



## Wexford CYPSC News and Resources Update

September 24th 2021

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/).

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## ONLINE WEBINARS / TRAINING

### ○ The Spectrum Series Autism Webinars

This series is organised by Laois Offaly Learning & Development Sub Group and is open to anyone who is interested.

We are delighted to share with You the booking link for 'The Spectrum Series' morning Autism webinars that are starting on Wednesday Sept 22<sup>nd</sup> for 6 weeks from 11-12 noon on ZOOM.

- View the Spectrum Series Brochure <https://midd.me/Db4v>
- Before You click on the booking link please take a look at the brochure that explains the topics and speakers that will be on each day
- Booking link [https://zoom.us/webinar/register/4216311056525/WN\\_RnxiDe0iRHmsS8Twr4R\\_NJ7w](https://zoom.us/webinar/register/4216311056525/WN_RnxiDe0iRHmsS8Twr4R_NJ7w)
- Please tick the dates you want to attend on the registration page on Zoom.



The brochure is divided into two main sections. The left section features a large title 'The Spectrum Series' in blue, accompanied by a colorful hot air balloon graphic and a microphone icon. Below the title, it states 'Free Morning Zoom Webinars with International and Local Experts on a range of Autism related topics.' and 'BUILD YOUR OWN 'AUTISM TOOLKIT''. At the bottom, it specifies the dates '22ND SEPTEMBER - 27TH OCTOBER', duration 'OVER 6 WEEKS', time '11-12 NOON', and format 'WEEKLY ON WEDNESDAYS VIA ZOOM'. The right section, titled 'AT A GLANCE', lists the topics and speakers for each Wednesday session from September 22nd to October 27th. A small version of the hot air balloon graphic is at the bottom left of this section. A white circular callout at the bottom right explains that the series is a 6-part webinar series for 6 Wednesday mornings from September 22nd to October 27th, 2021.

# The Spectrum Series

Free Morning Zoom Webinars with International and Local Experts on a range of Autism related topics.

**BUILD YOUR OWN 'AUTISM TOOLKIT'**

22ND SEPTEMBER - 27TH OCTOBER  
OVER 6 WEEKS  
11-12 NOON  
WEEKLY ON WEDNESDAYS VIA ZOOM

## AT A GLANCE

**Wednesday, 22nd September:**  
Life on The Spectrum - Katie & Aoife Dunne  
in conversation with Anne Marie Kelly

**Wednesday, 29th September:**  
Assessment and Diagnostic Process - Dr. Penny Rogers

**Wednesday, 6th October:**  
Getting your child school ready - Mr. Shaun Greville

**Wednesday, 13th October:**  
Theory of mind & Context blindness in ASD - Dr Peter Vermeulen

**Wednesday, 20th October:**  
Parents experience and what is available in the community in Laois & Offaly - Local Parents, Laois & Offaly Library Staff

**Wednesday, 27th October:**  
Food aversion and ARFID (Avoidant, Restrictive, Food Intake Disorder) - Dr. Gillian Harris  
in conversation with Adam Harris

The Spectrum Series is a 6-part Webinar Series for 6 Wednesday mornings throughout 22nd September - 27th October 2021.

We look forward to welcoming you to The Spectrum Series

Best regards

Niamh

On behalf of the Laois Offaly Learning and development CYPSC sub group



**Niamh Dowler**

CYPSC Co-Ordinator Laois/Offaly

Children and Young People's Services Committee

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Email: [niamh.dowler@tusla.ie](mailto:niamh.dowler@tusla.ie)

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

Primary Care Centre, Church Ave, Tullamore, Co. Offaly R35 K1W4

## ○ Recovery College South East, Kilkenny - Upcoming Online Workshops for October 2021

Further information from Recovery College South East, tel. (086) 174 6330, e-mail [recoverycollegesoutheast@gmail.com](mailto:recoverycollegesoutheast@gmail.com)

See also [www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com)

Please contact the Recover College directly for course bookings and any queries.

### **Good Stress/Bad Stress (Afternoon Workshop)**

Venue: ZOOM

**Dates: Tuesday 5<sup>th</sup> October**

**Times: 2pm – 4pm**

Many people believe that all stress is bad, but you may have heard that there's "good stress" and "bad stress." These days, many aspects of life can feel highly stressful, affecting our ability to think clearly, to relax or to look after ourselves. Whilst small amounts of stress can prompt us to action, too much stress over a long period of time can seriously affect our emotional and physical health.

The aim of this workshop is to:

Help you to understand what stress is and how it can impact on your life positively and negatively.

Develop practical activities and suggestions that can help you to reduce the negative impact of increased stress in your life.

### **Understanding and Living with Addictions (6 week Workshop)**

Venue: ZOOM

**Dates: Tuesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> October, 2<sup>nd</sup> and 9<sup>th</sup> November**

**Times: 11am – 1pm**

People often experience problems with both mental health and addictions, and finding the right help and support can be difficult.

The aim of this series of 6 part workshop is to:

- Explore the many different aspects of this complex social issue.
- Examine the relationship between mental health challenges and addictions
- Identify commonly misused substances and the effects they can have on mental health, physical health and the person's social circumstances
- Explore people's reasons for the repeated misuse of substances
- Discuss the role of the family in the recovery process

- Support you in making informed choices on the recovery journey
- Identify the role of community supports in the recovery process

### **Creative Writing (Afternoon Workshop)**

Venue: ZOOM

**Dates: Wednesday 6<sup>th</sup> October and every Wednesday thereafter.**

**Times: 3pm – 4pm**

Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our online creative writing group? It's fun, it's entertaining and it is also a great way to meet new friends.

This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. This is a great way to express yourself and what may be going on for you in your world.

So, come along, join the group and give it a go. Looking forward to meeting you.

### **Self Awareness (Afternoon Workshop)**

Venue: ZOOM

**Date: Wednesday 6<sup>th</sup> October**

**Time: 2pm – 4pm**

This workshop will explore how we can develop a greater awareness around who we are and how we can use this knowledge to improve how we relate to the world around us.

The aim of this workshop is:

- To explore the concept of self-awareness and how it can benefit our life
- To discuss practical techniques to help cultivate self-awareness

### **Compassionate Mind (4 week Workshop)**

Venue: ZOOM

**Date: Friday 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> October**

**Time: 11am – 12pm**

Compassion focused mindfulness practice specifically looks at cultivating and fostering a kinder, more soothing approach to deal with difficult emotions and self-criticism.

The aim of this workshop is:

- To recognise how critical self-talk lowers mood and sets up vicious negative cycles of feeling awful about ourselves.

- To build compassion for ourselves to help counteract these vicious cycles. With a compassionate focus we can learn to think in a way that helps us to be more accepting of ourselves

### **Understanding Psychosis (Morning Workshop)**

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Venue: ZOOM

**Dates: Friday 8<sup>th</sup> October**

**Times: 11am – 1pm**

Psychosis can be experienced as having a different sense of reality to other people or hearing voices. While psychosis is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it as well as the people who care about them. This workshop is for anyone who wants to better understand psychosis and learn effective ways of living well it.

The aim of this workshop is:

- To help you to understand psychosis through exploring existing knowledge and different perspectives around the topic
- To provide coping strategies for living with psychosis and for promoting recovery

### **Understanding and Managing Depression (4 week Workshop)**

Venue: ZOOM

**Date: Monday 11<sup>th</sup>, 18<sup>th</sup> October and Monday 1<sup>st</sup> and 8<sup>th</sup> November**

**Times: 11am – 1pm**

Depression can be experienced differently from person to person. This 4-part workshop helps you to explore depression and understand what it means to you and how you can manage it effectively.

The aim of this workshop is:

- To explore what depression is and the factors that may lead to depression
- To provide practical and effective ways to help promote recovery from depression

### **Understanding and Managing Stress (3 week Workshop)**

Venue: ZOOM

**Dates: Tuesday 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> October**

**Times: 2pm – 4pm**

Stress is a common feature of modern living. Stress can be a mild experience for most people and normal levels of stress are seen as necessary for achieving goals or tasks in life. For others, stress can be severe and can have a negative impact on their life. This workshop will help you gain a better understanding of stress and will explore effective ways to help manage stress in your life.

The aim of this workshop is:

- To understand stress and the effect it can have on your wellbeing
- Discuss and explore practical ways of managing stress in your life

### **Positive Self Talk (Afternoon Workshop)**

Venue: ZOOM

**Dates: Wednesday 13<sup>th</sup> October**

**Times: 2pm – 4pm**

Self-talk is the internal conversation we all have with ourselves as we go about our daily lives. It may be informed by our inner beliefs, attitudes, life experiences and ideas. It can be both negative and positive and can have a significant effect on how we view and live life.

The aim of this workshop is:

- To explore positive self-talk and the benefit it can have in our lives
- To provide practical ways of developing positive self-talk in our life

### **Creative Writing (Afternoon Workshop)**

Venue: ZOOM

**Dates: Wednesday 13<sup>th</sup> October**

**Times: 3pm – 4pm**

Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our online creative writing group? It's fun, it's entertaining and it is also a great way to meet new friends.

This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. This is a great way to express yourself and what may be going on for you in your world.

So, come along, join the group and give it a go. Looking forward to meeting you.



### **Loneliness and Isolation (4 week Workshop)**

Venue: ZOOM

**Dates: Friday 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> October and Friday 5<sup>th</sup> November**

**Times: 11am – 1pm**

Everybody can be affected by loneliness and isolation, and research shows that it can especially cause difficulties for recovery in mental and physical health.

The aim of this workshop is to:

- Explore how loneliness and isolation impacts on all aspects of life
- Share ideas on how loneliness and isolation can be positively addressed
- Identify practical ways of making connections to others.
- Explore what resources and services are available locally

### **Sleep Programme (6 week Workshop)**

Venue: ZOOM

**Dates: Wednesday 20<sup>th</sup>, 27<sup>th</sup> October and Wednesday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> November**

**Times: 11am – 12pm**

If you are having problems or difficulties sleeping, then this course might be for you. This unique evidenced based 6 week Sleep Programme uses a blend of Mindfulness, Acceptance and Commitment Therapy techniques to improve your sleep.

It will address the vicious cycle of sleepless nights and help you find ways to sleep better and restore your quality of life. There will be between session practice which forms the bedrock of the Programme and is necessary to complete if you wish to gain the benefits from this Programme.

The overall approach of the Programme is recognising that the secret lies not in what you do but what you don't do.

### **Self Belief (2 week Workshop)**

Venue: ZOOM

**Dates: Wednesday 20<sup>th</sup> and 27<sup>th</sup> October**

**Times: 2pm – 4pm**

**Self-belief** is a person's belief in their ability to complete tasks and to achieve their goals (Bandura, 1995). This 2-part workshop will explore the term self-belief and how it can influence your life in many ways. It will also look at different ways of how to enhance your level of self-belief.

The aim of this workshop is:

- To discuss the term self-belief and explore what it means to you
- Gain an understanding of how self-belief can influence your sense of self and identity
- Explore skills and strategies which help develop self-belief

### **Creative Writing (Afternoon Workshop)**

Venue: ZOOM

**Dates: Wednesday 20<sup>th</sup> October**

**Times: 3pm – 4pm**

Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our online creative writing group? It's fun, it's entertaining and it is also a great way to meet new friends.

This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. This is a great way to express yourself and what may be going on for you in your world.

So, come along, join the group and give it a go. Looking forward to meeting you.

### **Perfectionism (Morning Workshop)**

Venue: ZOOM

**Dates: Thursday 21<sup>st</sup> October**

**Times: 11am – 12pm**

Wanting things to be always right or be a certain way or having to do 'everything' well, can have an impact on our mental and emotional health. Perfectionistic standards can cripple us and lead to us being immobilized.

This workshop explores the issue of Perfectionism, its effects on us and others and suggests some proven ways to overcome it.

## **Understanding and Managing Anxiety ( 4 week evening Workshop)**

Venue: ZOOM

**Dates: Thursday 21<sup>st</sup>, 28<sup>th</sup> October and Thursday 4<sup>th</sup>, 11<sup>th</sup> November**

**Times: 7pm – 9pm**

Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. Anxiety can change from something everyone experiences in mild forms, to something which is persistent, excessive or over-whelming. It can begin to interfere with many aspects of your life – from confidence, to physical wellbeing and engagement in basic or complex activities of living.

The aim of this 4-part workshop is:

- to explore the facts and origins of anxiety,
- explore the causes and symptoms associated with anxiety
- look at and how anxiety affects people in different ways –

Explore practical and effective ways of managing and living with anxiety

## **Lunchtime Wellbeing**

Venue: ZOOM

**Dates: Wednesday 27<sup>th</sup> October**

**Times: 1pm – 1.45pm**

Do you make quality time for yourself in your day? Do you find it hard to take time out? This wellbeing session is a safe space for you to relax, unwind and refresh.

The session will include a variety of meditative practices such as mindfulness, visualization and self-compassion as well as some simple and easy to do Tai Chi and Yoga movements. No previous experience of these practices is necessary to join the session which will have a slow, lighthearted and easy pace. The session will end with an opportunity for questions or reflection within the group though this is optional to each individual.

The aim of this wellbeing session is:

- To create a relaxing space for you to take some time out for yourself
- To practice wellbeing techniques in a safe space

## **Assertiveness (Morning Workshop)**

Venue: ZOOM

**Dates: Thursday 28<sup>th</sup> October**

**Times: 11am – 12pm**

Learning to communicate in an assertive way is an important life skill. Lack of assertiveness can rob us of our self-esteem and lead to us feeling bad about ourselves. This workshop examines what 'assertiveness' means, different styles of communicating, and learning how to say 'NO'. Practical suggestions and strategies to improve assertiveness will be offered

Mary Doran

Recovery College South East

Regards

Mary Doran

Administrator

Recovery College South East

086 1746330

[www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com)

○ Living Well is a free group Self-Management programme for adults living with long-term health conditions. **BOOKINGS OPEN** for Living Well

For bookings, enquiries or promotional material email  
[selfmanagementsupportsSECH@hse.ie](mailto:selfmanagementsupportsSECH@hse.ie)  
 Or ring Justin 087 4088325

Here you will see our new Upcoming Living Well Programmes

Day	Start date	Finish date	Time
Wednesdays	6th October 2021	17th November 2021	2pm – 4.30pm
Fridays	15th October 2021	26th November 2021	10am – 12.30pm
Mondays	1st November 2021	13th December 2021	10.30am – 1pm
Thursdays	4th November 2021	16th December 2021	2pm – 4.30pm

### To book your place contact

Catriona on 0872939881 or 0874088325 or email [selfmanagementsupportsSECH@hse.ie](mailto:selfmanagementsupportsSECH@hse.ie)

The following support is available for anyone who needs help

- One to one support
- Loan of devices (tablets & headsets)
- Tech support available on every program

[www.hse.ie/LivingWell](http://www.hse.ie/LivingWell)



## TRAINING

### o Supporting Skills and Success (3SP)



The poster features a background of stylized, overlapping arrows pointing in various directions, with a blue sky and clouds on the left side. The Wexford Local Development logo is in the top right corner. The title '3SP Programme' is prominently displayed in the center. Below the title, a paragraph explains the program's purpose. Two columns of bullet points list the services offered under 'FREE TRAINING' and 'PERSONAL DEVELOPMENT'. A note about driving lessons is included. The phrase 'You make the decisions.' is written in a large, blue font. Social media icons for Facebook, Instagram, and a website icon are shown, along with the website URL. At the bottom, a table provides contact information for five locations: Wexford/Rosslare, Enniscorthy, New Ross, and Gorey, each with two staff members.

**wexford**  
local development  
Forbairt Áitiúil Loch Garman

# 3SP Programme

3SP - Supporting Skills and Success is an alternative pathway for young people aged 17 - 24 to get free, confidential advice and support with life after they've left education.

**FREE TRAINING:**

- Driver Theory Preparation
- Manual Handling
- Safe Pass
- Basic IT
- JobSkills - Interview Skills and CV Preparation

*Eligible participants who already have a provisional driving licence may be able to avail of free driving lessons.*

**PERSONAL DEVELOPMENT:**

- One to one mentoring and advice
- Developing confidence and assertiveness
- Defining your goals
- Exploring your learning style
- Introduction to Critical Thinking
- Maintaining positive health
- Learning how to achieve your potential

**You make the decisions.**

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

**FREE AND CONFIDENTIAL SERVICES**  
**CONTACT US**

<b>Wexford/Rosslare</b> 053 91 55800	<b>Wexford/Rosslare</b> 053 91 55800	<b>Enniscorthy</b> 053 91 55864	<b>New Ross</b> 053 91 55885	<b>Gorey</b> 053 91 55852
<b>Fran Gleeson</b> 087 7600370 <a href="mailto:fgleeson@wld.ie">fgleeson@wld.ie</a>	<b>Jenny Kirwan</b> 087 6930063 <a href="mailto:jkirwan@wld.ie">jkirwan@wld.ie</a>	<b>Cate McKeon</b> 087 7181340 <a href="mailto:cmckeon@wld.ie">cmckeon@wld.ie</a>	<b>Noreen Dake</b> 085 7517600 <a href="mailto:ndake@wld.ie">ndake@wld.ie</a>	<b>Amanda Bennett</b> 087 2770192 <a href="mailto:abennett@wld.ie">abennett@wld.ie</a>

## HEALTH & WELLBEING UPDATES

### Invitation to 'Obesity: Let's Talk' 7<sup>th</sup> October 15:00-19:00

HSE, Healthy Eating Active Living Programme in partnership with the Association for Study of Obesity on island of Ireland (ASOI) and Irish Coalition for People Living with Obesity (ICPO) will be hosting a virtual event, Overweight & Obesity... Let's Talk! For further details about the event click here: [https://ims.zoom.us/meeting/register/tZEvd euprzMuH9Q\\_sBzxgPLQuHmVhmx2woSA](https://ims.zoom.us/meeting/register/tZEvd euprzMuH9Q_sBzxgPLQuHmVhmx2woSA)

#### Purpose of the Event

- Foster patient, public and clinician partnership in implementation of obesity services in line with the model of care, which was launched on World Obesity day (March 2021)
- Increase knowledge and awareness of obesity and obesity stigma amongst public, patients, clinicians and policy makers
- Empower individuals to seek treatment and support in managing obesity

Help us promote this event to colleagues and members of the public. A social media campaign will commence on Thursday, please like and share relevant content, or feel free to post about the event through your own local networks. Supporting image and pdf invite attached.

### New easy-to-read information guide '*What You Need To Know About Contraception*' to be released on World Contraception Day

Next Sunday, **26<sup>th</sup> September**, is **World Contraception Day**, and the SHCPP is releasing a new information guide titled '*What you need to know about contraception*' on its social media channels.

This information guide provides information on different methods of contraception in an accessible format. It has been designed for people who may struggle with health literacy or whose first language is not English. It has been quality checked by the National Adult Literacy Agency (NALA), complies with the HSE's plain English guidelines and has been translated into five languages: French, Arabic, Urdu, Polish and Portuguese.

On **Friday 24<sup>th</sup> September**, the SHCPP will be circulating a partner pack to all key stakeholders with information on how to access the guide. The pack will be sent to the Health Promotion and Improvement Managers and to colleagues working in sexual health across the CHOs, including FPSHP facilitators. We would be delighted if you could support us by promoting this resource via your online channels.



### ○ Inaugural session of the Sexual Health Supports and Updates Hub (SHUSH!)

The Sexual Health and Crisis Pregnancy Programme hosted the 1<sup>st</sup> session of its Sexual Health Supports and Updates Hub (SHUSH!) on Tuesday 14<sup>th</sup> September. This practitioners' network provides a forum for the sharing information and other supports among national and regional Health & Wellbeing staff working in the area of sexual health promotion, and external facilitators of the Foundation Programme in Sexual Health Promotion (FPSHP)

There will also be a programme of inputs on a variety of sexual health topics from relevant academics, professional practitioners and representative-bodies. This initiative will enhance staff capacity with regard to all aspects of sexual health promotion. The next SHUSH! session will feature an input from Dr Kate Dawson from NUI Galway on the subject of Pornography use and impact, and a subsequent discussion on the implications for our practice.

For more information, contact Moira Germaine at [moira.germaine2@hse.ie](mailto:moira.germaine2@hse.ie)

### Engaging Men Webinar Series

The third in the series of webinars on Engaging men is planned for the 29<sup>th</sup> September from 12 – 13.15. At the event you will hear from experienced practitioners about what they have offered to men to help improve their health and wellbeing, as well as how they developed these initiatives.

The presenters are:

- Janis Morrissey, Director of Health Promotion, Information and Training, Irish Heart Foundation
- Peter Jones, Programme Manager, Waterford Sports Partnership
- Helen Forristal, Director of Nursing Services, Marie Keating Foundation

You can register here: <https://bit.ly/3wyYdG9>

### Age Friendly Ireland

Please see here for the latest edition of the Age Friendly Ireland Newsletter: [https://agefriendlyireland.ie/wp-content/uploads/2021/09/Age-Friendly-Ireland-Newsletter\\_17092021.pdf](https://agefriendlyireland.ie/wp-content/uploads/2021/09/Age-Friendly-Ireland-Newsletter_17092021.pdf)

**Health & Wellbeing Team**  
**SECH**



## FUNDING

### ○ The Community Foundation for Ireland: Combatting Isolation at centre of new post-Covid funding boost.



Communities and local groups are being invited to apply for grants which can help them 'Recover Better' as the country emerges from the Covid-19 pandemic.

The Community Foundation for Ireland has re-opened its Covid-19 Recovery Fund in response to research which shows that voluntary, community and charitable groups are struggling to meet demand for lifeline supports and services.

The Community Foundation, which is providing the support from private donations, says its aim is to ensure Ireland recovers better than the pre-pandemic status quo. To achieve this ambitious goal there are two areas which have been identified as needing immediate support:

- Community Recovery and Resilience: Overcoming Isolation
- Sector Recovery and Resilience: Building Capacity

A total of €580,000 is being made available.

Applications are now open and can be made through [www.communityfoundation.ie](http://www.communityfoundation.ie)