



Wexford CYPSC News and Resources Update

October 15th 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/.

CONTENTS

Campaigns;

P.3 : Week 6 : HereForYouSouthEast Bereavement Support Campaign

Online Webinars/Training;

P.4 : Adult Resilience 'Strong not Tough' Virtual Training 11th & 12th November 2021

P.5 : “A Face In The Crowd” – Showcase Event

P.7 : Implementation Network of Ireland and Northern Ireland online Network meeting :
“Implementing Resilient and Sustainable Cities”

P.9 : NSRF World Mental Health Day Virtual Seminar - October 18th 2021

P.12 : LGB Training

P. 14 : Barnardos Training Event - Webinar - Understanding the Impact of Trauma on Child Development

Budget 2022 ;

P.15 : Children’s Rights Alliance – what does it mean for children and young people?

COVID-19 Updates;

P.16 : Covid-19 Partner Pack Update

CAMPAIGNS

#HereForYouSouthEast Bereavement Support Campaign

Week 6 of #HereForYouSouthEast features the **HSE Bereavement Counselling Service for Traumatic Deaths**.

All social media assets for this and previous weeks of the campaign are available on <http://www.wexfordcypsc.ie/resources>.

Please share on social media and among your contacts.

BEREAVEMENT SUPPORT CAMPAIGN SOUTH EAST

#HereForYouSouthEast

Traumatic Bereavement

The death of a loved one can be particularly traumatic if it happens without warning, if it is untimely or if it involves violence e.g. a road traffic accident or a suicide. It is also difficult for those bereaved if they haven't had the opportunity to say goodbye. Reactions to traumatic deaths can include shock, fear and anxiety, anger and sometimes guilt. Fewer events in life are as painful as the traumatic death of a loved one but help and support is available.

COPING WITH TRAUMATIC DEATH

- Confide in someone if you are struggling to deal with your grief
- Lean on family and friends and your existing support structures
- Remember that there is no right way to grieve; everyone grieves in their own way
- There is no timeline for grief
- Special occasions can be difficult to manage e.g. birthdays or anniversaries; you can continue old traditions or create new ones to remember your loved one
- Find a way to say goodbye
- Look after yourself and know where to seek support if you need it

Grief and loss is a natural part of life and everyone will experience it at some stage. Most people will get through it and benefit from support from family and friends, from their community or by accessing professional help e.g. a helpline or a support group. Some deaths may be more difficult to grieve than others e.g. a death by suicide or an accidental death. Remember that you are not alone and that help is at hand.

The HSE Bereavement Counselling Service for Traumatic Deaths in the five counties of the South East provides free counselling to people aged 16 years and over who have been bereaved through suicide, homicide, road traffic accident, industrial/agricultural/domestic accident or drowning. Referrals are accepted from a relevant medical professional e.g. your GP.

The HSE Bereavement Counselling Service for Traumatic Deaths (South East Community Healthcare)

Phone: 051 874013
Email: Bereavement.sro@hse.ie
<https://www.hse.ie/eng/services/info/mental-health-services/connecting-for-life/publications/national-suicide-bereavement-support-guide.html>

HE | **Seirbhís Sláinte Níos Feara & Forbairt** | **Building a Better Health Service**



Connecting for Life
South East Community Healthcare



CYPSC
Child & Young Person Support Centre



HE



hi
Healthy Ireland

WEBINARS & TRAINING

o 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, which is funded through the **Healthy Ireland** fund in collaboration with the Local Community Development Committees of the South East, 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).

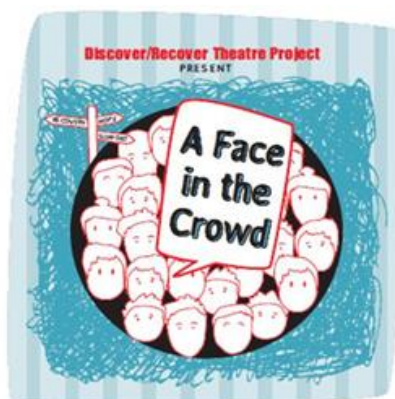
Please return completed application form to siobhan@carlowys.ie by Monday 1st November 2021. Should you have any queries on any aspect of the training content or application please do not hesitate to contact Siobhan@carlowys.ie or 085-7897339.

The Healthy Ireland Fund is supported by Department of Health and the Department of Children, Equality, Disability, Integration and Youth

Further Details : Please note that there is further information on this training and an application form available on the Wexford CYSPC website. Click [here](#) to access.



○ A Face In The Crowd – Showcase Event



**Wednesday 3rd November,
Two Sessions: 10:30am or 1pm
Gorey Little Theatre, Gorey, Co. Wexford**

Wexford Mental Health Association
in collaboration with the HSE Regional Suicide Resource Office, and Mental Health Ireland
invite you to a showcase event of the Discover/Recover Theatre Project and performance of
“A Face in the Crowd”.

The event is funded by Wexford Children and Young People’s Services Committee.

The Discover/Recover Theatre Project is a preventative mental health intervention that aims to:

- Increase mental health awareness and mental health literacy
- Reduce stigma among young people and communities
- Promote help seeking
- Demonstrate that Recovery is possible

It does this by using a testimonial theatre performance which has been developed from the lived experience of people with mental health challenges. Since 2015, this play has been seen by in excess of 3000 people across 35 performances in Secondary Schools and community theatres.

This showcase is for you as Stakeholders who may be in a position to provide guidance and resources to expand the reach of this project to young people and communities across the South-East Region. The event will provide an opportunity for you to experience the background to the project, the live drama and its social impact.

The event is being coordinated by the newly established Discover/Recover Regional Steering Group with representation from Mental Health, Education, Arts, Community and Voluntary sectors.

Please express your interest in attending **one** of the below performances:

Showcase Performance 1	10:30am 3 rd Nov 2021
Showcase Performance 2	1pm 3 rd Nov 2021

Gorey Little Theatre, Pearse St, Gorey, Co. Wexford, Y25R729

Refreshments will be provided

Please respond by: Friday 22nd October via email to wexfordmha@mentalhealthireland.ie

○ **Implementation Network of Ireland and Northern Ireland online Network meeting : “Implementing Resilient and Sustainable Cities”**



Implementation Network
of
Ireland and Northern Ireland

Implementation Network Meeting

11th November 2021, 3.00pm - 5.00pm online

Implementing resilient and sustainable cities

The next meeting of the Implementation Network of Ireland and Northern Ireland will take place on the **11th November from 3.00pm - 5.00pm**. The theme of this meeting is '**Implementing resilient and sustainable cities**'.

This meeting will include contributions from:

- **Caroline Creamer**, Director of the International Centre for Local and Regional Development (ICLRD). Caroline co-authored the NESC research paper '**Long-term Resilient and Sustainable Cities - A Scoping Paper**'
- **Denis Barrett**, Cork City Council. Denis works as **Cork City Council's Learning City Co-ordinator** and Community Response Forum Co-ordinator
- **Debbie Caldwell**, Belfast City Council. Debbie is the Climate Commissioner in Belfast City Council and will discuss implementing the **Resilient City programme**

The speakers will discuss the **enablers and barriers** faced when developing resilient and sustainable cities, from concept to implementation. The meeting will also explore some of the **challenges and benefits of using a place-based approach**.

The second part of the meeting will involve the **use of breakout rooms** where attendees will get a chance to **network and discuss what they have heard from the speakers**.

This meeting will be of interest to those involved in multi-agency collaboration, community engagement and co-design as well as leaders of city and community initiatives across the island, policy advisors, individuals working in healthy cities and communities, green and digital cities, community planning and local government.

To join this event please sign up [here](#).

Implementation Network Membership

If any of your colleagues are interested in becoming a member of the Implementation Network of Ireland and Northern Ireland, please ask them to email snevin@effectiveservices.org.

○ NSRF World Mental Health Day Virtual Seminar - October 18th 2021

The National Suicide Research Foundation are excited to announce the final programme for our World Mental Health Day 2021 Virtual Seminar on **Monday October 18th 2021** (please see below).

In collaboration with University College Cork, the Higher Education Authority, C-SSHRI: Connecting Suicide and Self-Harm Researchers on the island of Ireland, the Office of the Mental Health Champion of Northern Ireland, Ulster University and the HSE National Office for Suicide Prevention, we are delighted to host this event via zoom for those working, studying, and interested in areas related to Suicide, Self-Harm and Mental Health.



The Seminar Programme will have two parts:

- **Morning (9.30am – 11.30am): Dr Michael Kelleher Memorial Lecture (delivered by Dr Michael J Kelleher) and Research Presentations**
- **Afternoon (1.30pm – 4.00pm): 2nd Keynote lecture by Dr Mark Sinyor, Masterclasses and Closing Address**

Masterclass topics include:

1. *Mental Health promotion and suicide prevention in children and adolescents*
2. *Impact of COVID-19 on suicide and self-harm*
3. *Bereavement following suicide*
4. *Assessment and management of self-harm: Challenges and Innovation*

Register your free attendance at the following link: <https://eventbrite.ie/e/nsrf-world-mental-health-day-virtual-seminar-tickets-171096703847>.



National Suicide Research Foundation
'Suicide, Self-Harm and Mental Health' Virtual Seminar
October 18th, 2021

Morning Session: 9.30am – 11.30am
Afternoon Session: 1.30pm – 4pm
Via Zoom (Irish Standard Time)

Programme

9.30am	Welcome Address for Morning Session Ms Eileen Williamson , Chief Executive Officer, National Suicide Research Foundation and Prof Ella Arensman , Chief Scientist, National Suicide Research Foundation and Professor of Public Mental Health, School of Public Health, UCC	
9.40am	Dr Michael Kelleher Memorial Lecture <i>"Deserving versus undeserving mentally ill; Drugs, alcohol and suicide"</i> Dr Michael J Kelleher , Consultant Addictions Psychiatrist and Clinical Lead for Lambeth Addictions	
	Research Presentations A: <i>'Suicide, self-harm and mental health'</i> Chaired by Dr Mary Joyce	Research Presentations B: <i>'Youth Mental Health'</i> Chaired by Dr Grace Cully
10.15 am	Louise Quinn: Mental health professionals experiences of delivering remote care through video calling during the Covid 19 pandemic	Nerilee Ceatha: Highlighting the potential of attending to "stress-ameliorating factors" in promoting LGBTI+ youth wellbeing
10.30am	Doireann Ní Dhálaigh: Evidence to support implementing a suicide prevention training curriculum for healthcare students in higher education institutions: A scoping review	Dr Maria Michail: Help-seeking in primary care: Exploring the experiences of young people at-risk of suicide
10.45am	Dr Anvar Sadath: The association between self-harm and physical and mental health comorbidities among people with frequent self-harm repetition: A mixed-methods study	Dr Margaret McLafferty: Suicidal behaviour, depression, and anxiety disorders among college students, prior to and during the COVID-19 pandemic
11.00am	Dr Selena O'Connell: Experiences of a peer support group for individuals bereaved by suicide in Ireland	Madhav Bhargav: Outlining the associative and mediating factors between childhood adversities and suicide ideation in college students

	Three-Minute Rapid Presentations		Three-Minute Rapid Presentations	
11.15am	Krupa Patel: Suicide among adults during COVID-19 pandemic; Rates and trends		Natasha Brown: Suicidal behaviour among undergraduate students with ADHD: The mediating effects of mental illness and substance use	
11.20am	Kelly Brown: An exploration of the impact of client's suicide on mental health social workers		Manasi Nadkarni: Mental health of university students during the COVID-19 pandemic in Ireland: A cross-sectional survey	
11.25am	Krupa Patel: Suicide among the elderly during the COVID-19 pandemic		Caitriona McMahon: Protecting the future: Exploring the potential link between childhood adversity and childhood wellbeing from a youth workers perspective	
11.30am	Break			
1.30pm	Welcome Address for Afternoon Session Prof Siobhan O'Neill, Mental Health Champion for Northern Ireland and Professor of Mental Health Sciences, Ulster University			
1.35pm	Keynote Lecture "Suicide and Self-Harm during the COVID-19 Pandemic: Fake News versus Facts" Dr Mark Sinyor, Psychiatrist, Sunnybrook Health Sciences Centre and Associate Professor, University of Toronto			
2.15pm	Masterclass A: Mental health promotion and suicide prevention in children and adolescents Facilitated by: ❖ Dr Elaine McMahon, National Suicide Research Foundation ❖ Prof Fiona McNicholas, Lucena Clinic, Our Lady's Hospital for Sick Children, Crumlin and School of Medicine UCD ❖ Dr Jennifer McMahon, School of Education, UL Chaired by Doireann Ni Dhálaigh	Masterclass B: Impact of COVID-19 on suicide and self-harm Facilitated by: ❖ Prof Ann John, Health Data Science, Swansea University ❖ Dr Paul Corcoran, National Suicide Research Foundation ❖ Ruth Benson, National Suicide Research Foundation Chaired by Dr Caroline Daly	Masterclass C: Bereavement following suicide Facilitated by: ❖ Dr Eve Griffin, School of Public Health UCC/ National Suicide Research Foundation ❖ Dr Karen Galway, School of Nursing and Midwifery, Queens University Belfast ❖ Derek Chambers, HSE Mental Health ❖ Fiona Tuomey, CEO HUGG Chaired by Dr Selena O'Connell	Masterclass D: Assessment and management of self-harm: Challenges and Innovation Facilitated by: ❖ Prof Eugene Cassidy, CUH and Department of Psychiatry, UCC ❖ Dr Katerina Kavalidou, National Suicide Research Foundation ❖ Prof Ella Arensman, National Suicide Research Foundation / School of Public Health UCC Chaired by Dr Katerina Kavalidou
3.30pm	Prize-giving and Closing Remarks Dr Clodhna O'Connor, Fenella Ryan and Niall McTernan, National Suicide Research Foundation			

○ LGB Training



LESBIAN, GAY, BISEXUAL AWARENESS TRAINING

HSE SECH LGBT+ HEALTH
STEERING GROUP

THREE HOUR ONLINE TRAINING
FOR STAFF NOW AVAILABLE



REQUESTS AND ENQUIRIES TO
EMMA.WHITTY@FDYS.IE
086 464 5573



What Participants Say...



"I really found it so insightful and has made me think more about my practice in ensuring the needs of the LGBT+ community are met"



"The training provided today was exceptional!"

'I was so nervous joining this call as I wouldn't have been so confident speaking or learning about the LGBT+ Community in an open forum and ye made it so easy, enjoyable and comfortable'

"Super, Super Training!!!"

"I will be recommending this training to ALL of my colleagues"

"Thank you both so much for a very eye-opening Training"

'Thank you both so much for this training it was excellent I am looking forward to meeting soon and progressing LGBT+ work with Travellers'



○ Barnardos Training Event - Webinar - Understanding the Impact of Trauma on Child Development



Date : 20th October, **Time** 09:30-16:00, **Cost** is €90

This aim of this webinar is to introduce participants to the concepts of Child Development and Childhood Trauma. Participants will explore how trauma impacts a child's developing brain and their overall development and will offer an introduction to how individuals respond to trauma. This training will support participants to become trauma sensitive to the children and families they encounter in their work practices and explore simple strategies that can support children who experience different types of situational trauma.

On completing this training participants will

- Have an understanding of child development (dimensions and stages) and the importance of attachment in a child's early life for their future outcomes
- Understand how an individual's biology and environment can impact their development.
- Have explored why healthy child development and attachment matters and what this means for the short term and long term outcomes as the child grows into adulthood.
- Have a clear understanding of the different categories of Trauma.
- Understand the impact of stress on an individual's heart, body and mind.
- Understand the link between trauma and behaviour in children and adults.
- Know how to support a trauma informed environment for children and families (where they feel emotionally and physically safe).

Trainer: Fiona Day

Book the event [here](#)

Once you book your place, Barnardos Training team will send you a link to the webinar. Please use a laptop/tablet if possible so that you can see the presentation easily.

- **Budget 2022 – what does it mean for children and young people?**



The Children's Rights Alliance have published a paper outlining the impact of budget 2021 on children and young people. They analyse the budget allocations to relevant government departments.

- Children, Equality, Disability, Integration and Youth
- Education
- Health
- Social Protection
- Housing, Planning and Local Government
- Justice

For details of their analysis, click [here](#).

COVID 19

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.

Public Health Measures

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

You can [find the public health measures here](#).

Additional COVID-19 vaccination dose for those who are immunocompromised

Having a weak immune system puts you at higher risk of serious illness if you get COVID-19. Getting vaccinated will give you some protection against this.

If you have a weak immune system, you may be offered another COVID-19 vaccine dose to give you better protection.

You can find information on [who may need an additional COVID-10 vaccine dose here](#).

Hospitals will identify the people who need an additional dose. You do not need to register or contact anyone. People who need an additional dose will receive a text message with an appointment for their vaccine. These additional doses will be given through HSE vaccination centre near you, or your hospital if you're an inpatient. GPs may also vaccinate some people.

COVID-19 vaccine booster dose

If you have received a COVID-19 vaccine course, you will be offered a booster dose if you are:

- 80 or older, or

- 65 or older and living in a nursing home or long-term residential care facility

If you are living in long-term residential care and you are aged 65 or over, you will be vaccinated where you live.

If you are aged 80 or over and not living in residential care, you'll be invited for your vaccine by your GP. Some GPs will refer patients to a [vaccination centre](#).

You can find more [information about the COVID-19 vaccine booster dose here](#).

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](#).

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 [here](#) 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](#).

Flu vaccine

It's flu season so if you're 65 or over, it's time to get your annual flu vaccine.

While anyone can catch the flu, people aged 65 or older are more at risk of getting seriously ill or needing hospital treatment. So make an appointment with your GP or pharmacist today. You can find more information at [hse.ie/flu](https://www.hse.ie/flu)

‘Let’s Get Back’ Campaign

‘Let’s Get Back’ is a national awareness campaign encouraging the Irish public to get back involved in the sport and exercise that they love. ‘Let’s Get Back’ has been created by Sport Ireland in partnership with Healthy Ireland to encourage members of the Irish public who are anxious or unsure about returning to sport and physical activity following the easing of COVID-19 restrictions.

The campaign intends to reassure people that it is possible to do so in a safe and secure manner. The campaign will be supported by the National Governing Bodies of Sport in Ireland and the network of Local Sport Partnerships.

Members of the public can get information on how to return to sport and activities in a safe way by visiting [Sport Ireland](https://www.sportireland.ie) and at [Healthy Ireland](https://www.healthyireland.ie).

The campaign message is tailored to ensure that it reaches those most in need of support and encouragement and it is hoped that this campaign can touch the hearts and minds of every age, ethnicity, demographic, ability and more. We would be grateful if you would share information about the campaign.

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