Winter Edition 2026

Newsletter

Children's Disability Network Team

St Gabriel's Treehouse - Children's Disability Network Team

Manager's Message

Dear Families,

As we approach the Christmas season, i would like to take this opportunity to thank all the children, young people, parents, carers, and families for their engagement, partnership, and support throughout the year. I look forward to meeting families at our next Family Network Meeting. On behalf of all the staff within the Treehouse Children's Disability Network Team, we wish you and your loved ones a very Merry Christmas and a happy, healthy, and peaceful New Year. We look forward to continuing to work together in 2027.



Kind regards,

Nicola Horan Breen

Family Network Meeting

Family Network Meetings are a collaborative, family-led session designed to bring together families, support networks, and service providers (such as Children's Disability Network Teams) to share experiences, exchange information, and influence service improvements.

Next Family Network Meeting: 9th of December from 7pm to 8.30pm via zoom. Further information on this short video

Based on feedback from out Family Network meetings, we are currently working with our Family Representatives to organise a coffee morning. Further information will be shared at out next family Network Meeting

Intro To Services Meeting

As part of the referral process, we invite newly referred families to an Information Session designed specifically for parents/carers of children who have been newly referred to our service. The purpose of this session is to share information with you, on the model of our service and how we provide supports and interim access to supports while waiting for an initial contact appointment. We strongly engourage you to attend when you receive an invitation letter

Entrance To Services Booklet

Meet your Physiotherapists

We currently have 4 Physiotherapists, Lilian, Aodhan, Gabrielle & Laura. A physiotherapist within a Children's Disability Network Team (CDNT) supports children and young people with physical, developmental, and neurological disabilities to maximise their movement, independence, participation, and quality of life. Physiotherapists assess gross motor skills, mobility, strength, balance, posture, and physical function.

Recent Events

Being Me

A neuro-affirming psychoeducational programme designed to support Autistic young people in understanding themselves, their strengths, their sensory & communication preferences, and their identity in a positive way.

Splash

To promote physical activity in a positive and fun way. Improve balance, strength, endurance, & agility. Develop organisation skills & personal care routines. Promote social interaction.

ADL Clinic

Supporting parents in building child's independence and self-help skills in daily activities such as toileting, personal self-care, making food, organizing their things and other tasks they routinely need to do

Understanding Autism

To support in the period after autism diagnosis, empowering you to support your child. To help to understand autism, develop an understanding of sensory differences and learn strategies to support emotional regulation.

Upcoming Groups

Sensory & Emotional Regulation

A neuro-affirming psychoeducational programme designed to support Autistic young people in understanding themselves, their strengths, their sensory & communication preferences, and their identity in a positive way.

Winter Splash Hydrotherapy

SPLASH Hydrotherapy programme aids to promote physical activity in a positive and fun way. Improve balance, strength, endurance, and agility in the water. Develop organisation skills. Develop personal care routines. Offer opportunities to promote social interaction through shared play activities in the pool. Supporting communication in real-life scenarios

Waitlist Families

It is important that you please let us know if your address, phone number or email address has changed since your original referral to us

Individual Family Support Plan (IFSP)

WATCH NOW

You can find out more about IFSP's here:

Scan me

CDNT's Current Vacancies

Our current vacancies are Psychology & Occupational Therapy. Vacant posts can be applied for at: https://stgabriels.ie/contact/

For many neurodivergent individuals, Christmas holiday season can present additional challenges. Busy environments, social gatherings, and disruptions to everyday routines may increase stress and overwhelm. Below are some practical tips to support neurodivergent individuals during this time.

Santa Claus Visual Guide

Christmas Visual Guide

Christmas Sensory event in the community

King John's Castle Christmas Sensory Experience

University Concert Hall Limerick - Jack & The Beanstalk Relaxed Performance

Light Up Limerick - Autism friendly area and mobile sensory unit, with a covered wheelchair accessible area





Choosing A Gift

Choosing gifts that reflect a child's individual interests, hobbies, or sensory preferences can make the experience more enjoyable and meaningful. Many Neurodivergent children appreciate familiar and preferred items rather than unexpected surprises, so it can be helpful to ask them directly about their wishes or provide opportunities for them to share ideas about what they would like to receive. This approach helps ensure the gift is both valued and suited to their unique preferences.

Accessibility Newsletter from Iarnrod Eireann







Dear Santa,



I hope you are well. For Christmas I would like to receive:







Thank You, Santa.

Love from,