



Community Access Pack

Bringing People Together

Down Syndrome Dublin

Is the Dublin branch of Down Syndrome Ireland and is the founding and oldest branch of the organisation. They are an organisation of parents and families, striving to enhance the lives of children through Inclusion, Independence and Choice.

There are approximately 380 members in this branch, ranging in age from babies to adults. The branch is run by a committee of parent volunteers who meet once a month to discuss the running and organisation of our branch. Down Syndrome Dublin provide a range of services, classes, therapies and activities for all age groups. All of these are organised by parent volunteers.

Become a member and sign up to our newsletter - Membership@Down-SyndromeDublin.ie

For information and support, please contact us on (01) 426 6500 or email info@downsyndrome.ie

Please find [Media Centre here](#)

Useful Links

- [Who we support](#)
- [What we do](#)
- [Who we are](#)
- [Our branches](#)
- [What's happening?](#)
- [Support us](#)
- [Contact us](#)

<https://downsyndrome.ie/our-branches/>



[Ireland's Autism Charity](#)

[As I Am | Ireland's Autism Charity](#)

Top Autism Organizations and Web Resources - Reading Rockets

As [AsIAm](#)

<https://asiam.ie> > [news](#) > [asiam-launch-prepare-me-asia...](#)

These strengths focused course supports parents to understand Autism through a neuro-affirming lens, it further supports parents to identify the key differences

[Child & Family Support](#) · [Autistic Community Voices](#) · [Adult Diagnosis](#) · [Contact Us](#)

[Snowflakes Autism Support](#)

Snowflakes is a volunteer run registered Charity in the North Dublin area for parents of children with autism and their siblings.

<http://snowflakes.ie/>

Gheel Autism Services

We serve the autistic communities of Greater Dublin and North Kildare, as well as their families and support networks. We do this through our autistic adult-led day services, transition programmes, community outreach and living options.

From <<https://www.gheel.ie/>>

Gheel Family and Friends

<https://www.gheelfamilyandfriends.com/>

Excellent list of links

<https://www.gheelfamilyandfriends.com/linksA.html>

“In Gheel, we do not see autism as something that is broken and needs to be fixed or treated. We see autism as a different way of being and something that should be understood and embraced



Libraries



[Dublin City Council](#)

<https://www.dublincity.ie> › library › blog › sensory-ser...

[Sensory Services](#)

[Autism Friendly Fridays in Blanchardstown Library](#)



[Fingal County Council](#)

<https://www.fingal.ie> › autism-friendly-fridays-blanchar...

Decided to pilot **Autism** Friendly Fridays for 6 months, on the 1st Friday of every month from 5pm to 6pm, when the **library** is closed.

Foróige club

For young people between 10 & 17 who have High Functioning Autism.

[Foróige Clubs](#)

[About Foróige Clubs](#) · [Foróige Juniors Clubs](#) · [Set up a Club](#)

Find out about our 500+ **clubs** throughout the country and how you can join one in your community or become one of our essential volunteers.

National Helpline

Available to all those who are affected by **dyspraxia/DCD**

Phone: **018747085**



Ripple Effect

Supports children and teens who have Dyspraxia, Asperger's, A.D.H.D and similar, or simply those who do not get on well in mainstream activities. Activities are run in small groups in a safe and understanding environment, where the child is encouraged to join in but at their pace.

You will find details of their whole range of classes, clubs and activities on their website/ Facebook page or email ripplesgroup@live.com. Activities include:

- Arts and Crafts
- Basketball
- Chess Club
- Football Skills
- Karate Club

MOOC

Dys Training Programme: an online training, free and open to all regardless age requirement or degree. Anyone interested in specific learning disorders can register and participate in the course. Dyspraxia DCD Ireland are very proud to be an associate member of the 'MOOC' DYS Project which is totally free for all those interested in learning the facts about Specific Learning Disorders

Right Therapy Care

Our mission is to help children with autism spectrum disorders, developmental delays, hypotonia, genetic disorders, post-stroke (CVA), traumatic brain injury, cerebral palsy spinal Cord Injury and other neuromuscular disorders achieve greater independence.

<https://www.righttherapycare.com/firststeps/about.html>>

Website Links

- www.righttherapycare.com
- www.iscp.ie
- www.wcpt.org

- www.suittherapy.com
- www.aaippt.org
- www.therasuit.com

Lámh

Lámh supports communication - between parents and child, between siblings, between friends. It can be a stepping - stone to communicating with the world. Lámh is a manual sign system used by children and adults with intellectual disability and communication needs in Ireland.

- Lámh encourages eye contact
- Develops Vocabulary
- Helps Self-Expression
- Motivates to try out new words
- Promotes Attention to Movements
- Reduces Frustration

Lámh Development Office, Innovation Centre, Carlow I.T., Kilkenny Rd, Carlow, Ireland Tel: +353 59 9139657

Email: info@lamh.org



Slí Na Walking

If you are walking route around Ireland, you can download the slí na sláinte walking routes for many of the counties in Ireland on irishheart.ie.

Sláinte: Routes

looking for a

<https://irishheart.ie/your-health/our-health-programmes/healthy-communities/slainte/walking-routes/>

The website also has a section for school and home resources to encourage getting active and mindfulness.

<https://irishheart.ie/schools/primary-schools/bizzy-home-learning/>

Cerebral Palsy Sport Ireland

Cerebral Palsy Sport Ireland is the National Governing Body for Sport and Recreation for individuals with cerebral palsy and other physical disabilities. It is the governing body for the sports of football and Boccia. They also provide training and coaching in athletics, swimming and cycling. All 5 are Paralympic Sports. It is a 32-county organisation with admin based in Dublin. [They have a Facebook page:](#)

<https://www.facebook.com/Cerebral-Palsy-SportIreland-122108847871612/> Conta

Active Connections

Active Connections Is a not-for-profit organization working with young people with behavioural challenges by providing adventure therapy-based programmes in Ireland. They offer Camps during the Summer, which is an outdoor education program aimed at young people living with an additional challenge like a physical disability, an intellectual disability or a neurodiverse diagnosis like autism. Their website is <https://www.activeconnections.ie/> and their Facebook page is <https://www.facebook.com/activeconnectionsireland/>

Special Olympics

Special Olympics is a sports organisation for people with an intellectual disability from the age of 4 years old with no upper age limit. Currently almost 8,000 athletes from across the island of Ireland participate in 15 different sports through Special Olympics.

Through sport, health and leadership programmes, athletes learn to be physically, mentally and emotionally fit. They get to learn new skills, increase confidence and most importantly they get to experience the joy of sport and make life-long friendships!



Dublin Clubs

Name of Club:	Sport:	Location/Time
Jets Special Olympic Club	Swimming	Trinity Sports & Leisure Club, Donaghmede, Dublin 13 SUN: 11:30-12:15
Killester Special Olympics Club	Basketball	Bayside National School FRI: 19:00-22:00
Leisureplex Special Olympics Bowling Club	Tenpin Bowling	Leisureplex - Coolock FRI: 19:00-21:00
Malahide United Special Olympics Club	Football	Varies SUN-10:30-12:00
Mighty Ravens Special Olympics Club	Tenpin Bowling	ALSAA, Dublin Airport TUES-19:00-20:00
North City Coasters Special Olympics Club	Badminton	Baldoyle Badminton Centre THU: 19:00-20:00
Sporting Fingal	Football	Rivervalley Ward THUR: 17:00-18:00
Swords Basketball Special Olympics Club	Basketball	ALSAA TUES: 19:00 - 20:00

How to join a club: <https://www.specialolympics.ie/clubs/how-to-join-a-club>



ARCH Clubs – Archway - Voluntary social clubs for people with additional needs

ARCH Clubs are a safe space for them to develop their social and interpersonal skills, learn real world skills, make friends and just have fun!

Arch club was founded in 1976 by a small group of parents in Dublin, looking for a social outlet for their children. Since then, they have grown to a number of clubs throughout Ireland! Many of their clubs offer different activities ranging from having tea and chats to helping them engage in different sports! They currently have 40 clubs in 15 different counties!

Due to the Covid-19 Pandemic, many of the clubs have switched to online methods of contact. Their clubs will not be reopening under the current government guidelines and will not be reopening until it is safe to do so. They are staying closed for the safety of their members and volunteers.

Dublin Clubs

Balrothery (St. Joseph's)

archclubbalrothery@outlook.com

Bayside

baysidearchclub20@gmail.com

<https://www.archclubs.com/clubs>





Therapeutic Horse-Riding Sessions

Corballis Farm Horse Trekking and Therapeutic Riding Centre is situated on over 120 acres of beautiful farm and woodland in the picturesque seaside village of Donabate, North County Dublin, Ireland. This facility is owned by the Smith family who have been involved in all aspects of farming and the horse industry for generations. The farm is situated just 20 minutes from Dublin City Centre. The family strive to maintain a warm, friendly and fun atmosphere for all our clients and animals alike. At Corballis Farm Horse Trekking and Therapeutic Riding Centre, we pride ourselves on delivering a high standard of trekking, lessons and therapeutic sessions for all our clients no matter what their needs. We cater for all age groups, standards and abilities to provide an integrated environment for children, young people and adults alike.

Therapeutic Horse-Riding Sessions is a multi-area intervention therapy which is used for children and adults with a variety of physical, cognitive, emotional and developmental disabilities. Therapeutic riding has been recognised for decades to improve physical, emotional, social, cognitive, behavioural and educational skills as well as being a healthy and fun activity. These sessions are on a one-to-one basis with a Qualified Therapeutic Coach.

Call Lisa on +353 (086) 8600 578

corballisfarm@gmail.com

Tue - Fri: 9am - 7pm

Sat - Sun: 9am - 5pm

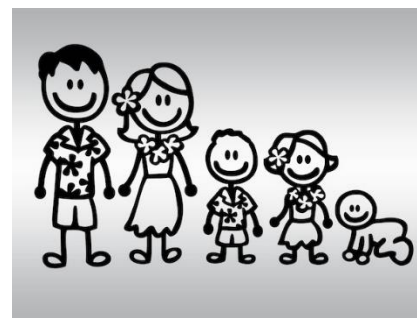


“A Horse is not just a Horse. He is **SANITY. He is **HAPPINESS**. He is a **TEACHER**, a **THERAPIST** a **BEST Friend**”**

Information for Families

<http://www.informingfamilies.ie/>

provides general information for families on topics such as Entitlements and Benefits for children with disabilities, and Early Information. This information is useful for families whose child has been given a diagnosis, and for those who have a concern about a possible diagnosis of a disability



***Information available on this website in the following Languages:
Irish, French, Lithuanian, Polish, Brazilian Portuguese, Finnish, Romanian
and Russian.***

Family Carers Ireland

Family Carers Ireland are the national charity supporting the 500,000+ family and young carers across the country who care for loved ones such as children or adults with additional needs, physical or intellectual disabilities.

Family Carers Ireland provide a range of services and supports for family carers through their network of support centres nationwide and advocate on behalf of family carers at local, regional and national level. Members receive a variety of discounts such as free admission to Omniplex cinemas and 50% discount with Theatre Royal.

National Freephone Careline

1800 24 07 24

<https://familycarers.ie/>



Domiciliary Care Allowance

DCA is not means-tested, so you may qualify for it regardless of your income. DCA is not based on the type of disability your child has. Instead, it is based on the level of physical or mental impairment. Your child must need ongoing care and attention, substantially over and above what is usually needed by a child of the same age.

You can read more about what severe or substantially means in the ***DCA Medical Guidelines (pdf)***. The Department of Social Protection (DSP) uses these guides.



Aster Family Support runs a number of home-based services which offer supports to families in different ways: Aster Family Support works to increase a family's capacity for self-sufficiency by building on strengths, enhancing life skills and strengthening community linkages. Supports are generally provided to families in their own homes and communities. The primary focus is on early intervention aiming to promote and protect the health, wellbeing and rights of all children, young people and their families, paying particular attention to those who are at risk.

Aster Family Resource Centre

Address: 1 St George's Square, Balbriggan,
K32HK25

Phone: [01 268 8166](tel:012688166)

Email: frcinfo@asterfamilysupport.ie





Remember Us is a truly open, honest, vibrant and accountable charity that brings a unique and essential support to people with special needs and their families in the North Dublin area.

T [086 045 7003](tel:0860457003)

E hello@rememberus.ie

Unit 5 Balbriggan Retail Park, Balbriggan, Co.
Dublin K32 K002



Connect with us on [Facebook](#) / [Instagram](#)

Although “**Remember Us**” is based in Balbriggan, members travel from neighbouring towns, Lusk, Rush, Skerries, along with areas such as Santry, Clontarf, Swords, Malahide, Portmarnock.

Our Aims are

- To provide an integrated social environment for people with special needs where they can learn, form friendships, and above all have fun.
- To Develop their social and life skills, self-esteem and quality of life
- To help combat the feeling of isolation and help them to integrate into the community.
- To provide support and information for our parents, carers and siblings

IWA Swifts in IWA Clontarf-

Offers multi-sport clubs for children & young people with physical disabilities up to the age of 18, meet Sunday mornings (contact available via IWA website)

Football For All Clontarf

Meet in DCC pitches Clontarf Road, Saturdays 2:30-3:30; accessible for all needs; (this group started just last year, pitches v secure for any child who is flight risk, sounds v good, group still quite small)

Contact: info@clontarffc.ie

Healthy Fingal

Healthy Fingal is where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility.

You can follow Healthy Fingal on both [Facebook](#) and [Twitter](#) and [Instagram](#).

Autism Language Development (Online)
Baby Food Made Easy (Online)
Balbriggan Sports Hub (Flemington)
Balbriggan Recovery Social Club (Balbriggan)
COPD Support Group (Balbriggan)
Counselling Service
Find a Walking Group Near Me
Mental Health Workshop (Balbriggan & Swords)
Parents Group (D15)
Parents Under Pressure Programme (Swords)
Parkrun Locations (Fingal)

Or for all information check out: <https://bit.ly/HealthyFingal>

Walk In My Shoes

Many people with mental health difficulties can wait years before seeking help. You are not alone; "Walk in My Shoes" are here to support you every step of the way.

<https://www.walkinmyshoes.ie/>

Travelling through Dublin Airport

Dublin Airport 'Important Flyer' wristband/lanyard for people with Autism.



(Although this service refers only to Autism, they will provide support to children with high sensory needs or difficulties)

Many individuals with autism can find travelling through the airport a very difficult and scary experience. For many individuals it represents a new experience which is difficult to understand and sometimes very frightening. Below are several simple strategies that can be employed to help the individual with ASD to understand the process of getting through the airport.

'Important Flyer' wristband/lanyard



Dublin Airport can provide a wristband or lanyard for travelling through Dublin Airport. It can be shown to any Dublin Airport staff member (Customer Care and Security screening for example) if assistance is required at security,

passport control or any area where you may encounter queues or crowds. Visuals and further information about travelling through the airport is included on the website. Website: <https://www.dublinairport.com/at-the-airport/passenger-information/special-assistance/autism-asd>

The sensory room at Dublin Airport is free to use for 60-minute sessions. Email prm@ocsireland.com to make a reservation.

Dublin airport also provide supports for people with reduced mobility

Website: <https://www.dublinairport.com/at-the-airport/passenger-information/special-assistance> or contact customer experience Department

Dublin Airport Telephone: + 353 1 8144717 / + 353 1 8144692

Email : customerexperience@daa.ie / prm@daa.ie

Cork International Airport

A sunflower lanyard can be requested when a member of the family has a hidden disability, such as Autism. A series of books intended to help children cope with new situations are available free of charge from the airport's OCS desk.

Aer Lingus

Aer Lingus have social stories/visuals available on their website for:

- ✓ Pre-flight
- ✓ Inflight
- ✓ Post-flight

Website link: <https://www.aerlingus.com/travel-information/traveling-with-children/travelling-with-an-asd-child/#/tab-1-inflight>

Travel Assistance Scheme

Dublin Bus

<https://www.dublinbus.ie/accessibility/travel-assistance-scheme>

Accommodation: Sensory Friendly Hotels

Sensory Hotel Room at Radisson Blu Sligo: This room features both stimulating and stimulant-reducing sensory equipment, along with adjustable ambient lighting. It is in a quiet part of the hotel and is specially designed to allow guests to meet complex sensory needs while away from home.



Clayton Hotel Sligo: This hotel has a sensory room available for guests who have Autism or sensory needs.

Roe Park Resort Derry: This hotel has been named Northern Ireland's Autism Friendly Hotel. The hotel room has special lighting, a sensory area and dining-in-room facilities.

Ballynoe House, Clonakilty: Ballynoe House provides an autism friendly self-catering holiday experience.

Cork International Hotel: This hotel has sensory boxes that you can borrow if you are staying overnight or visiting the hotel to go to an event or the restaurant. The hotel offers visual support that families can print at home to use before and during their stay.

Sensory Hub at the Aviva Stadium



The newly-launched Sensory Hub at the Aviva Stadium in Dublin is a cubby system which people attending matches can use for five to ten minutes on a first-come, first-served basis.

The cubby is supervised by a trained Special Needs Assistant (SNA), who will support you to adjust the sensory stimulation within to your specific needs - whether that is a complete sensory occlusion or a modified level of stimulation.

This project intends to allow those with different sensory profiles to take a break from the environment of the stadium so that they can feel regulated enough to watch the match.

Entertainment

O [ODEON Cinemas | Autism and sensory difficulties](#)

Odeoncinemas.ie

<https://www.odeoncinemas.ie> › [autism-friendly](#)



ODEON CINEMAS are delighted to host special autism friendly screenings one Sunday morning each month at over 90 cinemas across the UK and ROI.

O [Omniplex Cinemas](#)

<https://www.omniplex.ie> › [company](#) › [accessibility](#)

'**Sensory Friendly**' screenings are designed for guests with autism or sensory disorders.



[Jump Zone](#)

<https://jumpzone.ie> › [sandyford](#) › [autism](#)

Open Spectrum is a Dublin based group that arranges activities and events for children and teenagers on the Autistic Spectrum.



“Coming together is a beginning. Keeping together is progress. Working together is success”.



