



Wexford CYPSC News and Resources Update

November 18th 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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PARENTING

- **LW CYPSC Family Wellness Parenting Webinar Series - Week Three**
23rd Nov 8pm: Compassionate self-care for parents - What a Parent can do!

The Longford Westmeath CYPSC [Parenting Webinar Series](#), continues next Wednesday evening. This series forms part of the LW CYPSC Healthy Ireland 'Family Wellness Initiative'. The first two webinars have been really well received, and we would appreciate greatly if you could promote next week's webinar also, details below.

Week Three: 23rd November 8pm – 9:15pm Compassionate Self-Care for Parents – What a Parent can do!

In this talk, Dr. Malie Coyne 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 parents and their children build resilience.

Webinar by Dr. Malie Coyne

Clinical Psychologist, University of Galway Adjunct Lecturer, Bestselling Author, and Parent

The poster features a dark blue background with a white central text area. At the top, it reads 'LW CYPSC Family Wellness webinar series' in purple. Below that, it specifies 'Webinar Three: 23rd Nov 8pm - 9:15pm' and the title 'Compassionate Self-Care for Parents – What a parent can do!' in purple. The speaker's name and credentials are listed: 'Webinar by Dr. Malie Coyne, Clinical Psychologist, University of Galway Adjunct Lecturer, Bestselling Author, and Parent.' A short description of the talk follows: '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.' At the bottom, there are three logos: CYPSC (Children & Young People's Services Committee, Longford Westmeath), Healthy Ireland (hi), and a portrait of Dr. Malie Coyne.

The information poster for this webinar can be accessed [here](#).

To register for this webinar please [CLICK HERE](#)

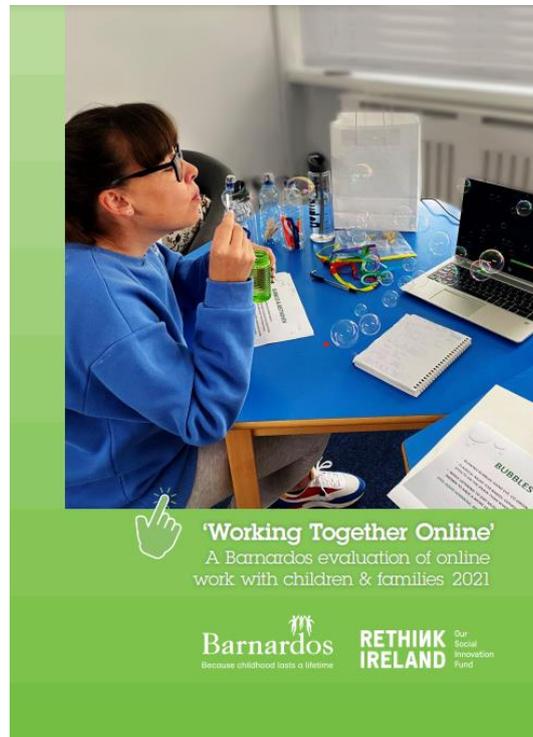
For a full list of webinars please see [here](#).

We appreciate greatly if you would **share this email widely amongst your professional networks and with the parents and families that you work with.**

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

[Facebook](#) [Twitter](#) [Instagram](#)

- **Barnardos Launches: “Working Together Online” : An Evaluation of Online Working with Children and Families During the Pandemic**



Barnardos children’s charity launched an evaluation of their work with children and families during the periods of restrictions and lockdowns of the Covid 19 pandemic. The evaluation was carried out with over 100 Barnardos children’s services staff, surveying 150 parents using our services, and interviewing five children. For full details of the launch, click [here](#).

Key observations

- The majority of participating service users enjoyed engaging in online services, whilst more than half of participating parents/adults identified a blended approach of online and face-to-face meetings as their preferred option for receiving services
- Online and hybrid services were praised by both service users and staff for offering service users’ options, choice and more flexibility in how they receive supports

Key recommendations

- Give careful consideration to the child’s age and capacity to participate virtually. Work with children under 10 years of age should take place face-to-face where possible.
- Workers should discuss suitability of working online with children with parents/guardians, listening and where feasible, catering to the needs and preferences of families.

- The safety and suitability of utilising digital platforms should be reviewed and risk assessed.
- Ensure there is an option for a blended approach to service delivery.
- In the cases of complex needs and child protection concerns, face-to-face should be the dominant medium of service delivery and, in some instances, may be complemented online.

In response to this evaluation, Barnardos has developed a Digital Framework to support other organisations to use it as guidance to create their own.

To access the evaluation click [here](#).

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

WEBINARS & TRAINING

- **LGB Virtual Awareness Training**

There are still some LGB Awareness training places available as detailed below.

Type of Training: VIRTUAL PLATFORMS
Title of training module: LGB VIRTUAL AWARENESS TRAINING
When – Date & Time: Wednesday 23rd November – 10am to 1 pm

How to attend/register –link Email: emma.whitty@fdys.ie

– where to find on HSELand:

Information about the event: Southeast Community Healthcare’s LGBT+ Health Steering Group’s Model of LGB Awareness Training is now available for delivery over a three hour period on virtual platforms.

The training aims to enhance the development of a welcoming and supportive environment to both employees and service users who identify as LGBT+.

There is no fee to take part in the training. Certification of Attendance, LGBT+ Awareness Card and LGBT+ Sticker are provided on completion for display within services.

On completion of this training, participants will be offered an opportunity to train as a Trainer, where you will be provided with the tools and knowledge to deliver LGB Awareness Training within your service area.

- **Engage : One Day Training Course for Health Professionals and Community Workers who Work with Men.**



Connecting with Men

Date: 1st December 2022

Time: 9.30am – 4.30pm

Venue : Clonmel Community Resource Centre, Kickham Street, Clonmel

A one day training course for health professionals and community workers who work with men

Aim of the Workshop

The aim of this workshop is to assist a broad range of practitioners and service providers to explore the world of males, and to develop practical strategies for effectively engaging with them around health and wellbeing issues. It focuses on the engagement process (i.e. **WHY** and **HOW** to build relationships with men) rather than offering a new or revised health programme (i.e. **WHAT** to offer them) .

Objectives of Workshop

The key objectives for this workshop are to:

- Reflect upon how to create a 'safe space' for working with men.
- Gain a common understanding of what men's health is and why it is important.
- Explore how gender influences the values and attitudes that men develop in relation to their health, and how this influences their health behaviours.
- Identify some of the determinants that shape health outcomes for men.
- Reflect on participants' own value base, experience, skills, attitudes towards and expectations of men.
- Explore what a 'male friendly' health programme or service looks like in practice.
- Signpost participants to further sources of help, advice, guidance and support.

Who Should Attend?

This workshop will be of interest to a broad range of service providers and practitioners who wish to connect in more meaningful ways with men.

Cost

The 'Connecting with Men' workshop is free for all participants.

Further Information

To apply for a place on this workshop or for further information, please contact:

Ø Colm O'Connor, Health Promotion Officer, at colm.oconnor@hse.ie or phone 087-7526429

Closing date for receipt of completed application is Friday 18th November 2022

- **Online Stress Control Programme : Commencing Online Monday 14th of Nov 2022**

HSE Health and Wellbeing are offering again the free on-line stress control programme, beginning on **Monday 14th November**. This is an evidence-based programme that teaches you practical skills to deal with stress, recognise the signs of stress and how it affects our bodies and our thoughts. It also teaches skills to overcome panicky feelings and tips to getting a good night's sleep.

The sessions are be 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 a number of short relaxation and meditation sessions that can be accessed on the resource page of the website.

To find out more information about the programme go www.stresscontrol.ie

Session	Theme	Dates
1	What is Stress	9am Monday 14 th Nov 2022 (session available until 8am 17 th Nov)
2	Controlling your Body	9am Thursday 17 th (session available until 8am 21 st Nov)
3	Controlling your Thoughts	9am Monday 21 st Nov (session available until 8am 24 th Nov)
4	Controlling your Actions	9am Thursday 24 th Nov (session available until 8am 28 th Nov)

5	Controlling Panicky Feelings and Getting a Good Night's Sleep	9am Monday 28 th Nov (session available until 8am 1 st Dec)
6	Controlling your Future	9am Thursday 1 st Dec (session available until 8am 5 th Dec)

www.stresscontrol.ie

- **Suicide Bereavement Training: Spaces Available**



Dear Colleagues,

We are delivering the *One day workshop for professionals and key contacts who are supporting people bereaved by suicide* in Clonmel on the 24th of November. Please see the details below including the link to register. I would appreciate if you could share this email with your networks.

- Thursday, November 24th, Clonmel Community Resource Centre, 9.30 am to 4.30 pm, <https://bookwhen.com/sro/e/ev-si0u-20221124093000>

Kind regards,

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

- **Suicide or Survive: Free Wellness Workshop**

SOS are delighted to be bringing a **Wellness Workshop** to the Tower Hotel, Waterford City on the 29th of November 2022. A Wellness Workshop is an opportunity for you to take time out and learn a wide range of simple practical and effective tools and tips that you can use in your everyday life to improve your own wellness. These workshops aim to help you understand and take charge of your own mental health. The workshop is for anyone and everyone as we all have mental health!

Workshops are informal and relaxed. They are facilitated by people with both lived life experience of mental health difficulties, and people with experience of working in various mental health arenas. The workshop runs from 9.30am to 4.30pm. A comprehensive Wellness Workbook to support you in maintaining your daily wellness is included and a light lunch and refreshments will be provided on the day. This workshop is fully funded thanks to our funders the National Office for Suicide Prevention and our amazing donors and fundraisers.

For more information on our wellness workshops please click here: <https://suicideorsurvive.ie/programmes/wellness-workshop/>

To book your free place please click here: <https://tinyurl.com/watww> or contact any of the SOS team at 01 2722158 or info@suicideorsurvive.ie and we would be happy to register you.

Tracy Nugent

HSE Service Manager/Resource Officer for Suicide Prevention

Front Block, St. Patrick's Hospital, John's Hill, Waterford X91 KX25

Tel: 051 874013

Mobile: 087 9271041 **Email:** Tracy.Nugent@hse.ie

www.connectingforlifesoutheast.ie

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



FUNDING

- **Applegreen Blossom Fund 2022 : Closes for Applications 24th November '22**



The fund closes for applications on Thursday 24th November at 5pm

Applegreen, in partnership with the Irish Youth Foundation, is providing €100,000 to fund not for profit voluntary and charitable organisations supporting children and young people experiencing disadvantage nationwide.

Fund Objective

The Applegreen Blossom Fund will offer grants to projects and programmes that support **successful transitions through education** for children and young people at risk of early school leaving. We are looking to fund programmes that promote positive transitions throughout a young persons' school life; from primary to secondary school and/or completion of secondary cycle. The Fund will support organisations working with children and young people in the Republic of Ireland aged between 6-18 years.

To be eligible the applying organisation must;

1. Work with young people aged between 6-18 years old
2. Be a registered not-for-profit or charitable organisation
3. The organisation must have a bank account set up in the name of the organisation
4. Be registered in the Republic of Ireland and active in Ireland for the past 12 months
5. The organisation must have a child protection policy in place

There are two funding opportunities available;

1. **Option 1:** Awards of up to €10,000
2. **Option 2:** Awards of up to €5,000

For more information on this fund please visit

<https://iyf.ie/applegreen-blossom-fund/> or contact Sarah Edmonds on sarah@iyf.ie

For more information and guidelines on the application process click [here](#)

CAMPAIGNS

- “What Works” Festival of Learning 2022



What Works Festival of Learning 2021

November 15th -24th

Tackling disadvantage through prevention and early intervention

The *What Works* Festival of Learning takes place from November 21st to November 24th. This series of events aims to put a spotlight on prevention and early intervention in policy and services for children and young people, by showcasing learning, good practice and expertise from Ireland and other countries.

The Festival is an initiative of the Department of Children, Equality, Disability, Integration and Youth, supported through the Dormant Accounts Fund. The Department is working with the Centre for Effective Services (CES) to plan and organise the events. This year the theme is ‘**Partners in Prevention**’ with a focus on partnership and collaboration in prevention and early intervention.

The first event in the series on **Monday November 21st** will take place in person and online and will be launched by **Minister for Children, Equality, Disability, Integration and Youth Roderic O’Gorman TD**. In person places for this event at the Ashling Hotel Dublin are limited. Early booking is advised if you want to join MC Áine Kerr and a live audience and take part in some post event networking.

Virtual events in the series will focus on partnership in policy, and partnership in practice. Contributors will share thinking and experience from their work in government departments, agencies, international and community organisations. Details of all speakers will be posted on the What Works website over the coming days. All events are free and booking is essential.

Book your place at the Festival [here](#).

- **“One Million Stars to End Violence” Project**



The One Million Stars Ireland project needs individuals, groups and communities to JOIN THE MOVEMENT. The One Million Stars Ireland project is an inclusive community arts project connecting communities across Ireland in solidarity against domestic abuse and all forms of violence. Each eight-point star woven represents light, hope and solidarity against domestic, sexual and gender based violence. The One Million Stars Ireland project is part of the global One Billion Stars project, founded in Australia in 2012 by artist Maryann Talia Pau after the rape and murder of an Irish woman living in Melbourne. The project was brought to, and is being directed in Ireland by, Art Therapist Siobhan McQuillan and Amber Women’s Refuge in Kilkenny. We currently have star weavers in 18 counties who have woven 100,000 stars so far.

How do I get involved?

There are three ways to get involved:

1. **Star Weave Solo** Weave stars yourself in the comfort of your own home.
2. **Star Weave** Host a Star Weave workshop by gathering friends, family, neighbours and colleagues in your home, studio, or workplace. (Covid 19 restrictions Permitting)
3. **Star Weave Community** Start a Star Weave Community and coordinate your local community to weave.

Register: www.onemillionstarsireland.ie and we can link you in with a county coordinator. Once you have registered to become a Star Weave Community, we will - include you on the website’s Star Weavers Map - register your county star count for Ireland - offer support & guidance to help you get started - send you One Million Stars Ireland logo, promotional posters for social/print media and weaving instruction PDF to send out with weave packs Exhibit your stars to end violence throughout your county as we count down to one million stars for Ireland. If each county on the island of Ireland weaves 31,250 stars then we will reach our goal.

For further details see the factsheet [here](#).

For information on how to weave a star, click [here](#)