



Wexford CYPSC News and Resources Update

October 22nd 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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o Wexford Children & Young People's Plan Autumn 2020-2023



“Wexford Children & Young People’s Plan Autumn 2020- 2023” will soon be available to view online. On **Friday 22nd October at 3pm**, a short video will be released to mark the online availability of the plan. **There is no need to register, just go directly to the link [here](#) at 3pm to access the video.**

Some of the partner organisations involved in Wexford CYPSC have also developed short videos outlining the services that they offer to children, young people and families in Co. Wexford and how they can be accessed. These videos will also be available on wexfordcypsc.ie from Friday October 22nd. They will be accessible from [here](#).

Special thanks to Dalton Films and Bailey Design and to Gorey Youth Needs Group for assisting in developing the Service Video project.

CAMPAIGNS

#HereForYouSouthEast Bereavement Campaign – Week 7

Week 7 of #HereForYouSouthEast features **Pieta Suicide Bereavement Service**. Please share on Social Media / circulate to contacts as appropriate.

Information on all organisations featured in the campaign to date and social media assets, are available on <http://www.wexfordcypsc.ie/resources>.

BEREAVEMENT SUPPORT CAMPAIGN SOUTH EAST #HereForYouSouthEast

Suicide Bereavement

Death by suicide can be an overwhelming loss. It can leave families and communities with unanswered questions and many different emotions. Grief is very individual and will be different for everyone, but many of those bereaved by suicide may experience similar feelings. Finding ways to support yourself during this time is important.

WHEN SOMEONE CLOSE TO YOU DIES IT CAN AFFECT YOU ON MANY LEVELS:

- **Physically** - tiredness, low energy, feeling empty
- **Mentally** - shock, disbelief, wondering what you could have done, anguish, experiencing disturbing images
- **Emotionally** - sadness, anger, anxiety, fear, loneliness, abandonment, relief, despair, rejection
- **Spiritually** - trying to make sense of what has happened, searching for answers

WHAT CAN HELP FOLLOWING A LOSS THROUGH SUICIDE

- Be gentle with yourself and allow yourself space and time to grieve
- Stick to routine or create a structure throughout the day
- Healthy eating (even if you are not feeling like it), hydrating, physical exercise - walks etc.
- Make sure you are getting some quality sleep, even a few hours can make a difference
- Stay connected and accept support from friends, family and support networks
- Take time out for yourself when you need it
- Honour the deceased person - talk about them, share memories/photos or practise any spiritual or cultural activities that are meaningful to you
- Consider joining a suicide bereavement group - sharing your experience with others who have been through similar loss might be helpful for you not to feel alone and stay connected
- Ask for help - talk to friends and family, your GP, counsellor, helpline, or online support

For more information contact Pieta
www.pieta.ie / Phone 1800 247 247

pieta



For more information on Pieta and the services it provides see : <https://www.pieta.ie/>.

○ START campaign – Let's go easy on treats



The HSE, Safefood and Healthy Ireland are encouraging families to *go easy on treats*, to only give them in small amounts and not every day.

This current phase of the START campaign is live on TV, radio, cinema, digital and social media for five weeks. Research with parents and guardians for the campaign found that while they want to reduce treats like crisps, chocolate and biscuits for their children, they find saying no difficult.

A range of campaign resources are available for healthcare professionals on the [START partner page](#).

This includes expert videos, recipe ideas, healthy snack options, print resources and a suite of social media assets. Please share them, as appropriate.

You can also order hard copies of START leaflets and resources [here](#).

SURVEYS

○ Cycling Ireland - Young People Survey



Note : Please see wexfordcypsc.ie/resources for QR Code.

Dear Youth Groups

Cycling Ireland Youth Commission and Street Games are working together to understand more closely what young people across the island Ireland think and feel about cycling and how we can encourage more young people to get on their bikes in the future through an online survey.

Thank you so much for those of you that have circulated the survey so far, as the response has been brilliant. However, we need your help once again, we are specifically looking at getting feedback from 14–18-year-olds that do not own bikes. We would greatly appreciate your support in reaching out to your network of local partners, schools and community groups to make sure we are connecting with these young people and their voice is heard.

If you can please share the [survey link](#) or QR code attached on your social channels as well. We will be using the information gathered to draw down future funding to be invested in the design programmes that relate specifically to the young people's responses.

We are also looking to identify local youth groups to take part in a one-hour online interactive focus group, this will provide an opportunity to consult directly with young people living in disadvantaged communities, who access community sport provision, but not necessarily cycling. This provides a superb opportunity to ask set questions and gather feedback in an interactive way, but also probe around set topics. If you can identify a youth group that would like to get involved, please pass on their contact details.

Thank you for your continued support to get more young people enjoying riding a bike!

If you have any questions regarding this email or the survey, please do not hesitate to get in touch.

Kind Regards

Margo

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COURSES / TRAINING/WEBINARS

o Introduction to Remote Working

This is a free 8 week online course that aims to increase your digital skills and prepares you to become “remote work ready”. It will be delivered through WhatsApp and Zoom. Places are still available.

See below for further details.

For **Learner Detail Form** go to <http://www.wexfordcypsc.ie/resources>.

grow remote

INTRO TO REMOTE

8 week - online course

Course will be delivered through **Whatsapp and Zoom**

- Increase your digital skills and prepare to become "Remote Work Ready"

We will discuss the following:

- Week 1 - Introduction
- Week 2 - Communication
- Week 3 - Remote Technology 1
- Week 4 - Building A Community
- Week 5 - Health & Wellness
- Week 6 - Setting Up A Remote Workspace
- Week 7 - Remote Technology 2
- Week 8 - Next Steps

Supported by the **Mitigating against Educational Disadvantage Fund**

STARTING SEPT 2021

SEND A WHATSAPP MESSAGE TO REGISTER
+353-83-019-0590

SOLAS **WIDA** **WEXFORD COUNTY COUNCIL** **WEXFORD COLLEGE** **WEXFORD DISTRICT COUNCIL** **WEXFORD UNIVERSITY**

o **Mental Health and Family Caring Programme : Recovery College Southeast**

**Mental Health
& Family Caring:**

Supporting the Supporters

A five week programme for family carers and supporters of people with mental health challenges.

Venue: Recovery College South East
Date: Friday's November 5th, 12th 19th 26th and December 3rd
Time: 10am - 12.30pm
To register: contact 086 1746330
recoverycollegesoutheast@gmail.com

 **Family Carers Ireland**
No one should have to care alone

 **Mental Health Ireland**

 **RECOVERY COLLEGE SOUTH EAST**

○ Wellness Recovery Action Plan (WRAP) for Families : Recovery College Southeast

“Wellness Recovery Action Plan for Families”
Zoom Workshop
Recovery College South East

5 Week Workshop
Online using Zoom

Wellness Recovery Action Plan for Families

Wednesdays:
3rd 10th 17th 24th
November + 1st December 2021

11.00 am
1.00 pm

Wellness Action Plan helps each member to contribute to plans that the family will use to improve day to day interactions, meet daily challenges and promote mutual co-operation in order to help make your family life what you want it to be.

The aim of this 4-week online workshop is:

- Looking at Wellness Tools for yourself
- To explore what would best support you and those around you during a crisis and a plan to move past this and to look after your wellness in your own way.

Contact: enrolrecoverycollegesoutheast@gmail.com Phone: 086 1746330/0567703666

o Cultural Competency Toolkit Launch

"I am delighted to invite you to the launch of Mental Health Reform's Cultural Competency Toolkit; a practical guide for mental health professionals, services and staff, on working with ethnic minorities in Ireland. The event takes place on **27th October from 10am - 11.30am via Zoom.**

The ethnic minority community in Ireland comes from a range of cultures and backgrounds, incorporating a rich tapestry of experience, skills, perspectives, and creativity. Research demonstrates a higher incidence of mental health challenges amongst people from this community. In response to this need, through a project supported by the HSE and the Sláintecare Integration Fund, the Cultural Competency Toolkit was developed. The Toolkit is structured around the importance of providing culturally sensitive mental health services.

This event aims to raise awareness of the challenges that ethnic minority groups face in accessing appropriate mental health supports. Speakers will share practical information, resources and guidance, to help community mental health teams to implement the Toolkit in their workplace practice.

Speakers include:

- **Dr. Naomi Masheti** - Programme Coordinator, Nano Nagle Place and Project Steering Group Member
- **Dr. Charles Willie** - Former CEO, Diverse Cymru and author of the Cultural Competency Toolkit
- **Dr. Pauline Moloney** - Senior Chartered Clinical Psychologist, Cabra Community Mental Health Team
- **Audry Deane** - Policy and Advocacy Manager, Mental Health Reform
- **Members of ethnic minority communities with lived experience of mental health difficulties.**

To register, click

here: https://us02web.zoom.us/webinar/register/WN_s41WHzMZTWCCASYm6-ZT6g

We look forward to your participation.

In solidarity and compassion,

Fiona Coyle"

Kind regards,

Claire O'Farrell (she/her)

Communications and Membership Officer

Mental Health Reform,