

Wexford CYPSC News and Resources Update

December 16th 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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ONLINE EVENTS

○ HSE Christmas Concert



Dear colleagues,

Just a reminder about the above, unfortunately some of you were blocked from receiving the previous email invite. You can register here for the upcoming Staff Christmas Concert: https://ims.zoom.us/webinar/register/WN_OpEhBwowTGWicrvvTPGjhg
If you are sharing on Twitter please use the #Sing4HealthyIreland.

Many of you have been in touch or asked in the registration about sharing the invite with family and other colleagues outside of the HSE, **everyone is welcome to this event so feel free to share to whoever you think would enjoy and appreciate some singing and festive cheer!**

So join us on the 21st of December for the HSE Health and Wellbeing, Staff Christmas Concert. All are welcome to this free online event. We would really appreciate your attendance at what promises to be a very special event, which will see performances from HSE Staff Choirs and special guests, all performing to create some festive cheer for us all.

Regards,

Jolene Cummins

Communications Admin Co-ordinator

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Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



RESOURCES

o Empower Kids : “Hear me, See me, Keep me Safe”

Two fantastic outputs from the children’s participation project “Empower Kids” were recently launched by Barnardos, one of which was the powerful 3 minute animation “Hear me, See me, Keep me safe” which was part funded through the CYPSC National office CYPSC (Kerry Cavan Monaghan, Louth, Wicklow, Fingal, Dublin City North, Longford/ Westmeath Meath) .



You can watch this animation [here](#).

Our Rights, Your Responsibilities

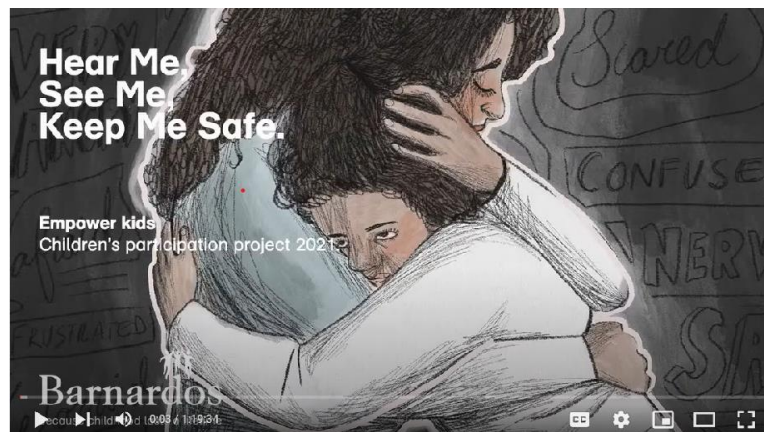
Responding To Childhood Domestic Violence and Abuse

1. **SEE US.** Don't ignore us. We have lived with it too.
2. **Listen to us.** WE MIGHT BE YOUNG BUT OUR VOICES AND OPINIONS MATTER!
3. **Believe everything we say.**
4. **BE KIND** to us because we feel all the pain too.
5. **ALWAYS TELL CHILDREN IT'S NOT YOUR FAULT.**
6. **Introduce yourself, explain your job and be clear to us.**
7. **Talk to us in a soft tone, NO RAISED VOICES.**
8. **Take time** to get to know us. Don't rush and don't start with the hard stuff.
9. **Always ask us how we feel, even if we look happy: sometimes we can look happy but really we are hurting.**
10. **Be tuned into our needs.**
11. **TALK** about fighting and hurting with us - don't shy away from it.
12. **ASK us questions about the problem when playing with us.**
13. **DON'T PUT US UNDER PRESSURE BY ASKING ONE QUESTION AFTER ANOTHER REALLY QUICKLY.**
14. **Allow us to ask questions- even if we have to ask them 10 times.**
15. **Allow us to PROCESS THIS INFORMATION** in our own time and then come back to us.
16. **Do things to help us keep Calm- and comfort us.**
17. **BE PATIENT.** We have lived with this for so long it has become the norm.
18. **ALLOW US OUR INDEPENDENCE.**
19. **We should be asked to give an opinion about what's going to happen next.**
20. **Keep us Safe.** We have no control over what happens in the family.

By the Empower kids Team hosted by Barnardos (CHY 6015/RCN 20010027)

The second item that was launched was the attached infographic “Our Rights Your Responsibilities” (1 picture and 1 pdf – the picture works better for online viewing, and pdf for printing) Which is a set of 20 key messages for professionals working and responding to childhood domestic violence and abuse. This was funded through Tusla participation seed funding.

You can view the event in your own time [here](#), if you missed it, there were some fantastic and powerful inputs.



Feel free to share this animation and infographic widely, and we hope that it will be a useful resource for everyone working and engaging with children. Both of these resources will be on the Barnardos website shortly, but equally feel free to host them on your own sites or link to the Barnardos site.

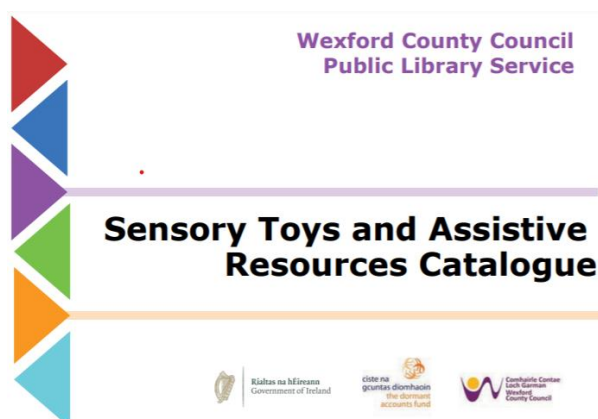
Kind Regards,

Collette Deeney,

Monaghan CYPSC Coordinator,

NOTE : the infographic “Our Rights Your Responsibilities” is available to download on the Wexford CYPSC website at the following link : <http://www.wexfordcypsc.ie/resources>.

○ Sensory Toys and Assistive Resources (STAR) Catalogue



NOTE : A referral letter is no longer required to access sensory toys and assistive resources from Wexford Libraries.

The Sensory Toys and Assistive Resources (STAR) collection holds over 100 items and was developed to support children and young people with additional needs. Items such as toys, special aids and literacy apps can be borrowed from all libraries in County Wexford. Items have been chosen to aid various skills such as fine motor skills or sensory processing development.

This collection was carefully developed in collaboration with therapists and can be accessed free of charge in all library branches throughout Wexford county.

The catalogue can be accessed [here](#).

Items in this catalogue can be requested by contacting your local library and collected from any branch in County Wexford. [Contact details for your local library can be found here](#).

○ “About the Irish Health Service – a guide for refugees and other migrants” poster with QR codes in 15 languages now available



‘About the Irish health service – a guide for refugees and other migrants’ is now available in poster format via QR codes. The QR codes can be scanned by smart phone, which will then bring you to the guide booklet. There are 15 QR codes on the poster, one for each of the following languages: **English, Albanian, Arabic, Bulgarian, Farsi, French, Georgian, Kurdish, Pashto, Polish, Portuguese, Romanian, Somali, Spanish, Urdu.**

[Click here to access the Irish Health Service poster with QR codes](#)

[Click here to download the booklets from the HSE website](#)

The guide was developed by the National Social Inclusion office in response to a need for clear and accessible information on Irish Health Services and how to use these effectively.



The guide has received National Adult Literacy Agency (NALA) Plain English approval and is in **three parts**:

- **Part 1** gives information on how to access different types of health care, free services, and how the GP, Pharmacy and hospital systems work.
- **Part 2** gives information about specialist services (dental treatments, eye tests, hearing aids, vaccinations) and some of the staff you may meet in the health system.
- **Part 3** advises what to do in an emergency.

YOUNG PEOPLE

“Building Connectedness” : Online Talks aimed at Young People in Post Primary Schools in Co. Wexford.

o Aimee Louise Carton “Engaging in your Mental Health”



Aimee Louise Carton is one of Ireland’s leading wellbeing advocates and has been recognised as launching a “digital mental health revolution” in Europe. Following a suicide attempt, she has used her pain and recovery to found Europe’s fastest growing wellness platform KeepAppy, the wellness app that acts as a gym for your mental health. She uses her mental health journey to connect and empower individuals, providing a truly authentic experience with her powerful talks. To access Aimee Louise’s talk click [here](#).

o Reuben Hester “Reuben’s Story”



Singer Songwriter Reuben Hester, who plays the guitar, piano and cello, moved to Manchester from a small village in Ireland after leaving school at the age of 16 with the intention of making music. In this talk Reuben describes his rise to fame. Last October he showcased his talents on the Little Mix “The Search” show on BBC1 which aims to create the next big group, put together by the world’s biggest girl band, Little Mix. He presented an original song ; his debut single “Sold My Soul”. He had written this song in memory of his father Kevin, who sadly passed away last year following a drug overdose, at the age of 55. In this talk, Reuben describes the impact his father’s addiction had on him. To access Reuben’s talk click [here](#).

○ Skye Turner “Minding Your Mind”



Skye is 20 years old, and has been an advocate and public speaker on mental health for the past few years. Skye loves putting a smile on people's faces and personally knows what it's like to struggle with mental health issues and poor self-esteem. Skye hopes that her talk will help to inspire you and that you can take something helpful from it.

To access Skye's talk, click [here](#).

This project was funded through the Community Mental Health Fund, supported by the Department of Health.



○ **Changingfutures.ie**

CHANGING FUTURES>>>

This website was designed by young people for young people. It has three sections for different age groups and includes lots of short video clips of Tusla staff explaining their roles and young people speaking about their experience of using Tusla services. The young people involved highlighted the need for Tusla to provide a child friendly way to contact Tusla to go alongside the child friendly information about Tusla on the website. The website can be accessed [here](#).



The website also gives a list of useful links such as;

○ **EPIC (Empowering People In Care);**



To find out more about EPIC, click [here](#).

○ **Childline;**



Chat Facility for Children in Need in Ireland. To find out more about Childline, click [here](#).

○ **Teenline;**



National FREE PHONE Service, for 13-19-years-old. If you need to talk the helpline is open between 8-11pm 7 days a week. All calls are confidential.

To find out more, click [here](#).

○ **National Youth Council of Ireland;**



A representative body for voluntary national youth organisations. It can help you to find youth services in your area.

To find out more about NYCI, click [here](#).

○ **Samaritans;**



A 24-hour, confidential support service for anyone who is experiencing feelings of distress or despair, including those who have thoughts of suicide, and want someone to talk to. To find out more, click [here](#).

○ **Yourmentalhealth.ie**



Advice, information and support services for mental health and wellbeing. To find out more, click [here](#).

○ **Reachout.com;**



Online youth mental health service that helps young people through tough times. For more information, click [here](#).

○ **Spunout.com;**



Ireland's youth information website created by young people, for young people. For more information, click [here](#).

○ **BelongTo;**



National organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland. For more information, click [here](#).

○ **Ombudsman for Children;**



Helps to ensure that the government and other professionals and organisations which make decisions about young people, put their needs and rights first. To find out more, click [here](#).

SURVEYS

○ Survey : Understanding Life in Ireland – Have Your Say.



Earlier this year the Government published a [Well-being Framework for Ireland](#).

It sets out a vision for understanding life in Ireland and includes an initial conceptual framework and supporting measurement dashboard, which will be improved over time.

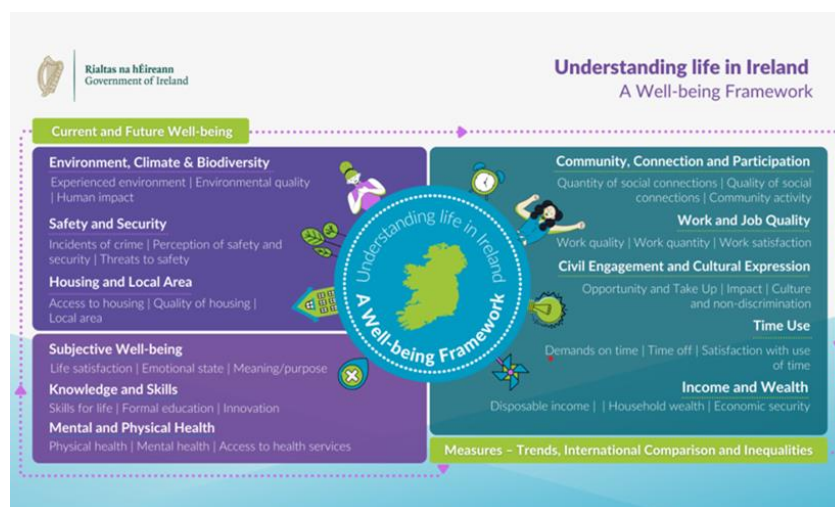
The well-being initiative is about taking a new approach to measuring Ireland's progress as a country through understanding what is important to people's lives.

This involves considering, in a joined-up way, economic, social, environmental, health and other important outcomes that matter to people's lives today and into the future.

Over time, it is intended that the Well-being Framework will be utilised in a systematic way across government policymaking.

You might like to participate in and circulate this survey : [Understanding life in Ireland – Have your say](#)

This survey will help policy makers get a sense of people's ambitions and priorities, and also gain direct feedback on the initial well-being framework.



COVID 19

o Covid-19 Stakeholder - Partner Pack Update

Dear Colleagues,

We hope this message finds you well.

Thank you for your continuing support in helping to share information about COVID-19. Our highlight communications updates for you from this week are:

- **COVID-19 Vaccine Booster - More ways to get your vaccine:** People aged 50 and older, healthcare workers and people aged 16 and over with a high risk condition can now get a COVID-19 vaccine booster dose.

It is very important to get your COVID-19 vaccine booster when it is due. Without a booster, you are more at risk of serious illness if you get COVID-19. There are now even more ways to get your COVID-19 booster.

If you're over 50, a healthcare worker or over 16 with a high risk condition you can:

1. Go to a walk-in vaccination clinic. Visit hse.ie/covid19vaccine for clinic times and locations.
 2. You'll get an appointment by text message from the HSE. If it doesn't suit you can reschedule or go to a walk-in clinic.
 3. Contact a participating pharmacy or GP. Visit hse.ie/covid19vaccine for a list of pharmacies in your area.
- For updated information on when and how to wear **face masks**, including those aged 9 and older, please find details [here](#).
 - **If you have symptoms of COVID-19, self-isolate and get a PCR test.** Please do this even if you are part or fully vaccinated against COVID-19. You can find more information [here](#).

- If you're regularly in high-risk environments, and you don't have symptoms of COVID-19, the advice is to use **antigen tests** twice a week. If you do have symptoms, please don't use an antigen test. Please find more information [here](#).
- If you are a **close contact of a person that tests positive for COVID-19**, please find guidance [here](#).

Public Health Measures

You can [find the public health measures here](#).

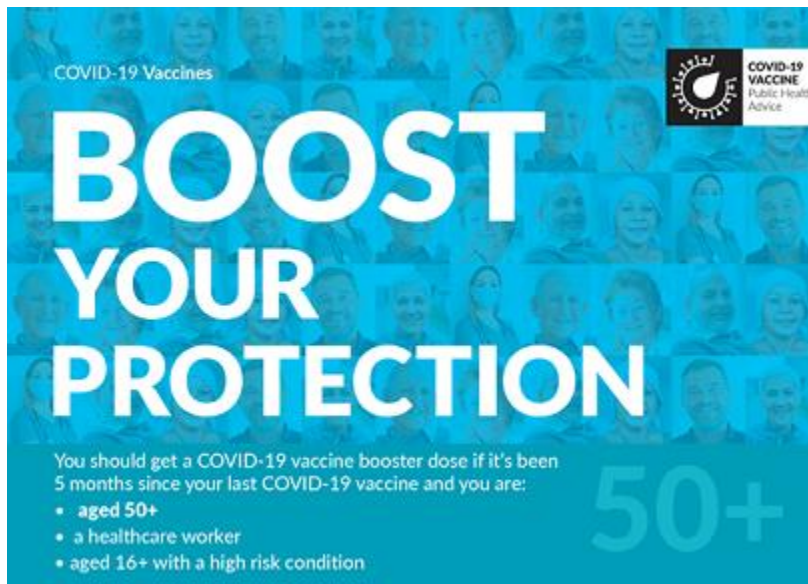
COVID-19 is still spreading in our communities.

Vaccines are proven to be your best protection against serious illness from COVID-19, alongside the day to day protective measures we all need to keep in mind - clean hands, masks, leaving space.

New information videos in nine languages to encourage people to get vaccinated against COVID-19

A new COVID-19 vaccine information video has been produced in a range of languages and the videos are [now live](#) on the HSE's YouTube channel and being shared on social media.

The multilingual videos were created by the HSE's National Social Inclusion Office and National Immunisation Office in partnership with Translate Ireland. It is hoped that the videos will be a helpful source of information about COVID-19 vaccination for people who are living in Ireland and whose primary language is not English. The videos are available in the following languages: Albanian, Bulgarian, Croatian, Polish, Slovak, Lithuanian, Georgian, Hungarian, Russian, and Turkish. More languages will be added in the coming days.



Walk-in clinics for dose 1 and dose 2, and booster vaccines for healthcare workers and people aged 50-69

The HSE is operating some walk-in clinics for dose 1 and dose 2, and booster vaccines for healthcare workers and people aged 50-69. You must wait at least 5 months after your second vaccine dose before you can get your booster. If you had the single-dose Janssen vaccine, you must wait at least 3 months.

See times and locations of the walk-in vaccination clinics [here](#).

COVID-19 Testing - Online Booking System

Full details of [how to get tested are available here](#).

Common symptoms include high temp, dry cough and change in sense of taste or smell. If you have symptoms of COVID-19, it's very important to self-isolate and get tested as soon as possible.

COVID-19 Vaccination Programme

You can find the latest information on vaccines administered [here](#).

Find a pharmacy giving COVID-19 vaccines

Many pharmacies are now offering COVID-19 vaccines to people aged 12 and over. Find a pharmacy to book your vaccine appointment. You can [find more information here](#).

Where to find COVID-19 Vaccination Information

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check [here](#) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at [hse.ie/covid19vaccinematerials](https://www.hse.ie/covid19vaccinematerials)
- Details on COVID-19 vaccines administered are available [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)
- Information in Irish Sign Language: information resources on the COVID-19 vaccines in Irish Sign Language are available [here](#)
- COVID-19 vaccines easy read and accessible information formats are available [here](#)
- Translated resources are available [here](#)

Free flu vaccine for all at-risk groups

It's flu season and while anyone can catch the flu, some people are more at risk of catching the flu, getting seriously ill or needing hospital treatment. The HSE encourages all at-risk groups to make an appointment with their GP or Pharmacist for their free flu vaccine.

People at risk include all children aged 2 to 17, those aged 65 or over, people with certain long term conditions, and pregnant women. It's the best way to be protected from the flu. Find a [participating pharmacy](#)

Flu and COVID-19

The flu and COVID-19 are caused by different viruses. The flu vaccine does not protect against COVID-19. If you've had the COVID-19 vaccine, you should still have the flu vaccine. You can get the flu vaccine at the same time as the COVID-19 vaccine. Visit <https://www2.hse.ie/screening-and-vaccinations/flu-vaccine/>



Layer up

Posters and guidance for you to use and share to help prevent the spread of COVID-19 in your community are [available here](#) from the Department of Health. We would be grateful if you would help share the resources and messages with your networks, colleagues, friends and in your buildings.

HSE Health and Wellbeing Christmas Concert 2021

All of our partner organisations are invited to join us for the HSE Health and Wellbeing Staff Christmas Concert webinar on Tuesday, 21st December from 4pm to 5.30pm. [Register to attend the Christmas Concert here.](#)

The concert will include performances from staff and special guests from across the country. In addition to Zoom, the concert will be streamed live from [HSE Health and Wellbeing on YouTube](#), where a recording will be available to watch back following the event.

HSE Health and Wellbeing Countdown to Christmas Calendar

You are invited to download the new #StaffHealthCountdown calendar [here](#) to help keep your wellbeing in check for the coming weeks.

The Health & Wellbeing E-zine

The Health & Wellbeing E-zine is available [here](#).

Public Health Information

For updated information and advice on Coronavirus, please go to: <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

Clinical and professional guidance relating to COVID-19 is available on <https://www.hpsc.ie/> where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check [here](#) for the most up to date partner resources for COVID-19.

You can find translated resources [here](#).

You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

Please also check the Healthy Ireland site [here](#) with further resources and information.

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).

Ireland's COVID-19 Data Hub is [available here](#).

Many thanks and best wishes,



An Roinn Sláinte
Department of Health

○ RSVP Campaign

Please see please see attached documentation received today regarding the 'R.S.V.P' Campaign' - a new public awareness initiative by Government of Ireland, which encourages people to be risk aware, to think before they meet up with others, and to ask themselves the right questions about Risk, Symptoms, Venue and People.

Please share, as appropriate, within your networks. Hard copies of the documents are available from Wexford County Council Customer Service Unit, if required.

