



Wexford CYPSC News and Resources Update

December 3rd 2021

For information on services and supports for children, young people and families see
www.wexfordcypsc.ie.

For information on supports for parents, see **Wexford Parents Hub** at
www.wexfordcypsc.ie/wexford-parents-hub and on Facebook at
www.facebook.com/wexfordparentshub/.

CONTENTS

Webinars / Conferences/ Training;

P.3 : Archways: The Power of Early Intervention - The Changing Lives ADHD Project Case Study

P.5 : Managing Loss and Setbacks in these Challenging Times

P.6 : Launch of “Hear Me, See Me, Keep Me Safe” webinar in association with “16 Days of Action” against gender based violence.

Parenting & Young People;

P.7 : “One Family” Parenting Service Online Courses

P.9 : “Supporting Children & Parents” – Department of Children, Equality, Disability, Integration and Youth.

Campaigns;

P.10 : International Day of People with Disabilities

P.11 : Launch of HSE Bereavement and grief information and signposting campaign

○ Archways: The Power of Early Intervention - The Changing Lives ADHD Project Case Study – A Free One Hour Online Workshop Presented by Archways as Part of the “What Works” Learning Together Initiative.



This one-hour Workshops will discuss the results of The Changing Lives ADHD project and how the application of an evidence based early intervention approach can greatly improve outcomes for families. The workshops will also highlight the success achieved through partnership working and provide a platform for discussion and exploration of an early intervention approach.

Workshops will take place (same workshop both days):

- Friday 3rd December, 10:00am – 11:00am
- Monday 6th December, 2:00pm – 3:00pm

For more information and to register, please click the following link -

<https://www.eventbrite.ie/e/the-power-of-early-intervention-the-changing-lives-adhd-project-case-study-tickets-215758899677>

Christina Riordan, Project Manager (Blue Skies / The Changing Lives Initiative)

Archways

Unit 7/8 Oakfield Industrial Estate, Clondalkin, D22 EH52

Mobile Tel: +00353 (0)87 3673716

Email: criordan@archways.ie. <http://www.archways.ie>

<http://www.changinglivesinitiative.com>



The Power of Early Intervention: The Changing Lives Initiative ADHD Project as Case Study



A free one-hour online workshop presented by Archways as part of the What Works Learning Together initiative.

Archways along with partners in Northern Ireland, the Republic of Ireland and Scotland earlier this year concluded a three-year cross border inter-connected demonstration project and evaluation of a new early intervention programme for ADHD (The EU funded Changing Lives Initiative). We've recently been awarded funding under the 'What Works' programme to disseminate the learning from this project and the three project evaluations. As part of this we are inviting you to come along to one of two online Workshops being held in December.

The one-hour Workshops will discuss the results of the project and how the application of an evidence based early intervention approach can greatly improve outcomes for families. The workshops will also highlight the success achieved through partnership working and provide a platform for discussion and exploration of an early intervention approach.

The workshops will be of interest to:

- Those working in the area of Prevention and Early Intervention
- Those working with children and families that may be impacted by ADHD
- Service Commissioners and Policy Makers
- Organisations interested in developing cross border / EU funded initiatives

The agenda will include: An Overview of the Project and the issue it sought to address; What the Intervention entailed; Result of the Intervention (Outcomes Evaluation); Families' feedback on the Intervention; Learnings from the project (Results of the Process Evaluation); Discussion and Questions

Dates and Times for Workshops (same Workshop both days)
Friday 3 rd December, 10:00am – 11:00am
Monday 6 th December, 2:00pm – 3:00pm

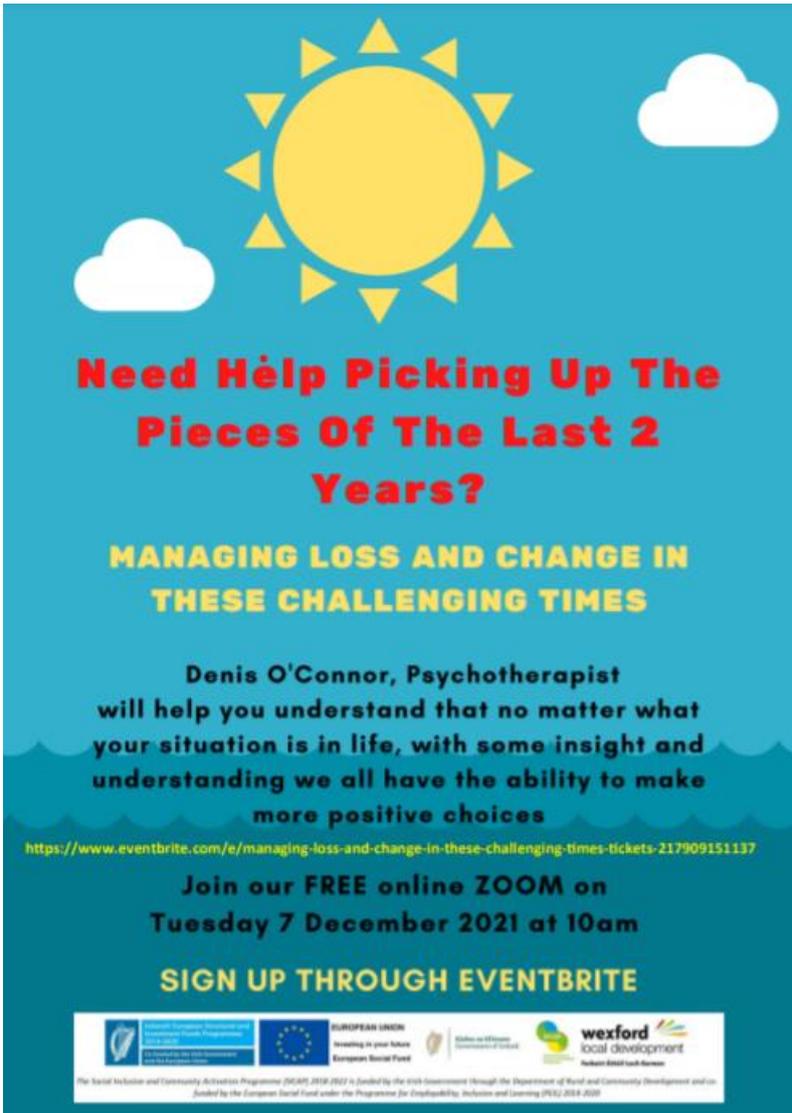
To register for the event, please click the following link - <https://www.eventbrite.ie/e/the-power-of-early-intervention-the-changing-lives-adhd-project-case-study-tickets-215758899677>

This is an on-line workshop delivered over Zoom. Registered participants will receive the Zoom link in advance of the Workshop

Note : The document above is available to view on <http://www.wexfordcypsc.ie/resources>.

o **Managing Loss and Setbacks in these Challenging Times**

Please see flyer below with details of a free Webinar next Tuesday December 7th at 10 am given by Denis O'Connor on how to overcome the challenges of the past two years and embrace the future more positively.



Need Help Picking Up The Pieces Of The Last 2 Years?

MANAGING LOSS AND CHANGE IN THESE CHALLENGING TIMES

Denis O'Connor, Psychotherapist
will help you understand that no matter what your situation is in life, with some insight and understanding we all have the ability to make more positive choices

<https://www.eventbrite.com/e/managing-loss-and-change-in-these-challenging-times-tickets-217909151137>

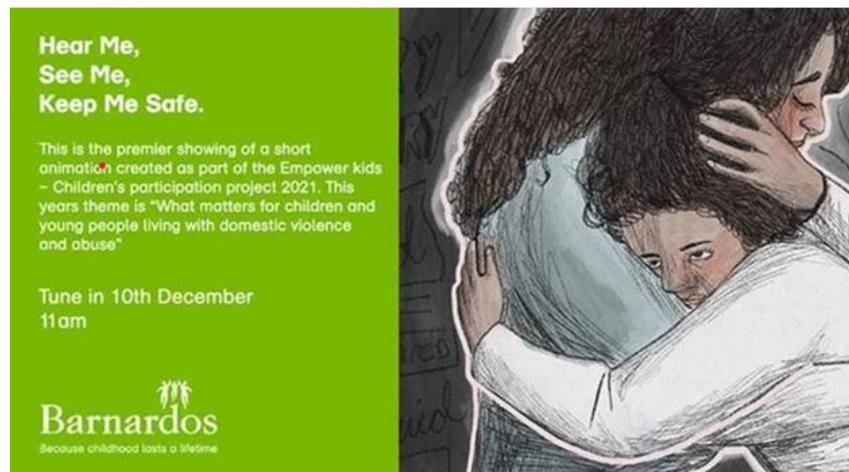
Join our FREE online ZOOM on Tuesday 7 December 2021 at 10am

SIGN UP THROUGH EVENTBRITE



The Social Inclusion and Community Activation Programme (SICAP) 2019-2022 is funded by the Irish Government through the Department of Rural and Community Development and is funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020

- **Launch of “Hear Me, See Me, Keep Me Safe” webinar in association with “16 Days of Action” against gender based violence.**



'Hear Me, See Me, Keep Me Safe' is a short animation created as part of the Empower Kids – Children's Participation Project 2021. This year's theme is 'What matters for children and young people living with domestic violence and abuse'.

10 December from 11 am-12.30pm

The key note speaker is Dr. Deirdre Horgan, Senior Lecturer in Social Policy in the School of Applied Social Studies, University College Cork.

Dr Horgan's area of expertise is children's rights and citizenship, child and youth participation and child welfare and protection

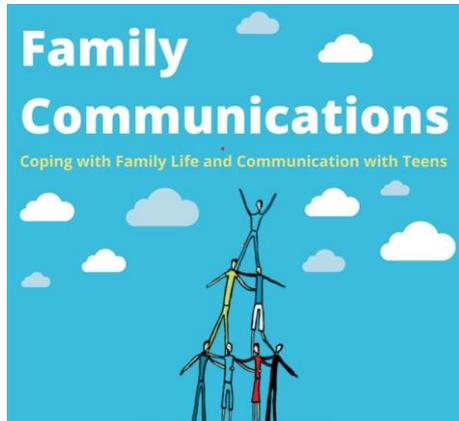
With contributions from:

- The children and young people who took part
- A child & young person's support worker from one the partner services
- Detective Sergeant Laura Sweeney, Garda National Protective Services Bureau (GNPSB) - Domestic Abuse Intervention & Policy
- Barnardos
- Tusla

The event will be hosted on YouTube Live. Register for this event [here](#)

PARENTING SUPPORTS

○ “One Family” Parenting Service Online Courses



Parenting service

One Family's Parenting service have a number of courses available online and via Zoom for parents to complete over the Christmas and in to Spring 2022

Low cost online courses:

One Family offer a range of e-learning courses, which are courses you take in your own time, in the comfort of your own home. The courses have video content from One Family staff plus additional learning resources to help you make the most of your learning time. Parents can monitor their own progress and engage in as many courses as they wish at the one time. These courses have specific content for those parenting alone or sharing parenting but in general the programme supports all family forms. Click on the button below for more details:

Spring Zoom parenting courses:

One Family offer **four** parenting courses which will be offered live, weekly via Zoom starting in Spring 2022.

One Family Spring Zoom Parenting Courses meet weekly for 8 weeks.

- **Positive Parenting for Changing Families** – 10th of February at 10.30 am

- **Family Communications: Parenting Teens** – 10th of February at 7.00pm
- **Family Communications: Parenting When Separated Morning Course** – 8th of February at 10.30 am
- **Family Communications: Parenting When Separated – Evening Course** – 8th of February at 7.00 pm

For more information and to book click [here](#)

E-learning courses

For more information see the One Family website [here](#).

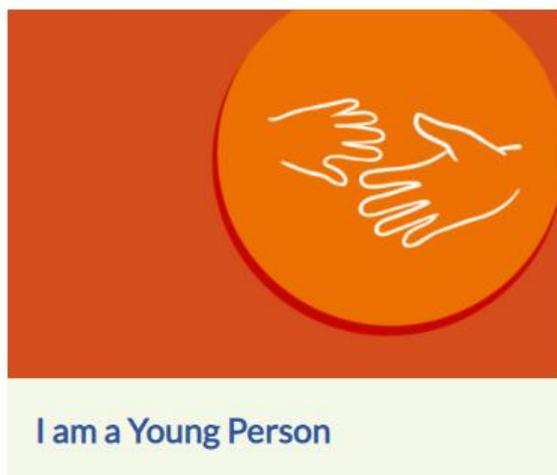
○ **Supporting Children & Parents – Department of Children, Equality, Disability, Integration and Youth.**



All families would benefit from support at some point in their lives. There are many useful supports available for children, young people and parents. However, the many sources of information, advice and support can be overwhelming.

“Supporting Children and Parents” brings together new and existing resources that children and parents may find helpful. It provides a starting point to access high-quality, trusted information and support in an easy to navigate format. To get started, click the relevant box below.

“Supporting Children and Parents” is continuously updated as new resources become available.



To access this website click [here](#).

CAMPAIGNS

o International Day of People with Disabilities



INTERNATIONAL DAY OF
PEOPLE WITH DISABILITIES

On December 3 this year, during the annual celebration of people with disabilities, the 2021 theme is ‘Fighting for rights in the post-COVID era.’”

This year, we are celebrating the challenges, barriers and opportunities for people who live with disabilities, in the context of a global pandemic.

Since March 2020, every person on earth has been impacted by drastic political, social and economic change as a result of domestic and international responses to COVID-19.

This year, International Day of People with Disabilities should be used to recognise that people who live with disabilities are among the most affected populations amid the COVID pandemic. Where marginalisation, discrimination, vulnerability and exploitation are every day factors for many people, the increased risk of poor outcomes have been magnified with the reduced access to routine health care and rehabilitation services, more pronounced social isolation, poorly tailored public health messaging, inadequately constructed mental health services, and a lack of emergency preparedness for people with special needs.

We call on domestic and international public health officials, political representatives, advocates, supporters, and every citizen in every community, to learn from the experiences of people living with disabilities during this pandemic, and push for more meaningful investments into the socioeconomic building blocks which will reduce the barriers faced by people with disabilities in every community on earth.

For more information see : <https://idpwd.org/>.

○ Launch of HSE Bereavement and grief information and signposting campaign



The HSE has today (2 December, 2021) launched a number of supports to help people who have been bereaved. The global COVID-19 pandemic has had a major impact across the globe on our experiences of death, dying and bereavement. The way the virus spread, the restrictions imposed on travel (domestic and international), visits to healthcare settings; visits to residential and nursing homes, house visits, funeral arrangements – all impacted on death, bereavement and grieving.

Working with Irish Hospice Foundation and a range of partners, the HSE is promoting supports and services for people who may be struggling and dealing with issues responding to loss – and people trying to support those bereaved.

The supports include:

- Dedicated pages on [HSE.ie](https://www.hse.ie)
- Ongoing funding of the National Bereavement Support Line (Freephone 1800 80 70 77, 10am to 1pm)
- Hospital resource packs
- Commitment to funding five hospital-based Bereavement Liaison Officers to support bereaved families.

A broad public information campaign also begins today to help people understand their own grief and find support. It also provides advice for those supporting people dealing with a loss.

- [Download a slide deck with information and messages on bereavement, loss and grief.](#)
- [Download social media images on bereavement, loss and grief.](#)

Campaign key messages:

1. Grief is a natural process which occurs after a bereavement or other types of loss.
2. Grief experiences are different for everyone. There is no right or wrong way to grieve.

3. There are not five stages of grief, it ebbs and flows. Some feelings might come occasionally or catch you by surprise. Others might be more persistent.
4. There is no time limit to grieve - it takes the time it takes.
5. There are lots of ways people can develop their own personal coping strategies.
6. There is no hierarchy of grief. Grief is not time sensitive and it can trigger other grief.
7. The COVID-19 Pandemic has made grieving more difficult for bereaved people. Bereaved individuals and families may not have their usual expected supports through bereavement. This is especially important considering older people that were cocooning and unable to visit loved ones.
8. If your grief feels continuous for a long time, and your feelings get harder to cope with over time (rather than gradually easier), it is important to seek professional support and advice. Talk with your GP about how you are feeling - especially if your feelings get harder to cope with over time or if you feel prolonged agitation, depression, guilt or despair.

For further details see : <https://www2.hse.ie/wellbeing/mental-health/bereavement-and-loss.html>.

**National Bereavement
Support Line**

 [1800 80 70 77](tel:1800807077)

A national freephone
service available from
10am to 1pm, Monday to
Friday.