



## Wexford CYPSC Newsletter

**March 1<sup>st</sup> 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](#)



## CONTENTS

### Webinars & Training

P.3 : “Healthy Food Made Easy” Tutor Training

P.4 : Lunchtime Webinar on Self-Harm : HSE Suicide Resource Office, Tuesday March 12<sup>th</sup>

P.6 : Professional Certificate in Children & Loss (Level 9) : Irish Hospice Foundation

P.7 : Safe TALK Suicide Alertness Training, Saturday March 2<sup>nd</sup>

P.8 : Master of Social Science Community and Youth Work - Open Day Maynooth University March 5<sup>th</sup>

P.9 : Bodywhys : Training for Teachers, School Support Staff and Youth Workers : Supporting Students with Eating Disorders Wednesday March 20<sup>th</sup> 2024

P.10 : “Travellers Transforming Conflict” Conference, Dublin Castle April 16th

### Funding

P.11 : Harnessing Childhood Potential Through Community-Based Collaborations” : 2024 Grant Round Now Open

P.12 Department of Children, Equality, Disability, Integration and Youth: International Protection Integration Fund 2024 – Closing March 6th

## WEBINARS & TRAINING

### → “Healthy Food Made Easy” Tutor Training



**April 9<sup>th</sup> & 16<sup>th</sup> or May 8<sup>th</sup> & 9<sup>th</sup> from 9.15am -4.30pm Kilkenny City (Venue TBC )**

Health & Wellbeing Division are seeking Tutors to deliver “Healthy Food Made Easy (HFME)” courses in the South East (CHO5).

HFME is a six week nutrition education and cooking programme which provides practical information on healthy eating and improves cooking skills by showing participants ways to provide healthy, nutritious, low cost meals and snacks.

The Tutor Training is 2 days in Kilkenny which aims to provide an overview of the HFME Programme and includes facilitation skills and practical information on the delivery of the programme. A HFME resource pack will be provided to all participants on completion of the training.

**Further information** is available [here](#).

**Applications :** To apply complete application form [here](#) and return to [southeastHFME@hse.ie](mailto:southeastHFME@hse.ie)

**Closing date for applications:** 20<sup>th</sup> March 2024

Lisa Nangle

**Health Promotion & Improvement Officer**, Gorey Primary Care Centre, Block B The Palms Centre, The Avenue, Gorey, Co. Wexford. Y25 C7 Y3

053 9489149 / 087 1880032 [lisa.nangle@hse.ie](mailto:lisa.nangle@hse.ie)  <https://www.hse.ie/healthandwellbeing/>

**Get the help you need to QUIT for free!**

**You Can QUIT and we Can Help.** Visit [www.quit.ie](http://www.quit.ie), call 1800 201 203, or join [www.facebook.com/HSEquit](https://www.facebook.com/HSEquit)



## → Lunchtime Webinar on Self-Harm : HSE Suicide Resource Office, Tuesday March 12<sup>th</sup>

**Friday, March 1<sup>st</sup> is Self-Harm Awareness Day** (known internationally as Self-Injury Day).

This gives us the opportunity to raise awareness about self-harm, to reduce the stigma attached to self-harm, and to signpost people towards help and support.

If you would like to learn more, the team in the HSE Regional Suicide Resource Office will host a **LUNCHTIME WEBINAR on Self-Harm, Tuesday March 12<sup>th</sup> from 1 to 2 pm via Zoom.** You can book a place [HERE](#).

Self-harm is when somebody intentionally damages or injures their body. It can be a way of coping with difficult or painful feelings, however, people who engage in self-harm are at greater risk of suicide. If you know somebody who is engaging in self-harm, there are things you might like to consider below.

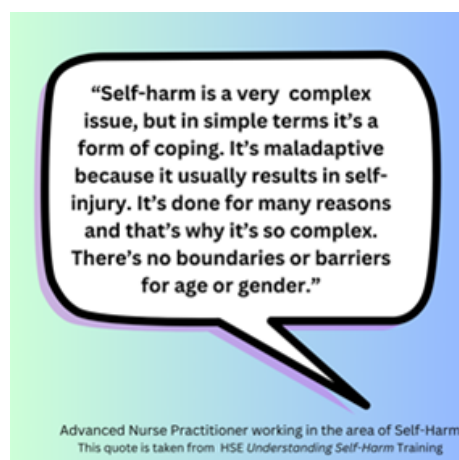
### Be Compassionate

People often try to keep self-harm a secret because of shame or fear of it being seen. They may cover up their skin and avoid talking about the problem. People who self-harm may not look for help themselves. Close family and friends may need to take the first steps. If you notice that somebody is self-harming, approach the subject with care and understanding. The links below contain further information and advice.

[What to do if you're worried about someone else's mental health](#)

[How to address self-harm as a parent](#)

[Self-Harm and Young People](#)



### **Be Proactive**

You can avail of free **Understanding Self-Harm** training, delivered by the HSE Regional Suicide Resource Office in South East Community Healthcare. This is a one-day training programme that aims to help participants recognise self-harm behaviour, including the underlying reasons and it will help you to consider the needs of people who engage in self-harm. Participants will also learn how supportive language can empower a person engaging in self-harm and encourage them to avail of further supports. Join our Webinar detailed above to learn more about the training.

To book a place on any of our training programmes visit [www.bookwhen.com/sro](http://www.bookwhen.com/sro).

### **Know where to get help**

It is important for anyone who is self-harming to see their GP. They can treat any physical injury and recommend further assessment to find out why the person might be engaging in self-harm. Further information on seeking help around self-harm, is available at <https://www2.hse.ie/conditions/self-harm/getting-help/>.

If you or someone you know is in immediate danger you can call the Emergency Services on 999 or 112 or visit the Emergency Department of your nearest hospital.

24/7 supports are also available from:

**Pieta** 1800 247 247

**Samaritans** 116 123

**TextAboutIt.ie** Text HELLO to 50808

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) contains informational on additional services and supports in your area.

Kind regards,

Sarah and Tracy

HSE Regional Suicide Resource Office

---

Sarah Hearne, HSE Resource Officer for Suicide Prevention

The Regional Suicide Resource Office, Front Block, St. Patrick's Hospital, John's Hill, Waterford. **X91 KX25**

**Mob:** 0871091307 **Tel:** 051 874013

[www.connectingforlifesoutheast.ie](http://www.connectingforlifesoutheast.ie) / [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

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

→ **Professional Certificate in Children & Loss (Level 9) : Irish Hospice Foundation**



We are now accepting applications for the 2024/2025 **Professional Certificate in Children and Loss (Level 9)**. Applications are invited from professionals whose work brings them into contact with children who are bereaved through a family death or parental separation. The course will be of interest to social workers, teachers, chaplains, social care workers, psychologists, counsellors and others who meet bereaved children in their work.

Course details, schedule of dates, and application procedure can be found [here](#).

The closing date for receipt of completed applications is **7 May 2024**.

We are also running an online open information evening for prospective applicants who would like to learn more about the course, bookings for this event can be made using this [link](#).



Open Evening: Professional Certificate in Children and Loss (Level 9)

Professional Certificate in Children and Loss (Level 9)

**Open Evening**

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

Please feel free to circulate details of this course to those that it may be of relevance to.

If you have any queries, please do not hesitate to contact me.

Regards.

**Iris Murray**

Administrator

Bereavement Education & Training

**01 679 3188**

**Direct Line 01 963 1136**

[iris.murray@hospicefoundation.ie](mailto:iris.murray@hospicefoundation.ie)

*I appreciate that your working pattern may be different from mine. I do not expect a response to this email outside of your normal working hours.*

→ **Safe TALK Suicide Alertness Training, Saturday March 2<sup>nd</sup>**



safeTALK, Suicide Alertness Training is being delivered this **Saturday, March 2<sup>nd</sup> from 9.30 am to 1 pm in Ballygunner GAA Club in Waterford**. You can book a place on the training [HERE](#).

**What is safeTALK?**

safeTALK is an internationally recognised half-day training programme that prepares participants to recognise and engage with people who may be having thoughts of suicide and to connect them to suicide first aid resources. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognise these invitations for help and take action by supporting people to connect with life-saving resources, supports and services.

To find out more about safeTALK, click [here](#) to access the information leaflet.

Tracy Nugent

HSE Service Manager/Resource Officer for Suicide Prevention

Front Block, Waterford Residential Care Centre, St. Patrick's Way, Waterford X91 KX25

**Tel:** 051 874013

**Mobile:** 087 9271041 **Email:** [Tracy.Nugent@hse.ie](mailto:Tracy.Nugent@hse.ie)

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

***My working day may not match your working day. Please do not feel obliged to reply to this email outside of your normal working hours.***

To book a place on any of our suicide, self-harm or bereavement training programmes please visit [www.bookwhen.com/sro](http://www.bookwhen.com/sro)



**→ Master of Social Science Community and Youth Work - Open Day  
Maynooth University March 5<sup>th</sup>**



Maynooth University are holding the annual Postgraduate Open Day next Tuesday, 5<sup>th</sup> March. We will have a stand on campus from 15.00-17.30 to meet potential applicants, answer questions, share student experiences of the Master of Social Science Community and Youth Work.

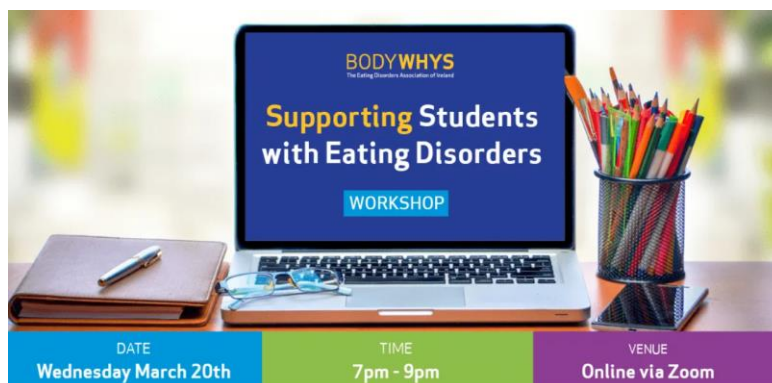
<https://www.maynoothuniversity.ie/study-maynooth/postgraduate-studies/open-day>

It is a hybrid event, so there is also an online talk on our Masters programme from 18.00-18.30. This will be a short, informative and engaging talk with space for Q&A. The link to join is here: <https://bit.ly/49DWeUQ>

As always, we appreciate your help to share this information with anyone who might be interested in applying or hearing more about the programme.



→ **Bodywhys : Training for Teachers, School Support Staff and Youth Workers  
: Supporting Students with Eating Disorders Wednesday March 20<sup>th</sup> 2024**



Bodywhys is delighted to offer a training workshop for school support staff and youth workers who would like to learn how to therapeutically support students with eating disorders. This is a 2 hour workshop that will address:

- Understanding eating disorders with a view to knowing how to support better
- Understanding the mindset of a person with an eating disorder to enable you to support better
- Learn the dos and don'ts re supportive communication
- Learn about the common pitfalls and how to avoid them
- Learn about the possible role of school (and teachers) in supporting a student with an eating disorder
- Care pathways and support services

These sessions are for school staff/teachers/youth workers only.

To book, please fill out [this form](#) and you will be sent a link in due course.

**Please note: This session will not be recorded**

→ To access the Bodywhys website, click [here](#).

→ To access more information on services and supports for **secondary schools and youth clubs**, click [here](#).

→ To access information on how to support someone with an eating disorder, click [here](#).

Eating Disorders Week takes place from (26th February – 3rd March 2024). The theme for [#EDAW2024](#) is '**Eating Disorder Recovery and Beyond: Respecting individuality and identity**'. To find out more about the events planned, click [here](#).

→ “Travellers Transforming Conflict” Conference, Dublin Castle April 16th



The Traveller Counselling Service in partnership with Exchange House Ireland and the Traveller Mediation Service are holding a conference which will explore the impact of Inter-family conflict on Traveller mental health.

The conference is a follow-on from the conference: *Inter-family Violence and its Effect on Traveller Mental Health* held in Dublin Castle in 2019.

The conference will present research carried out in 2023 with Travellers and other stakeholders which identifies some of the key factors contributing to inter-family conflict, as well as looking at ways in which these issues can be addressed. The conference will also launch an awareness campaign aimed at Travellers in order to raise awareness of the effects of violent conflict on mental health, and to explore some of the key issues affecting the Traveller community in regard to inter-family conflict and its impact on both children and adults.

The organisers hope that this conference will provide the opportunity for advocates, the community, service providers and policy makers to come together to explore the key issues in relation to inter-family conflict in the Traveller community, and to identify and develop ways to address these issues.

For further details of the conference programme and booking details, click [here](#).

## FUNDING

### → “Harnessing Childhood Potential Through Community-Based Collaborations” : 2024 Grant Round Now Open



The 'Children's Promise' grants programme aims to support community-based organisations working with young children and their families in disadvantaged areas, who may not reach their potential due to the corrosive impact of poverty. The programme is a promise from KHF to provide financial and other supports to selected organisations, to support and develop the potential of the children engaged with the organisations. It aims to build on the powerful work taking place at statutory and community-level to address child poverty.

The 'Children's Promise' grants programme supports organisations in the following categories:

1. **Early years / young children** projects, within community-based settings.
2. **Parental support** programmes
3. **Research** into promising programmes or gaps in provision that may help to build policy support in those areas.
4. **Capacity building** within an organisation.

### APPLICATION

The 'Children's Promise' grants programme 2024 will open for applications online on **27 February** and close at **1pm on 21 March**.

All applications must be submitted through the online portal Submit by clicking on the chosen grant option below which will take you to the Submit portal to register. Please note that the person registering will then be the main person of contact for all communications via the portal.

There are two funding options available: One Year Grant and Multi-Annual Grant. There are two phases to the application process for Multi-Annual grant and you must first submit an Expression of Interest for multi-annual funding.

All information on the application process and criteria are contained in the Grant Application Guidelines: click [HERE](#) to download. We advise you to read it carefully and have this document to hand when completing your application.

[Apply for One Year Grant](#)

[Apply for EOI Multi-Annual](#)

Applications may be completed on a computer, laptop, tablet or mobile phone. All enquiries will be dealt with by email only to [info@khf.ie](mailto:info@khf.ie).

## → Department of Children, Equality, Disability, Integration and Youth: International Protection Integration Fund 2024



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

- €1,500,000 will be made available to community based organisations to carry out integration projects at a national, regional or local level to support the integration of International Protection Applicants.
- Grants of €30,000 to €100,000 will be allocated to successful Scheme A integration initiatives.
- Grants of €2,000 to €10,000 will be allocated to successful Scheme B integration initiatives.

The Minister of State for Integration, Joe O'Brien, approved €1,500,000 in funding under the International Protection Integration Fund 2024.

Now in its third year, the International Protection Integration Fund celebrates rich cultural diversity and enables community based organisations across Ireland to play a greater role in supporting the integration of International Protection Applicants. Successful Scheme A organisations stand to receive grant funding of €30,000 – €100,000 to support large scale integration projects. Successful Scheme B organisations stand to receive grant funding of €2,000 – €10,000 to support smaller integration initiatives.

### How to apply:

Applicants can access a detailed guidance document and complete an online application form at the following links:

- [Scheme A – €30,000 to €100,000](#)
- [Scheme B – €2,000 to €10,000](#)

The closing date for receipt of applications is **12 pm on 6 March 2024**.