

# CDI Newsletter

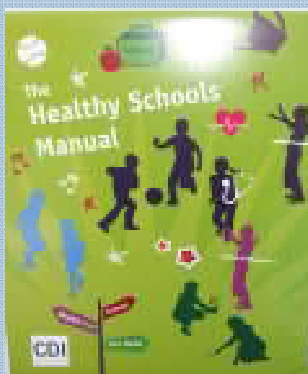


Meeting needs, making changes, improving outcomes

June 2011, Volume 5, Issue 5

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## Lunchtime Seminar

June 30<sup>th</sup>, 12pm-2pm  
RUA RED

**'Making Tallaght West a Restorative Community',**

*Facilitated by*

*Claire Casey, CDI and  
Sonja Delaney, Fettercairn  
Youth & Community Centre.*

For more information go to  
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## Introduction:

As we come together towards the end of another school year, CDI is taking the opportunity to consider our achievements to date, the progress made in relation to improving outcomes for children and families in Tallaght West, and how we can sustain all of this, and indeed build upon it, in the coming years.

As always, we fully appreciate the consistent and ongoing support of the managers, frontline staff, parents and children, who not only engage so enthusiastically in the programmes, but make the work such a joy. We also recognise the difficulty some services are currently in, and hope that together we are creating the evidence and support for ongoing investment in prevention and early intervention.

This month, we focus on our Healthy Schools Programme, and the voices of the many parents and children included here, give some sense of what services can mean to individual families.

The long evenings are of course, a natural motivation to get out and take the air, so after your cup of coffee and leisurely read of our newsletter, I hope you are inspired by all this talk of healthy living to get your runners on for a walk!

## Congratulations!



CDI is delighted to congratulate Dr. Katherine Zappone on her appointment to the Seanad.

As the first Chair of CDI's Board, and one of our founder members, we are delighted to know that disadvantage, community development and a rights led approach, will be central elements of debate in the Senate.

We wish you well!

## A Long Goodbye:

CDI is very sad to say goodbye to Paula Corrigan, our Governance and Corporate Services Coordinator who has decided she misses the warm blue skies of Australia too much.

Although Paula has been with CDI a relatively short year, in that time, she has formed professional relationships and friendships which will endure, and her efficiency, attention to detail, and warm sense of humour will be missed by all.



## Overview:

**The Healthy Schools Programme (HSP)** started in September 2008 in two school campuses (5 schools) in Killinarden with two Healthy School Co-ordinators (HSCs) one in each campus. The participating schools are: **Sacred Heart Junior, Sacred Heart Senior, Knockmore Junior, Knockmore Senior and Scoil Caitlin Maude.**

As with CDI's other programmes, the Healthy Schools Programme's aims, objectives and activities are laid out in a manual. The overall aim of the project is to improve the health and well being of children and their families living in Killinarden by creating healthy opportunities during, after and outside the school environment. The healthy school takes "a holistic view of health and engages in a process that draws on all of the resources within the school community while seeking to influence all aspects of life of the school" (*Healthy School Manual*).

Another very important aspect of the Healthy Schools Programme is the whole school approach which is highlighted in many of the activities and interactions that the two HSCs have with the children, their parents, school staff and external stakeholders, whereby the school staff and HSC's have worked together in achieving the Active Flag status. Working together to agree policies to agree policies has also been a part of the whole school approach.

There are challenges at the beginning of any project and this was no different for the two new Healthy School Co-ordinators in taking up their role of developing and implementing the healthy schools programme, which involved working with children, parents, school and a wide range of other agencies and organisations as well as recognising and supporting the many positive activities and policies already in place. Each of the five schools is very different, some with different needs; it was very difficult to identify core activities to be delivered to all schools in a tailored way.

But despite all these challenges the HSP developed many wonderful in the following areas:

## Healthy Schools Activities with Children:

- Activities with children
- Activities with parents
- Activities with both children and parents
- Referrals (working with school staff)
- Collaboration with external stakeholders.

Many activities with children are organised under the physical activity outcomes of the manual which includes both in school and after school clubs like: Skipping club, Golf (organised and funded by South Dublin County Council Social Inclusion Department), Cardio Kids, Dancing, Tae Kwon Do, Yoga and Basketball. In addition, there are Easter and summer camps with all the above trainers getting involved.

### **The Cardio Kids Club:**

The Cardio Kids club was delivered in all five schools and that was very successful. Cardio Kids is an after school activity developed by a local parent, Sharon Collins, with the assistance and support of the HSC. The club was delivered almost every term in each school on an 8/10 week basis which introduced children to various interactive games, activities and sports, thus increasing their physical activity levels without them realising that!

Some of the comments from children who participated include:

*"It was helpful in loads of different ways: exercising more and knowing more about the kids I didn't know very well. It would teach you more games so when I was bored at home I had something to do."* (A. B. 3<sup>rd</sup> class)

*"The thing that I enjoyed the most was the last day when we got all Mams and Dads in to play games with us. I thought it was very helpful because my Mam and Dad wanted me to do more exercise. And I asked my Mam and Dad to come in on the last day; they laughed. But I said remember that you want me doing more exercise and I said then 'why don't you come?' and they said 'yes'. It was so fun."* (K.C. 5<sup>th</sup> class)

**Continued.....**



## Healthy Schools Activities with Children:

### **Health and Hygiene Programme:**

This programme was run in both campuses with 5<sup>th</sup> and 6<sup>th</sup> class girls in year 2 and 3 of HSP. This involved healthy sessions with a nutritionist under Social, Personal and Health Education (SPHE) curriculum, fruit and vegetable tasting sessions, smoothie making sessions with different classes, gardening projects, etc. Topics covered included: Basic hygiene knowledge, nutrition and nail care, dental care, cookery, and pampering tips and the provision of hygiene bags at the end of group. This programme was facilitated by HSC in collaboration with the School Completion Programme Co-ordinator and school teachers, with invited speakers from Killinarden Health Clinic, Mary Mercer Health Clinic, a nutritionist and a local beautician.

This is the feedback from one of the teachers who was involved in the running of the programme: *“The 6<sup>th</sup> class girls felt that the main benefit of the programme was that it gave them an opportunity to talk about issues of health and hygiene that they would not discuss if there were boys involved. They looked forward each week to ‘girl only’ time.”*

The children thoroughly enjoyed this programme: *“I liked the cooking and learning how to take care of yourself.” “I liked the cooking the best because the food was very nice and health,” and “Great programme, I learned a lot.”*

There were also several health promoting campaigns organised or supported by HSCs in schools like Bug Busting Campaign – Say No to Head lice (in collaboration with parents and Public Health Nurses), Walk to School Campaign (charts, competitions, rewards for winners, etc), Active School Week, Green School Campaign, Food Dudes Campaign, and Say No to Racism (in collaboration with FAI/Shamrock Rovers F. C.).



## Healthy Schools Activities with Parents:



Another important aspect of the Healthy School Programme is the work with parents. During the past three years a lot of activities and sessions were organised for the parents of children attending the participating schools with a lot of support and collaboration of all Home School Community Liaison Co-ordinators (HSCLs), professional trainers and local service providers.

The “healthy breakfast and chat” were informal sessions where parents were invited for a healthy breakfast and also to have a chat with guests from different services on themes like:

- Basic hygiene and head lice prevention (PHN);
- Nutrition and fussy eaters (nutritionist from Carambola);
- Meningitis (speaker from Meningitis Trust);
- How to support my child’s speech and language (HSE Principal Speech and Language therapist, CDI’s Speech and Language Therapist);
- The importance of physical activity in our day to day life (SDCC Sports Partnership and HSE Health Promotion – Physical Activity Department);
- Healthy cookery, stress management (Barnardos facilitator);
- HSE developments locally (HSE Killinarden Primary Care Team presentation).

**Continued.....**

Parents comments from both schools included:

- “It made our life more rich and colourful.”
- “I got more information about how to interact with my children and cook, my health.”
- “It has taught me to listen to my children.”
- “It has made me feel more confident and I now take a little more time for me.”
- “What I have learned will be useful to me in my personal life.”
- “It gave me the opportunity to meet old friends and some new people.”

Parents are also supported and referred to local services according to their needs and queries when necessary. Parents are informed about healthy habits through school newspapers where HSCs advise and inform parents about HSP activities and encourage them to contact them on health issues. Carambola and Glanmore Foods, both healthy lunch providers in all five schools, are extremely supportive in providing healthy, nutritious snacks for parents' sessions.

In addition, a 6/8 weeks training programme on ‘Smoking Cessation’ was provided by the HSE, Smoking Cessation Department and Health Promotion Department. Comments from the programme included: “It made me more aware of the dangers of smoking,” and “It was very helpful to me.” This programme was followed by a Personal Development Programme, ‘Time out for me’, which ran for seven weeks in both campuses. This training was organised, structured and facilitated by HSCs in collaboration with Agnes McCabe, Smoking Cessation Officer, HSE, Health Promotion Department, and included themes such as:

- My Health is My Wealth;
- Stress management;
- Cooking on a budget - with Kay Tyrell (chef);
- Light yoga relaxation techniques.

## Healthy Schools Activities with Children and Parents:



The HSC identified a need to involve parents more in the life of their children. Parents were invited to school for “brown bread snacks” where they had a healthy breakfast with their children and were given an opportunity to spend time with their children to discuss healthy eating habits in class.

A committee of parents was set up, who participated in school activities, such as:

- Bug Busting Campaign - parents watched a DVD on head lice prevention and had a discussion with PHN;
- Active School Week - parents organised the healthy bites for the children and accompanied the children on their visit to Tallaght Stadium.

Parents are invited to all the end of term events and ceremonies organised by HSCs at the end of each programme, either to see their children receiving certificates or prizes or to participate in fun matches organised between parents and children.

A healthy school open day was organised. *“All the parents and students from both junior and senior schools were invited. It was an amazing day and parents and students from both schools turned up in great numbers”.* Parent.

*“Our HSC did a fantastic job organising the day with skipping, basketball, Glanmore Foods, Dental Nurse, Speech Therapy, smoothies and prizes. It was a great day all in all. I’m one of the parents from Sacred Heart Senior School who supported with organising the day. The children had a ball interacting with their parents and guests. Hopefully this will be organised again next year.”*

*“It was really fun for everybody to talk to other people and to interact with their parents. On the day we had Glanmore Foods, basketball shots; we had to skip at the long rope, and enjoyed lovely smoothies. We also visited the public health nurse stand, speech and language therapy and dental nurse stands. After visiting every stand we got a stamp and if we got all the stamps we won a prize. I really enjoyed the day. My Mam helped out and some of the other parents too,”* (6<sup>th</sup> class pupil).

Parents and teachers also participated in the CDI Volleyball tournament.

## Healthy Schools Referrals:

Throughout the development of the Healthy Schools Programme there is a close collaboration with School Care Teams and teachers with responsibility for referrals in schools. HSCs support many parents who are referred by the schools to different local health services. The HSCs link with parents to support them with referral applications - making appointments, reminding parents about appointments, sometimes accompanying parents to appointments, rearranging appointments and feeding all this information back to care teams or principals. The HSCs have developed strong working relationships with Public Health Nurses (Killinarden Health Centre), the Dental Department (Mary Mercer Health Centre), Speech and Language Department (Mary Mercer HC) and the HSE Health Promotion Department which are all very supportive and helpful.



## Collaboration with External Stakeholders:

All the work outlined above would not have been possible without the support and commitment of the people, services and organisations involved in the running of the activities and programmes organised by HSCs.

One example of collaboration which demonstrated a whole school approach was *Healthy School Open Day* organised in Sacred Heart Campus in December 2010 where parents, school staff and local services got together to make this day a huge success with over 400 parents and children attending the day.

"Firstly, what a great day we all had, both adults and children! These would be my thoughts on the day itself. As the healthy school lunch provider to both schools we were delighted to be a part of what was a very special day. I felt it was a great day for the children and their parents to get involved in the concept of healthy eating, together. For our part the blind fruit tasting for the children was a great success, it was both fun and educational. The many activities on the day meant that the children were well catered for. It was a great fun way for all to get involved in the promotion of a healthy lifestyle. To sum it up on the day all I saw was happy smiling faces, both adults and children, and it was well worthwhile." *Vivion Powney*, Business Development Manager, Glanmore Foods Ltd.

"The Healthy School Open day was a complete success! The attendance was great, the children enjoyed it and the parents benefited from it by gaining information

about many services in the area. It was organised very well, with games, prizes, refreshments and most importantly information about local services (including the dentist, speech therapist and sports information). The HSC and a core group of parents from our school organised it very well. The parents were involved in every step and were enthusiastic for it to be a success. They organised prizes for the children, the information stalls and they provided the refreshments. The involvement for the parents was a great boost to them and their confidence as it reinforced how important their roles are in school and community life. We hope to be able to recreate this Open Day next year as it was so well received and the feedback from the community was so positive." *Olivia Vaughan*, Home School Liaison Co-ordinator, SNS

The same effort and commitment from these people was proven once again in agreeing to participate in a similar initiative planned for Knockmore Campus in June 2011.

The links developed and maintained by HSCs are as follows:

### Local Health Service Providers:

- PHNs;
- Killinarden Primary Care Team (KPC);
- Dental Educator/Nurse;
- Speech and Language Therapy;
- Occupational Therapy – Killinarden;
- HSE Health Promotion Department;
- Mary Mercer Clinical Psychologist, HSE;
- HSE Family Support Service (Tallaght Village);
- Lucena Clinic.

**Continue.....**

**Local Community/Voluntary Organisations:**

- Carp;
- ISPCC;
- Barnardos;
- St. Vincent de Paul;
- Tallaght Mediation Bureau;
- Tallaght Youth Centre;
- Killinarden Community Centre;
- Killinarden Family Resource Centre;
- Community Development Co-ordinator in Mary Mercer.



*Children taking part in Martial Arts session.*

**Sports:**

- SDCC, Social Inclusion Department;
- GAA;
- FAI;
- KCS Sports Complex;
- Tallaght Leisure Centre;
- Tallaght Martial Arts;
- Belgard Tae Kwon Do;
- Various Sports Instructors.

A huge role in the planning and implementation of HSP is due to the support and commitment of all the five school principals involved in the Healthy Schools Programme:

- Mr. R. O'Leary – Sacred Heart Senior School;
- Mr. M. Morris, Sacred Heart Junior School (Ms. M. Molloy - former principal);
- Ms. O. Hanahoe – Knockmore Junior School;
- Ms. B. Ni Ghioll? – Scoil Caitlin Maude;
- Mr. C. Meehan – Knockmore Senior School.

Other supports include role support and guidance provided by CDI and the strategic thinking of the Steering Committee members which includes the five school principals mentioned above, Marguerite Hanratty and Gráinne Smith, CDI; Maria Finn, SDCC; Kevin Webster and Caroline Peppard of the HSE; and Pauline O'Hanlon, HSCL.

Big thanks and appreciation go to each of them!!! It is a great experience and we enjoy every bit of it but the biggest reward is that we managed to make a huge impact on the life of the children and their families living in Tallaght West, and we hope to continue doing so.

**Anca Lupu and Abbie Carrick, Healthy Schools Coordinators**



## Healthy Schools Open Day:

The Healthy Schools Open day took place on June 1<sup>st</sup>. We had a great turnout with over 400 attending (parents and children). They were from Scoil Caithlin Maude and Scoil Cnoc Mhuire Junior and Senior. The following health stands were present: Tallaght Youth Service; Marie Keating Foundation; Tallaght Drugs Task Force; Living Well with Long Term conditions; Link 2B Active; Mental Health Ireland; Public Health Nurses; Glanmore Foods; Dental Health Nurses; Speech and Language Therapists; Health Promotion (Quit Smoking); Dyspraxia Association; Killinarden Family Resource Centre; Health Promotion- Benefits of physical activity and sugar contents of foods/drinks; Yoga and Cardio kids (basketball).

Zumo smoothies and Innocent smoothies and some freshly squeezed orange juice were provided to all children. Tea, coffee scones, chocolate rice crackers and fruit was provided to parents.

Each child was given a card to get stickers for attending at least 10 out of the 16 stands, for which they won a prize. 210 children completed activity cards and received a prize (they got to pick either a frizbee, a kite or a yo-yo). There were also two raffles with prizes of tennis ball games, a tennis racket and a frizbee game presented by the principal of the Junior School (Chris Meehan), The Principal of the Senior school (Orla Hanahoe) kater presented more prizes including a fruit basket (supplied by Glanmore Foods), a tennis racket and balls, 2 hoola hoops and a greenhouse. The gardening project 2011 photos were on display as well as some of the produce!

The Principals have said several times what a great success it was, that it was brilliant and I have heard from a grandparent how shocked her daughter was about the sugar content of drinks she was giving her son! Another child commented that it was great and asked whether it will be on next year!

**Abbie Carrick**  
Healthy Schools Coordinator



## Speech and Language Healthy Schools:

In an attempt to respond to an identified need within schools undertaking the CDI Healthy Schools Programme, provision of a Speech and Language Therapy service was agreed in 2009. Not only does this provide a much needed service within the area, but it also provides an opportunity to focus on early intervention. CDI's experience of supporting staff and parents in the Early Years setting in relation to speech and language has proved to be very successful, and it can only be assumed that this will be replicated in Junior Infant classes. In 2009 a Speech and Language Therapist was recruited to work with the Healthy Schools Programme. In collaboration with Rosemary Curry (HSE, Principal SLT) dual policies and a Memorandum of Understanding (MoU) were drawn up, and agreed with all participating Principals.

Meetings were held with all Principals in order to plan the delivery of the service. It was agreed to target children in the Junior Infant Classes and Early Start (attached to Croi Ro Naofa Junior). An Cosan provide the employment role (as with the therapist for the CDI Early Years service), and Rosemary provides role support and supervision.

Sinead O' Mahony commenced work in November 2009, working really hard to set the service up in the schools and Early Start. However, in August 2010, Sinead relocated to a post in the HSE. In October of 2010, Michelle Quinn took up the post and has been growing strongly in the role ever since. As well as assessing, providing therapy and support to children and families, Michelle has been of immense support to teaching personnel, through the provision of staff training, and ongoing supports.

There is a lot of interest in this model of delivery and given the breadth of the service, CDI decided to undertake a specific evaluation of the service. Dublin Institute of Technology (DIT) were awarded the contract to evaluate the service, and began this process in May 2011.

In February of this year Jennifer (the CDI Early years SLT) and Michelle organised a second Speech and Language Therapy Carnival. Jennifer and former CDI SLT Sinead created the games and materials for the first CDI Speech Carnival in June 2010. This year's carnival grew larger with the support of Michelle and with the help of many Trinity College Speech and Language Therapy students and local preschool volunteers. The Carnival was created as a method of supporting children's language and speech development through fun, animated and engaging carnival-style games.

At the Carnival each parent was given a "parent pack" of ideas and ways to continue building speech and language skills within the home. Carnival games included a duck pond that encouraged speech sound learning, a find the ball under the cup game that targeted pronouns (he/she, etc), velcro archery to practice listening skills and 'pin the tail on the donkey' style game that targeted categorisation skills.

The community dental team was at hand to meet with children and parents, and give support on tooth friendly eating, dental habits and promoting better oral development by ditching those dodies! Both parents and children alike enjoyed the activities together and a many can't wait for next year's carnival!

With the continuation of the SLT service for another year, the summer will be spent planning and plotting on how to capitalize on the work done to date, with an eye on the ongoing needs of children and families.





# Quality Services, Better Outcomes: Integrating Quality in Children's Services

## Would you like to know more about?

- How my organisation can become more quality focused?
- How I can improve my daily practice?
- How practitioners in a range of settings are delivering evidence based programmes and what the learning has been?

**This conference is aimed at frontline practitioners working with children, young people and families and those managing them. It will:**

- Consider research and best practice in relation to quality services;
- Explore organisational processes and staff support requirements which facilitate quality;
- Highlight current policy frameworks which inform and shape quality services.

**Wednesday 7<sup>th</sup>  
September 2011  
The Irish Law  
Society**

Blackhall Place, Dublin 7,  
Ireland.

**9.30am-6pm**

### Speakers will include:

- **Mary Doyle**, Director, Office for the Minister for Children & Youth Affairs
- **Senator Fergal Quinn**
- **Professor Danny Perkins**, Penn State University, USA
- **Jim Mulkerrins**, Principal Officer, Dept of Education & Science
- **Gordon Jeyes**, National Director, HSE
- **Arlene Foster**, Director, NCCA
- **Helen Johnson**, Senior Social Policy Analyst, NESCC
- **Noelle Spring**, Chair, CDI Board

**Ms Francis Fitzgerald T.D., Minister for Children & Youth Affairs will launch the CDI's Quality Services, Better Outcomes Workbook**

### Registration Includes:

Access to all sessions, delegate materials and entrance to Launch of CDI's Workbook.  
Tea/coffee lunch, finger food buffet also included.

Registration Type:	Fee:
Early Bird	€35

Book by June 30<sup>th</sup> to receive the Early Bird rate.

For any assistance please contact Paula at [paula@twcdi.ie](mailto:paula@twcdi.ie) or Telephone (01) 4940030

[www.twcdi.ie/cdievents](http://www.twcdi.ie/cdievents).

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**We're on the Web!  
Visit us at:**

**[www.twcdi.ie](http://www.twcdi.ie)**

**Thought for  
the day!**

**"Don't judge  
each day  
by the  
harvest you  
reap  
but by the  
seeds you  
plant!"**

*Robert Louis  
Stevenson  
(1850-1894)*

## **Quality of Life Mapping Project:**

In last month's lunchtime seminar, Larry McEvoy delivered an exciting seminar on "Quality of Life Mapping Project" which provides statistics gathered from a number of sources to assist South Dublin County Council in planning appropriate services in their areas.

Some of the areas covered related to: population by economic status that is utilised by South Dublin County Council to forecast housing requirements; The Department of Education statistics of school entries which will allow estimations on requirements for Early Years Services and other educational requirements; Dependency ratio and disability by age group provide figures on quality of services provided; The Childcare Services Directory can supply access to information that may be taken for granted in some areas such as locations of Doctors, Dentists, Nursing Home and other Childcare services that can make a profound impact on quality of life.

These statistics help to address identified needs in designated areas by means of forecasting outcomes and making improvements in current service providers through recognising changing trends within the data collection. Some examples of this may be changing population rates which in turn will have a knock on effect with housing, education and employment opportunities.

In addition Larry covered interesting statistics on Anti- Social behaviour trends, access to

**'Making Tallaght West A Restorative Community': June 30<sup>th</sup>, 12-2pm, RUA RED facilitated by Claire Casey, CDI and Sonja Delaney, Fettercairn Youth & Community Centre.**

This seminar will discuss the work CDI has been doing to make Tallaght West a Restorative Community. Restorative Practice (RP) is an approach which focuses on people learning to be explicit about their work, taking responsibility for their practice, and developing skills to challenge and support each other in the implementation of best practices. It provides people with simple and effective techniques for developing and maintaining relationships and for resolving conflict.

Claire Casey, Community Engagement Coordinator with CDI, will explain CDI's programme of RP training and support and the benefits that using RP can bring to the home, workplace and community.

Sonja Delaney, Manager of Fettercairn Youth & Community Centre, will talk about how using the RP approach supports her in her work.

public transport information, school locations, housing stock data, age breakdown of occupiers and average income of principal earners which can be central determinants impacting on an individual's quality of life.

Larry also placed some emphasis the Authority hoping to eliminate costs which they would like to use more effectively such as bonfire clean ups. The most recent estimated cost spend in this area was €1,1116.86. This cost does not include reinstatement of the damaged land. It was interesting to highlight the cost of cleaning up the damage of an event celebrated nationwide and the impact this may have on opportunities to fund more positive activities.

If you didn't get an opportunity to attend this well delivered and informative seminar, need not worry as statistics can be accessed through the various sources listed below:

Census; South Dublin County Council; Health Service Executive; The Department of Family and Social Affairs; Fas; County Dublin VEC; Department of Education; An Garda Síochána; Other Partnerships and organisation working within South Dublin County Council.

Alternatively you can access a copy of the seminar slides on our CDI website [www.twcdi.ie/presentations](http://www.twcdi.ie/presentations).