



Wexford CYPSC News and Resources Update

October 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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Adult Resilience 'Strong not Tough' Virtual Training 11th & 12th November 2021

Dear Manager/ Co-ordinator, HSE Health Promotion & Improvement, South East Community Health (SECH) are inviting applications for Adult Resilience Certified Facilitator Training. This training is offered over two mornings from 10am-1pm through Zoom. We are offering our final training for this year on 11th & 12th November 2021 and it is necessary to attend both days.

It should be noted that the programme can only be delivered with two trained facilitators and therefore consideration needs to be given to nominating two staff for this training or alternatively partnering with another trained facilitator outside your organisation. Please see application form attached.

Why the FRIENDS programme? FRIENDS is the world's leading programme for fighting childhood anxiety and building resilience to help individuals manage worry and depression both now and in later life. The FRIENDS Programme, an Australian based programme developed by Paula Barrett is the only programme recognised by the WHO in the treatment of anxiety. It is also evidenced based which proves its effectiveness.

The Adult Resilience programme is known as "Strong not Tough". The certified facilitator training on offer will provide a clear understanding of the programme content and concept. This will be undertaken through experiential learning on the days of training. The programme is divided into five stages and can only be delivered with two trained facilitators. The programme caters for age group 16 + (Please see attached leaflet for more information).

Please note : While initially this programme was targeting out of school youth there is a recognition now that due to the impact of the pandemic on all youth this training could be opened up to Home School Liaison Officers etc who work with those still attending school and would benefit from such a programme.

Please see Resources Section of Wexford CYPSC website at <http://www.wexfordcypsc.ie/resources> for the following documents;

- Adult Resilience Certified Facilitator Training Day
- Friends Resilience Facilitator Training Application Form 2021

Please return completed application form to siobhan@carlowys.ie by Monday 1st November 2021. Should you have any queries on any aspect of the training content or application please do not hesitate to contact Siobhan@carlowys.ie or 085-7897339

o Invitation to National Childcare Scheme (NCS) Sponsored Referral Training

What is a Sponsored Referral?

An NCS sponsored referral is a special arrangement for vulnerable children and families. Certain Statutory Organisations (sponsor bodies) can refer a child for an NCS subsidy where childcare is needed on child welfare, child protection, family support or other specified grounds.

Who can attend?

You/your staff team may be aware of such children who might benefit through the childcare services in which you are involved. This is an opportunity to find out more about how the sponsor process works. Each of the five sponsor bodies has its own eligibility criteria, which will be covered in this training session – for example, Túsla, HSE, Local Authorities, Department of Education & Skills and DCEDIY (Irish Refugee Protection Programme).

Training Details: Training will be delivered via Microsoft Teams

Time: 10.30am

Date: 19th October 2021

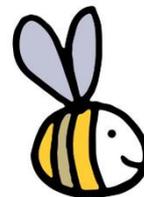
Teams Link: The link will be issued in due course

To attend the training, please email the name of your organisation and the names of who will be attending to Tom O'Donnell from Pobal, who will provide the training.

Email : todonnell@pobal.ie



**An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige**
Department of Children, Equality,
Disability, Integration and Youth



**National
CHILDCARE
Scheme**
Early Learning & Care

○ **Overweight and Obesity...Lets Talk! Thursday 7th October 3pm-7.30pm**



This year the NCP for Obesity has teamed up with the Association for the Study of Obesity (ASOI), incorporating the Irish Coalition for People living with Obesity (ICPO) to host our annual event. The title this year is Overweight and Obesity...Let's Talk!

It is on Thursday 7th October 3pm-7.30pm. Register for free here
https://ims.zoom.us/webinar/register/WN_YCSZ8Fb-Qt6Lgb8v5a71JA

We have worked hard with ICPO and ASOI to make this an engaging and inclusive programme for healthcare professionals and members of the public with an interest in overweight and obesity. We would be delighted if you could attend for some or all.

Apologies if you have received this email more than once. I would be grateful if you could share this widely amongst your networks.

Best wishes

Karen

Karen Gaynor | Programme Manager – Obesity National Clinical Programme

CAMPAIGNS

○ “Not Around Us” Wexford Campaign



Wexford’s ‘Not Around Us’ initiative is an invitation from young people to consider your activity in spaces where there are children and young people, in order to provide smoke/vape free environments for our young people and to help de-normalise smoking and vaping for the next generation. **Not Around Us** is another step **Towards a Tobacco Free Wexford**.

The purpose of ‘Not Around Us’ in Wexford is fourfold:

- Helping to **protect** children and young people from second-hand smoke exposure
- Contributing to the **de-normalisation** of smoking for children and young people
- **Raising awareness and support** amongst all stakeholders in the county on tobacco/vape free Ireland and everyone playing a part in supporting it
- **Signposting** to HSE Quit services

Who should get involved?

Initially we are asking all not for profit and public organisations who have children and young people engaged with their facility/space to get involved.

As we progress we will ask the wider businesses community to join us on the campaign. If you are a business who would like to get involved, please email us to express your interest.

How to get involved?

There are a number of steps to take before you register and pledge to the campaign.

These are:

1. To be consulted with the young people who use the area/facility/service to discuss the ‘Not Around Us’ campaign and to determine if the ‘Not Around Us’ message is something they would like your organisation to adopt. Some guidelines for youth consultation are provided [here](#).
2. If the young people are in agreement with your organisation supporting the campaign then you should review your own policies to ensure they include the key aims of the campaign

– “helping to protect children and young people from second-hand smoke exposure & contributing to the de-normalisation of smoking for children and young people”.

3. Before sign up you should also discuss and agree within your organisation that you are committing to supporting and promoting the ‘Not Around Us’ activity to your own stakeholders and within our organisation.

Upon completion of these steps, register and sign the campaign pledge [here](#) to apply to join the ever increasing “Not Around Us’ in Wexford network of healthy areas, chosen in consultation with young people where they can be free from smoking and vaping.

What happens next?

Once you have completed the registration form your application will be reviewed and you will be provided with a supporters pack for your facility. This will include signage and a copy of the supporter charter to display in your premises.

As we progress, we will publicise “Not Around Us” in Wexford supporter locations.

We will also work with supporter organisations and young people across County Wexford to help us to build the campaign.

Collaboration and Support;

Healthy Wexford are leading the campaign for Not Around Us in Wexford, in partnership and collaboration with Wexford Comhairle Na nÓg, HSE, Wexford Children and Young Peoples Services Committee, WWETB, Wexford County Council, Wexford LCDC, FDYS, Sports Active Wexford, Wexford GAA, Leinster Rugby, & Wexford FAI. The initiative is funded by the Healthy Ireland Fund, with additional support from Wexford County Council.

For More Information Contact:

Annette Dupuy, Healthy County Coordinator, Wexford County Council

Email: annette.dupuy@wexfordcoco.ie

Phone: 053 9196525

See [here](#) for all details of resources that are available.

#HereForYouSouthEast Bereavement Campaign

This is Week 4 of #HereForYouSouthEast. This week, as part of our regional Bereavement Support Campaign, we are sharing the work of rainbowsireland.ie.

The information sheets, videos and social media assets for each week of the campaign are available to download on the Wexford CYPSC website at the following link : <http://www.wexfordcypsc.ie/resources>. Please share with your contacts as appropriate.

BEREAVEMENT SUPPORT CAMPAIGN SOUTH EAST

#HereForYouSouthEast

Children's Grief and Loss

Children generally do not understand that death and change is a natural part of life. Children often assume that their family will always stay the same. When someone a child loves dies it can be a life changing experience. Each child's response to grief and loss will be different and will depend on many key factors, most especially their age and stage of development. While younger children may not understand what is happening, they do feel and experience grief and loss.



How children grieve can be very different to how adults grieve. Children can be playing one moment and very quickly and sometimes for no apparent reason they can become overwhelmed by strong and intense emotions. While this is normal, it can be frightening for children who often do not have the words or the understanding to express how they feel. Most often, they do not know why they feel the way they do.

THE RAINBOWS PROGRAMME

The programme provides group support for children and young people aged 7 to 16 years experiencing grief and loss following a bereavement or parental separation. Throughout the nine week programme, a safe space in either bereavement or separation groups is provided by trained Facilitators. The group support helps children to name and express difficult feelings and begin a process of adapting and adjusting to significant change and loss. It is not counselling or therapy. Meeting and identifying with others of a similar age can be very comforting and reduce the sense of loneliness or isolation a child might feel - "I am not the only one", "We are not the only family".

CHILDREN ARE SUPPORTED TO:

- Identify, name and begin to make sense of the many different feelings and emotions they are experiencing
- Believe that all their feelings and emotions are normal and that they can be less intense and painful in time
- Understand that when they talk about their feelings, they can become less overwhelming, less upsetting, and less scary
- Talk about very difficult and painful feelings - deep hurt can be given a voice and heard in a safe place
- Be listened to and to understand that what is said matters, this can be both supportive and empowering for children
- Grow their self-confidence and self-esteem
- Explore different ways to remember and honour the relationship they had with the person who has died
- Begin to cope, manage, adapt and adjust to a life without a special person or without the family being as it was

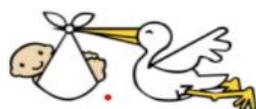
The Rainbows Programme is available in a variety of community based settings throughout Waterford, Wexford Carlow, Kilkenny and South Tipperary, for more information please contact:

Rainbows Ireland
01 473 4175
www.rainbowsireland.ie





○ National Breastfeeding Week



National Breastfeeding Week takes place from October 1st -7th 2021. The theme of the HSE [Mychild.ie](http://mychild.ie) campaign this year is *"Feeding the future: Supporting breastfeeding through a pandemic and beyond"*

Through its "Health & Diversity" Sub-Group, Wexford Children & Young People's Services Committee (CYPSC) is running a campaign to support National Breastfeeding Week. This includes highlighting national and local supports for those who are currently breastfeeding or who are considering doing it in the future.

Please see attached flier for details of some of the national and local events that are happening. This is also available to view on Wexford CYPSC's website at the following link : <http://www.wexfordcypsc.ie/resources>.

"Parenting Today" : As part of the "Parenting Today" series of online talks hosted by Wexford Public Library Services and Wexford CYPSC, a video to promote and support breastfeeding has been developed. This video features inputs from the HSE Child Health Programme Development Officer, a Lactation Consultant and a Breastfeeding Counsellor from Cuidiú. The video will be available to access on **Thursday 7th October at 7.00pm** on the Wexford County Council YouTube channel at <https://www.youtube.com/c/WexfordPublicLibraries>. For a full list of online "Parenting Today" talks click [here](#).

Mychild.ie : For more information about breastfeeding visit mychild.ie or visit the @HSE [mychild.ie](https://www.facebook.com/mychild.ie) Facebook page, @hse_mychild Instagram page or search #HSEMyChild #nationalbreastfeedingweek

COVID-19 UPDATE

o Covid 19 - Partner Pack Update

Dear Colleagues,

We hope this message finds you well.

Thank you for your continuing support in helping to share information about COVID-19. Our highlight communications updates for you from this week are:

-Over 90% of people aged 16+ are fully vaccinated, and over 90% of people aged 12+ have received at least 1 dose. Registrations and vaccinations are ongoing.

-Special vaccination clinics are being run in third-level colleges next week. Walk-in clinics will begin from 27th September (further details below and attached).

-From next week, an additional COVID-19 vaccination dose for those who are immunocompromised will begin to be offered. This is for people whose immune system is weak due to a health condition or a specific treatment. We will provide further information in the coming days for the people included in this specific group.

-Next week further information will also be available on booster doses of vaccine for people aged 80 and over who are living in the family home, and people aged 65 and over who are living in long-term residential care. This is planned to begin from October 4th onward.

-From Monday 27th of September, routine contact tracing of asymptomatic close contacts among children (aged between 3 months and 13 years) in settings such as childcare facilities, primary education and social and sporting groups will no longer take place. You can [find further information here](#).

-Public Health advice remains the same for any child aged over 3 months and less than 13 years of age with symptoms consistent with COVID-19 - they should immediately self-isolate, they should not attend childcare, school or socialise, and they should get a COVID-19 test.

-Pregnancy and getting a COVID-19 vaccine: it is safe to get your COVID-19 vaccine at any stage of your pregnancy. Guidance has changed on doses during pregnancy because there is more evidence available. You can [find more information here](#).

-COVID-19 vaccine dose 2 reminder: If you had the AstraZeneca vaccine, you need a second dose to be fully vaccinated. If you do not want a second dose of AstraZeneca, you can now choose to get an mRNA vaccine dose instead. This will mean that you are fully vaccinated. Walk-in clinics are available. You can [find further information here](#).

-Walk-in COVID-19 testing is not currently available but [you can book a test online](#) for any test centre.

Public Health Measures

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

You can find the public health measures for [September and October here](#).

Third level student COVID-19 vaccination clinics

From 27th September, on selected dates, third level students who have not yet had their COVID-19 vaccine will be invited to walk in clinics either on or close to campuses all over Ireland.

This special vaccination week aims to make it easy for any students who haven't had their vaccine yet to get it. It includes international students who have recently arrived in Ireland, staff, and also our wider community who may find it easier to access one of these temporary clinics than an existing COVID-19 vaccination centre.

There will be at least 15 on-campus pop-up clinics set up, and in other colleges, students will be directed to our nearby COVID-19 vaccination clinics.

You can [find details here](#).

Please find *attached* the Third level COVID-19 vaccine walk-in clinic partner pack. We would be very grateful if you and your organisation would help share this information.

Pregnancy and getting a COVID-19 vaccine

You should get a COVID-19 vaccine to protect yourself from the virus if you're:

- pregnant
- trying for a baby or might get pregnant in the future
- breastfeeding

You will need 2 doses of your COVID-19 vaccine.

It is safe to get your COVID-19 vaccine at any stage of your pregnancy.

Guidance has changed on doses during pregnancy because there is more evidence available.

You should get the COVID-19 vaccine when it is offered, following a discussion with your midwife, GP or obstetrician.

You can [find more information here](#).

Mixed vaccines doses

People who received a first dose of AstraZeneca can now receive an mRNA (Pfizer/Moderna) vaccine as their second dose. NIAC recommends that receiving two doses of the same vaccine are preferred for all age groups, where possible. You can read more about this [here](#). Dose 2 walk-in vaccination clinics for people who wish to get an mRNA vaccine after their first dose of the AstraZeneca vaccine are listed [here](#).

COVID-19 Testing - Online Booking System

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

Walk-in testing is not currently available but you can [book a test online](#) for any test centre.

COVID-19 Contact Tracing - Online System

If you test positive for COVID-19 you will get a text message. This will include a link to a website where you can upload contact details for your close contacts. If you do not use the website, a contact tracer will phone you to collect the details. You can [find out more about close contacts here](#).

COVID-19 Vaccination Programme

You can find the latest information on vaccines administered [here](#).

12 to 15 year olds

12 to 15 year olds can attend walk in vaccination clinics. You can [find more information here](#). Children aged 12 to 15 [must attend with their parent or guardian](#).

We're inviting parents of children aged 12 to 15 to register their children now. All children in this age group are being offered a vaccine but we particularly recommend that they get vaccinated if they:

- have a health condition that puts them at higher risk of severe illness from COVID-19
- live with someone who is at higher risk of COVID-19

Parents can read more about the benefits and risk of vaccination for their children [here](#).

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

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

Find information here on who can give consent for vaccination of a young person aged [under 16 years](#)

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

Find a pharmacy giving COVID-19 vaccines

Many pharmacies are now offering COVID-19 vaccines to people aged 12 and over. Find a pharmacy to book your vaccine appointment. You can [find more information here](#).

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 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](#)
- Information in Irish Sign Language: information resources on the COVID-19 vaccines in Irish Sign Language are available [here](#).
- COVID-19 vaccines easy read and accessible information formats are available [here](#).

COVID-19 Guidance for places of worship (formerly religious services guidance)

You can [find this guidance here](#).

Overweight & Obesity Webinar... Let's Talk – 7th October 2021

This virtual event, takes place on 7th October, starting at 3pm and is hosted by the HSE National Obesity Clinical Programme and the ASOI. Registration is free. Learn what training and resources are available nationally to help you support adults, children, and young people with overweight and obesity. For more details and to register, [please find information here](#).

Engaging Men Webinar: 'The What of Men's Health'

Engaging Men Webinar: 'The What of Men's Health' will take place on the 29th September from 12 to 13.15 pm. The webinar will include the Men's Development Network, the Marie Keating Foundation, Waterford Sports Partnership and the Irish Heart Foundation, all highlighting their work and experience in working with men. You can [register for the webinar here](#).

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