



Wexford CYPSC News and Resources Update

February 25th 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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► The COVID Word Campaign



Foróige and CYPSC Launch "The COVID Word" Online Campaign; A social media campaign created in collaboration with young people from South Dublin, Sligo and Leitrim and in a partnership between Foróige and Children and Young People's Services Committees (CYPSC).

No two Covid-19 lived experiences are the same; we all have to navigate in uncharted emotional terrain - without a compass. In this uncertainty, it helps simply knowing you're not alone.

There is immense power in peer community support - to cope through tough times, and make good times even brighter. While young people need our support, they also possess their own hopeful power and wisdom. As experts in their own lives this campaign uncovers and shares their thoughts and ideas.

Through youth voices, this campaign **by young people for young people** helps acknowledge and manage losses while recognising personal power to live well through current circumstances and boost individual and collective resilience in 2021.

The messages delivered through this campaign and the look and feel of the campaign were developed by Ireland's young people during workshops carried out by Foróige youth workers on behalf of Sligo Leitrim CYPSC and South Dublin CYPSC. The campaign will run for 5 weeks from 24th February to 24th March on TikTok, Twitter, Instagram and Facebook.

We invite all to share, like and re-share the campaign and spread the message of youthful resilience. [CLICK HERE FOR THE CAMPAIGN PACK](#).

More information on local supports can be found via your [County CYPSC](#)

► "Bridge Back to School"– Autism Friendly Learning Resource 2021



Bridge Back to School Resource Available in all 223 SuperValu stores from 19th February

SuperValu and AsIAm in collaboration with Mary Immaculate College are delighted to announce the return of the ***Bridge Back to School*** learning resource. Covid-19 continues to pose challenges for every household in Ireland and since the ongoing school closures, for many people the loss of structure and routine has been particularly tough. This resource was first launched in July 2020 and helped thousands of families prepare for the return to education after an extended break. Special schools opened this month at half capacity and from next Monday special classes will open again, the resource will help students, teachers, SNAs and parents as they support their children as they go back to school now or later this year. From the 19th February the resource will be available in every SuperValu to support families in re-establishing routines that may have been disrupted with the closure of schools and prepare them for a return to school when the time comes.

A booklet will be sent to every primary school in the country and 10,000 of the resource booklets will be distributed to SuperValu stores nationwide and available to pick up from Friday 19th February in all SuperValu stores at identifiable points. The resource can also be downloaded from the [SuperValu Website](#). AsIAM worked in collaboration with Professor Emer Ring and colleagues with experience in early learning and care, primary, post-primary and school contexts to develop the resource. Professor Ring has extensive experience in education including working with the Department of Education and Skills, as a primary mainstream class teacher and as learning support & resource teacher.

The Resource can be downloaded [here](#) .

► AslAm : National Autism Charity



AslAm Is Ireland's National Autism Charity. We are working to create a society in which every autistic person is empowered to reach their own personal potential and fully participate in society. We believe that by developing the capacity of the autism community and addressing the societal barriers to inclusion we can make Ireland the world's most autism-friendly country.

For more information on autism and related conditions and for advice and guidance see <https://asiam.ie/>.



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



Parenting Today 2021: Strategies and supports for Children with Additional Needs in Early Years

This talk is scheduled to arrive online on all Wexford County Council Public Library Service Facebook pages and Wexford Libraries YouTube channel **on Thursday 25th February at 8.00pm. It will be available to view at any time after this date.**

Presented by: Olive Buckeridge, Down Syndrome Ireland, Early Years Specialist

Olive works with the Down Syndrome Ireland Members Support Team as their Early Years Specialist. She is an experienced speech and language therapist with a particular interest in early year's development. Olive provides advice and support to parents about early development, early intervention services and early childhood care and education. She has experience in Feeding, Eating, Drinking and Swallowing (FEDS) disorders, Lámh and Assistive Technology.

This presentation will focus on factors that can inhibit learning:

- Auditory processing/memory and short term memory difficulties: learning from listening can be difficult
- Motor skills delays (gross / fine motor)
- Shorter concentration span
- Medical/Sleep/Behavioural Issues
- Sensory sensitivities
- Hearing and vision
- Speech and language delays/difficulties
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Olive will discuss strategies to support development and learning using:

- Visuals
- Signing
- Behavioural supports
- Sensory supports

Background: Wexford County Council Public Library Service works in partnership with CYPSC (Children & Young People's Services Committee) each year to deliver Parenting Today, an annual programme of free talks for parents and carers throughout Wexford County.



ONLINE COURSES / WEBINARS

► Mindfulness Online – Taghmon FRC



TAGHMON FAMILY
RESOURCE CENTRE LTD.

HELPING PEOPLE TO HELP THEMSELVES

6 Weeks of Mindfulness- Coping daily with Covid 19

Starting Tuesday March 2nd| 2021 @10.30am

Since Corona 19 Virus started spreading around the world, many of us have found ourselves living life under lockdown.

With more time spent at home and alone there has never been a better time to start practicing mindfulness.

Join Linda Shalloe Mindfulness Meditation teacher & learn how channel you inner “Zen”, learning how you can set your mind on a path to calmness and happiness. This 6 week guided course could put you on the right path to enjoy a stress-free lockdown and some serenity during these strange times.

This is a free online course on zoom. To book a place please contact Taghmon Family Resource Centre: info@taghmonfrc.ie 089 2656920, 089 4449925 or 053 9134465.

About the speaker; Linda Shalloe, Complementary Therapist, RC Dip., Dip. Hyp., Based in County Wexford Linda has been a practicing Complementary Therapist for over 15 years and is Co-author of Mindfulness for Challenging times.

Supported by:



The Community Mental Health Fund supported by the Department of Health

► Trauma Workshops for Frontline Workers



Trauma Workshop For Frontline Workers

Trauma is a word that is often used in our society. This workshop will explore the different meanings of the word “trauma” such as post traumatic stress, childhood trauma, complex trauma and simple trauma.

It will help participants to understand the possible influences that trauma may have had in the lives of their clients, patients, students and colleagues. These influences may range from addiction to psychosis to personality difficulties and more. Participants will learn how to better understand and respond to their clients.

Through interaction and discussion, participants may come to understand some of their own trauma and how it affects their interactions, not only with their clients or patients but also with their peers and general society.

While there will be plenty of opportunity for discussion and sharing, there is no expectation for anyone to share anything that may cause distress.

Workshop Dates;

- Friday February 26th (some places still available).
- Friday March 12th

Training will take place over Zoom

For more information or to register for this training, contact atholhenwick@gmail.com.

A Certificate of Attendance will be provided for participants. Places will be allocated per organisation to ensure that there is a diverse range of participants.

Presenters are Athol Henwick and John Mc Loughlin.



*The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs**

► **MyMind webinar dealing with close personal relationships - Thursday Feb 25 at 11am**



Colleague,

I just wanted to let you know that MyMind's next webinar is on this Thursday at 11am. As always it's a free public event and people will need MS Teams to access the event.

This week we are dealing with the topic of 'Taking Care of Close Personal Relationships during the Pandemic'. Details are below and it would be great if you could share this information with your networks.

Date: Thu 25 February 2021, 11:00 - 12:00 GMT

There will be a Q&A session at the end of the presentation.

This is a free public event.

Participants will need MS Teams to access this event.

Presented by: Karolina Jurasik, MyMind therapist

Date: Thu. 25 February 2021 11:00 – 12:00 GMT

Please register here: [Eventbrite tickets](#)

I attach an image in case it's of use to you. Any support you can give this event is much appreciated.

Kind regards,

Gráinne O'Rourke

Head of Communications

► An Cosán host online Open Day Information Sessions for Women's Education Programme



An Cosán's mission is to empower through education – we do that by providing people of all ages with pathways to learning, leadership and enterprise. An Cosán offers a variety of programmes in early years education and care, parenting, addiction studies, community development, leadership and social enterprise from Access Level to Further Education right through to Higher Education. Our Virtual Community Education programmes now bring our ethos beyond Jobstown to locations across the country.

An Cosán host online information sessions for adult learners who would like to explore their options to return to education and find out more about our programmes. Details below.

An Cosán Women's Education Programme online Open Day Information Sessions: An Cosán will host online information sessions relating this programme on the following dates. Our Women's Education Programme is a Business Administration with Digital Skills for Work QQI Level 5 qualification.

We know the challenges women face when returning to work and education so our Women's Education Programme is created to equip you with the skills you need!

An Cosán are currently accepting applications for the above **fully funded programme** which will commence Early March 2021.

Online Information Sessions: To find out more and ask questions from the team, An Cosán will host online information sessions on the following dates: Tuesday 16th February, Tuesday 23rd February and Tuesday 2nd March at 11am. Register to attend on this link: <http://bit.ly/AnCosanWEP>
Click links to Share on Social Media: [Twitter](#) | [Facebook](#) | [LinkedIn](#)

For further information, please do not hesitate to contact our team on: **Tel:** 01 - 462 8488 | **Email:** info@ancosan.ie | **Visit our website:** www.ancosan.ie
Or contact Bess McBride, Programme Coordinator directly on email b.mcbride@ancosan.ie

See *An Cosán Womens Education Programme 2021 Poster + Mná na hÉireann information leaflet* attached below.

In addition, An Cosán continue to host General online Open Day Information Sessions every Friday at 11am. Register to attend on this link: <http://bit.ly/AnCosanOpenDays2021>
Share on Twitter: https://twitter.com/an_cosan/status/1359505353122152456

COVID-19

► Covid Stakeholder Communication



Dear Colleague,

Thank you for your ongoing support in helping to share information. Below are a few communications updates.

Public Health Measures

Ireland is at level 5 restrictions.

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

We ask everyone, for the protection of our friends, family and the frontline, to please stay at home.

Ireland Reads – National Reading Day

Ireland Reads is a new campaign to get Ireland reading during this month in the lead up to a national day of reading on Thursday, February 25th.

Irish libraries have teamed up with publishers, booksellers, authors and others for the campaign, which is part of the Healthy Ireland 'Keep Well' initiative, funded by Sláintecare.

It aims to celebrate reading and all the benefits it can have for wellbeing and enjoyment. The campaign is asking everyone to take the opportunity to 'squeeze in a read'

Details on website www.irelandreads.ie has been set up where people can pledge to read on the day and see how much time has been pledged by the Irish public so far.

So perhaps take a little time, join in and 'Squeeze in a Read', be it a book, a paper, a comic, a poem....

Follow on #Ireland Reads #Squeeze in a Read. Campaign resources available at <https://www.irelandreads.ie/#resources>

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, and more than 280,000 vaccines have been administered. This week we saw the vaccination programme go firmly out into the community, with people aged 85 and over beginning to be invited for their vaccines by GPs. When this group is complete, we'll move on to the next age-group, people aged 80 and over.

COVID-19 Vaccine Deaf and Hard of Hearing Communications Resources

Irish Sign Language (ISL) videos explaining important information about the COVID-19 vaccine [are available here](#).

Interim Guidance on COVID-19 Outbreaks in Meat Factories in Ireland

You can [find the guidance here](#).

COVID-19 Guidance for Health and Social Care Workers who visit homes to deliver healthcare

You can [find the guidance here](#).

General guide on the management of COVID-19 outbreaks in the workplace

You can [find the guidance here](#).

Public Health Advice for Construction Sector: key points for construction industry in responding to a case of COVID-19

You can [find the guidance here](#).

COVID-19 Guidance for Healthcare Staff in Disability Services

You can [access information from this webinar here](#).

Current recommendations for the use of Personal Protective Equipment (PPE) in the management of suspected or confirmed COVID-19

You can [find the current recommendations 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 [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

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 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.

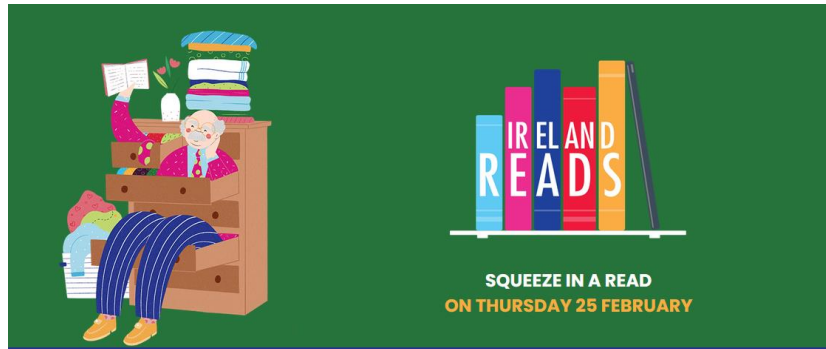
You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

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](#).

Regards, Covid Stakeholder Communications - Department of Health

► Ireland Reads Campaign



On Thursday 25 February we're inviting people of all ages to get reading.

Why? Because taking some time for yourself to relax and do the things you enjoy (like reading) is important to help look after your mental wellbeing.

Take the pledge below and see how many minutes people all over Ireland will be squeezing in to read on Thursday 25 February.

Ireland Reads is a public libraries initiative, in partnership with publishers, booksellers, authors and others under the Government's ['Keep Well' campaign](#).

The Ireland Reads website www.irelandreads.ie is there to help. It can offer reading inspiration to people – simply enter the type of book you like best, how long you have available to read every day and the website will suggest the perfect book and tell you how long it will take to read it.

Please help us to spread the word about Ireland Reads by;

Follow on #Ireland Reads #Squeeze in a Read. Campaign resources available at <https://www.irelandreads.ie/#resources>