

# CDI Newsletter



Meeting needs, making changes, improving outcomes

September 2012, Volume 7, Issue 2

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### Lunchtime Seminars

October 4<sup>th</sup>, 12pm-2pm

#### **'Keeping Children Healthy: Prevention and Identification of Eating Disorders',**

*Facilitated by*  
**Virginia KIELTY Oberlin**

October 25<sup>th</sup>, 12pm-2pm

#### **'Staying Positive in the Midst of Chaos'**

*Facilitated by*  
**John LONERGAN, Ex Governor of  
Mountjoy Prison and Social  
Commentator**

For more information go to page 12

## Introduction

The last number of months have seen some difficult times for CDI and many of the services with whom we work, reflecting the context of the families and communities we aim to serve.

We have seen the ending of our Healthy Schools Programme and delivery of Mate-Tricks ceased whilst the assignment of three RAPID Coordinators to work on our Community Safety Initiative also ended in recent months.

However, in early August, following long and comprehensive negotiations with our funders, (Department of Children and Youth Affairs and The Atlantic Philanthropies), we received approval to continue some elements of delivery which have been demonstrated as effectively improving outcomes. These are:-

- Doodle Den Literacy Programme for five and six year olds;
- Parent-Carer Facilitator in early years settings, and
- Early intervention speech and language therapy.

These are discussed in detail below. Other elements of our work will also continue, including restorative practice and lunchtime seminars, and we are very excited that we have begun to receive final evaluation reports on many aspects of our work. We will be commencing a comprehensive dissemination process in the coming months.

It can be difficult to receive positive news and progress developments in the context of endings and closures. The fact that we have been here before doesn't diminish the complexities of these contrary dynamics, but it has helped us to focus on the positive.

Losing resources is always challenging, and it's difficult to accept that our efforts don't always impact as significantly or positively as we might wish, especially when we have worked hard, delivered professionally and demonstrated energy and commitment. Despite this, CDI believes that the unique investment in Tallaght West over the last five years will have a lasting legacy, in terms of the experience of delivering evidence-informed programmes; the integration of reflective practice, and the centrality of inter-agency and community engagement, all of which work towards the improved likelihood of better outcomes for children and families.

We look forward to the next phase on the journey of better understanding how to do just that.

Marian Quinn  
CEO.

Following extensive negotiations, CDI has been successful in securing additional funding from DCYA and The Atlantic Philanthropies to allow for the replication of those programmes that have been shown to improve outcomes for children living in disadvantaged communities. This relates to Doodle Den, the Speech and Language Therapy service and the Parent-Carer Facilitator role.

The additional funding will allow for the continued delivery of these services within the existing schools and early years services in Tallaght West for varying periods and will also allow for Doodle Den to be delivered in a new community, which is essential in the next phase of CDI's work that will focus on the replication and 'docking' of its services.

This funding has been received with a number of additional conditions, which require some changes to the way the programmes are delivered. To ensure long-term sustainability of these programmes, CDI has been asked to work in conjunction with mainstream organisations and 'dock' the services within these organisations to ensure continued delivery.

Specifically, for Doodle Den, it must be delivered through mainstream services and the School Completion Programme has been identified as the most appropriate mechanism through which to do so due to the nature and focus of the work they do. In addition to this South Dublin County Childcare Committee has been identified as the structure to manage the delivery of the Speech and Language Therapy Service and the Parent-Carer Facilitator service.

The success of these programmes and the support of the continuation of these within the community is a testament to the hard work of all those involved with CDI's services to date. These new mechanisms for delivery will ensure that children in Tallaght West continue to receive these much needed services, while we learn more about what it takes to introduce evidence-based programmes into new structure and communities.

In addition, CDI has been asked by The Atlantic Philanthropies to be one of three pilot sites undertaking a cost benefit analysis of the investment in prevention and early intervention. This is a complex but extremely important process in which the cost of delivering a programme is calculated against the anticipated costs of supports and interventions, had the programme not been delivered. For example, if a service is demonstrated as improving educational attainment, the cost benefits would calculate the reduced demands on the State arising from the individual being more likely to be in ongoing employment, not requiring state assistance in terms of welfare and health allowances, as well as the gains to the State through tax payments.

We are delighted to have this opportunity to be part of the pilot, not only as this gives us access to expertise which are new to us here in CDI, and across the sector generally, but more importantly as this will offer vital information to support a prevention and early intervention approach, which could ultimately be important in shifting policy and resourcing decisions.

### CDI In The Media:

It's been a busy number of months at CDI 'news' wise and we have been working to raise the public profile of our work.

A highlight was a piece on RTE's main radio evening news programme *Drivetime* about Doodle Den. Parents, facilitators, children, and CDI CEO Marian Quinn were interviewed to tell the story of **Doodle Den** and the benefits it has brought to children across Tallaght West.

We have also been making local headlines in the *Tallaght Echo*. In particular, our 2012 **Family Day** made the front page. Other events such as the presentation of Coaching Certificates and the CDI Annual Staff Barbecue also had articles and pictures in the *Echo*.

More recently we had a letter published in the *Irish Times* following its series on Crime Statistics in Ireland. We highlighted the great work taking place in Tallaght West to provide a community response to crime and conflict through **Restorative Practice** (RP). In particular we highlighted the upcoming launch of St. Mark's Community School as a community committed to using Restorative Practices.

For further information please visit the link provided:

<http://www.irishtimes.com/newspaper/letters/2012/0828/1224323095221.html>



Picture published with kind permission of the *Tallaght Echo*.



John McGarry

CDI recently welcomed two new Board Members, whose expertise will be a great asset to the Board and Team.

John McGarry is Chief Financial Officer at State Street, which is the largest global custodian and fund administration company globally, with 24 trillion dollars under its administration. In Ireland, State Streets fund administration business has combined revenue of in excess of 6 million dollars, employing almost 2,500 people across six offices. Prior to this, John was Head of Group Reporting for New Star Asset Management Group PLC in London, a FTSE 25 listed company. John is a Certified Accountant and worked in financial services in London for 20 years, including Lloyds of London Insurance, before returning to Ireland three years ago. He joined CDI's Finance and Risk Sub-committee two years ago, and has been chairing this group since the resignation of Monica Conboy in March.



Kieran O'Dwyer

Kieran O'Dwyer recently retired from the Irish Prison Service, where he was Director of Regimes for the last six years, holding responsibility for education and training within the prisons. Prior to this he was Head of Research at the Garda training college, Templemore, where he developed a keen interest in juvenile justice and prevention approaches. Kieran received a Doctorate in Restorative Justice from the Institute of Criminology at UCD in 2008.

We would also like to welcome Niall McGuinness to the CDI team as our new Communications and Social Media Intern. A key aspect of his role will be to set up and develop CDI's online presence. He has a lot of experience and new ideas to bring to CDI so watch out for our upcoming Twitter and Facebook alerts over the next few months. We hope you will join us in welcoming Niall to the team.



Niall McGuinness

As well as working for CDI, Niall is Promotions Assistant for Near FM, a community radio station in Coolock and is Outreach Officer for Rothar, a community bike shop in Phibsboro.

Niall holds a BA in History and German from Trinity College and an MA in Journalism from DIT. Throughout his studies Niall worked as a language teacher both in Ireland and in Germany. Upon completing his studies, Niall worked as a journalist for the Bray People before taking on a communications internship with Barnardos.

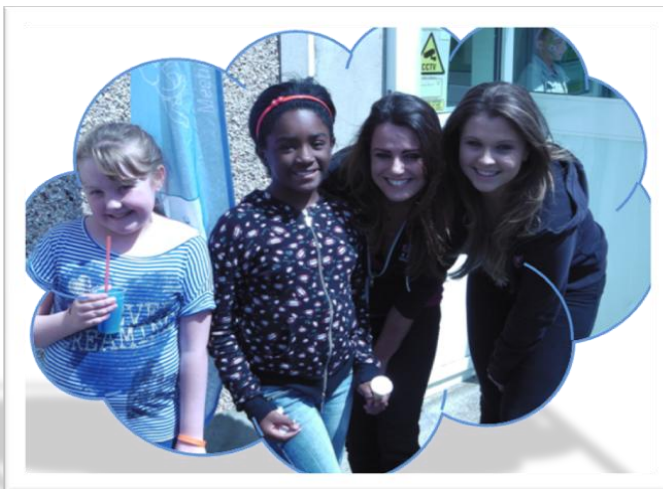
Over the last few months the Community Safety Initiative (CSI) has focussed on extracting the learning from the last few years, which includes the work of the RAPID Coordinators in developing new Pilot Sites in Fettercairn and Killinarden. The three Coordinators: (Jerry Boyle, Sarah O’Gorman and Cathy Purdy) worked part – time with CDI for a year and made considerable progress in addressing issues of anti-social behaviour and low community spirit on the two pilot sites. The learning from this work, and from the draft evaluation of the CSI (which is being conducted by the National University of Ireland Galway - NUIG), were used to inform the CSI Manual which was finalised over the summer.

The CSI Manual will be launched jointly by CDI and South Dublin County Council at the meeting of the South Dublin County Development Board at the end of September. In addition, a CSI Implementation Guide is being developed with the intention of providing practitioners and activists with information, advice and practical tools for implementing a community safety initiative in any community.

The work of the CSI Steering Committee over the coming months will be focused on signing off on the evaluation, disseminating the learning from the CSI, and ensuring the maintenance of work that is ongoing on Pilot Sites. We are optimistic that the good practice elements of the CSI which have now been demonstrated can be replicated fairly easily in other communities and can make a real difference in the quality of life for families and children in those communities.



Community Residents attending our “Family Fun Day”



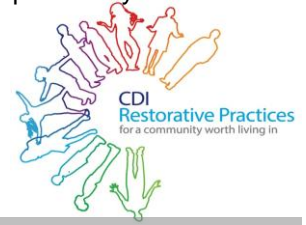
Community Residents attending our “Family Fun Day”

CDI is driving the introduction of Restorative Practices (RP) as a key method for achieving safety. The RP Training Programme is part of our Community Safety Initiative (CSI) and it has the overall aim of making Tallaght West a restorative community. Further information about the RP Programme is available at <http://twcdi.ie/restorative-practice/>. Real progress towards our goals was made over the summer in a number of areas.

In July, we began the second round of training of trainers with seven new people who are living or working in Tallaght West. These trainers will all be fully accredited by early spring 2013 bringing to 16 the total number of people locally that can deliver RP training. This is a key step in embedding RP in the community because having local trainers means that training can be delivered in a more flexible and accessible manner. To date, we have provided training on a monthly basis and sessions have been delivered over three days from 9.30am to 5pm. With local trainers, we are now able to tailor the timing of training to suit different needs. For example, a group of residents in Brookfield did the RP in Neighbourhoods and Effective Use of Circles training over five evenings instead of two days.

### Launch of RP DVD and Logo

We also made progress in developing our RP Logo and producing the first DVD about the RP programme. Both of these will be launched on the **3<sup>rd</sup> of October**. All are welcome along to St. Marks Community School at 11am on the 3<sup>rd</sup> of October to join Mayor Cathal King in celebrating the excellent work at St. Marks over the past two years. Contact Joyce Cahill for more information on 01-4940030 or email [joyce@twcdi.ie](mailto:joyce@twcdi.ie).



## Restorative Practice Training Schedule September – December 2012

The following training is available free of charge to anyone living or working in Tallaght West:-

Training	Target Group	Purpose	Date	Venue
RP Neighbourhood (1 Day)	Schools, Community Centers, Drug Organisations, Early Years services, Resident Associations, Estate Management Groups and Youth Groups.	To introduce RP, provide understanding of how RP can be used in their daily lives.	23 <sup>rd</sup> October 17 <sup>th</sup> November 12 <sup>th</sup> December	TBC
Up skilling (2 Days)	Schools, Community Centers, Drug Organisations, Early Years services, Resident Associations, Estate Management Groups and Youth Groups.	Participants will learn how to run restorative circles to build relationships and resolve issues and how to organise conferences to repair broken or damaged relationship.	24 <sup>th</sup> & 25 <sup>th</sup> October 18 <sup>th</sup> & 19 <sup>th</sup> November 13 <sup>th</sup> & 14 <sup>th</sup> December	TBC

**To book a place on any of the above, or if you are unable to attend the regular monthly training days, but are interested in participating, contact Joyce Cahill to discuss on 01-4940030 or [joyce@twcdi.ie](mailto:joyce@twcdi.ie).**



Following extensive negotiations with our Funders, CDI have been successful in securing additional funding to deliver Doodle Den in the coming academic year. This is great news for Tallaght West and is a clear testament to the hard work of all of those involved with Doodle Den to date. In the coming academic year, a further 75 children will receive the Doodle Den programme through five groups. In addition to this, the funding has also allowed CDI to look at expanding Doodle Den and means that it can begin to be delivered in new communities outside of Tallaght West. Three primary schools in Moyross, Limerick will now also be involved.

While the day to day running of the Doodle Den programme remains unchanged there have been a number of changes made to how the programme is delivered this year. Firstly, CDI's funders identified a need to 'dock' its successful services within mainstream organisations. This process is important in terms of the sustainability of the programme. The School Completion Programme (SCP) has been identified as one of those mainstream services that is well placed to deliver Doodle Den. The focus of SCP's work is on children and young people who are at risk of early school leaving. As Doodle Den is an early intervention literacy programme that has been shown not only to improve children's overall literacy and behaviour but to improve school attendance, the links between the aims of the two programmes are clear. Doodle Den can therefore help SCP in meeting its aim to support children at risk of early school leaving. All groups this year will be delivered in partnership with SCP.

The coming year will be important in terms of the next steps for Doodle Den. Firstly, we will continue to explore the means by which Doodle Den can be delivered within mainstream organisations. Secondly, the implementation of Doodle Den within a new community will help us to gain a better understanding of how groups can be established, what it takes and how programme delivery occurs. And thirdly a longitudinal study of Doodle Den due to begin in the coming months will help us to identify if the benefits of Doodle Den are maintained for children in the years following participation in the programme.

An advisory committee will be established to ensure that learning from this phase is captured and informs future policy and practice, and also to maximise the potential to sustain the Doodle Den programme/model.



Doodle Den Facilitators Training, September 2012

Towards the end of the summer, the early year's services were busy preparing children for transition to primary school. Parallel to that, services were also trying to recruit new children to their service. It has to be acknowledged that this can be a stressful time for many services, as sustainability firmly rests with the numbers of children enrolling in their service. Parent/Carer Facilitators (PCFs) worked closely with parents to ensure that they too, were prepared for their children transitioning to primary school. Graduation ceremonies, end of year BBQs and trips to various places were the order of the day over the months of June and July. While some services closed for the months of July and August, others remained open. This allowed for some time to gather their thoughts and reflect on the year gone by.

At the very beginning of August, CDI were informed by the Department of Children and Youth Affairs (DCYA) that funding had been secured to continue with some elements of CDI's work, namely, the PCF role, the Speech and Language Therapy (SLT) service and the after-school Doodle Den programme. As can be expected, this news was greatly received. As a result a flurry of activity has been ongoing since to ensure their continuity, with meetings being arranged and plenty of discussions held.

A condition of the funding requires that the work be delivered in a slightly different way. South Dublin County Childcare Committee (SDCCC) will play an important role in the delivery of the PCF and SLT roles. (More on the SLT support in the SLT section). SDCCC will take over facilitation of the Communities of Practice (COP), but this will be done on a phased basis. PCFs will begin to work on an outreach basis through other services, thus widening the community effect of this crucial role.

HighScope training continues with 23 participants and will finish in December 2012, with site visits scheduled for early 2013.

In relation to the ongoing implementation of Siota, Kathleen Tuite (Regional Support Worker/Síolta Co-coordinator, NCNA) maintained good connections with early year's services and one primary school

### **Evaluation**

The evaluation report is nearly finalised, which will then be disseminated to wider audiences throughout 2012. Determining key findings, submitting them for policy review and disseminating the learning will be the focus of much of CDI's work over the remainder of 2012.

An advisory committee will be established to ensure that learning from this phase is captured and informs future policy and practice, and also to maximise the potential to sustain the Parental Support model.

The speech and language therapy service continued in all early years' services, and within the three primary schools. As with the PCF role, we are delighted that this service can continue with some changes to its delivery. The service will continue until the end of March 2013, with South Dublin County Childcare Committee taking over the employment role. We would like to sincerely thank An Cosán for their support over the last four years. An Cosán demonstrated flexibility and commitment as we sought to ensure the service was structured in such a way as to meet the needs of the children, family and services within which it operated. We are also very fortunate to have the continued crucial support and collaboration with the HSE, who provide a central role in this model of early intervention.

There will be some staff change over, as Jennifer will be leaving us having recently returned from maternity leave, and we would like to acknowledge the commitment and dedication shown by Jennifer over the last two years, and wish her well in her future. Thanks also to Claire who did a great job in covering Jennifer's period of leave. Therefore a recruitment process will commence in the coming weeks, with Michelle holding the reigns for the whole service for now.

### Evaluation

As with the other services, the evaluation report is nearly finalised and will be disseminated over the coming months, with the submission of key findings for policy review.

An advisory committee will be established to ensure that learning from this phase is captured and informs future policy and practice, and also to maximise the potential to sustain the early intervention Speech and Language Therapy model.

## Healthy Schools Programme

As with the early year's service, the latter end of the academic year was spent supporting those children who were transitioning from junior to senior school and from senior school to secondary school. Anca (Healthy Schools Coordinator – HSC) continued working on the four key areas identified by the schools involved in the healthy schools programme. A guide of referral pathways was completed and left with each of the schools. A comprehensive list of all relevant contacts was also left with the schools, which the Healthy School Committees can use when planning activities.

All those involved were very sorry that this programme has come to an end. However, the work of Anca has to be greatly acknowledged. This was a new role operating within the school system and as with all new roles, it took time for the role to gain its identity and understanding. Anca took to the role with spirit, enthusiasm and a determination that can only be greatly admired. She showed an understanding of a whole school approach; to the needs of the community within which she worked and the demands placed on schools. Armed with this, she made her presence known, and offered support and collaboration. She was well known around Killinarden, both in and out of the school. The very mention of her name brought smiles to peoples' faces, which is testament to the work she undertook during her time as the Healthy Schools Coordinator. She will be sorely missed by children, parents and staff alike. We would like to wish her well with her future, and can take some comfort in the knowledge that wherever she will end up, she will bring commitment, enthusiasm and fun!

We would also like to sincerely thank all five schools involved in the programme, and particularly the members of the Steering Committee for their support and commitment shown over the last four years. We know a legacy has been left with them all, and we would like to wish them well for their future.

### Evaluation

The evaluation report is nearly finalised, and it will then be disseminated to wider audiences throughout 2012. All participating schools have received individual reports to support their planning processes. Determining key findings, submitting them for policy review and disseminating the learning will be the focus of much of the work over the remainder of 2012.

We are delighted that Trinity College, Dublin has secured resources to enable a longitudinal follow-up of this programme, the focus of which will be finalised with the participating schools.

The Steering Committee is committed to the continuation of the inter-agency collaboration which has developed through the course of this work, and mechanisms are currently being explored with the agencies involved to identify appropriate mechanisms through which to support this structure.





**MacUlliam Fun Day**



**Healthy Schools Open Day**

## Safe and Healthy Place

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During the summer, residents in MacUlliam were relieved and pleased to see the council begin work on installing a pedestrian crossing on Fortunestown Lane as they had been lobbying for this for a number of years.

Meanwhile, there were a number of meetings during the summer of both the Safe & Healthy Place (SHP) Committee and the MacUlliam and Oaklee Residents Committees that discussed ongoing issues with anti social behaviour (ASB) in the area. The SHP Committee is now working on a strategy to address these issues and this will be an important focus of the Committees' work over the coming months.

In addition, the SHP is working on developing an Implementation Guide on inter-agency working in urban development which is intended to be a useful tool for agencies with responsibility for the development of new estates. The guide focuses on supporting agencies to take a child- and family-friendly approach to decisions about facilities and services for new estates and is based on the learning from the evaluation of the SHP by National University of Ireland Galway (NUIG) and the experience of the many people who contributed to the work of the SHP Committee over the first three years. Both the CSI and SHP Implementation Guides are in development and will be available for download from CDI's website when finalised – check the publications page of [www.twcdi.ie](http://www.twcdi.ie) for postings.



CDI's eight evaluation studies are progressing well, with most near completion. We are entering an exciting phase of sharing the learning from this important work, beginning with findings from our after-school literacy programme, Doodle Den.

In the next four months, we will disseminate the findings from five of our key services: Doodle Den, Mate-Tricks, Speech and Language Therapy, Early Childhood Care and Education, and Healthy Schools. The evaluation teams have produced high quality and rigorous studies of these services which allow us to identify key learning about these programmes.

In the coming months, we will urge policy makers to take on board the learning from this work to ensure that all programmes and services in the community have a strong evidence base and are proven to work. Once again, a huge thanks to all who participated in this valuable work and we hope to see many of you at our events to share the key findings from the studies.

## CDI Events Update

### The Launch of the Evaluation of our Early Intervention and Speech and Language Therapy Model

Date: Thursday, 15<sup>th</sup> October

Time: 12.30pm-2.30pm

Venue: The Mansion House, Dawson Street, Dublin 2

The report will be launched by Michael Muircheartaigh,  
commentator and RTE presenter

Children, parents, staff, youth groups and community activists attended the fun event on 11<sup>th</sup> July in the Killinarden Community School, which included football skills with the FAI, Irish dancing, storytelling, a puppet show, tae-kwondo, competitions and a performance by 'The Voice of Ireland' contestant and local singer, Kevin Keeley.

The event was held to recognise and celebrate the participation of children and families in Tallaght West in the children's programmes co-ordinated by CDI which include *Doodle Den* (literacy support programme), *Speech and Language Therapy* (to support speech and language development), *Mate-Tricks* (pro-social behaviour programme), *Healthy Schools Programme* (to promote health and well-being) and an *Early Years Programme* (to support transition to school). It was also an opportunity for us to share the findings from the evaluations of these programmes.

CDI would like to thank the families who attended and special thanks have to go out to all our volunteers who helped with the operations of the day and the various suppliers who provided prizes.

The day was a well attended and fun experience for all the families of Tallaght West who came along to learn more about the findings from the evaluations of the programmes their children have been availing of over the past few years.



Mayor Cathal King opening the Family Day



Community Residents



CDI Volunteers



Red Cross Ambulance

Facilitated By: Virginia Kielty Oberlin,  
Specialist in treatment of eating disorders

Keeping Children Healthy: Prevention and  
Identification of Eating Disorders

4<sup>th</sup> October 12pm-2pm, Rua Red

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### The Seminar

This seminar will be of interest for anyone working with a vulnerable population, including clinicians, carers, teachers, and parents. Virginia Kielty will speak about Eating Disorders and disordered eating from a clinician's perspective, specifically focusing on how to identify signs of disordered eating and those children and young people who may be most vulnerable to developing these conditions. Virginia will also discuss preventative measures and will highlight key ways to help keep children healthy.

The seminar will conclude by highlighting the steps involved once the signs of disordered eating are identified, such as knowing when to seek help and what type of help is available.

### About Virginia Kielty

Virginia Kielty Oberlin is a specialist in the treatment of eating disorders having accumulated extensive experience over the last decade treating cases across the entire spectrum of eating disorders. Since gaining her Masters degree in Counseling Psychology and Human Services in the USA in 2001. She has dedicated herself to treating eating disorders along with their concurrent self-harming addictions. She has also championed the care and education of sufferers' families and friends believing that eating disorders, addictions and self-harm are family diseases requiring attention to the support for the carers. In recent years, she focused her attention on the development for professionals training to effectively work with eating disorder sufferers, whilst completing a Diploma in Clinical Nutrition.

Facilitated By: John Lonergan  
former Governor of Mountjoy Prison  
and Social Commentator.

Staying positive in the midst of  
chaos!

25<sup>th</sup> October 12pm-2pm, Rua Red

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### The Seminar

John Lonergan will deliver a motivational seminar on how to stay focused in your outcomes and how to stick with targets in the face of resistance and change.

This talk is suitable for anyone who sometimes lacks motivation, has moments of wondering 'what's it all about?' or who would benefit from an injection of energy!

### About John

John Lonergan, former Governor of Mountjoy Prison and social commentator, will share his insights, experiences and strategies for staying effective.

John entered the prison service in 1968 during his time he developed a deep understanding both of human nature and of Irish society. Now, after 42 years in the service, 26 of them as the most senior prison officer in the country, John released his booked entitled "*The Governor, the life and times of the man who ran Mountjoy*" this tells his fascinating life story. We are delighted to welcome John back to Tallaght West.

## How to book your space for seminars:-

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In order to book your place on any of the monthly seminars please contact  
Laura Sutcliffe/Audrey Habington on [laura.sutcliffe@twcdi.ie](mailto:laura.sutcliffe@twcdi.ie) or  
[audrey@twcdi.ie](mailto:audrey@twcdi.ie) , or alternatively contact the office on 01-4940030.