

CLAD HUB NUA HEALTHCARE SERVICES

INTRODUCTION TO CLAD HUBS

CLaD stands for Continuous Learning and Development. The term also evokes the idea of covering and protecting, much like how tiles cover a house or a suit of armour shields a knight. In this context, CLaD symbolises shrouding students with knowledge, building upon their existing competencies, and empowering them with the confidence to explore the world independently.

Our innovative CLaD Hubs are designed to provide an enriched educational experience through a curriculum co-developed by our multidisciplinary team and allied social care professionals. The curriculum includes Numeracy, Literacy, and Digital Literacy, alongside courses in Independent Living Skills, Health and Wellbeing, and Physical Exercise. All courses are provided in basic, intermediate, and advanced skill levels, ensuring the learning is targeted to meet and then build upon each student's initial needs. Each group consists of no more than ten students to ensure personalised attention and effective learning.

In addition to core subjects, our CLaD Hubs offer a range of Hub-specific extracurricular activities, creating a vibrant environment where students can develop their social skills, forge and maintain new friendships, and participate in local community outings. For those who are ready, they can also explore our national heritage and join us and new friends on international travels to experience other cultures, foods, and beauty of the world around us. Each CLaD Hub will also have a social space/coffee dock to promote networking, socialising and positive relationship building.

Currently, we operate five static CLaD Hubs across our service based in Westmeath, Kildare, Cork, Offaly and Dublin. Our Mobile CLaD Hub, operational from February 2025, revolutionises our approach to education and social engagement, enabling us to take learning to diverse and picturesque locations across Ireland, such as beaches, forests, parks, and other places of interest. This innovative approach aims to enhance the daily learning experience by combining education with social activities in some of Ireland's most scenic spots. The Mobile CLaD Hub also enables us to extend our services to regions where educational resources may be limited.

Lastly, we are proud to introduce our Children's Programmes, which include the Afterschool, Weekend Activity, and Learning Lounge programmes, as well as the Mobile CLaD and Sensory Adventures initiative. These initiatives provide inclusive learning and activity opportunities for children with additional needs. Each programme combines structured educational based activities, skill development, and meaningful community engagement in supportive environments that nurture growth, confidence, and connection for every child.

CLAD HUB - ABBEY BLOOMS BOTANICAL GARDENS

Abbey Blooms Botanical Gardens is one of our public-facing CLaD Hubs, offering internship opportunities for individuals with Intellectual Disabilities and Mental Health conditions. Internships are also open to suitably capable applicants from the public and / or other healthcare agencies. This is not a chargeable service, but it is subject to an application process and a suitability assessment. The internship programmes include gardening, maintenance, café management, and event planning over a 12-week period.

Internship Programmes:

- **Gardening and Maintenance:** Participants learn essential gardening skills, from planting and nurturing to pruning and landscaping. They contribute to the maintenance and upkeep of Abbey Blooms' expansive gardens, gaining valuable experience in horticulture and garden management.
- **Café Management:** Interns also have the opportunity to work in the on-site café, where they learn about food preparation, customer service, and hospitality management. This practical experience enhances their vocational skills and prepares them for potential future employment in the hospitality sector.
- **Event Management:** The hub offers training in organising and managing events held at Abbey Blooms. Participants gain insights into event planning, logistics, and customer relations, developing transferable skills applicable to various event management roles in the future. Throughout their 12-week internship, participants receive dedicated support and mentorship from experienced facilitators. This personalised approach ensures that each individual can maximise their learning experience and achieve personal growth.

Upon conclusion of the internship programme, students will be awarded a certificate of completion.



CLAD HUB - KILCULLEN

Our Kilcullen CLaD Hub features a gardening area and polytunnel focused on cultivating plants for sale and enhancing the garden displays at Abbey Blooms and other services/centres across Nua Healthcare Services. Participants gain hands-on experience in plant cultivation, vegetable gardening, and general maintenance tasks, providing valuable skills and promoting sustainable practices.

Programme Highlights:

- **Health & Wellbeing:** The hub emphasises the importance of health and wellbeing through tailored programmes that promote physical fitness, nutrition education, and mental health awareness. Participants learn practical strategies for maintaining a healthy lifestyle.
- **Independent Living Skills:** Practical workshops and simulations help participants develop essential skills for independent living, including budgeting, household management, and personal hygiene. These skills empower individuals to live more independently and confidently.
- **Gardening Area:** The hub includes a gardening area and polytunnel where participants can engage in hands-on activities such as cultivating plants for sale and maintaining garden displays. This practical experience in horticulture fosters a deeper appreciation for nature and sustainable practices.

Upon conclusion of each training programme, students will be awarded a certificate of completion.



CLAD HUB - LITTLE ISLAND

Nestled in a picturesque setting, the Little Island CLaD Hub is registered with New Directions and offers a structured and facilitated course curriculum that combines practical skills development with educational enrichment. All programmes are tailored to cater to the diverse needs and interests of its participants, ensuring a supportive and inclusive learning environment. This CLaD Hub also encompasses a dedicated sensory room which can be accessed through appointment.

Programme Highlights:

- **Hands-on Training in Restoration:** Participants engage in activities focused on restoring horse-drawn carriages. Under the guidance of experienced facilitators, they learn techniques such as woodworking, metalwork, painting, and upholstery. This practical training preserves historical artifacts and fosters craftsmanship and attention to detail.
- **Maintenance Skills Development:** Participants also learn essential maintenance skills for horse-drawn carriages, ensuring proper care and longevity. This includes inspections, cleaning, lubrication, and minor repairs, providing a comprehensive understanding of vehicle mechanics and safety protocols.
- **Curation and Display Management:** Training includes curation and display of horse-drawn carriages with participants learning about exhibition standards, creating engaging displays, and gaining a greater understanding of public history engagement.
- **Heritage Conservation Education:** Educational sessions emphasise the cultural and historical significance of horse-drawn carriages, promoting appreciation for heritage conservation and preservation efforts. Interns receive continuous support and mentorship from facilitators and staff, ensuring personal growth in a supportive environment.

Upon conclusion of the internship programme and/or training programmes, students will be awarded a certificate of completion.



CLAD HUB - TULLAMORE

Our Tullamore CLaD Hub serves as a dynamic centre for organising national and international excursions and exchanges. These experiences broaden participants' horizons and enrich their educational journey through cultural exchange and experiential learning. Additionally, the Hub delivers diverse training programmes that enhance participants' skills and knowledge.

Programme Highlights:

- **Health & Wellbeing:** The hub emphasises the importance of health and wellbeing through tailored programmes that promote physical fitness, nutrition education, and mental health awareness. Participants learn practical strategies for maintaining a healthy lifestyle.
- **Independent Living Skills:** Practical workshops and simulations help participants develop essential skills for independent living, including budgeting, household management, and personal hygiene. These skills empower individuals to live more independently and confidently.
- **Community Engagement:** The Tullamore Hub actively engages with local communities through collaborative projects and volunteer initiatives. Participants contribute to community development while gaining practical skills and building meaningful connections.

Upon conclusion of the training programmes, students will be awarded a certificate of completion.



CLAD HUB - RIVERVIEW

Conveniently located in Dublin 12, the Riverview CLaD Hub is registered with New Directions and is eligible for After School Leaver funding. This CLaD Hub will facilitate our standard educational programmes including those in Health and Wellbeing, and Independent Living Skills. As part of the network of CLaD Hubs, participants in Riverview will be afforded opportunity to connect with other CLaD Hub students from across the network and to take part where appropriate in suitable national and international excursions. This CLaD Hub also encompasses a dedicated sensory room which can be accessed through appointment.

Programme Highlights:

- **Health & Wellbeing:** The hub emphasises the importance of health and wellbeing through tailored programmes that promote physical fitness, nutrition education, and mental health awareness. Participants learn practical strategies for maintaining a healthy lifestyle.
- **Independent Living Skills:** Practical workshops and simulations help participants develop essential skills for independent living, including budgeting, household management, and personal hygiene. These skills empower individuals to live more independently and confidently.

Upon conclusion of the training programmes, students will be awarded a certificate of completion.



MOBILE CLAD HUB

The Mobile CLaD Hub brings educational and social activities to various locations across Ireland. This dynamic approach integrates learning with leisure, leveraging Ireland's natural beauty to create memorable experiences for participants.

Key Features:

- **Flexibility and Accessibility:** The hub travels to natural beauty spots like beaches, forests, parks, and other points of interest, enhancing access to education and social activities for rural, and perhaps, underserved communities.
- **Integrated Learning Experiences:** Participants benefit from educational programmes and social activities in scenic environments, fostering personal growth and community bonding.
- **Innovation in Education:** Leveraging Ireland's natural beauty and cultural heritage, the Mobile CLaD Hub promotes creativity, curiosity, and a lifelong love for learning.

Upon conclusion of the training programmes, students will be awarded a certificate of completion.





CLAD HUB – CHILDREN’S PROGRAMMES

Nua Healthcare’s ClAD Hubs deliver inclusive learning and activity programmes designed to empower children with additional needs while providing practical support and respite for families. Grounded in our values of dignity, respect, hope, connectedness, identity, quality, safety, and diversity, each programme combines structured education, skill development, and meaningful community engagement in supportive environments where every child can thrive.

Afterschool Programme

Monday – Friday | 3:00pm – 7:00pm

The Afterschool Programme transforms the hours between school and home into opportunities for exploration, growth, and social interaction.

Programme Highlights:

- Literacy and numeracy development through interactive activities
- Digital literacy for confident technology use
- Independent living skills such as cooking and personal care
- Health and wellbeing education
- Social skill-building through structured group activities

Sensory integration principles ensure each session is accessible, engaging, and confidence-building. Families benefit from peace of mind knowing children are safe, supported, and progressing in their development.



Weekend Activity Programme

Saturday & Sunday | 9:00am – 1:00pm and 2:00pm – 6:00pm

The Weekend Activity Programme offers sensory-friendly adventures and creative workshops that promote learning, independence, and social connection.

Programme Highlights:

- Sensory-friendly outings and experiences
- Creative workshops in art, music, drama, and crafts
- Community-based activities and cultural visits
- Social development through group interaction

Therapeutic recreation methods support emotional regulation, motor skills, and confidence, while families benefit from valuable respite time.

Learning Lounge

Weekdays | 10:00am – 2:00pm

The Learning Lounge provides structured, individualised learning for children awaiting school placement or requiring an interim educational setting.

Programme Highlights:

- Literacy and numeracy development
- Digital literacy for confident technology use
- Independent living and life skills training
- Health and wellbeing education
- Social skill-building and group activities
- Transition preparation for future school environments

All sessions incorporate sensory integration principles to ensure participation, engagement, and personal growth.

Mobile CLaD and Sensory Adventures

The Mobile CLaD Hub extends these learning experiences into communities across Ireland, combining education with outdoor exploration and cultural engagement.

Programme Highlights:

- Accessible programmes in rural and underserved areas
- Environmental and cultural education across beaches, forests, parks, and heritage sites
- Integration of academic learning with outdoor activities

Children benefit from high-quality, safe educational adventures beyond traditional classroom settings.

JOIN US

CLaD Hubs welcome individuals from external organisations. For more information or to explore opportunities, contact us at cladhubs@nuahealthcare.ie or Sharon Byrne, Director of CLaD Hub, at s.byrne@nuahealthcare.ie

Sharon Byrne
Director of CLaD Hub



REFERRAL & ASSESSMENT PROCESS

Students hoping to avail of CLaD Hub must complete a self-assessment application form. Once reviewed and approved by the SLS Care Manager, it is submitted to the local CLaD Hub Facilitator for cross-checking to ensure the application aligns with the student's desired course type and level, increasing the likelihood of achieving their learning requirements and objectives. Once accepted, the CLaD Hub Facilitator will develop an assessment plan to continuously evaluate students' abilities, proficiency levels, and engagement during class sessions and breaks, fostering positive social development opportunities. Upon course(s) completion, a final facilitator-led evaluation will determine the level of learning outcomes achieved, and participants will receive a certificate of completion.

If you have any questions or would like to make a referral, please email supportedlivingreferrals@nuahealthcare.ie.

Note: If a student applicant does not meet the minimum requirements for access to a CLaD Hub, the Care Manager will discuss and agree alternative options, to help the applicant achieve the necessary competency levels for a successful future application.



NUA HEALTHCARE SERVICES

John's Lane, Naas, Co. Kildare