



Wexford CYPSC News and Resources Update

October 14th 2022

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/.

CONTENTS

Webinars and Training;

P.3 : SOS Wellness Workshop October 20th

P.5 : “Understanding Anxiety & Supporting My Child” : Archways Webinars

P.6 : Online Stress Control Programme commencing again Monday 17th of Oct 2022

School Supports;

P.7 : WRAP Level 1 training opportunity currently being offered by WMHA to schools and youth organisations throughout County Wexford.

P.8 : Foróige : Free Online Career Event

Funding;

P.10 : Applications are now open for IHF Local Bereavement Development Grants 2022.

o SOS Wellness Workshop October 20th

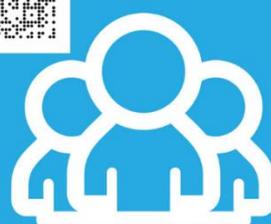
Wellness Workshop

Understanding And Taking Charge Of Your Mental Health

www.wellnessworkshop.ie



Scan QR to Register



Connecting for Life
South East Community Healthcare

SOS in partnership with Connecting for Life South East Community Healthcare and Wexford Children & Young People's Services Committee are delighted to be bringing a Wellness Workshop to The Riverside Park Hotel, Enniscorthy, Co. Wexford

Thursday 20th October
10am-4pm

Take a Pic For Future Reference!

Bring Calm To Your Life

Mindful Minute

Daily Wellness Plan

Stress

Wolf Of Hope

Changing Your Thinking

www.suicideorsurvive.ie
www.wellnessworkshop.ie
www.youmatter.ie

01 272 2158



Suicide or Survive is committed to running Wellness Workshops in every community in Ireland. These workshops, evaluated by Trinity College Dublin, aim to help you understand and take responsibility for your own mental health.

We are in a position to offer our Wellness Workshops to the community because of our funding from The National Office of Suicide Prevention,

Suicide or Survive is a member of Charities Institute Ireland. We are bound by the triple lock system, meaning that we adhere to the principles of transparent accounting, good governance and good fundraising. We comply with the Governance Code for community, voluntary and charitable sector and standards for fundraising practice. Registered Charity No. - CHY16442. For more information www.suicideorsurvive.ie and www.charitiesinstituteireland.ie



The HSE Regional Suicide Resource Office in collaboration with Wexford Children and Young People's Services Committee are delighted to invite you to participate in a Wellness Workshop facilitated by our national mental health partner, Suicide or Survive. The Workshop will take place in **The Riverside Hotel, Enniscorthy, Co. Wexford on Thursday, October 20th from 10 am to 4 pm.**

This is an opportunity for you as a frontline professional to understand and take charge of your own mental health. The workshop will allow you to take some time for yourself and to improve your own wellness, particularly as you might often be focused on the wellness of others. It also provides us with the opportunity to spend time with colleagues after a couple of difficult years. Lunch and refreshments will be provided.

Please see the attached poster. To book a place follow the link [Wellness Workshop](#). Places will be allocated on a first come basis and we are hoping to ensure that a good range of organisations participate.

To access the SOS Poster, click [here](#)

To access background information, click [here](#)

○ “Understanding Anxiety & Supporting My Child” : Archways Webinars



Archways is a national organisation working in collaboration with local and national agencies. We research, develop, and promote evidence-based programmes for children, young people, parents and the professionals that support them.

At Archways, we are delighted to invite parents and guardians to attend a free live webinar “Understanding Anxiety & Supporting my Child”, taking place on Thursday, the 10th of November 2022.

This 90 minute webinar will take place twice on this date, in the morning from **11am – 12.30pm**, and in the evening from **7pm – 8.30pm**, so if you are interested in attending, you can register for the time that suits you best.

To book a place at the morning webinar taking place from **11 am to 12.30 pm**, please [click here](#).

To book a place at the evening webinar taking place from **7 pm – 8.30 pm**, please [click here](#).

The webinar aims to help parents and guardians of children from birth to 18 years to:

- Understand the difference between worry, stress and anxiety
- Develop an understanding of how worry, stress and anxiety can affect children and young people
- Develop tools and strategies to support children and young people
- Better understand factors which affect and influence children’s development
- Explore self-care tools and strategies

This will be hosted via Zoom webinar, and a link to access the webinar will be emailed to attendees in advance of the date.

This webinar is kindly funded by [basis.point](#).

The Archways website can be accessed [here](#).

○ Online Stress Control Programme commencing again Monday 17th of Oct 2022

HSE Health and Wellbeing are offering again the free on-line stress control programme, beginning on **Monday 17th October**. This is an evidence-based programme that teaches you practical skills to deal with stress, recognise the signs of stress and how it affects our bodies and our thoughts. It also teaches skills to overcome panicky feelings and tips to getting a good night's sleep. The sessions are be led by Dr Jim White, Consultant Clinical Psychologist, who created the programme. Each session is 90 minutes and is recorded and the recording can be accessed for three or four days afterwards. This can enable staff to 'attend' the sessions at a time that is convenient to them. There are accompanying booklets that can be downloaded for each session and there a number of short relaxation and meditation sessions that can be accessed on the resource page of the website. To find out more information about the programme go www.stresscontrol.ie

Session	Theme	Dates
1	What is Stress	9am Monday 17 th Oct 2022 (session available until 8am 27 th)
2	Controlling your Body	9am Monday 24 th Oct (session available until 8am 27 th)
3	Controlling your Thoughts	9am Monday 31 st Oct (session available until 8am 3 rd Nov)
4	Controlling your Actions	9am Monday 7 th Nov (session available until 8am 10 th)
5	Controlling Panicky Feelings and Getting a Good Nights Sleep	9am Monday 14 th Nov (session available until 8am 17 th)
6	Controlling your Future	9am Monday 21 st Oct (session available until 8am 24 th)

www.stresscontrol.ie

INFORMATION FOR SCHOOLS

○ **WRAP Level 1 training opportunity currently being offered by WMHA to schools and youth organisations throughout County Wexford.**

WRAP is an evidenced based, person centered self-management programme for mental health, widely approved and used both nationally and internationally by mental health leaders and practitioners. It is a simple, individualised, prevention and wellbeing process that anyone can use to make positive changes in the way they feel and the way they react to life.

Building on the experience of working with those who engaged with WRAP from the general population, school communities and youth services in Wexford, WMHA was successful in securing national funding from Mental Health Ireland to expand the reach of WRAP to community, school environment and youth services in supporting students and young people.

With this support from Mental Health Ireland, we are delighted to offer schools and youth organisations in the County the opportunity to participate in Wellness Recovery Action Plan (WRAP) Level 1 training. There is no fee for the course. Training is over two consecutive days at venues throughout County Wexford. Light refreshments and lunch are provided each day.

The course is particularly suitable for Guidance Counsellors, HSCL teachers and those involved in pastoral support/ student support teams in school. The aim is to expand WRAP into secondary schools and youth organisations across County Wexford with the view that some Level 1 participants may be interested in continuing on to complete the WRAP Facilitator training (level 2), thus supporting WMHA to design and deliver WRAP Level 1 within school and community settings.

Further information and booking details are in the attached files. Finally just to add that Opportunity 1 on the training schedule is aimed to facilitate project and youth workers participate in the programme, but currently all the dates are available within the limit of 16 per course.

To access the letter for schools, click [here](#)

To access the booking form, click [here](#)

o Foróige : Free Online Career Event



For the second year in succession, Foróige is offering a series of free interactive Webinars to empower the career choices of young people across the country.

Called 'Career Paths', each of the 11 exciting webinars will focus on a different professional field and feature a panel of three people in those fields. Examples include, medical, engineering, apprenticeships, and new IT based careers. Young people will learn about the differing jobs within that profession and the many paths people take to get there. They can ask questions in advance when booking on Eventbrite (all tickets are free), or through the chat function during the webinar.

The Career Path webinars will take place every month from October to May. We know young people loved them last year. We ask you to promote these webinars with the young people in your school and community.

Follow us on Eventbrite and be notified as new Career Paths Webinars take place every month.

<https://foroigecareerpaths.eventbrite.com>



[Click here if you would us to notify your Career Guidance Department directly.](#)

FUNDING

○ Applications are now open for IHF Local Bereavement Development Grants 2022.



Irish Hospice Foundation award a number of Local Bereavement Development (LBD) grants annually. A group of six or more organisations who provide some level of bereavement support and all operate within a geographical region (e.g. county) are eligible to apply.

The grant aims to encourage and support collaborative bereavement developments at a local level. Already existing groups and newly formed groups are eligible to apply.

For more details about the grant and to download the application form: [Local Bereavement Development Grant - Irish Hospice Foundation](#)

The deadline for submissions is Friday, November 11th, 2022

To access the Irish Hospice Foundation website, click [here](#).