

Wexford CYPSC News and Resources Update

January 14th 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
<https://www.facebook.com/wexfordparentshub/>.

Contents;

Online Courses / Resources

Pg.3 : An Introduction to Restorative Practices – Online Training Course open for applications.

Pg.4 : Free Online Stress Control Classes

Pg.6 : Recovery College South East – Online workshops

Pg.14 : Irish Hospice Foundation – Online workshops on bereavement and loss

Pg.15 : Introduction to Traveller Health eLearning Programme

Parenting Supports

Pg.16 : “Superhero Superpowers: learn skills to help children recognise and manage their feelings of anger, sadness and worry” : “Parenting Today” online talk 21st January 2021

Pg.17 : Barnardos: Online Safety Webinars for Parents

Grants

Pg.18 : Irish Hospice Foundation announces new grant scheme to support creativity in the community during COVID-19

Pg.19 : HSE National Office for Suicide Prevention: Research Grant Scheme

Health & Wellbeing

Pg. 20 : A new year begins.... message from HSE Health and Wellbeing.

Pg. 23 : The Discover/Recover Theatre Project: A Social Impact Study Launch

Other

Pg. 24 : COVID Stakeholders Communications : Partner Pack Update

Pg.27 : Children’s Rights Alliance – call for new members

ONLINE COURSES / RESOURCES

► **An Introduction to Restorative Practices – Online Training Course open for applications.**



Dear Colleague,

On behalf of Wexford Restorative Practices Partnership (www.WRPP.ie) I have pleasure in inviting you to apply for a new training course “An Introduction to Restorative Practices” which is an eLearning course delivered completely online. The format of the course means that it can be completed at your own pace with no need to attend webinars etc. The course is being provided free to 200 participants from across County Wexford and as demand is expected to be very high, I would suggest you return the attached application form ASAP direct to the Wexford Restorative Practices Partnership office, details on the form attached.

Please see attached form.

► Free Online Stress Control classes



HSE Health and Wellbeing are offering a free Stress Control programme, beginning on 11 January 2021. Stress Control is an evidence-based programme that teaches you practical skills to deal with stress.

The programme helps participants recognise the signs of stress. It covers topics including how stress affects our bodies and our thoughts. It teaches skills to overcome panicky feelings and tips to getting a good night's sleep. This is a free programme and to participate simply visit www.stresscontrol.ie to register.

Dr Jim White will live-stream the classes, free-of-charge, starting on Monday 11 January 2021. You can watch the sessions either in the afternoon or evening.

Also available on stresscontrol.ie are resources such as information Booklets on each of the Stress Control sessions and Relaxation Mindfulness techniques.

How to Participate

This is a free programme and to participate simply visit www.stresscontrol.ie to register.

Dates

The six sessions are 90 minutes a session and will cover different topics. Participants are encouraged to watch all sessions, but participants can join at any stage for one or more sessions.

1. **Session 1** Mon 11th Jan, 9am until Wed 13th Jan 11pm
2. **Session 2** Thurs 14th Jan, 9am until Sun 17th Jan, 11pm
3. **Session 3** Mon 18th Jan, 9am until Wed 20th Jan, 11pm
4. **Session 4** Thurs 21st Jan, 9am until 11pm Sun 24th Jan, 11pm
5. **Session 5** Mon 25th Jan, 9am until Wed 27th, 11pm
6. **Session 6** Thurs 28th Jan, 9am until Sun 31st, 11pm

► **Recovery College South East – Online Recovery Education Programme**

You are invited to join us in our new Online Recovery Education Programme. It is free and will help us all feel connected and supported during these times of uncertainty.

Follow the simple steps below to connect to our online interactive workshops.

(For more detailed information on the workshops, please go to the Workshop Section of our Website – www.recoverycollegesoutheast.com)

1. Complete the attached enrolment form and email it to the Recovery College South East at recoverycollegesoutheast@gmail.com or forward it to us by post.
Alternatively
2. Phone us on 086 1746330 to enrol
3. Download the free ZOOM app on your mobile phone or/and your laptop.

Note : Workshops for January 2021 are outlined below. **Please see attached document for details of all workshops from January – June 2021. The attached document also contains an enrolment form and workshop descriptors.**

January 2021		
Workshop	Date	Time
Introduction to the Recovery College South East	Tuesday 12 th January	10am – 11am 2pm – 3pm 7.30pm – 8.30pm
Introduction to the Recovery College South East	Wednesday 13 th January	10am – 11am 2pm – 3pm 7.30pm – 8.30pm
Creative Writing	Wednesday 13 th January and every Wednesday thereafter.	3pm – 4pm
Introduction to the Recovery College South East	Thursday 14 th January	10am – 11am 2pm – 3pm 7.30pm – 8.30pm
Understanding and Managing Anxiety (4 week workshop)	Monday 18 th , 25 th January, Monday 1 st and 8 th February	11am – 1pm
Managing Emotions (12 week workshop) <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i>	Tuesday 19 th , 26 th January, Tuesday 2 nd , 9 th , 16 th , 23 rd February Tuesday 2 nd , 9 th , 16 th , 23 rd and 30 th March Tuesday 13 th April	11am – 1pm
Understanding and Living with Addictions (6 week workshop) <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i>	Tuesday 19 th , 26 th January and Tuesday 2 nd , 9 th , 16 th and 23 rd February	11am – 1.00pm

Music for Mood	Tuesday 19 th January	2pm – 4pm
Wellness Action Plan for Families	Wednesday 20 th , 27 th January and Wednesday 3 rd and 10 th February	10am – 12pm
January 2021		
Mindfulness (4 week workshop)	Wednesday 20 th , 27 th , January Wednesday 3 rd and 10 th February	11am – 12pm
Introduction to Recovery	Wednesday 20 th January	2pm – 4.00pm
Getting a good night's Sleep (Evening Workshop)	Monday 25 th January	7pm – 9.00pm
Music for Wellbeing	Wednesday 27 th January, 3 rd , 10 th and 17 th February	11am – 12.30 pm
Lunchtime Wellbeing	Wednesday 27 th January	1pm – 1.45pm
Discovering Hope	Wednesday 27 th January	2pm – 4pm

Understanding and Managing Anxiety (4 week workshop)

Venue: ZOOM

Dates: Monday 18th, 25th January and Monday 1st and 8th February

Times: 11am – 1pm

Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. Anxiety can change from something everyone experiences in mild forms, to something which is persistent, excessive or over-whelming. It can begin to interfere with many aspects of your life – from confidence, to physical wellbeing and engagement in basic or complex activities of living.

The aim of this 4-part workshop is:

- to explore the facts and origins of anxiety,
- explore the causes and symptoms associated with anxiety
- look at and how anxiety affects people in different ways –
- Explore practical and effective ways of managing and living with anxiety
-

Managing Emotions (12 week workshop)

Venue: ZOOM

Dates: Tuesday 19th and 26th February, Tuesday 2nd, 9th, 16th, 23rd February, Tuesday 2nd, 9th, 16th, 23rd and 30th March and Tuesday 13th April

Times: 11am – 1pm

Dialectical Behaviour Therapy (DBT) is extraordinarily effective in helping people manage overwhelming emotions. This type of Behaviour Therapy strengthens a person's ability to handle distress without losing control or acting destructively through teaching a number of important skills. So, what are these skills and how will they help you? This course will teach 4 critically important skills that can both reduce the size of emotional waves, and help you keep your balance when these emotions overwhelm you. The 4 skills are;

1. **Distress Tolerance Skills** will help you cope better with painful events by building up your resiliency and giving you new ways to soften the effects of upsetting circumstances.
2. **Mindfulness Skills** will help you experience more fully the present moment while focusing less on painful experiences from the past or frightening possibilities in the future. Mindfulness will also give you tools to overcome habitual, negative judgements about yourself and others.
3. **Emotional Regulation Skills** will help you to recognize more clearly what you feel and then to observe such emotions without getting overwhelmed by them. The goal is to modulate your feelings without behaving in reactive, destructive ways.
4. **Interpersonal Effectiveness Skills** will give you tools to express your beliefs and needs, set limits, and negotiate solutions to problems - all the while protecting and treating others with respect.

At the end of the course by 'putting it all together' you will learn how to integrate all of these skills, in order to make them a regular part of your life. The hard part will be making the commitment to do the exercises and put your new skills into practice. Nothing will change by just listening and reading unless you implement - behaviorally - the new techniques and strategies that you will learn. That is why there will be in between session practice suggestions.

Understanding and Living with Addictions (6 week workshop)

Venue: ZOOM

Date: Tuesday 19th, 26th January and Tuesday 2nd, 9th, 16th and 23rd February

Time: 11am – 1pm

People often experience problems with both mental health and addictions, and finding the right help and support can be difficult.

The aim of this series of 6 part workshop is to:

- Explore the many different aspects of this complex social issue.
- Examine the relationship between mental health challenges and addictions
- Identify commonly misused substances and the effects they can have on mental health, physical health and the person's social circumstances
- Explore people's reasons for the repeated misuse of substances
- Discuss the role of the family in the recovery process
- Support you in making informed choices on the recovery journey
- Identify the role of community supports in the recovery process

Music for Mood (Afternoon workshop)

Venue: ZOOM

Dates: Tuesday 19th January

Times: 2pm – 4pm

Do you listen to music? Has it ever uplifted your mood? How does music influence or affect our mental health?

The aim of this workshop is:

- To explore how music can motivate and sooth us and how we can use music as a wellness tool in our everyday lives.
- To have fun

Wellness Action Plan for Families (4 week workshop)

Venue: ZOOM

Date: Wednesday 20th, 27th January and Wednesday 3rd and 10th February

Times: 10am – 12.00pm

Wellness Action plan helps each member to contribute to plans that the family will use to improve day to day interactions, meet daily challenges and promote mutual co-operation in order to help make your family life what you want it to be.

The aim of this 4-week online workshop is:

- Looking at Wellness Tools
- To explore what would best support you and those around you during a crisis and a plan to move past this and to look after your wellness in your own way

Mindfulness (4 week workshop)

Venue: ZOOM

Dates: Wednesday 20th, 27th January and Wednesday 3rd and 10th February

Times: 11am – 12pm

Mindfulness is about focusing on how things actually are in a given moment, not on what might have happened in the past, or how we might want things to be in the future.

With mindfulness we can learn to think in a way that helps us to be at peace with our thoughts and emotions.

The aim of this workshop is:

- To introduce Mindfulness and explore what it is.
- To demonstrate short mindful practical meditations that can be used in ever day life for self-care and personal wellness.

Introduction to Recovery (Afternoon workshop)

Venue: ZOOM

Dates: Wednesday 20th January

Times: 2pm – 4pm

Have you heard the term “Recovery” and wondered what it means? This workshop will introduce you to the concept of recovery as it applies to mental health and addiction challenges.

The aim of this workshop is to:

- Increase your knowledge of what the term recovery means and its origins,
- Hear personal experiences of recovery,
- Explore the common themes in recovery and more,
- Understand that recovery is possible.

Getting a good night's Sleep (Evening workshop)

Venue: ZOOM

Dates: Monday 25th January

Times: 7pm – 9pm

Do you have difficulty getting off to sleep at night? Wake up early in the morning? Spend the night tossing and turning? Getting a good night's sleep and developing a good sleep routine is important for your wellbeing and recovery.

This aim of this workshop is to:

- Explore the different stages of sleep
- Discover the common causes of sleep problems
- Identify techniques to develop better sleeping habits.

Music for Wellbeing (4 week workshop)

Venue: ZOOM

Dates: Wednesday 27th January, Wednesday 3rd, 10th and 17th February

Times: 11am – 1pm

Music is one thing that is loved and celebrated across the world. We all have our favourite song and we can all be moved by music. Music can reflect how we feel and how we are in the world on any given day.

This 4-part series of workshops will explore music from the perspective of wellbeing. It will look at the positive effect music can have on us and how it can be a useful resource for overcoming mental health challenges.

Lunchtime Wellbeing

Venue: ZOOM

Dates: Wednesday 27th January

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

Discovering Hope

Venue: ZOOM

Dates: Wednesday 27th January

Times: 2pm – 4pm

Hope is one of the key components of CHIME and to be hopeful can be a very helpful factor in overcoming life's challenges and making the most of life. Having hope can also help us to support others when their hope may be low.

The aim of this workshop is :

- To discuss what hope is and why it is important in life
- To explore ways of how to cultivate hope

Mary Doran

Recovery College South East

Regards

Mary Doran

Administrator

Recovery College South East

086 1746330

www.recoverycollegesoutheast.com

► 2021 Online Workshops on Loss and Bereavement



We are now accepting bookings for the 2021 series of Workshops on Loss and Bereavement which will be delivered online via Zoom from January - June. Details and booking process can be found on the following link <https://hospicefoundation.ie/education-training/bereavement-training/workshops/>

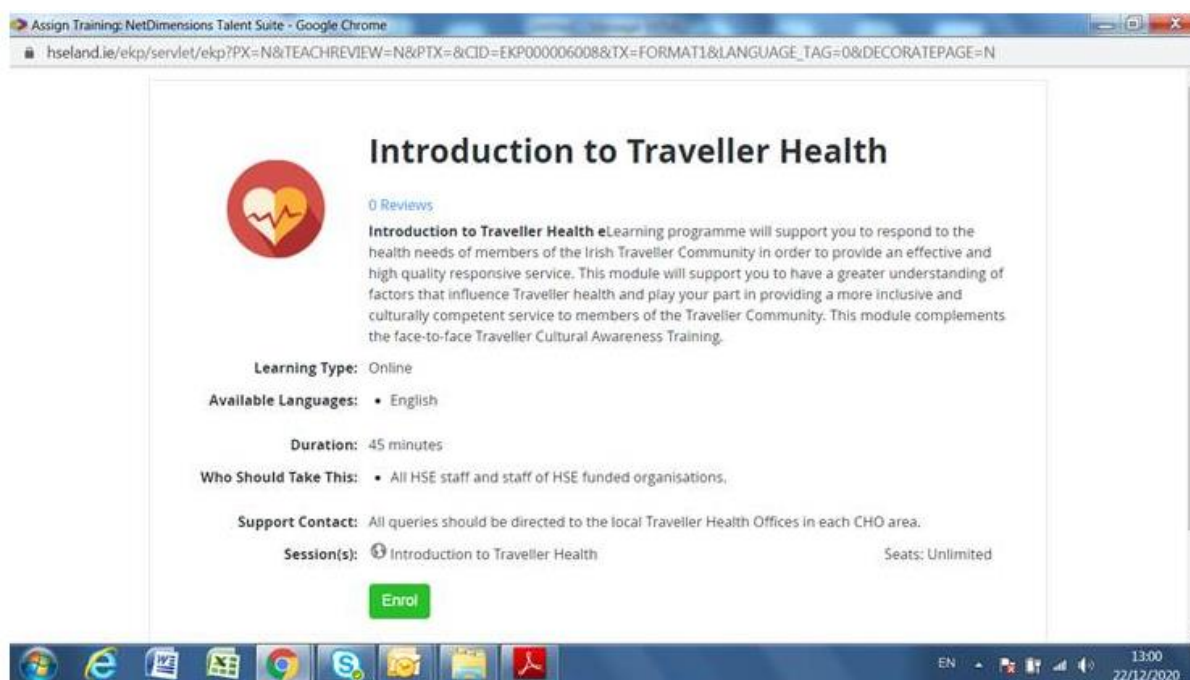
This is a series of introductory workshops. They are targeted at professionals and volunteers who may wish to learn more about loss and bereavement and for those working with people who have experienced a major loss.

Please note bookings and payment for the workshops can only be made by using the following link to Eventbrite <https://www.eventbrite.ie/o/irish-hospice-foundation-31883804183>

For queries please contact: Iris Murray, Administrator, Irish Hospice Foundation
Email: iris.murray@hospicefoundation.ie

► Introduction to Traveller Health eLearning Programme

The “*Introduction to Traveller Health Programme*” is now available on hseland.ie. The programme is 45 minutes long and complements the face-to-face Traveller Cultural Awareness Training which is currently under review and will be available in due course.



The screenshot shows a web browser window with the title 'Assign Trainings: NetDimensions Talent Suite - Google Chrome'. The address bar displays the URL: hseland.ie/ekp/servlet/ekp?PX=N&TEACHREVIEW=N&PTX=8&CID=EKP000006008&TX=FORMAT1&LANGUAGE_TAG=0&DECORATEPAGE=N.

The main content area features a red circular icon with a white heart and a pulse line. To the right of the icon, the title 'Introduction to Traveller Health' is displayed in a large, bold, black font. Below the title, there is a link for '0 Reviews'.

The description text reads: 'Introduction to Traveller Health eLearning programme will support you to respond to the health needs of members of the Irish Traveller Community in order to provide an effective and high quality responsive service. This module will support you to have a greater understanding of factors that influence Traveller health and play your part in providing a more inclusive and culturally competent service to members of the Traveller Community. This module complements the face-to-face Traveller Cultural Awareness Training.'

Below the description, the following details are listed:

- Learning Type:** Online
- Available Languages:** • English
- Duration:** 45 minutes
- Who Should Take This:** • All HSE staff and staff of HSE funded organisations.
- Support Contact:** All queries should be directed to the local Traveller Health Offices in each CHO area.
- Session(s):** Introduction to Traveller Health
- Seats:** Unlimited

A green 'Enrol' button is located at the bottom of the main content area.

The Windows taskbar at the bottom of the screen shows various application icons, including the Start button, File Explorer, Edge, Word, Excel, Chrome, and others. The system tray on the right indicates the time as 13:00 on 22/12/2020.

PARENTING SUPPORTS

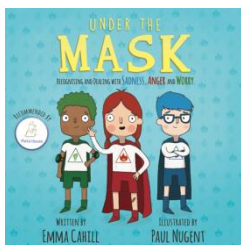
Parenting Today 2021:



Superhero Superpowers: learn skills to help children recognise and manage their feelings of anger, sadness and worry.

Presented by: Emma Cahill

Available: from Thursday 21st January at 8.00pm on Wexford Library YouTube channel and on all Wexford Library Facebook pages



Emma is the author of 'Under the Mask', a book for children (approx. 6-10 years) about three superheroes who guide children to recognise and manage their emotions.

'Inside Feelings' and associated activity pages are available to download for FREE at <http://www.emmacahill.ie/inside-feelings/> together with a video of Emma reading the story.

The book will be the basis for the talk. Join Emma and learn how Blaze, Crash and Rustle can teach your children to activate their superpowers (coping mechanisms) to help deal with their feelings in a safe way.

Questions are welcomed in advance of the talk and will be answered as part of the recording.

'Under the Mask' has been recommended by the clinical team at Pieta House, members of Child and Adolescent Mental Health Services (CAMHS), child psychologists, and the INTO. Emma is also a primary school teacher who has taught children in countries across Europe, Asia and South America.

How does it work? The talk is scheduled to arrive online on all Wexford County Council Public Library Service Facebook pages and Wexford Libraries YouTube channel on **Thursday 21st January at 8.00pm.**

Send your questions for Emma to libraryhq@wexfordcoco.ie. Complete privacy is assured. **Questions must be submitted by 5.00pm on Friday 15th Jan.**

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.



Comhairle Contae
Loch Garman
Wexford
County Council



► Barnardos: Online Safety Webinars for Parents



Barnardos Online Safety Programme are running a series of free webinars for parents on online safety in January - February 2021.

The objective of Barnardos Online Safety Programme, is that parents leave these webinars feeling empowered; they will have an awareness of the risks online for children and practical tips that will help them keep their children safe and resilient online.

After completing this webinar on online safety, parents will be able to:

- outline the key risks for children being online
- implement practical solutions and tips to help their children stay safe online
- reflect on how they might help their children if they were cyberbullied or cyberbullying
- identify helpful websites and signpost them to others

Register

Choose your date/time below and book your place through Zoom.

Once you book your place, Barnardos Online Safety team will email you a link to the webinar.

Each Webinar lasts 45 minutes.

- Tuesday, **19th January** 2021, **7.30pm** - [register](#)
- Wednesday, **3rd February** 2021, **1pm** - [register](#)
- Tuesday, **9th February** 2021, **7pm** - [register](#)
- Wednesday, **24th February** 2021, **7pm** - [register](#)

More information

Contact our Online Safety Programme team via email: onlinesafety@barnardos.ie

GRANTS & FUNDING

► Irish Hospice Foundation announces new grant scheme to support creativity in the community during COVID-19



Good afternoon from Irish Hospice Foundation,

Today, we announced our new IHF Seed Grant Scheme to inspire and support creative responses to the themes of dying, death and bereavement during the COVID-19 pandemic.

Covid-related grief and loss have had a significant effect on all ages, all counties and all sectors leaving many of us confused and distressed. In partnership with the Creative Ireland programme, the aim of IHF Seed Grants is to support groups, organisations and individuals in exploring creative initiatives and approaches to reflect and remember.

This may take the form of starting new local art projects, or to support existing projects gain momentum - this may involve artists, crafts people or coders or may be a group or individual who has a good idea.

Awards are in the region of €500 - €1,000 per project and IHF hopes to offer between 10 and 15 awards. Seed Grants are intended to support the work of those involved in the community, therefore a key requirement for the receipt of a grant is that the level of funding must be matched by the community group, organisation or individual either in cash or in kind.

For more details and how to apply visit hospicefoundation.ie

Deadline for applications is Friday 29 January 2021, 5pm.

We would be very grateful if you could share this with your networks and on your social, if possible.

If you have any further queries, please contact our Arts & Cultural Engagement Officer, Dominic Campbell, dominic.campbell@hospicefoundation.ie

Kind regards,

Rebecca Kelly Communications Officer

086 073 0434 / 01 6793188 rebecca.kelly@hospicefoundation.ie

► HSE National Office for Suicide Prevention: Research Grant Scheme



The HSE [National Office for Suicide Prevention](#) (NOSP) has introduced its first grant scheme for collaborative research projects on priority groups in Ireland.

The purpose of the scheme is to;

- further our understanding of the groups that are at increased risk for self-harm and suicide and
- promote and support collaborative research projects between researchers and services working in the area of suicide prevention in Ireland.

Applicants will be asked to select one of the Connecting for Life priority groups listed in the [information document](#) and to submit a research proposal for this group. Applications are invited from suitably qualified researchers (applied and academic) and service organisations working in the area of suicide prevention. Single applicants are welcome but collaborative applications between researchers and service organisations will be preferred as part of this call.

Applications are open between **1st December 2020** and **29th January 2021**.

- Read the full information on Grant Scheme for Collaborative Research Projects [here](#).
- Download the Application Form for the Grant Scheme for Collaborative Research Projects [here](#).
- Queries related to applications or the terms and conditions of scheme should be made to Sarah Rochford (NOSP Research Officer) at sarah.rochford@hse.ie.

HEALTH & WELLBEING

► A new year begins.... message from HSE Health and Wellbeing.

Dear Colleagues,

As we begin a new year I am very aware that it wasn't the start to 2021 that any of us foreseen and that we are currently in the midst of a very difficult period as regards Covid-19. I am hopeful that brighter days line ahead for all of us and I know that now, more than ever, we need to prioritise our mental and physical health by staying active and supporting each other... Even if it is from a distance.

One of the challenges that come around each new year for many of us is to undertake and adopt new lifestyles and behaviours. The new year gives us the opportunity to try again, to review old habits and to undertake new lifestyles, new challenges and new behaviours. As part of supporting you to undertake these new behaviours Health and Wellbeing have a number of Health and Wellbeing initiatives which I would like to highlight and bring to your attention.



Operation Transformation commenced yesterday on January 6th. This is a great opportunity for you, family, friends and colleagues to follow the weekly operational transformation programme (pick your national leader, follow their healthy eating plan as well as their exercise plan). Operation transformation is an 8 week show and encourages all to get active and get healthy over the course of 8 weeks giving all the tools they need to get moving, lose weight and feel great.



Ireland lights up and Get Ireland Walking App

Ireland Lights up begins in January in partnership with the GAA and Operation Transformation. This year other sporting organisation will join the GAA to ensure that 'Ireland Lights up' by turning on their floodlights during the 8 week broadcast of Operation Transformation 2021. The new App will allow you to book your space to walk safely at a local registered club or venue.



Mental Health promotion and Stress control

Minding Your Wellbeing video series are available here: [Minding Your Wellbeing Videos](#) gives practical steps about how we can promote our mental health. Stress control programme is also available online www.stresscontrol.ie starting on January 11th, please encourage staff, colleagues, family and friends to sign up for this free online course.



Quit Smoking and free stop smoking medications to help HSE staff to quit

Quitting smoking is hard, and it's even harder to do it alone. Smoking is often associated with and reinforced by routine activities, people and situations – for example at the end of a meal, socialising with friends or drinking caffeine or alcohol. There are the physical cravings for nicotine, the psychological dependence and the emotional dependence, which all need to be worked on when quitting.

There are supports there to help you to quit. The HSE QUIT service provides personalised, free support by phone, in-person, by email, SMS and live chat that will double your chances of making a successful quit attempt .

- Free call QUIT on **1800 201 203**, or
- visit [Quit.ie](https://quit.ie) for stop smoking tools, a free Quit Kit or to create a quit plan
- get peer-to-peer support on the [QUIT Facebook Page](#) , or on
- [Twitter](#) @HSEQuitTeam #QuitandWin #TheLastStop

[Read our five top tips for quitting smoking](#)

Kind Regards,

Joan

Joan Ita Murphy

Health Promotion & Improvement Health & Wellbeing Manager

South East Community Healthcare.

► **The Discover/Recover Theatre Project: A Social Impact Study Launch**

Mental Health Ireland in conjunction with Wexford Mental Health Association invite you to the Webinar Launch of:

The Discover/Recover Theatre Project: A Social Impact Study

(An independent evaluation carried out by Just Economics in 2019)

Tuesday, 19th January 2021 at 11:00am

With Special Guest Minister for Mental Health and Older People Mary Butler T.D.

Please follow the Eventbrite link to register your attendance for the Webinar: <https://launch-discoverrecover.eventbrite.ie>

The Discover/Recover Theatre Project is a preventative mental health intervention that seeks to increase mental health literacy and reduce stigma through education and awareness-raising.

This Webinar will share the positive findings demonstrated in the evaluation; generate discussion from key stakeholders from Arts, Health and Education and explore sustainability for this essential mental health promotion project which has been proven to be a safe and effective medium of reaching young people.

A Zoom link will be sent to all attendees before the launch begins.

Please feel free to circulate this invitation to colleagues who may be interested in attending.

Carmen Bryce,

Communications and Fundraising Manager



► COVID Stakeholders Communications : Partner Pack Update

Dear Colleague,

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

Public Health Measures

New Level 5 restrictions have come into place.

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

We are experiencing an unprecedented surge in COVID-19 cases in Ireland. Right now, we all need to stay at home and act as if we have COVID-19.

Infection Prevention and Control Guidance for Residential Care Facilities Webinar

Friday, 15th January (12-1pm)

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

For telephone access, please use the following:

Telephone: 01 526 0058

Access code: 175 879 7250

Updates to COVID-19 Testing and Tracing

Main changes to COVID-19 Testing and Tracing, effective from the 31st December:

-The HSE will not be referring close contacts for a test. This is so that people who are symptomatic can be prioritised and receive a test as quickly as possible.

-People who received notification by SMS that they are a close contact must restrict their movements for 14 days. If they develop symptoms, they should call their GP or GP Out of Hours service and arrange a test.

-The text message that is sent to close contacts will now advise every close contact that they should restrict their movements and if they show symptoms they should immediately contact their GP to arrange a test. Close contacts can also access our advice for them on this link <https://hse.ie/cvdcc>

This temporary measure is being implemented in consultation with GPs, to ensure those who have symptoms are tested as quickly as possible and that we can continue to try to reduce the spread of the virus.

COVID-19 Vaccination Programme

Since 29th December, the HSE has been giving the vaccine to people in the highest priority groups – frontline healthcare workers, and people living in long-term care facilities who are aged 65 or over.

The COVID-19 vaccine will offer you protection from COVID-19. Getting a COVID-19 vaccine should also protect you from the serious complications of COVID-19. The aim in offering the vaccine to the population is to protect people and reduce the illness and deaths caused by this virus.

We encourage everyone in Ireland to read about the COVID-19 vaccine and to get their information from a factual, trusted source – www.gov.ie/covid19vaccine is a good place to start, and you can find COVID-19 vaccine information materials at www.hse.ie/covid19vaccinematerials

The COVID-19 Vaccine radio ad started on 30th December across local and national radio stations. [Listen to it here](#).

Please find *attached* the vaccine social media partner pack and images. We would be grateful for your help in sharing this information with your members, staff and stakeholders.

Face coverings

This video demonstrates the correct way to wear a face covering. Face coverings are advised where social distancing is not possible, such as in crowded outdoor areas, indoor communal workplaces and in shops and on public transport. Find out more:

www.gov.ie/en/publication/aac74c-guidance-on-safe-use-of-face-coverings/#face-coverings
#COVID19

<https://www.youtube.com/watch?v=OBR0udolaiY>

Public Health Information

As always, for the most up to date 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 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.

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

Many thanks for your continued support,

COVID-19 Stakeholder Engagement



An Roinn Sláinte
Department of Health



Rialtas na hÉireann
Government of Ireland

► **The Children's Rights Alliance: Calling new members!**



Calling new members! The Children's Rights Alliance would love you to join us in 2021! Our team works closely with all of our members on advocating for the rights of all children and young people in Ireland.

We identify problems for children. We develop solutions. We educate and provide information on children's rights.

We are a membership organisation with over 150 members (both organisations and individuals) and we unite our members and put pressure on Government to put children first.

We are looking forward to welcoming new applications from charities, not for profit groups and individuals.

We would love you to join our national movement for children and become part of a well-recognised national voice that is led by its members.

Please email members@childrensrights.ie for further information.