



Wexford CYPSC News and Resources Update

January 28th 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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PARENTING SUPPORT



Parenting Today 2021: Developmental Checks and Care for babies at 3 months and 9 months, with Wexford Public Health Nurses

Presented by: Wexford Public Health Nurses

Available: from Thursday 4th March at 8.00pm on Wexford Library YouTube channel and on all Wexford Library Facebook pages

The last 10 months have been challenging for both Public Health Nurses (PHNs) and parents of babies and toddlers.

We are conscious that at times, there has not been the normal levels of engagement that both PHN's and parents would like, or the opportunity to ask questions from 'How do I know when my baby is ready for solid food?' and 'When can I expect my baby to sleep through the night?' to 'What is tummy time and why is it so important?'

The HSE in association with Wexford County Council Public Library Service is delighted to offer parents an opportunity to submit your questions directly to a Wexford Public Health Nurse about the care and development of babies under the age of one year.

Your questions will be answered during two talks, one for parents of babies aged 3 months and under, and the second for parents of babies of approx. 9 months

Send your questions to libraryhq@wexfordcoco.ie. Complete privacy is assured. **Questions must be submitted by 5.00pm on Tuesday February 9th.**

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.



► **"Parenting Today" : Previous Talks Available to View Online.**

Parenting Today talks are available on the Wexford Public Library YouTube Channel.

The link to the relevant website page is here :

<https://www.wexfordcoco.ie/libraries/parenting-today-online-series>.

The following talks are currently available to view;

- **'ADHD: What Parents Need to Know'** Presented by Ken Kilbride, Chief Executive of ADHD Ireland. [Watch and listen to this online talk.](#)
- **'Sleep Solutions - Healthy Sleep Habits for Babies & Children'** Presented by Paediatric Sleep Consultant, Erica Hargaden from Babogue Sleep Solutions. [Watch and listen to this online talk.](#)
- **'Managing Anxiety in Children and Adolescents'** Presented by Carina McEvoy. [Watch and listen to this online talk.](#)
- **'Literacy for Little Learners'** Presented by Dr. Rebecca Long. [Watch and listen to this online talk.](#)
- **'Understanding Dyspraxia/Developmental Coordination Disorder (DCD)'** Presented by: Lorraine and Sarahann Mooney. [Watch and listen to this online talk.](#)
- **'TikTok, Instagram and Snapchat for Parents'** Presented by Frank Turner, Tek Central. [Watch and listen to this online talk.](#)
- **'Dyslexia Awareness and Support for Parents and Teachers'** Presented by Jenny Byrne, Information Officer for the Dyslexia Association of Ireland. [Watch and listen to this online talk.](#)
- **'Academic Procrastination: Solutions and Support for your Teenager who can't Study'** Presented by Dr. David Maloney. [Watch and listen to this online talk.](#)
- **'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

This online programme is brought to you by Wexford County Council Public Library Service in partnership with Wexford Children & Young People's Services Committee (CYPSC), Wexford.

► **Parent Information for School Starters 2021**

Hi Everyone

I hope you are all keeping safe and well.

Every year the SENOs in Wexford hold a parents information session for school starters on the supports available to children with Special Educational Needs.

It will be done remotely this year. Please see attached flier. Can you bring this to the attention of any family who is currently open to you who has a child starting school in 2021.

Please feel free to disseminate to any of your colleagues who I may have forgotten.

Kind Regards

Louise Smyth , Children's Case Manager, Disability Services

Note : There is a digit missing on the phone number on the flier below, correct number is :

01 6033379



Information Session for Parents of Pre-school Children with Special Educational Needs who will start school in September 2021

The local Special Educational Needs Organisers (SENOs) from the National Council for Special Education (NCSE) will provide an information session for parents of pre-school children on educational supports at school.

Date: 09/02/2021 **Time:** 11am

Venue: Remotely Via Adebo Connect

Booking essential by Friaday the 5th of February: Please email where possible sean.carthy@ncse.ie or kevin.murphy@ncse.ie

You can call Sean Carthy 01 6033247, or Kevin Murphy 01 603337

(Voice mail available, please leave phone number and number of people wishing to attend. SENOs will then contact you to confirm)

Places are limited and are allocated on a first come, first served basis. A second session may be considered should demand require.

► **Stuck at home? Here are some healthy ideas to keep kids active and happy with our [Bizzy@Home Learning Hub](#)**

Once again, the [COVID-19 pandemic](#) has closed our schools and parents around the country are bravely taking on the role of teacher as well as juggling work and numerous other responsibilities.

Here at the Irish Heart Foundation we are committed to supporting everyone to stay at home and stay safe so we have developed a number of activities and resources to keep the kids amused while also staying active.

Now more than ever we need to look after our health and wellbeing so to help you with this we have moved a lot of our resources online to support children, their parents and schools.

From fun exercises, nutrition to colouring pages and mindfulness, we have created a range of free activities and opportunities for children to keep active while also supporting their wellbeing.

[Our Bizzy @ Home learning hub](#) provides a range of lessons for parents and teachers to share with their children or use as part of online classes. These include: worksheets for home schooling, wellbeing materials for children such as mindfulness lessons, a number of fun creative activities as well as ideas to help children to be more active during the day.

All of the content is linked to the school curriculum and children can also practice their numeracy and literacy skills at the same time as learning new ways to stay active. New activities will be added on a regular basis.

Commenting Laura Hickey, Children and Young People Programme Manager, Irish Heart Foundation said, “Our research has shown that schools were concerned about children’s health and wellbeing during lockdown. In particular schools expressed concern that pupils didn’t have the same opportunities to be active and that children seemed were more anxious since returning to school in September. We know that children are experiencing negative effects on their wellbeing and that children from disadvantaged backgrounds are disproportionately affected.

Therefore, we have created a range of free activities and opportunities for children to keep active which will also help to support their wellbeing.”

Have a look at [our Bizzy @ Home content](#) here and get started today.

You can also sign up to get regular updates on [Bizzy@Home here](#)

► Irish National Opera Workshops

Hi All

Here's an opportunity you might like to promote within your local Network:

"INO is looking to work with young people aged 14-18, living outside of Ireland's main urban areas, to help create the world's first virtual reality opera community opera. We'll be running a number of workshops over the coming weeks to explore the stories and themes that will contribute to the final opera. We have a series of creative writing workshops with writer Dave Lordan, exploring the theme ***Out of the Ordinary***. You don't have to know anything about opera, writing or virtual reality to take part in the project. Participation is free of charge. Enthusiasm and an open mind are all that's required."

<https://www.irishnationalopera.ie/news/2021/creative-writing-workshops-with-david-lordan>



► Review of Parenting Support Strategy – Survey for Parents

Tusla are reviewing Tusla's current Parenting Support Strategy, and are in the process of devising a new five-year strategy with updated key messages for parents on what works best for children at different ages and stages. We want to hear from **parents, foster carers** and **professionals** experiences of parenting support services in Ireland. This study intends to inform the new five year Parenting Support Strategy.

In order to complete this research effectively we are **asking** all those who are directly and indirectly supporting parents to;

1. **Complete a survey by following the link here (survey closes 12th Feb 2021):** <https://www.surveymonkey.com/r/Tuslaemployeesparentingsupportsurvey>
2. **Seek parents to participate in this study - If you are working with parents that may be interested and available to participate in a short telephone interview about their experiences of parenting support services, please email the researchers directly at** rosemary.crosse@nuigalway.ie

Tusla and the UNESCO Child and Family Research Centre would like to thank you for taking the time to read this and for supporting this important research.



MENTAL HEALTH SUPPORTS

► Turn2me : Professional Mental Health Support Online



Please see attached information on Turn2Me and the link below will take you to “It Doesn’t Matter” the short film that recently formed part of the First Fortnight Empowered Voices event. It’s worth a look if you haven’t seen it already.

<https://turn2me.ie/post/a-powerful-short-film-about-traveller-mental-health>

COVID-19 STAKEHOLDER COMMUNICATIONS

► Message from Covid-19 Stakeholder Communications Support and updates

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

Ireland is at level 5 restrictions. You can see the [measures in place here](#).

Self-isolation and restricted movements

You can watch the latest [self-isolation and restricted movements ad here](#). We would be grateful for help in sharing this important information.

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, and we have administered a total of 121,900 Covid-19 vaccines (up to 20th January). The COVID-19 vaccination programme will be further accelerated as vaccines arrive, and it will involve a national partnership with GPs, Pharmacists and other healthcare professionals across Ireland. 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 gov.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 [COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

Keep Well Resilience Campaign

The cross-Government community resilience campaign co-ordinated by Healthy Ireland and funded by Slaintecare is continuing across the months of January, February and in to March. Updates can be found on gov.ie/healthyireland.

The **Keep Well** campaign is **sponsoring Operation Transformation** this year. The programme goes out at 9.30 on Wednesday nights on RTE 1 TV and will be on air until the end of February. Operation Transformation is a TV series on RTE 1 encouraging the Irish public to get healthy. Over the course of the show it gives the nation the tools they need to eat well and maintain and improve their physical and mental health. This year Operation Transformation aims to help people find ways of getting and staying healthier in body and mind while living with Covid restrictions. Previous episodes can be found on the RTE Player <https://www.rte.ie/player/series/operation-transformation/SI0000001272?epguid=IP000066828>

European Cervical Cancer Prevention Week

European Cervical Cancer Prevention Week runs from 18-24 January 2021. Our messages during this week will continue to highlight that HPV cervical screening is the best way to see if someone is at risk of developing cervical cancer in the future. Due to the large number of COVID-19 cases in recent weeks, it may take longer for some people to get a cervical screening appointment. But people should still check the register on <http://www.hse/cervicalcheck> and if they are due an appointment, to book one with a provider, even if it's a few weeks away.

Please find ***attached*** a partner pack with information.

Posters and Guides:

- **Stay at Home posters**
You can find the [latest COVID-19 Stay at Home posters here](#).
- **Isolation quick guide: applying to those aged greater than 3 months and up to 13th birthday**
You can [find the guide here](#).
- **Isolation quick guide: adults and children from their 13th birthday**
You can [find the guide here](#).
- **New testing and self-isolation requirements for incoming travelers, including healthcare workers, to Ireland from Great Britain, South Africa and Brazil**
Please [find further details here](#).
- **Cleaning guidance for use in non-healthcare settings: General cleaning principles, and cleaning guidance when a person with COVID-19 has been in a setting**
You can [find the guidance here](#).

- **COVID-19 web page for staff working in residential care settings** If you deliver care to older people in a residential care setting, please check out the new webpage: www.hse.ie/covidnursinghomeresources This has been set up as a central point of contact for residential care facilities to access up to date clinical guidance, information and links to inform care and supports in these settings.

Public Health Information Links

As always, for the most up to date information and advice on Coronavirus, please go to: www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/ ; <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.

Ireland's COVID-19 Data Hub is [available here](#).

Many thanks for your continued support,

COVID-19 Stakeholder Engagement



► Brazilian COVID Information



Dear All

You will be aware of the newly reported Brazilian variant of COVID.

By way of maximising the communication with people who may have travelled from Brazil in recent weeks, we are requesting Departments to reach out to their agencies and other organisations with which their sectors interact, including through local channels, to facilitate the following information reaching (and, as far as possible, being acted on by) the intended audience:

- All passengers who have arrived from Brazil in January are requested to come forward for a COVID-19 PCR test. This test can be obtained by going to a GP and seeking a referral. GPs have been alerted and will facilitate this without any charge.
- These travellers are also strongly advised to self-isolate for 14 days from the date of arrival.
- The HSE's contracted isolation facility at the Citywest Hotel complex is available to those who are unable to self-isolate in their own homes for any reason and is an option for people from Brazil in this situation.

We ask you to consider, though not limited to, any areas where Brazilian populations are known to be working or living and any national agencies including those involved in the Regulators Forum.

This is to supplement the existing communications through Health.

— —

Stephen Dineen

External Communications

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An Roinn Tithíochta, Rialtais Áitiúil agus Oidhreachta

Department of Housing, Local Government and Heritage

FUNDING

► **Social Enterprises called on to apply to €400,000 fund to address Ireland's greatest social challenges**



- **The Social Enterprise Development is a €3.2 Million Fund running from 2018-2022**
- **€400,000 in cash grants will be made available as well as additional business supports**
- **Rethink Ireland CEO calls social enterprises 'critical' to a just social and economic recovery from Covid-19 pandemic**

€400,000 in funding is being made available to social enterprises to help lead the post-Covid economic and social recovery through [Rethink Ireland](#)'s Social Enterprise Development Fund 2021 which was officially launched. The objective of the fund is to find and back the best social enterprises in Ireland by making cash grants and strategic business support available to Awardees.

Social enterprises are businesses that work primarily to improve the lives of people. Their core objective is to achieve a social, societal, or environmental impact. Like other businesses, Social enterprises pursue their objectives by trading in goods and services on an ongoing basis. However, surpluses generated by social enterprises are re-invested into achieving their core social objectives.

The Social Enterprise Development Fund was created by Rethink Ireland in 2018 in partnership with Local Authorities Ireland and funded by IPB Insurance and the Department of Rural and Community Development through the Dormant Accounts Fund.

Since the Fund's foundation in 2018, the Fund has supported 40 social enterprises with cash grants and business supports and a further 38 through their Genesis & Accelerator Programmes. It has enabled social enterprises to support 681 people to access employment, (the majority of whom are from minority groups) and mobilise 2430 volunteers. Previous social enterprises include:

1. Turn2me: Turn2me provides a safe, anonymous and confidential space to anyone aged 12 plus in Ireland seeking support with their mental health and wellbeing 24/7.
2. CyberSafelreland: CyberSafelreland empowers children, parents and teachers to navigate the online world safely and responsibly.
3. Grow Remote: Grow Remote's mission to enable people to work, live and participate locally by making remote employment both visible and accessible in their communities.

Commenting, **Minister of State with responsibility for Community Development and Charities at the Department of Rural and Community Development, Joe O'Brien TD**, said: "The Social Enterprise Development Fund plays an important role in supporting social enterprises who are making a positive difference to their communities. Throughout the Covid-19 pandemic, we have all been reminded of the importance of strong communities. The Social Enterprise Development Fund 2021 will help to grow Ireland's strong and vibrant social enterprise sector."

CEO of Rethink Ireland Deirdre Mortell, said: "Rethink Ireland is delighted to open applications for the Social Enterprise Development Fund for 2021. Social enterprises are at the heart of addressing Ireland's greatest social challenges and strengthening communities. We believe they are playing a vital role in this pandemic and will play an even more critical role as we recover from the crisis.

"Social enterprises employ people who would typically be considered far from the labour market, produce ethical and sustainable products and / or provide vital local services at more affordable rates than the private sector. They can and will contribute to a just economic, social and sustainable recovery and we are calling on social enterprises across Ireland to apply to our fund."

George Jones, Chairman & Group Non Executive Director IPB Insurance said, "We are delighted to support Rethink Ireland and our Local Authority Members for the fourth year of the combined €3.2m Social Enterprise Development Fund. This initiative aims to provide critical support to the very best social enterprises across Ireland. Last year we were thrilled to support a social enterprise in every local authority area in the country for the first time and we are again encouraging social enterprises in every county to apply to this year's Fund."

The 2021 Fund will be open for applications from 21st January until the 5th of March 2021. Further details are available on <https://rethinkireland.ie/>

► National Volunteering Strategy (2021 - 2025)



[Read the National Volunteering Strategy \(2021 - 2025\) in full](#)

The [National Volunteering Strategy \(2021 - 2025\)](#) sets out a long-term vision for volunteering and volunteers in Ireland. With actions to be implemented over the next five years, the Strategy set a general direction of travel for government policy in relation to the volunteers and the volunteering environment. It also builds upon and strengthens the renewed relationship and partnership between Government and the voluntary sector which has developed during the course of its preparation.

The purpose of the Strategy is to recognise, support and promote the unique value and contribution of volunteers to Irish society. The Strategy also provides an opportunity for Government to acknowledge how important volunteering is to the well-being of the nation and to steer the delivery of an agreed and ambitious vision. The contribution of volunteering to our society has never been more prevalent than during the response in the last number of months to the COVID-19 pandemic.

It has been co-produced by Government and people from the community development, local development, community and voluntary, business and local government sectors. It is an ambitious strategy to support partnership and collaborative effort at all levels and between all stakeholders, comprising five high level objectives and 56 associated actions to support communities, their representative organisations, and the community and voluntary sector.

This Strategy seeks to develop and enhance the role of the volunteer and encourage volunteering as a means of developing vibrant communities. It will provide the framework and the building blocks to realise this vision, through the implementation of the following strategic objectives.

[Strategic Objective 1: To increase participation and diversity in volunteering including embracing new trends and innovation](#)

Strategic Objective 2: To facilitate, develop and support the Volunteering Environment so that it contributes to vibrant and sustainable communities

Strategic Objective 3: To recognise, celebrate and communicate the value and impact of volunteers and volunteering in all its forms

Strategic Objective 4: To promote ethical and skills-based international volunteering to deliver results for beneficiaries and to enhance Global Citizenship in Ireland

Strategic Objective 5: To improve policy coherence on volunteering across Government both nationally and locally

Read the National Volunteering Strategy (2021 - 2025) in full