



Wexford CYPSC News and Resources Update

April 8th 2022

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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Links and Resources re : Supporting Ukrainian Refugees



o Regional Education and Language Teams (REALT)

Regional Education and Language Teams (REALT) are hosted by the 16 regional education and training boards around Ireland and staffed by regionally based education support personnel.

The primary role of the REALT is to build on existing regional education support structures and the initial focus will be on assisting families in securing school places. REALT will also support schools in the area to meet the needs of these children as they emerge, to advise and support the Department of Education in developing new capacity where required, and to co-ordinate the provision of education services to schools and families across their defined area.

These teams will ensure that clear, accessible information flows are in place between schools, local education support services and national support structures in relation to people arriving from Ukraine.

Below are the email and phone contact details for REALT in Wexford and Waterford.

Waterford &
Wexford

WWETB

REALT@wwetb.ie

086-
8040089

For more information on this initiative click [here](#) to access the gov.ie website.

Information for parents in Ukrainian and Russian on accessing school places is available on gov.ie/Ukraine.

○ Irish Refugee Council Helpline for Ukrainian Refugees



Ukrainian language information helpline/ Інформаційна лінія українською мовою

We have launched a helpline to support people who have fled Ukraine. Ukrainian and Russian speakers staff the helpline.

Opening times:

Monday to Friday 10:00am to 1.00pm

Telephone number:

+353 (1) 913 1528

What does the helpline do:

The helpline is confidential, independent and gives information. Please note we may not be able to assist in more technical and complex queries and we may pass these to colleagues. Please also note that we will not give legal advice by phone.

To access the Irish Refugee Council webpage for the Ukrainian language info helpline, click [here](#).

○ SafetyNet Website



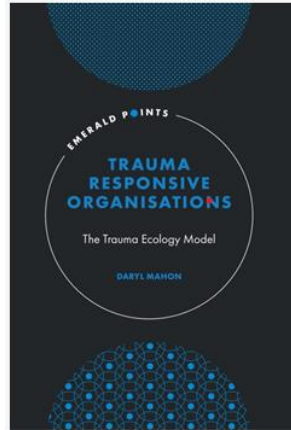
SafetyNet Primary Care is a medical charity that delivers quality care to those marginalized in society without access to healthcare, including homeless people, drug users and migrants. We also facilitate a network of health services working with homeless people care to ensure a coordinated approach and promote best practice.

For more information, access the SafetyNet website [here](#).

WEBINARS & TRAINING

○ Developing a Trauma Responsive Organisation : Free Workshop

This free workshop will be delivered in May (date to be finalized).



Preference will be given to those at the book launch, sign up below. More information will be provided in the coming weeks.

Is this workshop for you?

- Have you gone on a trauma-informed approach workshop, or sent your employees to such a workshop?
- Are you unsure of how to operationalize the six principles or any of the principles of trauma-informed approaches?

If you have answered yes to any of these questions then this free workshop is for you. Increasingly, I am meeting practitioners and organizations who have attended training but are unsure how to move forward and embed this approach into their organizations.

This is not surprising as what is needed is not training as such, but cultural change across the organization.

In this workshop, I respond to these issues by providing a framework. The Trauma Ecology Model, for organizations, to embed TIA practices into the culture and fabric of their organizations.

Should you be interested in pre-ordering the book, you can do so

here: book <https://books.emeraldinsight.com/page/detail/trauma-responsive-organisations/?k=9781803824307>

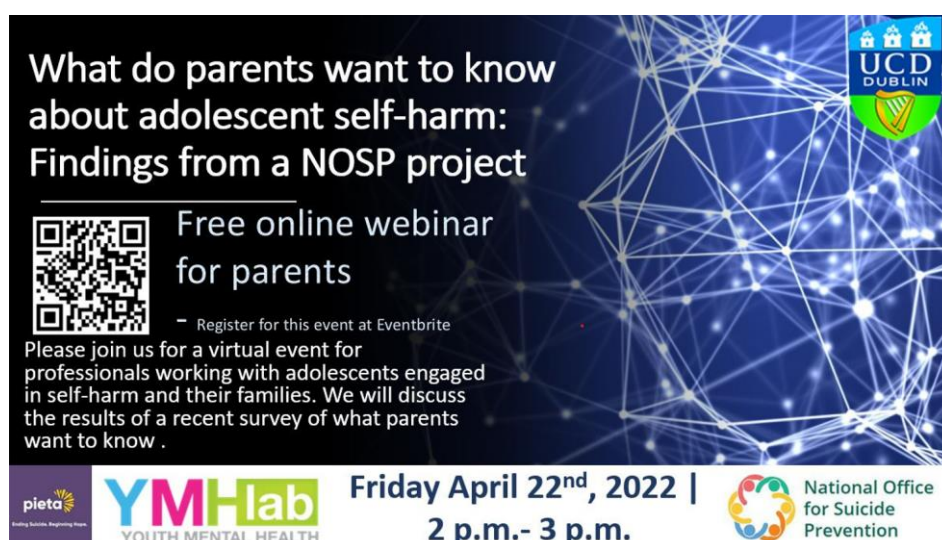
[Sign up to book launch](#)

○ Parents information needs when supporting an adolescent engaged in self-harm: Findings from a NOSP funded project : Free Webinar

We are hosting a **free webinar** for **professionals** interested in learning more about what parents want to know about adolescent's self-harm. This webinar will take place on **Friday April 22nd, 2022, 2 p.m.- 3 p.m.** and will discuss our findings from this project which explored parents' needs for information on adolescent self-harm. I was wondering if you might be interested in attending and willing to share information relating to these talks with your professional network? Please find attached flyers for social media for the event with the details and tickets can be booked through the Eventbrite link at: <https://www.eventbrite.ie/e/310419010617>.



Additionally, we are hosting a free webinar for anyone interested in learning more about self-harm in adolescents including **parents, guardians, or teachers**. This webinar will take place online on **Tuesday April 26th, 2022 from 7 - 8 p.m.** and will discuss our findings from this project and 5 things parents need to know about adolescent self-harm. I was wondering if you might be willing to share information relating to these talks with parents in your network. I have also attached a leaflet with the information for this event and the Eventbrite link might be sent to parents then attendees can book through the Eventbrite page: <https://www.eventbrite.ie/e/311033659047>.



○ **ASIST Training Places Available April 27th & 28th : HSE Regional Suicide Support Office.**

The HSE Regional Suicide Resource Office is running a two day (face to face) ASIST (Applied Suicide Intervention Skills Training) in Waterford on Wednesday and Thursday the **27th and 28th of April 2022** from 9 am to 5 pm each day.

Booking : If you would like to book a place on this programme please visit www.bookwhen.com/sro. You must have completed START (Online Suicide Prevention Skills Training) or safeTALK (Suicide Alertness Training) in advance of participating in the ASIST programme and you must be available for both days.

Please send all training queries via TrainingSRO@hse.ie

To book a place on any of our suicide, self-harm or bereavement Training Programmes please visit www.bookwhen.com/sro



CAMPAIGNS

○ “Hello How Are You” Campaign

The Mental Health Ireland “HELLO, How R U?” campaign aims to tackle the lack of connection or belonging that people experience by inspiring individuals to ask how others are feeling. This opens up a conversation to allow people to listen and encourage action by signposting to local supports and services. CAT

Carlow Mental Health Association started the Hello Carlow How R U? mental health and wellbeing campaign in May 2015, inspired by Australia’s R U OK? Day. The campaign has been run in Carlow each May since 2015, to coincide with the Green Ribbon Campaign. In 2019, Mayo Mental Health Fair brought the campaign to Mayo and has run it each year since.

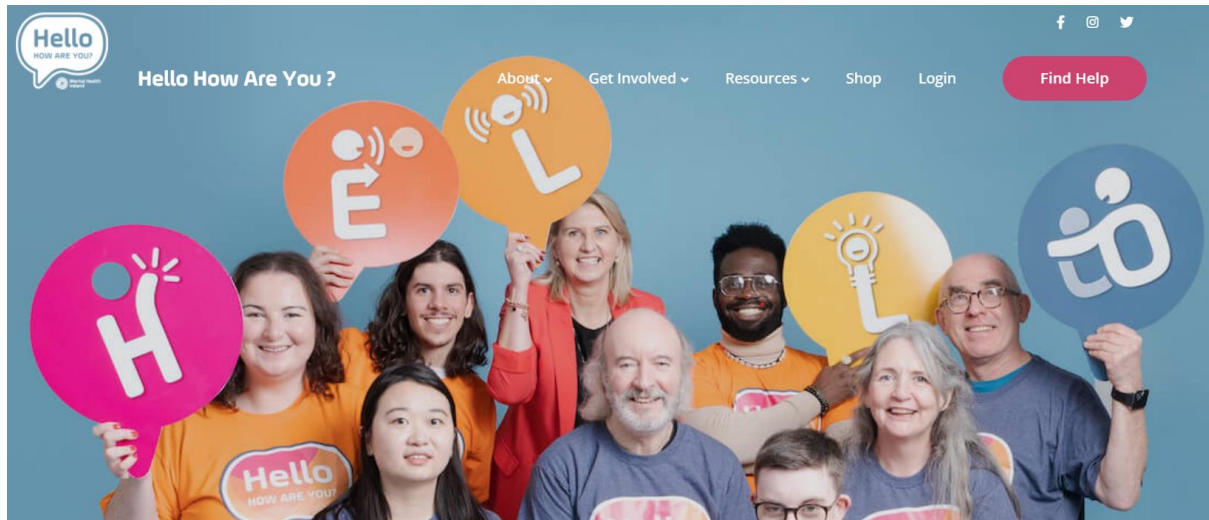


H.E.L.L.O.

The unique premise of this campaign is to encourage people to not just ask the question but to support people in knowing what to do next. There are five steps to saying H.E.L.L.O. and asking the question.

- **H – Say Hello.** This encourages starting the conversation, asking the question, using open ended questions and choosing the right place to talk.
- **E – Engage with the person.** This is about being friendly and engaging and using inviting body language

- **L – Listen to the person.** Be relaxed and show that you are listening by nodding appropriately, and asking open ended questions that will give you more of the story.
- **L – Learn about the person.** Let the person know you have listened by repeating back what you have heard them say. Ask if they are aware of supports available and have that information to hand. Example of supports include Self Help Groups like AWARE, GROW, SHINE, their Family Resource Centres, GP etc. Find details on local supports by going to www.yourmentalhealth.ie.
- **O – Ongoing support.** Check back in with the person and see how they are getting on.



For more information on the “Hello” campaign, click [here](#).

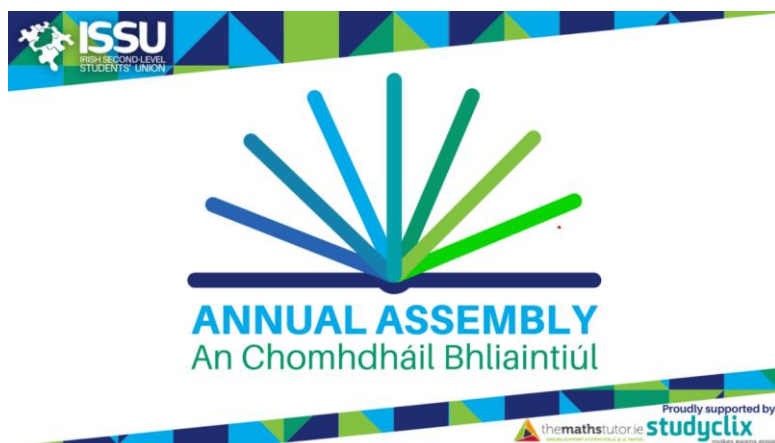
To access the “Hello” social media poster, click [here](#).

For more information on Mental Health Ireland, visit their website [here](#).



EDUCATION

○ ISSU Annual Assembly – Invitation to Register Student Councils



The Irish Second-Level Students' Union (ISSU) wishes to invite you to register your student council for our upcoming Comhdháil Bhliantiúil/Annual Assembly on Friday, April 22nd & Saturday, April 23rd.

The Comhdháil Bhliantiúil/Annual Assembly is the most important event in the ISSU calendar, it is where our new National Student Executive is elected for the year and where national policy is debated. We encourage you to register your student council to have your school's voice heard within the union.

Each student council is invited to register 2 voting delegates and at least 2 observer delegates [here](#).

This year's Comhdháil Bhliantiúil/Annual Assembly will be a hybrid event - day 1 will take place on Zoom for all attendees and for day 2 we are inviting the first 200 students who register to attend an in-person Annual Assembly - in the National College of Ireland (NCI).

In order for students to attend in person - they must register before April 8th. Those who do not get offered a place will still be able to attend the event online.

You can find more information on how to register students on <https://www.issu.ie/annual-assembly>.

If you have any questions about this event, please do not hesitate to reach out to us via email at studentvoice@issu.ie or via phone on 01 443 4461.

○ “You and Me Let’s Talk”



This booklet has been produced by the Armagh & Dungannon Local Early Years Forum. It includes a list of useful phrases for use in early years settings. Languages include Polish, Latvian, Irish, Lithuanian and Portuguese.

The booklet is available to download on the Wexford CYPSC website [here](#).

LOCAL FORA

o Local Mental Health Forums : HSE



The poster features a blue background with a central white square containing the text "Working Better Together" in a cursive font, surrounded by a circle of diverse people. Above this square, a yellow arc contains the text "CARLOW / KILKENNY / SOUTH TIPPERARY / WATERFORD / WEXFORD". Below the square, the title "Local Mental Health Forums" is written in large yellow letters. The text below the title describes the forums as a partnership approach for mental health service improvement, meeting every 4-6 weeks. Contact information for Bridget Walsh is provided, along with the role of Paul Fallon. Logos for HSE Mental Health Services, HSE, and Mental Health Engagement & Recovery are at the bottom.

CARLOW / KILKENNY / SOUTH TIPPERARY / WATERFORD / WEXFORD

Working Better Together

Local Mental Health Forums

Mental Health Forums are for people who access services, family members and supporters, service providers and interested community members and groups.

This is a partnership approach to mental health service improvement where we meet every 4-6 weeks to take feedback, progress plans, and decide together how to improve things for everyone.

For more information contact :Bridget Walsh, bridget.walsh6@hse.ie

On behalf of Paul Fallon, Area Lead Manager, Mental Health Engagement, Mental Health Service SECH

Working with Service Users, Families & Carers

St. Canices's Hospital, Kilkenny, R95P231

T: 086 7812951 / 056 7720591

HSE Mental Health Services

HE Seirbhís Sláinte Níos Fearr á Forbairt

Building a Better Health Service

Mental Health Engagement & Recovery

To access the Local Forum Poster, click [here](#).