

Newsletter

COASTAL CDNT - OCTOBER 2026

Hello

Important Dates

Family Forum - October 21st from 10:00AM to 11:30AM

Please see link to book your place <https://www.eventbrite.com/e/coastal-childrens-disability-network-team-family-forum-october-2026-tickets-2002126130151?aff=oddtcreator>

Managers Update

Welcome to Our Newsletter

Welcome to the latest Coastal CDNT newsletter.

The past few months have been particularly busy for families and staff, with around 20% of the children we support moving to a new educational setting this September. While some children need minimal support during transitions, others require more intensive input, and our team has been working closely with families and schools to help make these changes as smooth as possible.

We are delighted to share two exciting additions to our service, made possible through successful fundraising initiatives partnering with SMH Foundation.

MotoMed Leg and Arm Trainer: A specialised piece of equipment that promotes gentle movement and exercise for children and young people. It is now available onsite and can be booked through our Therapy Assistant, Rowena (086 084 0895).

Permobil Mini Explorer: An innovative power mobility device for young children aged approximately 12-48 months, supporting independent exploration and early development. This will be supported via Occupational Therapy for children it is most suitable for.

We look forward to sharing more about these initiatives at our Family Forum in October. The event will also include an update from our Social Work team on the Parent Support Group, and a guest speaker from the Irish Wheelchair Association discussing inclusive sporting opportunities.

A sincere thank you to our Family Representative, Anne-Marie, for her ongoing support of the Family Forum. We are currently seeking an additional family representative. If you would like to learn more about this opportunity, please contact cdntcoastal@smh.ie.

Kind regards,

The Coastal CDNT Team

Coastal CDNT Website

Our Website is now live and will have all our most up to date information and news for Coastal CDNT here

<https://www.smh.ie/cdnt/>

NEWSLETTER

Staffing Update

The Coastal CDNT is pleased to share that our overall staffing situation has improved significantly over the past 12 months. This time last year, the team was operating at approximately 65% of our allocated staffing levels. We are now operating at approximately 80% capacity, which has increased our ability to provide services and supports to children, young people and families.

We are delighted to welcome a new Speech and Language Therapist to the team, who is currently completing her induction, and to welcome back one of our Occupational Therapists following maternity leave. These additions have strengthened capacity within both disciplines.

Like many health and social care services, we continue to experience some staff turnover. Recently, we said goodbye to valued colleagues from Physiotherapy and Psychology. Recruitment processes are currently underway to fill these vacancies, and we are hopeful of positive outcomes before the end of the year.

We understand that changes in staffing can be challenging for families. It is important to note that when a team member leaves, their caseload cannot be redistributed immediately, as all clinicians are already working at full capacity. During periods of transition, there may be some delays while recruitment and induction processes are completed. If you have any queries regarding your child's support and your usual team member is unavailable, please contact us at cdntcoastal@smh.ie, and a member of the team will assist you.

Thank you for your continued patience, understanding and partnership as we continue to build and strengthen our team.

Parent Corner

We are grateful to a parent who has generously provided an account of how she and her daughter collaborated with their school to make reasonable adjustments to the school uniform in response to sensory needs. We are sharing this information as it may be a useful resource for other families. To respect the family's wishes, this contribution is shared anonymously and all identifying details have been omitted.

"Before starting our secondary school journey a few years ago, one of the things my daughter was concerned about was the new uniform which was very different to primary school. The formal uniform was heavy uncomfortable fabrics, buttons and zips were a challenge, as was taking tops off over the head. The school offered the option of wearing the school tracksuit full time which she rejected as it was important to her to look the same as her peers.

We reached out to the school asking if it was possible to make changes to the existing uniform to make it more sensory friendly. The school were very supportive, sending home a bag of uniforms for her to try on, wanting to know what worked, what didn't work and what would be better.

The school listened to her feedback and approved any of the changes she suggested which we then discussed with the uniform supplier to the school. The crested school jumper was knit in an acrylic cotton mix instead of the standard wool, trousers are soft straight leg tracksuit bottoms but you would never know, tie can be made as a clip on and the school tracksuit top has a full zip so doesn't need to be taken off over the head. The most important thing to her was that her uniform looked exactly the same as everyone else when she started 1st year.

We are now a few years in and her uniform has become the sensory uniform for the school. The NCSE have also taken an interest and she has produced video content which is shown at training sessions. From a parent's perspective, it makes a huge difference knowing that despite any other morning challenges around school, putting on the school uniform won't be one of them. Our belief has always been that if you aren't comfortable and regulated, you aren't available to learn. By wearing a uniform that meets her sensory needs, that comfortable need is met.

My advice to parents where the school uniform is a challenge is to talk to the school. Like us, you will hopefully find that they are very willing to listen and help to find a solution that works. It is also great that a sensory uniform has taken the interest of the NCSE."



Big Stars - Whitehall Colmille
& more





Scan the QR
code to make a
direct financial
contribution:
[QR CODE HERE]

ST. MICHAEL'S
HOUSE
FOUNDATION

Threads of Hope The Re-Loved Fashion Show & Sale

In Support Of



Children's
Disability
Network
Team



THE Alzheimer
SOCIETY OF IRELAND

JOIN THE WEEKEND EVENTS

Baldoye Community Hall, D13 KK55

✨ FASHION SHOW & LAUNCH NIGHT

Friday 9th October | 7:00pm – 9:00pm

Compare Dee Woods, Radio Nova, & Wine reception
A fabulous catwalk show featuring our top style finds.



PRE-LOVED POP-UP SHOP

Saturday 10th October | 9:00am – 5:00pm

Come along and shop a massive selection of pre-loved items.

In Support Of:

The Alzheimer Society of Ireland
St. Michael's House Children's Disability Network Team
Cash & card accepted at both events.



HOW YOU CAN HELP

We are urgently accepting high-quality clothes, bags, and
accessories to stock our upcoming events.

Text Helen (086 0837192) or Ger (085 1546 659)

Donation Deadline: Thursday 8th October

**Drop off reception St. Michaels House, College St. Baldoye,
D13W827**