



Wexford CYPSC News and Resources Update

January 21st 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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HEALTH & WELLBEING

► Bookings now open for Living Well Webinar



Would you like to hear more about Living Well?

Do you know how Living Well can support people with a long-term health condition to self-manage?

Choose from 4 days and times:

Option	Day	Dates	Time
1	Wednesday	20 th January 2021	8.15am – 8.55am SPACES AVAILABLE
2	Friday	22 nd January 2021	11am – 11.40am FULL
3	Monday	25 th January 2021	7pm – 7.40pm SPACES AVAILABLE
4	Thursday	28 th January 2021	1.15pm – 1.55pm SPACES AVAILABLE

To book email your preferred day and time slot to: Catriona at selfmanagementsupportsSECH@hse.ie

Or text 087 4088325

This webinar will provide an overview of Living Well, its evidence base and the support provided to assist people to participate in an online group programme. You will also get to meet the Living Well team, one of our facilitators and a past participant.

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

www.hse.ie/LivingWell.

► HSE launches the new - ADHD in Adults Model of Care

Launched by Minister Mary Butler TD, on Thursday 14 January, was the new ADHD in Adults National Clinical Programme: Model of Care for Ireland.

The Model of Care outlines an integrated comprehensive specialist mental health service for adults with ADHD in Ireland regardless of their location.

It is based on the Sláintecare principle of integrated care across mental health and primary care services, voluntary agencies such as ADHD Ireland and also third-level education and employment services.

Dr Amir Niazi, National Clinical Advisor Group Lead for Mental Health welcomed this Model of Care stating the Programme addresses a significant clinical deficit “the lack of public services for adults with ADHD in Ireland.”

Dr Margo Wrigley, Clinical Lead for the ADHD in Adults NCP outlined how ADHD can impact on adults and how skilled assessment and treatment can not only relieve these impacts but also reveal what is now recognised as the positive aspects of ADHD.

[Click here for more details on the ADHD in Adults NCP](#)

[Click here to access the ADHD in Adults Model of Care](#)

► Invitation to Webinar: Asthma Education Resources for Minority Groups

New literacy friendly resources and materials produced for Roma, Refugees, People Seeking International Protection and the Traveller community in Ireland is launching on January 20th.

They are designed to support people with asthma during the COVID-19 pandemic and will help to educate the various communities on how to manage their condition and improve their respiratory health.

The Asthma Society is hosting a free webinar event to promote these health education materials on **Wednesday, 20th January at 5:30pm** [Pre-register here](#)

Resources produced include:

- § A Leaflet on [Top Tips for Asthma Management](#) which is also available in [Arabic](#), [Brazilian Portuguese](#), [Iberian Portuguese](#), [French](#), [Georgian](#), [Pakistani](#) and [Romanian](#)
- § An [Asthma Educational Video](#) which is also available in [Arabic](#), [Brazilian Portuguese](#), [French](#), [Georgian](#), [Pashto](#) and [Romanian](#).
- § An educational [5 Step Rule](#) animation video which is available in [Romanian](#), [Arabic](#), [Brazilian Portuguese](#), [Portuguese](#), [French](#), [Georgian](#) and [Pakistani](#).
- § A [Traveller, Asthma, COPD & COVID-19; Living with Coronavirus](#) leaflet.

Click [here](#) to access resources online

► MyMind Covid-19 free online counselling project extension

Dear Colleague,

I hope you are well, and surviving these difficult times in reasonably good health.

I wanted to let you know that MyMind has been able to secure an extension to its FREE online counselling service in response to the ongoing devastation being caused by the Pandemic. Supported by Sláintecare and the HSE, MyMind has already provided over 9,000 free appointments to people affected by Covid-19 since this project started last July, and has negotiated an extension of the project until at least the end of March.

If you have clients who might benefit from this service, they can contact MyMind directly by email hq@mymind.org, by calling 076 680 1060, or by visiting MyMind.org.

MyMind is keen to let people know that there is a solution. No-one has to be on their own trying to cope with the challenge of dealing with the fallout from Covid-19. MyMind's service is available free of charge to all those who have been impacted by the pandemic, whether this is through job loss, bereavement, or getting the virus themselves.

Please let me know if you have any questions.

Kind regards,

Gráinne O'Rourke

Head of Communications



T. (+353) (0) 76 680 1060

M. (+353) (0) 83 8423277

E. gorourke@mymind.org

► Film on suicide in the Traveller community

I wanted to drop you a line to let you know about the launch of a very exciting project we have been part of at Exchange House Ireland. This Sunday, as part of the First Fortnight mental health festival, a short film created to raise awareness about suicide in the Traveller community launches for the first time into the public domain!

“It Doesn’t Matter” is an artistic film created by Travellers from Ballyfermot, Coolock, Finglas and Co Clare alongside [Super Pawa](#), Comer Productions, [Exchange House Ireland](#), [Turn 2 Me](#), [HSE National Office for Suicide Prevention](#) and [Your Mental Health](#). “It Doesn’t Matter” was created to end the stigma associated with suicide, raise awareness of suicide in the Traveller community and promote mental health services equipped to help.

The film is being launched as part of the Empowered Voices programme and also features the performance of the poem **“Gloke”** created by a group of Traveller men, Pavee Point and Geoff Finan (AKA Poet Geoff). The poem delves into issues of racism, discrimination, identity and their impacts on the mental health of the Travellers today.

We really hope you can join us at **2PM this Sunday 17th January**. You can register for this **FREE** event by clicking on [First Fortnight | Empowered Voices](#). Screenings of the performances will be followed by a 30 minute panel discussion with members of both projects to explore their creative results and experiences for all involved.

► Counselling supports for former residents of Mother and Baby Homes

For anyone who feels they may need professional counselling support, the HSE National Counselling Service is available from Monday to Friday between 9.30am and 5pm. Details of the National Counselling Service and contact details for the Waterford Wexford Area are below, for the rest of the country go... [HERE](#)

AREA	Phone Number
Waterford, Wexford, Kilkenny, Carlow and South Tipperary	1800 234 118

Outside of office hours

Anonymous telephone support is available from [Connect Counselling](#), a HSE funded service. Freephone [1800 477 477](#) from 6pm to 10pm every day (7 days a week).

Other Support Options

Visit [yourmentalhealth.ie](#) for more mental health support options including phone, text and online. Or call the YourMentalHealth Information Line on [1800 111 888](#).

The Barnardos Post Adoption helpline is open daily from 9:30am to 4:30pm. Call [01 4546388](#).

Exploring Adoption, an online course for adults from Barnardos, is open for registration on their website, [here](#).

An online support meeting from Barnardos will take place on 17th February. This is for birthmothers who may come forward as a result of the Commissions report. Enquiries to the Barnardos helpline ([01 4546388](#)) or email adoption@barnardos.ie.

The National Counselling Service (NCS) is providing counselling to former residents through its counselling locations:

- The HSE's NCS has 20 years of experience in providing counselling and psychotherapy to a wide range of clients including those who have experienced psychological difficulties due to time spent in institutions.
- Counselling is available face to face, by telephone or online through secure video.

This service is available to adults living in Ireland if you are a former resident of Mother and Baby Homes (mothers or children).

How you can access this service

Referral Process

Access to the National Counselling Service for former residents may be made by direct self-referral. You can do this by referring yourself to the service that is nearest to you.

We will also accept written referrals from health care professionals such as GPs.

Individuals referred will be offered an initial assessment appointment. This to establish if the NCS is the appropriate service to meet a person's needs at this time.

If counselling is appropriate the next available counselling place will be offered.

When making a referral to the NCS it would be helpful to identify if you are a former resident of a mother and baby home.

This will ensure you are prioritised for the next available counselling place.

Contact Details

For information on available supports and information on how to access them call the HSE Live team on [1800 817 517](tel:1800817517).

Their line is open Monday to Friday from 8am to 8pm and on Saturday from 9am to 5pm.

► Workshops on Loss and Bereavement

Dear all,

The Irish Hospice Foundation has recently launched its 2021 workshops on Loss and Bereavement. The workshops will run from January to June online.

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.

Sincerely yours,
Georgia Howard,
Clinical Services Director
FirstLight



This is a [series of introductory workshops](#) on a range of topics covering loss and bereavement.

Target Audience

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.

[Overview of Loss and Bereavement](#), 28 January
[Bereavement in the School Community](#), 29 January
[Supporting Bereaved People](#), 11 February
[Hidden Losses – Hidden Grief Untying the knots](#), 11 March
[Prolonged Grief Disorder/Complicated Grief: What is it and how can we help?](#), 25 March
[Children and Loss](#), 15 April
[Supporting Adolescents through Grief and Loss](#), 22 April
[Loss and Grief in Later Life](#), 6 May
[Mindfulness, Self-Compassion and the Journey of Grief](#), 7 May
[Grieving Well at Work – Supporting Employees who are Grieving and Workplace Wellbeing](#), 13 May
[Working with Adults Facing Death](#), 20 May
[In the Shadow of Covid: How Ireland Grieves then and now](#), 27 May

These workshops are framed relative to the [HSE palliative care competence framework](#) at level two – for people whose work increasingly sees them engaging with people facing loss, bereavement and death. Specifically, the competence dimension for grief and loss; and the competence dimension for communication are of relevance to workshop content and learning outcomes.

Accreditation

Professional accreditation is under application from the [Nursing and Midwifery Board of Ireland](#). If you have other accreditation needs please contact us. A certificate of participation/attendance at the workshops is available on request.

Teaching Method

The workshops will be held online via Zoom and will include talks and interactive sessions.

Time and Duration

Workshops will commence at **9.15am** and conclude at **4.15pm**. There will be short breaks through the day and a lunch break of 45 minutes. Registration will commence at 9.00am

Booking

Participants may attend one or more workshops. Booking and payment via [Eventbrite](#). Please note as places are limited early booking is advised.

Fees

€100 per workshop

Cancellations

Cancellations up to 1 week prior to each workshop will be given a full refund minus an administration fee of €10. Thereafter no refunds will be made.

For further queries, please contact Iris Murray iris.murray@hospicefoundation.ie or Tel (01) 679 3188.

PARENTING SUPPORTS

► **Free online workshop on kinship care - caring for a child/young person who is unable to live with their parents : Friday 22nd January**



Hi all,

I wanted to get in touch and let you know that there are still spaces at our virtual conference this Friday to attend a workshop on Kinship Care, facilitated by the new coordinator of Kinship Care Ireland.

Kinship care is when a child or young person lives full-time with a relative or family friend because they are not able to live with their parents. It allows children to remain among family and retain a sense of belonging and acceptance.

Kinship care has always been with us. Grandparents, aunts, uncles, sisters, brothers, cousins, and close friends have always come forward to keep children in the family when there is a crisis or breakdown of relationships. Thousands of people care for children because their parents are unable to do so. There are growing numbers of people who are becoming kinship carers – with an estimated 10,000 children in the care of relatives in Ireland.

This workshop is free, you can sign up via Eventbrite,

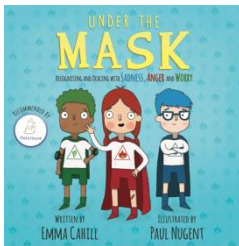
11am-<https://www.eventbrite.ie/e/kinship-care-ireland-seminar-emma-byrne-macnamee-registration-132949767333?aff=erelexpmlt>



**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.



ONLINE COURSES / RESOURCES

► **National Family Support Network: Virtual Conference**

The National Family Support Network are very excited to invite you to our virtual conference, taking place on Friday 22nd and Saturday 23rd of January. On Friday 22nd workshops will take place on the topics of: Dual Diagnosis, Non-Violent Resistance, Kinship Care and Drug Related Intimidation. On Saturday, the 23rd, we will host wellbeing workshops on the themes of: Bereavement, Positive Psychology, Mindfulness and Laughing Yoga. The event is free and will be facilitated via zoom!

To book please:-

1. **Open PDF attachment**
2. **Click on link to workshop you want to register for**
3. **Register**
4. **Link to zoom event & instructions will be sent to you closer to the time**

As always, we are here to support you and if you run into any trouble with your booking please call us between 10am -2pm any day and ask for Lorraine, she will be happy to assist you, 01-898 0148.

We have staggered the workshops so you can take part in more than one on either / both days, just please make sure you don't double book yourself.

The first 250 people to book will receive a care pack, which will be sent out by post!

Attachment	Size
Virtual Event Booking Notice	863.54 KB

► Foróige's Relationships and Sexuality Programme Training: Relationships Explored and Life Uncovered (REAL U)



REAL U (Relationships Explored and Life Uncovered) is a personal development and sex education programme aimed at equipping young people with the skills, knowledge and confidence to develop healthy relationships and delay the onset of early sexual activity.

REAL U was developed by Foróige in response to an identified need to enhance service delivery to young people in the area of sexual health.

This programme is designed to be facilitated by a trained facilitator with groups of no more than 10 young people aged 12 -18 years old. The programme has been successfully delivered in out of school settings including youth projects and youth clubs, residential services and in the disability sector.

Please see attached information leaflet for more information and the programme content.

Relationships and Sexuality Programme Training for facilitators

During the current Covid-19 pandemic and whilst public health restrictions remain in place, Foróige will offer its training in an online format for the Spring/Summer term of 2021.

Blended Learning Approach (Online)

The two-day Relationships Explored and Life Uncovered (REAL U) Training is lively and interactive, using experiential learning techniques to equip participants with the skills needed to facilitate this relationships and sexuality programme with young people aged 12 – 18 years in a group work setting. Where possible, inputs from expert organisations are invited to present during the two day training. Organisations that have previously contributed to the training include Rape Crisis Network Ireland, GUIDE Clinic, and HIV Ireland. Participants will be required to complete a 2 hour online course that precedes a one day training and a half day workshop.

Training Outcomes:

Following the training, participants will be able to:

- Utilise interactive approaches to exploring relationships and sexuality with young people.
- Describe the theoretical basis upon which the REAL U programme has been developed.
- Demonstrate ability in using the facilitator's manual to deliver the REAL U programme with young people.

Training Cost:

This programme is funded by the HSE Sexual Health and Crisis Pregnancy Programme and therefore is provided to participants free of charge.

Dates:

Blended Learning Online

Please note: attendance is required at both training dates listed. Mixing of dates is not permitted due to the demand for this training.

- February 18th & 19th
- February 25th & 26th
- March 23rd & 24th
- April 27th & 28th
- May 5th & 6th
- May 26th & 27th

Day 1 for each training will take place from 10am – 4pm, Day 2 for each training will take place from 10am – 2pm.

Please Note:

This programme is designed for those who work directly with young people. Participants are expected to have reasonable prior experience in facilitating programmes in the area of community and youth work and will be expected to demonstrate how they will use the programme in their work during the two day training. **Early application is advised as places are limited. Your registration will be reviewed and based on merit places will be offered. Upon acceptance of a place you will be notified directly by email.** Full attendance is necessary to become a trained facilitator of this programme. Registrations will close 2 weeks prior to training or once fully booked.

To apply for a place on any of these training dates, please complete the online application form at the following link: [Training Registration](#)

Contact Details:

For training enquiries, please contact Laura Shudell, Training Coordinator Tel: (01) 630-1736
Email: training@foroige.ie

About Foróige:

Foróige is the leading youth development organisation in Ireland and we have been working with young people since 1952! We empower young people to develop their own abilities and attributes, to think for themselves, to make things happen and to contribute to their community and society. As a result, they develop increased self-confidence, self-reliance, resilience and a greater capacity to take charge of their lives. It is what happy, thriving societies need. Our purpose is to enable young people to involve themselves consciously and actively in their development and in the development of society.

We work with almost 60,000 young people aged 10-24 years each year through volunteer-led clubs and staff-led youth projects. Foróige currently operates in 26 counties in Ireland, with over 600

Foróige Clubs, 150 youth projects, the Big Brothers Big Sisters mentoring programme, the Foróige NFTE Youth Entrepreneurship programme, our Youth Citizenship and Youth Leadership programmes!

Targeted services such as Garda Youth Diversion Projects, Teen Parent Support Programmes and Neighbourhood Youth Projects, help young people to deal with issues associated with poverty, marginalisation and social exclusion, underachievement at school, early school leaving, youth crime, substance abuse and family difficulties in a safe friendly environment.

► Foróige's Gender & Sexuality Capacity Building training workshop



This training is a new capacity building online workshop for professionals working with LGBTI+ young people. Topics covered on the training include; equality, gender assumptions, language and labelling, identity, expression and sexuality.

This half-day training is for those who have *completed* the REAL U Programme facilitator training.

During the current Covid-19 pandemic and whilst public health restrictions remain in place, Foróige will offer its training in an online format for the Spring/Summer term of 2021.

Training Cost:

This programme is funded by the HSE Sexual Health and Crisis Pregnancy Programme and therefore is provided to participants free of charge.

Dates:

- March 30th
- April 23rd
- May 19th

Training will take place from 10am – 2pm

To apply for a place on any of these training dates, please complete the online application form at the following link: [Gender & Sexuality Training Registration](#). Registration will close 2 weeks prior to training or once fully booked.

Contact Details:

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FUNDING

► The Irish Hospice Foundation Seed Grant Scheme



The Irish Hospice Foundation Seed Grant scheme strives to inspire and support the work of local groups, organisations and individuals who wish to mark in some tangible way their response to the universal realities of death, dying, loss and care as lived and experienced by those living within their communities especially during the Covid-19 pandemic.

Thanks to funding from [Creative Ireland](#), Irish Hospice Foundation is offering seed grants to the public and communities throughout Ireland. Priority will be given to actions that include art, artists, performer, cultural and creative endeavours

These grants are intended to help both those wishing to start new local art projects, or to support current projects gain momentum. As they are intended to support the work of those involved in the community, 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.

Seed grants may be used in a variety of ways, for example:

- To support a youth project or school assisting young people to explore what dying, death and bereavement means to them through the medium of art, photography or story-telling.
- To support an event aimed at increasing awareness and knowledge about 'healthy' ways of coping with loss and grief.
- To support individual(s) and groups seeking practical ways through the arts of providing social, emotional and practical support to those living with a life-threatening illness or experiencing bereavement.
- To create songs, spoken word poems or laments that help your community process loss.

Apply

To register for a grant please complete and submit the form below.

Closing date for applications – **5pm Friday January 29th 2021**

Alternatively download [this application form](#), print, complete and post or email to:

Seed Grants
Arts and Creative Engagement
Irish Hospice Foundation,
32 Nassau Street,

Dublin 2

Email: dominic.campbell@hospicefoundation.ie

Important

All applicants **must read** [these guidelines](#).

Inspiration

See some [examples of creative work](#) to inspire as you think about how grief might be best processed in your community.

For inquiries email Dominic Campbell at dominic.campbell@hospicefoundation.ie

To see more details on this grant go to : <https://hospicefoundation.ie/seed-grants/>.