

Wexford CYPSC News and Resources Update

April 1st 2021

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

○ Parenting Today 2021: My Child and Epilepsy – A Parent’s Journey



Presented by: Miriam Gray, Community Resource Officer for Epilepsy Ireland, and featuring Kate O’ Regan, mother of Caoimhe who has a diagnosis of epilepsy.

Available to **watch online at any time onwards from Thursday April 15th at 8.00pm** on all Wexford County Council Public Library Service Facebook pages and Wexford Libraries YouTube channel

Send your questions for Miriam and Kate to libraryhq@wexfordcoco.ie by 5.00pm on Tuesday Apr 6th. Complete privacy is assured.

My child and Epilepsy – A Parent’s Journey

Miriam Gray, Community Resource Officer for Epilepsy Ireland will be joined by Kate O’ Regan, proud mum of Caoimhe.

Caoimhe has a diagnosis of Epilepsy and Miriam and Kate will discuss how their family has navigated their journey with epilepsy from the time of initial diagnosis to managing seizures / attending appointments / school and dealing with the challenges that this all entails. Miriam will outline the supports that are available from Epilepsy Ireland and Kates will give her outlook on managing Caoimhe’s epilepsy into the future.

The conversation will cover the following,

1. How diagnosis is made
2. How you manage a seizure safely
3. Seizure triggers
4. What supports are available to parents from Epilepsy Ireland
5. What information is useful for a school
6. Moving forward

Background: Wexford County Council Public Library Service works in partnership with CYPSC (Children & Young People’s Services Committee) each year to deliver Parenting Today, an annual programme of free talks for parents and carers throughout Wexford County)

○ Parenting Today 2021 : Supporting Someone with an Eating Disorder



Available online from Thursday April 8th at 8.00pm on all Wexford County Council Public Library Service Facebook pages and Wexford Libraries YouTube channel

Presented by: Harriet Parsons, Training and Development Manager with Bodywhys. Harriet is a highly regarded and experienced counsellor and has lectured on Psychoanalysis in Dublin Business School, and eating disorders in UCD, as well as frequently giving public talks on how to understand eating disorders.

Eating Disorders are a growing problem encountered people of all ages and all genders today. They are complicated to understand, and there are many myths that are not helpful. If you are concerned about someone or supporting someone with an eating disorder, you can feel worried about by saying or doing the wrong thing. This session will try to address some of these issues and will inform those watching and offer advice about support. Questions that will be addressed include:

- What is an eating disorder?
- Is it all about food?
- How do I know if someone has an eating disorder?
- What are some dos and don'ts when trying to have a conversation and support?
- Where do I go for help and treatment?

Questions are welcomed and will be answered as part of the recording. Send your questions for Harriet by 5.00pm on Monday 29th March to libraryhq@wexfordcoco.ie. Complete privacy is assured.

This talk is scheduled to arrive online on all Wexford County Council Public Library Service Facebook pages and Wexford Libraries YouTube channel on **Thursday April 8th at 8.00pm.**

Background: Wexford County Council Public Library Service works in partnership with CYPSC (Children & Young People's Services Committee) each year to deliver Parenting Today, an annual programme of free talks for parents and carers throughout Wexford County.



YOUNG PEOPLE

○ Help Design Sports Programmes for Teenager Girls



Sport Ireland recently launched a piece of research titled 'Girls Get Active Report' ([here](#)) which explored the attitudes of inactive teenage girls towards sport and physical activity. As you might be familiar, only 7% of teenage girls obtain the recommended 60 minutes of physical activity per day. It is important for us that we put the research into practice but also involve teenage girls and young women as we try to design sport and exercise opportunities for them.

As a follow up to the research, Sport Ireland have designed an online brainstorming event called the Girls Get Active Hackathon to invite and encourage the public to help us create sport/physical activity programmes for teenage girls. <https://www.sportireland.ie/women-in-sport/hackathon>. The event is free and we are currently taking registrations from those interested in sharing their ideas. It will take place via Zoom workshops on April 16th-18th.

As a lot of our communication channels end up targeting those already involved in sport. We are really keen to try and expand the reach of this event to those who have dropped out of sport, or who think that sport is not for them.

I've included some social media posts below that you could use.

Sport Ireland Website for more information and to register your interest: <https://www.sportireland.ie/women-in-sport/hackathon>

Recent Twitter post: <https://twitter.com/sportireland/status/1375103177163440130>

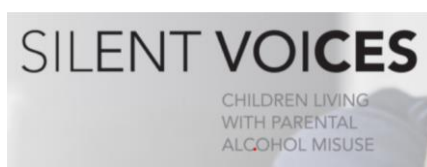
Recent Instagram post: <https://www.instagram.com/p/CM2PEcvi7RF/>

Kind regards,

Nora Stapleton – Women in Sport Lead



○ “Silent Voices” – Alcohol Action Ireland Campaign



Silent Voices, an initiative of Alcohol Action Ireland, aims to raise awareness of issues around problem parental alcohol use.

SILENT VOICES IS ENDING THE SILENCE ON THE IMPACT OF PARENTAL ALCOHOL MISUSE. IT AIMS TO ENSURE THE RIGHT SUPPORTS ARE AVAILABLE TO CHILDREN TODAY COPING WITH PARENTAL ALCOHOL MISUSE – AND THOSE ADULTS DEALING WITH THE IMPACT OF A CHILDHOOD TRAUMA IN LATER LIFE.

A substantial body of literature over the last two decades indicates a recurring trend within the lives of our children, that speaks to somewhere between 1 in 6 or 7 children continue to suffer the unnecessary impact of alcohol related harms and experience a life conditioned by someone else's choices.

Given the prolonged historical trend in alcohol consumption that accelerated from the late 1970's, spiking in the early 2000s, it is reasonable to extrapolate that there is a cohort of Adults today who experienced significant alcohol related harms as children, and who, continue to carry the effects of such trauma. Our population of those under 49 (born 1970) and over 18, stands at just over 2 million, so adopting the 2009 indicator – 1 in 7 finding, it can be assessed that 286,000 adults today face the challenges of overcoming their personal trauma alone.

Taking an over 50 but under 75 cohort, a population of 1.182 million, and applying the 2010 data – 1 in 10 (mindful of then lower consumption data), this impacted group grows by a further 118,000.

This would indicate that approximately 400,000 people in Ireland today are Adult Children from Alcohol impacted families.

In the current reality and adopting the 2018 data – 1 in 6 finding, it is likely that over 200,000 children, today, are living with the traumatic circumstances of a childhood arrested by alcohol related harms and within families where parental alcohol misuse is a frequent event.

These Adult Children of our immediate past and the Children impacted today, are largely voiceless in our society, hidden behind a wall of stigma and isolation, unsure of their hopes and uncertain of their futures.

In recognition of this reality, and the challenges this vulnerable group of people face, Alcohol Action Ireland have commenced a new initiative called ‘**Silent Voices**’.

For more information see: <https://alcoholireland.ie/campaigns/silent-voices/>.



○ Healthy Sexuality and Relationship Development : Education and Support Needs of Children and Young People in Care Toolkit.



We are delighted to announce the launch of the ***Healthy Sexuality and Relationship Development: Education and Support Needs of Children and Young People in Care*** Toolkit. The Toolkit which is part of the Empowering Practitioners and Practice Initiative (EPPI), has been developed by Tusla, in partnership with the Sexual Health and Crisis Pregnancy Programme (SHCPP), HSE as part of an on-going collaboration to address the sexual health and wellbeing needs of children and young people in care.

The Toolkit was developed in response to research undertaken by Tusla and the HSE, which identified a gap in the education support needs of young people in care in regards to their sexual development.

This Toolkit has been designed to assist social work, residential, social care, youth sector professionals and foster carers to promote and support the positive relationship and sexuality development of the children and young people in their care. Similar to the other sections in the [EPPI Toolkit](#), it provides practitioners with the best available research and knowledge, along with practical tools and resources, that will enable and empower practitioners to confidently support children in care as they negotiate coming of age and dealing with issues of identity that can often cause confusion.

This is an important addition to the bank of knowledge that already exists in the [EPPI Toolkit](#) which seeks to build the skillset, knowledge base and confidence of practitioners by providing easy access to evidence-informed research, resources and tools.

Although this resource has been developed with a particular focus on children and young people in care, much of it will also be of use to professionals working with a wider cohort of young people and therefore it is also available on the [Tusla website](#) and [sexualwellbeing.ie](#) for practitioners who cannot access Tusla's intranet.

MENTAL HEALTH

○ “See Change” Green Ribbon Impact Report Launched



See Change, the National Mental Health Stigma Reduction Partnership, works with over 100 partner organisations and 46 Volunteers to end the stigma associated with mental health difficulties. The objective is to challenge people’s understanding and perceptions of mental health issues to ensure that everyone enjoys the same rights on an equal basis.

See Change’s vision is that every person in Ireland can be open and positive about mental health, understanding it as a normal part of the ups and downs of life. The Green Ribbon campaign aims to end mental health stigma by prompting a national conversation about mental health and to encourage people to educate themselves about mental health difficulties.

The Green Ribbon Impact Report is now available to view / download at : <https://seechange.ie/wp-content/uploads/2018/02/GR-Impact-Report-6.pdf>.



○ Mental Health Ireland : Promoting Positive Mental Health and Wellbeing



Mental Health Ireland promotes mental health by educating and training people within workspaces and communities around different aspects of mental health and providing them with the knowledge and tools to enhance their own mental health.

MHI has developed an information booklet detailing the online training and workshops offered by Mental Health Ireland currently. It is available to download on their [website](#) and is also available to view in the Resources section of Wexford CYPSC website at the following [link](#).

For more information on Mental Health Ireland see : www.mentalhealthireland.ie



oThe National Housing Strategy for Persons with Disabilities 2022-2027: Have Your Say

**National Housing Strategy
for Persons with Disabilities
2022-2027
#GetInvolved**

The National Housing Strategy for People with a Disability (2011-2016 (extended to 2020) will come to an end this year. A new national strategy is now being developed. The strategy is about facilitating the provision of housing options and related services to disabled people to allow individual choice and support independent living.

Do you have a disability, care for a disabled person or work in supporting independent living for disabled persons? If yes, have your say on the plan.

We want to hear your views on the current strategy and what you would like to see included in the new national strategy. In order to get involved today, fill out this 10-15 minute questionnaire. The survey is anonymous and confidential.

Complete the survey: <https://www.housingagency.ie/NHSPD-Survey>