



## Wexford CYPSC News and Resources Update

November 11th 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/).

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## WEBINARS & TRAINING

- **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.

Course delivered by



25<sup>th</sup> November 2022  
10am to 5pm

Riverside Park Hotel  
• Enniscorthy

Pre-Booking required:  
Expressions of interest to  
Annette Dupuy  
[annette.dupuy@wexfordcoco.ie](mailto:annette.dupuy@wexfordcoco.ie)  
087-6095565



Healthy  
**Wexford**



Rialtas na hÉireann  
Government of Ireland



*The Healthy Ireland Fund supported by the Department of Health*

- **Bereaved Children Awareness Week 9<sup>th</sup> -23rd November : Irish Childhood Bereavement Network**



Please find below information in relation to the Bereaved Children's Awareness Campaign – November 2022. The information is provided in detail below and the link gives easy access to all digital resources available to download and the registration links for the events [Bereaved Children's Awareness Week 2022 - Irish Childhood Bereavement Network](#)

You can get involved by the following:

- Sign up for the online events and encourage others to join in
- Watch and Share '[Children grieve too. So, what can you do?'](#) video on your social media accounts
- Download the [Awareness Campaign digital pack](#) and share with your friends and colleagues
- Organise a local event and become part of the community supporting bereaved children (contact [icbn@hospicefoundation.ie](mailto:icbn@hospicefoundation.ie) for a resource pack)
- Host a discussion with your colleagues using [Children Express Grief Differently - Educational Resource](#)

See our website for all the details - [Irish Childhood Bereavement Network Website](#)

Your support for this year's campaign **#SeeTheirNeed – We Can All Help!** would be greatly appreciated. Please share the information widely with interested groups and encourage them to get involved.

#### **Online Schedule:**

[Supporting Children & Young People with Additional Needs Through Grief](#) *Date & Time: 9<sup>th</sup> of November, 12:30pm - 2pm*

[Supporting Your Child Through Grief – An Open Evening for Families](#) *Date & Time: 14<sup>th</sup> of November, 7.30-8.30pm*

[Knowledge & Development sharing in the Bereavement Community - Q&A session](#) *Date & Time: 16<sup>th</sup> of November, 12:30pm – 2pm*

[Working with Bereaved Children – Examples of practice & lessons learned](#) *Date & Time: 17<sup>th</sup> of November, 12:30pm – 2pm*

[In conversation with Julie Stokes](#), in collaborating with the Childhood Bereavement Network. *Date & Time: 22<sup>nd</sup> of November, 12:00pm – 1:00pm*

[Children, young people, neuro-divergence and grief](#), Childhood Bereavement Network. *Date & Time: 23<sup>rd</sup> of November, 12:00pm – 1:00pm*

To access the ICBN website, click [here](#)

## PARENTING SUPPORT

- Family Wellness Seminars**

Colleagues in Longford Westmeath CYPSC have developed a series of Family Wellness Seminars on emotionally based school avoidance. They have made these talks available to other networks who may be interested.

Details of the talks and instructions on how to register are available [here](#) and this information is also available to download [here](#).

Please feel free to share with your networks.

To share on Social Media, please click on the links below:

[Facebook](#)   [Twitter](#)



### LW CYPSC Family Wellness Webinar Series – What a Parent can Do! November 2022



Week 1 9 <sup>th</sup> November 8pm – 9pm	Week 2 16 <sup>th</sup> November 8pm – 9:30pm	Week 3 23 <sup>rd</sup> November 8pm – 9:15pm	Week 4 30 <sup>th</sup> November 8pm - 9pm
<p style="text-align: center;"><b>Topic:</b></p> <p style="text-align: center;"><b>Responding to School Avoidance – What a parent can do!</b></p> <p style="text-align: center;"><b>Tara Kelly</b></p> <p><b>Info:</b> School avoidance is a very difficult matter for parents and children. It can cause stress and conflict in the family home. It can be hard for parents to know how to respond. This short webinar will look at some of the reasons why children and adolescents avoid school. Strategies for supporting your child, managing conflict about school and accessing support will be presented. There will be an opportunity for parents to bring questions to the session.</p> <p>Webinar by Tara Kelly co-founder of <a href="#">New Authority Parenting</a> and M Sc/ Doctoral Researcher</p> <p style="text-align: center;"><a href="#">CLICK HERE TO REGISTER</a></p>	<p style="text-align: center;"><b>Topic:</b></p> <p style="text-align: center;"><b>Supporting your Child’s mental health and well-being – What a parent can do!</b></p> <p style="text-align: center;"><b>Professor John Sharry</b></p> <p><b>Info:</b> In this interactive workshop, Professor John Sharry will describe practical steps parents can take to boost their children’s well-being and self-esteem while maintaining warm connected family relationships.</p> <p>Webinar by Professor John Sharry, social worker and family psychotherapist with over 30 years’ experience as a child and adolescent mental health professional. John is founder and clinical director of the Parents Plus Charity, adjunct Professor at the School of Psychology in UCD and an Irish Times Parenting Columnist. He is the author of over 25 positive psychology, parenting books and mental health programmes, including <i>Positive Parenting</i>, <i>Parenting Teenagers and Parenting when Separated</i>. He is also the lead author of the evidence-based Parents Plus Programmes which are successfully run through mental health, disability and primary care services throughout Ireland and the UK. See <a href="http://solutiontalk.ie">solutiontalk.ie</a>, <a href="http://parentsplus.ie">parentsplus.ie</a> for more information</p> <p style="text-align: center;"><a href="#">CLICK HERE TO REGISTER</a></p>	<p style="text-align: center;"><b>Topic:</b></p> <p style="text-align: center;"><b>Compassionate self-care for parents – What a parent can do!</b></p> <p style="text-align: center;"><b>Dr. Malie Coyne</b></p> <p><b>Info:</b> As a clinical psychologist who has worked with families for many years, Dr. Malie Coyne understands the challenges parents face, which can often shake their sense of balance and wellbeing. In this talk, Malie shares the science behind self-compassion in counter-balancing our threat-focused brains. Malie emphasizes the importance of parents caring for themselves, so they can reflect on themselves, and in turn respond to their children from a place of soothing rather than threat. Malie will also dedicate time to answering your questions. Malie’s approach is very down to earth, and it is hoped that parents will be left with a sense of reassurance in being ‘good enough’ and practical tools to help themselves and their children build resilience”.</p> <p>Webinar by <a href="#">Dr. Malie Coyne</a>, Clinical Psychologist, University of Galway Adjunct Lecturer, Bestselling Author, and Parent</p> <p style="text-align: center;"><a href="#">CLICK HERE TO REGISTER</a></p>	<p style="text-align: center;"><b>Topic:</b></p> <p style="text-align: center;"><b>Responding to Child and Adolescent Anxiety – What a parent can do!</b></p> <p style="text-align: center;"><b>Tara Kelly</b></p> <p><b>Info:</b> This webinar will look at the impact of child and adolescent anxiety on children and parents. It will highlight some of the pitfalls for parents when trying to support their anxious child. Ideas for new strategies to support your child will be presented. Information on further resources will be made available. There will be an opportunity for parents to bring questions to the session.</p> <p>Webinar by Tara Kelly co-founder of <a href="#">New Authority Parenting</a> and M Sc/ Doctoral Researcher</p> <p style="text-align: center;"><a href="#">CLICK HERE TO REGISTER</a></p>

- **Making the 'Big Talk' many small talks'- Conversations to launch new HSE relationship and sexuality resources for parents**



The Sexual Health and Crisis Pregnancy Programme, HSE Health and Wellbeing, is holding an in-person event November 15th from 09.00 - 14.00 in the Ashling Hotel, Dublin to launch their new relationship and sexuality resources for parents.

In addition to presenting the new resources, the event will facilitate discussions around the value of parent-child communications about relationships, sexuality and growing up.

The target audience for this event is professionals working with parents and statutory and non-statutory organisations who work with or on behalf of young people and their families. There will also be representation on the day from the National Parents Council Primary and Post Primary, the Irish Secondary Schools Union (ISSU) and Comhairle na nOg.

This event will be MC'd by the broadcaster and journalist Jonathan McCrea. The schedule can be found on the registration page.

Register [HERE](#)

## YOUNG PEOPLE

- **Children & Young People’s Advisory Group : Young People – Get Involved!**

*We are delighted to announce the launch of a new project funded by the EU Commission which the Children’s Rights Alliance is undertaking in partnership with the Department of Children Equality Disability Integration and Youth, Tusla the Child and Family Agency, Eurochild, the University of Galway, and Foroige.*

CYPSC is participating in an EU Project led by the Children’s Rights Alliance on Children’s Rights Impact Assessment. This project will examine the effect of the pandemic measures on activities and services for children and young people through consultations with groups that were disproportionately impacted. By working with youth researchers, Ireland will be used as a case study to document how child participation structures worked during the pandemic. Best practice in Covid-19 responses in Europe will be identified, and the project will explore how Child Rights Impact Assessments (CRIAs) can embed a children’s rights approach, including during times of emergency. A prototype CRIA and training supports aimed at embedding children’s rights will be developed.

One of the project partners Foroige is recruiting young people aged 14-18 to be part of the Children and Young People’s Advisory Group (CYPAG) for this project. See pg.9 for further information on the CYPAG. The CYPAG will advise on the consultation process, develop questions and methodology for the research, and review findings from the consultations. The CYPAG will also support the development of recommendations for post-Covid-19 responses. There are still a few spaces left on the CYPAG.

**If your CYPSC knows of a young person that would be interested in getting involved in this project please share the information below with them. If you can disseminate this call for Young People to get involved widely across your network and encourage some young people from your county to get involved that would be great please.**

*Colma Nic Lughadha*

*National Co-ordinator for Children and Young People’s Services Committees*

*Commissioning Unit, Tusla Child and Family Agency*

Queries should be sent to [marina.lambrakis@foroige.ie](mailto:marina.lambrakis@foroige.ie) or 086 0685202

## **Children & Young People’s Advisory Group (Foróige)**

Foróige is now recruiting young people aged 14-18 to be part of the Children and Young People’s Advisory Group (CYPAG) for this project. The CYPAG will advise on the consultation process, develop questions and methodology for the research, and review findings from the consultations. The CYPAG will also support the development of recommendations for post-Covid-19 responses.

Participation in the CYPAG is voluntary. Travel and subsistence costs will be covered.

CYPAG members will have a number of additional opportunities. A small sub-group will be trained in the acclaimed Youth As Researchers programme by the University of Galway and will conduct consultations and research. Members can also take part in promoting and disseminating the findings, and be involved in the development of best practice tools to implement their recommendations.

### *Meetings*

There will be 5 CYPAG meetings, held online (via Zoom) and in-person. Meetings will be facilitated by staff from Foróige and the University of Galway. A record of the meetings will be kept, which may include audio/video recordings. The approximate timeline of meetings is as follows:

1. Online meeting – early November
2. In-person meeting – end November/early December
3. Online meeting – early February
4. In person meeting – early April
5. Online meeting – end May/early June

### *Data Protection Policy*

Participant information and contact details will be held by Foróige in accordance with Foróige’s Data Protection Policy and Procedures. This information will be held for the purpose of convening the CYPAG and contacting members.