



Wexford CYPSC News and Resources Update

October 29th 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/.

CONTENTS

Courses / Training & Webinars;

- P.3 : Free webinar series on understanding self-harm in adolescents
- P.6 : Festival of Learning : “Tackling Disadvantage Through Prevention and Early Intervention”
- P.7 : FUSE : Anti-Bullying and Online Safety Programme
- P.10 : Sláintecare

Campaigns/Consultations;

- P.11: #HereForYouSouthEast Bereavement Campaign
- P.12 : The Community Foundation for Ireland: Young Changemakers offered opportunity to help shape Ireland's Future.
- P.14 : National Youth Council of Ireland: Interactive Online Map - Development Education and SDG focused youth work across Ireland

Funding

- P.15 : Irish Youth Foundation Funding Opportunity

Wexford CYPP;

- P.16 : Wexford Children & Young People’s Plan and Service Videos now available to view online

COVID 19;

- P.17 : Covid 19 - Partner Pack Update

WEBINARS AND TRAINING

○ Free webinar series on understanding self-harm in adolescents



Understanding Self-Harm in Adolescents

Monday, November 1st, @7pm

Pieta:
**Sinead Raftery
& Leigh Kenny**

Free webinar for parents.

Logos: pieta (Ending Suicide. Beginning Hope), National Office for Suicide Prevention, UCD DUBLIN

Dear Sheila,

I hope you are well. I contacted you previously in relation to recruiting for a parent advisory group and you were kind enough to send it on to your network. I am now writing in relation to the same project on behalf of Professor Eilis Hennessy who is leading a research team from University College Dublin and Pieta on a project funded by the Irish National Office of Suicide Prevention. As part of this project, we are hosting a series of free webinars for anyone interested in learning more about self-harm in adolescents including parents or guardians.

I was wondering if you might be willing to share information relating to these talks with your network. Please find attached a poster for these talks, a flyer for social media for the first talk, and a draft letter for parents if it would be useful. The Eventbrite link is: <https://www.eventbrite.com/e/talks-for-parents-understanding-self-harm-in-adolescents-tickets-188405053587> Parents and guardians who attend and who have experience supporting an adolescent who has engaged in self-harm will also be invited to take part in a survey. The findings of this survey will help organisations to provide useful information for parents in a way that is easy for parents to access.

Kind Regards,

Aine

--

Áine French
Research Assistant
School of Psychology
University College Dublin
aine.french@ucdconnect.ie

Talks for parents: Understanding self-harm in adolescents



Understanding Self-Harm in Adolescents

Sinead Raftery and Leigh Kenny; Pieta House.
Monday, November 1st, @7pm

What is self-harm, why is my child doing it and what can I do about it?

Madeleine Connolly and Katie Murphy
Lucena Clinic, Child and Adolescent Mental Health Services
Monday, November 8th, @7pm



Understanding Self Harm Through the medium of Metaphor

Dr Colman Noctor.
Tuesday, November 16th, @7pm

Free webinar. Register at:
<https://www.eventbrite.com/e/talks-for-parents-understanding-self-harm-in-adolescents-tickets-188405053587>



Talks for parents: Understanding Self-Harm in Adolescents

Monday, November 1st, @7pm



Sinead Raftery and Leigh Kenny

Please join us for the first in a series of virtual talks held on zoom for parents of adolescents who have engaged in self-harm.

Free webinar for parents. Register at:
<https://www.eventbrite.com/e/talks-for-parents-understanding-self-harm-in-adolescents-tickets-188405053587>



Talks for parents: What is self-harm, why is my child doing it and what can I do about it?

Monday, November 8th, @7pm



Madeleine Connolly and Katie Murphy

Madeleine Connolly is a Senior Psychiatric Social Worker and Systemic Family Psychotherapist working in the Lucena Clinic, Child and Adolescent Mental Health Services. Katie Murphy is a Social Worker and Systemic Practitioner who also works in the Lucena Clinic, Child and Adolescent Mental Health Services.

Free webinar for parents. Register at:
<https://www.eventbrite.com/e/talks-for-parents-understanding-self-harm-in-adolescents-tickets-188405053587>



National Office
for Suicide
Prevention

YMHlab
YOUTH MENTAL HEALTH



Talks for parents: Understanding Self Harm Through the medium of Metaphor

Tuesday, November 16th, @7pm



Dr Noctor is a Child and Adolescent Psychotherapist who combines his role as an Assistant Professor in UCD with a busy clinical practice with a rapidly expanding role as a popular author, broadcaster, mental health speaker and host of the Asking for a Parent podcast.

Dr Colman Noctor

Understanding is the first step in creating meaningful change. This talk will discuss some of the philosophies and myths about the meaning of self-harm.

Free webinar for parents. Register at:
<https://www.eventbrite.com/e/talks-for-parents-understanding-self-harm-in-adolescents-tickets-188405053587>



National Office
for Suicide
Prevention

YMHlab
YOUTH MENTAL HEALTH



○ Festival of Learning : “Tackling Disadvantage Through Prevention and Early Intervention”



Afternoon all,

Registrations are open for the What Works Festival of Learning 2021, which is taking place as a series of four webinars from 15-24 November 2021. The series will focus on the theme of disadvantage, and delivering fairer futures for children and young people. Speakers include Minister Roderic O’Gorman T.D., Professor Kate Pickett, (University of York), Olivier Thévenon (Child Wellbeing Unit, OECD), Professor Mark Brown (DCU), Massimiliano Mascherini, (Head of Unit *ad interim* Social Policies, Eurofound), Conor Rowley, Ciara Pidgeon, and other international experts and contributors from within and outside Government. Programme of events are as follows;

1. *Perspectives on Disadvantage: How Inequality Concerns Everyone* – Monday, 15th November 2-3pm
2. *Mitigating Disadvantage through Public Policy* – Wednesday, 17th November 2-3pm
3. *Making Connections or Digitally Divided? Disadvantage in the Digital World* – Monday, 22nd November 2-3pm
4. *How can the EU Prioritise the Needs of Children and Young People?* – Wednesday, 24th November 1-2pm

More details of each seminar are available on the [What Works website](#) and can be accessed [here](#).

Kind Regards,

Ciaran Cahill

Tusla Programme Development & Cross Government Framework Unit



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth

○ FUSE : Anti-Bullying and Online Safety Programme

FUSE is an Anti-Bullying & Online Safety Programme, developed by the National Anti-Bullying Centre (ABC) at Dublin City University. The Centre hosts the UNESCO Chair on bullying and cyberbullying and the Irish Research Observatory on Cyberbullying, Cyberhate & Online Harassment?

The FUSE Programme is supported by Facebook, Rethink Ireland and the Department of Education and as such is currently offered free of charge to all schools nationwide. It is the first research based Anti-Bullying and Online Safety programme in Ireland and is founded on over 20 years of research and is proving highly successful in improving the self-efficacy of children and adolescents in relation to tackling bullying and online safety issues. It is designed to support the wider SPHE/RSE/Wellbeing curricula in schools and involves teacher training, parental support, and student agency.

The FUSE Programme is recommended for 2nd year students and consists of four mandatory workshops of approximately 40 minutes in duration namely:

1. Bullying and the Importance of Noticing
2. Cyberbullying and the Importance of Noticing
3. Online Safety - Privacy and Sharing Online
4. Online Safety - Cyber Security Awareness

There are further optional & recommended workshops offered within the programme on key hot topics such as 'Image Sharing', 'Social Media', 'Bystanders & Responsibility' and 'Student Voice in the School Anti-Bullying Policy' amongst others.

Further details on the programme can be found on the FUSE website: <https://antibullyingcentre.ie/fuse/>

The FUSE Primary Programme consists of 5 workshops of approximately 40 minutes in duration and is recommended for children in the 9-11 age category. The aim of the programme is to increase the self-efficacy of children in Noticing, Responding and Reporting bullying and online safety issues. Further details on the programme can be found on the FUSE website on: <https://antibullyingcentre.ie/fuse/>

Registration for the FUSE Primary Programme is now open for the forthcoming school term - please kindly register your participation at your earliest convenience on the FUSE Registration page on:

<https://antibullyingcentre.ie/fuse/primary-registration/>

I have also provided below the zoom link to register for the FUSE (Post Primary) (training) which is essentially an Introduction to the FUSE Programme workshops - the session is approximately 40 minutes in duration and provides a helicopter overview of the programme. It is not mandatory for the teachers who are delivering FUSE to attend the session nor is it a prerequisite to commence teaching / delivering the programme to the students as the resources are self-explanatory.

Register in advance for this meeting:

<https://dcu-ie.zoom.us/meeting/register/tJlrduippz4tHdcHSVZ9o8d8tM5JZWKDKg5V>

Next Steps

Following receipt of registration details, we will provide you with a Zoom Registration Link to attend an "Introduction to FUSE Primary - An Overview" online session which will take place via Zoom, these sessions are approximately 30 minutes in duration and will provide a helicopter overview of the programme. It is not mandatory to attend the session nor is it a prerequisite to commencing delivering the programme to the students. We will also send you a "Welcome Pack" in the post.

Post registration, the FUSE teaching materials can be accessed directly from the FUSE website. Similarly, post registration you will be able to download a FUSE badge for upload to your own school website as evidence that you are an ABC partner school joining with ourselves to tackle bullying and promote online safety.

What we ask in return

Following completion of the programme, an anonymised teacher and student survey will be available online, we welcome your support in encouraging both teachers and students (with parental consent) to complete the survey. Their responses will allow our researchers to measure the self-efficacy of the participants in tackling bullying thus validating our programme and contributing to tackling bullying both nationally and internationally.

Bespoke Training

I have also provided a link below to our schedule of training sessions offered focusing on specific bullying related topics which will be delivered by ABC Subject Matter Experts.

The topics are available to review at the ABC website: [Training Request & Available Topics](#)

These bespoke training sessions are not part of the FUSE programme per se but are designed to provide attendees with the opportunity to upskill in some or all of the specialist topics on offer.

If there is a specific topic or bespoke training you require that is not detailed under the current suite of topics offered you may request it via the website and we will tailor the session to your specific requirements. .

At the heart of the FUSE programme is the aim of building capacity in schools themselves to tackle bullying and online safety issues, and to empower children and adolescents to understand their own behaviour, be able to recognise bullying and online safety risks, and be confident in how to report and seek support when they need it.

We are very proud of our programme, those who participate in it and its success rate to date. Welcome to FUSE.

If you have any queries, please do not hesitate to contact us at abcfuse@dcu.ie

As an add-on to the FUSE Programme, we are happy to be partnering with “Fighting Words” who are offering a supplementary Creative Writing Workshop to provide students who have completed the programme with an opportunity to think, talk and write creatively about the issues covered.

The workshop is designed in line with the Primary school SPHE Curriculum in terms of its content and approach - further details on “Fighting Words is available for your review on: <https://www.fightingwords.ie/>.

If you wish to express your interest in this supplementary workshop post FUSE programme completion, please simply email me at angela.kinahan@dcu.ie.

It's time to register for FUSE Primary

Angela Kinahan

Education Officer | DCU Anti- Bullying Centre | Dublin City University

angela.kinahan@dcu.ie | Tel: + 353 1 700 9004

○ Sláintecare Healthy Communities Programme

Colleagues,

Sincere thanks for the high level of engagement and interest in the Launch Webinar last week for the Sláintecare Healthy Communities Programme. In case you missed it, wish to share or watch it back the recording is up on our YouTube channel [here](#). Further details on the Sláintecare Healthy Communities Programme can be found on the webpage [here](#). Thanks in particular to those who inputted on the day and gave their time in the making of the videos in preparation for the event. There was a lot of different areas covered on the webinar and as promised we have some useful information links outlined below.

Useful links and information:

- Sláintecare Healthy Communities Programme, Department of Health Press Release: <https://www.gov.ie/en/press-release/7fbeb-ministers-donnelly-and-feighan-launch-13m-healthy-communities-programme/>
- HSE Healthy Childhood information for parents : [MyChild.ie](#) Tusla parenting website www.tusla.ie/parenting-24-seven and targeting parents in relation to healthy eating for children we have the Start campaign www.makeastart.ie
- MECC training for health service staff is available at <https://www.hse.ie/eng/about/who/healthwellbeing/making-every-contact-count/>
- The HSE Social Prescribing Framework can be accessed here: <https://bit.ly/3jDTZZI> and further service user videos can be seen on the HSE Health and Wellbeing YouTube channel <https://bit.ly/3usi4pV>
- Quit services and supports to quit smoking for good are outlined on [Quit.ie](#)
- Our Ask About Alcohol website can be accessed here: <https://www2.hse.ie/alcohol/>
- Our most recent edition of the HSE Health and Wellbeing EZine published last Friday is available [here](#).

Upcoming HSE Health and Wellbeing events:

You are invited to register for the upcoming Launch of **Healthy Ireland in the HSE Progress Report 2015 – 2020** on the 2nd November next from 2.00 – 3.30 with guest speaker Prof Cíaran O’Boyle, Director of RCSI Centre for Positive Psychology and Health : <https://bit.ly/3GqKFSB>

For International Men’s Day on the 19th November you are invited to the next in the **Engaging Men Webinar Series: The ‘When’ of Men’s Health** . Register here: <https://bit.ly/3uuhJmZ> . This is the fourth in the series of webinars on ‘Engaging Men’ from HSE Health and Wellbeing working with the Men’s Health Forum in Ireland, the Men’s Development Network and the Centre for Men’s Health research in IT Carlow.
#HealthyIrelandMen

Regards,

Fergal Fox | Head of Stakeholder Engagement and Communications | Health and Wellbeing
| Strategy and Research | HSE | Tel 0863830218 | Email fergal.fox@hse.ie

CAMPAIGNS / CONSULTATIONS

○ #HereForYouSouthEast Week 8 focuses on Cancer Support Services in the South East.

Social media assets for each week of the campaign are available on <http://www.wexfordcypsc.ie/resources>.


BEREAVEMENT SUPPORT CAMPAIGN SOUTH EAST

#HereForYouSouthEast

Cancer Bereavement

CANCER IN IRELAND

It is estimated that more than 45,000 people in Ireland are diagnosed with cancer each year. Being told you have cancer can be devastating but the good news is that many people go on to live long lives after a diagnosis. There are more than 170,000 people in Ireland living with and beyond cancer. The Irish Cancer Society (ICS) is the national cancer charity in Ireland, providing information and cancer prevention, detection, treatment and support. The ICS works with cancer support services throughout the country to ensure that no matter where in Ireland you are, you will have access to safe and confidential support. Each county in the South East has its own cancer support service that works in collaboration with the ICS. www.cancer.ie




BEREAVEMENT SUPPORT

The ICS advises that when someone close to you has died, there is a natural period of sadness and loss. You are likely to experience a range of emotions for a long time including shock, guilt, grief and even relief, particularly if your loved one was unwell for a long time. These are all normal reactions and you will need time to adjust to your loss and a new routine without your loved one.

Services offered by the Cancer Support Centres in the South East include:

- One to one counselling
- Bereavement support groups
- Support for children and adolescents
- Art and music therapy
- Complementary therapies
- Wellbeing groups and classes



WATERFORD:
Solus Cancer Support Centre / info@soluscentre.ie / 051 304 604


WEXFORD:
Hope Cancer Support Centre / info@hopesupportcentre.ie / 053 923 8555





CARLOW:
Eisr Cancer Support Centre / info@eisrdarklowcancersupport.ie / 085 866 1499

KILKENNY:
Cois Nore Cancer Support Centre / info@coisnore.ie / 056 775 2222

TIPPERARY (SOUTH):
C.A.R.E. Cancer Support Centre / cancercareclonmel@gmail.com / 052 636 2667
Circle of Friends / circleoffriendstipp@gmail.com / 062 33550

TIPPERARY (NORTH):
Suaimheas Cancer Support Centre / suaimheascancersupport@eircom.net / 067 37403
Suir Haven Cancer Support Centre / suirhaven@gmail.com / 0504 21987



- **The Community Foundation for Ireland: Young Changemakers offered opportunity to help shape Ireland's Future.**



Young People are being offered a unique opportunity to have a say in shaping and resourcing community responses to major challenges ranging from climate change, inequality to violence in the home.

The Community Foundation for Ireland which works with and supports more than 5,000 voluntary, community and charitable organisations is inviting young people to identify issues they want addressed and to input into funding decisions to find and support solutions.

Applications are being invited to join a youth panel at The Foundation which has over the past two-decades invested over €80 million in communities.

Making the call for applications, Rosie McDonagh, Grants Executive with The Community Foundation said:

“One of our missions is to Empower Generations – and that includes young voices. Too often the views of the young people are brushed aside, ignored or even silenced. For over 20-years The Community Foundation and its donors have been allies of all young people, including those marginalised because of their background, social or economic situation or their sexual orientation.

Now we are taking the next step. They are being invited to become to increase about the issues which are important to them. They will then help identify solutions and make them happen by inputting into our grant making process.

The fact that many young people are emerging from the Covid-19 Pandemic feeling the strain of isolation, fears over work and college as well as getting their heads around big challenges like climate change, the biodiversity crisis and deepening inequality has been well documented.

It is time to respond and we are doing so in a very concrete way.”

Applications to join the Youth Panel at The Community Foundation for Ireland can be made at www.communityfoundation.ie, the closing date is **Monday 8th November**.

Denise Charlton, Chief Executive of The Community Foundation for Ireland added:

“This is a call to action to those who feel they are not being heard. What is on offer is the chance to have a say in our work. You will be asked to identify and call out the issues which are important to you, then work with our grants team to decide what solutions are needed and how they can best be delivered. We look forward to the renewed excitement, energy and passion our youth panel will bring to our work.”

For more information click [here](#).

○ **National Youth Council of Ireland: Interactive Online Map - Development Education and SDG focused youth work across Ireland**



ARE YOU ON THE MAP? DEVELOPMENT EDUCATION AND SDG WORK NATIONWIDE

NYCI have created an interactive online map that highlights current **Development Education and SDG focused youth work across Ireland**. See the [map and more information](#) about it [here](#).

We are inviting organisations and educational institutions to submit their projects and courses to us, so that we can showcase you and your work on this map. This will make it easier for individuals in your area to be able to discover and join your programmes. This map will also create avenues for collaborations.

If you would like to submit a listing for your organisation, educational course, or project, please complete our handy form by clicking [here](#).

- We encourage you to **submit multiple listings** if possible. This will give the best indication of how many individual programmes are taking place across the country.
- **Please only submit one project/course/organisation per form**, but you may submit as many forms as you wish.
- There is no deadline, but please aim to have your listings submitted as soon as possible so that they can be uploaded to the map swiftly.

If you have any questions, please feel free to get in touch with Eimear Manning eimear@nyci.ie

FUNDING

o Irish Youth Foundation Funding Opportunity



I wanted to touch base to let you know about a grant opportunity we currently have open for applications. Applegreen, in partnership with the Irish Youth Foundation, is providing €100,000 to fund not for profit voluntary and charitable organisations supporting children and young people nationwide.

The fund will offer grants of between €5,000-€10,000 to projects and programmes that support **successful transitions through education for children and young people at risk of early school leaving**.

We are looking to fund programmes that promote positive transitions throughout a young persons' school life; from primary to secondary school and/or completion of secondary cycle.

I have attached a copy of the fund criteria here for review.

- More information about this fund can be found on the IYF website – <https://iyf.ie/applegreen-blossom-fund/>
- **Applications for the fund must be made online**
https://iyf.smartsimple.ie/s_Login.jsp

I would be incredibly grateful if you would share this information with your network to ensure those who have a relevant programme have the opportunity to learn about the fund.

The fund is closing next Thursday, 4th November so there is only one week left to get an application in!

If you have any questions at all, please don't hesitate to contact me directly. Please also feel free to share my contact details for any questions on the fund.

Thank you so much in advance for your support!

Kindest regards,
Sara Edmonds
Head of Grants & Programmes

WEXFORD CYPP

○ 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](#).

This plan was submitted to the National CYPSC office for Quality Assurance in the Summer of 2020. However, due to the COVID-19 pandemic, approval was not received until mid-2021. Due to uncertainty about public health restrictions, the members of Wexford CYPSC decided to release the plan online rather than organise an in-person event with partner organisations, service providers and children and young people.

In this short video [click here](#), the Chairperson of Wexford CYPSC, Mr. Greg Mullan, introduces the plan. Key aspects of the plan are highlighted. Some of the partner organisations involved in Wexford CYPSC have developed short videos to explain the services they offer and how they can be accessed.

All the Service Videos are now available to view on the Wexford CYPSC website and they can be accessed [here](#).



COVID 19 UPDATES

Covid 19 - Partner Pack Update

Dear Colleagues,

We hope this message finds you well. Thank you for your continuing support in helping to share information about COVID-19.

Public Health Measures

You can [find the public health measures here](#).

COVID-19 Testing - Online Booking System

Full details of [how to get tested are available here](#).

COVID-19 Contact Tracing - Online System

If you test positive for COVID-19 you will get a text message. This will include a link to a website where you can upload contact details for your close contacts. If you do not use the website, a contact tracer will phone you to collect the details. You can [find out more about close contacts here](#).

Mixed vaccines doses

People who received a first dose of AstraZeneca can now receive an mRNA (Pfizer/Moderna) vaccine as their second dose. NIAC recommends that receiving two doses of the same vaccine are preferred for all age groups, where possible. You can read more about this [here](#). Dose 2 walk-in vaccination clinics for people who wish to get an mRNA vaccine after their first dose of the AstraZeneca vaccine are listed [here](#).

COVID-19 Vaccination Programme

You can find the latest information on vaccines administered [here](#).

Walk-in COVID-19 vaccination clinics

You can also get your vaccine without an appointment at a walk-in clinic. The [walk-in clinics open this week are listed here](#).

Walk-in clinics are open for people aged 12 and older. [Children aged 12 to 15 must attend with their parent or guardian.](#)

Most walk-in clinics are for the first or second dose of the [Pfizer/BioNTech vaccine](#). The type of vaccine being offered is listed next to the clinic's details.

You can [read about going to a walk-in vaccination clinic here](#).

Please note: there are no booster doses at walk-in clinics.

Walk-in clinics are for first and second dose only. You cannot get a booster dose at a walk-in vaccination clinic. You can [find more information on the booster dose here](#).

Find a pharmacy giving COVID-19 vaccines

Many pharmacies are now offering COVID-19 vaccines to people aged 12 and over. Find a pharmacy to book your vaccine appointment. You can [find more information here](#).

Where to find COVID-19 Vaccination Information

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check [here](#) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at <https://www.hse.ie/eng/services/covid-19-resources-and-translations/covid-19-vaccine-materials/>
- Details on COVID-19 vaccines administered are available [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)[full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)
- Information in Irish Sign Language: information resources on the COVID-19 vaccines in Irish Sign Language are available [here](#)

- COVID-19 vaccines easy read and accessible information formats are available [here](#)

Free nasal spray flu vaccine for children - new video

This week (18 October), the HSE began its annual information campaign for parents and guardians about the children's flu vaccine. Children are twice as likely as adults to catch the flu, which can sometimes cause serious illness. That's why all children aged 2 to 17 can now get their free, nasal spray flu vaccine. It's a safe and effective way to protect them, and the rest of the family too. Please [share our new video](#) to let parents and guardians know they can now make an appointment with their GP or Pharmacist. Visit <https://www.hse.ie/flu> for more information.

Flu vaccine for people aged 65 or over

It's time for people aged 65 or over to get their free, annual flu vaccine. While anyone can catch the flu, they're more at risk of getting seriously ill or needing hospital treatment. The new flu vaccine is the best way to be protected from the flu, and it's free from their GP or Pharmacist. Flu vaccines will also be available this autumn for healthcare workers, pregnant women and those with health conditions that put them at risk of becoming seriously ill if they get the flu. Visit <http://www.hse.ie/flu>

Flu Vaccine is available for healthcare workers in Section 39 organisations

Flu vaccine and its administration are available free of charge to healthcare workers working in Section 39 organisations. Flu vaccine is available from a local GP or pharmacy or some workplaces provide flu vaccine through an occupational health clinic.

Visit www.hse.ie/flu for information about why it's important for healthcare workers to get their flu vaccine.

Let's go easy on the treats – try to give them to children less often and in small amounts

Latest research on treats for the START campaign finds that parents and guardians believe that talking to their children and encouraging moderation will help families reduce treats and replace them with healthier snacks.

We have expert videos, recipe ideas, healthy snack options, print resources and a suite of social media assets to help you on our dedicated [START partner page](#). We hope that you find these useful and share them with your colleagues and partners. You can do this by:

- Sharing and re-tweeting the [social assets](#) (ideally sharing with a comment). Follow us on Facebook: <https://www.facebook.com/safefood.net> or Twitter: @safefood_net; Hashtag: #start #onedailywin
- Signposting your network to <https://www.safefood.net/start>
- Ordering hard copies of START publications [here](#)
- Viewing and sharing the [TV ad](#)

We are also organising a webinar for people interested in finding out more about healthier snacks and how to broach the subject with children with well-known psychotherapist Dr Colman Noctor, in late November. We will share further details with you. The START campaign is brought to you by the HSE, safe food and Healthy Ireland, DoH.

Sláintecare Healthy Communities Programme

Sláintecare Healthy Communities is a new cross-Government initiative to deliver increased health and wellbeing services to 19 community areas across Ireland. The programme will be delivered in partnership with the HSE, local authorities, local communities, statutory, voluntary and community groups. A new €13m Sláintecare initiative has been launched to support increased health and wellbeing services to 19 communities in Ireland.

The investment will fund new posts including staff working at community level to engage, support and coordinate these activities in an effective manner.

You can [find more information here](#).

HSE Health & Wellbeing as a key partner, at local and national level in this initiative, is providing health and wellbeing programmes to help build the overall wellbeing within the communities through the increased delivery of supports to quit smoking, improve healthy eating and improve mental wellbeing and reduce isolation. This includes, the increased rollout of parenting programmes with Tusla under Sláintecare Healthy Communities.

Sláintecare Healthy Communities will support the physical and mental health of the communities as well as support improvement in the wider determinants of health in those communities, such as education, housing, social support and the built environment.

Healthy Ireland Progress Report

You are invited to the launch of the HSE *Healthy Ireland Progress Report 2015–2020* on 2nd November 2021 from 2-3.30pm. Also speaking at the launch is guest speaker Prof Cíaran O’Boyle, Founding Director at RCSI Centre for Positive Psychology and Health who will share his expertise on building awareness and the scientific understanding of positive health and well-being. You can [register here](#).

Nursing Homes Support Scheme Legislation updated

Changes to the Nursing Home Support Scheme also known as Fair Deal took effect from 20th October 2021.

The main changes to the scheme are:

- The net proceeds of the sale of the family home are subject to the 3 year cap.
- The 3 year cap is extended to Farm and Business Assets

The changes may affect:

- a person in nursing home care who intends to sell their family home
- a person in nursing home care who has already sold their family home
- farmers or business owners availing of nursing home care under Fair Deal

No one receiving nursing home care will be negatively impacted by these changes. [You can find more information on the changes to the scheme here](#).

Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/conditions/covid19/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>. Clinical and professional guidance relating to

COVID-19 is available on www.hpsc.ie where you'll find up to date guidance for healthcare settings and non-clinical settings.

You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

Please also check the Healthy Ireland site [herehere](#) with further resources and information on the Keep Well campaign.

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).

Ireland's COVID-19 Data Hub is [available here](#).

Many thanks and best wishes,

