



Kildare Library and Arts Services

Toys, Technology and Training

Free Talks and Workshops

## Autumn Events September–November 2021

Supporting Children and Adults with  
Additional Needs



*Due to continuing changes in our service arrangements, and as part of Recovery and Resilience 2020-2021: Plan for Living with Covid-19, our TTT talks and workshops from September–November 2021 will be taking place online, unless otherwise stated.*

## **What is the TTT Programme?**

The TTT Programme is designed to offer support to children and adults with learning difficulties, disabilities or more significant needs.

Based in Athy, Leixlip and Naas libraries, a specialised collection of toys and assistive equipment can be accessed free of charge in branches throughout the county and can be borrowed or utilised by joining up at any Kildare library.

Items in the catalogue can be requested or renewed online and collected by the borrower at their nearest branch library.

This collection has been chosen by the staff of Kildare Library Service in partnership with therapists working in the community.

Membership is free to any individual who lives, works or goes to school in County Kildare. Contact your local library for further terms and conditions of use.

A full list of our libraries and contact information is available at [kildare.ie/library/Library/](http://kildare.ie/library/Library/)

## **Free Talks and Workshops**

The TTT Programme also includes an annual series of free talks and workshops, funded by Kildare County Council. 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 Programme please subscribe to our newsletter at  
[kildare.ie/library/newsletter/subscribe](http://kildare.ie/library/newsletter/subscribe)

Attendance is open to everyone and free of charge; advance booking via Eventbrite may be required for some events.

### **Continuous Professional Development**

Certificates of Attendance are available for all TTT talks and workshops in 2021.

Please contact [leixliplib@kildarecoco.ie](mailto:leixliplib@kildarecoco.ie) to request your certificate.



## See and Learn Programme

### Down Syndrome Ireland

Developed by Down Syndrome Education International to specifically support the learning needs of young children with Down syndrome.

- Evidence led, structured programmes which help children with Down syndrome develop their speech, language, early literacy, and numeracy skills
- Easily used by parents and professionals
- Training video available: <https://youtu.be/hEu1NLpClkQ>

## Background information

- One in every 444 children born in Ireland has Down Syndrome
- A good early start can make a big difference to the life of a child with Down Syndrome
- Starting school with a good vocabulary and an awareness of the written word paints a picture of a child who is able to learn
- Attitudes and expectations have a big impact on learning outcomes

# **See and Learn Kits**

**Now available to borrow via the TTT Collection**

## **See and Learn Vocabulary Kit**

Introduces children to their first words at the earliest stage of language development (18+ months) in approximate developmental order. Each step is also designed to teach the vocabulary needed for a corresponding See and Learn Phrases step.

## **See and Learn Phrases Kit**

Teaches children to put spoken words together in a range of two key word phrases and to read their first sight words and phrases.

## **See and Learn Sentences Kit**

The next step, pulling together all the words that the children have learned so far, along with some extra vocabulary, into a reading scheme of 25 books focusing on sentences and grammar.

## **See and Learn First Counting Kit**

Teaches children to count to 10 and to understand important concepts about the number system.

These kits can be used with children aged 18 months to 8 years.

To borrow these kits, you must be a member of the TTT Programme.

Please contact your local Kildare library for further information:  
[kildare.ie/library/Library/](http://kildare.ie/library/Library/)

## Sensory Garden at Leixlip Community Library



## **TTT Book Collection**



A tailored selection of titles providing comprehensive information on numerous conditions.

Available in Leixlip Community Library; request from your local library branch.



## **Touch-type Read & Spell**

### **Touch-type Read and Spell (TTRS) Programme**

TTRS is a literacy programme aimed at improving reading and spelling and teaching touch-typing. It is specifically designed for those with learning differences such as Dyslexia and Dyspraxia.

TTRS is available in the following Kildare Libraries: Athy, Celbridge, Kildare, Leixlip, Maynooth, Naas & Newbridge.

For more information, please contact your nearest branch directly.

# **Events at Leixlip Community Library**

## **ASD-Friendly Sensory Story Time Sessions**

Join Sharon Curran (MSEN, BA Mont Ed, Dip Hort) for a fun, sensory story time tailored specially to meet the needs of children with ASD.

***| This event will take place outdoors in the library's sensory garden.***

Saturday 25<sup>th</sup> September, 11am

Saturday 30<sup>th</sup> October, 11am

Saturday 27<sup>th</sup> November, 11am

[Book via Eventbrite](#)



## Sibshop Workshop with Sibshop Ireland

Sibshops are fun workshops for siblings of children with special needs. They are lively events, with games and discussions.

As well as providing lots of fun, this online Sibshop will provide a great opportunity for siblings to get together and chat about some of the difficulties and the positives of having a sibling with special needs.

Sibshops have a maximum of 8 children; this gives everyone a chance to contribute to the discussions and games. They are aimed at siblings aged 8–12 years (inclusive). The child with special needs should be over 2½ years so that their sibling can see and understand that their brother or sister has special needs.

Siblings experience the same joys and concerns as their parents, yet have fewer opportunities to gain access to support. Often siblings do not want to burden their parents with their own worries. Sibshop Workshops are one way of offering them the fun and support they deserve.

***| This event will take place outdoors in the library's sensory garden.***

Saturday 16<sup>th</sup> October, 2–4:30pm | [Book via Eventbrite](#)

# **Online Events**



## ***PIGSY***

**Exclusive to the TTT Vimeo Channel**

Filmmaker Mike Andrews' short film (8-minute short documentary) *PIGSY* was selected for Film Festivals in the UK and Ireland, including the prestigious Galway Film Fleadh and two separate showings at IndieCork.

In just 8 minutes, this short invites us inside the mind of an artist who, for his entire life, struggled with severe dyslexia. An architect by trade, Pigsy's work as an artist pushes the boundaries of his architectural world and embraces messiness, errors, and mistakes.

Born on the North Side of Dublin in Ireland, Ciarán McCoy is an Irish Artist and award-winning architect (ODKM Architects). He borrows from his architectural knowledge to create his diverse expressionist artwork as his alter ego *PIGSY*.

*PIGSY* is available to view exclusively on the TTT Vimeo Channel:  
[vimeo.com/channels/toystechologytraining](https://vimeo.com/channels/toystechologytraining)

# Special Guest Speaker

**Fiona Ferris**

**Deputy Chief Executive Officer, AsIAm**

## **Delayed Autism Diagnosis in Women and Girls**

In this talk, Fiona will be focusing on Delayed Autism Diagnosis in Women and Girls. With this becoming an increased area of focus in psychological and research fields, Fiona will be covering an introduction to autism, the differences that autistic people experience and the barriers to diagnosis for women and girls on the spectrum that often lead to missed or delayed diagnosis.

Thursday 2<sup>nd</sup> September, 7:30pm | [Book via Eventbrite](#)



## **Online Series with Occupational Therapist Dr. Dorothy Armstrong**

### **Helping neurodiverse primary school children transitioning to secondary school**

Transitioning to secondary school is a major milestone in a child's life and it's very important to prepare neuro-diverse children (e.g., children on the autism spectrum, those with Developmental Coordination Disorder (Dyspraxia), ADHD and/or dyslexia) in order to make this transition as smooth as possible.

This online session is aimed at parents, teachers and those who work with this population. It will cover issues such as:

- The issues that are challenging for the neuro-diverse child when transitioning to secondary school
- How to prepare your child for the transition
- Strategies that will help with organisation and secondary school readiness

Tuesday 21<sup>st</sup> September, 7:30pm | [Book via Eventbrite](#)

### **Understanding the Disability Access Route to Third-level Education and Alternative Career Routes**

This online session is aimed at helping neurodiverse people with the decision of what to do once they transition from secondary school to further education. It is particularly aimed at students on the autism spectrum, those with Developmental Coordination Disorder (Dyspraxia), ADHD and/or dyslexia. The Disability Access Route to Third-level Education (DARE) will be made clear. Dr Armstrong will also discuss FETAC levels in more detail, including Post Leaving Certificate (PLC) courses, and the apprenticeship route to a career.

This talk is aimed at parents and the students themselves.

Tuesday 19<sup>th</sup> October, 7:30pm | [Book via Eventbrite](#)

## **Understanding the System—Reasonable Accommodations and the State Exams**

The Junior and Leaving Certificate can be a daunting experience for any student, but it can be especially daunting for students who need accommodations made for exams e.g. typing instead of writing, spelling and grammar waivers etc.

This online session will be helpful for students and their parents and is especially aimed at students with DCD (Dyspraxia), Dyslexia, and/or those on the autism spectrum. The process of awarding accommodations to students is called 'RACE' (Reasonable Accommodations to Certificate Exams).

Dr. Armstrong will be explaining what accommodations are available and the process under which these accommodations are applied for.

Tuesday 26<sup>th</sup> October, 7:30pm | [Book via Eventbrite](#)

## **Caring for the Siblings of Children with Disabilities**

Children with brothers or sisters who have special needs have particular challenges. It can be difficult for parents who need to give a lot of support to the child with the special need to balance the needs of the family. Dr Dorothy Armstrong will host an evening that is aimed at parents, teachers and those who work with children with siblings with special needs.

Topics covered will include:

- The challenges and strengths of the sibling of a child with special needs
- Signs and signals that a sibling is having difficulties of concern
- Ways to support siblings of children with special needs
- Balancing the needs of the family, including the needs of the parents

Tuesday 2<sup>nd</sup> November, 7:30pm | [Book via Eventbrite](#)

# Lámh Module One Course

This course is of most benefit to those who are using Lámh to support a Lámh user and their family currently, as they will have the opportunity to use the signs and skills acquired.

## **Course Overview:**

This course is for professionals who have started to work in an environment where Lámh is used. It covers 100 Lámh signs and how to support a Lámh user. No previous Lámh training is required.

## **Course Content:**

- Module One Lámh signs (100+)
- Alternative and augmentative communication (AAC)
- Lámh—a brief history and development
- The Lámh signing environment

By the end of this course, participants should be able to:

- Use the 100+ signs from the Module One book
- Use Lámh as an effective communication tool
- Contribute to assessment or decision-making around Lámh use
- Participate effectively in an established Lámh environment

## **Accreditation Achieved:**

Module One Certificate

## **Course Schedule:**

Online self-led training via the Lámh website will take place in advance of a tutor-led Zoom session. Participants will receive a learning pack from Lámh following completion of the course.

Group 1: Zoom-led tutor session on Saturday 23<sup>rd</sup> October, 10am-1:30pm

Group 2: Zoom-led tutor session on Saturday 30<sup>th</sup> October, 10am-1:30pm

[Book via Eventbrite](#)

## **Online Dementia Talks with Anna McMahon, HSE Primary Care Kildare and West Wicklow**

### **Jog Your Memory**

An introduction to a memory rehab course run by HSE, including practical strategies and ways to maintain your independence at home and in the community.

This talk will:

- Provide information on how memory works
- Explore simple strategies to assist memory in everyday life
- Provide education on how healthy lifestyles can influence memory
- Improve confidence in remembering everyday information

Thursday 14<sup>th</sup> October, 7:30pm | [Book via Eventbrite](#)

### **Assistive Technology and Dementia**

An information talk on assistive technology for people living with Dementia and their carer's. The talk will include activities for people living with mid to late stage dementia with family carers.

We will discuss memory impairment and some equipment and applications that can help manage memory difficulties in everyday living at home. This is also an opportunity to see and learn about a range of products and free computer-based programmes and applications, from low- to hi-tech, to aid:

- Independent living
- Continuing leisure activities and interests
- Home safety

Thursday 11<sup>th</sup> November, 7:30pm | [Book via Eventbrite](#)

## **Online ADHD Talk with Ken Kilbride, CEO of ADHD Ireland**

### **ADHD (Attention Deficit Hyperactivity Disorder)**

ADHD, while it affects 5% of the population (or one in 20) is still very much a misunderstood condition. ADHD when identified and treated is a very manageable condition, however the rates for un-diagnosed ADHD in both children and adults is very high in Ireland. This talk will explain what ADHD is and what it is not, what are the treatment routes and tips on how to manage with the condition. This talk is suitable for both parents of children with ADHD and adults living with the condition.

Thursday 21<sup>st</sup> October, 7:30pm | [Book via Eventbrite](#)

## **Online DCD/Dyspraxia Talk with James Northridge, Dyspraxia/DCD Ireland**

### **App Technology and DCD/Dyspraxia**

This talk will focus on how apps for iPad and tablets can be used to help people with DCD/ Dyspraxia and will look at the numerous apps available.

Tuesday 28<sup>th</sup> September, 7:30pm | [Book via Eventbrite](#)

# Online Dyslexia Spell Session with Georgie Cooney

## The Language to Literacy Spell

In this session you will see how having strong phonological awareness and knowledge of how your own language works; helps to provide a firm literacy foundation (especially for children with literacy difficulties such as dyslexia).

Georgie will model the main three stages (syllables, rhyming and phonemes) and show how you can have loads of fun working with children through speaking and listening activities. Georgie will be using *From Tragic to Magic:A Phonological Fairytale* to help you on the journey, which will lead us to find out who put the spell into spelling. This will be done through Georgie's spelling resource *Who Put the Spell into Spelling* and its supporting workbook *Supporting Children with Fun Rules for Tricky Spellings*.

*The resources mentioned above are not required to attend this session, but will be available to borrow from Kildare Library Service.*

Thursday 16<sup>th</sup> September, 7:30pm | [Book via Eventbrite](#)

# **Puberty, Adolescence and ASD—Online Talk with Emma Cross**

## **Puberty, Adolescence and ASD: A Guide to Understanding**

This talk will discuss puberty, adolescence, and changes teenagers with ASD undergo during this period. Using specific visual strategies and tools, this practical talk will support parents, teachers, and caregivers in assisting adolescents to develop techniques to increase self-management.

This talk will cover:

- Changes adolescents with ASD undergo through puberty
- Conversation scripts
- Self-care and hygiene tips
- Visual aids for showering
- Staying safe tips
- Scripts on strangers, secrets, and touch
- Social stories on public and private behaviour

Thursday 30<sup>th</sup> September, 7:30pm

Thursday 25<sup>th</sup> November, 7:30pm

[Book via Eventbrite](#)

# **Online Behavioural Therapy Talks with Audrey Cully**

## **Visual Supports**

This workshop will explore what visual supports are, and how they can be used to help increase skill development. When used appropriately, visual aids can also work alongside other strategies, to decrease undesirable behaviour.

Visual aids have been proven to be very effective for anyone who finds language difficult to use and to understand. During the workshop, information will be provided on how to use visual strategies as a tool to aid understanding of daily/weekly activities for children or adolescents, and how to understand sequencing of events. Communication systems will also be discussed e.g., PECS, Go-Talk devices and apps on phones or tablets.

The use of visual supports can be very beneficial both in classroom settings and in the home environment, often leading to an increase in positive behaviour in both settings.

Thursday 23<sup>rd</sup> September , 7:30pm | [Book via Eventbrite](#)

## **Autism Spectrum Disorder**

As the number of individuals being diagnosed with ASD has risen over time, Audrey will explore what the symptoms and characteristics are, and explain how it presents differently from one person to another.

Some parents or caregivers notice differences at a very young age, but for others, noticeable symptoms may not become apparent until later. This workshop will be beneficial if you would like to increase your knowledge on autism spectrum disorder.

Information about the assessment process will be provided, as well as the important points to consider when hiring a home tutor to work with your child. Sensory difficulties and anxiety will be discussed, as a person with ASD often experiences challenges with both.

Thursday 28<sup>th</sup> October, 7:30pm | [Book via Eventbrite](#)

## **Understanding Behaviours of Concern**

Some children and adolescents who have an autism spectrum disorder or related disability, exhibit behaviours of concern. Sometimes these behaviours are displayed as injury to oneself, other people or the environment.

During this workshop, we will explore what are behaviours of concern and why do they occur. Audrey will discuss strategies and procedures that support parents and professionals in finding out why the individual displays these behaviours.

Advice will be provided on how to support the person to have their wants and needs met in an appropriate way.

Audrey will also include tips and advice on how to respond when a difficult behaviour is repeated over time, or heightened episodes of behaviour occur.

Thursday 18<sup>th</sup> November, 7:30pm | [Book via Eventbrite](#)

# **Online Occupational Therapy Talks with The Sunflower Clinic**

## **Sensory Processing and Your Child**

This talk deals with the concept of Sensory Processing and how important it is in a child's normal development. Sensory Processing Disorder is a recognised condition which can have a very profound effect on a child's ability to deal and manage a wide variety of sensory input which can result in quite significant changes in a child's ability to learn and also their overall behaviour in school and in the home.

Some of the typically observed behaviours of children who have sensory processing issues are:

- Constant fidgeting in class
- Lethargic and dreamy
- Slow to start work and constantly missing cues
- Poor coordination and balance
- Difficulty organising self
- Has difficulty paying attention

The talk will address the following main themes:

- What are our senses?
- What is Sensory Processing Disorder?
- Case studies of examples
- Demonstration of appropriate equipment

Thursday 9<sup>th</sup> September , 7:30pm | [Book via Eventbrite](#)

## **Helping children/adolescents with executive function problems to organise themselves**

Human beings have a built-in capacity to meet challenges and accomplish goals through the use of high-level cognitive functions called executive skills. These skills begin to develop in early infancy and continue to develop well into adolescence and early adulthood. These skills are necessary to select and achieve goals or to develop problem solutions. This talk will look at these skills and how to develop strategies to help children/adolescents who struggle with them:

- Planning: The ability to create a map to reach a goal or complete a task. This also includes the ability to make decisions about what is important and what is not
- Organisation: The ability to design and maintain systems for keeping track of information or materials
- Time management: The capacity to understand the importance of time and have the ability to estimate the amount of time available, how to allocate it to different projects, and how to remain within time limits
- Working memory: The ability to hold information in mind while performing complex tasks
- Metacognition: The ability to take a step back and review one's progress, using self-monitoring and self-evaluative skills, e.g. "How am I doing?", "How did I do?"

Thursday 7<sup>th</sup> October, 7:30pm | [Book via Eventbrite](#)

## **Using Social Stories to help children with ASD understand and interact with others**

One of the biggest challenges faced by children on the ASD spectrum can be their lack of comprehension with changing social and emotional situations in life. Some children find it simply impossible to naturally understand the difference between two seemingly obvious social scenes and can often react in a socially inappropriate manner. This talk aims to explore some of the reasons for these issues and go through series of Social Stories specifically designed to help children understand and more appropriately deal with various social scenes.

This talk will address the following issues:

- Children with ASD rely heavily on the use of Visual learning
- Children's senses can often be overwhelmed by sensory input which can lead to reactions
- How to use social stories to explain social situations
- Examples and recommendations

Thursday 4<sup>th</sup> November, 7:30pm | [Book via Eventbrite](#)

# Speakers

## **Dr. Dorothy Armstrong**

Dr. Dorothy Armstrong (MSc PhD) is an Occupational Therapist who works with people who are Neuro-diverse. She specialises in working with teenagers, young adults and adults with High Functioning Autism (Asperger's), Developmental Coordination Disorder (Dyspraxia), and/or ADHD who also have mental health issues and/or difficulties in the area of executive function.

## **Georgie Cooney**

Georgie Cooney is an author and a fully qualified teacher who is passionate about creating a positive learning experience for all children. As a teacher and a dyslexia specialist, she has taught in a variety of schools both at home and abroad. Georgie has also spent many years training teachers to teach and understand learners with Specific Learning Difficulties.

## **Emma Cross**

Emma Cross is a passionate SEN teacher with 10 years' experience working in range of SEN (Special Ed. Needs) settings. Emma has a degree in Social Care, a PGDE in Primary Education and has completed the Professional Diploma in Special and Inclusive Education in DCU. Emma has also worked for as an Associate for the L2LP (Junior Cycle) and as a SEN tutor in Hong Kong. In her TTT talks, Emma draws on her own experience in the classroom and the current best practice.

## **Audrey Cully**

Audrey Cully is a Behaviour Specialist who has over 18 years' experience of working in the area of special needs, with a strong background in autism. She has worked with children from 2 years old up to 18 years in different settings including special schools, autism classrooms and mainstream primary school. Audrey also works with

children with autism and related disorders in their homes. She works as a Behavioural Consultant and has designed and overseen many IEP's and Behaviour Support Plans and has extensive experience in dealing with crisis episodes of behaviour. Audrey delivers workshops and training to parents and professionals.

Audrey has a Master's degree in Applied Behaviour Analysis and is trained as an Instructor of Professional Crisis Management. She is currently studying a Master's degree in Psychology and is a member of the Psychological Society of Ireland (PSI).

## **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.

## **Dyspraxia/DCD Ireland (James Northridge)**

Formed in 1995 by parents of children with Dyspraxia/DCD, the organisation aims to raise awareness of Dyspraxia/DCD in Ireland and create a better understanding of the difficulties people with Dyspraxia/DCD and their families face. They help ensure adequate resources are available to support the needs of people with Dyspraxia/DCD and provide an information and sharing and support network for people with Dyspraxia/DCD and their families.

Having Dyslexia and ADHD, James Northridge very much understands the learning challenges that face students. After struggling throughout school due to his own learning challenges and dropping out of University, a second chance at college came his way and he was able to turn it around, earning a first-class honours degree from University College Cork and a Masters in Disabilities Studies from University College Dublin.

## **Fiona Ferris**

Fiona Ferris, Deputy Chief Executive Officer at AslAm, has worked with the organisation since 2017. She started in the role of Early Years Specialist, and assumed the role of Deputy CEO in 2019 and oversees the Training Department. Fiona delivers talks, both nationally and internationally, about autism, neurodiversity, and disability, while contributing her own experiences as an autistic adult and a parent to a child on the spectrum.

In her talks, Fiona aims to give practical, relatable knowledge and strategies to assist others in supporting the autistic community to meet their own individual potential and fully participate in their community. Fiona's expertise covers a broad range of issues including Autism and Women, Neurodiversity, Disability Rights, Employment, Accessibility and Education. Outside of work, Fiona is an artist and is also completing an Honours Degree in Law.

## **Ken Kilbride**

Ken Kilbride is CEO of ADHD Ireland and their mission is to make life better for people in Ireland living with ADHD. Ken has over 20 years' experience in senior management positions in a wide range of both very large and very small non-profit organisations in Ireland.

## **Lámh Development Ireland**

Lámh is the manual sign system used by children and adults with intellectual disability and communication needs in Ireland. Lámh was originally developed in the early 1980s in order to have a unified, standardised, Irish-based approach to signing for those with intellectual disabilities and communication needs.

## **Anna McMahon**

Anna McMahon (BSc Occupational Therapy, PG Dip Rehabilitation of the Older People) is a Senior Occupational Therapist working in HSE Primary Care in Kildare and West Wicklow. Anna has completed training in the area of Dementia and Assistive technology and has a keen interest in supporting people to live as independently as possible in their homes.

## **Sibshop Ireland**

Linda Foley and Liz Fitzpatrick both work with children with an Intellectual Disability. Liz is a Registered General Nurse and an AMI Montessori teacher and has been supporting children (6–18 years) with special needs in mainstream education for over 20 years. Linda is a Registered General Nurse and a Paediatric Nurse, and she runs a specialised pre-school for children from birth to 6 years. They are qualified Sibshop facilitators and Parents Plus facilitators. They have a huge interest in sibling support and are founders of Sibshop Ireland.

## **The Sunflower Clinic**

The Sunflower Clinic is an independent children's Occupational Therapy service with 6 clinic locations in Munster and Leinster. They specialise in Sensory Processing, Motor Coordination and Autistic Spectrum Disorders for children and adolescents. They are the largest independent Occupational Therapy service in Ireland with a team of highly experienced therapists dedicated to providing a caring and supportive service and all of our therapy clinics are fully equipped for Sensory Integration therapy.

# "Let's Talk about Parenting"

FREE SERIES OF  
TALKS 2021



*These talks are for Parents and also offer continuing professional development for professionals working with children  
(CPD certs of attendance available)*



*Let's Talk About Parenting* is a programme of FREE talks and workshops for parents and professionals working with children and young people in County Kildare. The programme is provided by Kildare Library Service, funded by Kildare County Council, and supported by Kildare CYPSC and members of the multi-agency Kildare & West Wicklow Parenting Forum.

For more information on the Parenting Forum and the supports available in County Kildare, visit [www.parentingsupport.ie](http://www.parentingsupport.ie)

Presently all the talks are being provided online. Certificates of attendance are available for CPD purposes.

Sign up to the *Let's Talk About Parenting* events newsletter at this link (just select your local library): [kildare.ie/library/newsletter/subscribe](http://kildare.ie/library/newsletter/subscribe)

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