



Wexford CYPSC News and Resources Update

March 11th 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/.

CONTENTS

Children & Young People;

P.3: EPIC (Empowering People In Care) Free Legal Advice Clinic

P.4: "Growing Up In Ireland" Report

P.5 : LGBTI+ Youth Leadership Programme Launched

P.7: The COVID Word Campaign

Parent Supports & Info;

P.8 : "Building Family Communication" – YNR

P.9: Archways" workshop on "Understanding Anxiety and Supporting My Young Person"
March 22nd

P.10 : Archways" workshop on "Understanding Anxiety and Supporting My Young Person"
April 14th

P.11: Parenting Today 2021 Online Talk : Developmental Checks and Care for babies at 3
months and 9 months, with Wexford Public Health Nurses

P.12 : Parenting Today " Clever Little Handies" Baby Sign Classes

P.13 : Wexford Public Library : Literacy Applications for Families and Schools

Funding;

P.14 : HSE National Lottery Funding

P.15: Community Development Pilot Programme 2021

P.16: Tuath Housing Covid-19 Emergency Fund Round 2

Courses & Training

P. 17:2021/2022 Professional Certificate in Children and Loss (Level 9)

P.18 : Tackling Obesity in 2021 – Dr. Donal O'Shea

P.19 : National Suicide Bereavement Guide Launch

P.20 "Wellness Mind" Online Talk with Dr. Aoife Quinn

Child Protection;

P.21 : Information Sheet on Recognising and Reporting Child Abuse

CHILDREN & YOUNG PEOPLE

EPIC (Empowering People In Care) Free Legal Advice Clinic



Free Legal Advice Clinic

EPIC Empowering People In Care (EPIC) is happy to announce the development of a new **free legal advice clinic** for children and young people in care or with care experience. The clinic, which seeks to empower children or young people who are in care, leaving care or in aftercare to vindicate their legal rights, is a collaborative initiative between **EPIC and the Community Law and Mediation Centre (CLM)** a community-based law centre.

These clinics will operate on a monthly basis for an initial period of 12 months

You can support a child or young person to avail of this service by contacting EPIC at:

	Online Referral:	www.epiconline.ie/advocacy-forms/
	Phone:	01 8727661
	E-mail:	legalhelpline@epiconline.ie

These free legal advice clinics are funded by the Community Foundation for Ireland, RTÉ Does Comic Relief and the Government of Ireland.



► "Growing Up In Ireland" Report



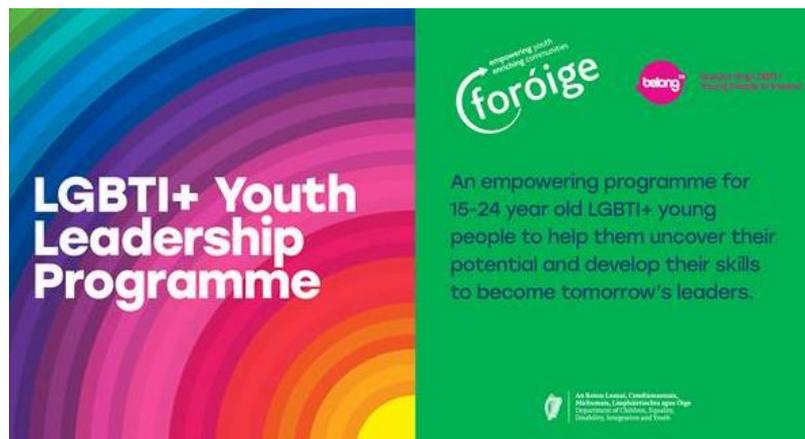
Growing Up in Ireland: Social-Emotional and Behavioural Outcomes in Early Adolescence *by Elizabeth Nixon (Trinity College Dublin).*

This report documents the social, emotional and behavioural outcomes of the 13-years-olds in the Growing Up in Ireland (GUI) study and examines factors that are associated with these outcomes. The analysis is based on data collected from over seven thousand families in Cohort '98 (Child Cohort) of Growing Up in Ireland interviewed first at Wave 1 (2007) when the children were 9 years of age, and again at Wave 2 (2011) when the children were 13 years of age. This was a key stage in the lives of Cohort '98 as they transitioned from primary to secondary school - and in the context of the Great Recession of 2008-2013.

The report will be launched on March 11th by Bernie McNally, Assistant Secretary General at the Department of Children, Equality, Disability, Integration and Youth.

For more information on the GUI see : <https://www.growingup.ie/>.

► LGBTI+ Youth Leadership Programme Launched



About the Programme

The LGBTI+ Youth Leadership Programme is brought to you by Foróige, in collaboration with BeLonG To, and supported by the Department of Children, Equality, Disability, Integration, and Youth.

The programme aims to:

Enable LGBTI+ and ally young people to develop the skills, inspiration, vision, confidence, and action plans to be effective leaders, and to make a positive difference to their community through the practice of effective leadership.

The programme, an adapted version of Foróige's Leadership for Life programme, will be facilitated using the online learning platform Moodle (full support and guidance will be given to you in advance) There are 2 Modules included in this programme. Each Module comprises 15 one hour sessions which include a mix of interactive activities, group work, discussion and individual reflection.

The programme gives you the opportunity to learn and develop critical skills such as teamwork, problem solving, communication, critical thinking, goal setting, research skills etc. Our partner organisation, BeLonG To, will provide additional workshops related to LGBTI+ specific issues such as Language, Terminology and Identity; LGBTI+ History; LGBTI+ Young People in Ireland Today; Combatting Discrimination and Making a Difference.

The programme will be running on the following dates:

Module 1

Thursday 1st April 11am - 4pm (Session 1,2,3,4)
Tuesday 6th April 6-8pm BeLonG To Workshop
Thursday 8th April 11am - 4pm (Session 5,6,7,8)
Monday 12th April 6-8pm (Session 9&10)
Thursday 15th 6-8pm BeLonG To Workshop
Saturday 17th April 11am - 4pm (Session 11,12,13,14)
Monday 19th April 7-8pm (Session 15)

Module 2

Friday 30th April 6-8.30pm (Session 1&2 including Guest Speaker)

Tuesday 4th May 6-8pm (Session 3&4)

Saturday 8th May 11am - 4pm (Session 5/6/7/8)

Tuesday 11th May 6-8pm (Session 9&10)

Friday 14th May 6-8pm (Session 11&12)

Groups do session 13 in individual team research groups

Friday 21st May 6-8pm (Sessions 14/15)

Participants will be expected to be available for each session. You will be awarded a certificate of completion after each module. On completion of this programme you will have the unique opportunity to do an additional self-directed module which will make you eligible to graduate with a Foundation Certificate in Youth Leadership & Community Action from NUIG.

There will be two courses available, one for 15-18 year olds and one for 18+ year olds. Places are limited so please apply early. Closing date for applications is Tuesday 23rd March at 12 noon. Please note if there are not enough in a certain age category, we may need to review the course options.

To learn more about this course, click the link to see the programme leaflet -

<https://tinyurl.com/xuc4f63r>

If you have any questions or need any further information please feel free to contact Breda @ 086 7964330 or breda.orourke@foroige.ie

► "The COVID Word" Campaign.

This is week 3 of the COVID Word social media campaign created in collaboration with young people from South Dublin, Sligo and Leitrim and in a partnership between Foróige and Children and Young People's Services Committees (CYPSC).

No two Covid-19 lived experiences are the same; we all have to navigate in uncharted emotional terrain - without a compass. In this uncertainty, it helps simply knowing you're not alone.

There is immense power in peer community support - to cope through tough times, and make good times even brighter. While young people need our support, they also possess their own hopeful power and wisdom. As experts in their own lives this campaign uncovers and shares their thoughts and ideas.

Through youth voices, this campaign **by young people for young people** helps acknowledge and manage losses while recognising personal power to live well through current circumstances and boost individual and collective resilience in 2021.

This weeks message is *"Sometimes we're up. Sometimes we're down. Start with a plan to do one small thing that will help you feel happy"*.

We invite all to share, like and re-share the campaign and spread the message of youthful resilience. [CLICK HERE FOR THE CAMPAIGN PACK](#).

Visit <https://www.gov.ie/en/campaigns/healthy-ireland/> for some ideas on what you can do.

See <http://www.wexfordcypsc.ie/resources> for some useful resources and <http://www.wexfordcypsc.ie/young-people-and-mental-health> for details of services re: young people and mental health.



PARENTING SUPPORT

► “Building Family Communication” - YNR



Building Family Communication

A 6 week online parenting programme for parents of children aged 7 -18 years.

The programme aims to Enhance Family Strengths through Assertive Communication & Self- Esteem Building and explores Emotional Needs within the family.

Dates: Tuesday 23rd March, Tuesday 30th March and Tuesday 6th April,
Tuesday 13th April, Tuesday 20th April and Tuesday 27th April

Time: 7.30pm-9.00pm

Delivery: Zoom Video Conferencing

Facilitator: Nettie Bowie - Child & Adolescent Cognitive Behavioural Therapist and Counsellor

RSVP:

jeanette@ynr.ie

086 889 9153



► “Archways” workshop on “Understanding Anxiety and Supporting My Young Person”
March 22nd

A WORKSHOP CO-ORDINATED BY WEXFORD LOCAL DEVELOPMENT,
ORGANISED BY ARCHWAYS AND SUPPORTED BY BASIS POINT

UNDERSTANDING ANXIETY AND SUPPORTING MY YOUNG PERSON

MONDAY 22ND MARCH
11 AM TO 12.30



The session will help you to:

- Understand what anxiety is & how it can affect young people
- Understand what worry is & what worries are typical among young people
- Develop tools and strategies that can support young people in your life
- Learn about factors which affect and influence development in young people

Click here to book your place:
<https://www.eventbrite.ie/e/145283327343>

 Archways is a national organisation working in collaboration with local and national agencies to promote and research evidence based programmes for children & young people. They have provided funded training for Co. Wexford schools for the past two years supported by basis.point and co-ordinated by Wexford Local Development.

 This workshop is kindly supported by basis.point - www.basispoint.ie

 wexford local development
Parkside 2016 Loughborough

► Archways” workshop on “Understanding Anxiety and Supporting My Young Person”
April 14th

a workshop co-ordinated by wexford local development,
organised by archways and supported by basis point

UNDERSTANDING ANXIETY AND SUPPORTING MY YOUNG PERSON

WEDNESDAY 14TH APRIL
7 TO 8.30 PM

The session will help you to:

- Understand what anxiety is & how it can affect young people
- Understand what worry is & what worries are typical among young people
- Develop tools and strategies that can support young people in your life
- Learn about factors which affect and influence development in young people

Click here to book your place:
<https://www.eventbrite.ie/e/145289301211>



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 This workshop is kindly supported by basis.point - www.basispoint.ie

 wexford local development
Partners: Aníall Jack O'Sullivan

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



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

This talk is scheduled to arrive online on the Wexford Library Facebook Page and Wexford Libraries YouTube Channel on Thursday 4th March at 8.00pm. It will be available to view at any time after this date.

► **"Parenting Today" Clever Little Handies Baby Sign Classes**

Please note that parents can book in for one or more classes.

**Parenting Today 2021:
Join Claire Glynn (via Zoom) for free online baby sign
classes**

In association with Wexford Libraries

Clever Little Handies is a baby sign class
for parents with babies from newborn up.

We already know babies can communicate with their hands before they can talk; they can wave; they can clap; they can point. They have the dexterity in their hands to formulate signs long before they have the muscle dexterity in their mouths to form words.

By teaching them sign language from an early age they will have a vocabulary to use, even if they're not formulating words.

Clever Little Handies is also a way for parents to connect with other parents with babies of a similar age.

Classes will be delivered via zoom and will include nursery rhymes, songs and poems with ISL signs that pertain to the day to day with baby.

This is a series of 4 classes. Dates are as follows:

Monday 1st March

Monday 8th March

Monday 15th March

Monday 22nd March

All classes begin at 09.30am

Places are limited. Each class lasts approx. 45-60 minutes.

To book a place email us at: wexfordlib@wexfordcoco.ie

► Wexford Public Library : Literacy Applications for Families and Schools



Wexford Library is currently offering three different programmes to schools/families to help children with their literacy, numeracy and writing skills:

Families:

Reading Eggs: Reading Eggs provides an educationally sound and highly enjoyable learn to read programmes that is not only fun and effective, but also easy to integrate into the daily routine of families. Online reading games and activities make learning to read interesting and engaging for children.

Nessy Reading. Dyslexia Awareness Training Courses: Wexford County Council Public Library Service is making available a limited number of free Dyslexia Awareness Training Courses for adults/parents. The training modules cover the identification of dyslexia, intervention strategies, accommodations and the use of technology.

-If you are interested in learning more about these offerings please email

thomas.maher@wexfordcoco.ie.

Schools:

TTRS: Touch Type, Read and Spell is a multisensory, structured, online course for children and adults to learn reading, typing and spelling. There are 24 levels with 31 modules in each level.

Nessy Reading and Spelling: Nessy is designed to reinforce spelling, reading and listening skills in a multisensory way. There are 100 structured lessons packed with video strategies, motivating games and 1000's of supporting printable worksheets and card games.

-If you are a teacher and feel that one of your students would benefit from these software packages please email thomas.maher@wexfordcoco.ie for more information.

FUNDING

► HSE National Lottery Funding



Applications are now being invited by the HSE for National Lottery Funding Grants.

This funding is distributed by the HSE each year to community based groups and voluntary organisations under the Respite Care Grant Scheme and the National Lottery Grant Scheme.

Groups and organisations involved in the provision of Health and Personal Social Services can apply for once off funding of between €500 and €10,000 for suitable projects. Note that public bodies including the HSE are not eligible to apply for this funding.

The HSE has advertised in newspapers for applications and you may wish to share this notification among your professional or local networks.

All of the information required, including the application form, is available on www.hse.ie/lotterygrants.

Closing Date for Applications is 12 noon on Friday 16th April 2021. Applicants will be advised as to the outcome of their application by 30th July 2021.

► Community Development Pilot Programme 2021



Joe O'Brien TD, Minister of State at the Department of Rural and Community Development today launched a call for Community Development Pilot Projects to trial community led interventions that address poverty, social exclusion and inequality, and promote human rights.

The call invites expressions of interest from community development organisations working to address issues in areas such as racism (including Travellers and Roma), domestic or sexual violence, migration, gender, people living in direct provision or seeking international protection, climate action and just transition. Up to eight projects will be selected to be part of the pilot which has overall funding of €1m for 2021.

Closing Date : Completed application forms should be submitted to cdp@dracd.gov.ie by 12 noon, Wednesday 31st March 2021.

Queries : Any queries in connection with this process can be emailed to cdp@dracd.gov.ie .

For further information see DRCD website at : [DRCD](https://www.dracd.gov.ie)

► **Tuath Housing Covid-19 Emergency Fund Round 2 open for applications**



Tuath Housing Association was established and registered in 2000, awarded Voluntary Housing Status by the Department of the Environment and is a member of the Irish Council for Social Housing. We provide housing to over 15,000 tenants and currently manage over 5,500 homes across Ireland.

The Tuath Housing Community Covid-19 Emergency Fund was set up to assist residents' groups involved in Tuath Housing's Tenant Engagement initiative, local community groups and not-for-profit organisations who are providing support to vulnerable people during the Covid-19 pandemic in communities where Tuath Housing tenants live. Last year we supported 16 not-for-profit organisations through the fund.

The fund will assist not-for-profit groups and organisations who are providing essential supplies and services to vulnerable people during the Covid-19 pandemic. This could include providing information by phone or using technology to change service delivery, supporting education, health and wellbeing, providing essential services or combatting isolation.

There is a maximum of up to €1,000 available per group/ organisation. The amount of funding granted will depend on the volume of requests for funding received.

Email getinvolved@tuathhousing.ie for a copy of the application form and guidelines, or for further information. Deadline for applications is Friday 9th of April 2021. For more information about Tuath Housing visit www.tuathhousing.ie

COURSES / TRAINING/ONLINE TALKS

► 2021/2022 Professional Certificate in Children and Loss (Level 9)



We are now accepting applications for the 2021/2022 **Professional Certificate in Children and Loss (Level 9)**.

Course details, schedule of dates, blended delivery methods and application procedure can be found at the following link <https://hospicefoundation.ie/our-supports-services/education-training/bereavement-post-graduate-courses/prof-cert-children-loss/>

The closing date for receipt of completed applications is **4th May 2021**.

Please feel free to circulate these details to those that the course may be of relevance to.

If you have any queries, please do not hesitate to contact me.

Regards.

Iris Murray

Administrator

Bereavement Education & Training

01 679 3188

iris.murray@hospicefoundation.ie

► Tackling Obesity in 2021 – Dr. Donal O’Shea

New Ross Library is planning a talk with **Professor Donal O’Shea**, Consultant Endocrinologist, St Columcille’s and St Vincent’s University Hospitals, Professor of Medicine, University College Dublin. The talk is entitled “Tackling Obesity in 2021”.

This talk is live and is due to go out on Wednesday 14th April at 7.00pm. Bookings for this talk are not available as yet. Bookings will be accepted by email and further information will follow when available.

Prof O’Shea Moved to current position establishing the first hospital based multidisciplinary treatment unit for the management of adult obesity in the country. Is a member of the Department of Health Policy group on obesity established in 2011 and chaired a group carrying out a health impact assessment on the potential benefits and harms of a tax on sugar sweetened drinks. Has presented the EU Ministers for Health and the Director General of the WHO on the importance of prevention of childhood obesity.

► National Suicide Bereavement Guide Launch

The official launch of the **HSE National Suicide Bereavement Support Guide “You are not alone”** takes place on **Thursday, March 11th from 2pm to 3pm.**

This guide was an output of work from the [Improving Suicide Bereavement Supports in Ireland report](#) which consisted of 10 key recommended actions, one of which was the development of a *“standardised suicide bereavement resource guide with accurate, relevant, up-to-date and consistent information for individuals and families that have lost a loved one to suicide or suspected suicide.”*

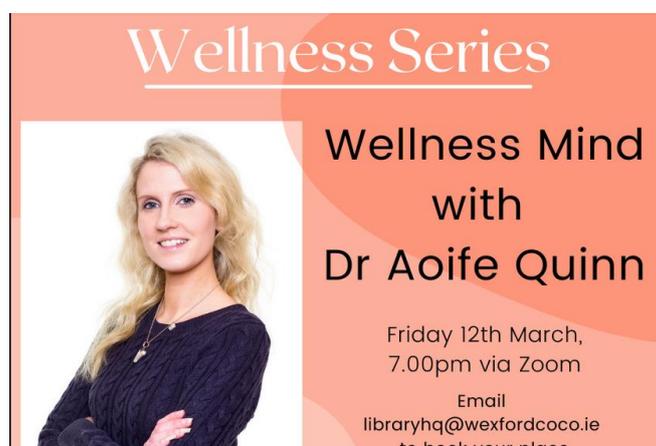
This guide will be the cornerstone of Level 1 bereavement support and will be available in hard copy and online.

Developed by a working group consisting of HSE Resource Officers for Suicide Prevention and individuals bereaved by suicide, the launch of the guide will be attended by Mary Butler TD, Minister of State for Mental Health and Older People and will feature contributions from some members of the working group.

The event registration link is https://ims.zoom.us/webinar/register/WN_Dv4NQ9K5TN-rBgAmGcNxvDQ and I really hope you can all attend.

Note: This online event will be recorded, primarily to circulate to stakeholders who could/did not attend. Time permitting, some questions will be taken (via the Q&A facility) for panellists to answer verbally.

► **"Wellness Mind" Online Talk with Dr. Aoife Quinn**



Are you feeling stressed and a little overwhelmed?

Take some time out and join the 'Wellness Mind' informal and interactive talk on how to keep your mind healthy during a pandemic. As part of the talk you will learn to identify stress and Covid-related worries as well as gain advice and tips on how to relax, de-stress and cope with the difficulties associated with being apart from loved ones and working from home.

This online talk will be delivered via Zoom on Friday, March 12th at 7.00pm.

To book email: libraryhq@wexfordcoco.ie

You will receive your Zoom link and details, prior to the event.

Dr Aoife Quinn completed a BA in Psychology at Maynooth University followed by a PhD at the School of Psychology, University College Dublin. A member of the City Colleges faculty, Aoife teaches the Sport and Exercise Psychology, Counselling Psychology and Addiction Studies diplomas. Aoife is also a psychology tutor with Dublin City University. She runs a private psychology practice in South Dublin and sees clients from a range of settings including sport and the corporate world.

Wexford Public Library Service is delighted to host this online Zoom event in association with Pegasus Consulting.

For more information see :

<https://www.facebook.com/Wexfordlib/photos/a.396011626026/10157879328266027>.

CHILD PROTECTION

► Recognising and Reporting Child Abuse – Information Sheets

The information sheet below on how to recognise and report child abuse, has been translated into Polish and Romanian and is available to view/download in the Resources section of Wexfordcypsc.ie at <http://www.wexfordcypsc.ie/resources>.



CHILD ABUSE: Recognise & Report

As we restrict our movements again in this third lockdown, children are once again less visible to those professionals who seek to support and protect them – Social isolation due to **COVID-19 makes it harder for authorities to identify child abuse cases**. That's why it's important for essential workers with potential access to family homes to be able to recognise signs of abuse and know where to report their concerns.

Types of abuse:

Neglect <ul style="list-style-type: none">• Lack of care or supervision• Child deprived of food, clothing, hygiene, safety, mental stimulation, etc.	Physical <ul style="list-style-type: none">• Child is deliberately physically hurt or is at risk of being physically hurt• E.g., Shaking child, using excessive force	Emotional <ul style="list-style-type: none">• Child's need for affection, approval, security are not met• E.g., Excessive punishment, exposure to domestic violence	Sexual <ul style="list-style-type: none">• Child is used for someone else's sexual gratification/arousal
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Possible signs of abuse:

Neglect <ul style="list-style-type: none">• Child says no one is at home to provide care• Is being cared for by an inappropriate adult• Is often dirty/has severe body odour• Lacks enough/appropriate clothing for weather• Lacks medical or dental care• Lacks enough food/water• Begs or steals food/money• Abuses alcohol/drugs	Physical <ul style="list-style-type: none">• Child has unexplained injuries (burns, bites, bruises, black eyes, broken bones)• Reports injury by parent/caregiver• Is scared of parents/caregivers• Shrinks when approached by adults• Is scared/anxious, depressed, withdrawn, aggressive• Abuses animals/pets	Emotional <ul style="list-style-type: none">• Child shows extreme behaviours (is too passive/aggressive or too submissive/demanding)• Acts too old or too young for their age (e.g. is parenting other children or often rocking/banging head)• Expresses depressive/suicidal thoughts	Sexual <ul style="list-style-type: none">• Child has difficulty walking/sitting• Has bleeding, bruising, swelling around private parts• Attaches very quickly to strangers/new adults• Shows unusual, sophisticated sexual knowledge or behaviour• Reports nightmares/bedwetting• Observes/shares sexual images online• Parent/caregiver observes/shares sexual images online in presence of children
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WHEN to report:

You should report abuse when:

- You witness an incident/sign (outlined above) consistent with abuse
- A child says or indicates in some other way that they've been abused
- An adult or child admits that they've committed abuse
- Another person shares that they've witnessed or know about a child being abused

HOW to report:

- You can report your concerns in person, by phone, or by email to **the local Tusla Children and Family Services centre in the area where the child lives**.
- You can choose to keep your report **anonymous**.
- You should contact Tusla even if you're unsure about reporting; they will talk to you and decide what to do.
- If a child is in immediate danger, contact the Gardai at 112/999 or www.garda.ie

CONTACTS
www.tusla.ie
TUSLA
An Ombudsman's Office
Leaves no one behind
Child and Family Agency

If child is in immediate danger, contact the Gardai at 112/999 or www.garda.ie

Waterford/Wexford
Duty Social Work Team
053 9198201

You are legally protected:

The Protection for Persons Reporting Child Abuse Act 1998 protects you when reporting suspected child abuse to Tusla or an Garda Síochána IF you believe your report is true and your report is not malicious.