



Wexford CYPSC News and Resources Update

March 4th 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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PARENT SUPPORTS & INFO

► Free online talks for parents – supporting your children’s and teenagers mental health during the Covid



John Sharry is a Social Worker and Child and Family Psychotherapist with almost 30 years experience working with individuals, families and organisations. He is an author of thirteen books on parenting and positive psychology, and is the co-developer of the Parents Plus Programmes. He will be giving two free online workshops in the coming weeks. The workshops focus on two age groups of children – one for parents of 0-12 year olds and one for parents of 13-18 year olds. During the talks, he will provide some practical principles on how you can cultivate your children and teenagers well-being and resilience in the face of the Covid-19 crisis.

Supporting your Child’s Mental Health during the Covid crisis

A free workshop with John Sharry for parents of children aged 2 to 12 years

Monday 8th March 2021 (7-8pm online via Zoom)

Supporting your Teenager’s Mental Health during the Covid crisis

A free workshop with John Sharry for parents of children aged 13 to 18 years

Monday 15th March 2021 (7-8pm online via Zoom)

For more information see : <https://www.solutiontalk.ie/home/talks-courses/>.

► Early Childhood Ireland



Early Childhood Ireland is the largest organisation in the early years sector. It has a range of resources available for parents including;

- Nursery Rhymes
- Going to Preschool Leaflet
- Going to Primary School Leaflet
- Literacy and Numeracy Tips
- Parents Guide to Síolta and Aistear
- Internet Safety

These resources can be accessed on the Early Childhood Ireland website [here](#)

MENTAL HEALTH

► **Women’s Mental Health and Covid-19 : Opportunities for Change and Advocacy”.**



We are delighted to announce that the will hold a webinar ‘**Women’s Mental Health and Covid-19: Opportunities for Change and Advocacy**’ on Friday, 12th March, 2.00-3.30pm.



We hope to explore some of what is known at present about the gendered impacts and implications of the pandemic one year on, with a particular focus on women in later life, women experiencing mental health difficulties, and pertinent social determinants of mental health.

Joining the event will be:

- **Dr Clíona Ni Cheallaigh** - COVID19 Women's Voices, Consultant in General Medicine and Infectious Diseases, and Clinical Lead for Inclusion Health research at St James's Hospital

- **Dr Mark Ward** - Research Fellow, The Irish Longitudinal Study on Ageing (TILDA) at Trinity College Dublin
- **Fiona Coyle** - CEO, Mental Health Reform

We would hope that this session spotlights for attendees the gender inequalities that have arisen and been exacerbated by the pandemic and, most importantly, opportunities for social change, advocacy, and action as we move towards the recovery phase of the pandemic.

[Click here to register for this webinar](#)

kindest regards,
Mary, Louise, and Elaine
Women's Mental Health Network

► Trauma Workshops for Frontline Workers



Trauma Workshop

For Frontline Workers

Trauma is a word that is often used in our society. This workshop will explore the different meanings of the word “trauma” such as post traumatic stress, childhood trauma, complex trauma and simple trauma.

It will help participants to understand the possible influences that trauma may have had in the lives of their clients, patients, students and colleagues. These influences may range from addiction to psychosis to personality difficulties and more. Participants will learn how to better understand and respond to their clients.

Through interaction and discussion, participants may come to understand some of their own trauma and how it affects their interactions, not only with their clients or patients but also with their peers and general society.

While there will be plenty of opportunity for discussion and sharing, there is no expectation for anyone to share anything that may cause distress.

Workshop Date;

- Friday March 12th

Training will take place over Zoom

For more information or to register for this training, contact atholhenwick@gmail.com.

A Certificate of Attendance will be provided for participants. Places will be allocated per organisation to ensure that there is a diverse range of participants.

Presenters are Athol Henwick and John Mc Loughlin.



The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs*

► **Irish Hospice Foundation : 2021 Online Workshops on Loss and Bereavement**



We are now accepting bookings for the 2021 series of Workshops on Loss and Bereavement which will be delivered online via Zoom from January - June. Details and booking process can be found on the following link <https://hospicefoundation.ie/education-training/bereavement-training/workshops/>

This is a series of introductory workshops. They are targeted at professionals and volunteers who may wish to learn more about loss and bereavement and for those working with people who have experienced a major loss.

Please note bookings and payment for the workshops can only be made by using the following link to Eventbrite <https://www.eventbrite.ie/o/irish-hospice-foundation-31883804183>

For queries please contact: Iris Murray, Administrator, Irish Hospice Foundation
Email: iris.murray@hospicefoundation.ie



► National Suicide Bereavement Support Guide

The official launch of the **HSE National Suicide Bereavement Support Guide** takes place on **Thursday, March 11th from 2pm to 3pm.**

This guide was an output of work from the [Improving Suicide Bereavement Supports in Ireland report](#) which consisted of 10 key recommended actions, one of which was the development of a “*standardised suicide bereavement resource guide with accurate, relevant, up-to-date and consistent information for individuals and families that have lost a loved one to suicide or suspected suicide.*”

This guide will be the cornerstone of Level 1 bereavement support and will be available in hard copy and online.

Developed by a working group consisting of HSE Resource Officers for Suicide Prevention and individuals bereaved by suicide, the launch of the guide will be attended by Mary Butler TD, Minister of State for Mental Health and Older People and will feature contributions from some members of the working group.

The event registration link is https://ims.zoom.us/webinar/register/WN_Dv4NQ9K5TN-rBgAmGcNxDQ and I really hope you can all attend.

Note: This online event will be recorded, primarily to circulate to stakeholders who could/did not attend. Time permitting, some questions will be taken (via the Q&A facility) for panellists to answer verbally.



For information on training provided by the HSE Regional Suicide Resource Office please visit www.bookwhen.com/sro

ONLINE WEBINARS / TALKS

► Wexford Public Library Service : “Wellness Mind” Online Talk



Presented by Dr Aoife Quinn on Friday 12th March, 7.00pm

Wexford Public Library Service is delighted to host this online Zoom event in association with Pegasus Consulting

Are you feeling stressed and a little overwhelmed? Take some time out and join the “Wellness Mind” informal and interactive talk on how to keep your mind healthy during a pandemic. As part of the talk you will learn to identify stress and Covid-related worries as well as gain advice and tips on how to relax, de-stress and cope with the difficulties associated with being apart from loved ones and working from home.

Dr Aoife Quinn completed a BA in Psychology at Maynooth University followed by a PhD at the School of Psychology, University College Dublin. A member of the City Colleges faculty, Aoife teaches the Sport and Exercise Psychology, Counselling Psychology and Addiction Studies diplomas. Aoife is also a psychology tutor with Dublin City University. She runs a private psychology practice in South Dublin and sees clients from a range of settings including sport and the corporate world.

**This online talk will be delivered via Zoom on
Friday, March 12th at 7.00pm.**

To book email: libraryhq@wexfordcoco.ie

You will receive your Zoom link and details, prior to the event.

► Wexford Public Library Service : “Working From Home” Online Talk



Presented by Colette O'Flynn on Wednesday 24th March, 7.00pm.

Wexford Public Library Service is delighted to host this online Zoom event in association with Pegasus Consulting

Join Colette O'Flynn who will discuss the following issues:

- **Workplace ergonomics – setting up your home desk for the first time**
- **Good posture while standing, sitting or working**
- **Staying fit, eating well and essential vitamins**

There are many benefits to remote working – more flexibility, less commuting, lower costs, more time at home, and a greater choice in where and when we work. But there are negatives too. Many people now work longer hours than they did in an office. Others struggle with finding space and quiet to work, managing their time, switching off and social isolation.

Colette O'Flynn, B. Physio, M.I.S.C.P., Lic. Ac., is a chartered physiotherapist, a licensed acupuncturist and a pilates instructor. Her work features regularly on RTE television, online, and in newspapers and magazines. She works with prestigious companies, including ESB, Irish Life, SureSkills & Cooney Carey, and has a long list of celebrity clients, from TV presenters to novelists, Olympians to Oscar winners.

This online talk will be delivered via Zoom on Wednesday, March 24th at 7.00pm.

To book email: libraryhq@wexfordcoco.ie

You will receive your Zoom link and details, prior to the event.

► International Women’s Day March 8th 2021



International Womens Day is a global day celebrating the social, economic, cultural and political achievements of women. The campaign theme for 2021 is “choose to challenge”.

Some of the events planned for this years IWD are;

- Launch of “Women Doing Politics Differently” : March 4th
- “Shine” festival : March 8th
- “The importance of women in Leadership, Activism and Her Mental Health Journey” with Síona Cahill, a social change activist and campaigner.

For full details of all events planned to celebrate International Womens Day see : [link](#)

CONSULTATION

► **All-Island Physical Literacy Consensus Statement Consultation Survey**

The All-Island Physical Literacy Consensus Statement is a public policy co-ordinated by Sport Ireland and Sport Northern Ireland, which includes a definition and explanation of physical literacy. The Statement aims to promote a knowledge and understanding of physical literacy across the island of Ireland. This public consultation survey is aims to gain insight into the views on the Consensus Statement from all those working in related sectors and from the general population while also obtaining endorsement by a range of individuals and organisations representing multiple sectors. The survey will take between 10 and 12 mins to complete.

We hope you can find the time to complete this survey yourself and to share this email to colleagues and friends within your network.

This survey is accessed via this link <https://www.surveymonkey.co.uk/r/AIPL2021>

The survey is open from 8th-21st March 2021 inclusive

Thanking you for your input and co-operation

Sinead Connolly

Principle Investigator on behalf of the research team

(Prof Marie Murphy, Dr Sarah Jane Belton, Dr Elaine Murtagh, Dr Wesley O'Brien, Dr Kyle Ferguson, Dr Hannah Goss)

COVID-19



For full details of Level 5 and forthcoming changes to school and childcare see :
<https://www.gov.ie/en/publication/2dc71-level-5/>.