



Wexford CYPSC News and Resources Update

July 22nd 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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TRAINING / WEBINARS

o “Standing out from the crowd: How to effectively market a social enterprise”

Wednesday, 28th July 12 – 1.30pm

Register for your place here:

standingout-socialenterprise-dojdrdpobal.eventbrite.ie

This webinar will focus on how best to market your social enterprise to potential customers. It will explore how your social mission can be the ‘secret sauce’ that unlocks more customers and more contracts for your goods and services.

Attendees will hear from Kris Bryson, Partnership Director at UK Based Social Enterprise 'Wildhearts Group' and how they have become the UK's leading Business-2-Business provider of office supplies.

This Webinar is a joint venture of Department of Justice, Department of Rural and Community Development and Pobal.



Standing out from the Crowd: How to effectively market a social enterprise

 **An Roinn Dlí agus Cirt**
Department of Justice

 **An Roinn Forbartha Tuaithe agus Pobail**
Department of Rural and Community Development

 **pobal**
government supporting communities

○ Free Biodiversity Training for Community Groups



Places available for community group reps e.g. Tidy Towns / Development Groups

Full course details are available [here](#)

To submit an application on behalf of your community group complete the [registration form](#)

Queries to Deborah D'Arcy @ darcyecology@gmail.com

Course content includes:

- Introduction to Biodiversity, Ecosystem services and Habitat mapping
- Practical field study trip to discover and explore selected ecosystem
- Habitat Mapping and identification of biodiversity hot-spots and cold-spots
- Development of Biodiversity Protection Plans



o "Other Options" Information Webinar, July 22nd.

**"OTHER
OPTIONS"**

wexford
local development
Forbairt Áitiúil Loch Garman

INFORMATION WEBINAR
JULY 22ND
10.30AM-12.00PM

Are you at a crossroads in your life?
Do you want to know what is
available to you to continue your
education, retrain or acquire new
skills?

If yes, this Webinar is for you!
We will be discussing what is
available to you locally in Wexford
and online, both part-time and full-
time and what funding is out there.

Come Join Us!
Register for free
Click on the link Below

<https://www.eventbrite.com/e/other-options-tickets-162536528131>

In collaboration with:

SICAP
Social Inclusion & Community Activation Programme

**INSTITUTE OF TECHNOLOGY
CARLOW**
Forbairt Teicneolaíochta Chiarraíoch

wwetb
Wexford Education and Training Board
Forbairt Oideachais agus Oiliúnaíochta
Wexford and Wexford
Education and Training Board

**Wexford & Wexford
Adult Educational
Guidance Service**

o “Starting Big School” : Online Webinar for Parents July 29th

Starting Big School

Free online webinar for families of children starting Primary School in September.

Thursday July 29th
at 10.30 am

Presented by Eimear Collins, Programme Facilitator with the Archways Organisation, a Centre of Excellence for Child and Family programmes

Each attendee will receive a free copy of our booklet "Starting Big School"

Starting Big School is a booklet for parents to help them prepare children for Junior Infants. Produced by Wexford Local Development in collaboration with the County Wexford Education Network, Starting Big School is funded under the SICAP programme and includes:

- ✓ How to prepare your child for 'Big School'
- ✓ What to expect on the first day
- ✓ An overview of what your child will be learning

[Click here to register for this free event](#)

wexford local development
Forbairt Áitiúil Loch Garman

○ Recovery College South East, Kilkenny - Upcoming Summer Online Workshops for July/August 2021

Further information from Recovery College South East, tel. (086) 174 6330, e-mail enrolrecoverycollegesoutheast@gmail.com

See also www.recoverycollegesoutheast.com

We are offering a series of 'stand alone' workshops that deal with specific issues related to maintaining good mental health. The 8 workshops are interrelated yet separate, and allow participants to attend one, more or all of them, depending on your choice and availability. The workshops are aimed around how best to nourish and preserve our own emotional well-being, and nurture positive mental health. There will be learning opportunity in each workshop and some time for participant discussion

Coping with Stress

Venue: ZOOM

Dates: Tuesday 13th July

Times: 11am – 12pm

Being under pressure is a normal part of life. It can help you act, feel more energized and get results. We all experience stress differently in different situations. Stress can affect you both emotionally and physically, and it can affect the way you behave. Being overwhelmed by stress can lead to changes in our behaviors, feelings and mood.

This 60-minute workshop will give you some practical tips for coping with and reducing stress in our day to day living.

Thinking Errors and Mood

Venue: ZOOM

Dates: Tuesday 20th July 2021

Times: 11am – 12pm

We all have thinking errors, all or nothing thinking, over generalizing, filtering out the positive, are but a few examples. These thinking errors impact on our emotions, and can lead to a variety of problems, including communication issues, relationship difficulties, and making unhealthy decisions. The good news about thinking errors is that you have the power to correct them. The key to this is recognising a thinking error while it's happening, and learning how to challenge and replace that thought with a more accurate and real perception of what's really going on?

This 60-minute workshop will show you some practical ways in which to challenge and replace common thinking errors.

Procrastination

Venue: ZOOM

Dates: Monday 10th, 17th and 24th May

Times: 2pm – 4pm

Procrastination is a trap that many of us fall into. Procrastination is the action of delaying or postponing an important task, usually by focusing on less urgent, more enjoyable, and easier activities instead. In fact, 95 percent of us procrastinate to some degree. While it may be comforting to know that you're not alone, it can be sobering to realise just how much it can hold you back.. As with most habits, it is possible to overcome procrastination.

This 60 minute workshop will show you how you can recognise and work out why you are procrastinating and practical ways in which to break the habit of procrastination

Resilience

Venue: ZOOM

Date: Tuesday 3rd August

Time: 11am – 12pm

Resilience gives people the strength to tackle problems head-on, overcome adversity, and move on with their lives. Resilience is something that you can build in yourself. Resilience involves the ability to recover and rebound from challenges and setbacks. Being resilient can be important for helping people deal with a variety of problems and bounce back from life's setbacks and challenges. There are steps that you can take to become more resilient.

This 60-minute workshop will give you some practical tips on how we can become more resilience and cope better with life's challenges.

Compassionate Mind

Venue: ZOOM

Dates: Tuesday 10th August

Times: 11am – 12pm

Compassion focused mindfulness practice specifically looks at cultivating and fostering a kinder, more soothing approach to deal with difficult emotions and self-criticism.

This 60 minute workshop will show you how to cultivate and grow self compassion in your everyday life, to counteract challenging emotions and thoughts.

Dealing with Worry

Venue: ZOOM

Date: Tuesday 17th August

Times: 11am – 12pm

Worry is a normal emotion, everyone worries to some degree. There is no right or wrong amount of worry. However, worry becomes a problem when it gets in the way of you doing what you want to do, affecting your day to day life, takes over and becomes over whelming.

This 60-minute workshop will give you the practical tools to help you manage worries.

10 Keys to Happier Living

Venue: ZOOM

Dates: Tuesday 24th August

Times: 11am – 12pm

” Happiness is not something ready-made, it comes from your own actions” (Dalai Lama)

We all want to lead a happy life; our actions and our choices can affect our happiness.

This 60-minute workshop will look at practical tips in which you can take control of your own wellbeing and happiness, by incorporating the ten keys to happier living into everyday life.

Changing Habits

Venue: ZOOM

Dates: Tuesday 31st August

Times: 11am – 12pm

Have you ever stopped to think about your habits or how they impact your daily life?

While some habits can be detrimental, such as wasting an hour on Twitter when you should be studying, others can be great to have around. Learning to brush your teeth when you were young helps you have good dental health when you are older. However, everyone has some habits they would like to change and by breaking down the cycle of a habit, you can identify what triggers the routine and begin to address what really needs to change.

This 60-minute workshop will help you better understand habit formation and provide you with some practical tips on how to create and maintain beneficial habits

Mary Doran

Recovery College South East

Regards

Mary Doran

Administrator

Recovery College South East

086 1746330

www.recoverycollegesoutheast.com

○ Smart Villages Training



Smart Villages



Free Training this Autumn

Smart Villages are communities in rural areas that use innovative solutions to improve their ability to adapt to change, building on local strengths and opportunities.

It is anticipated that smart villages will be a priority funding area for the next LEADER Programme in 2023. In preparation, Wexford Local Development is offering free training to village development groups on the smart villages concept with expert advice and support to aid the development of smart village plans.

To find out more about the smart villages concept and the free training running this autumn visit [click here](#).

FUNDING

◦ Minister O’Gorman announces 2021 LGBTI+ Community Services Funding Call

Wednesday 7th of July 2021,

- €700,000 will be made available to support community services for LGBTI+ people.
- Funding aims to promote inclusion, protect rights and to improve quality of life and wellbeing for LGBTI+ people in Ireland.
- Grant scheme is open to applications from existing LGBTI+ non-government organisations and community organisations working with LGBTI+ people.

The Minister for Children, Disability, Equality and Integration, Roderic O’Gorman T.D., today announced that applications can now be made for funding from the LGBTI+ Community Services fund. €700,000 is being made available to applicant groups, operating at national, regional and local level, to support community services and promote visibility and inclusion of LGBTI+ people.

The 2021 LGBTI+ Community Services Funding Call is an important element in supporting the implementation of the National LGBTI+ Inclusion Strategy, which was published on 28 November 2019, and complements the National LGBTI+ Youth Strategy published in June 2018.

Announcing the funding, Minister O’Gorman said *“My Department aims to build a safer, fairer, more inclusive Ireland. The National LGBTI+ inclusion strategy is a major step forward for the LGBTI+ community – young and old, urban and rural. The continuation of this funding programme is a clear sign of my Department’s commitment to further improve access to services for LGBTI+ people, irrespective of their age or where they live.”*

Key actions for the Department include maintaining the funding and capacity of LGBTI+ community services, as well as measures to ensure that community development infrastructure more broadly is both inclusive and welcoming to LGBTI+ people.

Additional funding of €700,000 was secured in the Equality budgetary allocation for 2021 to support equality and LGBTI+ initiatives, bringing the total funding available to over €920,000 in 2021.

There are two streams of funding, and applications must be submitted electronically. Applications for funding will remain open until 3pm on Monday 26 July 2021. Groups can access a detailed guidance document and complete an online application form at the following links:

Scheme A –

https://ec.europa.eu/eusurvey/runner/LGBTI_2021_Scheme_A

Scheme B –

https://ec.europa.eu/eusurvey/runner/LGBTI_2021_Scheme_B

CONSULTATION

o Consultation for SWWFRC 2022-2026 Strategy

Dear Friend of SWWFRC ,

I hope this mail finds you well. We would like to let you know that SWWFRC is developing a new strategy which will take us from 2022 through to 2026.

As part of our strategy planning process, we believe it is vitally important to talk with important people in the community like you to gain your views on how SWWFRC works and how it is changing - and, how SWWFRC as an organisation can best progress the needs of our community.

You are now invited as a user of our services to take part in our community survey and for your participation we are grateful.

We are asking that you complete the survey at the attached link.

<https://www.surveymonkey.com/r/SWWFRC SURVEY> .

This will take approximately 10 minutes to complete.

I would like to sincerely express my appreciation in advance for your assistance in this very important step that we are now seeking to take.

Kind regards,

Sharon Kennedy | Company Manager

South West Wexford Family Resource Centre

The Ramsgrange Centre, Ramsgrange , New Ross, Wexford , Ireland

EIRCODE: Y34DP26

Tel: 0876594460/ 051-389418 | E:manager@swwfrc.ie | Web: www.swwfrc.ie



COVID 19 COMMUNICATIONS

o Covid 19 Stakeholders - Partner pack

Dear Colleagues,

We hope this message finds you well.

Thank you for your continuing support in helping to share information about COVID-19. Below are some communications updates for you. This week, we would particularly appreciate your help in sharing our communications updates on vaccination for people aged 18-29.

Public Health Measures

You can [find information here](#) about the public health measures in place.

COVID-19 Vaccination Programme

Nearly 5 million vaccines have been administered in Ireland so far and 59% of adults are fully vaccinated. Over 73% of adults have received at least one dose. We are grateful to all of our colleagues and partners, and to the public, for taking part and making this happen.

For updates and information on the vaccination programme please visit www.hse.ie/rollout.

Vaccine registration opens for people aged 25-29

Online registration for everyone aged 25-29 opens Friday 16th July. People in this age group can all register from this date, and will be offered a vaccine appointment at a HSE vaccination centre within 3 weeks of registering. People aged 18-24 will be invited to register online next.

Vaccine options for people in this age group

People aged 18 to 34 may have a choice between 2 types of vaccine, both types will protect from severe illness from COVID-19.

- the [Pfizer/BioNTech COVID-19 vaccine](#) or [Moderna COVID-19 vaccine](#). These mRNA vaccines are the recommended and preferred option for people under the age of 50. People aged 25-29 will be offered an appointment for one of these vaccines within 3 weeks of registering online.

- the [Janssen COVID-19 vaccine](#) or [AstraZeneca COVID-19 vaccine](#). These viral vector vaccines have been associated with a rare side effect of unusual blood clots, which is more common in people under 50.

When registering online, people can indicate that they are happy to opt for a viral vector vaccine. This may mean they can be vaccinated sooner, all depending on vaccine supplies. The appointment text will let people know which vaccine is being offered.

People aged 18-34 can also choose to get a Janssen vaccine at a participating pharmacy, depending on supplies. If people in this age group are already registered with a pharmacy for a Janssen vaccine, they can now register on [HSE.ie](#) for an mRNA vaccine.

[Read information to help you decide which vaccine is best for you.](#)

[Watch HSE Chief Clinical Officer, Dr Colm Henry speak to people aged 18 to 34 years about their COVID-19 vaccine choices.](#)

Registration for people aged 30 to 69

People aged 30 to 69 who have not already registered for their vaccine can still register online.

[Register online to get a COVID-19 vaccine.](#)

[Read the user guide for help with registering online.](#)

If you cannot register online, you can [call the COVID-19 helpline](#) at Freephone: 1800 700 700 to register by phone.

AstraZeneca second dose vaccination

If you received a first dose of the AstraZeneca COVID-19 vaccine, you should get your second dose 4 to 12 weeks after your first dose. If it is almost 12 weeks since your first dose and you have not received an appointment for the second dose yet, please contact HSELive on Freephone **1800 700 700**. People aged 60-69 should all receive their second dose by the end of this week, Sunday July 18th.

Correction and clarification: Attending vaccination centres with children

Please note this is a correction of information which was included in the Partner Pack update of July 2nd. We apologise for any inconvenience this may have caused.

We ask that you don't bring children with you for your vaccination appointment. Please ask someone to help care for children while you are at your appointment.

You can also call HSELive on **1800 700 700** to arrange an appointment time when you can attend without children.

If you have no childcare options, your child will need to stay with you at all times while you are at the vaccination centre. When you arrive for your appointment, we will ask you to fill in a form giving contact details for a nominated adult who can take care of your child in case of any emergency.

Please help support COVID vaccines #ForUsAll by adding a #Twibbon to your social media

Why get the COVID-19 vaccine? Get it for yourself, your family, your friends and #ForUsAll

You can now download a Twibbon to use on your social media profile to show your support for COVID-19 vaccines. There are two Twibbons to choose from:

<https://twibbon.com/support/covid-vaccines-forusall-a>

<https://twibbon.com/support/covid-vaccines-forusall-b/twitter>

After you have been fully vaccinated against COVID-19, you are vaccine protected

When your vaccine has had time to work, you can do some things that were not recommended before you were vaccinated. You can [find more information here](#).

EU Digital COVID Certificate

From this week, people who have been fully vaccinated will receive their EU Digital COVID Certificate. The certificate is proof (in digital or paper format) that you have either:

- been vaccinated against COVID-19 **or**
- received a negative COVID-19 test result **or**
- recovered from COVID-19 in the last 6 months

If you have queries in relation to this certificate or international travel in general, you can:

- [visit the government website](#)
- [get travel advice to help you make an informed decision](#)
- [access travel advice and information on measures in place across the EU](#)

The emergency helpline number for the Digital COVID Certificate is: 1800 851 504

Where to find COVID-19 Vaccination Information

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check <https://www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/> for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at <https://www.hse.ie/eng/services/covid-19-resources-and-translations/covid-19-vaccine-materials/>
- Details on getting the COVID-19 vaccine is updated regularly [here](#)
- Details on COVID-19 vaccines administered are available [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

COVID-19 Testing - Online Booking System

We have a COVID-19 test online booking system for some testing centres. [To book a test, log on to our system here](#). You can also show up without an appointment, but you may not have to wait as long if you book online.

Full details of [how to get tested are available here](#).

HSE Cyber Security Incident Update

While good progress has been made in restoring some of our systems, services around the country are continuing to see significant impacts and disruptions to services. Healthlink, which provides an interface between the HSE and the GP community, has had functionality restored and GPs can now send information to the HSE on their vaccination progress, and other important services.

Visit the [HSE website service updates page](#) for regular updates about service changes and follow our updates in the news and on HSE social media channels.

Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/conditions/covid19/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>. Clinical and professional guidance relating to COVID-19 is available on <https://www.hpsc.ie/> where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check [here](#) for the most up to date partner resources for COVID-19.

You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).

Ireland's COVID-19 Data Hub is [available here](#).

Many thanks and best wishes,



An Roinn Sláinte
Department of Health