

## Wexford CYPSC News and Resources Update

January 7<sup>th</sup> 2022



For information on services and supports for children, young people and families see  
[www.wexfordcypsc.ie](http://www.wexfordcypsc.ie).

For information on supports for parents, see **Wexford Parents Hub** at  
[www.wexfordcypsc.ie/wexford-parents-hub](http://www.wexfordcypsc.ie/wexford-parents-hub) and on Facebook at  
[www.facebook.com/wexfordparentshub/](https://www.facebook.com/wexfordparentshub/).

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## WEBINARS & TRAINING

### ○ TENI Awareness Training



Gorey Youth Needs has received some funding through the LGBTI+ Capacity Building Measures Funding to provide training for professionals in the Gorey and surrounding areas. Our first training is taking place on **Thursday 10<sup>th</sup> February 2022 via Zoom**, and has been organised in partnership with TENI “**Trans Awareness Training**”. The Session is 1 ½ hours long and will include:

- language and terminology
- challenges that young people may face
- families and family dynamics
- how to support a social transition?

There is a morning (10-11.30) and afternoon (2-2.30) session and we will do our best to accommodate people in their preferred choice.

TENI is a non-profit member-driven organisation, founded in 2006 and registered as a company limited by guarantee in February 2010. The governance is provided by a volunteer Board and operations are led by the Chief Executive and staff. Community engagement is an essential part of TENI’s identity and our mandate is based on a substantial membership, which elects the Board and is involved in long-term strategic planning. [www.teni.ie](http://www.teni.ie)

These sessions will be facilitated by Hannah Solley, who is TENI’s Family Support and Education Officer. In her role she offers support, advice and signposting to parents and family members of transgender young people. Hannah has a MA in Drama therapy and over ten years of experience in working with young people and their families in a variety of community, education and other youth centred settings. She is passionate about creating positive mental health outcomes for all young people.

**Applications** : The application form for this training is available to download in the Resources section of the Wexford CYPSC website. Click [here](#) to access. Please return this form to [Karen.McCann@gyng.ie](mailto:Karen.McCann@gyng.ie) by Friday January 14th “TENI Awareness” in the Subject Line.

## ○ Online Workshops on Loss and Bereavement



We are now accepting bookings for the 2022 series of Workshops on Loss and Bereavement which will be delivered online via Zoom from January - June. Details and booking process can be found on the following link <https://hospicefoundation.ie/our-supports-services/education-training/our-workshops-webinars/>

This is a series of introductory workshops. They are targeted at professionals and volunteers who may wish to learn more about loss and bereavement and for those working with people who have experienced a major loss.

### **Bookings & Queries;**

Please note bookings and payment for the workshops can only be made by using the following link to Eventbrite [Irish Hospice Foundation Events | Eventbrite](#)

For queries please contact: Iris Murray, Administrator, Irish Hospice Foundation  
Email: [iris.murray@hospicefoundation.ie](mailto:iris.murray@hospicefoundation.ie)

## ○ Fairer Futures : The “What Works” Festival of Learning 2021



The “What Works” Festival of Learning 2021, took place as a series of four webinars from 15-24 November 2021. The series focused on the theme of disadvantage, and delivering fairer futures for children and young people. Speakers included Minister Roderic O’Gorman T.D., Professor Kate Pickett, (University of York), Olivier Thévenon (Child Wellbeing Unit, OECD), Professor Mark Brown (DCU), Massimiliano Mascherini, (Head of Unit *ad interim* Social Policies, Eurofound), Conor Rowley, Ciara Pidgeon, and other international experts and contributors from within and outside Government.

The Programme of Events were as follows;

1. Perspectives on Disadvantage: How Inequality Concerns Everyone
2. Mitigating Disadvantage through Public Policy
3. Making Connections or Digitally Divided? Disadvantage in the Digital
4. How can the EU Prioritise the Needs of Children and Young People

These webinars can now be accessed at the following link : <https://whatworks.gov.ie/festival-of-learning-2021/>.



**WHAT WORKS** is an initiative led by the Department of Children, Equality, Disability, Integration and Youth, with funding from Dormant Accounts, to support a move towards evidence informed prevention and early intervention services for children, young people and their families. To find out more about “What Works”, click [here](#).

○ Bereavement Supports at South West Wexford Family Resource Centre



# Bereavement Supports

## @ SWWFRC

8 weekly online group support sessions  
7pm–8.30pm

**Start Date : 24th January 2022**

**Facilitators : Bernadette Nolan & Teresa Hennessy**

Reserve your Place by emailing your name, contact email and telephone number in strictest Confidence to  
[Manager@Swwfrc.ie](mailto:Manager@Swwfrc.ie)

**It is recommended that you are at least a year bereaved before participating in the programme.**



**wweth**  
West Wexford Education Trust  
West's largest special needs centres  
Incorporating Wexford Education and Training Board

# SHEP

Capacity for Personal  
& Social Transformation



**South West Wexford**  
FAMILY RESOURCE CENTRE



## PARENTING TALKS / SUPPORTS

### ○ “Starting Healthy Family Habits this New Year”.

**Free online talk with John Sharry sponsored by the Parents Plus charity.  
Thursday January 13<sup>th</sup> 2022 at 7.30pm.**



#### **‘Starting Healthy Family Habits this New Year’**

Establishing positive family habits around healthy eating, family mealtimes, fun activity and restful sleep will make all the difference to your children’s health and well-being. In the midst of the ongoing Covid crisis, this has never been more important. Drawing on the evidence-based Parents Plus Programmes, in this talk, I will provide practical tips on how you can:

- start positive family habits
- establish routines that work
- overcome challenges
- ensure you remain in control as a parent

**Suitable for:** parents of children under 12 years

**Venue:** Zoom online

**Date:** Thursday, 13th January 2022

**Time:** 7.30pm-8.45pm

**Cost:** Free of charge. This talk is sponsored by the Parents Plus charity, places are limited.

**To book your place is on this talk click [here](#).**

○ **“Parenting a Child with Attention Deficit Hyperactivity Disorder (ADHD)”**

**Free talk for parents of children up to 12 years on Wednesday 19<sup>th</sup> January 10am-11.30am (online). Sponsored by Tusla.**

**“Parenting a Child with ADHD”**

Drawing on the evidence-based Parents Plus Programmes, this workshop looks at the unique challenges for parents raising a child with ADHD, as well as describing practical solutions and strategies that can make a real difference. Topics covered include:

- understanding your child’s ADHD
- how to manage challenges
- learning to personally cope as a parent

**Suitable for:** parents of children up to 12 years

**Venue:** Zoom online

**Date:** Wednesday 19th January 2022

**Time:** 10am-11.30am

**Cost:** Free of charge. This talk is hosted by Clarecare and sponsored by TUSLA. You must register to attend as places are limited.

Please email [reception@clarecare.ie](mailto:reception@clarecare.ie) or phone Clarecare on 065 6828178 to book your place for this talk.





○ “Helping Your Children and Teenagers Manage and Overcome Anxiety”

## Helping Children and Teenagers Overcome Anxiety



Online workshops for parents with John Sharry, on how you can support your child or teenager with anxiety.

Friday 4th February, 7.30pm for parents of children 3-10 yrs.  
Friday 11th February, 7.30pm for parents of teenagers 11-18 yrs.

**Bookings and Information:**  
[www.solutiontalk.ie](http://www.solutiontalk.ie)

Worry and anxiety are common problems and many children and teenagers get caught in worry cycles that stop them getting on with life. In this workshop I will present a strengths-based model for understanding anxiety that shows how you can help your children employ their imagination and strengths against the anxiety that bothers them as well as practical strategies to overcome problems in a step-by-step gradual way.

**Venue:** Zoom online

**Date:** For parents of 3-10 yr olds: Friday 4th February 2022

**Date:** For parents of 11-18 yr olds: Friday 11th February 2022

**Time:** 7.30pm-9pm

**Cost:** €20

Places on each workshop are limited. Further information and bookings are available on my website [here](http://www.solutiontalk.ie).



## ○ Online Talks by Dr. Mary O’Kane



Dr. Mary O’Kane is a Lecturer in Psychology, Early Childhood Studies, and Education. Her research interests include childhood transitions; self-esteem and wellbeing, and the value of play. She runs a monthly Parenting Slot on Ireland AM discussing a broad range of parenting and childhood issues while also responding to viewers parenting queries. She is also a regular contributor to the Alison Curtis Show on Today FM. She gives public talks on a range of topics related to child wellbeing, parenting, and education, and is well known for her humorous down to earth approach.

→ **Supporting Anxious Teens** In this session, I will explain how anxiety impacts our **teenagers** and explain how changes in the teenage brain make it more susceptible to mental health issues. I will then offer practical advice on how to support their teenagers during difficult times, helping them to manage their fears and become more resilient. This will take place on Wednesday 12th January. Further details at this link:

<https://www.canavanbyrne.ie/training/detail/supporting-anxious-teenagers/58>

→ **Supporting Anxious Children** is aimed at parents of **preschool and primary school children**. This talk is aimed at parents of children who are struggling with anxiety and offers very practical advice on what we as parents can do to help. This Webinar is offered on Wednesday 19th January. Further details at this link:

<https://www.canavanbyrne.ie/training/detail/supporting-anxious-children/33>

The final session on Anxiety is aimed at educators at both **preschool and primary school** level: **Supporting Anxious Students**. Educators play an important role in helping children to both understand and to manage their anxiety. In this Mary explains anxiety in children, why

it occurs, and the physical and emotional impact. She also offers educators practical advice on how to support anxious children in educational settings, helping them to manage their fears and gain confidence. It takes place on Wednesday 9th February. Further details at this link:

<https://www.canavanbyrne.ie/training/detail/supporting-anxious-children-for-ey-educators/60>

→ **“Raising Resilient Children”** is all about helping our children to become strong and capable. Resilience is key to helping children cope with the ups and downs that life throws at them. Resilience helps children bounce back from adversity. Resilience helps children develop solutions to problems and gives them self-confidence to overcome difficulties. It is on Wednesday 26th January. Further details at:

<https://www.canavanbyrne.ie/training/detail/raising-resilient-children/34>

→ **“Parenting in the Online World”**: This is one of the biggest challenges faced by parents today, and the session offers practical advice on how to support your child to interact safely online. As I keep saying in this session, knowledge is power! This session is run on Wednesday 16th February. Details at this link:

<https://www.canavanbyrne.ie/training/detail/parenting-in-the-online-world/63>

→ **“Perfectly Imperfect Parenting”** : Being the best parent you can be, means being human. To some, the idea of good enough parenting seems like lowering our standards. However, this webinar reveals how flaws are necessary in order for development to occur and how picture-perfect parenting does not produce the results we desire. Instead, we will learn how to scaffold our children's development. It takes place on Wednesday 23rd February. Further details at:

<https://www.canavanbyrne.ie/training/detail/perfectly-imperfect-parenting/66>

→ **“Parenting with Patience”** : This is aimed at parents who find they are struggling to keep their patience with their children – and that has been most of us at one time or other! It offers practice advice on how to parent in a more patient way. This will take place on Wednesday 9th March. Further details at this link:

<https://www.canavanbyrne.ie/training/detail/parenting-with-patience/79>

→ **“Parenting Tweens and Teens”** : This Webinar explains the impact of teenage brain development, which explains so much of why we sometimes find our teens hard to understand! It then offers practice advice on how to maintain family connection during these years. This will take place on Wednesday 16th March. Details at:

<https://www.canavanbyrne.ie/training/detail/parenting-tweens-and-teens/80>

→ **“From Surviving to Thriving: Developing a Growth Mindset in Children”** : This is aimed at parents who would say their child can veer towards the negative, a child maybe who does not seem to want to put effort into tasks, and who you feel is not reaching their full potential. Details at the link below:

<https://www.canavanbyrne.ie/training/detail/developing-a-growth-mindset-from-surviving-to-thriving/81>

Each of these is a 1.5 hour session with additional time for any questions, and has a cost per family of Euro 20-.

Finally, for any of you that might have felt under pressure with your parenting over the Christmas break, maybe a little reminder that 'good enough is good enough' would help! Every so often we all need a reminder that there is no need to be perfect in our parenting, that we are exactly the parent our child needs, flaws, imperfections and all. My book 'Perfectly Imperfect Parenting: Connection not Perfection' is available at this link, in case you are interested:

<https://www.drmaryokane.ie/perfectly-imperfect-parenting/>

## RECOVERY COLLEGE SOUTH EAST

○ **South East Peer Network \*\*\*SAVE THE DATE!!!\*\*\* 26TH JAN**



### Calling all Peers!

Do you use your lived experience of mental health challenges in your work?  
Would you like to know more about how you can do this?

### Why not join the South East Peer Network

**Initial Meeting Wednesday 26<sup>th</sup> January 2022, 11am-12pm, Zoom**

Mental Health Ireland, the Recovery College South East and the Area Lead for Mental Health Engagement and Recovery have partnered to develop the South East Peer Network: a relaxed and dedicated space for those who want to connect with others and expand understanding and knowledge of what it means to use lived experience in our roles. This group is open to service providers/volunteers/peers- all roles who may benefit from;

- Mutual support, networking, information sharing from a group of peers;
- Inspire each other with ideas for self-care and coping strategies;
- Build a collective network of experts by experience

At the initial meeting we will discuss the role of the network further and look forward to hearing what members think is important for the group. Meetings will be held monthly on the last Wednesday of the month, from 11am until 12pm over zoom, please see attached poster for more information and send an email to [gina@mentalhealthireland.ie](mailto:gina@mentalhealthireland.ie)

Kind regards

Recovery College South East



Mental Health  
Ireland



HSE  
Mental Health  
Engagement  
& Recovery

SUPPORT OFFICER  
SOUTH EAST

# South East Peer Network

Support for using  
lived experience  
in your role



~Share Experiences ~ Explore Together ~ Develop knowledge~

Do you use your lived experience in your  
role? Would you like to know more?

- Mutual support
- Networking
- Information Sharing
- Coping strategies
- Self-care

## WHO CAN JOIN THE SOUTH EAST PEER NETWORK?

Service providers  
Community Workers  
Employed & volunteer Peers

Held on the last Wednesday of every month,  
from 11am-12pm on zoom

Contact [gina@mentalhealthireland.ie](mailto:gina@mentalhealthireland.ie)



## ○ Recovery College South East Workshops Jan – June 2022



We are delighted to let you know again about our upcoming **online interactive workshops**, which can be accessed by Zoom, either on your desktop, laptop, tablet or phone. In this regard, we have attached our timetable for January to June 2022 together with an enrolment form and a description of the workshops for your information .

If you are interested in taking part in any of these sessions, please complete the enrolment form and return it to us by email or post. We will then email you a link, which will allow you to take part in these workshops, as they happen. Our contact details are as follows:-

**Email:** [recoverycollegesoutheast@gmail.com](mailto:recoverycollegesoutheast@gmail.com)

**Phone:** 086 1746330

(Please note that the Recovery College will be closed for Christmas from the 22nd December and will reopen on Thursday 6th January. Emails will be replied to on our return).

The courses/workshops in the Recovery College are for everyone, as mental health is everyone's business. We are all directly or indirectly affected by it and particularly in these challenging times.

Kind regards,

Clare Fitzpatrick,

Co-ordinator .

David Dwyer

Peer Educator.

Recovery College South East.

056 7703666, 086 1746330. [www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com)

**NOTE:** The timetable and referral forms for Recovery College Workshops from Jan-June 2022 and the Online Recovery Education Programme for Families and Supporters from Jan to March 2022 are available to download in the Resources section of the Wexford CYPSC website. Click [here](#) to access.