



## Wexford CYPSC News and Resources Update

April 14th 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

- **Masculinities and Men's Health Webinar**



HSE Health and Wellbeing will host the first in a series of webinars on Masculinities and Men's Health on the 26<sup>th</sup> April from 12:00 – 13:00. You can register here: <https://bit.ly/3wWX4v8>. This webinar will focus on farmer's health and highlight the newly launched research report on the Farmers Have Hearts initiative. This webinar will bring you information and insights from current practitioners in the field of men's health and farmers' health. This is the first in a four-part series of 'Masculinities and Men's Health' webinars planned for 2022.

This series of webinars is brought to you in partnership with the Men's Health Forum in Ireland, the National Centre for Men's Health Research in IT Carlow, and the Men's Development Network.

To learn more about the Men's Development Network, click [here](#)

- “Tobacco Endgame, Nobody Left Behind” Conference Save the Date: 31<sup>st</sup> May 2022



The HSE Health and Wellbeing, Tobacco Free Ireland Programme invites you to register your interest to attend our upcoming conference; Tobacco Endgame, Nobody Left Behind. The event will explore the key elements and strategies for a Tobacco Free Ireland. It will be an all-day event and will be held at the Aviva Stadium on World No Tobacco Day, Tuesday 31st May.

Please complete this survey to register your interest to attend - <https://www.smartsurvey.co.uk/s/A8241K/>

**Please note:** Completion of this survey does not guarantee you a place at the conference. Formal invitations to register for the conference will issue on the 25th April.

Many thanks,

Jolene

*Jolene Cummins*

Communications Admin Co-ordinator

Stakeholder Engagement and Communications | Health and Wellbeing | Strategy and Research | HSE | Ph: 057 93 57801 | Email: [jolene.cummins@hse.ie](mailto:jolene.cummins@hse.ie)



## ○ Launch of “Stronger Together”: HSE Mental Health Promotion Plan



The HSE Mental Health Promotion Plan “Stronger Together” was launched on April 6<sup>th</sup>.

Stronger Together is a five-year plan that includes action areas focused on promoting positive mental health across the population and among Health Service Executive (HSE) staff. This is the first time that the HSE has developed a plan for promoting positive mental health

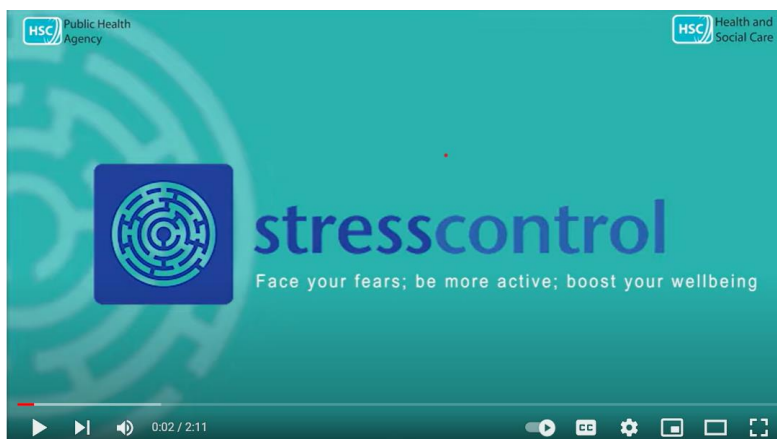
The plan is available to download [here](#).

## ○ Minding Your Wellbeing



“**Minding Your Wellbeing**” is an evidenced based mental health promotion programme which gives insight and practical tools to help you build and maintain good mental health. You can watch the 5 part video series here: [Minding Your Wellbeing](#) and you can order the Minding Your Wellbeing Support Booklet on [www.healthpromotion.ie](http://www.healthpromotion.ie)

## ○ Stress Control Online



**Stress Control** is an evidenced based programme for those who may be struggling with anxiety and chronic stress. This programme can only be accessed at set times via YouTube and will be available this May , June and September. This online version of the class is being provided as a free resource while the physical classes that are normally held in communities are temporarily unavailable.

Full details of dates and additional resources are available on [www.stresscontrol.ie](http://www.stresscontrol.ie) .

## FUNDING

### o Funding call for public engagement to enhance communities



Please see some EU funding opportunities just opened, to involve communities in collaboration to enhance wellbeing, sustainability, and the local environment. There are information webinars later in April, and applications close in late May, the funding has to be spent by December 2022.

1. Individual organisations can apply for up to €15,000:  
<https://eit.europa.eu/our-activities/opportunities/launch-eit-community-new-european-bauhaus-call-proposals-citizen>
2. 2-4 organisations can apply for up to €45,000 (note that one of these must be 'a City, region or an affiliated entity to a City or region'):  
<https://eit.europa.eu/our-activities/opportunities/launch-eit-community-new-european-bauhaus-call-proposals-co-creation>

Regards,



**Paul Skinnader**

*Director of Social Inclusion and Employment Operations*



## LOCAL FORA

- **“Every voice counts”**: Local forums ongoing for mental health service users, their families, carers and supporters in the South East



HSE/South East Community Healthcare are continuing to work with people who use mental health services and with their family members, carers and supporters, are facilitating online forums in counties Carlow, Kilkenny, South Tipperary, Waterford and Wexford.

The local forums, the meetings of which currently take place by Zoom are a resource for service users and family members, carers and supporters to voice their experiences, raise issues and be consulted and involved in mental health services developments in their area.

HSE/South East Community Healthcare’s Area Lead for Mental Health Engagement Paul Fallon is encouraging people to participate:

“The HSE wants to hear from people as to how we can further develop mechanisms for engagement of service users, their family members and carers – and to allow for their involvement in the planning, design, implementation and evaluation of mental health services.”

“The mental health forums are established to bring together the experiences of people who access/have accessed the mental health services, family members and supporters and also people who work in the mental health services. Together we can discuss challenges and successes, and input to continued service developments. Meetings are monthly and only last for 60-90 minutes.”

Details on how to register for and access the meetings are available by contacting Bridget Walsh at the Area Lead for Mental Health Engagement office by phone on (056) 772 0591, by text at (086) 781 2951 or e-mail: [Bridget.Walsh6@hse.ie](mailto:Bridget.Walsh6@hse.ie)

The upcoming programme of local Forum meetings for Mental Health Engagement (each taking place by Zoom) are:

- **Kilkenny**: 2-3.30pm – Tuesday 10<sup>th</sup> of May.
- **Waterford**: 11am-12.30pm, Wednesday 11<sup>th</sup> of May.
- **South Tipperary**: 2-3.30pm – Tuesday 10<sup>th</sup> of May.
- **Carlow**: 2-3.30pm – Tuesday 10<sup>th</sup> of May.
- **Wexford**: 11am-12.30pm, Wednesday 11<sup>th</sup> of May.

For more information, click [here](#).