

Wexford CYPSC News and Resources Update

November 19th 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

○ “Building Connectedness in our School Communities”: A Series of Online Talks for Parents, Teachers and Young People in Post Primary Schools in Co. Wexford.

“Building Connectedness” talks are **now available** for post primary schools throughout Co. Wexford. Wexford Children and Young People’s Services Committee (CYPSC) developed this series of talks with funding from the Community Mental Health Fund.



There are nine individual talks available and they are specifically targeted at teachers, parents and young people with three talks for each cohort. The talks are of very high quality and feature inputs from professionals in the area of mental health and resilience. They are a valuable resource for the wider school community especially now as you are dealing with unprecedented times where the issues facing school staff are especially challenging. To access the talks click [here](#).

To assist the school community in spreading the word about this initiative please;

- Place a link to the talks on your website and include it in your social media channels if relevant
- Share the attached poster with the link with every member of your staff team and with parents through your usual communication channels.
- Finally, please take the time to view the videos yourself

Thank you for supporting this initiative. Please see posters for the talks targeting young people. Individual posters for each of the 9 talks are available and can be accessed at the following link : <http://www.wexfordcypsc.ie/resources>. If you have any questions, please contact Sheila Barrett, Wexford CYPSC Coordinator at Sheila.barrett@tusla.ie.



Building Connectedness in Our School Communities

WEEK 1 OCTOBER 4TH – 10TH 2021

A Series of Online Talks for Teachers Parents and Young People
in Post Primary Schools in Co. Wexford



Talk 1 "Minding Your Mind"

A TALK AIMED AT YOUNG PEOPLE

*by Skye Turner
Mental Health Advocate*

Hi there! My name is Skye, I'm 20 years old, and I've been an advocate and public speaker on mental health for the past few years. I love putting a smile on people's faces and personally know what it's like to struggle with mental health issues and poor self-esteem.

I currently go to college in WIT studying social care practice, and hope to be a counsellor one day. I really hope that my talk helps to inspire you and that you can take something helpful from it.

If you would ever like to reach out to me to find out more, my instagram is skyeturner0701, and my dms are always open to chat!

Click [here](#) for the talk

Please click [here](#) to give us your feedback



The Community Mental Health Fund, supported by the Department of Health

For the link to Skye Turners Talk, click [here](#).



Building Connectedness in Our School Communities

WEEK 2 OCTOBER 11TH – 17TH 2021

A Series of Online Talks for Teachers Parents and Young People
in Post Primary Schools in Co. Wexford



Talk 5 "Reuben's Story"

A TALK AIMED AT YOUNG PEOPLE

by Reuben Hester
Singer Songwriter

Singer Songwriter Reuben Hester, who plays the guitar, piano and cello, moved to Manchester from a small village in Ireland after leaving school at 16, with the intention of only making music. Shortly after, at the age of 19 Reuben travelled to Europe with a friend and played his music on the streets of all the European capitals. It was in Berlin, where he stayed for a year, where he became most popular and gained over 19,000 social media followers on Facebook, from his street performances alone.

A year later back in UK he became the singer and songwriter of the successful Manchester band China Lane, with over 1.5 Million Spotify streams.

However, after a quick rise, at the age of 23 Reuben decided to go his own way. Last October he showcased his talents on Little Mix "The Search" show on BBC 1, which aims to create the next big group, put together by the world's biggest girl band, Little Mix.

Reuben was proud to present them an original song; his debut single 'Sold My Soul'. He had written this song in memory of his father Kevin, who passed away last year following a drug overdose, at the age of 53. After his performance, he left the Little Mix girls dancing and singing his song live on the show.

Reuben released 'Sold my Soul' in December 2020 as a self-release without any label support. Nevertheless, the single immediately caught the attention of Spotify UK, was picked for the New Pop UK editorial playlist, and was presented by Little Mix on their social media channels.

After releasing his debut Single, he quickly gained stardom by climbing to #36 in the official Irish radio charts!

Reuben is now working toward his headline show whilst writing his story through his musical journey.

Click [here](#) for the link

Please click [here](#) to give us
your feedback



The Community Mental Health Fund, supported by the Department of Health

For the link to Reuben Hester's Talk : click [here](#)



Building Connectedness in Our School Communities

WEEK 3 OCTOBER 18TH – 24TH 2021

A Series of Online Talks for Teachers Parents and Young People
in Post Primary Schools in Co. Wexford



Talk 7 "From Surviving to Thriving"

A TALK AIMED AT YOUNG PEOPLE

*by Aimee-Louise Carton
Founder of KeepAppy & Mental Health Speaker*

Aimée-Louise Carton is one of Ireland's leading wellbeing advocates and has been recognised as launching a "digital mental health revolution" in Europe. Her focus areas include speaking on topics of Workplace Wellbeing, Mental Health, Female Entrepreneurship / Women in Business, and Innovation. Following a suicide attempt, she has used her pain and recovery to found Europe's fastest growing wellness platform KeepAppy, the wellness app that acts as a gym for your mental health. She uses her mental health journey to connect and empower individuals, providing a truly authentic experience with her powerful talks.

However, she is not just another survivor story, as her work in positive psychology means that she educates her audience with practical and proactive mental wellbeing tools that can be used every day. Aimee is an incredibly talented public speaker, combining her talents as a storyteller with her ability to deliver practical materials and tools in a genuine and impactful way.

Aimee is also the co-founder of the largest umbrella mental health network in response to the COVID Pandemic in America and assisted in developing the technology to support individuals in accessing crisis care during this uncertain time. She is the co-chairwoman of the Irish Graduates Network and an active participant in the Family Business Network. Through her She has been recognised as one of the 30 Under 30 Entrepreneurs in Ireland and one of the 20 women to watch in 2020.

[CLICK HERE FOR THE TALK](#)

[PLEASE CLICK HERE TO GIVE US YOUR FEEDBACK](#)



Wexford as follows:
Department of Health



The Community Mental Health Fund, supported by the Department of Health

For the link to Aimee Louise Carton's Talk : click [here](#)

○ “Supporting Families through Home Visiting” Online Event

The Home Visiting Alliance is delighted to invite you to its upcoming on-line event ‘Supporting Families through Home Visiting’.

Registration is via the flier (attached) but please don’t hesitate to get in touch if you have any questions.

Kindest regards

Stacey O'Halloran

Stacey O'Halloran

National Administrator

Working Days Monday, Wednesday and Thursday

DEC 08 • 2:00 PM TO 4 PM [REGISTER HERE](#)

Home Visiting Alliance of Ireland presents:

Supporting Families through Home Visiting in Ireland

Insights and learnings from America, Europe and Irish Parenting Support Policy:

- Ciara Pidgeon - Dept of Children, Equality, Disability, Integration and Youth
- Dr Agata D'Addato & Ally Dunhill - Eurochild
- Kathleen Strader - Healthy Families America

WHAT WORKS
SHARING KNOWLEDGE
Improving Children's Futures

Prevention & Early Intervention Network
Promoting positive outcomes for children, families & communities

○ START Webinar – “Let's go easy on treats”



This webinar will bring together a panel of speakers, including parenting experts, who will provide their insights and tips in order to support parents and guardians to START the conversation of moderating treats.

The START campaign is a public health awareness campaign from **safefood**, the HSE and Healthy Ireland (ROI), the Public Health Agency and Department of Health (NI). The campaign has been designed to help parents and guardians start their kids on the way to a healthier life by providing practical advice and useful resources.

New research with parents and guardians for the START campaign revealed that while they want to reduce treats like crisps, chocolate and biscuits for children, they find saying no difficult. The research also revealed that parents and guardians believe that talking to children and encouraging moderation is the key to reducing treats. However, it can be difficult to know how best to approach this topic as a family

Expert Panel

- **Dr Colman Noctor**, Child Psychotherapist
 - **Joana da Silva**, Chief Specialist in Nutrition with **safefood**
 - **Professor Donal O'Shea**, HSE Clinical Lead for Obesity
- Jen Hogan**, Columnist, Journalist, Author; and mum to seven children, will moderate the event.

To help parents make a start to reducing treats we are hosting a START webinar with nutrition, health and parenting experts on Thursday 25th November at 7:30pm.

Please find the invitation to the webinar below. You'll find further information and registration details by clicking [here](#). We look forward to you joining us on 25th. Do share this invitation with colleagues and parents within your networks.

Kind regards

Sarah O'Brien, HSE National Lead – Healthy Eating Active Living Programme

Further Information & Registration : <https://www.safefood.net/events/start>.

○ Remembrance and Healing Service for People who have lost a loved one to Suicide

Dear Colleagues,

I hope you are all keeping safe and well. I am emailing you to let you know that we will be hosting our annual Remembrance and Healing Service for people who have lost a loved one to suicide on **Sunday, November 28th at 4 pm in Christ Church Cathedral in Waterford**. This is a simple, non-denominational service with music, readings, candles and white ribbons to remember friends and family that have died by suicide. Please share this email with anyone you know who might like to attend.

Warm regards,

Tracy



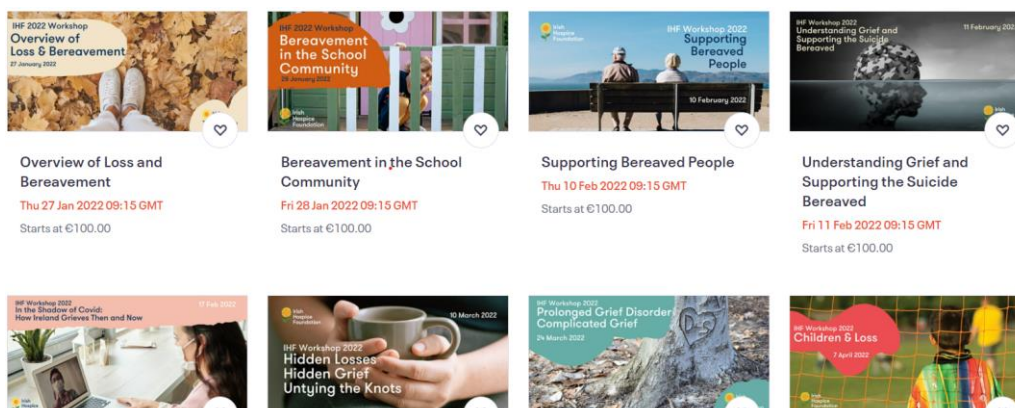
Tracy Nugent (HSE Resource Officer for Suicide Prevention)

Front Block, St. Patrick's Hospital, John's Hill, Waterford X91 KX25

Tel: 051 874013 Mobile: 087 9271041 Email: Tracy.Nugent@hse.ie



○ Irish Hospice Foundation : 2022 series of online Workshops on Loss and Bereavement



Details of the online 2022 series of Workshops on Loss and Bereavement can be found on the following link [Irish Hospice Foundation Events | Eventbrite](#) . Please feel free to circulate details of this series to your contacts/networks and those you think the workshops would be relevant to.

Details can also be found on our own website at the following link <https://hospicefoundation.ie/our-supports-services/education-training/our-workshops-webinars/> but more detailed information on each of the topics and booking/costs/payment procedure can be found on the Eventbrite link above.

If you have any queries, please let me know.

With kind regards.

Iris Murray

Administrator

Bereavement Education & Training

01 679 3188

iris.murray@hospicefoundation.ie

Time to Reflect: a survey about life, death and bereavement during a pandemic. Every story counts. Share yours [here](#) .



CAMPAIGNS

○ Bereaved Children's Awareness Campaign

Here are 2 links with all the information about next weeks Bereaved Children's Awareness campaign;

The first link gives you downloadable images, info leaflets and a PowerPoint information session to use to promote awareness during the week - please use share these with your communications people and share on social media.

[BCAW 2021 promotional assets - Irish Childhood Bereavement Network](#)

The second link shows all the events planned for the week - so please register and join in and share with others who might find these helpful

[Bereaved Children's Awareness Week 2021 - Irish Childhood Bereavement Network](#)



[Bereaved Children's Awareness Week 2021 - Irish Childhood Bereavement Network](#)

Every November, the Irish Childhood Bereavement Network (ICBN) organises a series of events across Ireland to highlight bereaved children's needs and provide a voice for them to be heard. Please find a selection of resources and graphics for use in workplaces and communities to raise awareness about Bereaved Children's Awareness Week 2021 on our Promotional

www.childhoodbereavement.ie

Thanks for being part of this important campaign

Maura Keating National Coordinator (Normal working days **Tuesday/Wednesday**)

01 679 3188 maura.keating@hospicefoundation.ie



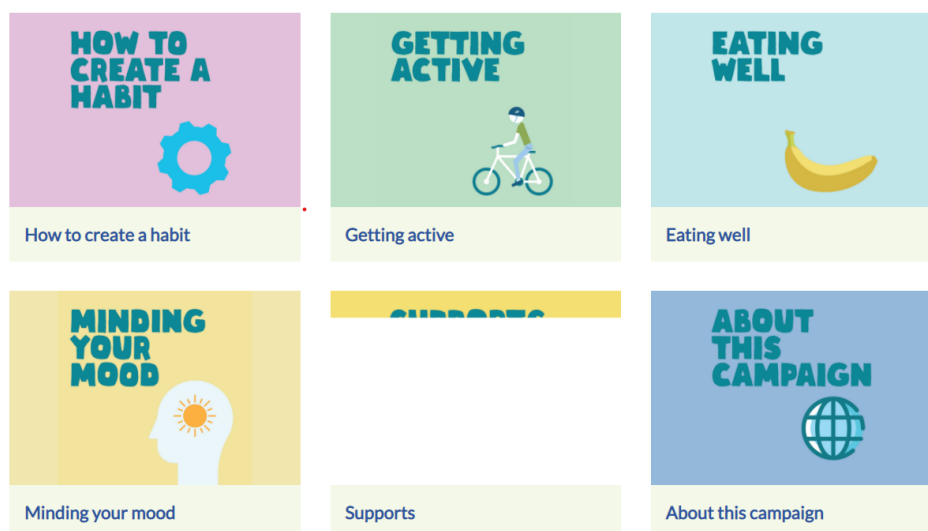
○ Healthy Ireland “Let’s Get Set” Campaign



We all want to get off the couch to set a healthier routine but with so much information out there, it can be hard to know where to start or where to go to get trusted and reliable information.

With our simple easy steps you can learn how to create a new healthy habit, whether that is eating better, getting more physically active, or learning how to take care of your mental wellbeing.

Follow our simple advice and you could soon be on your way to a healthier routine.



To access more information on the campaign click [here](#).

o Alcohol Awareness Week 15th-21st November 2021

EU Alcohol Awareness Week 2021

EU Alcohol Awareness Week 15 -19 November 2021 gives us an opportunity to look at our relationship with alcohol, understand the risks and the effects alcohol is having on our body and mind.

This week is EU Alcohol Awareness Week – a welcome opportunity to have a conversation about our alcohol use and its impact on our bodies and minds.

As we continue to live with the realities of COVID-19, concerning trends are emerging about alcohol use. Increased alcohol use during this time is associated with poorer mental health, suggesting that people are using alcohol to cope with feelings of anxiety, loneliness and isolation.

International research is also emerging on increased alcohol use among healthcare staff. One study of over 1,000 healthcare physicians in the USA found that 43% had probable alcohol use disorder during COVID-19.

[Click here to find out more about EU Alcohol Awareness Week 2021](#)

If you do drink alcohol, the HSE's weekly low-risk alcohol guidelines are less than:

- 11 standard drinks for women
- 17 standard drinks for men

To find out if your drinking is high-risk or low-risk, [take our Self-Assessment Tool here.](#)

Visit askaboutalcohol.ie for tools to help you assess your drinking habits and [tips for drinking less.](#)

Follow us on Twitter [@HsehealthW](https://twitter.com/HsehealthW), at [HSE Health and Wellbeing on YouTube](#), and [subscribe to our mailing list here.](#)

○ International Men's Day

Today (19th November 2021) is International Men's Day. It is an opportunity for everyone to reflect on and celebrate the men in their lives and to consider the many positive contributions that men make to family, community, culture and society.

To mark the day, the Men's Development Network, is encouraging everyone to #CelebrateMen on #IMD2021 through social media posts.

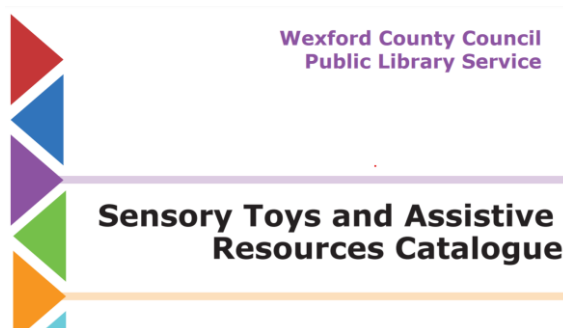
You can participate by:

- posting a short video or text message on any of your social media channels about 1 man you know (first name only), identifying 2 of his caring qualities, and nominating 3 others to do the same.
- Going to Men's Development Network's [dedicated webpage](#) explaining exactly how to do #Action123 and #CelebrateMen, and some of the context behind it, including our campaign for gender equality, which is central to the theme of #IMD2021.



RESOURCES

○ Sensory Toy and Assistive Resources (STAR) Catalogue Launched



Wexford County Council Public Library Service has launched the STAR (Sensory Toys and Assistive Resources) Catalogue. This collection of toys and assistive resources has been established to respond to the growing demand for intervention services for children and young people with extra needs. It is hoped that it will help parents, health care professionals and teachers in working together to support the children in their care.

To view the catalogue click [here](#).

It is anticipated that the service will offer children and young people opportunities to develop skills, increase confidence and promote independence. The collection has been carefully developed in collaboration with therapists working in the local community and national organisations that work to support children and young people with extra needs.

This project was grant aided by The Department of Rural and Community Development through the DAF (Dormant Accounts Fund) programme.

For Further Details / To Borrow Items : For more information and to book items please contact your local library. Items can be borrowed by joining any Wexford Library. The collection is available to any individual who lives, works or goes to school in County Wexford. Terms and conditions of use apply. Membership is FREE. Items in this catalogue can be requested at www.wexfordcoco.ie/libraries and collected by the borrower from their local library. All items will be sanitised before each loan period

Contact Details

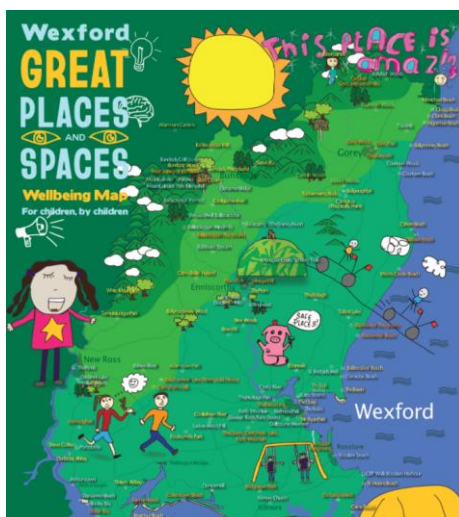
Wexford Library
053 91 96760 wexfordlib@wexfordcoco.ie
Gorey Library
053 94 83820 goreylib@wexfordcoco.ie
Enniscorthy Library
053 92 36055 enniscorthylib@wexfordcoco.ie

Bunclody Library
053 93 75466 bunclodylib@wexfordcoco.ie
New Ross Library
051 421 877 newrosslib@wexfordcoco.ie
Mobile South 087 417 6014
Mobile North 087 417 5810

○ “Great Spaces & Places” Gallery Now Online

The “Great Spaces & Places” project was led by Wexford Mental Health Association with partner organisations. It resulted in the development of a map for families and carers to support and encourage outdoor activities and play. The children of Co. Wexford devised a colour code; mapping colours and places and feelings.

The intention is to ensure that children and young people are active and healthy, with positive physical and mental wellbeing, in accordance with Ireland's National Policy Framework for Children and Young People.



Gallery of All Entries Now Available;

A gallery of all project entries is now available to view on the Wexford Mental Health Association website at the following link : <https://wexfordmentalhealthassociation.ie/great-places-and-spaces-project/>



For more information on Wexford Mental Health Association see : <https://wexfordmentalhealthassociation.ie/>.

○ **Young Carers Wellbeing Service**

I hope you are keeping well.

I am getting in touch with you to share some information about Family Carers Ireland's new Young Carer Wellbeing Service. In your role, you might meet young people who look after or help to look after a family member with an illness, disability, mental health issue or other issue that requires care. The impact of the caring role can negatively affect the mental health and wellbeing of these young people and they may need support to reach their potential.

The focus of the Young Carer Wellbeing Service is on young carer empowerment, enabling them to identify and make informed choices. Supports provided are person centred based on identified need and include counselling, respite, access to IT support, study and digital engagement, grinds, respite breaks for the young person to pursue an interest or to engage socially with peers, education and training.

I would be happy to meet and speak with your team about this project and how we can work together to support young carers. I have attached our referral form, please feel free to email me any completed referrals. I am available on the below number to answer any immediate questions.

I look forward to hearing from you. Please feel free to circulate this email with colleagues.

Kind regards,

Niamh Finucane

Young Carer Wellbeing Manager

Family Carers Ireland

086 1077085

www.familycarers.ie

Please see here for Referral Form to Young Carers Wellbeing Service

SURVEYS

○ Irish Hospice Foundation : “Time to Reflect” Survey



Never has it been more important to capture people’s views and experiences of dying, death and bereavement. With this in mind, I am delighted to let you know that we are launching our [Time to Reflect survey](#) this week.

The survey is our invitation to the people of Ireland to share their views and their experiences of death, loss and grief during the pandemic. It will provide an important historical record of people’s experiences during the pandemic. It will also support all of us in our efforts to ensure a future in which everyone in Ireland can die and grieve well, wherever the place and whatever the cause.

The survey can be accessed online at www.hospicefoundation.ie/timetorelectsurvey.

The survey is anonymous. Anyone aged 18 years or over living in Ireland can take part, whether or not they were bereaved during the pandemic. We are keen to hear from people:

- Of all ages, genders, ethnicities and cultures
- Both from the public and those working in health, residential, social, end-of-life and bereavement care settings

I am writing to ask for your help and support in promoting the survey among your staff and throughout your networks. We would be so grateful if you could take the survey yourself and share the link with your staff, volunteers, clients and/or supporters.

You can find a link to the survey can at www.hospicefoundation.ie/timetorelectsurvey. We can also send you paper versions if you would prefer. If you would like us to do so, please email us at timetorelect@hospicefoundation.ie and we’ll get them sent to you as soon as possible.

Thank you for supporting us in reaching as many people as possible with this important survey over the coming weeks. Every story counts.

With thanks

Jennifer Leech

Education Administrator

087 8533075 / 01 679 3188 / jennifer.leech@hospicefoundation.ie

FUNDING

○ LEADER Grants for Community Projects : Closing Date 22nd November 2021



The current round of LEADER Community Funding will close to expressions of interest on Monday 22nd at 12noon

Wexford Local Development is accepting expressions of interest (EOI) for funding for community projects. Interested community groups should complete and return an expression of interest (EOI) by 12noon, Monday 22nd November.

Further information & EOI form available from: <http://www.wld.ie/leader-community/>

Wexford Local Development is open to expressions of interest (EOI's) for community grant aid applications under the LEADER Programme from Monday 8th November to 12noon on Monday 22nd November 2021. Projects eligible for LEADER funding include; building works/refurbishment projects, purchase of equipment, development of websites / development of new marketing materials, training and feasibility studies. EOI's are welcome under any/all of the community themes; rural towns & villages, social inclusion and environment.

Interested community groups should complete and submit an EOI form by Monday 22nd November at 12noon. The EOI can be found [here](#).

The total budget for this call is €650,000. The minimum grant aid amount is set at €5,000 and the maximum is €75,000. Grant aid rates are as follows:

Project Type	% of total project costs eligible for grant aid
Building works, purchase of equipment, development of marketing materials	75%
Feasibility Studies	90%
Training	100%