



## Wexford CYPSC News and Resources Update

September 23<sup>rd</sup> 2022

For information on services and supports for children, young people and families see

[www.wexfordcypsc.ie](http://www.wexfordcypsc.ie).

For information on supports for parents, see **Wexford Parents Hub** at

[www.wexfordcypsc.ie/wexford-parents-hub](http://www.wexfordcypsc.ie/wexford-parents-hub) and on Facebook at

[www.facebook.com/wexfordparentshub/](https://www.facebook.com/wexfordparentshub/).

## CONTENTS

### **Webinars;**

P.3 : Trauma Management and Self Care Support for those Hosting and Supporting Ukrainian Refugees

### **Surveys;**

P.5 : Healthy Wexford Survey

P.6 : Irish Childhood Bereavement Network Survey

### **Children & Young People;**

P.7 : Irish Childhood Bereavement Network (ICBN) Resources for Teachers

P.8 : Discussion on the Impact of Covid-19 on Young People : Erasmus +

P.10 : European Year of Youth “All Aboard” Event : 30<sup>th</sup> September

P.11 : Healing Untold Grief Groups (HUGG)

P.12 : Children’s Rights Alliance Publishes Child Poverty Monitor

P.13: See Change “Green Ribbon Campaign”

P.14: Archways launch new website

## WEBINARS

### ○ Trauma Management and Self Care Support for those Hosting and Supporting Ukrainian Refugees

Accord CLG is pleased to provide a webinar **on Tuesday September 27<sup>th</sup> 2022 from 7.30pm to 9pm** designed to address the current challenges facing host families and others working to provide the best possible environment for those who have fled Ukraine, while also attending to the wellbeing of their own family relationships.

Offering to host a refugee family or individual or working in different ways to support those fleeing Ukraine are some of the most generous and practical things we can do to provide an opportunity for our visitors to find employment, education and to begin to rebuild their lives. Many refugees have been traumatised by what they witnessed in their home region, by their experiences on the difficult journey to Ireland, and by the unimaginable anxiety and stress of leaving so many family members behind in an ever-worsening situation.

Accord specialises in supporting couples and individuals to work through challenges in their relationships; to strengthen connections and to negotiate complex communication challenges, while taking account of the impact of trauma in its various forms.

**If you would like to attend this webinar which will commence at 7.30pm and end at 9pm on September 27<sup>th</sup> please click on the link below to register**

[https://us06web.zoom.us/meeting/register/tZEtcuqhrijqG9JYDRo8o79A\\_22EWG8629kM](https://us06web.zoom.us/meeting/register/tZEtcuqhrijqG9JYDRo8o79A_22EWG8629kM)

Please forward this email and attachment to those you feel may be interested in and may benefit from attending this webinar.

There is a maximum of 50 places available on the 27<sup>th</sup> September.

Further webinars will be scheduled over the coming months subject to demand.

#### **Breda Landy Horgan**

Personal Assistant and Staff Officer

ACCORD Catholic Marriage Care Service CLG

Columba Centre

Maynooth

01 5053101



[www.facebook.com/AccordMarriageCare](http://www.facebook.com/AccordMarriageCare)



**ACCORD**  
CATHOLIC MARRIAGE CARE SERVICE CLG

**TÚS LA**  
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

## **TRAUMA-MANAGEMENT & SELF-CARE SUPPORT FOR THOSE HOSTING AND SUPPORTING UKRAINIAN REFUGEES: AN ACCORD WEBINAR**

This webinar is designed to address the current challenges facing host families, and those supporting them, who are working to provide the best possible environment for their Ukrainian visitors while attending to the wellbeing of their own family relationships.

Offering to host or support a refugee family or individual is one of the most generous and practical things we can do to provide those fleeing Ukraine with an opportunity to find employment, education and to begin to rebuild their lives.

The refugees have been traumatised by what they witnessed in their home region, by their experiences on the difficult journey to Ireland, and by the unimaginable anxiety and stress of leaving family members behind in an ever-worsening situation.

Accord specialises in supporting couples and individuals to work through challenges in their relationships; to strengthen connections and to negotiate complex communication challenges, while taking account of the impact of trauma in its various forms.

**Tuesday 27th September 2022**

**the Webinar session will open at 7:15pm**

*This should allow time for any technical issues to be resolved*

**The Webinar begins at 7.30pm and ends at 9:00pm**

**Facilitated by Dr Mary Goss**

**To register please use the following link:**

[https://us06web.zoom.us/join/register/tZEtCuqhrjggG9JYDRo8o79A\\_22EWG8629kM](https://us06web.zoom.us/join/register/tZEtCuqhrjggG9JYDRo8o79A_22EWG8629kM)

**Booking deadline: Monday 26th September**

## SURVEYS

### o Healthy Wexford Survey

A Chara,

The Vision for a Healthy Wexford is where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility. Local Authorities have a significant role in protecting and promoting their citizens' health and wellbeing. Wexford Local Community Development Committee (LCDC) and Wexford Healthy County Committee, working with a range of organisations and groups, are working to deliver on this vision, supported by Healthy Ireland Funding.

To help inform our activities over the next three years, Healthy Wexford wishes to gather the views and opinions of a range of agencies, groups and organisations to help in identifying health risks and priorities. We are using a **short online survey** to help in this activity and are looking for you to complete the survey (if appropriate for your group/organisation) and to share the survey link to relevant groups or organisations within your network, to ensure all get an opportunity to contribute.

[https://wexford-self.achieveservice.com/service/Healthy\\_Wexford\\_Needs\\_Analysis\\_Survey](https://wexford-self.achieveservice.com/service/Healthy_Wexford_Needs_Analysis_Survey)

The survey should take no more than 10 minutes to complete and can be accessed here:

Please try to complete by **23<sup>rd</sup> September 2022**

Kind regards

Annette

**Annette Dupuy | Healthy County Coordinator | Community Development**

Wexford County Council, County Hall, Carricklawn, Wexford Y35 WY93

Comhairle Contae Loch Garman, An Charrig Leathan, Loch Garman Y35 WY93

053 9196525 | 087 6095565 | [annette.dupuy@wexfordcoco.ie](mailto:annette.dupuy@wexfordcoco.ie) | [www.wexfordcoco.ie](http://www.wexfordcoco.ie)



Healthy  
Wexford

## o Irish Childhood Bereavement Network Survey



As you know ICBN have developed a short survey to gather information about the range of services and supports that are available **for bereaved children and their families in the Republic of Ireland**. If you have not had an opportunity to complete the survey and **share with your network**, it would be greatly appreciated if you could. It is anticipated that the survey should take about 15 minutes and would really appreciate if you could complete the following survey before the end of September.

We know that there are very few services **exclusively tailored to support bereaved children**, but we do understand that bereavement comes up as an issue in many other services for children & families and we are hoping to capture an insight in to all this work. We anticipate that the majority of organisations will be either NGO or Statutory services, but we are also open to hearing about bereavement specific private providers.

See information below:

The information will be gathered, analysed, collated into a national resource and used to inform the support work of ICBN going forward. The details from Statutory and NGO organisation may be published on our website [www.childhoodbereavement.ie](http://www.childhoodbereavement.ie), the information from private providers will be held for reference purposes but will not be published under the ICBN logo.

The survey can be accessed here : <https://www.surveymonkey.com/r/7NR77VV>

## CHILDREN / YOUNG PEOPLE

### o Irish Childhood Bereavement Network (ICBN) Resources for Teachers

#### 'Listen with Eyes, Ears & Heart'



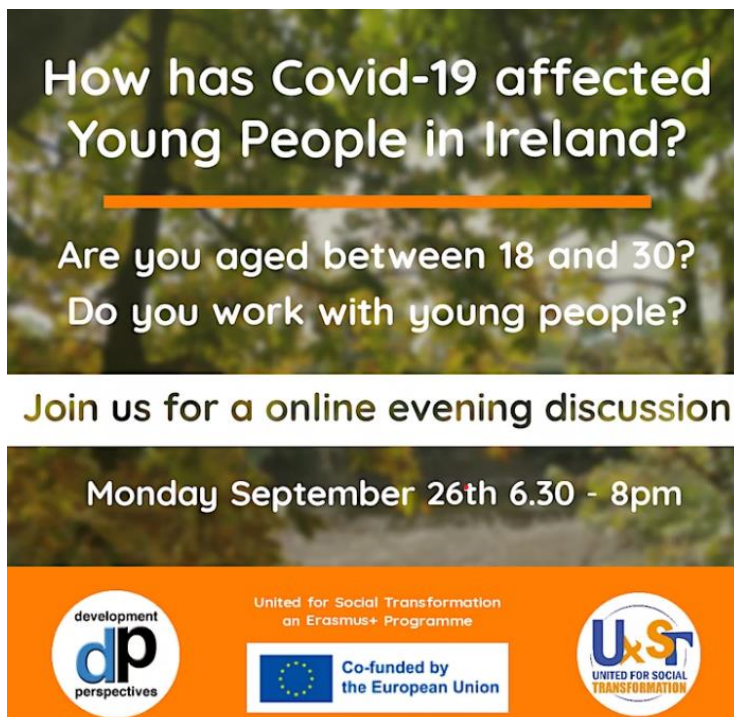
ICBN have developed an online resource to empower primary school teachers to support a pupil in their class following a death. The resource includes the animation, specially-written factsheets aimed at teachers.

For the full range of resources see the ICBN website at :

<https://www.childhoodbereavement.ie/schools/primary-school-teachers/>

## o Discussion on the Impact of Covid-19 on Young People : Erasmus +

We are inviting young people and those who work with them to join us for a discussion on the impact of the Covid-19 pandemic on their lives.



**How has Covid-19 affected  
Young People in Ireland?**

Are you aged between 18 and 30?  
Do you work with young people?

**Join us for a online evening discussion**

**Monday September 26th 6.30 - 8pm**

development  
**dp**  
perspectives

United for Social Transformation  
an Erasmus+ Programme

Co-funded by  
the European Union

**UxST**  
UNITED FOR SOCIAL  
TRANSFORMATION

About this event

How has COVID-19 affected you?

A research inquiry into the effects of the pandemic on young people aged 13 to 30 in Europe

September 26th 6.30-8pm, Online (via Zoom)

Are you aged between 18-30?

Do you work with young people?

Are you aware of how COVID19 has impacted those sectors of our society?

Please join us as we launch our new Erasmus+ programme focused on answering these questions.

United for Social Transformation (UxST) is an Erasmus+ programme partly funded by the European Union. This is a two year project working with young people (18-30yrs) in Ireland, Spain, Italy, Lithuania and Portugal. Development Perspectives are responsible for the Irish focus of the project.

Currently, we are researching how COVID-19 has impacted young people with a particular focus on four areas:



- Active Citizenship
- Green & Sustainable Living
- Life Project
- Inter- & Intra-personal Relationships

We wish to meet with young people, youth workers, teachers and other experts who have gained insight into the lives of young people over the past 2 years.

We'll be hosting a live discussion event on Monday, September 26th from 6.30-8pm via zoom to listen and learn from our community.

During the night we will discuss the UxST project in more detail, share more detail on active citizenship and its importance in our lives and facilitate conversation to learn from everyone in the room. This free event has the potential to open up exciting opportunities for the young people as the project unfolds and we are excited to share these with you on the night.

Sign up with Eventbrite and please share with your networks to help us capture a wide-ranging perspective of the post-COVID Irish context.

To register for this event, click [here](#)

## o European Year of Youth "All Aboard" Event : 30<sup>th</sup> September

### "All aboard" European Year of Youth Event"- National Youth Event

To celebrate the European Year of Youth in style and due to popular demand, we are hosting a second "All Aboard" National Youth event on 30<sup>th</sup> September on a chartered train! Yes, a moving train! September's route will depart from Hueston Station in Dublin, stopping at Portarlinton, Monasterevin, Tullamore, Athlone & Ballinasloe [https://youth.europa.eu/year-of-youth/activities/4261\\_en](https://youth.europa.eu/year-of-youth/activities/4261_en)

- If you are a school or organization working with 16-20 year old's get in touch with Janice McGarry at [e-jmccgarry@leargas.ie](mailto:e-jmccgarry@leargas.ie) to reserve your seats for this unique event

#### Why a train ?

The rationale behind having the event on a train is to ensure the inclusion of young people across a number of counties in Ireland rather than only the big cities while also promoting the many opportunities available to young people including the new DiscoverEU programme (free inter railing for 18's) .

There will be activities happening on board promoting the many European Opportunities available to young people and when we arrive at Ballinasloe the young people will have an opportunity to visit the Ballinasloe Europe Direct Center where they will learn more about Europe. The Leargas trainers will also be facilitating a number of informal workshops addressing the following themes:

- solidarity
- opportunity
- inclusion
- sustainability (all connected to the Erasmus+ programme)

Finally, the young people will also receive lunch packs & travel back packs filled with travel related goodies including passport holder, pens & other goodies :)

We look forward to hosting you on the day !

If you would like more information, please refer to this link: [https://youth.europa.eu/year-of-youth/activities/4261\\_en](https://youth.europa.eu/year-of-youth/activities/4261_en) & contact [e-jmccgarry@leargas.ie](mailto:e-jmccgarry@leargas.ie) for more information.

Kindest regards,

**Stephen Jaffray**

Parenting Support Policy Unit



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



European  
Union

Discover more on [europa.eu](https://europa.eu)

## o Healing Untold Grief Groups (HUGG)



Hello,

My name is Róisín and I'm contacting you from HUGG (Healing Untold Grief Groups) a national suicide bereavement charity. Sadly as you probably know, Ireland has a high rate of suicide, which means that many of the young people you are working with may have lost someone they know to suicide. I would like to give you some information about HUGG Young Adults and ask you to share it across your network or social media.

HUGG is a peer support organisation. We provide a safe, confidential environment in which those **bereaved by suicide** can share their experiences and feelings, so giving and gaining support from each other. The aftermath of a suicide is shocking, debilitating, surreal, life changing. But you can learn to live with this loss. It is not easy, but we are here to help.

People who are suicide bereaved sometimes find it can be difficult for people who have not experienced suicide loss, including professionals, to understand what they are going through. Often the best conversations are had with peers – other people bereaved by suicide. **Our support groups are facilitated by people who have been bereaved by suicide.** The groups are **open, meet fortnightly and are free of charge.** You do not have to speak, there is healing in just being with those who understand your pain.

HUGG Young Adults is an online group that meets every second Tuesday from 7:30pm – 9:30pm. It is for young adults aged 18 to 25-year-olds and is facilitated by 2 young adults who have themselves been bereaved by suicide.

If anyone would like to join HUGG Young Adults or one of our other support groups, we would ask them to complete our "Join a group" form which you will find here: <https://www.hugg.ie/join-a-group/>

I'm also attaching 3 documents which you may find useful:",

To access information on "Why attend a HUGG Support Group" click [here](#). "What happens at a HUGG meeting" click [here](#) and our "Flyer for HUGG Young Adults" click [here](#). If you have any other questions, please let me know.

Kind regards,

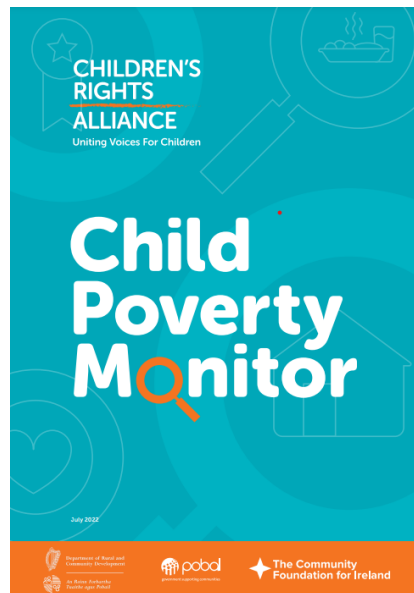
**Róisín Birch**

Administrative Coordinator

e: [info@hugg.ie](mailto:info@hugg.ie)

t: [\(+353 1\) 513 4048](tel:+35315134048) – monitored answering machine

## ○ Children's Rights Alliance Publishes Child Poverty Monitor



This is the first edition of a new annual publication for the Children's Rights Alliance. The Child Poverty Monitor will document, analyse and report on child poverty in Ireland. The Monitor will track Government progress on reducing the number of children trapped in poverty, showcase best practice solutions and spotlight key areas of concern across issues including food poverty, income adequacy, education inequality and the high cost of living.

Poverty pulls children back from opportunities to reach their full potential. Instead of focusing on what resources or supports a child needs to thrive in life, the focus becomes on what is needed to just survive. The longer a child stays in a cycle of consistent poverty, the greater the negative impact on their outcomes. Long-term exposure to economic vulnerability impacts on children's outcomes across a number of domains including their physical and mental health, educational attainment and socio-emotional well-being and can result in them having a self-esteem, which can lead to mental health difficulties in later life. These outcomes are not inevitable. Investment, national and local actions can reduce the impact of poverty and support children to reach their full potential.

Enhancing our understanding of the drivers of economic vulnerability and poverty is essential to the development of policy solutions to reverse the tide.

To access the Child Poverty Monitor, click [here](#).

## SEE CHANGE CAMPAIGN

### o See Change “Green Ribbon Campaign”

The Annual See Change Green Ribbon campaign is underway for the full month of September, celebrating its 10<sup>th</sup> year. See Change is Ireland’s national organisation dedicated to ending mental health stigma and discrimination. The aim of the campaign is to get as many people as possible to talk about mental health and to help end mental health stigma. The theme for this year’s campaign is shame with the key message that ‘there is no shame in having a mental health difficulty’.

### Stigma Reduction Webinar

To mark the Green Ribbon campaign, the HSE Regional Suicide Resource Office in the South East will host a **Stigma Reduction Webinar** delivered by a See Change Ambassador. We would like to invite all of our *Connecting for Life* partners, your colleagues and networks to this event on **Thursday the 22<sup>nd</sup> of September at 3.30pm via Zoom**. To register and book a place for this event please click on the link here: [Green Ribbon Webinar, South East](#)

### Green Ribbon Distribution

By wearing the Green Ribbon for the month of September you can show that you are committed to influencing positive change. Let those around you (friends, family and colleagues) know that you are open to having a conversation about mental health. If anyone would like Green Ribbons to wear throughout the campaign and to share among your service/organisation please contact me at [sarah.hearne@hse.ie](mailto:sarah.hearne@hse.ie) or call the office on 051 874013 and we can send them to you.

### For more information

See Change will be hosting events, running social media campaigns and supporting workplaces, organisations and the general public across Ireland throughout the month of September. Let’s start having open and honest conversations about mental health. For more information on the national Green Ribbon 2022 campaign and events along with additional downloadable resources go to [www.seechange.ie](http://www.seechange.ie). You can also pick up a FREE Green Ribbon this month at participating Boots stores, Iarnród Éireann stations, AIB branches and Eir stores.

If you need HELP NOW for yourself or for another person:

- GP - talk to your GP if possible
- CALL 999 - in the event of an emergency
- A & E - visit your Accident & Emergency Department

CALL A HELPLINE: Ring the Samaritans 24/7 on Freephone 116 123 or Pieta House Freecall 1800247247

## o Archways launch new website



Archways is a national organisation that works in collaboration with local and national agencies. We research, develop, and promote evidence-based and evidence-informed programmes for children, young people, parents, and the professionals that support them. Our programmes begin with antenatal support and provide a series of interventions for young people, under the age of 18 and their families

Archways have launched a new website. You will find lots of information about Archways and all the successful programmes and projects delivered across the country that seek to address the universal and specific needs of children, young people, families and the communities in which they live. There is also information on the history of Archways, the team, the Board as well as access to the Strategic Plan, Annual Reports and Financial Statements. The site was developed in conjunction with InvestinU. Check it out at [www.archways.ie](http://www.archways.ie)



### **Research**

We conduct research with a focus on psychosocial functioning and ensuring interventions are effective and fit for purpose.



### **Implementation Support**

We provide implementation support to organisations and agencies seeking to introduce evidence-based programmes or evidence-informed practices into their service provision.



### **Training**

We provide a suite of multi-faceted training designed to address the universal needs and the specific needs of children, young people, families and organisations in the communities in which they live.