

4b Manor Village, Cork Rd, Waterford. 051 860444.

Email: [info@waterfordcitychildcare.com](mailto:info@waterfordcitychildcare.com).

Website [www.waterfordcitychildcare.com](http://www.waterfordcitychildcare.com)

**Waterford Regional Youth Services and Family Support Network:**

Support for young parents using youth services and substance abuse services. Mediation for young people and their parents.

Eoin O'Neill. Edmund Rice Y&C multiplex, Manor St., Waterford. 051 309364.

**Waterford Sibling & Men's Family Support CBDI Groups:**

Men's group for fathers of drug users. Acupuncture, information and support.

Breda Fell & Edward McBride. 051 312010/ 086 6045805.

Email: serfsn@gmail.com

Website: [www.serfamilysupportnetwork.org](http://www.serfamilysupportnetwork.org).

**Ballybeg/Kilbarry****Triple P Seminars:**

For parents of primary school age children in St. Saviors NS. Course delivered by HSE and organised by Geraldine Guiry, St Saviour's National School, Ballybeg. 051 372621/ 087 2888429.

**Information, Support and Training:****Ballybeg CDP:**

Ballybeg CPD runs a Community Education Project and an After School Education Support and Development Service. Parents are engaged with the project and are supported with regards to the needs of their child.

Glenn Lynch and Liz Riches 051 350 100

Baile Beag **First Steps Crèche:** Parent supports, information and induction for parents of children attending the centre.

Carmel Staunton, Parish Centre, Ballybeg, 051 379980.

**Ballybeg, Larchville & Lisduggan Family Support Group**

Drugs programme - parent support group, community information, education and awareness sessions, 1:1 support, auricular acupuncture.

John Devlin WCDBI. 051 351100/ 087 2024061.

**Barnardos:** Family Support service offered through family work and individual work for children and young people. Information and advice, group work and playground activities for children. Joanne Tubbritt. 051 844140. 128-9 Clonard Pk. Email: joanne.tubbritt@barnardos.ie Website: info@barnardos.ie

**South East Family Support Network:**

Supports families living with drug use - peer family support. Referred or self-referred.

Breda Fell, c/o Edmund Rice Y&C multiplex, Manor St., Waterford. 051 312010. Email: serfsn@gmail.com.

## Inner City

**Parent Wise Programme:**

**St Brigid's Family and Community Centre.** Course open to all. Anne Goodwin. 051 375261. Ger Lanigan at St Brigid's Children Centre. 051 591548. Email: liz@stbrigidsfcc.ie

**Information, Support and Training:**

**St Brigid's Family and Community Centre** provides a wide range of parent and family supports, including personal and relationship counselling, counselling for children and adolescents, parenting programmes, one to one parent support, training and education programmes, personal development courses, health and awareness raising events and information.

Anne Goodwin, Mags Drohan or Liz Power, 051 37561

**Citywide Community Drugs Initiative:**

For parents/families/partners of anyone involved in substance misuse. Advice and information 1:1, family peer support group. Auricular acupuncture. Drugs education and awareness on request from groups. Sarah Hearne 086 8561641 cscbdi.wrys@iol.ie

**Inner City Parent & Toddler Group.** Liz Power/Anne Goodwin.  
Waterford City Library, Lady Lane, Waterford. 051 375261.

**St Brigid's Childrens' Centre.** Parent supports, information and induction for parents of children attending the centre.  
Ger Lanigan. Powersfield, Hennessy's Rd. 051 591548.

**Rainbows Programme:** A support programme for parents and children (separately) who are experiencing bereavement or significant loss in their lives.  
Contact Anne Goodwin on 051 375261.

**St Josephs Childcare Centre.** Parent supports, information and induction for new parents of children attending the centre.  
Martina Long. Lr Yellow Rd. Waterford. 051 843512.

**South East Family Support Network.** Supports families living with drug use - peer family support.  
Breda Fell, c/o Edmund Rice Y&C multiplex, Manor St., Waterford.  
051 312010. Email: serfsn@gmail.com

**Barnardos Waterford Student Mothers Group.** Supports young mothers to remain in second level education and progress to further training, education and work. Meet four days a week at Barnardos, Kilcohan.  
Contact: Annette Dowling. 051 844220.  
Email: info@wsm.barnardos.ie

**Women's Centre Childcare Service.** Parent supports, information and induction for new parents of children attending the centre.  
Anita Grant, 74 Manor St., Waterford. 051 850472.

### Information, Support and Training:

**Ardkeen Library Parent & Toddler Group.** Ardkeen Shopping Centre. Dunmore Rd.  
Sinead Cummins/ Laura Hutchinson. 051 849755.

**Bumps & Babes Parent & Child Group.** Ardkeen Community Rooms. Dunmore Rd.  
Leela O' Shea 087 2263465.  
[www.cuidiuiict.ie](http://www.cuidiuiict.ie)

**La Léche League.** Breastfeeding help and information. Monthly in Ardkeen Community Centre.  
Maura. 051 396881. Angelica. 051 345494.  
Website: [www.lalecheleagueireland.com](http://www.lalecheleagueireland.com)

**Southside Family Support Group.** CBDI. For parents/families/partners of anyone involved in substance misuse. Drugs education and awareness, advice and information, one: one, and family peer support group. Auricular acupuncture.  
Lindsey McCarthy. 087 6394065.

**Williamstown Community Childcare Centre.** Parent supports, information and induction for parents of children attending the centre.  
Lucy Stevenson. Farronshoneen Business Park, Dunmore Rd.  
051 873918.

### **Parent Plus course:**

**Focus Ireland** - For Focus Ireland residents, childcare centre parents and those invited from the Tenancy Support and Settlement Service. Ann Mc Anespie 051 879810.  
email: amcanespie@focusireland.ie

### **Positive Parenting course:**

**Sacred Heart Family Resource Centre.** Richardsons Meadow Training and education programmes, personal development courses, health & wellbeing awareness promotions and confidential one to one information, advice and support for parents and families living in Sacred Heart Area and wider environs.  
Heather Kiely. 086 8348764/ 051 306728.

### **Information, Support and Training:**

**Barnardos.** Family Support Network: Parent Support group, advice, information and training around parenting; groups and activities for children.

Joanne Tubbritt. 051 844140. 128-9 Clonard Pk.

Email: joanne.tubbritt@barnardos.ie Website: info@barnardos.ie

### **Butler Community Centre Parent & Toddler Group.**

Janet Foley 086 8886580. Lisa Frisby 087 7741154.

**Focus Ireland - Leapfrog Crèche.** Parent supports, information and induction for parents of children attending the centre.

Jane Phelan 051 879810. email: walkerj@focusireland.ie

**Sacred Heart Family Resource Centre.** Information, advice and support for families living in the area.  
Heather Kiely. 086 8348764/ 051 306728.

**Southside Family Support Group.** CBDI. For parents/families/partners of anyone involved in substance misuse. Drugs education and awareness, advice and information, one: one family peer support group. Auricular acupuncture.  
Lindsey McCarthy. 087 6394065.

**Tip Toes Community Childcare.** Parent supports, information and induction for parents of children attending the centre.  
Old Tramore Rd. Waterford.  
Contact Manager 051 850109.

## North West Suburbs

### Information, Support and Training:

**Cityside Community Drugs Initiative.**

For parents/families/partners of anyone involved in substance misuse. Drugs education and awareness, advice and information, 1:1, and family peer support group. Auricular acupuncture.  
Sarah Hearne. 086 8561641.

**Waterford Childcare Centre.** Parent supports, information and induction for parents of children attending the centre.  
Majella Cantwell, Unit 607, Northern Ext. Industrial Estate,  
Waterford. 051 353913. Email: [waterfordchildcare@eircom.net](mailto:waterfordchildcare@eircom.net)

**Information, Support and Training:**

**Cityside Community Drugs Initiative.** For parents/families/partners of anyone involved in substance misuse. Drugs education and awareness, advice and information, one: one and family peer support group. Auricular acupuncture.  
Sarah Hearne. Tel 086 8561641.

**Focus Ireland. Parents and Toddler group** (open to all)  
Sarah Kearns Tel No: 086 6052565.  
email: skearns@focusireland.ie

**Ferrybank Parent & Toddler Group.** Parish Hall, Ferrybank.  
Katriona Ryan. 087 9583446.

**FerryFun Childcare & Afterschool Centre.** Parent supports, information and induction for parents of children attending the centre.  
Mary Purcell. Hillsfield, Belmont Rd, Ferrybank. 051 833280.

**South East Family Support Network.** Supports families living with drug use - peer family support.  
Breda Fell, c/o Edmund Rice Y&C multiplex, Manor St., Waterford.  
051 312010. Email: serfsn@gmail.com

### Information, Support and Training:

#### **Ballybeg, Larchville & Lisduggan Family Support Group.**

For parents/families/partners of anyone involved in substance misuse. Drugs education and awareness, advice and information, one: one and family peer support group. Auricular acupuncture. John Devlin WCDBI 051 351100/ 087 2024061.

**Larchville Lisduggan CDP.** Information, advice and support for families living in the area such as signposting parents to relevant services and information on parenting.

Tina Gordon/ Mary Byrne 051 351343.

**Manor Children's Centre.** Parent supports, information and induction for parents of children attending the centre.

Marguerite Long, Manor St John, Lisduggan. 051 590170.

#### **The Minder & Toddler Group.**

Breda Farrell. 051 351343.

Roisin O'Donovan. 051 351343.

**South East Family Support Network.** Supports families living with drug use - peer family support.

C/o Edmund Rice Y&C multiplex, Manor St., Waterford.

051 312010. Email: serfsn@gmail.com

#### **Cuidiu- Irish Childbirth Trust, Breastfeeding**

Counselling Support. Meet twice monthly in

Waterford Health Park, Slievekeale Rd.

Leela O' Shea 087 2263465. [www.cuidiu-ict.ie](http://www.cuidiu-ict.ie)

**CALENDAR OF PARENTING PROGRAMMES FOR WATERFORD  
SEMESTER 1: AUTUMN / WINTER  
(SEPTEMBER TO DECEMBER)**

**SEPTEMBER**

**Family Communication and Self-Esteem (See page 8).**

The Health Promotion Unit of the HSE offers this course to provide parents of 9 – 16 year olds. The course runs for 20 hours, usually for 8 weeks for 2.5 hours per week.

**Empowering Parents Programme (See page 9).**

Planned provisionally for the end of September running for 6 weeks (evenings). Targeting parents of disabled children under 12 years focusing on self advocacy, accessing services and understanding children's rights.

Contact Kay Teahan 086 3534432 [advocacy@dessa.ie](mailto:advocacy@dessa.ie)

**OCTOBER**

**Parent Plus (See page 15)**

Start date Wed 5th Oct for 8 consecutive weeks (mornings only)

Contact Ann McEnaspie

**NOVEMBER**

**St Brigid's Parenting Course (See page 12)**

St Brigid's FCC offers a 4 week parenting course focusing on behaviour management commencing Monday 14th November.

**DECEMBER**

This Calendar will be updated quarterly and will be available to view on WAP's website, Waterford City Childcare Committee's website and St. Brigid's FCC's website.

*"Good parents give their children roots and wings  
Roots to know where home is,  
Wings to fly away and exercise  
what has been taught to them."*

*- Jonas Salk*

