

National Based Supports

Organisation	Irish Society for Autism
Service/Activity:	Through our information services, we have helped thousands of people, parents, families, educators, students and health sector workers. In addition to our phone-line, we have an extensive library available where books can be rented or purchased.
Address:	The Irish Society for Autism, Unity Building, 16/17 Lower O'Connell Street, Dublin 1, D01 E9W0.
Contact	+353 1 874 4684
Website	www.autism.ie

Organisation	As I Am
Service / Activity	AsIam.ie aims to provide a one-stop shop for the Autism community in Ireland. From providing the public and those with the condition to a portal of information about Autism, to serving a platform for people affected by Autism to share their stories and views, to providing a strong voice for the concerns of the community – AsI- Am.ie has it all! Registered Charity in Ireland: CHY21201. Company No: 553241
Contact	014453203
Address	Rock House, Main Street, Blackrock, Co. Dublin, A94 V9P1
Website	www.asiam.ie

Organisation	Middletown Centre for Autism
Service/ activity	Middletown Centre provides a range of training opportunities for parents, carers and educational professionals in Ireland and Northern Ireland. The centre has a full training Calander of face to face and online sessions available on their website.
Email Address:	admin@middletownautism.com
Contact Number	0044 28 3751 5750
Website	www.middletownautism.com/

Donegal Based Supports

Organisation	Special Needs Parents Network Donegal
Service/Activity:	Special Needs Parents Network Donegal are a community of parents & guardians of children of all ages and disabilities/additional needs based in Co. Donegal. Our purpose is to provide information & support to parents, guardians and family members of those who have a disability in Donegal. We believe children and adults with a disability in the county deserve timely access to diagnostics, assessments, interventions, and support services. We also advocate on behalf of disabled children and adults for better services in our county. We support families directly by providing informative training events relating to caring and supporting your child along with organising social events for you and your child. We are affiliated with Disability Federation Ireland and Care Alliance.
Contact	Facebook closed group : Special Needs Parents Network Donegal Instagram: SNPN Donegal
Website	www.snpndonegal.com Email: snpndonegal@gmail.com

Organisation	Autism Family Support Group Letterkenny
Service/Activity:	Autism Family Support Group Letterkenny are a charity that supports families that have children/adults with an autism diagnosis. We hold monthly support meetings and also have a private members only facebook page where families can ask for help and support from other members. The group also organises social activities for the families.
Address:	31 The Elms, Glencar, Letterkenny,.
Contact	Tel: 0861058086
Website	www.autismlk.com

Organisation	LYFS Neuro Diverse Support Group
Service/Activity:	This peer support group for parents of children with neurodiverse conditions at LYFS meets every 2 months to discuss issues arising with children. Issues such as diagnosis, education, relationships, behaviour, respite, alternatives to medications etc. are discussed. A wealth of parental support experience at LYFS is supplemented by the knowledge, hints, tips, strategies, and experiences, from people who understand it best, the parents. Information is also shared through WhatsApp group highlighting articles, support with forms, webinars, and events for children and parents
Address:	No.1, New Line House, New Line Rd, Glencar, Letterkenny, Co. Donegal, F92 K103
Contact	Garry 0861237917

Organisation	Bluestack Foundation
Service/Activity:	<p>The Bluestack Special Needs Foundation (est. in 2006), has as its core aim to <i>“Enhance the Lives of People with Additional Needs”</i>. We work with families who have dependants with physical, sensory, intellectual, and psychological disabilities, regardless of whether the disability results in profound, moderate or mild additional needs, even pre-diagnosis, offering a needs -based response to our members. The Bluestack House (based in Donegal Town) is a multi-purpose community facility, and we operate an open -door policy.</p> <p>Activities include : Saturday Club for the younger and Teen club for the older kids, Guitar lessons, Bluestack Choir, Training and Progression Program in conjunction with Pobal, for those finished secondary school, ‘All In’ Drama Society, Monthly Podcast with Ocean FM led by our Trainees, Afterschool from Monday-Thursday, a wonderful Coffee Shack behind the Bluestack Foundation building, open Monday-Friday, 9am-4:30pm, and a Summer Camp. We also run an Outreach Family Respite Program funded by Tusla and HSE (referrals can only be made through Tusla and HSE).</p> <p>Due to the high demand and limited funding, we are not in a position to take on more members for our Saturday club and Afterschool services for now, however, all our other services, Parent Support Network, Family Fun Days, Low Cost Counselling and signposting events, are still available to all our registered members.</p>
Address:	Bluestack House, The Glebe, Donegal Town
Contact Number	0749740828 Facebook :@bluestackspecialneeds
Website	www.bluestackfoundation.com

Organisation	Creelough Parents Inclusive Association
Service/Activity:	<p>The Creelough Parents Inclusive Association try to meet once a month, on a Friday evening from 7pm - 9pm in the Community Links Hub. Dates vary depending on the groups availability. This is a support group for parents of children with additional needs. The group also run a sensory play day in the Hub once a month on a Saturday from 1pm-3pm.</p>
Address:	Community Links Hub, Creelough
Contact	Erin Sheridan 089 700 8684.

Spraoi Agus Sport, Carndonagh

Service/Activity:	<p>Spraoi agus Spórt provides a wide range of supports for families with children awaiting autism assessment and diagnosis. We offer inclusive activities and services tailored to meet the needs of children with disabilities and/or autism. These include a Parent and Toddler Group, which welcomes children displaying early signs of special needs, and regular support meetings for parents. Additionally, Spraoi agus Spórt provides Special Needs Assistants to ensure all activities are accessible, we offer July Provision, and clubs during school holidays and on Saturdays specifically designed for children with disabilities. Our respite services offer much-needed breaks for families, allowing parents to spend quality time with their other children. Spraoi agus Spórt is dedicated to fostering a supportive community where families can connect, share experiences, and learn from each other.</p>
Address:	Spraoi agus Spórt Unit 7 SuperValu, Carndonagh, Co. Donegal, F93 AY6D
Contact Number	E: helen@spraoiagussport.ie
Website	www.spraoiagussport.ie

Organisation

“Fun Gang” Raphoe Family Resource Centre

Service/Activity:	<p>The ‘Fun Gang’ is our social group for neurodiverse young people aged 13-16 years. The gang was established in May 2022 as a result of consultations with parents/guardians who expressed their teenagers had limited or no social groups or activities to attend. The main aim of the gang is to provide a safe and inclusive space where the young people can be themselves, are given the opportunity to participate in activities they themselves decide what they want to do and enjoy, while also enhancing their social, emotional and personal development. The gang meet on a fortnightly basis.</p> <p>We still offer support to parents on a one to one basis and in group parental session if and when required to parents who are new on their journey through path to diagnosis.</p>
Address:	St. Michaels Place, Castle Rd, William St, Raphoe Townparks, Raphoe, Co. Donegal, F93 V1NV
Contact	Laura Doran Contact no: (074)9145796/0873350658 laura.doran@raphoefrc.ie

Organisation	Deep Roots Kidz Club, Carrigans and St Johnston FRC
Service/Activity:	'Deep Roots Kidz Club' looking beyond the surface. It runs every other Saturday from 10am to 12.30pm in St Johnston & Carrigans FRC. All the volunteers work within the additional needs sector and are passionate and dedicated to improving the quality of life for children with additional needs. The main contact for the group is Sinead McNulty or Deborah Clawson. At the moment we are full to capacity but we do run a reserve list.
Address:	FRC, Chapel Rd, St Johnstown, Co. Donegal
Contact	0749148551

Organisation	I.C.A.R.E Day Respite and Activity Centre
Service/Activity:	Inishowen Childrens Autism Related Education, (ICARE) Ltd exists to support autistic individuals and their families in the Inishowen area. Our centre operates 6 days per week, Mon-Sat. We provide after school sessions, a Saturday club and school holiday programmes. We have a youth club for young people aged 11+ called Sonas. This gives our young people a chance to meet others, form friendships and enjoy social activities with their peers. We also hold a parent support group every Monday morning during term time.
Address:	I.C.A.R.E., Looking Glass Brae, Ballymacarry, Buncrana, Co. Donegal, F93 XY61
Contact	074 93 62226 10.00am-12.30pm Monday and Wednesday, 10.00am-4.00pm Tues and Friday 086 108 1200 Email: centremanager@icare.ie
Website	https://icare.ie/

Organisation	Le Cheile : Rosses Autism and Childhood Disability Support Group
Service/Activity:	Le Chéile offers Activities, Support, Resources and Community for Families impacted by childhood Autism and Disability. We feel that ALL children deserve to play, develop skills and feel a part of their community. We understand the barriers parents and families face and aim to be a source of support for them. We organise social and fun activities for the children and assist in therapeutic resources
Facebook Closed Group	Le Cheile : Rosses Autism and Childhood Disability Support Group
Contact	dungloeautism@gmail.com

Organisation	Donegal Youth Service “Our group”
Service/Activity:	<p>Our Group” was setup in March 2022 and was designed to offer social support to young people 13 – 24 years old who have additional needs. We meet every Monday evening in the LOFT from 6 -8pm and offer the young people a safe place to socialise and meet.</p> <p>The group enjoys a wide range of activities which engage all their senses, examples of these activities are music, art, games nights and social skills. The group looks at improving the young people’s interpersonal skills and encouraging self-awareness around topics such as anti-bullying, online safety and positive relationships amongst peers. The group also have a number of social trips over the course of the year.</p> <p>Over the last two years the young people have enhanced their social skills to allow them to form new lasting friendships. Following on from the success of our older group we commenced a pilot group to support the younger age bracket. This group currently runs on a Monday afternoon from 4 – 6pm and is for young people aged 8 – 12 years old</p>
Address:	16-18 Port Road, Letterkenny, Co. Donegal, F92 N2KC
Contact	Pauric.bell@donegalyouthservice.ie or call (074) 912 9630
Website	https://www.donegalyouthservice.ie/

Organisation	Donegal Youth Service’s Young Carers’ Group
Service/Activity:	<p>The Donegal Youth Service’s Young Carers’ Group meet monthly on a Saturday afternoon from 12 – 2pm in the Loft building in Letterkenny. The young carers group is a group that helps in providing siblings with additional responsibilities at home a safe space to socialise and interact with their peer group as well as offering respite in the form of group trips and residentials. As well as the group setting the young carers group can avail of additional 1:1 support provided by a number of staff within Donegal Youth Service. The groups primary aim is to identify, engage and support these young carers as well as helping to raise awareness of the role these young people have within their communities and the challenges they face.</p>
Address:	16-18 Port Road, Letterkenny, Co. Donegal, F92 N2KC
Contact	Pauric.bell@donegalyouthservice.ie or call (074) 912 9630
Website	https://www.donegalyouthservice.ie/

Organisation	Foroige Young Carer's Support Group Donegal Town
Service/Activity:	<p>Young Carer's are children and Young People under the age of 18 whose lives are somehow affected because they provide care, assistance or support to another family member in the home. The young people are in charge of ideas and activities but our aim is to create a safe space for the young people to be able to relax and enjoy themselves.</p> <p>The group is open to 10-18 year olds (group may be split depending on age and numbers attending). 1:1 supports available. The group takes place on Monday evenings from 6:30-8pm in the Deck, Donegal Town.</p>
Address:	Foroige The Deck UBU, 6 Tir Chonail St., Donegal Town
Contact	Kerry Gallagher, 0867996252 kerry.gallagher@foroige.ie

Organisation	Lifestart Services
Service/Activity:	<p>Lifestart Services is a home visiting child development, parenting education and family support service throughout Donegal delivering a number of programmes including the Lifestart Growing Child Programme which we have adapted for all children with additional needs and support for all parents and siblings navigating life as an additional needs family.</p> <p>Programme Content (which is presently being adapted into an online programme)</p> <ul style="list-style-type: none"> •Support during and awaiting assessment & diagnosis. •Identification of needs for family as a whole, •Physical, Emotional, Cognitive, Sensory & Social developmental support. •Advocacy & Support for parents and siblings. •Individualised Sessional Interventions & Challenging behaviour plans. •Sensory Play and The Importance of the 8 Senses. •The importance of communication and movement. •The exploration of visual communication aids and visual inputs. •Sleep, diet and toilet training support. •Preparation of individualised social stories. •Sign posting and identification of financial supports and form filling. •To support parents' skills and knowledge as additional needs parents and encourage their voice as paramount for their child's progress and development and access to services.
Address:	Main Street, Newtowncunningham
Contact	(074) 915 6644

Organisation	Slieve League Special Needs Support Group
Service/Activity:	Slieve League Special Needs Support Group is a group of parents and volunteers set up to support parents of children/young adults with sensory/intellectual disability/autism spectrum disorder / delayed communication living in Glencolmcille, Carrick, Kilcar and neighbouring parishes of south west Donegal. We also provide activities for children/young adults with additional needs that are unable to partake in mainstream activities.
Contact	slspecialneeds@gmail.com or PM through facebook -Slieve League Special Needs Support Group



<https://parenthubdonegal.ie/the-parenting-platform/>

The Parenting Platform



- <https://www.youtube.com/channel/UCR9bIfK478U38ecCIqyHJQg>