



## **Wexford CYPSC News and Resources Update**

**February 17th 2021**

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/).

## **CONTENTS**

### **Parenting;**

“Parenting Today” Talks;

P.3: “Home -Schooling Talk” with Dr. Aoife Quinn

P.3: “Strategies and Supports for Children with Additional Needs in Early Years” –with Olive Buckeridge

### **Children & Young People;**

P4: Cruinniú na nÓg 2021 – Survey

P.5: EPIC Care Day : 19<sup>th</sup> February

P.6: Tech2Students - Bridging the Digital Divide

### **Online Workshops / Webinars;**

P.7: Recovery College South East Workshops

P.14: IHF Workshops on Loss and Bereavement

P.15: “Living Well” – open for applications

P.16: Webinar for Secondary School Students and Teachers on “Living as Refugees in Ireland”

### **Funding;**

P.17: St Stephen’s Green Trust: Traveller Accommodation Grant Programme

### **COVID-19**

P.19: Message from Covid-19 Stakeholder Communications Support and updates

P.23: Citizens Information: Services During COVID-19

P.29 : Support for Grieving in Exceptional Times – Irish Hospice Foundation

## **PARENTING**

### **“Parenting Today” : Online Talks....Coming Soon..**



#### **► Home-Schooling Talk with Dr. Aoife Quinn.**

Feeling overwhelmed by home-schooling? Worried about how best to go about it? Join the home-schooling talk where you will learn to identify and manage home-schooling worries as well as gain practical advice and tips on how best to motivate your child and support their mental health during this difficult time.

Join Dr. Aoife Quinn at 7pm on February 19<sup>th</sup> for her talk on home-schooling. This online talk will be delivered via Zoom. Bookings can be made at the following link : [libraryhq@wexfordcoco.ie](mailto:libraryhq@wexfordcoco.ie).

#### **► Strategies and Supports for Children with Additional Needs in Early Years.**

Olive Buckeridge from Down Syndrome Ireland will discuss factors that can inhibit learning and discuss strategies to support development and learning using visuals, signing, behavioural supports and sensory supports.

February 25<sup>th</sup> at 8pm on Parenting Today : <https://www.wexfordcoco.ie/libraries/parenting-today-online-series>.

## **CHILDREN & YOUNG PEOPLE**

### **► Cruinniú na nÓg 2021 - Survey**

Cruinniú na nÓg is a creative festival for children and young people, funded by Creative Ireland, that takes place on Saturday the 12th June. It's a chance to try out new creative things and this year Wexford County Council wants YOU to help CHOOSE them.

What would YOU like to see at your festival this year? Your feedback will guide our creative programming for the day.

You are invited to complete the following survey on Cruinniú na nÓg by 22<sup>nd</sup> February

<https://www.wexfordcoco.ie/arts-and-culture/grants-supports-and-opportunities/cruinniu-na-nog-2021-survey>

### **Cruinniú na nÓg 2021 - Open Call**

Wexford County Council, in association with Creative Ireland, wishes to create a programme of events to celebrate **Cruinniú na nÓg on Saturday June 12th, 2021**. County Wexford Arts Department currently have an open call for content and activities providers. This open call is for activities, workshops, and showcase events for young people aged 0-18. Closing date is 12th March and more information is available here: <https://www.wexfordcoco.ie/arts-and-culture/grants-supports-and-opportunities/cruinniu-na-nog-2021-open-call>



## ► EPIC Care Day : 19<sup>th</sup> February



#CareDay21 will take place on the 19<sup>th</sup> of February this year, and will be the 6<sup>th</sup> annual Care Day. Care Day is a global celebration and is the world's largest celebration of the rights of children and young people with experience of care.

There are almost 5,900 Children in Care and 2,900 young adults in After Care. Each of these almost 9,000 people in their lives brings a whole set of unique experiences and on Care Day we look to break down stereotypes and celebrate each one of the unique individuals who have experience of the care system.

### **Careday21 – Webinar Events Booking**

This series of Care Day Webinars will have an overarching theme of EQUITY and how greater equity can be achieved within the care system.

#### **About these events**

Those with Care Experience, Academics, Professionals and many others will explore and recommend how we, as a society, can ensure better, more equitable outcomes for the children and young people who come through our care system.

These webinars will seek to provide participants with an overview of the unique issues facing care experienced children and young people in terms of **LGBTI+, Ethnicity, Education, Disability, Accommodation and Justice**.

Booking for all events is available on Eventbrite. For more information on events and booking details go to go to : <https://www.epiconline.ie/careday21-webinar-events-booking/>.

## ► Tech2Students - Bridging the Digital Divide

Thousands of students don't have access to laptops for learning and education. Help us to get all students online.

As many as 7 out of 10 students in some schools have no access to a laptop and are disconnected from their teachers and schools.

Tech2Students was developed in 2020 by Camara Ireland and Trinity Access in response to the digital divide experienced by students during Covid 19.

For details of how to donate a laptop or make a monetary donations go to :  
[https://donations.techspace.ie/?utm\\_source=Techspace](https://donations.techspace.ie/?utm_source=Techspace).

Please see: [www.techspace.ie](http://www.techspace.ie)



## **ONLINE WORKSHOPS & WEBINARS**

### **► Recovery College South East Workshops**



#### **Hearing Voices (Morning Workshop)**

Venue: ZOOM

**Dates: Monday 1<sup>st</sup> March**

**Times: 11am – 1pm**

The experience of hearing voices can differ from person to person. Our uniqueness as individuals is often reflected in the voices people experience. These voices can have distinct content, identities, meaning and impact on the person experiencing them.

The aim of this workshop is:

- to gain a better understanding of the common nature of voice hearing,
- to explore the different individual experiences within the group
- to discuss and share ideas for managing and living well with hearing voices

#### **Making the most of my appointments with Service Providers (Afternoon workshop)**

Venue: ZOOM

**Dates: Wednesday 3<sup>rd</sup> March**

**Times: 2pm – 4pm**

Appointments with any health service can be a challenging task for many people. This is no different for the mental health services and sometimes these challenges can have the effect that we do not always get the most from our appointments. For example, you may be afraid to ask any questions you have or voice your opinion if you are unsatisfied with the service. You may have had negative experiences in the past with service providers. This workshop will help you to develop better ways of making the most of your appointments with service providers.

The aim of this workshop is:

- To explore the various challenges we face as we attend appointments with service providers
- To discuss effective ways of ensuring that we get the most we can from our appointments

### Understanding Co-Dependency within Families (Afternoon Workshop)

Venue: ZOOM

**Date: Wednesday 3<sup>rd</sup> March**

**Time: 2pm – 4pm**

Co-dependency is a concept that initially emerged in the addictions field in the 1970s to address complex family relations that occurred as a result of substance dependencies (Calderwood, 2018). Co-dependency generally describes a one-sided relationship whereby one person almost entirely relies on the other for meeting their emotional and psychological needs.

This workshop looks at the concept of co-dependency and how it can develop within families. It also looks at some of the challenges it can cause for families and recovery as well as effective ways of managing co-dependency.

The aim of this workshop is to:

- Define and explore the concept of co-dependency
- Discuss the challenges to addressing co-dependency within families
- Provide practical ways of managing co-dependency

### Let's Talk Social Media and Wellbeing (Morning Workshop)

Venue: ZOOM

**Dates: Friday 5<sup>th</sup> March**

**Times: 11am – 1pm**

In today's world of social distancing and social isolation, social media has been an invaluable tool for keeping connected to friends, family, work and the wider world. Whilst social media, has many benefits, it's important to remember that spending too much time engaging with social media can also have its downside. Social media can never be a replacement for face to face human connection. It requires in person contact with others to



trigger the hormones that alleviate stress and make you feel happier, healthier and more positive.

The aim of this workshop is to:

- Explore how to take ownership of your social media use, and recognise what drives your social media use
- Identify the role social media plays in mental health, how it helps and how it hinders

### Understanding and Living with Paranoia (Morning Workshop)

Venue: ZOOM

**Date: Monday 8<sup>th</sup> March**

**Times: 11am – 1pm**

Many people experience paranoid thoughts at some point in their lives and people have different experiences of paranoia. The symptoms vary in severity and may interfere with all areas of life.

The aim of this workshop is to:

- Explore paranoia and gain a better understanding of what paranoia might mean for you, for someone you care about, or work with and how it may affect your life.
- Discuss some of the strategies for managing the experience of paranoia when it is distressing.

### Assertiveness (2 afternoon workshop)

Venue: ZOOM

**Dates: Monday 8<sup>th</sup> and Monday 15<sup>th</sup> March**

**Times: 2pm – 4pm**

Sometimes we find it hard to say what we really mean or find it difficult to say “no” to certain things. If we are struggling with mental health difficulties or other stresses it can be even harder. Assertiveness is a way of communicating that allows us to express our point of

view and state our needs clearly. At the same time, assertive communication respects the needs of others.

The aim of this 2 part workshop is:

- To explore the rights and responsibilities of assertive behaviour
- To show how assertiveness can benefit you
- To explore strategies that enable people to build on and maintain their own assertiveness skills.

### **Communication Skills for Families (Afternoon workshop)**

Venue: ZOOM

**Dates: Wednesday 10<sup>th</sup> March**

**Times: 2pm – 4pm**

Family relationships can have ups and downs or go through times of difficulty.

Family boundaries define who is responsible for what, how parents and children interact, and how the family relates to the outside world. Communication within the family is extremely important because it enables members to express their needs, wants and concerns to each other.

The aim of this workshop is:

- To explore how to communicate effectively within your family
- To look at how you might set some healthy family boundaries for everyone

### **Understanding and Living with Psychosis**

Venue: ZOOM

**Dates: Monday 15<sup>th</sup> March**

**Times: 11am – 1pm**

Psychosis can be experienced as having a different sense of reality to other people or hearing voices. While psychosis is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it as well as the people who care about them. This workshop is for anyone who wants to better understand psychosis and learn effective ways of living well with it.

The aim of this workshop is:

- To help you to understand psychosis through exploring existing knowledge and different perspectives around the topic
- To provide coping strategies for living with psychosis and for promoting recovery

### Self Belief ( Two afternoon workshops)

**Venue: ZOOM**

**Dates: Monday 22<sup>nd</sup> and Monday 29<sup>th</sup> March**

**Times: 2pm – 4pm**

**Self-belief** is a person's belief in their ability to complete tasks and to achieve their goals (Bandura, 1995). This 2-part workshop will explore the term self-belief and how it can influence your life in many ways. It will also look at different ways of how to enhance your level of self-belief.

The aim of this workshop is:

- To discuss the term self-belief and explore what it means to you
- Gain an understanding of how self-belief can influence your sense of self and identity
- Explore skills and strategies which help develop self-belief

### Good Stress/Bad Stress (Afternoon workshop)

**Venue: ZOOM**

**Dates: Tuesday 23<sup>rd</sup> March**

**Times: 2pm – 4pm**

Many people believe that all stress is bad, but you may have heard that there's "good stress" and "bad stress." These days, many aspects of life can feel highly stressful, affecting our ability to think clearly, to relax or to look after ourselves. Whilst small amounts of stress can prompt us to action, too much stress over a long period of time can seriously affect our emotional and physical health.

The aim of this workshop is to:

- Help you to understand what stress is and how it can impact on your life positively and negatively.
- Develop practical activities and suggestions that can help you to reduce the negative impact of increased stress in your life.

### Lunchtime Wellbeing

**Venue: ZOOM**

**Dates: Wednesday 24<sup>th</sup> March**

**Times: 1pm – 1.45pm**

Do you make quality time for yourself in your day? Do you find it hard to take time out? This wellbeing session is a safe space for you to relax, unwind and refresh.

The session will include a variety of meditative practices such as mindfulness, visualization and self-compassion as well as some simple and easy to do Tai Chi and Yoga movements. No previous experience of these practices is necessary to join the session which will have a slow, lighthearted and easy pace. The session will end with an opportunity for questions or reflection within the group though this is optional to each individual.

The aim of this wellbeing session is:

- To create a relaxing space for you to take some time out for yourself
- To practice wellbeing techniques in a safe space

### Families: Forgiveness and Healing (Morning Workshop)

**Venue: ZOOM**

**Dates: Wednesday 31<sup>st</sup> March**

**Times: 11am – 1pm**

For some, forgiveness and the healing that can come from it can be a crucial part of the recovery process. Forgiveness can be described as the letting go of recurrent anger, hostility or resentment resulting from interpersonal hurts and instead choosing to develop compassion and sympathy for those we perceive as causing the hurt. Forgiveness has been linked to reducing negative thoughts, emotions and behaviours and increasing healing and wellbeing in general (Akhtar et al., 2017).

The aim of this workshop is:

- To explore the concept of forgiveness and healing and what it means to you
- To discuss practical ways of how we can promote and develop forgiveness and healing to benefit our own lives.

## ► IHF Workshops on Loss and Bereavement



The Irish Hospice Foundation still has some places available on their March Workshops on Loss & Bereavement.

- Thursday, March 11th: Hidden Losses – Hidden Grief. Untying the knots.
- Thursday, March 25th: Prolonged Grief Disorder: What is it and how can we help?

The workshops 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.

Further information available on [Eventbrite.ie](https://www.eventbrite.ie).

Sincerely yours,  
Georgia Howard,  
Clinical Services Director  
FirstLight

## ► Living Well



### **BOOKINGS OPEN** for Living Well

**Living Well** is a free group Self-Management programme for adults living with long-term health conditions.

For bookings, enquiries or promotional material email  
[selfmanagementsupportsSECH@hse.ie](mailto:selfmanagementsupportsSECH@hse.ie)

Or ring Catriona: 087 2939881 or 087 4088325

The following support available for anyone who needs help;

- One to one support
- Loan of devices (tablets, cameras, headsets)
- Tech support available for every programme

### **6 week on-line programmes start:**

### **2021 Living Well dates**

| Programme | Day       | Introduction Session        | Dates   | Time              |
|-----------|-----------|-----------------------------|---|-------------------|
| 1         | Mondays   | 8 <sup>th</sup> March 2021  | 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> March 2021, 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> April 2021                   | 6pm – 8.30pm      |
| 2         | Thursday  | 18 <sup>th</sup> March 2021 | 18 <sup>th</sup> March, 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> April 2021                         | 10.30am – 1pm     |
| 3         | Tuesdays  | 23 <sup>rd</sup> March 2021 | 30 <sup>th</sup> March, 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> April 2021, 4 <sup>th</sup> May 2021                 | 10.00am – 12.30pm |
| 4         | Wednesday | 31 <sup>st</sup> March 2021 | 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> April 2021, 5 <sup>th</sup> , 12 <sup>th</sup> May 2021                      | 2pm – 4.30pm      |
| 5         | Friday    | 2 <sup>nd</sup> April 2021  | 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> April 2021, 7 <sup>th</sup> , 14 <sup>th</sup> May 2021                      | 10.30 – 1pm       |
| 6         | Saturdays | 10 <sup>th</sup> April 2021 | 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , April 2021, 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> May 2021 | 10.30am – 1pm     |
| 7         | Thursdays | 15 <sup>th</sup> April 2021 | 22 <sup>nd</sup> , 29 <sup>th</sup> April 2021, 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> May 2021                     | 2.00pm – 4.30pm   |
| 8         | Thursdays | 6 <sup>th</sup> May 2021    | 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> May 2021, 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> June 2021                      | 10.30am – 1pm     |

For More information see [www.hse.ie/LivingWell](http://www.hse.ie/LivingWell).

**Living Well is a Self –Management Resource Centre (SMRC) Evidence Based Self-Management Program originally developed at Stanford University**

**This project has received funding from the Government of Ireland’s Slaintecare Integration Fund 2019 under grant agreement number 78**

► Webinar for Secondary School Students and Teachers on “Living as Refugees in Ireland”



On Wednesday 3rd March from 10am to 11am, Schools of Sanctuary Ireland and NUIG will be hosting a webinar 'Living As Refugees in Ireland' aimed at secondary school students and teachers. Please save the date and you will receive a flier with details including programme and registration form in the next few week.

This event will feature refugees and asylum seekers who will share from their own life experience including:

- Why I had to Leave My Country
- The Journey to Ireland
- The Life of Asylum Seekers and Refugees in Ireland (including the challenges of Direct Provision, the complicated asylum system and barriers to work and education)

All secondary schools interested in becoming Schools of Sanctuary are encouraged to attend.

Please feel free to forward this information to others in your network who may be interested.

Many thanks

Tiffany Allen and the Schools of Sanctuary Ireland Steering Group



## FUNDING

### ► St Stephen's Green Trust: Traveller Accommodation Grant Programme



St Stephen's Green Trust (SSGT) has a strategic goal of supporting the provision of culturally appropriate, secure, quality accommodation for Travellers by: strengthening organising and campaigning; improving awareness and attitude towards the need for change; strengthening solidarity and improving the policy and legislative framework for the provision of accommodation.

The grant programme has re-opened for a limited time to organisations with projects or programmes focused on the outcomes listed below. We are interested in work which contributes to these outcomes and adds knowledge and learning to what works. While we know the provision of services for Traveller accommodation is crucial and urgent, our funds seek longer-term focuses - community organising, advocacy, activism and supporting the voice of Travellers to effect change. We are open to funding direct costs of the organising and advocacy and one-off pieces of research or other time-limited projects which add value to the overall goal. It does not have to be a new project but may add value to current work or builds on previous work.

1. **Outcome 1: strengthened support through organising and campaigning:** we are interested in work to support activist groups (particularly young people) to hold local and national government to account for the under-provision of accommodation<sup>[1]</sup>, using rights-based approaches. This may include support for broad-based coalitions of national and regional organisations to mobilise around an agreed campaign to achieve the right to accommodation.
2. **Outcome 2: improved awareness of and attitude towards need for change in how accommodation is being delivered:** work which results in duty bearers (local authority management, politicians and others) acknowledging the need for change and acting accordingly; work which leads to increased awareness of the particular challenges and obstacles to the provision of accommodation among specific target groups and where media and other analysis on housing and homelessness is more likely to refer to the particular issues facing Travellers.
3. **Outcome 3: Strengthened alliances:** work which leads to a greater number of Traveller and non-Traveller 'champions for change' and improved relationships between stakeholders, building solidarity and alliances.
4. **Outcome 4: improved policies, legislation and change to current practice:** work which leads to an increased body of evidence to inform changes in policy and practice and where local and national structures charged with the delivery of accommodation are operating more effectively; work which supports change to legislation, policy and structures to better support the delivery of accommodation.

We have a **two -step process** and the first stage is an expression of interest in which the group outlines what it wants to do. More detailed information will be required if the group is invited to proceed to Step 2. The *Expression of Interest* form below should be filled out and **emailed to SSGT by Friday 26th February 2021.**

Grant levels will vary from an average of €3,000 to €5,000 for small pieces of research, learning and activism to a maximum €15,000 to €18,000 for work having a greater impact. We can consider multiannual funding. We will prioritise work which cannot be funded from other sources. We fund core costs and/or project or programme costs.

**Enquiries** can be made to Orla O'Neill, 085 854 6698 or [orla@ssgt.ie](mailto:orla@ssgt.ie).

**Completed forms** should be sent to: [info@ssgt.ie](mailto:info@ssgt.ie). You will receive an acknowledgement of your application within 7 working days – please contact us if you don't receive it.

Further information about SSGT and this programme is available at [www.ssgt.ie](http://www.ssgt.ie).

---

**[1]** Where 'accommodation' is referenced it is taken to mean culturally appropriate, secure, quality Traveller accommodation.

## **COVID-19 UPDATES**



### **► Message from Covid-19 Stakeholder Communications Support and updates**

Dear Colleague,

Thank you for your continuing support in helping to share information about COVID-19. Below are a few communications updates for you.

#### **Public Health Measures**

Ireland is at level 5 restrictions.

You can see the [measures in place here](#).

Everyone is asked, for the protection of our friends, family and the frontline, to please stay at home.

#### **COVID-19 Vaccination Programme**

The vaccination programme continues to be rolled out nationwide, and more than 240,000 vaccines have been administered.

Daily vaccination data is now available to all on the COVID-19 Data Hub and is on the COVID-19 Tracker App. The data is from 48 hours previously to allow for validation.

The next group (people aged 85 and over) in the COVID-19 vaccine programme will be invited by GPs from next Monday, 15<sup>th</sup> February, bringing the vaccine programme firmly into the community. You'll find answers to your questions about the vaccination programme on [www.hse.ie/covid19vaccines](http://www.hse.ie/covid19vaccines).

#### **COVID-19 Vaccine Registration for frontline healthcare workers**

The COVID-19 vaccine registration portal is now available for frontline healthcare workers to register for their vaccine. Frontline healthcare workers who have not already registered for

a vaccine are being asked to register their details using the online portal over the coming days. This includes frontline healthcare workers working in direct patient care in:

- HSE or HSE-funded organisations
- Private hospitals or clinics
- Community based not-for-profit and private healthcare providers not directly funded by the HSE.

Before you register, please read the [Guidelines for sequencing and registration process for HCW COVID vaccination.pdf \(size 803 KB\)](#). This will help you to identify which group you are in. Other healthcare workers will be invited to register when it is their turn - this includes management, administration and other non-patient/service user facing personnel.

Frontline healthcare workers can register here <http://www.hse.ie/hcwvaccine>.

### **COVID-19 vaccine information for people with sight loss**

Working with NCBI, information about COVID-19 vaccines for people with sight loss have been created in Braille, audio and large print. These have been distributed to NCBI members. The large print format is also [available on hse.ie](#).

### **Face coverings**

Face coverings are now mandatory in retail outlets, banks, credit unions and post offices, in taxis, in bus and rail stations, on public transport and for workers in customer facing roles in cafés, bars and restaurants. You can find the latest [information on face coverings here](#).

### **COVID-19 posters**

You can download the latest COVID-19 posters from [gov.ie here](#) and [hse.ie here](#).

### **Tobacco Free Ireland webinar**

Wednesday, 17<sup>th</sup> February (from 12-1pm)

You can [register for the webinar here](#).

HSE Health and Wellbeing Tobacco Free Ireland programme are hosting a special webinar on National No Smoking Day (17<sup>th</sup> February). We are asking for your support to engage smokers in the 28 Day Challenge in March and to join forces with the HSE to build a Tobacco Free Ireland. People who smoke are more likely to get COVID-19 and the risk of having a severe infection is more likely compared to those who don't smoke.

## **Ireland Reads**

As part of the Healthy Ireland 'Keep Well' campaign and following Slaintecare funding, the recently launched '[Ireland Reads](http://www.irelandreads.ie)' campaign is about promoting the power of reading for enjoyment and wellbeing. Taking some time to relax and do enjoyable things has never been more important, given COVID-19, and there is evidence that reading is a great way to get a sense of escape and boost wellbeing. More details can be found on [www.irelandreads.ie](http://www.irelandreads.ie).

Campaign resources available on <https://www.irelandreads.ie/#resources>

Ireland Reads logo, imagery and illustrations by well-known illustrator Tara O'Brien are available to download at

<https://wettransfer.com/downloads/6e05ba57819dedc661d368388bda8edc20210202213543/b55bee>

Ireland Reads promotional video is available to view at

<https://www.youtube.com/watch?v=BrdqudzgQds> and [can be downloaded here](#).

Follow Libraries Ireland on [Twitter](#), [Instagram](#) and [Facebook](#) – use #IrelandReads or #SqueezeInARead.

## **Healthy Ireland and sponsorship of Operation Transformation**

The 'Keep Well' cross-Government community resilience campaign co-ordinated by Healthy Ireland and funded by Sláintecare is sponsoring Operation Transformation this year.

The remaining programmes will go out at 9.30 on Wednesday nights on RTE 1 TV.

Operation Transformation is a TV series on RTE 1 encouraging the Irish public to get active and get healthy. Over the course of the show it gives the nation the tools they need to get moving, lose weight and feel great. It is however much more than a TV programme – it is an empowering movement with the ability to have a significant impact on the behaviours we need to change. The viewership for the last 3 weeks has been greater than 400,000 viewers per episode.

The leaders and themes are supported across the Healthy Ireland social media channels, in particular Facebook and also a series of helpful videos, similar to above. The Healthy Ireland team would be grateful if you would share this information across your social channels.

## 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 [hse.ie/covid19vaccine](https://www.hse.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at [www.hse.ie/covid19vaccinematerials](https://www.hse.ie/covid19vaccinematerials)
- Details on getting the COVID-19 vaccine is updated regularly [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](#)

## Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>. Clinical and professional guidance relating to COVID-19 is available on [www.hpsc.ie](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 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 on the Keep Well campaign.

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 for your continued support,

Covid-19 Health Communications Stakeholder Support

Kind regards, Fiona Mullen  
Executive Officer, Health and Wellbeing Programme  
An Roinn Sláinte  
Department of Health

## ► Citizens Information: Services During COVID-19



### Introduction

Local authorities have set up community supports to help people during [COVID-19](#).

A number of other initiatives have also been set up to help people who are affected by [measures to prevent the spread of the virus](#).

This lists the contact details for services you might need during COVID-19.

The Government has published [advice for people who are giving support \(pdf\)](#) to others during COVID-19.

You can also read about [supports for families during COVID-19](#).

### Community Call

The purpose of Community Call is to co-ordinate local services and make them easy to access for people who need them.

Local authorities have set up local **Community Response Forums** in each local authority area. You can get the contact details for the forum in your area in the list below. You can also call a national number, which is being managed by the charity Alone.

**The national number is 0818 222 024.** This number is available from 8am to 8pm, Monday to Sunday.

### What kind of help is available?

Call the national number, or your local authority's community response number if you need help with:

- Shopping for food, fuel and other essential household items
- Transport to medical appointments
- Delivery of hot meals through local meals on wheels services
- Collection of prescribed medicines

If you are not sure who you should call for your particular needs, the national helpline and the number listed below will be able to advise you.

- Wexford County Council-053 919 6000-[covidsupport@wexfordcoco.ie](mailto:covidsupport@wexfordcoco.ie)

## Services from An Post

An Post is providing extra services for older and more vulnerable people:

You can register with An Post to have a postman or postwoman call to your house during their delivery route. The postal worker can contact the [Alone helpline](#) on your behalf if you need help to access local services. You have to [register for this service](#).

If you have post that you want delivered, you can put a sign in your window that says I HAVE MAIL, and the postman or postwoman will collect it and send it for you free of charge.

An Post also has a newspaper delivery service. You can get your daily newspaper delivered for no extra charge. You can [register for this service](#) on the An Post website.

You can [send cards and letters for free](#) to and from Nursing and Care homes in Ireland through An Post until 31 January 2021.

You can get [more information from the An Post website](#)

## Local health services

If you are feeling unwell, you should phone your GP for advice. You should avoid going to the GP surgery.

If you have a scheduled hospital appointment (or any other medical appointment) during this time, phone your GP or specialist for advice on whether you should attend.

Your hospital may need to cancel or postpone some clinics and appointments. You should contact them by phone to confirm your appointments.

If you fall seriously ill, you should go to hospital. You can contact the [emergency services](#) for free on 999 or 112.

## Pharmacies

[Temporary laws](#) have been put in place to allow GPs to send prescriptions to pharmacies by email. This means that you may not need to go to your GP surgery if you need a prescription for medication.

If you have a prescription that needs to be renewed, your local pharmacy can do this for you in most cases.

If you cannot go to the pharmacy, you can contact the local community support number listed above. The Pharmaceutical Society of Ireland has issued [guidelines on the delivery of medicines](#) through voluntary and state bodies.



## Dental health

Dental practices have reopened for routine dental visits. They must continue to follow [safety guidelines](#).

You should continue to look after your oral health by maintaining a healthy diet and oral hygiene routine.

## Mental health services

You may feel mixed emotions during COVID-19. This is a challenging time, and feelings of stress, anxiety and worry are normal. Your mental health is just as important as your physical health, and it is important you look after it during this time.

If you need to talk to someone urgently, you can [call Samaritans at any time for free](#) on 116 123.

While you may not be able to see a counsellor face to face, you can access many mental health services online, over the phone and by text. These include:

### [Samaritans](#)

If you are in distress or struggling to cope:

- Free-phone 116 123 (any time, day or night)
- Email [jo@samaritans.ie](mailto:jo@samaritans.ie) (for a response within 24 hours)

### [Pieta House](#)

If you are suicidal or engaging in self-harm:

- Free-phone 1800 247 247 (any time, day or night)
- Text HELP to 51444 (standard rates apply)

### [Aware](#)

If you need support with your own mood or the mood of a friend or family member:

- Free-phone 1800 80 48 48 (from 10am to 10pm daily).
- Email [supportmail@aware.ie](mailto:supportmail@aware.ie) for a response within 24 hours.

### [50808](#)

You can chat with a crisis volunteer:

- Text HELLO to 50808 for free

The HSE has a [full list of online, phone and text mental health services](#).

You should try to keep in touch with friends and family through phone calls, video calls or texts with friends. Social media can also be useful for keeping in touch during the emergency period. However, if you feel as if social media is adding to your worries, consider taking a break from it.

### **Resources for exercising at home**

If you would like to do some exercise at home, there are many resources to help.

[Age & Opportunity](#) broadcasts a series of 15-minute seated exercise sessions for older adults online. You can watch the exercise sessions live on [Facebook](#) at 11am on Mondays, Wednesdays and Fridays. You can also watch previous sessions on [YouTube](#).

[Cara Centre](#) has also put together a series of 10-minute circuits that can be done at home or in your garden. The series includes adapted exercises for wheelchair users or people with reduced mobility. You can access these exercises every week.

[Triathlon Ireland](#) has shared a selection of at-home workout videos too. While you might not be able to swim, bike or run, the videos include at-home strength sessions and nutrition advice. You can watch the exercise sessions on [YouTube](#).

You can find more exercise resources on the [Sport Ireland](#) website.

### **Religious services**

The number of people who can attend a religious service depends on the level of restrictions at that location.

Levels 1 and 2 allow up to 50 people to attend a service including funerals. If the premises can safely hold more than 50, this may be permitted if protective measures are in place.

At Levels 3, 4 and 5, places of worship can remain open for private prayer, but religious services are online only.

At Levels 3 and 4, up to 25 can attend a funeral.

### **Religious services under Level 5**

Ireland is on [Level 5](#) until 5 March 2021.

Religious services will move online but places of worship can remain open for private prayer.

Up to 10 people can attend funerals.

You must continue to follow [safe distancing and good hygiene guidelines](#).

You can read more in [living with COVID-19](#).

## Christian denominations

You might not be able to attend mass or church services during COVID-19, but you can watch many church services online. You can find links to a variety of church services (as well as scheduled mass and service times), from the following websites:

- [churchservices.tv/country/Ireland](https://churchservices.tv/country/Ireland)
- [parishwebsites.ie](https://parishwebsites.ie)

Evangelical Alliance Ireland has an [online church service directory](#) of evangelical and non-denominational Christian churches.

If you do not have access to the internet, RTÉ News Now shows mass at 10am every weekday from St Eunan's and St Columba's Cathedral, Letterkenny, Co Donegal.

You can watch RTÉ News Now on:

- Saorview, channel 21
- Sky, channel 521
- Virgin Media, channel 200
- Eir, channel 517
- [RTÉ Player](#) or RTÉ News Now app

## Islam

The Islamic Cultural Centre of Ireland broadcasts [prayers live on its website](#). You can follow the Islamic Cultural Centre of Ireland on [Twitter](#) and [Facebook](#).

## Judaism

For advice on Judaism during the COVID-19 emergency period, you can phone the [Jewish Representative Council of Ireland](#) on (01) 546 1096. Alternatively, you can email them on [office@jewishireland.org](mailto:office@jewishireland.org).

## Household services and repairs

You must [wear a face covering](#) in shops and supermarkets.

## Supermarket deliveries

If you are 70 or older (or if you are particularly vulnerable to COVID-19), you should try to avoid going to the shops or shop during designated hours. You can have your groceries delivered to your home.

Some supermarkets allow you to shop for groceries online and have them delivered at a time that suits you. You should only use this service if you cannot go to the supermarket yourself. Delivery slots are limited and should be reserved for those who need them most.

You can read more about [shopping during COVID-19](#).

### **Hardware shop deliveries**

If you need supplies for DIY or home repairs, a number of hardware shops around the country offer home delivery. You can buy a range of items online and have them delivered.

Depending on the store, you may have to wait approximately 7-14 days for your order to arrive.

### **Utility services during COVID-19**

If you have an electrical or plumbing emergency, you can call a plumber or electrician. The Competition and Consumer Protection Commission has [advice on hiring tradespeople](#). For your safety (as well as their own), plumbers and electricians must meet all HSE and WHO hygiene standards. You should always use a Registered Electrical Contractor (REC) to carry out electrical work in your home and ask for a Completion Certificate after the work is done.

If you have an urgent question about your drinking water supply, you can phone [Irish Water](#) at any time on 1850 278 278.

If you smell gas, you should phone Gas Networks Ireland immediately (day or night) on 1850 20 50 50.

If you have a power cut, you should phone ESB Networks' 24-hour emergency line on 1850 372 999.

### **Volunteer to help**

If you want to volunteer in your local community, you can read [Government advice for volunteers](#). You can also [contact your local volunteer service](#).

[https://www.citizensinformation.ie/en/covid19/community\\_support\\_during ...](https://www.citizensinformation.ie/en/covid19/community_support_during_...)

## ► Support for Grieving in Exceptional Times : Irish Hospice Foundation



The Irish Hospice Foundation has launched a new free bereavement resource pack for anyone grieving in these difficult times. It includes resources for;

- Grieving in exceptional times
- Grief at work
- Children & grief (Helping children grieve during COVID-19 and Supporting teenagers to grieve during COVID-19)
- Funeral planning

The Resource Pack is available to download on the IHF website at :

<https://hospicefoundation.ie/wp-content/uploads/2021/02/Support-for-Grieving-in-Exceptional-Times.pdf>.

It is also available on the Resources page of Wexford CYPSC website at :

<http://www.wexfordcypsc.ie/resources>.