



Wexford CYPSC News and Resources Update

October 8th 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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CAMPAIGNS

○ National Breastfeeding Week



Pictured in the Wexford Town Library Sensory Garden from for the launch of National Breastfeeding Week were (from left to right): Alexandra Fenton (Breastfeeding Counsellor with Cuidiú), Siobhán Sinnott (Child Health Programme Development Officer, HSE/South East Community Healthcare), Nuria Tasies (Domino Service Manager and Lactation Consultant in Wexford General Hospital), Stephanie Murray (Clinical Midwife Specialist in Lactation at Wexford General Hospital) and breastfeeding mother Jenny Trout with baby Oisín

The HSE in the Wexford area is marking National Breastfeeding Week (1st to 7th of October).

“Feeding the future: Supporting breastfeeding through a pandemic and beyond” is the theme of this year’s National Breastfeeding Week. Giving children the best start in life by breastfeeding is the ultimate aim and the HSE is also pointing to research where it may bring even more benefits, with COVID-19 antibodies being found in the breast milk of vaccinated mothers.

The HSE (through South East Community Healthcare, Wexford General Hospital’s Domino service and the recently appointed Clinical Midwife Specialist in Lactation) worked with the Cuidiú support group, Wexford County Council’s library services and the Co. Wexford Children and Young Peoples’ Services Committee (CYPSC) to record a special video on breastfeeding.

Available online from Thursday 7th October at 7pm on all Wexford County Council Public Library Service Facebook pages (e.g., see <https://www.facebook.com/Wexfordlib/>) and the Wexford Libraries YouTube channel (see <https://www.youtube.com/c/WexfordPublicLibraries>), the video supports breastfeeding parents and offers practical advice and helpful information to guide viewers in accessing any support they need locally in Co. Wexford.

Speaking ahead of the video coming on stream, Siobhán Sinnott (Child Health Programme Development Officer, HSE/South East Community Healthcare) said:

“The production of this video has been led by the Wexford library services. The partnership involved in putting it together is a reflection of commitment across the community to promote and support

breastfeeding. The public library service works in partnership with CYPSC each year to deliver “Parenting Today”, an annual programme of free talks for parents and carers throughout Co. Wexford. This initiative also comes at a time in the pandemic cycle, where local breastfeeding support groups are re-establishing face-to-face meetings whilst also continuing virtual meetings.”

This year’s HSE led National Breastfeeding Week follows on from a major development in breastfeeding support services earlier in 2021, where an allocation of €1.58 million for 24 additional Lactation Consultant posts was made available by the Dept. of Health.

Lactation Consultants have specialist breastfeeding expertise and can assist with breastfeeding challenges, facilitating mothers to continue breastfeeding for as long as they wish. In addition to such posts based at maternity hospitals like Wexford General Hospital and University Hospital Waterford, supports are also being further developed in community healthcare settings (including the public health nursing services provided by South East Community Healthcare in Co. Wexford).

Speaking at the Wexford launch of National Breastfeeding Week at the Wexford Town Library Sensory Garden, Stephanie Murray (Clinical Midwife Specialist in Lactation, Wexford General Hospital) said:

“Some 62% of women start to breastfeed their babies in Ireland. In Wexford General Hospital and surrounding areas, through South East Community Healthcare and working with others in the community (including breastfeeding groups and the library service), we are highlighting the importance of breastfeeding and developing resources to support women to start and to continue to breastfeed for as long as they wish.”

- For more information and helpful breastfeeding tips and tricks, visit <https://www2.hse.ie/my-child/>
- To join the HSE parenting and breastfeeding community, see the [HSE mychild.ie Facebook page](#) and [hse mychild on Instagram](#).
- For a list of local breastfeeding groups, see <https://www2.hse.ie/services/breastfeeding-support-search/?county=Wexford>
- To access the HSE’s free online ‘Ask Our Breastfeeding Expert’ service, available from Monday to Friday, 10am-3pm, see <https://www2.hse.ie/services/ask-our-breastfeeding-expert/>

#HereForYouSouth East Bereavement Campaign

Week 5 of the campaign features **Barnardos**.

Information is circulated to partners every Monday, Wednesday and Friday.

To access the information sheets, resources and social media assets for each week of the campaign, click [here](#).

Please share with your contacts and on social media as appropriate. Thank you for your support.


BEREAVEMENT SUPPORT CAMPAIGN SOUTH EAST


#HereForYouSouthEast

Teenage Grief

Bereavement can be especially challenging for a teenager, occurring during a time when they're dealing with significant changes in their life.

It is often difficult, both for the young person themselves and for their parents, to separate grief reactions from normal teenage behaviour.





Some teenagers who appear to be coping well may still be in shock. Active grieving may take months or even years to emerge. Creating opportunities to remember the deceased, on anniversaries and birthdays can provide time and space to grieve.


HOW YOU CAN HELP

Teenagers can find it more helpful when adults are honest about how they really are, rather than pretending to feel better than they actually do.

Parents need to show trust and respect for their teens own style and pace of grieving while staying involved with them. Everyone's grieving is unique.

Try to get support for yourself from other adults, and talk with your teen about how this support helps you.

Accept that your child may not want to talk with you about the person who has died, but continue to provide them with subtle opportunities to do so.





WHEN EXTRA HELP IS NEEDED

If a teenager is still reacting in a way that indicates they are troubled by memories and thoughts, withdrawing from family, isolating from friends, avoiding anything that may remind them of what has happened, or if their behaviour undergoes a dramatic change it may be helpful to seek professional help.

For more information please contact:
Barnardos Children's Bereavement Service
www.barnardos.ie / Phone 01 473 2310





○ **Baby Loss Awareness Week “Wave of Light”**



“Wave Of Light” is an opportunity to join with bereaved parents, families, and friends around the globe to commemorate all babies, infants, and children who sadly died too soon. It takes place at 7pm on 15 October.

To join the global ‘Wave of Light’, simply light a candle at 7pm local time on 15 October and leave it burning for at least one hour.

This can be done individually or in a group, at home, or in a communal space. Wherever you do this, you will be joining a global ‘Wave of Light’ in memory of all the babies, infants, and children who lit up our lives for such a short time. [#WaveOfLight](#)

Click [here](#) for more information.

First Light provides support to suddenly bereaved parents and families. Click [here](#) to access their website.

WEBINARS & TRAINING

○ World Mental Health Day: SOS and Samaritans exclusive webinar



To celebrate World Mental Health Day 2021, SOS facilitator Paula Lawlor speaks with Anne Corcoran - Partnership Manager with Samaritans Ireland about the great work they do around mental health.

Anne has worked at Samaritans Ireland for the past nine years. Her role involves working with partners in the mental health sector as well as partners in corporate, voluntary and community groups.

Anne's work also involves raising awareness of Samaritan Ireland's service, delivering active listening skills training and engaging with organisations at national advisory level.

This is a free event thanks to our funders from the National Office for Suicide Prevention and will be approx 45mins in length.

Thanks, the SOS team

[Register here](#)

For more information on Suicide or Survive, access their website [here](#).

○ MyMind Webinar : 'Demystifying Mental Health in an Unequal World'

Date: Thu. Oct 7 at 11am 2021

About the Event: As we approach World Mental Health Day on October 10 2021, MyMind is hosting a webinar to mark this important date.

This year's theme is 'Mental Health in an Unequal World', and there is no doubt that the Covid-19 pandemic has highlighted the inequalities in the provision of mental health services in Ireland and around the world. The upside however, is that the Pandemic has really shone a light on the whole area of mental health in a way that is totally unprecedented.

With the help of Vincent Ryan, one of MyMind's therapists, we will look at some of the inequities surrounding mental health provision in Ireland, how much information do people have when they need it, do people know how to go about seeking support, is there still stigma attached to having poor mental health?

We will briefly look at the current landscape of supports, while offering some useful suggestions on reaching out for help from the many supports which are available.

There will be a Q&A session at the end of the presentation.

This is a free public event and takes place on Zoom

Please register here: [Eventbrite tickets](#)

If you have questions or would like further information, please feel free to contact me.

Kind regards,

Gráinne

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Gráinne O'Rourke
Head of Communications

○ World Mental Health Day

The theme for World Mental Health Day on Sunday, October 10th 2021 from the World Health Organisation is:

'Mental Health Care for All: Let's make it a reality'



The COVID-19 pandemic has had a major impact on people's mental health. Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected.

With the success of our vaccination programme we have reasons to be optimistic but as public health restrictions are easing, it's ok to feel a bit anxious from time to time. You might want to socialise more but feel a little hesitant, and that's ok. We're all still learning to live with Covid and that can be different for everyone. It's ok if you decide to take things slowly and perhaps not go back to your old routine. Take time to readjust.

#WorldMentalHealthDay provides an opportunity to empower people to look after their own mental health and provide support to others.

Look after your mental health

If you experience ongoing anxiety, it might have a serious impact on your day to day life. Try identifying times and things that make you anxious and do less of them. Equally, do more of the things that help you de-stress, like exercising or listening to music. Talk to friends or family, because nothing helps as much as sharing how you're feeling.

If you are struggling with your mental health you might need a little more support. Don't be afraid to reach out and when you do you'll begin to feel better. A good place to start is by speaking to your GP, or your mental health team if you have one. They'll let you know about the different supports out there like counselling, which could be face to face or by video or phone. You could try other online supports like reading an article to understand how you're feeling or using a trusted mental health app. Take time to find out what works for you.

Our mental health is something that should be protected all year round. When possible, try to remember some of everyday things you can do to maintain good mental health;

- [Keeping active](#) - Being active every day, something as simple as a walk is proven to have a positive impact on your mood.
- [Talking about your problems](#) - Problems feel smaller when they are shared with others. They don't always have to be solved - just talking about it will do you good.
- [Eating healthily](#) - A regular healthy, balanced and nutritious diet will help both your physical and mental health, and have a positive impact on how you feel.

- [Drinking less](#) – A break or reduction in alcohol can improve your mood, your sleep and increase your energy levels.
- [Sleeping well](#) - Getting a good night's sleep of 7 or 8 hours, as often as you can, will have a positive impact on how you feel.
- [Look out for others](#) - Lending an ear to someone else in trouble, or catching up with someone who seems distant, can make a big difference to them when they are feeling down.

For more information:

- Join the conversation on Twitter – search for and use [@hse_ymh](#) and **#WorldMentalHealthDay**.
- [Read about the WHO's World Mental Health Campaign](#)
- Know what mental health supports are available to you by phone, online, in person or in your area. The HSE YourMentalHealth Information Line, is always available anytime day or night. Freephone [1800 111 888](tel:1800111888) or visit www.yourmentalhealth.ie for information on what services and supports are available near you.

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



text about it

50808



o “The Man I Am” Webinar, 12th October at 7pm

Celebrating World Mental Health Week

#THE MAN I AM

my mind, my body, my world

WEBINAR

**Tuesday,
12th October, 7:00pm**

A discussion focusing on men's mental health in a modern world: Exploring identity, experiences, challenges and perceptions.

Hear from our great panellists about their own experiences, challenges and how they mind their own mental health and wellbeing. One thing they all have in common is their passion for mental health, how they use their lived experience to support and empower others.

For further inquiries please contact Bill Vaughan:
Bill@mentalhealthireland.ie

 **Mental Health Ireland**

Brian Pennie
Lecturer, Radio Presenter and Author



Lecturer in Trinity College and University College Dublin and consultant to some of Ireland's largest corporations.

Keith Russell
Creator of The Endless Spiral Podcast



Creator of The Endless Spiral Podcast that focuses on men's mental health, anxiety and sport.

David Dwyer
Working with Recovery Colleges Southeast



Lead peer educator with the Recovery College Southeast where he co-produces and co-delivers recovery education within mental health services.

Dr. Shane O'Donnell
Health Promotion Officer with HSE



Health Promotion Officer with the HSE who has carried out extensive research connected to men's mental health.

 **FORUM**
men's health
in Ireland

**RECOVERY COLLEGE
SOUTH EAST**

- **Coming Out Day - Traveller Pride Week - Mental Health Week**



Invitation to attend discussion and launch of Coming Out Support Guide

To celebrate National Coming Out Day, the LGBT+ Traveller and Roma Rights Action Group invite you to a special discussion and launch of our Coming Out Support Guide for Traveller and Roma organisations and services, on Monday 11th October at 1pm

This online event will feature LGBT+ Traveller voices sharing the experiences of coming out and highlighting the challenges.

[REGISTER HERE FOR THIS EVENT](#)

A Coming Out Support Guide which has been designed for Traveller organisations by the Action Group, will be officially launched. This Guide outlines what Traveller organisations and services can do to support LGBT+ people in their community who may need advice, support, or are in crisis.

Please join us for this event and show your support for our LGBT+ community members, and we invite you to share this event widely within your networks.

<https://www.eventbrite.com/e/national-coming-out-day-tickets-182489861087>



The **National LGBT+ Traveller and Roma Rights Action Group** is a collective that aims to increase the promotion, protection, inclusion and celebration of LGBT+ Traveller & Roma individuals and their families within their communities and organisations and services. Email: becomeaally@gmail.com

○ Seasons for Growth, Change, Loss and Healing

We are offering “Seasons for Growth , Change Loss and Healing” out to the communities of **Waterford and Wexford**.

This **FREE** course is for those experiencing loss and change , whatever the cause. For those who have experienced a bereavement , it is recommended that they are at least one year bereaved before participating in the programme.

Please feel free to share with your staff , friends and community or contact me at 051 389418 / manager@swwfrc.ie if you require any further information.



Seasons for Growth
Change , Loss and Healing

8 Week Short Course



This **FREE** course is for those experiencing loss and change , whatever the cause. For those who have experienced a bereavement , it is recommended that you are at least one year bereaved before participating in the programme

8 Monday evenings 7pm - 8.30pm

8 November 2021-17th January 2022

Facilitators : Bernadette Nolan and Teresa Hennessy (SHEP)

For more Information or to book a place please Email :
Manager@swwfrc.ie or call 051-389418
Closing Date 26th October 2021



Social Personal & Health Education
(SPHE) Programme



SEASONS FOR GROWTH: CHANGE, LOSS & HEALING ON-LINE VIA ZOOM

'This course is for those experiencing loss and change - whatever the cause. It is a safe and supportive space to explore the issues involved and their impact on our lives.'

8 WEEK SHORT COURSE

using an experiential groupwork approach

8 Monday Evenings

7pm-9.30pm

8 November - 17 January

(with a break over Christmas)

Fully subsidised/No charge to participants

Facilitators: **Bernadette Nolan & Teresa Hennessy**

Closing Date: 26 October

Early booking advantageous

To book your place:

Sharon Kennedy

South West Wexford FRC

(051) 389 418

manager@swwfrc.ie

This course is open to people from all walks of life who have experienced any kind of change or loss in their lives. For those who have experienced a bereavement, it is recommended that you are at least one year bereaved before participating in this programme.



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Wexford Wound Education Training Board
Promoting best practice in wound care
Education and Training Board



www.socialandhealth.com

SEASONS FOR GROWTH: CHANGE, LOSS & HEALING

SEASONS FOR GROWTH

The metaphor of seasonal change is used as a backdrop to the course programme and each season of the year provides a rich symbolic framework in which to explore issues of change and loss. Seasons can represent a series of periods or stages within the lifecycle and the grief cycle. Change goes on within each season and a transition is required for the shift from one season to the next as we do in our grief

○ Anam Cara Online Bereavement and Support Evening

Our next event is taking place on **Thursday 21st October** at 7pm. Our guest speaker for the evening is Brid Carroll. Brid, is a qualified Psychotherapist and Counselling Supervisor who has worked with a special interest in loss and bereavement issues for over twenty years. She holds a Postgraduate Certificate in Childhood Bereavement with St. Christopher's Hospice, London and a Higher Diploma in Bereavement Studies from the Royal College of Surgeons and NUI Ireland. Brid has worked with the Irish Hospice Foundation and the HSE as Bereavement Liaison Officer in the HSE South region. Brid is presently counselling children, young people and families dealing with loss and change through death separation and illness.

Brid will open the evening with a short talk on parental grief. She will cover the different circumstances of death, whether expected or sudden. She will also talk about the impact a death of son or daughter on grieving parents and surviving siblings, along with the complex issues grieving parents must face, highlighting what is normal in the process.

After Brid's talk, there will be an opportunity for parents to talk to our Anam Cara Facilitators and volunteer parents. This would be an appropriate event for any bereaved parents you are in contact with. In particular parents who have been recently bereaved or have not received any bereavement support since the death of their son or daughter.

This is a parent only event and they can reserve their place on this Eventbrite link <https://bit.ly/3mqSwq5>.

If you have any questions, please get in touch with us on any of the numbers below.

Kind Regard

Leanne

Contact Number: Rol Office 00 353 1 4045378/085 2888 888 or NI 02895213120

Email Address: info@anamcara.ie

Web Address: www.anamcara.ie



Bereavement Information and Support Evening

Online event for bereaved mothers and fathers

Thursday, 21st October 2021 at 7pm

***Please contact us on info@anamcara.ie or
call 085 2888 88 8 (RoI) or 028 95213120
f (NI) to reserve your place
Visit www.anamcara.ie***

Microsoft Teams

○ LGB Virtual Awareness Training

Tuesday 26th October 2021 or Tuesday 2nd November 2021 from 10:00 am to 1pm

How to attend/register –link

Email: emma.whitty@fdys.ie

South East Community Healthcare's LGBT+ Health Steering Group's Model of LGB

Awareness Training is now available for delivery over a three hour period on virtual platforms. The training aims to enhance the development of a welcoming and supportive environment to both employees and service users who identify as LGBT+. There is no fee to take part in the training. Certification of Attendance, LGBT+ Awareness Card and LGBT+ Stickers are provided on completion for display within services.

On completion of this training, participants will be offered an opportunity to train as a Trainer, where you will be provided with the tools and knowledge to deliver LGB Awareness Training within your service area.

Contact Details: S39 LGBT+ Health Worker: emma.whitty@fdys.ie

○ Traveller Cultural Awareness & Competency Training

Tusla in conjunction with Cork Traveller Development Group are offering this training to the local steering groups and any other partners within your area.

Training dates that we have been assigned to your area 10th November @2-4pm & 17th November @2-4pm

You must be available to attend both training days. This is on line training and there is a limited number of places available.

This training is geared towards those who work directly or indirectly with families from the travelling community and would like to build on their competency and awareness of travelling culture.

Applications : If interested can you please send email to sinead.cronindaly@tusla.ie by Tuesday 12th of October.

COVID 19

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. Our highlight communications updates for you from this week are:

-Over 91% of people aged 16+ are fully vaccinated, and over 90% of people aged 12+ have received at least 1 dose. Registrations and vaccinations are ongoing.

-An additional COVID-19 vaccination dose for those who are immunocompromised is beginning to be offered. This is for people whose immune system is weak due to a health condition or a specific treatment. Please find further information below.

-A booster dose of the COVID-10 vaccine for people aged 80 and over who are living in the family home, and people aged 65 and over who are living in long-term residential care will begin from October 4th onward. Please find further information below.

-Pregnancy and getting a COVID-19 vaccine: it is safe to get your COVID-19 vaccine at any stage of your pregnancy. Guidance has changed on doses during pregnancy because there is more evidence available. You can [find more information here](#).

-Flu Vaccines: The HSE is encouraging people aged 65 and over, and all healthcare workers to come forward for their annual flu vaccine. The flu vaccine can be safely given at the same time as the COVID-19 vaccine, and it's free of charge from the GP, Pharmacist, or your workplace if you work in healthcare. See <https://www.hse.ie/flu> for more, and further information below.

Public Health Measures

You can [find information here](#) about the public health measures in place.

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

Additional COVID-19 vaccination dose for those who are immunocompromised

Having a weak immune system puts you at higher risk of serious illness if you get COVID-19. Getting vaccinated will give you some protection against this.

If you have a weak immune system, you may be offered another COVID-19 vaccine dose to give you better protection.

You can find information on [who may need an additional COVID-10 vaccine dose here](#).

Hospitals will identify the people who need an additional dose. You do not need to register or contact anyone. People who need an additional dose will receive a text message with an appointment for their vaccine.

These additional doses will be given through HSE vaccination centre near you, or your hospital if you're an inpatient. GPs may also vaccinate some people.

COVID-19 vaccine booster dose

If you have received a COVID-19 vaccine course, you will be offered a booster dose if you are:

- 80 or older, or
- 65 or older and living in a nursing home or long-term residential care facility

If you are aged 65 or over, and live in residential care, you will be vaccinated by the care team where you live.

If you are aged 80 or over and not living in residential care, you'll be invited for your vaccine by your GP during the next few weeks. Some GPs will refer patients to a vaccination centre.

If you are aged 65 to 79 and do not live in long-term residential care, you do not need a booster dose at this time.

You can find more [information about the COVID-19 vaccine booster dose here](#).

Pregnancy and getting a COVID-19 vaccine

You should get a COVID-19 vaccine to protect yourself from the virus if you're:

- pregnant
- trying for a baby or might get pregnant in the future
- breastfeeding

You will need 2 doses of your COVID-19 vaccine.

It is safe to get your COVID-19 vaccine at any stage of your pregnancy.

Guidance has changed on doses during pregnancy because there is more evidence available.

You should get the COVID-19 vaccine when it is offered, following a discussion with your midwife, GP or obstetrician.

You can [find more information 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 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](#).

COVID-19 Vaccination Programme

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

Face covering exemption cards

The HSE National Disability Services team have developed a limited number of “face covering exemption cards” for individuals who have a condition that makes them unable to wear a face covering as per the Government guidelines (in retail and health centres and on public transport). An application to receive a card can be made by an individual or Provider Organisation by emailing disabilitiesqi@hse.ie. In the event of an application for an individual, validation will be sought regarding the condition that the applicant is using to apply for the card.

12 to 15 year olds

12 to 15 year olds can attend walk in vaccination clinics. You can [find more information here](#). Children aged 12 to 15 [must attend with their parent or guardian](#).

We're inviting parents of children aged 12 to 15 to register their children now. All children in this age group are being offered a vaccine but we particularly recommend that they get vaccinated if they:

- have a health condition that puts them at higher risk of severe illness from COVID-19
- live with someone who is at higher risk of COVID-19

Parents can read more about the benefits and risk of vaccination for their children [here](#).

[Register online to get a COVID-19 vaccine](#).

[Read the user guide for help with registering online](#).

Find information here on who can give consent for vaccination of a young person aged [under 16 years](#)

If you cannot register online, you can [call the COVID-19 helpline](#) at Freephone: 1800 700 700 to register by phone.

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 <https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/> 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](#)
 - 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](#).

Information for Parents about the changes to contact tracing and testing for children aged between 3 months and 13 years in Early Learning and Care (ELC) and School Age Childcare (SAC), education (primary school), sports and social settings

This [guidance is available here](#).

FAQs for School Principals, Early Learning and Care (ELC) and School Age Childcare (SAC) Managers or those hosting sports/social activities for children ages 3 months to less than 13 years, or in primary school

This [guidance is available here](#).

Isolation quick guide: adults and children from their 13th birthday

This [guidance is available here](#).

Flu vaccine

It's flu season so if you're 65 or over, it's time to get your annual flu vaccine.

While anyone can catch the flu, people aged 65 or older are more at risk of getting seriously ill or needing hospital treatment. So make an appointment with your GP or pharmacist today. Learn

more: <https://www.hse.ie/flu> and please see the *attached* campaign pack with information and images to share with your networks.

'Let's Get Back' Campaign

'Let's Get Back', is a national awareness campaign encouraging the Irish public to get back involved in the sport and exercise that they love. 'Let's Get Back' has been created by Sport Ireland in partnership with Healthy Ireland to encourage members of the Irish public who are anxious or unsure about returning to sport and physical activity following the easing of COVID-19 restrictions.

The campaign intends to reassure people that it is possible to do so in a safe and secure manner. The campaign will be supported by the National Governing Bodies of Sport in Ireland and the network of Local Sport Partnerships.

Members of the public can get information on how to return to sport and activities in a safe way by visiting <https://www.sportireland.ie/letsgetback>. The campaign message is tailored to ensure that it reaches those most in need of support and encouragement and it is hoped that this campaign can touch the hearts and minds of every age, ethnicity, demographic, ability and more.

BreastCheck information campaign

The new BreastCheck campaign commenced in September and continues through October, for Breast Cancer Awareness Month. The campaign is aimed at women aged 50-69, who are eligible for breast screening, and explains that there are delays to BreastCheck appointments due to COVID-19. The campaign encourages women to be breast aware and to know the symptoms of breast cancer. It's important to remind women that if they have symptoms, they should contact a GP without delay. Please see the partner pack *attached* for further information. We would be grateful for your help in sharing this information to your networks, colleagues and members.

Quit

The HSE is inviting people who smoke to take the 28-day no smoking challenge this October and join thousands of others who have already used the HSE QUIT service to quit smoking in 2021. Please find *attached* a campaign partner pack. We would be grateful if you would help share the campaign messages.

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 <https://www.hpsc.ie/> where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check [here](#) for the most up to date partner resources for COVID-19.

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 [here](#) 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,



An Roinn Sláinte
Department of Health