



Wexford CYPSC News and Resources Update

July 29th 2022

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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WEBINARS & TRAINING

- **Recovery College South East, Kilkenny – Online Recovery Education Workshops : July and August 2022**

Mindfulness (4 week online workshop)

Venue: Zoom

Dates: Wednesday 13th, 20th, 27th July and Wednesday 3rd August

Times: 10.30am – 11.30am

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 4-week workshop is:

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

Compassionate Mind (4 week online workshop)

Venue: Zoom

Dates: Wednesday 17th, 24th, 31st August and Wednesday 7th September

Times: 10.30am – 11.30pm

Compassion focused mindfulness practice specifically looks at cultivating and fostering a kinder, more soothing approach to deal with difficult emotions and self-criticism,

The aim of this workshop is to:

- Recognize how critical self-talk lowers mood and sets up vicious negative cycles of feeling awful about ourselves.
- Build compassion for ourselves to help counteract these vicious cycles. With a compassionate focus we can learn to think in a way that helps us to be more accepting of ourselves.

Further information from Recovery College South East, tel. (086) 174 6330, e-mail recoverycollegesoutheast@gmail.com. See also www.recoverycollegesoutheast.com

PARENTING

○ “One Family” Parenting Courses

The new Autumn term of One Family's Zoom Parenting Courses has just been launched. The term starts in September with courses specially designed for those parenting alone or parenting through separation. Participants learn in a group setting with individual supports available from our Parenting Team. Each course costs €50.

A graphic with a teal background and a light green rounded rectangle in the center. In the top left corner of the teal area is an illustration of a laptop. The text inside the green rectangle is as follows:

Autumn Term

One Family Autumn Zoom Parenting Courses meet weekly for 6 weeks. Further updates will be posted here.

- **Positive Parenting: Supporting Children and Teens**
 - Morning Course – 13th Sept - 18th Oct at 10:30 am
- **Family Communications: Parenting When Separated**
 - Evening Course – 13th Sept - 18th Oct at 7:00 pm
- **Positive Parenting: Supporting Children and Teens**
 - Morning Course – 8th Nov to 13th Dec at 10:30 am
- **Family Communications: Parenting When Separated**
 - Evening Course – 8th Nov to 13th Dec at 7.00 pm

For more information and details of how to book, click [here](#).

○ Barnardos Back to School Survey Findings Published



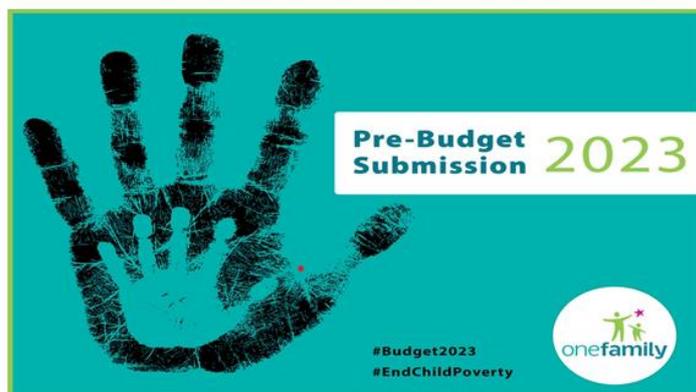
Barnardos have published their annual “Back to School” survey.

2022 Survey Findings

- The basic cost of sending a child to school in 2022 remains substantial across primary and secondary: the average cost of the basics needed for a fourth class pupil is €424; a first year pupil is €814 and a fifth year pupil is €722
- Over two thirds of primary (69%) and three-quarters of secondary school parents (74%) are worried about meeting costs this year, (25% primary and 32% secondary said they were very concerned).
- Almost half of parents (46% of primary and 48% of secondary) said recent cost of living increases had made it much more difficult to meet costs with a further one third of parents (36%) saying it had made it slightly more difficult.
- Schools continue to ask parents to buy crested or branded uniforms with 75% of primary and 95% of secondary school parents reporting they are required to do so.

The key findings are available in an infographic available [here](#) and in a summary document, available [here](#).

○ “One Family” Pre-Budget Submission 2023



One Family, Ireland’s national organisation for one-parent families, has called for urgent Government action to support low-income families in Budget 2023. Struggling one-parent families are being forced to choose between heat and food and the charity is extremely worried for winter 2022 without urgent Government action. The call comes as the charity launches its **Pre-Budget Submission** ahead of the Department of Social Protection’s **Pre-Budget Forum** on Wednesday. According to data from the CSO, children in one-parent families are four times more likely to live in poverty than children in two parent households.

To read the Pre Budget Submission, click [here](#).

About One Family;

One Family is Ireland’s organisation for people parenting alone, sharing parenting and separating, offering support, information and services to all members of all one-parent families, to those sharing parenting, to those experiencing an unplanned pregnancy and to professionals working with one-parent families. Children are at the centre of One Family’s work and the organisation helps all the adults in their lives, including mums, dads, grandparents, step-parents, new partners and other siblings, offering a holistic model of specialist family support services.

These services include the “askonefamily” national helpline on 01 662 9212, counselling, and provision of training courses for parents and for professionals. For further information visit: www.onefamily.ie

To access the One Family website, click [here](#).

COVID-19 PARTNER PACK

Dear Colleagues,

We hope this message finds you well.

Thank you for your continuing support in helping to share information about COVID-19 and important health service updates. Our highlight communications updates for you this month are:

Stay Safe

COVID-19 is still with us. These are important things that we can all keep doing to help reduce infection:

- Isolate if you are symptomatic (even if you are fully vaccinated and boosted) or if you are diagnosed with COVID-19
- If you have symptoms, stay at home until 48 hours after symptoms resolve
- Complete your [primary and booster programme of vaccination](#)
- Continue to [manage risk](#) for yourself and others who are more vulnerable. You can do this by wearing masks, physical distancing and avoiding crowds as well as maintaining basic hand and respiratory hygiene

HSE urges more people to get their COVID-19 vaccine or booster

HSE is urging anyone aged 65 or older and anyone with a weak immune system to get their second COVID-19 vaccine booster. Without it, you're more at risk of serious illness if you get COVID-19. This is particularly important given the recent increase in the numbers of confirmed cases. To arrange an appointment, contact a participating pharmacy or GP, or book at [HSE.ie](#). You can also call the team in HSE Live on 1800 700 700.

COVID-19 leaflet to support people with a weak immune system

We have published an information leaflet on *Living with COVID-19 if you have a weak immune system*, which is available to download in [English](#) and [Irish](#). Some people may have a weak immune system because they have a health condition or are getting treatment for a health condition. This information is very important for anyone with a weak immune system.

#KeepUpToDate campaign

The HSE National Immunisation Office (NIO) has launched #KeepUpToDate, a campaign to encourage parents and guardians to keep up to date with those all-important first vaccines for your baby. Information on the campaign is [available here](#).

Recent [HPSC reports](#) tell us that the 95% needed to achieve community immunity is not being reached, so we want to highlight these all-important vaccines to avoid outbreaks of vaccine preventable diseases.

The month-long campaign will share information and tips for parents across the NIO social channels. There will also be a spotlight on Health Care Worker resources next week.

Follow the #KeepUpToDate campaign on [NIO Twitter](#) and [NIO Instagram](#)

My Health, My Language: Multilingual videos on healthcare in Ireland

The HSE National Social Inclusion Office and Translate Ireland have developed a series of videos entitled “My Health, My Language” to give migrants and international protection applicants information on healthcare in Ireland.

Please find [more information here](#).

Health service information for Ukrainian nationals

- Updated mental health supports information is [here](#)
- Disability services information is [here](#)
- Healthcare services information is [here](#)
- COVID-19 information is [here](#)
- COVID-19 vaccination [video](#), Dr Oksana Kozdoba, a Pediatrician from Ukraine, shares information about the vaccination programme in Ireland. She covers the vaccines offered in Ireland to protect babies, school children and adults.

COVID-19 Updates

If you have a weak immune system

People aged 12 years and older who have a weak immune system previously had one additional dose of vaccine, and were also offered a first booster dose earlier in 2022. The HSE is issuing SMS reminders to people in this group as their second boosters become due. Clinicians will also be identifying people who have become immunocompromised recently to be added to this group.

For more information on specific conditions or treatments, please find details [here](#).

People aged 65 years and over reminded to get second COVID-19 booster vaccine

The HSE is reminding all those aged 65 years and over that they can avail of their second COVID-19 booster vaccine. Those with a weak immune system aged 12 and over can also get their second booster, when it is due.

Those who are now due their second COVID-19 booster vaccine can:

- [Book online now for appointments at HSE vaccination centres](#)
- Participating GPs will be in contact to offer appointments
- Check with your local Pharmacy
- Ring HSELive at 1800 700 700 and book an appointment
- Visit [HSE.ie](https://www.hse.ie) for more information

This second booster will give you the best protection from serious illness caused by COVID-19.

Interval between first and second booster

If you are 65 or over or 12 years and older with a weak immune system, you should get your second booster at least 4 months (at least 120 days) after your first booster. You can check the date of your last booster on your digital COVID-19 certificate.

If you have had COVID-19 in the last 4 months

You should get your second booster dose at least 4 months after your positive test result or when your symptoms started

Going to the vaccination centre

Please bring a photo ID with you. Examples of ID include passport, driver's licence, Garda age card, student/school ID etc. but if your ID does not include your date of birth, please bring proof of your date of birth (e.g. your birth cert).

What vaccine will I get?

If you are 30 years or older you will be offered a single booster dose of the Moderna COVID 19 vaccine at the HSE vaccination centres, GPs and Pharmacies. If you are 29 years or younger we will offer you a single dose of the Pfizer vaccine. These are mRNA vaccines. NIAC has recommended people are given an mRNA vaccine for this second booster dose, and it is safe to receive if you previously had a different vaccine.

If you have not had your first booster yet

Everyone aged 12 and over can still get their first booster, and are invited to come forward and book an appointment at a HSE vaccination centre. You can find more information [here](#).

Video explaining second booster

You can [watch this video](#) with Dr Eimear Hayes, Senior Medical Officer from the HSE National Immunisation Office. In the video Dr Hayes answers questions about the second booster dose of the COVID-19 vaccine for people aged 12 and older who have a weak immune system and those aged 65 and older, and explains their recommended COVID-19 vaccination course. Information about the recommended vaccine schedule for COVID-19 is available from the [National Immunisation Office Website](#).

Treatment for people at the highest risk from COVID-19

Medicines are available to treat people with COVID-19 (coronavirus) who are at the highest risk of becoming seriously ill.

You can find more information about treatments and higher risk groups [here](#).

COVID-19 vaccine for children aged 5 to 11 years

If your child is aged 5 to 11 you can book their COVID-19 vaccine appointment [online](#) at a time and date that suits you. The vaccine will help to protect them and the rest of the family too. The World Health Organization has advised that the COVID-19 vaccine is safe for children of this age. Visit [hse.ie](#) for information or to book an appointment.

COVID-19 Vaccination Programme

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

COVID-19 Testing

Full details [are available here](#).

COVID-19 information in other languages

Visit [hse.ie/translations](#) for a range of COVID-19 vaccine information videos and resources that have been produced in other languages, including information on COVID-19 vaccination in pregnancy.

Information videos on COVID-19 vaccination for parents of children aged 5-11 are available [here](#).

Animated videos for children about COVID-19 vaccination

Animated videos for children are now available in English, Irish, Irish Sign Language and 11 other languages. The videos are intended as resources for parents, guardians or care workers to use to talk about the child's COVID-19 vaccine and the process of being vaccinated with them.

The videos are also available in Arabic, Czech, Dari, French, Lithuanian, Polish, Portuguese, Romanian, Slovak, Urdu, and Yoruba and you can see all of the videos [here](#).

New Ethnic Equality Monitoring resources available for staff

Following the results of [a survey](#) with staff of the HSE and NGOs, the National Social Inclusion Office has recently updated a number of resources to support staff to carry out ethnic equality monitoring in line with the [Second National Intercultural Health Strategy 2018-2023](#):

- eLearning course *Introduction to ethnic equality monitoring* on hseand.ie This module explains what ethnic equality monitoring is and why it's important in healthcare. After completing the module you will know how to sensitively gather information from clients, what to record and where to get more information. Staff of funded HSE agencies (section 38 and 39 organisations) can register on hseand.ie to complete the training.
- Downloadable posters are available to explain ethnic equality monitoring to clients in [English](#), [Irish](#), [Arabic](#), [Chinese](#), [French](#), [Polish](#), [Russian](#) and [Ukrainian](#).

Further information is available [here](#)

The Community Innovation Fund

The HSE Spark Innovation Programme aims to engage & empower frontline staff in innovation and provide funding streams, access to design thinking education and provide mentoring for frontline healthcare innovators.

The Community Innovation Fund is an initiative designed to promote innovation in community teams and services.

Two categories of funding are available depending on the scale of project being proposed: (A) up to €20,000; (B) up to €60,000.

Applications are being invited from HSE and Section 38 services delivering healthcare in a community setting. Application deadline is 5pm August 19th.

Please visit hse.ie/spark for more information, or contact Dermot Burke by email at dermot.burke1@hse.ie or spark@hse.ie

Can you help us please? COVID-19 Partner Pack Survey reminder

Dear colleague,

I hope this message finds you well.

We would be grateful if you would complete a short, 5-minute survey for us.

If you have already completed the COVID-19 Partner Pack survey, thank you – we really appreciate your feedback.

If you haven't yet completed the survey, here is information on how to complete it.

The aim of this survey is to understand your organisation's experiences of the HSE COVID-19 Stakeholder Engagement Communications throughout the COVID-19 pandemic and the COVID-19 vaccine rollout.

By providing feedback to us, it will help us to plan for the future.

Your answers will be anonymous, and we will use the responses to improve the work of the Stakeholder Engagement team in HSE Communications. Please click on the link below to begin:

<https://survey.euro.confermit.com/wix/p601265365959.aspx>

Core Research are the data processors. Core Research collects and stores information in line with the Data Protection Act 2018.

The findings from the survey will be communicated to the HSE in aggregated form only. No answers you give in this survey will be attributed to you and no personally identifiable data will be captured or shared with the HSE.

Changes to our guidelines on Paxlovid

I wanted to send you some news about changes to our [guidelines on Paxlovid](#). These are being communicated to GPs and hospital prescribers this week, and we will be aiming to create public awareness once our clinical teams are updated.

As you know, Paxlovid™ became available for use in Ireland in April 2022. It is one of a range of new therapeutics or treatments for COVID-19 that have become available. Most of these products have only been used for people at the highest risk of COVID-19, and usually need to be used in the early stages of COVID-19 illness to be potentially helpful to the patient.

The HSE's COVID-19 Therapeutic Advisory group and the clinical prioritisation subgroup have recommended changes to how Paxlovid™ is used in Ireland, due to the current high levels of community transmission of COVID-19.

These changes should mean that more people can be considered for treatment with Paxlovid™ by their GP or hospital prescriber. These changes are being communicated to GPs and Hospitals nationwide this week, and following this, the HSE will update our online clinical guidance documents and our public information on [HSE.ie](https://www.hse.ie).

The changes are:

- Antigen tests administered at home can now also be used to confirm COVID-19 infection. Previously a PCR test was part of the agreed pathway to confirm COVID-19 infection.
- More patients are being included in the clinical prioritisation pathway for Paxlovid™ use, these are:
 1. Vaccinated people aged 75 or over
 2. Vaccinated people aged 65 or over who also have additional risks including obesity (BMI over 35), diabetes, high blood pressure, cardiovascular disease, chronic lung disease.

This change is in addition to the patients that the HSE previously included in the clinical prioritisation groups for Paxlovid™ use:

- Unvaccinated adult patients at risk of progressing to severe COVID-19 infection not requiring supplemental oxygen
- Immunocompromised adult patients at risk of progressing to severe COVID-19 infection not requiring supplemental oxygen who, despite vaccination, are unlikely to have generated protective immunity

I know this will be of interest to many of you and your networks. Thanks for your ongoing support in sharing these updates.

We will be creating social media posts and news media coverage to raise awareness of this change in the coming days and next week, and would be happy if you'd like to share our updates onward at that time.

Be Sun Smart

As we head towards the warm sunny weekend Healthy Ireland in partnership with the HSE National Cancer Control Programme are reminding everyone to be SunSmart and protect your skin.

Whatever you are planning this weekend, make sure to make skin protection a priority by following the 5S's, even when its cloudy!

- **Slip on clothing that covers your skin such as long sleeves or collared t-shirts.**
- **Slop on sunscreen on exposed areas, using factor 50+ for children.**
- **Slap on a wide-brimmed hat. Protect your face, ears and neck.**
- **Seek shade especially if outdoors between 11am and 3pm.**
- **Slide on sunglasses to protect your eyes.**
-

To reduce skin cancer risk, it is important to protect your skin when outdoors, especially from April to September when ultraviolet rays from the sun are strongest.

Skin cancer is the most common form of cancer in Ireland, with 13,000 cases annually. This number is projected to more than double again by 2045. Yet in most cases, skin cancers could be prevented by protecting skin.

This year's SunSmart campaign will run on radio, digital audio and social until September. You can support the campaign using the hashtag #SunSmart

For more information and resources go to [hse.ie/sunsmart](https://www.hse.ie/sunsmart)

Public Health Information

For updated information and advice on Coronavirus, please go to: <https://www2.hse.ie/conditions/covid19/> 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 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).

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](#).