

South Dublin Libraries  
celebrating

# Neuro Diversity



  
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# South Dublin Libraries celebrating **Neuro Diversity**

This programme and the Toys, Training and Technology (TTT) collection are designed to offer support to children and adults with learning difficulties, disabilities or more significant needs. The TTT collection is a catalogue of specialised toys, software and assistive technology which can be accessed free of charge in branches throughout South County Dublin and can be borrowed or utilised by joining up at any South Dublin library. Items in the catalogue can be collected by the borrower at their nearest branch library. Membership is free to any individual who lives, works, or goes to school in South Dublin. Terms and Conditions of use apply. This collection was chosen by the staff of South Dublin Libraries in partnership with occupational therapists working in the community. The Project also includes the training element celebrating Neuro diversity which is our annual series of free lectures and workshops. These events offer further guidance, support and networking opportunities for parents, teachers, and healthcare professionals. For up-to-date details of future talks and events relating to the TTT catalogue and celebrating Neuro Diversity please email us and ask to join the mailing list at **[talib@sdblincoco.ie](mailto:talib@sdblincoco.ie)**. Attendance at all of the events is free of charge and open to everyone but advance booking is required. Please contact the South Dublin Library where the talk is happening to book your place. The printing of this catalogue was paid for through funding made available from the Department of Rural and Community Development.



Talk Title: **Pathological Demand Avoidance**

Speaker: Dr Alison Doyle  
Date/Time: Wednesday 19th October 7pm  
Venue: North Clondalkin Library (Online event)

All events are free, and tickets can be booked at  
<http://northclondalkinlibrary.eventbrite.com>

**Description:**

"Pathological demand avoidance (PDA) is a profile that describes those whose main characteristic is to avoid everyday demands and expectations to an extreme extent. This section explains what a PDA profile is and the assessment process. It also links to some personal accounts from adults with PDA."

Talk Title: **Strategies to Support Mealtimes & Picker Eaters**

Speaker: Jess Kennedy My OT and Me  
Date/Time: Monday 24th October 7pm Online  
Venue: Clondalkin Library

All events are free, and tickets can be booked at  
<http://clondalkinlibrary.eventbrite.com>

**Description:**

This talk will discuss practical strategies you can implement at home with your child(ren) to support their exploration of new foods at family meal-times.



## Talk Title: **Anxiety and Autism**

**Speaker:** Dr Susan Crawford  
**Date/Time:** Wednesday 26th October 7pm Online  
**Venue:** Ballyroan Library

All events are free, and tickets can be booked at  
<http://ballyroanlibrary.eventbrite.com>

### **Description:**

This lecture explores anxiety from research, presentation, and coping strategy perspectives for the autistic population.

This lecture brings together our awareness and understanding of autism, linking in with current research that indicates anxiety is common to many of the autistic population. It introduces the development of fundamental movement skills which will help alleviate issues of anxiety and other sedentary related issues and closes with providing a detailed exploration of the GetAutismActive programme which is an online programme and has been specifically designed for the autistic population.

Parents, Teachers, SNAs, OTs, Physios, Care workers who wish to up skill on knowledge and practice in relation to ASD with specific emphasis on movement should complete this online training.



Talk Title:

**Sensory Processing Disorder – Overloaded, Overwhelmed and Misunderstood!**

Speaker: Dr Dorothy Armstrong

Date/Time: Tuesday 1st November 7pm online

Venue: Ballyroan Library

All events are free, and tickets can be booked at <http://ballyroanlibrary.eventbrite.com>

**Description:**

Do you or your child have 'supersonic' senses? Noises seem louder than they do to others; clothes that other people have no problem wearing feel scratchy or sore; smells that others don't even notice make you sick or uncomfortable? Many neurodiverse people experience sensory overload, it's an invisible phenomenon that others can find difficult to understand but it's very real!

We all receive information about the world through our senses e.g., sight, hearing, taste, smell and touch. We use this information to make sense of our surroundings and to know how to respond to what is happening around us. Environments have become increasingly loud and busy which can result in even more heightened anxiety, feelings of exhaustion and overload for Neurodiverse people. The Pandemic resulted in people being indoors and it has been really difficult for some to emerge back into everyday environments such as school, work, shops etc. due to the sensory overload experienced. If you are interested in learning more about sensory processing disorder, or you, or someone you care about experiences the world in this way, then please come to this webinar to learn more about this and the strategies that can help.



Talk Title:

## **Ready, Steady, Go: Planning the move from primary to secondary school**

**Speaker:** Dr Alison Doyle  
**Date/Time:** Wednesday 2nd November 7pm online  
**Venue:** County Library Tallaght

All events are free, and tickets can be booked at <http://talib.eventbrite.com>

### **Description:**

This talk will look at essential preparation and planning for parents and children with special educational needs to ensure a smooth transition, including:

- Finding out more about the school and supports
- Talking About Change
- Supporting Communication
- Coping Strategies
- Activities for Parents and Children

Talk Title: **Autism and Toilet Training:  
A Gentle Developmental Approach**

**Speaker:** Amanda McGuinness AKA Little Puddins  
**Date/Time:** Wednesday 2nd November 7pm Live  
**Venue:** Ballyroan Library

All events are free, and tickets can be booked at <http://ballyroanlibrary.eventbrite.com>

### **Description:**

A neuro affirmative approach to Autistic Toilet Training, facilitated by Amanda Mc Guinness, Training Officer of AsIAM, Ireland's National Autism Charity.

Autistic Toilet Training is a strengths-focused, gentle, neuroaffirmative approach, which aims to support families in helping their children achieve toileting independence.



### Event Title: **Autism Friendly Party**

Facilitator: Genie Mackers

Date/Time: Saturday 5th November 10.30am and 11.30am

Venue: North Clondalkin Library

All events are free, and tickets can be booked at  
<http://northclondalkinlibrary.eventbrite.com>

#### **Description:**

Storytelling, music and the bubbles for children with additional needs.

### Talk Title: **All about ADHD!**

Speaker: Ken Kilbride CEO ADHD Ireland

Date/Time: Monday 7th November Live

Venue: County Library Tallaght

All events are free, and tickets can be booked at  
<http://talib.eventbrite.com>

#### **Description**

ADHD affects 5% of the population but there remains a lack of understanding and acceptance around the condition. This talk aims to fix all that in somewhere around 90 minutes!

ADHD what it is and what it isn't (or a crash course in ADHD) Supporting a child/young person/adult with ADHD Who are ADHD Ireland, what do we do and who we do it for? Q&A





Talk Title: **Sensory Story time**

Speaker: Sharon Curran  
Date/Time: Saturday 12th November 2pm  
Saturday 19th November 2pm  
Venue: Sat 12th Nov Lucan Library  
Sat 19th Nov North Clondalkin Library

All events are free, and tickets can be booked at  
<http://northclondalkinlibrary.eventbrite.com> (North Clondalkin Library)  
<http://lucanlibrarydublin.eventbrite.com/> (Lucan Library)

**Description:**

Join Sharon Curran for a fun, sensory story time, tailored specially to meet the needs of children with ASD. Suitable for ages 5-10 years. For more information and booking details please contact the library.



## Talk Title: **Lámh at the library**

**Speaker:** Silvia Angel  
**Date/Time:** Saturday 12th November 10am-12pm Live event  
**Venue:** Castletymon Library

All events are free, and tickets can be booked at <http://castletymonlibrary.eventbrite.com>

### **Description:**

Lámh at the Library makes storytelling accessible to all children. Storytelling has many benefits - it promotes language development, helps to improve concentration, and it also teaches children about the world around them. Children with special needs and language delays may not experience the full benefits of traditional storytelling, so this interactive storytelling session includes Lámh, visuals and sensory props to accompany and enhance stories. Lámh at the Library brings popular children's books and stories to all children, especially those with special needs.

This storytelling session is most suitable for children aged 2 to 5 years, but older children can also participate. Parents and siblings can also attend to learn how to sign along and use visuals with the stories.

At the end of the session, Silvia Angel will be available to answer any questions parents may have so that they can continue reading and storytelling with their children at home or the library.

Each session will be an hour long, and Silvia will be available to talk to parents about storytelling, reading and Lámh for 30 minutes afterwards.



## Talk Title: **Speech Sound Disorders**

**Speaker:** Jennifer Grundulis, Senior Speech and Language Therapist.  
**Date/Time:** Tuesday 15th November at 11am Online  
**Venue:** Lucan Library

All events are free, and tickets can be booked at <http://lucanlibrarydublin.eventbrite.com/>

### **Description:**

This short talk will cover what are Speech Sound Disorders (SSD), the types of SSD, as well as the impacts of having an SSD can be on the person. It will also cover how to refer for and seek help for a child who has (or is suspected to have) and SSD.

## Talk Title: **Sensory integration, autism and movement solutions**

**Speaker:** Susan Crawford  
**Date/Time:** Wednesday 16th November 7pm Online  
**Venue:** Castletymon Library

All events are free, and tickets can be booked at <http://castletymonlibrary.eventbrite.com>

### **Description:**

Sensory integration dysfunction for autistic populations is explained in the context of using movement skills as a mediator to address issues that can arise. Working on fundamental movement skill development helps address issues of sensory integration. We will firstly explore what we mean by sensory integration dysfunction and then we will work through each of the senses and provide strategies to firstly identify and address challenges of dysfunction through movement.



### Talk Title: **Little lámh workshop**

**Speaker:** Silvia Angel  
**Date/Time:** Wednesday 16th November 7-9pm Live  
**Venue:** Lucan Library

All events are free, and tickets can be booked at <http://lucanlibrarydublin.eventbrite.com/>

#### **Description:**

This workshop will give a foundation on how to use Lámh signs at home and in school. Participants will receive a book with some practical advice and illustrations of the 26 signs.

### Talk Title **Autism and Sleep**

**Speaker:** Laura Crowley  
**Date/Time:** 17th November 7pm (Online)  
**Venue:** County Library Tallaght

All events are free, and tickets can be booked at <http://talib.eventbrite.com>

#### **Description:**

If you are exhausted and struggling with your child's sleep issues, Laura is here to help.

During her 22 years' experience in the field of autism Laura has encountered many different sleep issues. As an Additional Needs Sleep Practitioner Laura not only brings her training in sleep science but also her extensive knowledge of autistic strengths, challenges and learning styles. Laura also brings her wealth of knowledge in the area of anxiety, which is a common stressor for sleep disturbances. Laura is a fully accredited sleep practitioner and has trained with The Sleep Charity in the UK and is a member of the British Sleep Society.



### Talk Title: **ADHD & Executive Function**

**Speaker:** Colin Foley for ADHD Ireland  
**Date/Time:** Monday 21st November 7pm (Online)  
**Venue:** Ballyroan Library

All events are free, and tickets can be booked at <http://ballyroanlibrary.eventbrite.com>

#### **Description:**

You've probably heard of executive function, it involves the skills needed to plan and organise activities, sustain attention and to keep going in order to complete a task – even when it's boring. Executive function also involves managing emotions and being able to consider consequences to actions.

People with ADHD can have particular difficulties in this area. This webinar will introduce executive function and ADHD, along with lots of strategies to help and support. The talk will be suitable for parents of children with ADHD and adults with ADHD.

### Talk Title: **Module One Lámh Course**

**Speaker:** Silvia Angel  
**Date/Time:** Monday 21st November 6.30-9.30pm 2 sessions  
**Venue:** North Clondalkin Library

All events are free, and tickets can be booked at <http://northclondalkinlibrary.eventbrite.com>

#### **Description:**

This course is for staff members and professionals working in an environment where Lámh is used.

In this course, participants will learn about Lámh, how to support children using signs, and will practice 100 Lámh signs.

It is suitable for teachers, SNAs and early childhood educators.  
Qualifications Required: No previous Lámh training required.



Talk Title:

**Helping Neuro-Diverse teenagers who struggle with Organisation, Time-Management, Decision Making, Working Memory and Managing feelings.**

Speaker: Dr Dorothy Armstrong

Date/Time: Tuesday 22nd November 7-8 online

Venue: County Library Tallaght

All events are free, and tickets can be booked at <http://talib.eventbrite.com> (County Library Tallaght)

### **Description:**

Do you ever wonder why your clever Neuro diverse child can't keep their room clean; frequently leaves a trail of belongings behind them; constantly forgets things and can't keep track of time? It could be to do with their executive functioning. Executive skills allow people to organise what they do over time and be able to resist immediate demands in order to achieve longer term goals e.g., resist playing computer games in order to do homework so as to achieve well in exams. Executive skills help people to plan and organise activities, sustain attention and to keep going in order to complete a task. They are also involved in managing emotions and in self-monitoring. This webinar is aimed at parents, carers and those who work with neurodiverse teenagers (autistic teenagers and/or those with DCD- Dyspraxia, Dyslexia and/or ADHD).

The webinar will give an introduction into the teenage brain and the development of executive function and the specific challenges of being a neuro-diverse teenager in relation to executive function. There will be lots of tips as to how to help your child in this area.



## Talk Title: **Down Syndrome 101**

**Speaker:** Jennifer Grundulis, Senior Speech and Language Therapist.  
**Date/Time:** 22nd November 11am Online  
**Venue:** Palmerstown Library

All events are free, and tickets can be booked at  
<https://www.eventbrite.ie/o/palmerstown-library-digital-hub-29712818925>

### **Description:**

This short talk will cover an introduction to Down Syndrome (DS), what it is, and the most common presentation in children. It will touch on the scope and range of DS, as well as general techniques to help support a child.

## Talk Title **Autism and Christmas**

**Speaker:** Amanda McGuinness aka Little Puddins (AsIAm)  
**Date/Time:** Wednesday 23rd November 7pm  
**Venue:** Castletymon Library

All events are free, and tickets can be booked at  
<http://castletymonlibrary.eventbrite.com>

### **Description:**

Autism & Christmas, facilitated by Amanda Mc Guinness, Training Officer of AsIAM, Ireland's National Autism Charity.

A neuro affirmative approach, to supporting autistic children and their families prepare for the upcoming festive season. Preparing autistic children for the Christmas will help to support them to navigate the holiday period, understand key concepts and provide strategies of support for families.



## Talk Title **Supporting Self-Regulation Skills**

**Speaker:** Jess Kennedy My OT and Me  
**Date/Time:** Monday 28th November 7pm (Online)  
**Venue:** Lucan Library

All events are free, and tickets can be booked at  
<http://lucanlibrarydublin.eventbrite.com/>

### **Description:**

This talk will discuss the importance of co-regulation with children, how to understand your child's sensory preferences and small changes to support your child being able to understand and manage their emotions and behaviour.



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## Bios





### **Dr Alison Doyle**

Alison has worked in association with the Disability Service in Trinity College since 2007. Her current role is to provide specialist academic support to students who present with a neurodiverse profile, including Autism Spectrum Disorder (ASD), ADD, ADHD, Dyscalculia, and Dyspraxia.

Alison is an independent educational psychologist with more than 35 years of experience in special and inclusive education, supporting children and young people with Special Educational Needs and disabilities (SEND) to manage educational transition. Alison also designs and delivers bespoke pre-entry transition programmes for individuals and groups, and regularly provides seminars and workshops to parents and institutions.

Her research work includes transition from school to higher education for students with disabilities, transition from school to further education, training, and employment for students with intellectual disabilities, pre-entry transition programmes for students with ASD, transition

### **Jess Kennedy My OT and Me**

Jess Kennedy is Senior Paediatric Occupational Therapist (OT) and founder of My OT & Me and co-founder of Gabadoo. She is a dedicated and passionate OT who has specialised in Paediatrics and has her own private practice in Cork where she provides home-based intervention to families. Jess offers a range of courses, webinars and products for teachers, SNAs and parents on [www.MyOTandMe.com](http://www.MyOTandMe.com)

### **Dr Susan Crawford**

Dr Susan Crawford is a lecturer and researcher in University College Cork, Ireland with a particular interest in autism. She has been the recipient of The Digital Champion Award (2016), a Fulbright Scholar (2015), The President's Award (2014) as well as book deals for developing programmes both digital and hard copy for children and adults with autism to address movement skills. Susan is also a qualified Nurse, Midwife, Sport and Exercise Scientist, Occupational First Aid instructor/Examiner and have completed further post graduate study in Teaching and Learning in higher Education to Masters

level (Hons). Susan has worked both nationally and internationally in all of these fields. As the mother of a young man with autism, she is passionate about addressing quality of life issues for individuals on the spectrum. Susan has been actively engaged in fundraising particularly for autism.

### **Dr Dorothy Armstrong**

Dr Dorothy Armstrong (MSc PhD) is an Occupational Therapist who specialises in working with Neurodiverse teenagers, young adults and adults (Autism, Developmental Coordination Disorder (Dyspraxia), ADHD). Along with directly working with clients and their families she also works within communities to offer training and consultation in the area of inclusion for neurodiverse people. More details about Dorothy and Achieve Occupational Therapy practice can be found at <https://achieveot.net>

### **Amanda McGuinness AKA Little Puddins**

Amanda Mc Guinness is a Training Officer in AslAm. Amanda is a Law Graduate and is currently undertaking a Master of Childhood Speech Language and Communication Needs at University Galway. She is a Visual Supports Specialist and Autism Consultant, supporting autistic individuals and their families since 2015 through her social platforms “Little Puddins” and “The Autism Educator”. Amanda is an autistic self-advocate and parent to 4 children, 3 of whom are autistic.

### **Ken Kilbride - CEO ADHD Ireland**

Ken is the CEO at ADHD Ireland. He has over 20 years' experience in senior management positions in a wide range of both very large and very small not for profit organisations in Ireland. His role with ADHD Ireland is to enact the vision and strategy of the Board, and in the words of Captain James T Kirk take this ADHD organisation to where no ADHD organisation has ever been before!



## **Sharon Curran**

Sharon Curran (MSEN, BA Mont Ed, Dip Hort) is a Special Educational Needs teacher specialising in autism spectrum disorder. She has a background in Montessori education and a wealth of experience in teaching children with a wide range of learning disabilities.

## **Jennifer Grundulis Senior Speech and Language Therapist**

Jennifer has more than 25 years' experience in Speech and Language Therapy. She has degrees from Syracuse University in New York and University of Texas. She has worked in Texas before moving to Ireland in 2005. Her experience includes working with ID, DS, ASD with a wide variety of ages and abilities as well as creating training for the [www.cattscourses.com](http://www.cattscourses.com) Special Education video library.

## **Laura Crowley BA ECS, MA Ed, PG DIP Prof Studies Ed, PG Cert TLHER**

Autistic Autism Consultant, Lecturer, Sleep Practitioner and Author. With over 22 years' experience in the field of Autism Laura is passionate about sharing her knowledge and training. While Laura specialises in Social Skills, she has expanded her skills in the area of sleep for children with additional needs. Laura's goal is for practical, positive, and effective training and supports for children, parents and professionals. Laura's own autism diagnosis means that she can examine difficulties from a professional perspective but also as an autistic adult.

## **Colin Foley National Director of Training ADHD Foundation Liverpool**

Colin Foley is the training director of the ADHD Foundation Neurodiversity Charity, an integrated health and education multidisciplinary lifespan service in based in Liverpool. The Foundation is the largest patient led service of its kind in the UK and Colin co-ordinates training for over 15,000 professionals very year, covering a range of professional development programmes.



## Silvia Angel

Silvia is an early intervention specialist working with teachers and parents of children with special needs to create a community that embraces children with all abilities.

She has worked in Early Intervention services in Ireland since 2002. Silvia completed her degree in Social Studies at the University of Ramon Llull, Barcelona, and a BA in Psychology of Education with the Autonomous University of Barcelona. Also, she completed a Diploma in Autism Studies with University College Cork.

Silvia attended PECS (Picture Exchange Communication System) training in 2005, and in 2006 she qualified as a Lámh sign language tutor. Early on in her career, she trained in the Portage Model – an early intervention program that promotes family centered intervention. This program has had a significant influence on her work with families. Silvia is the creator of The CIRCLE Program, a training program for teachers, preschool teachers and SNAs interested in making classrooms more inclusive.

Recently, Silvia has given presentations at national and international conferences such as the National Progressing Disabilities in Limerick, and the Down Syndrome World Congress in Glasgow, Scotland.

Silvia is also a mother of two boys, one with autism.



# Events

## **Pathological Avoidance Disorder Talk**

Dr Alison Doyle- North Clondalkin Library- 19/10/2022- 7pm Online

## **Strategies to Support Mealtimes & Picker Eaters**

Jess Kennedy- Clondalkin Library- 24/10/2022- 7pm- Online

## **Anxiety and Autism**

Dr Susan Crawford- Ballyroan Library- 26/10/2022- 7pm- Online

## **Sensory Processing Disorder**

Dr Dorothy Armstrong- 01/11/2022- 7pm- Ballyroan Library- Online

## **Ready, Steady, Go: Planning the move from primary to secondary school**

Dr Alison Doyle- 02/11/2022- 7pm- County Library Tallaght- Online

## **Autistic Toilet Training**

Amanda McGuinness- 02/11/2022- 7pm- Ballyroan Library- Live

## **Autism Friendly Parties**

Genie Mackers- 05/11/2022- 10.30 and 11.30 am

North Clondalkin Library- Live

## **All about ADHD!**

Ken Kilbride- 07/11/2022- 7pm- County Library Tallaght- Online

## **Sensory Story Time**

Sharon Curran- 12/11/2022- 2pm- Lucan Library- Live

## **Lámh at the library**

Silvia Angel- 12/11/2022- 10am- Castletymon Library- Live



### **Speech Sound Disorder**

Jennifer Grundulis- 15/11/2022- 11am- Lucan Library- Online

### **Sensory integration, autism and movement solutions**

Dr Susan Crawford- 16/11/2022-7pm- Castletymon Library- Online

### **Little lámh workshop**

Silvia Angel- 16/11/2022- 7pm-9pm- Lucan Library- Live

### **Autism and Sleep**

Laura Crowley- 17/11/2022- 7pm- County Library Tallaght- Online

### **Sensory Story Time**

Sharon Curran- 19/11/2022- 2pm- North Clondalkin Library- Live

### **ADHD & Executive Function**

Colin Foley- 21/11/2022- 7pm- Ballyroan Library- Online

### **Module One Lámh Course**

Silvia Angel- 21/11/2022- 6.30pm- 9.30pm- North Clondalkin Library- Live

### **Helping Neuro-Diverse teenagers who struggle with Organisation**

Dr Dorothy Armstrong- 22/11/2022- 7pm- County Library Tallaght- Online

### **Down Syndrome 101**

Jennifer Grundulis- 22/11/2022- 11am- Palmerstown Hub- Online

### **Autism and Christmas**

Amanda McGuinness-23/11/2022- 7pm- Castletymon Library- Online

### **Supporting Self-Regulation Skills**

Jess Kennedy- 28/11/2022- 7pm- Lucan Library- Online

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