



Wexford CYPSC News and Resources Update

December 10th 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/.

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CAMPAIGNS

○ Launch of 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.](#)

It is important that we increase knowledge about bereavement support available. The National Bereavement Support Line 1800 80 70 77 is available from 10am to 1pm, Monday to Friday. It provides a confidential space for people to talk or get support about bereavement.

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.

o Parenting 24 Seven



Parenting24seven has key messages on what works best for children and families at different ages and stages. Parenting24seven is part of the [Supporting Parenting](#) project in Prevention Partnership and Family Support programme within Tusla. You can choose your child's age range or look through our different articles.



For more information see : <https://www.tusla.ie/parenting-24-seven/>.

○ Mychild.ie

Expert advice from the HSE

My child

mychild.ie

Mychild.ie provides;

- A guide to pregnancy, baby and toddler health
- Trusted information from experts
- Health services and supports

Information is available on

- Pregnancy and Birth
- Babies and Children

[Pregnancy and birth](#)

All you need to know about pregnancy and birth



[Babies and children](#)

Advice and support on caring for babies and children



For more information see : <https://www2.hse.ie/my-child/>

- “Building Connectedness” : Talks aimed at Parents of Post Primary Young People.



Talk 2
"Understanding Anxiety and Supporting my Young Person"
A TALK AIMED AT PARENTS



by Eimear Collins and Paul Johnston
Programme Co ordinators & Facilitators with Archways, Centre of Excellence for Child and Family Programmes



Talk 4
"Parenting in Challenging Times: Happy Parent, Happy Home"
A TALK AIMED AT PARENTS

by Sheila O' Malley
One of Ireland's leading Professional Trainers and Public Speakers on Wellbeing whether Personal, Workplace or Family



Talk 9
"Parents: Connecting with your own Wellness"
A TALK AIMED AT PARENTS

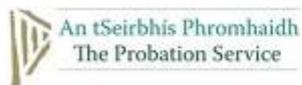


by Paula Lawlor and Brian Kelly
Suicide or Survive

All talks are available to view at the following link : <http://www.wexfordcypsc.ie/building-connectedness-in-our-school-communities>.

FUNDING

o KickStart Round 3 Funding



Open Thursday 25th November 2021

Pobal on behalf of The Probation Service are inviting applications from social enterprises in Ireland for **Round 3** of the **KickStart Fund** to create meaningful jobs for people with criminal convictions.

Social enterprises can apply for a grant under:

Category A: Feasibility/ Market Research for **€5,000 up to €15,000** to carry out a feasibility study or market research to develop or expand their social enterprise to create employment opportunities for people with a criminal conviction. Projects funded under Category A must be completed within a 12 month timeframe between 2nd May 2022 and 30th April 2023.

or

Category B: Jobs Creation Fund for **€20,000 up to €50,000** to implement actions that will create or sustain employment opportunities for people with a criminal conviction. Projects funded under Category B must be completed within a 15 month timeframe, between 2nd May 2022 and 31st July 2023.

Due to the limited amount of funding available, organisations are only able to submit one application form.

All applicants must be able to demonstrate how their project will contribute to creating or maintaining employment opportunities for people with a criminal conviction who are finding it difficult to secure employment.

For more information, including application forms and guidelines go to the **Pobal** website. You can register **here** for the **KickStart Round 3 Information Session** which will take place online on **the 8th of December 2:30pm – 4pm**. This will give an overview of the funding available, along with the eligibility criteria for both categories. It will also provide information on the timeframes and programme requirements for the fund. If you have any questions on the scheme, contact **onlinesupport@pobal.ie** or phone 01 511 7241.

Only online application forms through the **DAF 2 Portal** will be considered. The online application portal will be open from **Thursday 25th November 2021** and will close at **3pm on Wednesday 12th January 2022**.