



Wexford CYPSC News and Resources Update

November 5th 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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Wexford CYPSC Resources;

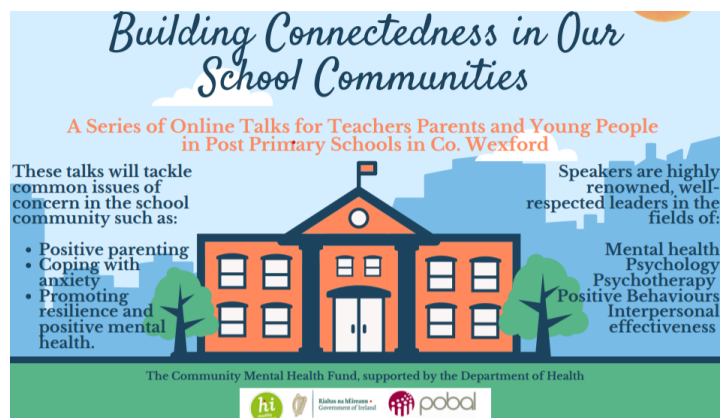
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COURSES, TRAINING & WEBINARS

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



Wexford Children and Young People’s Services Committee has developed a series of 9 online talks that are targeted at teachers, parents and young people in the **post primary** community in Co. Wexford.

The talks focus on promoting positive mental health and are delivered by a range of high quality speakers;

Target Group	Speaker	Title
Young People	Reuben Hester	“Reuben’s Story”
	Aimee Louise Carton	“From Surviving to Thriving”
	Skye Turner	“Minding Your Mind”
Parents	Archways	“Understanding Anxiety and Supporting My Young Person”
	Sheila O’Malley	“Parenting in challenging Times: Happy Parent, Happy Home”
	S.O.S (Suicide or Survive”	“Parenting : Connecting with Your Own Wellness”
Teachers	Jacinta Kitt	“The importance of a positive environment in the home/school/workplace”
	Dr. Harry Barry	“Self Care & Emotional Resilience”
	Athol Henwick	“Trauma and its effects on Suicide and Self Harm”

All the talks can be accessed on the Wexford CYPSC website at the following link : [click here](http://www.wexfordcypsc.ie/building-connectedness-in-our-school-communities).

Link : <http://www.wexfordcypsc.ie/building-connectedness-in-our-school-communities>.

Please help to promote the talks by;

- Sharing the link on your website / social media
- Sharing with parents / young people (post-primary age)
- Sharing with your staff members

All talks are available to access until the **end of December 2021**.

This project was funded through the Community Mental Health Fund, supported by the Department of Health.



Riailas na hÉireann
Government of Ireland



○ Creative Technologies Training November/December



There are new training opportunities coming up in November and December in our Creative Technologies project sponsored by Creative Ireland. The training will be running online in 2 two-hour sessions over two weeks. There are 4 different training types with the dates listed below. All participants will receive a kit with equipment for use in their work with young people based on the training that they complete.

The training is available to staff and volunteers working with young people in out of classroom settings (e.g. youth work organisations, school completion programmes, family resource centres, etc.). It would be great if you could circulate this with your network and if you have any people that would be interested in taking on training:

Please share [this form](#) with them and they can apply directly to us. **OR** You can get back to us via my email with names and contact details.

Training Type: Digital Creativity - Introduction to Mobile Filmmaking

Option 1: 18th and 25th Nov - 10am to 12pm

Option 2: 2nd and 9th Dec - 10am to 12pm

Training Type: Digital Creativity - Introduction to Podcasting

Option 1: 18th and 25th Nov - 2pm to 4pm

Training Type: STEAM

Option 1: 17th and 24th Nov - 10am to 12pm

Option 2: 1st and 8th Dec - 10am to 12pm

Training Type: Computer Science - Introduction to BBC Microbit

Option 1: 19th and 26th Nov - 10am to 12pm

Option 2: 3rd Dec and 10th Dec - 10am to 12pm

Places will be allocated on a 'first come first served basis'. If places are filled we will arrange training for applicants for a later date. If you have any queries you can get me through this email or by phone on 086 1535787. Looking forward to hearing from you.

Many thanks,

Paul Amond, Programme Development, Kinia.

M: 086 1535787

E: **Please note, new email address:** paulamond@kinia.ie

W: www.kinia.ie

o Gaisce Online Event re: Youth Justice Practice

On **Tuesday November 16th from 10:30am to 12 noon** Gaisce: The President's Award will host an online event relating to youth justice practice. All are welcome to attend.



The keynote speaker for this event will be Eoin O' Meara Daly, Research Fellow in Youth Justice at the REPPP .

What is happening at this event?

1) The keynote presentation will showcase the work and findings, to date,

of the REPPP's Action Research Project and its exploration of the "how to" of the youth justice relationship

2) Peer-facilitated discussion groups will follow, exploring the potential of the Gaisce Award programme to catalyse that relationship and also discuss Gaisce in the context of one-to-one youth justice work

Registration for the event is available here: <https://www.eventbrite.ie/e/just-the-two-of-us-tickets-190306942187>

○ Anam Cara : Supporting Parents After Bereavement



On behalf of Anam Cara we wanted to let you know about upcoming support events we are facilitating for you in your role, and also for bereaved parents you may be in contact with through your work.

Anam Cara is facilitating a 1 day online training workshop (5 CPD hours) to support you, as a **frontline professionals in contact with families** who have been bereaved in **traumatic circumstances**. Details and dates are attached in an information flyer in this email.

Details of Anam Cara's **monthly parent support groups**, both face to face and online can be found on this link: I have also attached a copy of the calendar to this email for your convenience.

Anam Cara's webinar series for bereaved parents is starting on Wednesday 3rd November 2021 at 7.30pm. There will be a webinar every Wednesday up to 8th December.

Finally, on **Thursday 18th November 2021** Anam Cara is facilitating a **Bereavement Information and Support Event for recently bereaved parents**. Our guest speaker is David Tricky and after his talk on traumatic grief, there will be an opportunity for parents to put any questions they may have to him and then breakout into smaller groups facilitated by our bereavement professionals and connect with other parents.

Attached is the information about this event, which we would appreciate if you can forward on, along with the other Anam Cara event information, to your colleagues or any bereaved parents you may be in contact with.

Please see Resources Section (click [here](#)) of Wexford CYPSC website to access further information on the following;

- Bereavement Support Evening for Parents Information
- Anam Cara Webinars
- Workshop Outline "Supporting Families After Traumatic Bereavement Frontline Professionals Online Workshops Autumn 2021"
- Anam Cara Group Information 2021

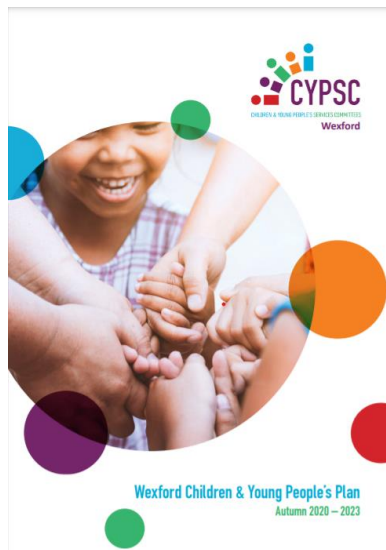
- **Wexford Service Videos**

The videos outline the services provided and how they can be accessed. Please share with your contacts as appropriate.



- An Garda Síochána
- CYPSC
- FDYS
- Gorey Youth Needs Group
- HSE Disability Services
- PPFS
- Waterford and Wexford Education & Training Board
- Wexford County Childcare Committee
- Wexford Local Development
- Wexford Rape Crisis
- Wexford Womens Refuge
- Youth New Ross

○ Wexford Children & Young People's Plan Autumn 2020-2023



Wexford Children and Young People's Plan Autumn 2020 - 2023 is now available to view online. This is the second Children and Young People's Plan for Co. Wexford. The CYPP can be viewed on the Wexford CYPSC website at this [link](#).



A short video to launch the plan is also available at this link : click [here](#) to view.



CAMPAIGNS

○ “Get Set” Campaign



Please find details below of the Healthy Ireland #LetGetSet campaign to start today.

The background: In Ireland today, almost 20 months on from when Covid-19 first came to our shores, we are now potentially more health conscious as a nation than ever before. Conversely during this most difficult time we have become more unhealthy; treating ourselves to more unhealthy food, drinking more alcohol, have had our previous active healthy habits curtailed and have gained more weight. Our awareness campaign from 2019 - which was postponed due to Covid-19 - has been renewed for this campaign.

This campaign encourages us all to set a healthier routine over coming months and amidst the Covid journey, and to avail of simple easy steps to keep up or to create a new healthy habit, whether that is eating better, getting more physically active, or learning how to take care of our mental wellbeing.

The creative and images used talks to a situation most of us recognise - we have a comfortable relationship with our couches and can find it difficult to find the motivation to get off them – not knowing how, to or where to start. It will connect with the general population to build awareness, signpost people to the trusted sources and help them make better choices, to live healthier and to get off the couch.

Over the duration, we will give advice on how to either start and help to stick to a healthy habit. These will include broad yet simple behaviour tips for habit forming and can also be adapted to be used across our three themes of looking after our mental health, eating well and being physically active. The campaign is a follow-on to the recent partnership with Sport Ireland and the 'Let's Get Back' campaign.

The campaign will feature advertising across the month of November on national TV and radio and include a radio partnership with Off the Ball on Newstalk, and on the Music and Youth radio lunchtime shows. All messaging will be supported by digital and social advertising.

Find attached is a summary of the campaign and here is the link to the website with support information on <https://www.gov.ie/en/campaigns/8928d-healthy-ireland/?referrer=http://www.gov.ie/letsgetset/> and the 60-sec TV advert <https://youtu.be/BYSSYASn9qk>. Feel free to share with others.

We recognise that our many and varied stakeholders are the key people in driving the solutions and actions. You are the trusted sources that we will point people to.

As part of the campaign, we encourage you and partners to get involved in supporting our social media and keeping an eye on the Healthy Ireland's channels.

Twitter @healthy Ireland, Instagram @hihealthyireland, Facebook @Healthy Ireland

For more information on the campaign or to get involved please contact us on healthyireland@health.gov.ie

#LetsGetSet Healthy Ireland Team

BACKGROUND:
In Ireland today, almost 20 months on from when Covid-19 first came to our shores, we are now potentially more health conscious as a nation than ever before.

Conversely during this most difficult time we have become more unhealthy: treating ourselves to more unhealthy food, drinking more alcohol, have had our previous active healthy habits curtailed and have gained more weight. Our awareness campaign from 2019 – which was postponed due to Covid-19 – has been renewed for this campaign.

RESEARCH:
Our latest healthy Ireland survey has told us that 92% of Irish citizens have a desire to make at least one change in their lives to improve their health and wellbeing.

From our recent qualitative research we know that people believe:

- 'Now is a unique moment to get beyond Covid-19 and reclaim our own lives'
- 'It's a crucial time to get out and about again'
- Health messaging should present mental wellbeing as key to health, not as an adjunct

For someone who wants to become healthier there are many messages and messengers to sift through to decipher what the most reliable information is. It can be confusing not knowing where to go to start or to get trusted information.

We know people feel:

- 'Getting healthy is important but I'm not sure where to start, there are so many conflicting messages'
- 'I know there are things I can do to be healthier but I'm not sure where to go'
- 'I wish I knew who I can trust'

TARGET AUDIENCE:
This is a mass awareness campaign with broad messaging that connects across the general population to build awareness, signpost people to the trusted sources and help them to start. The messaging and media buying are focused on a broad population reach.

COMMUNICATION CHANNELS:
The campaign will feature advertising across the month of November on national TV across all ROI stations, on radio and online video players and on-demand. We will run radio partnerships including one with Off the Ball on Newstalk. All messaging will be supported by digital and social advertising. The campaign is found at the web link [gov.ie/LetsGetSet](http://www.gov.ie/LetsGetSet)

MESSAGING:
NOT KNOWING HOW OR WHERE TO START CAN FEEL OVERWHELMING

The messaging will be twofold

1. Where to start
A trusted source will help a person find easy to follow advice. The campaign 'call to action' is to search Healthy Ireland – a Government initiative which aims to improve the health and wellbeing of everyone. Healthy Ireland is the central point that brings all the trusted sources together in one place. It connects the players at government and local level and brings everyone together to help achieve this.

2. How to start a habit
We will give advice on how to start and stick to a healthy habit. These will be broad behaviour tips for all habit forming and can also be adapted to be used across our three themes of looking after our mental health, eating well and being physically active. To include the points:

1. Start Simple
2. Be specific
3. Be Consistent
4. Monitor Yourself
5. Get a friend involved
6. Reward yourself

A Healthy Ireland survey revealed that 92% of Irish citizens want to make a change to improve their health and wellbeing.

