



## Wexford CYPSC News and Resources Update

March 16th 2021

For information on services and supports for children, young people and families see  
[www.wexfordcypsc.ie](http://www.wexfordcypsc.ie).

For information on supports for parents, see **Wexford Parents Hub** at  
[www.wexfordcypsc.ie/wexford-parents-hub](http://www.wexfordcypsc.ie/wexford-parents-hub) and on Facebook at  
[www.facebook.com/wexfordparentshub/](https://www.facebook.com/wexfordparentshub/).

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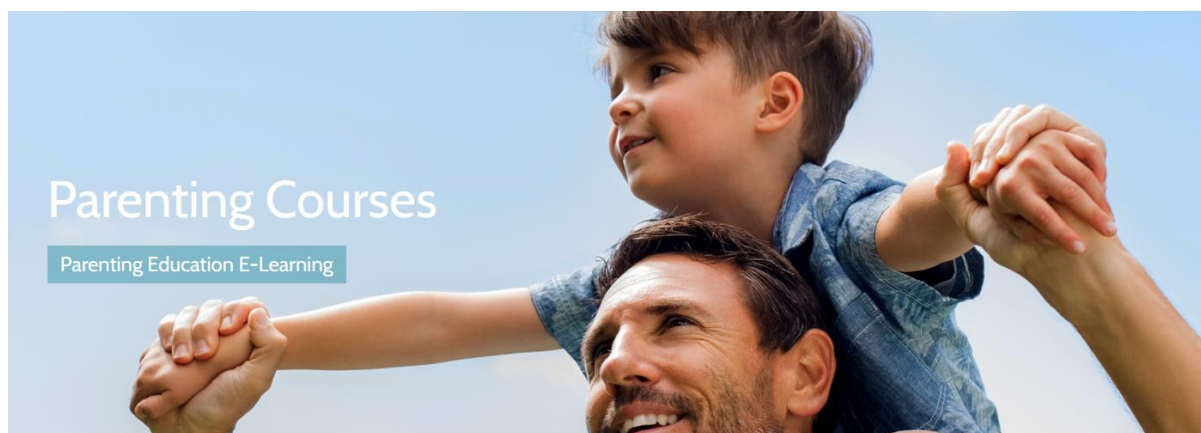
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## PARENTING SUPPORTS

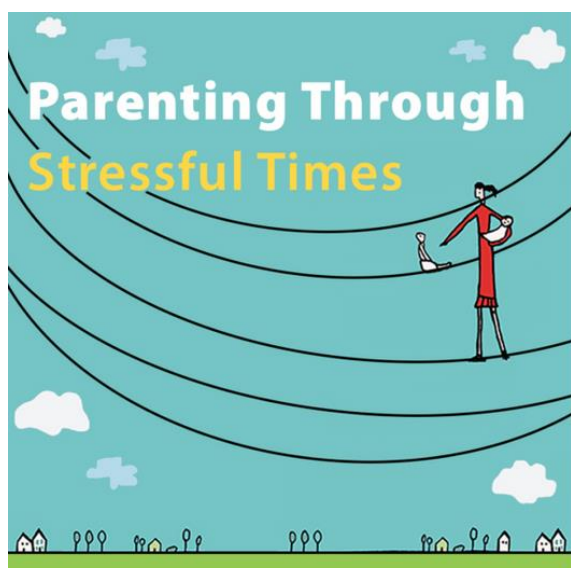
### ► "One Family" Parenting Education E-Learning Courses



"One Family" offer a range of e-learning courses, which are courses you take in your own time, in the comfort of your own home. The courses have video content from One Family staff plus additional learning resources to help you make the most of your learning time. Parents can monitor their own progress and engage in as many courses as they wish as the one time. These courses have specific content for those parenting alone or sharing parenting but in general the programme supports all family forms.

We offer five e-learning courses for parents. These courses support parents parenting toddlers through to teens. We also offer a course specifically aimed at supporting parents post separation.

**All courses are €19.99 each with unlimited access**



#### Parenting Through Stressful Times

Learn how stress can affect your parenting and how you can manage stress.

Parenting Through Stressful Times has been designed as a course to support parents understand, recognise stress, and to provide tools on how to manage stress.

This personal development programme explores gently with parents the influence stress plays on how we parent and how we manage the challenges that are presented to us daily. It incorporates a proactive and creative approach to analysing and understanding our daily challenges that can create stress. The course allows parents the opportunity to explore many tools that can aid and support one to cope with stress, preventing the build-up of stress and maintaining a healthy balance.

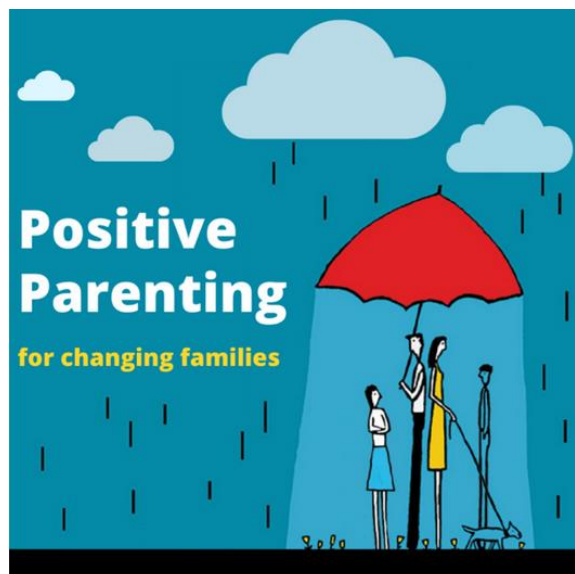


## The Skill of Clear & Direct Communication ---

### Understanding healthy conflict and building positive relationships

The aim of this programme is to provide parents a foundation which they can use to build on other skills which will help them to support healthy relationships. It will support you to communicate assertively with your children and avoid conflict. It will support separated parents to communicate more assertively to achieve share parenting with reduced conflict.

[START COURSE](#)



## Positive Parenting – For Changing Families ---

### Understand Your Child's Emotional Development & How To Manage Behaviours In Young Children

This programme supports parents of toddlers through to late primary school. The concept of the 'Good Enough Parent' supports parents to examine their parenting style and explore how this impacts on the relationship they have with their child. During the programme parents are asked to become more confident in how they parent, allowing them to be assertive in how they handle the many challenges that young children can present. Parents will learn the importance of positive attention, routines and consistency, quality time, quiet time and the active listening. We will also examine the difference in discipline versus punishment, helping parents to teach children as they manage childhood behaviours.



## Family Communications – Coping With Family Life and Teens

### Family Communications, Coping With Family Life and Teens

This programme introduces the concept of the strong family unit, supporting parents to build relationships by ensuring the core ingredients of good communication and assertive parenting are in place within the family. With these elements in place parents begin to understand the 'life of a teenager'. You are supported to explore the many changes and challenges that occur for teens as they move through puberty and how you as a parent can support your teen at this vulnerable time. Parents will have an opportunity to reflect on the many behavioural challenges that teens can present with such as power struggles with parents and sibling rivalry. As a parent the programme helps you to learn when to step in and when to step back. The programme asks you to look at the development of the teen brain and introduces the concept 'flip the lid', whereby we start to understand that teens are still on a journey of emotional and social development, requiring a lot of support and patience from parents.

Further to this we explore : relationships and sexuality; risky behaviours; motivating teens; family mental health and wellbeing and parent self care .

For details on any of the courses above see : <https://parenting.onefamily.ie/>.

► One Family “Single Parents Day” March 21<sup>st</sup> 2021



### Single Parent's Day campaign

To mark Single Parent's Day on March 21, we are working with [Gingerbread](#), [One-Parent Families Scotland](#) and [Parenting NI](#) on a campaign to celebrate everything that is brilliant about being a single parent. We want to focus on the positives about parenting alone and we are looking for parents to share with us:

'What is the best thing about being a single parent?'

and

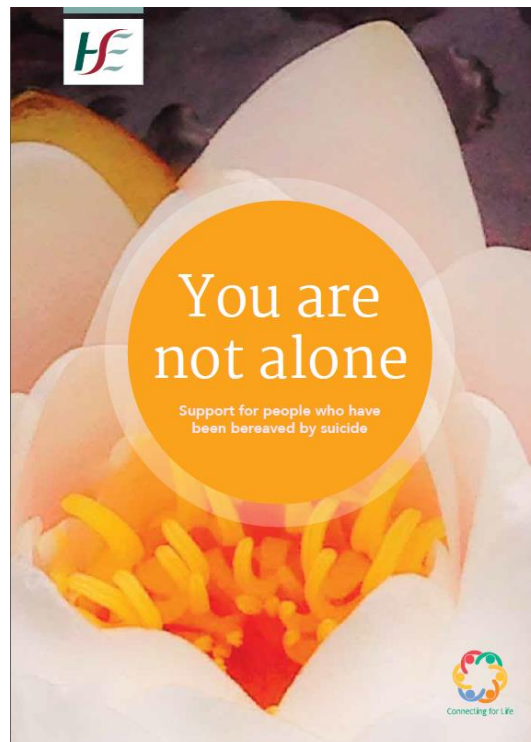
'Why you are proud to be a single parent?'

We will turn as many quotes as we can into graphics, with your quote, your first name and the town/city you live and share them on social media in the run up to Single Parents Day. If you can email your responses to [comms@onefamily.ie](mailto:comms@onefamily.ie) we'd be very grateful. Thank you 😊



## BEREAVEMENT SUPPORT

### ► National Suicide Bereavement Guide “You Are Not Alone” Launched



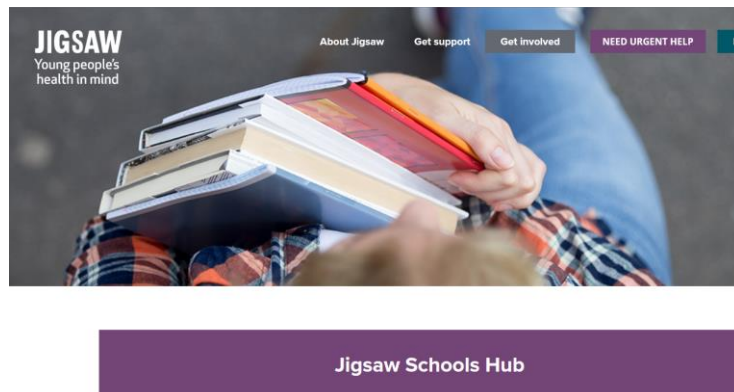
The official launch of the HSE National Suicide Bereavement Support Guide “You are not alone” took place on Thursday, March 11<sup>th</sup>.

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.”*

The Guide is now available to download on the Connecting for Life website under the News and Publications tab. It is included under the “Resources” section of Wexford CYPSC website at the following [link](#).



## ► Jigsaw “Schools Hub” Launched



Jigsaw offers expert mental health advice and support, online and in person, to young people across Ireland, aged 12-25 years old. For more information on Jigsaw see : [www.jigsaw.ie](http://www.jigsaw.ie)

Schools are a key setting for the promotion of youth mental health and wellbeing. Jigsaw is supporting schools to adopt a whole-school approach through the provision of resources for teaching about wellbeing, up-to-date information and guidance for school leaders, a focus on staff self-care and a range of e-learning option for school staff and parents.

The Jigsaw Schools Hub can be accessed at : <https://jigsaw.ie/schoolshub/>.





## ► # Keep Well 2021 : Photo Competition

As part of Wexford's local Keep Well activity Wexford Libraries are running a #KeepWell Photo Competition.

Details are available on Wexford Library social media, on the Healthy Wexford social media and there is a link to the competition information on the Wexford County Council website here [www.wexfordcoco.ie/keepwell](http://www.wexfordcoco.ie/keepwell)

# #KEEPWELL 2021

## PHOTO COMPETITION

DEADLINE: 26.04.2021



**Calling all Wexford people**  
Send us a photo of what or who is keeping you well

[www.wexfordcoco.ie/keepwell](http://www.wexfordcoco.ie/keepwell)

**KEEP WELL**

IN YOUR COMMUNITY



Healthy  
Wexford



Comhairle Conta  
Loch Garman  
Wexford  
County Council



Sláintecare  
Right Care. Right Place. Right Time.

Rialtas na hÉireann  
Government of Ireland



## AND WIN A Taste Wexford Box

1st Prize: Taste Wexford Hamper - €200

2nd Prize: Taste Wexford Box - €125

3rd Prize: Taste Wexford Box - €75

## FUNDING

### ► LGBTi Youth Strategy Capacity Building Grant for Family Support Services

The LGBTi Youth Strategy Capacity Building Grant for Family Support Services that is being launched today. This is a joint initiative between the Department of Children, Equality, Disability, Integration and Youth and Tusla. Queries can be sent to [lgbtiyouthstrategy@equality.gov.ie](mailto:lgbtiyouthstrategy@equality.gov.ie).

#### 1. ELIGIBLE ORGANISATIONS/SERVICES/PROJECTS

The initiative is open to

- 1) Professional service providers, who **provide family support services** that have an identified need for capacity building in the area of assisting parents and carers in their role supporting a young person who has come out as LGBTI+.
- 2) Professional service providers who deal with **young people and youth services** in collaboration with family support services.

**A service may make one application in respect of a single project or on behalf of a number of funded projects under their management or governance.**

#### 2. TARGET GROUP

The initiative will target those who work or volunteer with young people **aged 10 to 24 and their families** including:

- Tusla funded Family Support Services, including Family Resource Centres, Area-based Childhood Programmes, Child and Family Support Network members, Tusla Internal Family Support and Eligible Initiatives such as those working in the area of Domestic, Sexual and Gender-based Violence
- Family support services co-located with youth services
- DCEDIY funded Youth Services, including Youth Helplines who work in collaboration with family support services

Funding will be made available for the delivery of:

- evidence-based LGBTI+ training, mentoring and/or coaching;
- Continuing Professional Development (CPD) initiatives;
- development of guidelines targeted at Family Support Service providers, professional service providers and youth services

The closing date for applications is **16<sup>th</sup> April 2021**.



An Roinn Leanai, Comhionannais,  
Michumais, Lánpháirtíochta agus Oige  
Department of Children, Equality,  
Disability, Integration and Youth



An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

## ► Consultation on the Draft Initial State Report under the United Nations Convention on the Rights of Persons with Disabilities



The Minister of State with responsibility for Disability, Ms. Anne Rabbitte T.D. has published the Draft Initial State Report under the United Nations Convention on the Rights of Persons with Disabilities for consultation.

To see Minister's press release on the occasion of publication please click [here](#).

A three month long consultation process period is now open.

Consultation will take place in a number of ways.

- Firstly, written submissions on the State Report are invited from interested parties and can be submitted to the Department at the following email address: [disability\\_policy@equality.gov.ie](mailto:disability_policy@equality.gov.ie)
- In addition, in February 2021, the Department will undertake a number of consultation events with stakeholder groups. These will most likely be online events as a result of public health measures and more details will follow in the New Year.
- Following the establishment of the Disability Participation and Consultation Network, that group has been tasked with carrying out consultation with people with disabilities and their representative bodies, to ensure that the State report captures this most important group of stakeholder voices.
- In addition, should you wish to make a submission in any other format, every effort will be made to facilitate these, you can contact [disability\\_policy@equality.gov.ie](mailto:disability_policy@equality.gov.ie)

The closing date for written submission has been extended until the 09 April 2021.

### Consultation Events

As part of the public consultation process on the Draft Initial State Report on the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD), the Department of Children Equality, Disability, Integration and Youth (DCEDIY) will run three Stakeholder Consultation Events on the 26th March, 30th March and 1st April 2021.

Registration details for these events will be announced shortly.

The Department would welcome all stakeholders to these events. The purpose of the events will be to hear the views of the public on the Draft Initial State report on the UNCRPD. The 3 events will cover major topics and themes of the Convention and the information presented by the State in the Draft Report.

Due to the ongoing public health situation, these events will take place online and the Department is working with its partners to build an accessible online event for the consultations.

**Please Note:** Places available at the sessions will be limited and will be offered on a first come first serve basis. In order to allow for as wide a participation as possible, organisations will be able to register a maximum of two people for each event.

**For more information please see : [here](#)**