



Wexford CYPSC News and Resources Update

May 13th 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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WEBINARS & TRAINING

o “Strong Not Tough” Adult Resilience Training

Dear Manager/ Co-ordinator, HSE Health Promotion & Improvement, South East Community Health (SECH) are inviting applications for Adult Resilience Certified Facilitator Training. This training is offered over two mornings a week from 10am-1pm through Zoom. We are offering two sets of training dates as follows:

20 th & 21 May	10am – 1pm	Group 1
24 th & 25 th May	10am – 1pm	Group 2

It is important to note that applicants should register their interest in order of preference of dates and interchanging of dates/ group will not be facilitated. Please see application form attached.

Why the FRIENDS programme? FRIENDS is the world’s leading programme for fighting childhood anxiety and building resilience to help individuals manage worry and depression both now and in later life. The FRIENDS Programme, an Australian based programme developed by Paula Barrett is the only programme recognised by the WHO in the treatment of anxiety. It is also evidenced based which proves its effectiveness.

The Adult Resilience programme is known as “Strong not Tough”. The certified facilitator training on offer will provide a clear understanding of the programme content and concept. This will be undertaken through experiential learning on the days of training. The programme is divided into five stages and can only be delivered with two trained facilitators. The programme caters for age group 16 + (Please see attached leaflet for more information).

Please return completed application form to siobhan@carlowys.ie by 13th May 2021. Should you have any queries on any aspect of the training content or application please do not hesitate to contact Siobhan@carlowys.ie or 085-7897339

Kind regards,

 my name is...

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St. Luke’s Hospital
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Tel: 0879371973

Email: Catherine.oloughlin@hse.ie

Working Hours: Monday – Thursday 8.00am – 4.30p

Adult Resilience Certified Facilitator Training Day

The Adult Resilience certified training is offered over two mornings a week from 10am-1pm through Zoom. The Zoom link will be forwarded to your email address prior to the training. A good internet connection is recommended as this will ensure the flow of the training for all involved.

The training provides a clear understanding of the programme concept and activities that are undertaken in the sessions will be experienced. This programme can only be delivered with two trained facilitators. The programme caters for age group 16 +.

What you will receive from the training:

- Provision of a one-day training programme by Carlow Regional Youth Service Trainers.
- An E copy of the Facilitators Handbook & Participant Handbook.
- Programme Plans
- Toolkit
- Pre and post evaluations.
- Certification of Training
- Access to the online FRIENDS portal.

During the days, training you will experience the running of the programme that will allow you to replicate this within your service. On certification of facilitators training the potential is available for the programme to offer a dual purpose i.e. the delivery of the training to all staff that they are familiar with the content and the language the young people will be learning. In addition, the programme content is effective in promoting well-being and resilience within a staff team.

Results from the pre and post evaluation must be submitted on survey monkey. This link will be emailed to you. It will be a simplified link where questions such as group numbers, gender breakdown, pre and post scoring will be submitted. No personal details from participants will be required. This information will be collated and returned to the funding organisation of the training.

Certified Facilitator in the Adult Resilience Programme Training Content

Why the FRIENDS programme? FRIENDS is the world's leading programme for fighting childhood anxiety and building resilience to help individuals manage worry and depression both now and in later life. The FRIENDS Programme, an Australian based programme developed by Paula Barrett is the only programme recognised by the WHO in the treatment of anxiety. It is also evidenced based which proves its effectiveness.

The Adult Resilience programme is known as "Strong not Tough". The certified facilitator training will provide a clear understanding of the programme content and concept. This will be undertaken through experiential learning on the day of training. The programme is divided into five stages with the following aspects covered.

Stage 1- Learn to be Mindful & Feeling Relaxed-This stage will create an awareness for participants to be capable of identifying and be mindful of feelings in themselves and others through exploration of body signals and body language, providing an array of techniques that can be used to calm ourselves during stressful periods.

Stage 2- Inner Helpful Thoughts- This stage will provide skills to participants that will allow them to replace unhelpful negative thoughts with helpful positive thoughts. The Thought –Feeling –Behaviour

Pathway will also be explored and the implications it has on their lives. Exercises undertaken in this session will include the power of Self Talk, Cognitive Behaviour Therapy Approach.

Stage 3- Feeling like a resilient person-This stage will help participants become more resilient and develop further life skills to turn challenges and adversities into opportunities for personal growth and learning. Areas covered here will be support networks, Coping Step Plan and problem solving.

Stage four -Enjoy a Healthy Lifestyle- This stage helps participants to develop specific strategies and plans to implement healthy living practices in their lives.

Stage 5- Be prepared for Challenges-The aim of this stage is to review the strategies you the participants have covered in the programme and take an opportunity to implement the learning gained.

Individuals will receive guidance in the administration of the pre and post evaluation forms that will demonstrate the learning gains for participants through their participation in the programme. Ongoing support will be available in all aspects of the programme following the training by the licences holder of Carlow Regional Youth Service.

Anxiety disorders are the most frequent mental disorder in children and adolescence, and thus seems to be the earliest of all forms of psychopathology (Beesdo, Knappe & Pine 2009). There is strong evidence to suggest that Anxiety is linked with other mental health disorders such as depression. Research has found that adults suffering with mental, emotional or behavioural disorders have reported experiencing childhood and adolescent anxiety. Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour. Cognitive behavioural therapy (CBT) approach used in the delivery of this programme is a psychosocial intervention that is the most widely used evidence based practice for treating mental disorders. The Friends programmes helps participants to develop resilience by teaching them effective strategies to cope with, problem solve and manage all kinds of emotional distress, including worry, stress, change and anxiety.



5 ways to Wellbeing - Connect - Keep Active - Take Notice - Keep Learning - Give



Need information and advice on COVID-19? Go to www.hse.ie/coronavirus

○ Nutrition for under 5's - what's new? Evidence to practice for health care professionals

Join our webinar on Friday 14th May 2021 @ 12md to 13:30

This webinar is for health professionals working with parents in the course of your work and who are interested in the latest information on nutrition for children aged under 5.

Our team of experts will present the most up to date information on healthy eating for under 5's

- Margaret O'Neill, HSE National Dietetic Lead will talk about weaning, portion size, Vitamin D and much more
- Joanne O'Halloran, Senior Community Dietitian, HSE Primary Care will take you through the training that is available to support you in your daily practice
- Sorcha Nic Mhathuna, HSE Communications Manager (child health and mychild.ie) will highlight the wonderful new resources for parents
- Sarah O'Brien, HSE National Lead Healthy Eating and Active Living Programme will update on the newly launched START campaign - *making the most of family time*
- Dr. Aideen Byrne, Consultant in Paediatric Allergy, Children's Health Ireland at Crumlin A paediatric will talk to you about managing food allergy in the community

You can register for our webinar by clicking on this link

https://ims.zoom.us/webinar/register/WN_mP1vtPakScmfCzBZp60LvQ

If you experience any difficulties registering please email jolene.cummins@hse.ie

Many thanks,
Jolene

Jolene Cummins

Clerical Support – Nurture Programme

Department of Public Health | HSE – Dublin/Mid-Leinster | HSE Area Office | Arden Road | Tullamore | Co. Offaly | R35 TY28.

Tel.: 057 93 59883 | E-mail: Jolene.cummins@hse.ie | Website: www.mychild.ie

mychild.ie



o Webinar on Empowering Children- Childhood Domestic Violence



Empowering Children

A YouTube live event about the impact of childhood domestic violence & abuse

**Thursday 3rd June
10am to 12 pm**

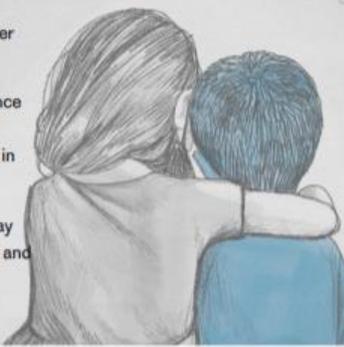
Speakers

Dr Stephanie Holt: Head of the school of social studies, Trinity College Dublin

Dr Katie Lamb: Research Fellow, University of Melbourne will present her research on the perspectives of children and young people after family violence

Helen Oxenham: Childhood domestic violence and abuse survivor. Her life-long work has been dedicated to supporting women in need in Australia

Aine Costello, Barnardos: What children say when describing childhood domestic violence and abuse



Tickets: www.barnardos.ie/empoweringchildren

I would like to invite you to our upcoming YouTube live webinar, 'Empowering Children, The impact of childhood domestic violence and abuse', 3rd June 2021, 10am – 12noon. The event is FREE but you will need to register for a ticket. Please register [here](http://www.barnardos.ie/empoweringchildren)

The webinar is for anyone who comes into contact with children and young people during the course of their work and aims to give a voice to the children who live with Domestic Violence and Abuse

We have a great line up of speakers;

1. **Dr Stephanie Holt:** Head of the school of social studies at Trinity College Dublin, whose research interest and expertise focuses on domestic violence with a particular emphasis on the impact of domestic violence on children and young people.
2. **Dr Katie Lamb:** A Research Fellow in the University of Melbourne whose research explores the perspectives of children and young people after family violence.
3. **Helen Oxenham,** Helen is a childhood domestic violence and abuse survivor originally from Cork, now living in Australia, who has gone on to support women and children for decades who are victims of domestic violence and abuse
4. **Aine Costello:** National coordinator of the childhood domestic abuse project with Barnardos, who will present on the work of the childhood domestic abuse participation project – a multi-agency project facilitated by Barnardos.

We'd love you to join us.

Please feel free to circulate this webinar amongst all your networks and colleagues who work with children and young people.

Thank you

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Thelma Blehein

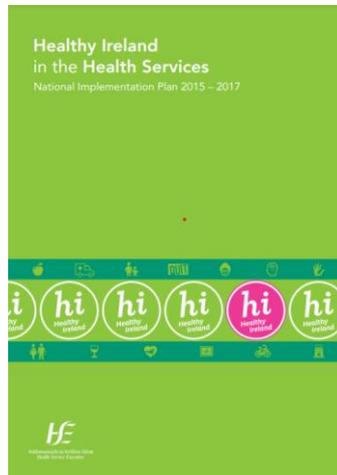
Senior Coordinator,
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An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

○ Healthy Ireland (HI) Strategic Action Plan 2021 - 2025



Minister for Health Stephen Donnelly and Frank Feighan T.D has launched the Healthy Ireland Strategic Action Plan

The Healthy Ireland Strategic Action Plan 2021-2025 provides a clear roadmap of how we can continue to work together to bring about good health.

It also builds on the significant work delivered in and by the HSE through the ongoing implementation of the 'Healthy Ireland in the Health Services Implementation Plan'.

The HSE will focus on addressing areas of disadvantage and supporting people on the key factors to improve their health and wellbeing as part of the Slaintecare Healthy Communities Initiative.

The development and continued implementation of HI Implementation plans by Community Health Organisations (CHOs) and Hospital Groups (HGs) highlight the significant commitment in the HSE to HI. Partnership is the cornerstone of the HI vision and our external partnerships with local authorities, Section 39 agencies and local partnership companies, have been and will continue to be, vital to support the delivery of health and wellbeing at community level to reach our priority target groups.

For more on HSE Health and Wellbeing sign up to our mailing list at healthyireland@hse.ie.

Follow on Twitter @HsehealthW and under 'HSE Health and Wellbeing' on YouTube.

○ Report on Impact of Covid-19 Restrictions on Sport and Recreational Walking



Sport Ireland has published the findings of the Irish Sports Monitor (ISM) 2021 Quarter 1 report, which shows that overall levels of physical activity have increased on 2019 figures despite a decrease in organised sport participation.

The research, conducted by Ipsos MRBI on behalf of Sport Ireland, examined the impact of Covid-19 restrictions on Sport and Recreational Walking in the period January – March 2021, comparing the results to the same period in 2019 and equivalent studies undertaken during the Covid-19 restrictions.

The number of adults walking for recreation is up from 65% in 2019 (the most recent Irish Sports Monitor report) to 76% in Q1 2021. This figure however is down from the all-time high of 80% during April to May last year. Running and cycling have experienced similar fluxes, with today's report showing an increase on the same period in 2019 but a decrease in participation levels during Covid-19 restrictions.

The ISM Sports Monitor Report can be accessed [here](#)

o Sport Ireland Participation Plan



The release of the research findings coincides with the publication of Sport Ireland’s Participation Plan 2021-2024 – *Increasing Participation in Changing Ireland*. The Participation Plan outlines how Sport Ireland will continue to help people get active by removing barriers to participation in sport and physical activity in the coming years. The Sport Ireland Participation Plan actions will be delivered through Local Sports Partnerships, National Governing Bodies, strategic partners, clubs, communities and individuals.

The Sport Ireland Participation Plan can be accessed [here](#)

CONSULTATIONS

Youth Organizations: Have your say! Shape tomorrow by speaking up today

Dear Youth Organization,

The COVID-19 pandemic has turned lives upside down. While largely spared the physical impact of COVID-19, the youth are among the most-affected by the pandemic.

The WHO Regional Office for Europe has convened a group of leaders to rethink policy priorities in the light of pandemics: [The Pan-European Commission on Health and Sustainable Development](#).

The Commission is seeking inputs from Youth Organizations on how to build a sustainable and prosperous future for all, including future generations. Your Youth Organization is encouraged to participate [through this online consultation](#).

The consultation process

The online consultation will be open from **15 April to 20 May 2021**. The eligibility criteria for participation includes a youth-based organization with membership under the age of 30, and geographically-located within the WHO European Region's [53 countries](#). Eligible youth organizations are invited to:

- consider the [Commission's Call to Action](#) "Rethinking policy priorities in the light of pandemics";
- reflect on how the actions proposed address the needs of future generations;
- consult with members of the organization and consolidate the feedback;
- enter the consolidated response in the [online survey platform](#).

Following closure of the online consultation, a webinar will be held to summarize the feedback received, and to hear reflections from members of the Commission. More details will follow in due course.

If you have any questions about this online consultation, please write to eurofuturegenerations@who.int

Please amplify this call for youth perspectives within your networks, including the link to the [WHO/Europe News Announcement](#) and [SurveyMonkey](#). We would be grateful if you could also share on social media (Facebook, Twitter) tagging @WHO_Europe and @WHO_Europe_RU using the hashtags #RethinkingHealth and #SustainableDevelopment with the graphics attached to this email.

With kind regards,

WHO Regional Office for Europe, for the Pan-European Commission on Health and Sustainable Development

○ Wexford Parents Hub – Parents Survey



Wexford Parents Hub are conducting a Parents Survey. The information from the survey will help the Hub to plan their programmes and supports going forward. The survey can be accessed at the following link : [here](#).

Please encourage any parents you are working with to complete the survey and share the link among your networks as appropriate.

The survey is also accessible on the [Parents Hub Facebook Page](#). There is a competition where a parent can win a €50 Dunnes Stores voucher if they “like” and “share” the link.

To contact the Parents Hub for information / support;

Phone : 053 9236343

Email : wexfordparentshub@barnardos.ie

Web : <http://www.wexfordcypsc.ie/wexford-parents-hub>

Town & Village Renewal



The 2021 Town and Village Renewal Scheme has announced grants from €20,000 to €500,000 to help revitalise towns and villages post-Covid-19. The scheme's focus for 2021 is designed to breathe new life into towns and villages as attractive places to live and work under of the Government's 5-year strategy "Our Rural Future".

The measures that will be supported by the Town and Village Renewal Scheme 2021 include: Tackling dereliction in town centres, turning vacant properties into remote working facilities and enterprise, cultural tourism and community hubs, supporting local authorities to run innovative marketing campaigns to attract remote workers to their county, upgrade and improve shop fronts on main streets, projects that support and enhance the night time economy and add vibrancy to town centres.

- i. 4 applications funding €20,000 to €100,000
- ii. 2 applications funding €20,000 to €250,000
- iii. 1 application funding €20,000 to €500,000
- iv. 1 application funding up to €50,000 (New Project Development Measure)

Wexford County Council invites Expressions of Interest from town/village groups who may have a suitable project for consideration under the Scheme.

All expressions of interest received will be assessed, following which a maximum of 8 proposals will be selected for development into detailed applications and submitted to the Department of Rural and Community Development for consideration under the Scheme.

Online Expression of Interest [Application form](#)

Town and Village Renewal Scheme Outline [here](#).

Download the Expression of Interest Form [here](#).

[“Our Rural Future”](#) – Department of Rural and Community Development

[“A Framework for Town Centre Renewal”](#)

Applications may be submitted:

- Online by clicking on the following link: [here](#).
- By post to – ‘EOI Town and Village Renewal 2021’, Wexford County Council, Economic Development Section, Carricklawn, Wexford. Y35 WY93.
- By email to – economic.development@wexfordcoco.ie

Closing date for receipt of applications: **5pm on Friday 28th May, 2021**

