

Wexford CYPSC News and Resources Update

September 9th 2022

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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SURVEYS / CONSULTATIONS

○ 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 you 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

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

Please try to complete by **23rd 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

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Healthy
Wexford

o Irish Childhood Bereavement Network Survey Monkey

Many thanks for collaborating with the Irish Childhood Bereavement Network (ICBN) to help gather information about the range of **services and supports that are available for bereaved children** and their families in your area.

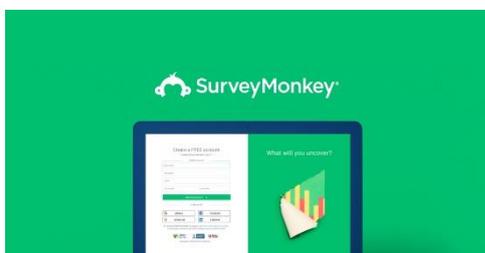
We know that there are very few services **exclusively tailored** to support bereaved children, but we do understand that bereavement comes up as an issue in many of the family support services in your area and we are hoping to capture an insight in to all this work.

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 in your area.

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, the information from private providers will be held for reference purposes but will not be published under the ICBN logo.

As the Children and Young People's Services Committees (CYPSC), you are uniquely placed to use your local knowledge to encourage all services working with children and families in your area to complete the following survey **before the end of September**. It is anticipated that the survey should take about 15 minutes.

<https://www.surveymonkey.com/r/7NR77VV>



ICBN Survey 2022 - Bereaved Children Supports

Take this survey powered by surveymonkey.com. Create your own surveys for free.

www.surveymonkey.com

We really appreciate your support in this important project and commit to keeping you fully informed of the outcomes and results as they emerge, including a report tailored to your own geographical area.

If you have any questions or need any clarifications, please do not hesitate to contact myself or my colleague dearbhla.nimhaolagain@hospicefoundation.ie

Many thanks

Maura Keating

National Coordinator

01 679 3188 / maura.keating@hospicefoundation.ie www.childhoodbereavement.ie

○ St. Vincent de Paul Parents Survey

Parent/Guardian, SVP wants to hear from you on your experiences of requests for voluntary contributions from post primary schools. There are only 14 questions, it should take between 1 - 2 minutes to complete this survey.

Your participation in this survey is so important because it will tell us the impact of voluntary contributions on families in Ireland and what you share with us will directly input into our campaigns for change.

To complete the survey, click [here](#).



Society of St. Vincent de Paul

WORLD SUICIDE PREVENTION DAY EVENTS / SUPPORTS

o World Suicide Prevention Day

Further to our email earlier this week, **World Suicide Prevention Day (WSPD)** is this Saturday, September 10th and the theme this year is **Creating Hope through Action**. This is a time when we can spread a message of hope. Even though suicide is a very complex issue, we can always look out for others and provide support to those who might be experiencing suicidal thoughts. This helps to create a more caring society where those who need to, feel more comfortable in seeking help.

What YOU can do this World Suicide Prevention Day

Increase your awareness and the awareness of others by completing a suicide prevention training programme such as safeTALK. Please share this email with all your networks and share the two minute [safeTALK](#) video via your social media channels using the hashtags **#WorldSuicidePreventionDay / #WSPD / #Be TheLight / #WSPD2022 / #SouthEastCH**.

Be the light by connecting with a support or community organisation to help spread their messages and to become involved in activities that promote positive mental health and wellbeing or suicide prevention in your community.

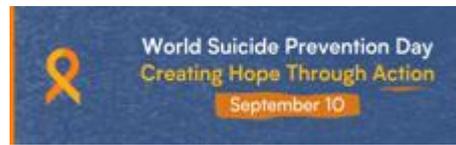


The HSE Regional Suicide Resource Office, South East Community Healthcare

Tel: 051 874013

www.connectingforlifesoutheast.ie

To book a place on any of our suicide, self-harm or bereavement Training Programmes please visit www.bookwhen.com/sro



o FDYS Suicide Prevention Day Event Gorey



Suicide Prevention Day

When: Friday 9th Sept. 3 - 5pm

Where: Exercise Park, The Avenue, Gorey

Live
music

Carina
McEvoy

Whats On

Yoga
workshop

Refreshments
and activities

Event supported by:

Tara House; Talk to Tom; KITE; Wexford Mental Health Association; WLD; Gorey Family Resource Centre; Substance Misuse Services and more..

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TRAINING

○ Online Stress Control Programme

This is a six-session cognitive-behavioural therapy course available free online, it is used extensively in community settings by the NHS and HSE.

The sessions are led by Dr Jim White, Consultant Clinical Psychologist, who created the programme. Each session is 90 minutes and is recorded and the recording can be accessed for three or four days afterwards. This can enable staff to 'attend' the sessions at a time that is convenient to them.

There are accompanying booklets that can be downloaded for each session and there are a number of short relaxation and meditation sessions that can be accessed on the resource page of the website.

To find out more information and see the Sept dates for the programme go www.stresscontrol.ie

September 2022 dates for Stress Control programme

Session	Theme	Dates
1	What is Stress	9am Monday 12 th Sept 2022 (session available until 8am 15 th)
2	Controlling your Body	9am Thursday 15 th Sept (session available until 8am 19 th)
3	Controlling your Thoughts	9am Monday 19 th Sept (session available until 8am 22 nd)
4	Controlling your Actions	9am Thursday 22 nd Sept (session available until 8am 26 th)

5	Controlling Panicky Feelings and Getting a Good Nights Sleep	9am Monday 26 th Sept (session available until 8am 29 th)
6	Controlling your Future	9am Thursday 29 th Sept (session available until 8am 3 rd October)

www.stresscontrol.ie

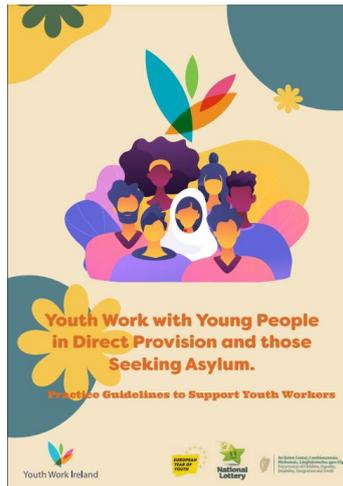


stresscontrol™
Face your fears; be more active; boost your wellbeing



RESOURCES

○ Youth Work with young People in Direct Provision and those Seeking Asylum : Youthwork Ireland Resource



Youthwork Ireland are delighted to launch an online resource to support youth work with young refugees. It was developed with the expertise of youth workers & shows how youth work practices can be applied to working with young people from different cultures & backgrounds.

To access the resource, click [here](#).

○ A blueprint for providing resources to parents of adolescents who self-harm report

This is a brief email to thank you for your support for the 'Parents information needs when supporting an adolescent engaged in self-harm' project based in University College Dublin and funded by the Irish National Office of Suicide Prevention earlier this year and last year. We are deeply grateful to everyone who supported and facilitated completion of the surveys and attendance at the relevant webinars. A reminder that these are still free to view on <https://www.youtube.com/user/PsychologyUCD/videos> .

For your convenience, please find attached the report from this project titled 'A blueprint for providing resources to parents of adolescents who self-harm', click [here](#) to access.

Please feel free to share this with any colleagues you think may be interested and please don't hesitate to contact me if you have any questions,

All the best,

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