



Wexford CYPSC News and Resources Update

June 10th 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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○ Mental Health Supports for Ukrainian Nationals



Information on mental health supports for people from Ukraine is now available in Ukrainian, Russian and English.

People arriving from Ukraine have access to a wide range of mental health supports and services. In addition to information resources, mental health promotion and self-help options, we also offer more formalised, person-centred services. These are also available through GP and primary care services

To read more about the available supports, click [here](#). This page is also available in other languages.

○ AWARE : Ukraine Support Group



Ukraine Support Group

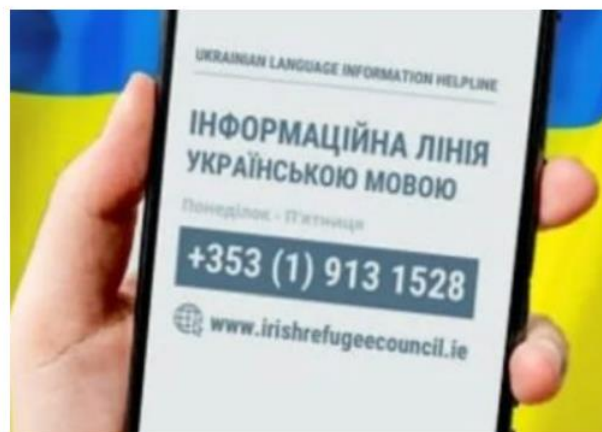
This Ukraine Support Group aims to offer an opportunity to Ukrainians who have arrived in Ireland to connect with fellow citizens, navigate living in Ireland and get support with health concerns. We understand to start with Ukrainians arriving in Ireland will need support after their difficult journey fleeing from home and practical information while adjusting to life in a new country. This group aims to encourage connection and community in a supportive environment.

For more information on the Support Group, click [here](#).

For more information on AWARE, click [here](#)

○ **Irish Refugee Council : Ukrainian Language Helpline**

Irish Refugee Council: Ukrainian language information helpline / Інформаційна лінія українською мовою



The Irish Refugee Council has launched a helpline and chat service to support people who have fled Ukraine. Ukrainian and Russian speakers staff the helpline.

Opening times: Monday to Friday 10:00am to 1.00pm

Telephone number: +353 (1) 913 1528

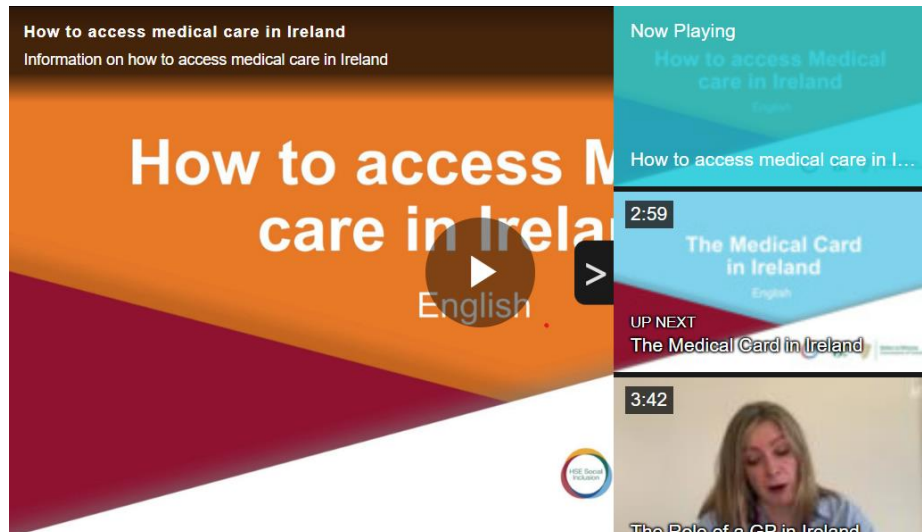
What does the helpline and chat service do:

The helpline is confidential, independent and gives information. Please note we may not be able to assist in more technical and complex queries and we may pass these to colleagues. Please also note that we will not give legal advice by phone.

For more information and to access the “Chat page” click [here](#).

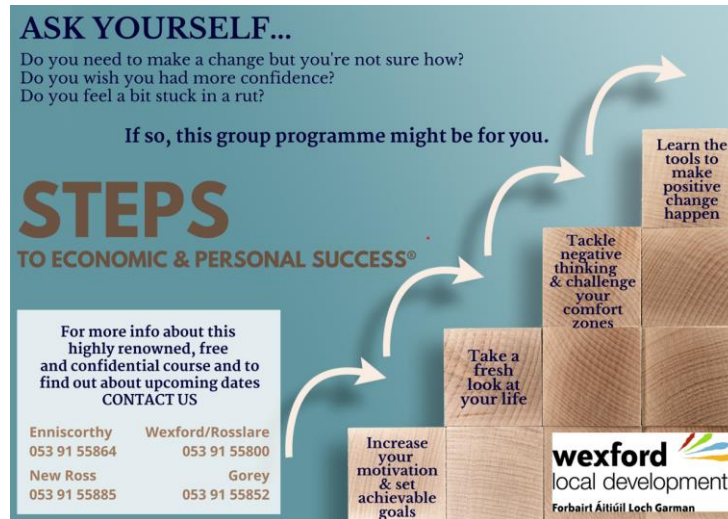
○ Information on Accessing Healthcare in Ireland from HSE

For people coming to Ireland from other countries, [@HSELive](#) videos available with information on healthcare Detail + links to resources also at <https://www.hse.ie/eng/services/mhml/> in Arabic, Chinese, English, French, Irish, Polish, Portuguese, Romanian, Russian, Spanish and Ukrainian



TRAINING & WEBINARS

○ STEPS Programme : Places Available



The STEPS Programme is essentially a personal development programme, designed to support those with low confidence, who may have had a bad experience of education and who may be feeling a little stuck in their lives. It takes quite complex psychology and simplifies it down so that each participant gets a clear understanding of how their mind works (and indeed, may be working against them) and most importantly, teaches them the tools to realise their potential and make positive change in their lives.

It is delivered in a fun, relaxed and casual way, across 3 full days, 10am – 4.30pm. Lunch will be provided.

We have a number of dates coming up around the county over the summer. The details are as follows:

16th, 17, 20th June – TAG Centre, Taghmon

11th, 13th, 14th July – WLD Training Room, New Ross

11th, 12th, 15th August – Venue TBC, Enniscorthy

25th, 26th, 29th August – WLD Gorey Training Room, Gorey

If you know of anyone who might be interested, please send them my way. I have attached further details to this email and I would also appreciate it if you could share this information wherever appropriate.

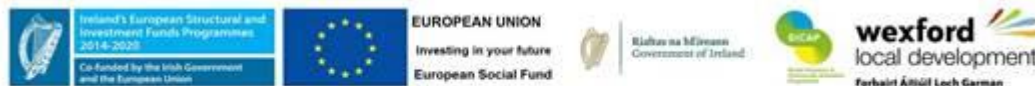
To access the **STEPS Information Booklet**, click [here](#).

To access the **STEPS poster**, click [here](#).

With many thanks and kind regards,

Jenny Kirwan, Client Support Officer, Wexford Local Development, Block A, Spawell Road, Wexford, Y35 E2FK

087 693 0063/ 053 9155800/ www.wld.ie



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.

○ AWARE : Supports and Programmes

We have set up a **Ukrainian speaking Support Group**, details can be found here: <https://www.aware.ie/ukraine/> for those refugees who may be using your services.

The '**Living Well with Bi Polar Disorder**', 8 modules over 8 weeks, followed by a weekly Support & Self Care group for 6 weeks; we have extended the offering with an ongoing **Support & Self Care group which is Bi Polar Specific** *for people who have completed the programme.*

<https://www.aware.ie/programmes/>

<https://www.aware.ie/programmes/livingwellwithbipolardisorder/>

We have also introduced **Support & Self Care groups** for those who have completed Aware's **Relatives & Friends** Programme.

These are in addition to our **Support & Self Care groups on Zoom, Face to Face and Phone In conference, and the Support Line and Support Mail** and our adult education programmes including **the Life Skills Programme, Life Skills Online, Relatives Programme and the Life Skills for schools programme for TY.**

Finally for those who do not wish to engage directly with others, we have **self-directed programmes** e.g .Space from Stress, Space for Sleep and others.

<https://www.aware.ie/programmes/online-self-directed/>

Booking for services and programmes is through the website or contact the office 01 661 7211. If you have any questions, please contact me.

With my kind regards,

Rosemary



Support Line
1800 80 48 48
Support Mail
supportmail@aware.ie

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National Coordinator
Support & Self Care Groups
Mobile: 085 856 8204
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9 Leeson Street Upper, Dublin 4

○ Masculinities and Men's Health : HSE Webinar June 13th



Men's Health Week Webinar

Register now for our upcoming 'Masculinities and Men's Health' Webinar focused on Men's Health Week on 13th June from 12.00 – 13.15. With special guest Paul Ferris, former pro footballer and award winning author.

For more information and to register, click [here](#).

○ LGB Virtual Awareness Training

Type of Training:	VIRTUAL PLATFORMS
Title of training module:	LGB VIRTUAL AWARENESS TRAINING
When – Date & Time:	Tuesday 21st June 2022 - 10:00am to 1pm (Please note - this is an extra date added for June to accommodate demand as 28 th June is now fully subscribed)
How to attend/register –link – where to find on HSELand:	Email: emma.whitty@fdys.ie
Information about the event:	<p>South East Community Healthcare’s LGBT+ Health Steering Group’s Model of LGB Awareness Training is now available for delivery over a three hour period on virtual platforms.</p> <p>The training aims to enhance the development of a welcoming and supportive environment to both employees and service users who identify as LGBT+.</p> <p>There is no fee to take part in the training. Certification of Attendance, LGBT+ Awareness Card and LGBT+ Sticker are provided on completion for display within services.</p> <p>On completion of this training, participants will be offered an opportunity to train as a Trainer, where you will be provided with the tools and knowledge to deliver LGB Awareness Training within your service area.</p>

○ **Understanding Trauma and Supporting the Needs of People Fleeing War or Persecution : Free Training Available until September**

Understanding trauma and supporting the needs of people fleeing war and / or persecution



HSE Cork Kerry Community Healthcare in conjunction with the HSE National Social Inclusion Office and HSE Mental Health delivered this free on-line training.

Please find link for the training [here](#).

Please also find a directory of resources [here](#)

Who is this training for?

[This training](#) is for anyone working with or supporting children, adults or families who have fled war and / or persecution, including those providing support to people who have arrived in Ireland from Ukraine and all other people seeking International Protection here in Ireland. It is suitable for people working in Statutory and Non-Statutory organisations such as the HSE, Child and Family Agency, Department of Education and Science, Department of Social Protection, Department of Justice, NGO's and community support services.

What are the learning goals?

Participants will leave with an awareness / basic understanding of the following:

- War trauma and Post Traumatic Stress Disorder (PTSD)
- The psychosocial needs of people who have fled war and are adjusting to a new life in Ireland
- Understanding the barriers that interfere with people accessing and benefitting from supports
- Helpful do's and don'ts when working with people who have survived war trauma
- When and where to get help for trauma / PTSD
- Understanding the importance of minding your own psychological wellbeing when helping others

Trainer

Dr. Jennifer Hayes is Principal Psychology Manager for Social Inclusion in Cork Kerry Community Healthcare. She is a qualified clinical psychologist and a counselling psychologist and has supported children, adults and families across multiple services in the HSE for almost 20 years. Over the last number of years she has worked extensively with Syrian and Iraqi war survivors living in Ireland as part of the Resettlement Project. Her area of clinical expertise is trauma, PTSD and supporting people who have fled war and persecution are resettling in

Ireland. She has represented the HSE on selection missions with Department of Justice on to Lebanon, Jordan and Greece. In her downtime she plays Gaelic football with Gaelic for Mothers and Others and is an avid Cork hurling supporter.

[Additional mental health supports and services](#)

Many thanks to IMS Integrated Media Solutions for their generous support in organising the training.

○ The Art of Being Healthy & Well : National Symposium



The Department of Health (Healthy Ireland), the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media (Creative Ireland Programme), HSE Health & Wellbeing) and the Arts Council are co-hosting a national symposium – The Art of being Healthy and Well.

For more information and to register : <https://bit.ly/3PLntDI>

The symposium will consider policy in relation to the effective use of creativity and arts in support of health and wellbeing while showcasing good practices and reflecting on learning to date.

○ Upcoming Activities at Enniscorthy Library

June 11th @ 10:30am Cruinniú na nÓg “Growing Imaginations”

June 18th @ 11am “Summer Stars Story Time”

June 25th @ 11am “The beachcombers guide to the treasures of our beaches”

Every Tuesday at 10:30am “Baby & Toddler Rhyme Time”

Library E-Newsletter;

You can sign up to receive the Library newsletter by clicking on the following link and completing the short registration form at the bottom of the page :

<https://www.wexfordcoco.ie/libraries/opening-hours-and-branches/enniscorthy-library>

This will keep you informed of all upcoming events.