

Wexford CYPSC Newsletter

February 23rd 2024

For information on services and supports for children, young people and families see
[Wexford CYPSC](#)

For information on parenting supports and programmes, see [Wexford Parents Hub](#) or
access on [Facebook](#)



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WEBINARS & TRAINING

→ Better Digital Parenting “Same Rules Apply” Online Webinar by Cyber SafeKids

We are delighted to share our latest online safety awareness campaign Same Rules Apply. Supported by Accenture and the Community Foundation Ireland, this campaign highlights the need to approach parenting our children online in the same way we approach parenting them offline.

Check out our Better Digital Parenting guide and event below, which will help you provide the support and care your children need to navigate the online world safely. Giving your child unsupervised access to the online world means you’re also giving the online world unsupervised access to your child. Remember, Online or Offline, SAME RULES APPLY.

The banner is for a webinar titled "Better Digital Parenting" with the subtitle "HOW TO PROTECT YOUR CHILD ONLINE". It is scheduled for "FEBRUARY 28, 2024" from "7.30-8.15 PM". The speakers are "PARENTING EXPERT Debbie Cullinane, Child and Adolescent Psychotherapist" and "SPEAKER Alex Cooney, CEO CyberSafeKids". A QR code is provided for registration. Below the banner is a large blue button that says "REGISTER FOR BETTER DIGITAL PARENTING EVENT HERE" and a smaller button that says "FIND OUT MORE".

WEBINAR

Better Digital Parenting

HOW TO PROTECT YOUR CHILD ONLINE

FEBRUARY 28, 2024 | **7.30-8.15 PM**

Click on the button or scan QR code to register.

PARENTING EXPERT
Debbie Cullinane
Child and Adolescent Psychotherapist

SPEAKER
Alex Cooney, CEO
CyberSafeKids

REGISTER FOR BETTER DIGITAL PARENTING EVENT HERE

FIND OUT MORE

To find out more about this online webinar, click [here](#).

→ Helium Arts : Free Online Workshops for Children & Young People with lifelong Physical Health Conditions



Hello from Helium Arts,

We are an award-winning Irish children's charity that aims to improve the well-being of children and young people living with **lifelong physical health conditions** by providing **free online creative workshops**, tailored to different age groups from **ages 6-12**.

Why? : We support children to realise their potential. Beyond lifelong health conditions. We use creativity and art to **build community**, spark **friendships**, unlock **skills and new interests** that can help children to **overcome adversity**.

We believe that **creativity empowers children to feel confident, worthwhile, and respected and this helps them to become more prepared and capable in daily life**.

We conducted an independent evaluation report on the impact of our work in the community last year, and the results are amazing:

93% of parents indicate that Helium Arts had improved their child's physical health & well-being. Supported conditions include diabetes, epilepsy, cystic fibrosis, allergies, heart conditions, asthma, spina bifida, juvenile arthritis, rare or complex conditions and many more.

[Register your interest to participate in our workshops.](#)

Registrations are now OPEN for our FREE Online Workshops open to children and young people nationwide

Ages 6-8

[Online Spring Saturdays.](#) Every Saturday from 6 Apr - 11 May

Ages 9-12

[Online Spring Saturdays](#). Every Saturday from 6 Apr - 11 May

Spread the Word

If you could help spread the word about our upcoming workshops through your networks, that would be greatly appreciated. You can forward this email to your contacts, or if you prefer, we can provide materials for social media sharing, posters, and flyers. Just let me know your preference, and I'll be happy to assist.

If you have any questions at all please don't hesitate to contact me.

Thank you,

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Reg Charity No 20075200



[Create your WiseStamp email signature](#)

→ Strong not Tough : Resilience Training for Community Volunteers

Resilience Training for Community Volunteers

Strong Not Tough







'Strong Not Tough' is the adult version of the international FRIENDS programme, developed in Australia.

This training will provide individuals with a toolbox of evidence-based approaches designed to enhance their emotional resilience and manage stress more effectively.

These tools will help individuals improve their self-awareness, enhance their emotional literacy, empathy skills and improve peer relations.


Healthy Wexford are offering this course to community leaders across County Wexford. The learning and concepts of the programme using the CBT approach provides an invaluable skillset to share with the wider communities, in their homes, clubs etc.

Supported by:



The Healthy Ireland Fund supported by the Department of Health

Course delivered by



6th March 2024
10am to 5pm

County Hall
Carricklawn, Wexford

Pre-Booking required:
Expressions of interest to
Annette Dupuy
annette.dupuy@wexfordcoco.ie
087-6095565

To download the poster above, click [here](#).

Expressions of Interest to : Annette.dupuy@wexfordcoco.ie

CAMPAIGNS

→ “Hello How Are You?”

The Mental Health Ireland “HELLO, How R U?” campaign aims to tackle the lack of connection or belonging that people experience by inspiring individuals to ask how others are feeling. This opens up a conversation to allow people to listen and encourage action by signposting to local supports and services. The campaign will take place on May 15th this year.

Save the date!

Say Hello on May 15th

Say **Hello** and ask: **How are you?**

HELLO	ENGAGE	LISTEN	LEARN	OPTIONS
Say Hello and ask: How are you?	Engage with the person	Actively listen to the person	Learn about the person & how they are feeling	Give time to talk through options

Save the date for this year's 'Hello, How are you?' campaign. Put it in your diary now and start planning your event. More details to come.

www.HelloHowAreYou.info
e: info@HelloHowAreYou.info

© Mental Health Ireland

For more information on “Hello How Are You?”, click [here](#)

The Mental Health Ireland website can be accessed [here](#).

→ SHINE : Supporting People Affected by Mental ill Health

Shine | H HEADLINE | **Get Change**
Supporting people affected by mental ill health

All Shine services are available to adults with self-experience of mental health illness and to their family members/supporters.

Information Line	Individual Support	Support Groups	Education Courses
Call us if you need information and support on mental health supports, services and rights	Work with us in choosing and working towards recovery goal/s of your choice.	Join your local Shine group, meet people with similar experiences as you for a chat and support over a cuppa	Learn with Shine about recovery through our Recovery Education Programmes

For information, support or to join Shine
Call: 086 040 7701 or 01 860 1610
E-mail: support@shine.ie

W: WWW.SHINE.IE | T: 01 860 1610 & 086 040 7701 | REGISTERED CHARITY NUMBER: 2007512 CHY 6380

Follow us on social media!
f ShineOnlineirel | t ShineOnlineirel | in Shine: Supporting People Affected by Mental Ill Health

Shine Poster, click [here](#) to download

LAUNCHES / EVENTS

→Building Children's Futures: Using Children's Rights to Recover from the Global Pandemic - *The Children's Report*

We are delighted to invite you to the launch of a **new children's research report**, conducted by UNESCO Child and Family Research Centre University of Galway in partnership with Foróige, and published as part of the wider '**Building Children's Futures: Using Children's Rights to Recover from the Global Pandemic**' project.

The '**Building Children's Futures: Using Children's Rights to Recover from the Global Pandemic**' project is funded by the EU Commission and is being led by the Children's Rights Alliance in partnership with the Department of Children Equality Disability Integration and Youth, Tusla, Ireland's Child and Family Agency and Children and Young People's Services Committees (CYPSC), Eurochild, UNESCO Child and Family Research Centre University of Galway, and Foróige. Using Ireland as a case study, the project aims to document how child participation structures worked during the Covid-19 pandemic and identify best practices in Covid-19 responses in Europe. The project will explore how a child rights-based approach, utilising Child Rights Impact Assessments (CRIAs), can be embedded in decision-making in times of emergency.

The launch of this research report, taking place **online via Zoom on Wednesday 28 February 2024**, will feature a fantastic line up of speakers, including representatives from the project's Children and Young People Advisory Group and Dr Danielle Kennan, Senior Researcher at UNESCO Child and Family Research Centre, University of Galway, speaking directly to findings highlighted within the report.

RSVP using the Eventbrite link [here](#).

We look forward to seeing you there!

[#BuildingChildrensFutures](#)



→ “Ireland Reads” Events in Co. Wexford Libraries : Saturday February 24th



What is “Ireland Reads”?

Throughout February and especially on Ireland Reads Day, February 24th, we’re calling on people across Ireland to get lost in a good book. It doesn’t matter what you read, where you read or how well you read, as long as you read.

Because taking time to relax and do things you enjoy is important and reading is good for you. It relaxes your body by lowering your heart rate and easing the tension in your muscles. Studies have even shown that reading boosts your mental health by reducing stress by up to 68%.

Ireland Reads is an initiative of the Government of Ireland to celebrate the joy of reading. It is funded by Healthy Ireland and supported by public libraries and many organisations that promote reading, literacy and the arts.

All you have to do is sit down for a read, for as long or as short a time as you can, and lose yourself in an adventure, a thriller, a romance, a comedy or all of the above. **So go on, get lost!.**

Two very interesting reading events are happening in **Wexford Library Services** as part of “Ireland Reads” :

- Wexford Library: Kathleen Marray, a writer from County Carlow, who writes with wit and weaves a good yarn set in the South-East. Saturday, 24 February 2pm to 3pm
- Gorey Library: My Favourite Books with Cat Hogan and Carmel Harrington, Saturday, 24 February, 2:30pm to 3:30pm.

All events are free but you are asked to contact the library to book your place.

#IrelandReads

#AdultLiteracyforLife

For more information on Ireland Reads, click [here](#)

To find out more about activities happening in libraries across Co. Wexford and booking, click [here](#).

PARENTING

→ Promotion of Parenting Initiatives – DCEDIY Parenting Unit Seeks Details of Initiatives



It is that time again where we are seeking details of events or initiatives which will be taking place during March that are designed to assist parents/guardians in their parenting role. As with previous months, a selection of these events will be promoted across DCEDIY social media channels to raise awareness among parents of supports available to them in their locality.

Information on all upcoming parenting initiatives is welcome, particularly we would like to have an increased focus on events which will be taking place outside of the greater Dublin area to ensure as wide a representation of supports available across the country as is possible. **Details of upcoming events can be provided via the survey by clicking [here](#).**

We would also greatly appreciate if this email could be circulated to any service within your network that may have an upcoming parenting event which they wish to promote.

It would be appreciated if details of any upcoming events could be provided prior to Friday 23 February to allow time for DCEDIY Communications to develop content for sharing across DCEDIY social channels.

You can check across DCEDIY social channels for your event and please feel free to like and share our social posts.

Any queries can be directed by email to: parentingsupport@equality.gov.ie

We wish to sincerely thank you for your continued support on this initiative.

Kind regards

The Parenting Support Policy Unit