



## Wexford CYPSC News and Resources Update

April 29th 2021

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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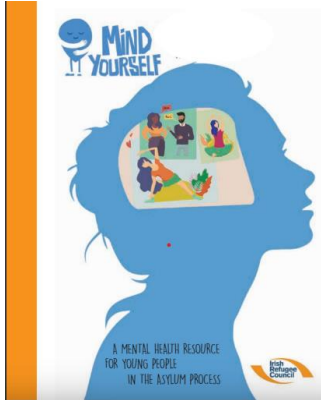
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## CHILDREN & YOUNG PEOPLE

### ○ Mind Yourself Mental Health and Wellbeing Resource for Young People Seeking Protection



On Monday we launched 'Mind Yourself' - our new mental health and wellbeing resource for young people seeking protection. A group of 5 young people, with experience of Direct Provision, worked on the project to produce this comic, which is aimed at young people aged 16-25 seeking protection/in Direct Provision. It includes information about mental health and wellbeing, stories and illustrations from the young people about their own mental health journeys, tips and suggestions for improving your wellbeing as well as information about where to go to get support or advice. If you would like to get a copy (or copies) of Mind Yourself, for your organisation or for young people that you work with, please fill out the order form (link below). The comic can also be downloaded and read online.

[Mind Yourself press release](#)

[Mind Yourself Order Form](#)

[Mind Yourself Download](#)

[Mind Yourself read online](#)

Thanks and best wishes,

**Aoife Dare**

**Youth Worker**

*Please note I work part-time; office hours: Tues, Wed, Thurs*

Irish Refugee Council, 37 Killarney Street, Dublin 1, Ireland

**Tel.** +353 1 7646854 | **Fax.** +353 1 672 5927 |

[Aoife.Dare@irishrefugeecouncil.ie](mailto:Aoife.Dare@irishrefugeecouncil.ie) | [@IrishRefugeeCo](https://www.facebook.com/IrishRefugeeCo) | [www.irishrefugeecouncil.ie](http://www.irishrefugeecouncil.ie) | [EYMF](#)

[Facebook](#) CHY Number: 10153 Registered Charity Number: 20025724 CRO Number: 188693

## PARENTING

### ○ Free App on ADHD to Support Families – Changing Live Initiative

The Changing Lives Initiative have developed an App to help families understand what ADHD is and provide practical strategies and tools for parents to use with their children. The App is particularly relevant for parents who have concerns about their child's behaviour but are not yet sure if their child may have ADHD. The App is also very useful for those working with children, in helping them understand ADHD and how they might support children who have issues with inattention, hyperactivity or impulsivity. The App can be downloaded for free at <https://changinglivesinitiative.com/portal-capture/>



### Project Report

The Changing Lives Initiative launched last week the final report on the 3-year project and its evaluations. The cross-border project which provided an innovative early intervention programme for ADHD has been highly successful working with almost 2,000 families and providing training to over 1,700 professionals. The project evaluations demonstrated considerably improved outcomes for families who took part in the programme including a significant reduction in ADHD related behaviours reported in children and reductions in parental stress. The project report, video interviews with parents and other information on the project can be found at [www.changinglivesinitiative.com](http://www.changinglivesinitiative.com)

Christina Riordan

Project Manager

The Changing Lives Initiative

Unit 39, Regional Development Centre

DkIT, Dundalk, Co. Louth +00353 (0)87 367 3716

○ **Parenting Today 2021- Bi-lingualism: How to get your child to speak your native language and why it matters.**



This talk will be available to watch at any time, online on all Wexford County Council Public Library Service Facebook pages and Wexford Libraries YouTube channel from **Thursday May 6<sup>th</sup> at 8.00pm onwards.**

Send any questions for Dr. La Morgia to [libraryhq@wexfordcoco.ie](mailto:libraryhq@wexfordcoco.ie) by 5.00pm on Friday 30<sup>th</sup> April.

Complete privacy is assured.



**Presented by:** Dr. Francesca La Morgia. Francesca works as a lecturer, researcher, consultant and trainer in child language development and child bilingualism. Francesca is also a passionate advocate for social inclusion and migrant integration.

**Bilingualism:** ‘Why is my child not speaking back to me in my native language?’

This is definitely one of most frequently asked questions for bilingual families!

Join Dr Francesca La Morgia, linguist and founder of Mother Tongues, for a webinar full of practical tips, that have been tried and tested by parents raising bilingual children and find out about all the best strategies to encourage your child to talk more in your language.

**Why it matters:** Speaking your first language at home supports your child’s development, reading and educational progress, particularly in the early years. Native language plays an essential role in celebrating identity, culture and a pride in heritage and upbringing, establishing your child’s identity and promoting an understanding of history and culture

**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.

## TRAINING & WEBINARS

### ○ Recovery College South East

#### Conversations about Suicidal Thoughts and Healing the Mind (6 week workshop)

**Venue:** ZOOM

**Dates:** Wednesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> May and Wednesday 16<sup>th</sup> and 23<sup>rd</sup> June

**Times:** 11am – 1pm

For many reasons, suicide can be a difficult topic to talk about. It can be described as a very personal phenomenon, there is the obvious loss associated with it, or there may be a lot of fear around raising the topic.

This 6-part series of workshops will start the conversation about suicide with the hope that it may help people better understand the issue.

The aim of this workshop is:

- \* Help you identify and manage unhelpful thinking patterns
- \* Support ourselves and others thinking about suicide
- \* Where to go and how to ask for help
- \* Cultivating practices that support the healing of the mind

### ○ Music for Mood (5 week workshop)

**Venue:** ZOOM

**Dates:** Friday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> May and Friday 4<sup>th</sup> June

**Times:** 11am – 1pm

Isn't it interesting how hearing a particular song can bring back a special memory or make you feel happy or calm or pumped up?

While the effects of music on people are not fully understood, studies have shown that when you hear music to your liking, the brain actually releases a chemical called *dopamine* that has positive effects on mood.

The aim of this series of 5 workshops is

-To explore music from the perspective of wellbeing and recovery.

-Discuss the different ways music can influence mood and motivate us positively in our daily lives, through self-expression.

-Explore music through the lens of CHIME, Connecting, Hope, Identity, Meaning and Empowerment -

-To enjoy and have fun.

Kind regards

Mary Doran

Administrator

Recovery College South East

086 1746330

[www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com)

○ **Independent Living Movement Ireland: “Everything you wanted to know about disability but were afraid to ask!” Wednesday 5<sup>TH</sup> May at 3pm on Zoom**



**Independent Living Movement Ireland (ILMI)** would like to invite you to our webinar *“Everything you wanted to know about disability but were afraid to ask!”* which will take place via Zoom on Wednesday 5th May 3pm.

May 5th was designated by the European Network on Independent Living as European Day on Independent Living and this event is part of ILMI’s celebration of this date.

The webinar will be an opportunity for people to listen in informally learn about the social model of disability and how that informs the United Nations Convention on the Rights of People with Disabilities (UNCRPD). Disabled activists will discuss the use of language and the role of Disabled Person’s Organisations (DPOs) and how the social model of disability can inform the implementation of the CRPD.

The webinar will feature a short input from special guest Speaker, Maggie Cameron who is a freelance Disability Equality & Diversity Trainer with experience of developing Disabled Persons Organisations in Scotland. A facilitated panel Discussion will feature disabled activists Des Kenny, Selina Bonnie, Amy Hassett and Maggie Cameron

**Who is this webinar for?**

It is a unique opportunity for anyone who wants to listen directly to disabled activists and hear about the issues facing disabled people through an equality and human rights lens.

Anyone with an interest in equality, human rights, community development, policy development and building an inclusive Ireland should attend to begin to explore how we collectively need to think about disability in Ireland.

**We are inviting:**

- Politicians,
- Policy makers,
- Public servants,
- Community Development Organisations,
- Trade unions,
- Equality and human rights organisations
- Local Area-based partnerships
- Disabled activists

Please free to circulate among your colleagues and contacts who you think would benefit from listening in.

To attend, please register via [info@ilmi.ie](mailto:info@ilmi.ie) by Tuesday 4th May at 12 noon.



## o Charities Regulator Webinar

Dear colleague,

Please see information on a webinar being hosted next week by the Charities Regulator which you may find of interest.

The Charities Regulator recently commissioned Amárach to carry out a survey of Irish charities. They are hosting a webinar on 5 May 2021 at 10am, to take attendees through these new findings. Attendees will hear from Charities Regulator's Chief Executive, Helen Martin, Michael McLoughlin from Amárach Research and Mandy Osbourne, Research Manager at The Charities Regulator. You can register to join the webinar [here](#).

Regards,

Paul



**Paul Skinnader**

*Executive Director*



Pobal, MTek II Building, Armagh Road,  
Monaghan, Co. Monaghan H18YH59

W : [www.pobal.ie](http://www.pobal.ie)

Registered Charity Number: 20029609



## ○ Living Well

### Are you Living with Post COVID19 Syndrome for more than 6 months?

Symptoms include fatigue, pain, anxiety, low mood, sleep disturbance.

### What is the Living Well?

Living Well is a free online group programme delivered over six workshops (2.5hrs x 6). It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop Self-Management skills and confidence to live well with Long COVID

### Upcoming Living Well Programmes (For people living with Post COVID19 Syndrome)

Day	Start Date	Finish Date	Time	Group
Mondays	24 <sup>th</sup> May	12 <sup>th</sup> July	10am-12.30pm	Any Long- Term Health Condition
Saturdays	29 <sup>th</sup> May	10 <sup>th</sup> July	10am-12.30pm	Post COVID19 Syndrome
Tuesdays	15 <sup>th</sup> June	27 <sup>th</sup> July	10am-12.30pm	Post COVID19 Syndrome
Fridays	18 <sup>th</sup> June	20 <sup>th</sup> July	10.30am-1pm	Any Long-term Health Condition

For bookings, enquiries or promotional material email [selfmanagementsupportsSECH@hse.ie](mailto:selfmanagementsupportsSECH@hse.ie)

Or ring Edel 087 2939881 or Catriona 087 4088325

### Kind Regards

Catriona Renwick | Living Well Coordinator | COVID19 Crisis Management Team | CHO Area 5 |  
HSE Offices | Lacken | Dublin Road | Kilkenny | R95 NV08 |

| Tel.: 00 353 (0)56 778 4288 | 087 2939881 | Email: [Catriona.renwick@hse.ie](mailto:Catriona.renwick@hse.ie) |



Building a Better Health Service  
CARE COMPASSION TRUST LEADERSHIP



## ○ Access Community Development Project : Digital Connectivity Programme



Access 2000 recently received funding under the “Mitigating Against Educational Disadvantage” fund to deliver a “Digital Connectivity Programme”. Recent times have shown us that digital connectivity is essential for everyone and a true-life skill for the modern era. The aim of the course is to give or update people’s skills in the following areas of technology; the learner may choose one or all of the categories below;

1. Introduction to any of the Microsoft Packages including Emails, File Management, Word etc.
2. Using Social Media, Internet, Facebook, Government Website, Revenue and Mygov.ie
3. Using technology for learning to include Google Classrooms, Zoom meetings, MS Teams
4. Learn about Privacy and On-Line Security
5. Basic understanding and designing of websites.

The programme is aimed at beginners, intermediate or advanced learners. A questionnaire determining their level of knowledge will be distributed to assist the tutor with their individual needs.

Access understands that barriers such as the following may exist, but we are in a position to be able to discuss with the learners how we can overcome them;

### **Meeting the Needs of Learners;**

- 1:1 learning in small groups
- Resources to support learning (laptops, phone credit)
- Assistance with childcare and travel costs.

### **Get In Touch;**

**Email :** [marianaccesswex@gmail.com](mailto:marianaccesswex@gmail.com) / mercedesaccess2000@gmail.com

**Phone :** 086 850 0446

**Facebook** @accesswexford

## ○ Wexford Parents Hub : Call for Facilitators



# Wexford Parent's Hub Call for Facilitators

Parents Plus Early years

Parents Plus Children's Programme

Parents plus Adolescent's  
Programme

Parenting when separated



Strengthening families

TLC Kidz

Non Violent Resistance

Restorative Practices

Rainbows

Wexford Parent's Hub has offered through Interagency work (facilitators from different services working together) The following programmes- Free to parents across Wexford:

2019-2020 11 Parenting Programmes reaching 86 Parents

2021- 1 NVR, 2 xParents Plus Middle Years, 1x TLC Kidz to date 2021


We have Parenting when separated and NVR coming up in April and May.

Plans for the rest of 2021:

Parents Plus Adolescent Programme, Middle years, Early Years, Parents Plus Special needs Programme, NVR, Baby Massage, Rainbows, Parenting when Separated and Mindfulness for Children.

**What we do:** We advertise the programme, take the parents details and give a brief assessment; Hand the facilitators the list of parents ready to go; support the facilitators, can give support on running courses online.

**What you do:** You liaise with the co facilitator, pick dates and times that suit you, invite families you feel would benefit, send out the parents booklets and run the course. Wexford Parents Hub cannot do this without your help. If you are trained in one of these Parenting Programmes or something not on the list and can facilitate or co facilitate a programme this year let us know. If you have families that could benefit from one of these programmes tell them to get in touch

- ▶  @wexfordparentshub
- ▶ <http://www.wexfordcypsc.ie/wexford-parents-hub>
- ▶ [wexfordparentshub@barnardos.ie](mailto:wexfordparentshub@barnardos.ie) or call on 053-9236343
- ▶ If you can facilitate or co facilitate let me know at [lindam.mccann@tusla.ie](mailto:lindam.mccann@tusla.ie) or 087102989

## SUICIDE BEREAVEMENT SUPPORT

### ○ Suicide Bereavement Liaison Officer Post

Dear Colleagues,

I am emailing to let you know that the Suicide Bereavement Liaison Officer (SBLO) post in South East Community Healthcare (Waterford, Wexford, Carlow, Kilkenny and South Tipperary) has now been filled. The SBLO can provide support to individuals and families in the immediate aftermath of a death by suspected suicide, this is a **support** service and the SBLO will refer on to counselling or therapeutic interventions where required. People can self-refer or referrals are accepted from all agencies with consent from the individual or family. The role is managed by Pieta and is fully funded by HSE Mental Health nationally. This office continues to provide the HSE Bereavement Counselling Service for Traumatic Deaths and will respond to any requests for postvention support in the community.

The new SBLO is Kelly Higgins, her phone number is 085 807 3040 and her email is [Kelly.higgins@pieta.ie](mailto:Kelly.higgins@pieta.ie). Feel free to share her details with your networks.

Warm regards,

Tracy

Tracy Nugent (HSE 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](mailto:Tracy.Nugent@hse.ie)



Connecting For Life

**yourmentalhealth.ie**  
Information | Support | Services

**text about it**

**50808**

For information on training provided by the HSE Regional Suicide Resource Office please visit [www.bookwhen.com/sro](http://www.bookwhen.com/sro)

## FUNDING

### ○ Department of Children, Equality, Disability, Integration and Youth: New Funding Opportunities for Prevention and Early Intervention



The Department of Children, Equality, Disability, Integration and Youth has launched two new funding schemes. **The Learning Together Fund** and the **Children and Youth Digital Solutions' Fund** are part of the Department's '**What Works**' Initiative, which aims to maximise the impact of prevention and early intervention and improve outcomes for children and young people living in Ireland. What Works is supported through the Dormant Accounts Fund.

#### **The Learning Together Fund**

The Learning Together Fund is designed to support community and voluntary organisations, or networks of statutory and non-government organisations, to promote increased understanding and use of evidence informed approaches to prevention and early intervention services for children, young people, and their families. Funded activities should focus on organising or accessing learning, training sessions, workforce development opportunities, while also putting a strong emphasis on future collaborations between peers and disseminating learning to larger audiences, including networks. All applications must have a focus on prevention and early intervention. The Learning Together Fund is open for applications from 9 April until 9AM 10 May 2021.

**[Apply here.](#)**

#### **The Children and Youth Digital Solutions' Fund**

This fund is being provided to find innovative collaborative projects using digital solutions to solve a problem, collect relevant data or scale resources for children, young people, and their families. The Children and Youth Digital Solutions' Fund will open for applications at 2PM on 15 April 2021 on the **[Rethink Ireland](#)** website.

**[Learn more.](#)**

Keep an eye on the **[What Works](#)** website or sign up to the mailing list for more!

## STRATEGIES

### o Wexford Age Friendly Strategy 2022 to 2026 – Have Your Say

Wexford County Council want to hear the voices of people aged 55 and older in the county as we prepare a new Age Friendly Strategy for 2022 to 2026. Older people and groups working with or representing older people are invited to take part in online public consultations to help inform us on the areas which affect their lives. We would like to know what can be done to bring about positive changes for older people in the county over the next 5 years.

The public consultations are taking place by district as follows:

#### Location & Dates

Gorey 11<sup>th</sup> May

Enniscorthy 12<sup>th</sup> May

Wexford 14<sup>th</sup> May

Rosslare 17<sup>th</sup> May

New Ross 18<sup>th</sup> May

There will be 6 Workshops per day each lasting 40 minutes each. Participants can join via MS Teams on their PC or by phoning in.

Feedback is being sought on areas including Outdoor Spaces and Buildings, Transport, Housing, Social Participation, Civic Participation & Employment, Communication & Information, Health Services, Safety & Security.

To book please contact Ann Marie Laffan on [annmarie.laffan@wexfordcoco.ie](mailto:annmarie.laffan@wexfordcoco.ie) or by phone on 053-9196680

