



## Wexford CYPSC News and Resources Update

January 14th 2022

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/).

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## MENTAL HEALTH

### ○ 50808 Mental Health Text Service Seeks Volunteers

50808 is a free 24/7 text based mental health service funded by the HSE. The service is eager is seeking to increase-volunteer so they can support as many people as possible in 2022.

Crisis Volunteers are available 24/7 for anonymous text conversations. The aim is to provide immediate support in the short term and connect people to resources that will help them in the future. The service offers a safe, non-judgemental space providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis.

Since it was launched, the service has had almost 85,000 conversations, exchanging 2.8 million messages with those in crisis around Ireland. 97% of all service users were responded to within 5 minutes. There are currently 350 fully trained Crisis Volunteers, who are supervised by coaching and supervisory staff.

[Become a 50808 volunteer](#)



## ○ AWARE



Aware provides support services to individuals experiencing depression, bipolar disorder, anxiety, or other mood related conditions as well as to people who are concerned about a loved one. All three support services are offered free of charge.

Support Line and Support Mail are available seven days a week and Support & Self Care Groups take place daily.

### **Freephone**

**1800 80 48 48**

Available Monday to Sunday

10am - 10pm.

*Support for you or your loved ones.*

### **Learn More**

**Email supportmail@aware.ie**

You can expect a response within

24 hours, often sooner.

*Support for you or your loved ones.*

### **Learn More**

### **Support & Self**

### **Care Groups**

Face-to-Face, Phone-in & Zoom peer groups. Give & receive support if you experience anxiety, mild to moderate depression, bipolar disorder or other related mood conditions.

### **Learn More**

To learn more about AWARE and the services / supports it offers, click [here](#).

## SAFER INTERNET DAY

### ◦ Webwise : Safer Internet Day 8 Feb 2022

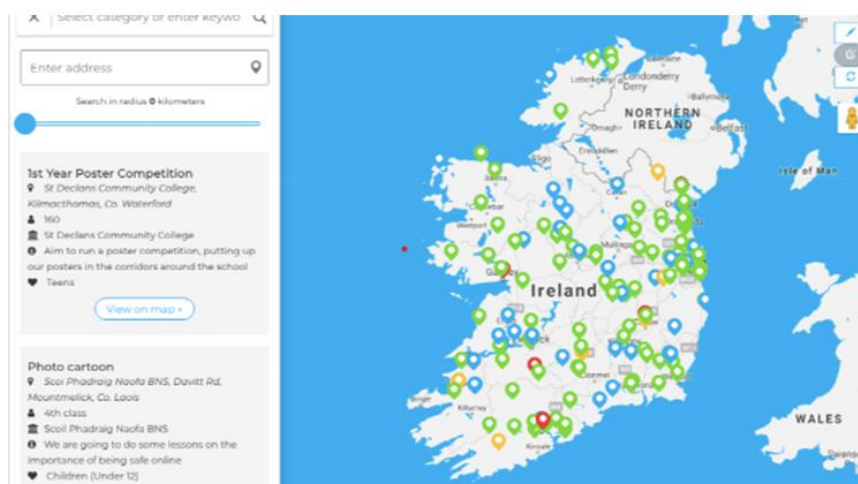


Safer Internet Day 2022 is just around the corner, and we hope that you will join in the celebrations on Tuesday, February 8th!

Safer Internet Day (SID) is an EU wide initiative to promote a safer internet for all users, especially for children and young people. SID has grown to become a global event and is now celebrated in approximately 170 countries. Coordinated and promoted in Ireland by Webwise, Safer Internet Day has grown to become the key date in the online safety calendar.

We're encouraging organisations across Ireland to show you support and help promote a safer, better internet. **Here are some simple ways to get involved and help to support Safer Internet Day 2022.**

### 1. Sign-up for Safer Internet Day 2022 and get free SID wristbands.



**The free Safer Internet Day wristbands are a colourful addition to your #SID2022 celebrations!**

Let us know what you are planning to do to mark Safer Internet Day 2022, and we will send you online safety packs, including free wristbands for all of your participants.

Spread the word by encouraging schools, parent groups, organisations and communities to get involved and sign-up via [webwise.ie/saferinternetday/](https://webwise.ie/saferinternetday/).

## **2. #TalkListenLearn: Supporting Parents**



**Safer Internet Day is a great time to engage parents,** and raise awareness of the important role they play in helping their child to have a positive experience online.

For Safer Internet Day 2022, Webwise is encouraging families to #TalkListenLearn and to talk regularly about the benefits and the challenges that children encounter online.

Webwise have developed a suite of resources for parents including:

- Updated online safety advice booklet for parents - A Parents' Guide to a Better Internet
- Parent Toolkit with information, advice and resources for parents. Access the toolkit [here](#).
- A new topic generator to help parents begin conversations with their child: <https://talklistenlearn.webwise.ie/>.

Schools can highlight resources to parents, host an information evening or order our updated parent guide.

### 3. Free education resources, lessons and videos



Safer Internet Day is a great time to explore online safety topics and issues. Use the FREE Webwise resources, lessons and presentations to address topics such as cyberbullying, privacy, social media, image-sharing, consent, misinformation and more. We have created a range of ready-made presentations for schools to use on Safer Internet Day [here](#).

These resources can be accessed for free on [webwise.ie](https://www.webwise.ie) and we also send out hard copies to schools.

#### 4. Help spread the word!



Your voice has a huge impact and can help to encourage even more people to get involved in Safer Internet Day, and take the opportunity to explore the importance of online safety for children and young people.

- Share the Webwise resources, advice, tips and information with your community.
- Highlight #SID2022 on your website
- Share your SID plans on social media using #SID2022 or #TalkListenLearn
- Download our [parenting toolkit](#) to access social graphics and messaging:

Webwise has a dedicated Safer Internet Day Hub to help anyone who is planning a SID event. It contains ideas, activities, videos, resources, and many more useful suggestions and tools to help people to get involved.

For more information see : <https://www.webwise.ie/saferinternetday/>.



## WEBINARS AND TRAINING

### ○ “Strong Not Tough” Training 24th & 25th February 2022

HSE Health Promotion & Improvement, South East Community Health (SECH) are inviting applications for Adult Resilience Certified Facilitator Training. This training which is funded through the **Healthy Ireland fund** in collaboration with the Local Community Development Committees of the South East is offered over two mornings a week from 10am-1pm through Zoom. We are now offering a training on the **24<sup>th</sup> & 25<sup>th</sup> February from 10am-1pm** and it is required to attend both days. Please see course information attached.

**Why the FRIENDS programme?** FRIENDS is the world’s leading programme for fighting childhood anxiety and building resilience to help individuals manage worry and depression both now and in later life. The FRIENDS Programme, an Australian based programme developed by Paula Barrett is the only programme recognised by the WHO in the treatment of anxiety. It is also evidenced based which proves its effectiveness.

The Adult Resilience programme is known as “Strong not Tough”. The certified facilitator training on offer will provide a clear understanding of the programme content and concept. This will be undertaken through experiential learning on the days of training. The programme is divided into five stages and can only be delivered with two trained facilitators. The programme caters for age group 16 + (Please see attached leaflet for more information).

Please return completed application form (see below) to [siobhan@carlowys.ie](mailto:siobhan@carlowys.ie) by 17<sup>th</sup> February 2022. Should you have any queries on any aspect of the training content or application please do not hesitate to contact [Siobhan@carlowys.ie](mailto:Siobhan@carlowys.ie) or 085-7897339

**FOR FURTHER DETAILS.....NOTE** : Information on the “Adult Resilience Certified Training Day” and the “Friends Adult Resilience Training” Application Form are available to view on the Resources section of Wexford CYPSC website [here](#).

***The Healthy Ireland Fund supported by Department of Health and the Department of Children, Equality, Disability, Integration and Youth***

## PARENTING SUPPORT

### ○ Anam Cara Bereavement Information and Support Evening



This event is taking place on **Wednesday 12th January at 7pm**. Our guest speaker for the evening is **Peter McCarton**.

Peter will open the evening with a short talk on parental grief. He will cover the different circumstances of death, whether expected or sudden and he will also talk about the impact a death of son or daughter on grieving parents and surviving siblings, along with the complex issues grieving parents must face, highlighting what is normal in the process.

After Peters talk, there will be an opportunity for parents to talk to our Anam Cara Facilitators and volunteer parents.

This would be an appropriate event for any **bereaved parents** you are in contact with. In particular parents who have been recently bereaved or have not received any bereavement support since the death of their son or daughter.

This is a parent only event and they can reserve their place on this Eventbrite link <https://bit.ly/3FY0PIP>

If you have any questions, please get in touch with us on any of the numbers below.

Kind Regard

Leanne

### o Covid 19 - Partner Pack Update

Dear Colleagues,

We hope this message finds you well.

Our highlight communications updates for you this week are:

**Getting tested for COVID-19:** From January 3<sup>rd</sup> people who have [symptoms of COVID-19](#), and are aged 4 to 39 should use antigen tests in the first place. You can book free antigen tests online from the HSE. You also need to self-isolate (stay in your room). There is a high risk you could spread the virus. If you have a positive antigen test, you should then book a PCR test from the HSE to confirm the result.

This advice does not apply to people who have higher risk health conditions or healthcare workers. Read more about testing for COVID-19 here <https://www2.hse.ie/conditions/covid19/testing/get-tested/>

**COVID-19 vaccination for children aged 5-11:** COVID-19 vaccine registration is now open for children aged 5-11. A parent or legal guardian will need to give consent for their child to get a COVID-19 vaccine. To register and give consent, visit our website: <https://vaccine.hse.ie/cohort/>

Read information and advice on the COVID-19 vaccine for 5-11 year olds [here](#).

Read the information leaflets for parents and guardians [here](#).

5 to 11 year olds will be offered a Pfizer COVID-19 vaccine with a smaller dose. The immunity they get will be similar to the higher dose vaccine used in older age groups. Children in this age group cannot get vaccinated at a walk-in vaccination clinic or pharmacy.

**COVID-19 vaccine booster:** People aged 16 and older can now get a COVID-19 vaccine booster dose.

If you are 30 or older, there are 4 ways to get your booster dose:

- [book an appointment at a vaccination centre](#)
- [book an appointment with a participating pharmacy](#)
- go to a [walk-in booster clinic](#) for your age group
- wait for your appointment to get a booster at a vaccination centre - we will send you a text message, you do not need to register

If you are aged 16 to 29, you can:

- [book a vaccination centre appointment](#) at a clinic for your age group
- book an appointment with a [participating pharmacy](#)

You may also be able to get your booster from your GP.

- **Online self-scheduler for COVID-19 booster vaccine:** People can now book their own booster appointments online at many vaccination centres through the HSE website [here](#).

## Public Health Measures

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

## COVID-19 Testing

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

**People aged 4 to 39 with symptoms:** If you have [symptoms of COVID-19](#), and are aged 4 to 39 you should use antigen tests in the first instance. Do not book a PCR test. You can book antigen tests online from the HSE. Only book 1 kit per person.

**People aged 40 and over with symptoms:** If you are aged 40 or over and have [symptoms of COVID-19](#), [book a PCR test](#). Do not book antigen tests.

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

tested as soon as possible. Please do this even if you are part or fully vaccinated against COVID-19. You can find more information [here](#).

### **Close contact of a person that tests positive for COVID-19**

If you are a close contact of a person that tests positive for COVID-19, please find guidance [here](#).

### **If you test positive for COVID-19**

If you have a positive (detected) result on an antigen test or a PCR test you should [self-isolate \(stay in your room\)](#). There is a high risk you could spread the virus to others.

Read information on antigen testing and what to do if you receive a positive result [here](#).

Read information on what to do if you receive a positive result on a PCR test [here](#).

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

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

### **Find a pharmacy giving COVID-19 vaccines**

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

### **Where to find COVID-19 Vaccination Information**

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

- Check [here](#) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at <https://www.hse.ie/eng/services/covid-19-resources-and-translations/covid-19-vaccine-materials/>

- Details on COVID-19 vaccines administered are available [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)
- Information in Irish Sign Language: information resources on the COVID-19 vaccines in Irish Sign Language are available [here](#)
- COVID-19 vaccines easy read and accessible information formats are available [here](#)
- Translated resources are available [here](#)

### **Free flu vaccine for all at-risk groups**

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

People at risk include those aged 50 or over, children aged 2 to 17, people with certain long term conditions, pregnant women and healthcare workers. It's the best way to be protected from the flu. Find a [participating pharmacy](#).

### **Keep well this winter**

Information is available [here](#) including:

- Your guide to keeping well this winter
- How to manage common illnesses
- Advice on when to get emergency help

### **Minor injuries**

Injury units are for the treatment of minor injuries that are unlikely to need admission to hospital. So if it is a sprain, break or minor burn, head to your local injury unit. You can find more information [here](#).

**The HSE phone number for all queries in relation to medical cards, GP visit cards, Drugs Payment Scheme and Long Term Illness scheme has changed**

The HSE phone number for all queries in relation to medical cards, GP visit cards, Drugs Payment Scheme and Long Term Illness scheme has changed. Please call 0818 22 44 78 to make enquiries.

### **Minimum unit pricing on alcohol**

Minimum unit pricing on alcohol has been introduced. This sets a minimum price for a gram of alcohol, meaning it cannot be sold for less than that price. You can find out more about minimum unit pricing here [here](#).

### **Needing support for grief?**

If you, or a loved one, are grieving or bereaved and need some extra help at the moment, the HSE and Irish Hospice Foundation have information and support available, which are outlined in our article in [thejournal.ie](http://thejournal.ie)

### **Public Health Information**

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

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

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

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

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

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



**An Roinn Sláinte**  
Department of Health