

## Wexford CYPSC News and Resources Update

March 25th 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/).

## **CONTENTS**

### **Parenting;**

P.3 : Healthy Ireland at Your Library : Talks for Parents and Guardians

P.4 : Public consultation on the development of a national model of parenting support services

### **Webinars;**

P.5 : HSE Health and Wellbeing Positive Psychology and Happiness webinar on Wednesday 31<sup>st</sup> March at 2pm.

P.6 : Registration open for webinar "Trauma & Recovery: An Introduction to the Journey"

P.7 : "Wexford Welcomes" Online Fundraising Event

### **Funding;**

P.9 : HSE for National Lottery Funding Grants.

P.10 : Reimagine Place-Making Programme – Open for Applications.

P.11 The Ireland Funds : The Heart of the Community Fund

### **Suicide Bereavement Support;**

P.12 : Launch of "You Are Not Alone" Support Guide for people bereaved by suicide.

### **Grow It Forward;**

P.13 : Grow It Forward 2021 Digital Toolkit

P.14 : #GrowItForward Wexford Social Media

### **Other Information;**

P. 15 : Womens Aid Helpline

P. 19 : The COVID Word Campaign

## PARENTING SUPPORT

### Healthy Ireland at Your Library : Talks for Parents and Guardians



As part of the “Healthy Ireland at Your Library” series, Peadar Maxwell, Senior Psychologist with the HSE gives two talks.

- **Talk 1** is aimed at supporting for parents and guardians of adolescents.
- **Talk 2** is aimed at supporting parents and guardians of young children.

The talks are available to view on YouTube and can be accessed at the following links;

<https://youtu.be/amsAtzCVvVI> Advice and Information for Parents and Carers of Adolescents

<https://youtu.be/Ey1dx48rNI8> Advice and information for Parents and Carers of Young Children

The videos are also available to view on the “Resources” page of Wexford CYPSC website at <http://www.wexfordcypsc.ie/resources>.



- **Public consultation on the development of a national model of parenting support services**



Good afternoon,

A collaborative working group set up by the Department of Children, Equality, Disability, Integration and Youth is currently developing a national model of parenting support services.

Parenting support is the provision of information and services aimed at strengthening parents' knowledge, confidence and skills to help achieve the best outcomes for children and their families

Parenting supports include parenting programmes, information sessions, one-to-one advice and support, group-based supports, parent mentoring, home visiting programmes, drop-in advice clinics, support helplines and online parenting supports

As part of this work the group would like to hear from a wide range of stakeholders with an interest in parenting supports. This includes parents, providers of parenting supports and others working with children and families.

The aim of this consultation is to gather thoughts and ideas on improving the development and delivery of parenting support services for all parents. For more information on the work to develop a national model of parenting support services please [click here](#).

Please note that wider family-focused policies and supports such as financial supports, educational supports, housing, mental health services and children's services are outside the scope of this consultation.

The consultation is available on EU Survey and submissions will be accepted up to the 16<sup>th</sup> of April. Please [click here to participate](#).

Please share details of the consultation with anyone you think may be interested in contributing.

Kind Regards,

Parenting Support Policy Unit

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**An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige**

Dept. of Children, Equality, Disability, Integration & Youth

Bloc 1, Plaza Míseach, 50-58 Sráid Bhagóid Íochtarach, Baile Átha Cliath 2. D02 XW14, Freepost F5055

Block 1, Miesian Plaza, 50-58 Baggot Street Lower, Dublin 2. D02 XW14, Freepost F5055

## WEBINARS

### ● HSE Health and Wellbeing Positive Psychology and Happiness webinar on Wednesday 31<sup>st</sup> March at 2pm.



As we continue to adapt our lifestyles to deal with COVID-19 and face difficult challenges HSE Health and Wellbeing are taking the opportunity to share some tips on how to build happiness into your life using positive psychology. Positive psychology focuses on the positive events and influences in life. [Register Here](#)

Building on our focus of Minding your Wellbeing guest speaker Paula King, Psychologist will

- Discuss the importance of creating meaning in our lives and living a life of purpose
- Look at the studies carried out on optimists and pessimists and creating hope in our todays and our tomorrows
- Explore the concept of compassion in particular self-compassion
- Look at creating a personal 'Happiness Life Guide'

A new video-based mental wellbeing programme called Minding Your Wellbeing is now freely accessible. [HERE](#) This programme aims to provide simple tools and guidance to develop and maintain a positive outlook by looking after our mental health and wellbeing. Brought to you by HSE Health and Wellbeing, this evidence-based programme provides a unique opportunity for people to learn more about mindfulness, gratitude, self-care and resilience.

● **Registration open for webinar "Trauma & Recovery: An Introduction to the Journey"**



Hello all,

I hope you are keeping well this week.

We are delighted to announce that registration is open for our latest coproduced webinar.

In October 2020 Mental Health Ireland and partners coproduced the 'Sharing the Vision – Translating Policy into Practice' webinar in celebration of World Mental Health Day. Feedback from those who attended on the day expressed a clear interest in trauma, trauma-informed care, and healing from trauma.

With this in mind, and with 'Trauma-informed' as one of the four Service Delivery Principles of the Department of Health's *Sharing the Vision: A Mental Health Policy for Everyone, 2020*, Mental Health Ireland and partners from organisations across Ireland including UCC, Mayo Recovery College, Galway Recovery College, the Office of Mental Health, Engagement & Recovery, Carmha Ireland, and others have come together to coproduce an event to begin to explore trauma, recovery, and the journeys we travel with them.

We are delighted to have special guests Dr. Tony Bates, Dr. Sharon Lambert, Billy Clarke, Dominika Stoppa, Dr. Marie Oppeboen, and John Saunders presenting at the webinar.

The theme will be explored through keynotes, personal narratives, art, music, poetry, and a panel with a Q&A.

Registration via Eventbrite: <https://www.eventbrite.ie/e/trauma-recovery-an-introduction-to-the-journey-webinar-registration-145492609311>



## ● “Wexford Welcomes” Online Fundraising Event

The poster is for a 'Lunch and Learn' event. It features a pink background with white and yellow text. On the right, there are four portrait photos of speakers: Kevin O'Leary (Irish Red Cross), Mercedes Hoad Moussa (Wexford Welcomes), Mick Wallace (Member of the European Parliament), and Susan MCMONAGLE (UNHCR the UN Refugee Agency). The event title 'LUNCH AND LEARN' is in large white letters. Below it, the subtitle 'An introduction to refugee community sponsorship in Ireland' is in yellow. At the bottom left, there are two bullet points: '+ Donations to Wexford Welcomes GoFundMe' and '+ Event registration at eventbrite.com'. At the bottom right, the date and time 'THU 25 MARCH 2021, 12:30' are in large white letters. At the very bottom, the slogan 'Support a family unable to return home' is in yellow.

**WEXFORD WELCOMES ONLINE FUNDRAISING EVENT**

# LUNCH AND LEARN

An introduction to refugee community sponsorship in Ireland

- + Donations to Wexford Welcomes GoFundMe
- + Event registration at eventbrite.com

**THU 25 MARCH 2021, 12:30**

Support a family unable to return home

**KEVIN O'LEARY**  
IRISH RED CROSS

**MERCEDES HOAD MOUSSA**  
WEXFORD WELCOMES

**MICK WALLACE**  
MEMBER OF THE EUROPEAN PARLIAMENT

**SUSAN MCMONAGLE**  
UNHCR the UN Refugee Agency

WLD is working with a new group called Wexford Welcomes to initiate a Community Sponsorship Programme in Co. Wexford. This is where a local community undertakes to sponsor & resettle a family who are stranded in a refugee camp. The programme was launched in 2019 by the Department of Justice. <http://www.justice.ie/en/JELR/Pages/PR19000282>

Wexford Welcomes, a local community refugee sponsorship group supported by WLD, is hosting an online fundraising 'Lunch & Learn' event this Thu, 25 March (on Zoom) with some fab speakers discussing Community Sponsorship in Ireland. An opportunity to learn about a model of refugee resettlement relatively new to Ireland, but long-established abroad.

This month marks the tenth year of war in Syria, and the group's commitment to support a family (currently stranded in a refugee camp) to build a decent life in Ireland has not wavered. But they need you! Please... register, donate, share, get involved.

The fantastic line-up of speakers will address:

- \* Remembering our commitment to refugees: Mick Wallace - European Parliament member
- \* Resettlement processes and the global perspective: UNHCR
- \* Community Sponsorship of refugees in Ireland and the role of the Red Cross as Regional Support Organisation: Red Cross
- \* Refugee resettlement and integration in County Wexford: Wexford Welcomes

Suggested **donation** of €10.00 per registration.

Wexford Welcomes commits to providing intensive resettlement support to a family upon arrival in Ireland in all areas of Irish life, including securing housing, education/schooling, English language, health and social life.

**Link to Event:**

<https://www.eventbrite.com/e/lunch-learn-wexford-welcomes-online-fundraising-event-tickets-146403409539?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&aff=escb&utm-source=cp&utm-term=listing&fbclid=IwAR1C7ylj7UvTrjdGV4Werd8-Vri1QhfMw1iS78lbtBtyZfozD90oTdpPd0U>



## **FUNDING**

● **Applications are now being invited by the HSE for National Lottery Funding Grants.**



This funding is distributed by the HSE each year to community based groups and voluntary organisations under the Respite Care Grant Scheme and the National Lottery Grant Scheme.

Groups and organisations involved in the provision of Health and Personal Social Services can apply for once off funding of between €500 and €10,000 for suitable projects. Note that public bodies including the HSE are not eligible to apply for this funding.

The HSE has advertised in newspapers for applications and you may wish to share this notification among your professional or local networks.

All of the information required, including the application form, is available on [www.hse.ie/lotterygrants](http://www.hse.ie/lotterygrants).

Closing Date for Applications is 12 noon on Friday 16th April 2021. Applicants will be advised as to the outcome of their application by 30th July 2021.

- **Reimagine Placemaking Programme – Open for Applications.**



2021 Programme, Announcement, Open Call, Placemaking,  
Public realm, Reimagine

# Reimagine: Call for Projects .

11.03.21

The Irish Architecture Foundation has launched an open call for communities around Ireland to apply to their Reimagine Place making Programme. Open to applications from Voluntary & Community organisations, non-profits, Cultural organisations, Local Authorities, Public bodies, but not limited to same. Project groups should have a demonstrated link to the location of the project. Closing date is Friday 16<sup>th</sup> May and there is more information here: <https://reimagineplace.ie/news/reimagine-call-for-projects/>

## ●The Ireland Funds : The Heart of the Community Fund



The Ireland Funds is a global philanthropic organisation which supports not-for-profits and charities across the island of Ireland. Our new open grants call, the Heart of the Community Fund is aimed at smaller organisations meeting direct needs in their local communities. It will provide critical and timely funding to a wide range of not-for-profit and community organisations across the Republic of Ireland and Northern Ireland. It is open to organisations with an income of under € /£500,000.

The Heart of the Community Fund launched on Thursday 18th March and will be open for online applications. Attached is a brochure of the Heart of the Community Fund which contains an initial overview of the Fund- additional information for organisations interested in applying is accessible on our website: <https://irelandfunds.org/grants/> The closing date for the fund is the 8th of April at 3pm.

## **SUICIDE BEREAVEMENT SUPPORT**

- **Launch of “You Are Not Alone” Support Guide for people bereaved by suicide.**



The webinar of the recent Suicide Bereavement Support Guide launch, can be accessed by visiting <https://youtu.be/zhmfnUsyBqk>.

The Suicide Resource Guide is available to view / download on the Resources section of Wexford CYPSC website at <http://www.wexfordcypsc.ie/resources>.

## GROW IT FORWARD

### ● Grow It Forward 2021 Digital Toolkit



Hello Ambassadors and Partners,

The time has almost come to launch the next part of the Keep Well programme - Grow It Forward 2021 ! We want Tuesday the 23<sup>rd</sup> of March to be a celebration on social and would love you to join in. At the WeTransfer link below, you will find the complete digital toolkit with all of the assets and social posts to get our campaign going online. Feel free to edit and work with the various assets as you see fit.

<https://we.tl/t-HqPCLVcVFk>

Please join us in announcing the launch of the campaign at **10am, Tuesday March 23<sup>rd</sup>**, making sure to use #GrowItForward and #KeepWell. We will be sharing the following post across our channels and hope that you will do the same in whatever way best suits you and your audience.

*"Join in and #GrowItForward. Together with @LibrariesIre, @HealthyIreland, @LGMAIreland we will send 50k free seed packs to people across Ireland, asking them to share their seeds, seedlings or produce with 10 people. Register here <https://bit.ly/3twwQuz> #KeepWell"*

A couple of other important notes:

- While seed packs may not arrive to your library by the 23<sup>rd</sup>, please encourage people to contact their local library anyway to share contact details for when the packs are ready to be sent on.
- The campaign landing page is now live but will be updated with registration forms added on Monday.
- The two GIY books, Grow Cook Eat and the Know-it-Almanac will be available as e-books at the time of launch, pending the last step with BorrowBox going smoothly.
- We will be kicking off a Grow it Forward media partnership with Today FM's Weekend Breakfast Show with Alison Curtis starting Saturday March 27<sup>th</sup>, pending final confirmation next week.
- The press release is included in the toolkit, but please note that it will not be issued until launch day, Tuesday March 23<sup>rd</sup>. Please feel free to reach out to local media contacts but refrain from any national contacts as our PR consultant will be leading the way there.

Thank you all so much for your hard work and support so far - now let's make Grow It Forward a huge success! Laura Molloy, Digital Marketing GIY Ireland

## **#GrowItForward Wexford Social Media**

The #GrowItForward initiative launches today as part of the KeepWell campaign. Read more about it here <https://giy.ie/growitforward/>

You are asked to please spread the word and share on social media. It may be easier to share Healthy Wexford posts which include the links, hashtags and affiliated partners :

Twitter - <https://twitter.com/HealthyWexford/status/1374312912387461127>

Facebook - <https://www.facebook.com/HealthyWexford/posts/256878596099864?>

- **Women's Aid: 24hr National Freephone Helpline 1800 341 900**



**For details of the services during Covid19 National Emergency  
visit [www.womensaid.ie/services](http://www.womensaid.ie/services)**

The Women's Aid 24hr National Freephone Helpline offers confidential information, support and understanding to women in the Republic of Ireland, who are being abused by current or former boyfriends, partners or husbands.

The service also supports family members, friends, and professionals who have concerns about a person, they know or are working with, who might be experiencing domestic violence and abuse. The Helpline provides support to callers where English is not their first language, through our **Language Line facility (operational daily, 8am-8pm)** and for women who are deaf or hard of hearing through its **Text Service facility (operational daily, 8am-8pm)**.

The Helpline aims to empower women to identify what is happening for them within their relationship and support them to stay safe and support the safety of any children living within the relationship. The Helpline aims to at all times ensure that the responsibility for the abuse is placed firmly with the perpetrator of the abuse and not with the woman.

The Helpline also acts as a referral to the Women's Aid **One to One Support Service** and **Court Accompaniment Service, local domestic violence refuges and support services**, legal aid and other agencies, both statutory and voluntary, which are helpful to women experiencing abuse within a relationship.

The Helpline team also run the National Helpline Instant Messaging Support Service (IMSS). **Visit here for more information.**

#### **Helpline standards**

1. Women's Aid aims to respond to all calls in a non-judgemental way.
2. Women's Aid aims to respond to 70% of calls received within 20 seconds during opening hours.
3. Women's Aid aims to respond to requests for interpreters within 3 minutes.
4. Women's Aid aims to respond to all emails within 3 working days.

#### **Making the first Helpline call**

- We understand how daunting it can be to pick up the phone and tell someone about what is happening to you. Many initial calls to our Helpline are silent. Women have



told us later that they were too afraid and ashamed to speak to anyone, not even to family and friends.

- We will give you time to speak and will understand if you cannot speak today.
- The confidential and anonymous nature of the Women's Aid Helpline provides a safe, non-judgemental space for you to talk about your experiences.

If you, or someone you know, is afraid of someone who is close to you, you can call us on 1800 341 900, 24 hours a day, seven days a week.

### **Who can call the Helpline?**

- Women who are experiencing, or who have experienced, domestic violence.
- Friends and family seeking to support women and children who are experiencing, or who have experienced, domestic violence.
- Professionals supporting women and children who are experiencing, or who have experienced, domestic violence.

### **When is it open?**

- The Helpline operates 24 hours a day, seven days a week.

### **Is it free?**

- Yes. It is a National Freephone Helpline. You will not be charged for your call from a landline.
- You should not be charged for your call from a mobile phone.
- However, if you find that you are being charged when calling the Helpline from a mobile phone, you can notify the Women's Aid support worker who answers your call, and they will call you right back if this is safe for you.
- Then you can call your mobile service provider's customer service number to request that these charges are taken off, and that you are no longer charged for 1800 numbers.
- At times, new phones come with an automatic block on 1800 numbers. If you find you are blocked, then call your mobile provider's customer service number and ask to have the block removed, which they should be able to do straight away.

### **Will the Helpline number show up on my bill?**

- It will not appear on your Eir phone bill. However, please check with your home or mobile service provider (O2, Vodafone, etc.) to make sure. We cannot guarantee that the number will not appear. The number may also appear in the call log of your mobile phone. Read more about phone safety [here](#).

### Who will answer my call?

- The Helpline is staffed by professional and well trained staff and volunteers. The Helpline is staffed by women at all times.

### What kind of support is given by the Helpline?

- Helpline workers will listen to you, believe you and support you. We will not judge you. We will not tell you what to do. Your safety is our main concern.
- Women's Aid believes that you are the best judge of your safety. Helpline workers will talk through your options with you.
- Helpline workers can refer you to a local domestic violence support service or women's refuge. We can also provide you with a range of information on finance, housing, children, court orders and social welfare.

### How often can I ring?

- Sometimes one call is enough but many women receive ongoing support from our Helpline.

### What happens if the phone is not answered?

- If you ring and cannot get through it is because our support workers are currently taking calls from other women. Please keep trying. You will get through.
- If you find the Helpline is busy when you call, there is an option for you to leave a voice message with your name and contact number. Please only leave your contact details if it is safe to receive a call from us. We will call you back and the number will show up as a 'private number'.

### What kind of response is given to emails?

- You can email the Women's Aid Helpline at **helpline@womensaid.ie** for basic information. However, Women's Aid cannot provide support via email. We will endeavour to respond to your email within three working days.
- Please note that we do not open attachments to emails.
- Women's Aid offers a confidential service for women seeking help and support. This means that when you call or email us you do not have to give any identifying information such as name, address or telephone number. However, if you do give us identifying information and we are concerned that a child is at risk, we will have to pass on that information to the appropriate agencies, as we operate within Children First. Click **here** for our service users policies on confidentiality and complaints.

- We recommend that you call the National Freephone Helpline on 1800 341 900, which is open 24 hours a day, seven days a week, for support and information.

#### **What is the Instant Messaging Support Service?**

- The National Helpline Instant Messaging Support Service where you can chat with our specialist Helpline support workers online and in confidence. Click on the **Need Help? icon** on the bottom right hand side of our website or **visit here for more information**.

## THE COVID WORD CAMPAIGN

Wednesday, 24th February 2021

A social media campaign created in collaboration with young people from Sligo, Leitrim and South Dublin and in a partnership between Foróige and Children and Young People's Services Committees.

CYPSC and Foróige launch #The COVID Word Online Campaign.



No two Covid-19 lived experiences are the same; we all have to navigate in uncharted emotional terrain - without a compass. In this uncertainty, it helps simply knowing you're not alone.

There is immense power in peer community support - to cope through tough times, and make good times even brighter.

While young people need our support, they also possess their own hopeful power and wisdom. As experts in their own lives this campaign uncovers and shares their thoughts and ideas.

Through youth voices, this campaign **by young people for young people** helps acknowledge and manage losses while recognising personal power to live well through current circumstances and boost individual and collective resilience in 2021.

The messages delivered through this campaign and the look and feel of the campaign were developed by Ireland's young people during workshops carried out by Foróige youth workers on behalf of South Dublin CYPSC and Sligo Leitrim CYPSC. The campaign will run for 5 weeks from 24<sup>th</sup> February to 24<sup>th</sup> March on TikTok, Twitter, Instagram and Facebook.

We invite all to share, like and re-share the campaign and spread the message of youthful resilience.

See [here](#) for a list of assets that can be shared.

Visit your county CYPSC website to see details of Mental Health and Wellbeing supports.

#THECOVIDWORD CAMPAIGN is funded by the Department of Children, Equality, Disability, Integration and Youth through the Children and Young People's Services Committees initiative.

