



## Wexford CYPSC News and Resources Update

October 21st 2022

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/).

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## WEBINARS / VIDEOS

### ○ Video on Self Care for Professionals and Volunteers with Dr Jennifer Hayes : now available to view!

Waterford and Wexford CYPSC's have engaged Dr. Jennifer Hayes to develop a video on "Self Care for Professionals and Volunteers". In this video, Dr. Jennifer gives practical advice on how to look after yourself when you are in a caring role with others.

Dr Jennifer is a qualified clinical psychologist and counselling psychologist with 20 years experience supporting children, adults and families. She works for the HSE supporting refugees who have survived war. She also has a small private practice where she focuses on training and consultation. She led her HSE team to winning the inaugural HMI Award in 2013 and was also recipient of the Therese Brady medal for clinical sensitivity in her research.

She has accompanied the Department of Justice on UN selection missions to Lebanon, Greece and Jordan. She provided the psychological input to Midleton Senior Hurling Team helping them become County Champions in 2021. More recently she provided the psychological input to Fr. O' Neills supporting them to claim the Cork Premier A Championship title 2022. She loves hurling, being in nature and going for trail runs. She can be contacted on LinkedIn or by email at [Drhayesjm@gmail.com](mailto:Drhayesjm@gmail.com)



**The video can be accessed on the Wexford CYPSC website [here](#).** This video will be available to view until **November 11<sup>th</sup> 2022**. Please share with staff and volunteers as appropriate.

## PARENTING

### ○ The Good Enough Parent : Men's Development Network

The Good Enough Parent is an 8-week programme which focuses on parents of teenagers and children between 9-17 years old. It is open to parents of all genders and the programme aims to support parents in building good relationships with their children and to identify and address key issues such as communication and conflict resolution.

Our methodology follows a strengths-based approach and supports the good job that parents are already doing. The programme also provides a space for parents to talk with and learn from other parents. The programme is facilitated in an open, friendly and experiential way through discussion, group work and presentations. The key topics covered in the programme include communication, self-esteem, problem-solving, conflict resolution, setting limits and drugs and alcohol.

The first 8-week instalment of programme will run from **Thursday, October 27<sup>th</sup>** to Thursday, December 15<sup>th</sup> from 7pm-8:30pm . Alternatively, the second 8-week session will run from Tuesday evenings 7pm-8:30pm , November 1<sup>st</sup> to Tuesday, December 20<sup>th</sup> and the third 8-week session will run from November 3<sup>rd</sup> to December 22<sup>nd</sup> 7pm-8:30pm

If a parent or family that you know would benefit from the Good Enough Parent Programme, please find attached the sign-up link and further details about the programme: [The Good Enough Parent Support Programme - Men's Development Network \(mensnetwork.ie\)](#)

Alternatively, participants can sign up by calling me directly at 083 027 4954 or by email, [joe@mensnetwork.ie](mailto:joe@mensnetwork.ie).

If you have any questions about the programme, have no hesitation in getting in touch with me through the contact details above.

Please feel free to print our poster attached to this email.

I look forward to hearing from you further.

Alternatively, participants can sign up by calling me directly at 083-027 4954 or by email, [joe@mensnetwork.ie](mailto:joe@mensnetwork.ie).

Kind Regards  
Joe English  
*Project Administrator*  
Equality House, Men's Development Network CLG  
49/50 O'Connell St, Waterford, X91 E866, Republic of Ireland.

[info@mensnetwork.ie](mailto:info@mensnetwork.ie) [www.mensnetwork.ie](http://www.mensnetwork.ie)

**Men's Development Network**

Eight-week Online Course through ZOOM

# THE Good Enough Parent

SUPPORT PROGRAMME

**GROUP 1**

**Oct 27th to Dec 15th**  
**THURSDAY EVENINGS**  
7.00pm to 8.30pm

Supporting parents in building good relationships with their children aged 9-17

**Topics covered include:**

- Communication
- Self-Esteem
- Problem Solving
- Conflict Resolution
- Setting Limits
- Drugs & Alcohol

Enquiries: [joe@mensnetwork.ie](mailto:joe@mensnetwork.ie)

SCAN QR CODE TO REGISTER

The MDN Parent Support Programme is funded by the HSE National Lottery

An Roinn 28 agus 29 na Cearta Saoibhreacha, Department of Health and Equality HSE Seirbhís Sláinte Músa Fíorúil & Forbairt Building a Better Health Service **TÚSLA** Health & Health Agency

We confirm that the Men's Development Network complies with the Governance Code for the Community, Voluntary and Charitable Sector of Ireland.

[www.mensnetwork.ie/parenting](http://www.mensnetwork.ie/parenting)

**Men's Development Network**

Eight-week Online Course through ZOOM

# THE Good Enough Parent

SUPPORT PROGRAMME

**GROUP 2**

**Nov 1st to Dec 20th**  
**TUESDAY EVENINGS**  
7.00pm to 8.30pm

Supporting parents in building good relationships with their children aged 9-17

**Topics covered include:**

- Communication
- Self-Esteem
- Problem Solving
- Conflict Resolution
- Setting Limits
- Drugs & Alcohol

Enquiries: [joe@mensnetwork.ie](mailto:joe@mensnetwork.ie)

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We confirm that the Men's Development Network complies with the Governance Code for the Community, Voluntary and Charitable Sector of Ireland.

[www.mensnetwork.ie/parenting](http://www.mensnetwork.ie/parenting)

The poster above for Group 2 can be downloaded [here](#)

**Men's Development Network**

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Eight-week Online Course through ZOOM

# THE Good Enough Parent

SUPPORT PROGRAMME

**GROUP 3**

**Nov 3rd to Dec 22nd**  
**THURSDAY EVENINGS**  
7.00pm to 8.30pm

Supporting parents in building good relationships with their children aged 9-17

**Topics covered include:**

- Communication
- Self-Esteem
- Problem Solving
- Conflict Resolution
- Setting Limits
- Drugs & Alcohol

**Enquiries: [joe@mensnetwork.ie](mailto:joe@mensnetwork.ie)**

SCAN QR CODE TO REGISTER

The MDN Parent Support Programme is funded by the HSE National Lottery

An Active 25 logo. Civil Rights Commission. Department of Justice and Equality

HSE Health Service. Services, Skills, Non-Food & Forfeited

TUSLA Ireland's Child & Family Agency

We confirm that the Men's Development Network complies with the Governance Code for the Community, Voluntary and Charitable Sector of Ireland.

[www.mensnetwork.ie/parenting](http://www.mensnetwork.ie/parenting)

Group 3 poster available to download [here](#)

## ○ Minister O’Gorman invites applications to the Parent Peer Support Fund.

- €50,000 will be made available for initiatives promoting parent peer support groups.
- Successful applicants stand to receive grants of up to €2,000 to carry out parent peer support group projects throughout Ireland.

The Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, is pleased to announce €50,000 in funding for organisations under the Supporting Parents - Parent Peer Support Fund.

The aim of the initial pilot fund is to make it easier for parents to access peer supports, raise awareness of and invite more parent peer support activities within community and voluntary sector organisations and develop resources in partnership with parents rather than delivered to parents.

In April of this year Minister O’Gorman launched Supporting Parents: A National Model of Parenting Support Services. The vision of Supporting Parents is for all parents to be confident and capable in their parenting role, helping to achieve the best outcomes for children and families. Parent Peer Support is the support provided from one parent to another in an effort to reduce isolation and support parents through parenting challenges.

Minister O’Gorman said: *I am delighted to launch the Parent Peer Support Fund. It has been shown that parent peer support groups promote healthy parenting skills, an increased sense of empowerment and a feeling of belonging. This funding will provide an opportunity for parents to gain access to valuable supports from other parents in their community.*

### How to Apply

Applicants can access a detailed guidance document and complete an online application form [here](#).

For enquiries please contact: [parentingsupport@equality.gov.ie](mailto:parentingsupport@equality.gov.ie)

**Issued by the Press and Communications Office at the Department of Children, Equality, Disability, Integration and Youth.**

**Tel: 01 647 - 3153/3032**

**Email: [media@equality.gov.ie](mailto:media@equality.gov.ie)**

## WEBINARS / TRAINING

### o ASIST Training

The HSE Regional Suicide Resource Office is delivering a two day Applied Suicide Intervention Skills Training (ASIST) in St. John's Pastoral Care Centre in Waterford next week. The training is on **Wednesday and Thursday, October 26<sup>th</sup> and 27<sup>th</sup> from 9 am to 5 pm** both days.

You must have completed safeTALK or START to participate in the ASIST programme and you need to be available for both days. You can contact the office on the number below if you need to complete START or safeTALK. To book a place on ASIST please click on the link <https://bookwhen.com/sro/e/ev-sf3d-20221026000000>. You are welcome to share this with your colleagues and networks.

Kind regards,

Tracy Nugent

HSE Service Manager/Resource Officer for Suicide Prevention

Front Block, St. Patrick's Hospital, John's Hill, Waterford X91 KX25

**Tel:** 051 874013

**Mobile:** 087 9271041 **Email:** [Tracy.Nugent@hse.ie](mailto:Tracy.Nugent@hse.ie)

[www.connectingforlifesoutheast.ie](http://www.connectingforlifesoutheast.ie)

To book a place on any of our suicide, self-harm or bereavement Training Programmes please visit [www.bookwhen.com/sro](http://www.bookwhen.com/sro)





## ○ What Works Festival of Learning 2022 – Save the Dates



The What Works Festival of Learning takes place again this year from Monday **November 21st to Thursday November 24th**. The theme of this year's Festival is '**Partners in Prevention**' highlighting best practice in collaboration and partnership in policy and services for children and young people.

The Festival of Learning is an initiative from the Department of Children, Equality, Disability, Integration and Youth, working with the Centre for Effective Services (CES).

More information about speakers and sessions to follow!

Watch last year's events [here](#).

To access the What Works website, click [here](#).

## ○ Alcohol Forum Ireland Workshops : Prenatal Alcohol Exposure (PAE) and Fetal Alcohol Spectrum Disorder (FASD) Trying Differently Rather Than Harder.

### **Introductory Workshops for Parents and Caregivers (2.5 hours)**

This workshop will provide a brief overview and awareness building about PAE/FASD in the home. Because the structure and function of the brains of those with PAE/FASD are different, the way we support them is different from the way we support a 'Neurotypical Child'. People with this condition learn and retain information very differently from those in the general population.

The workshop will include the most common behavioural and cognitive difficulties associated with PAE/FASD and point to some simple adaptations that can be made to routines. The workshop will be suitable as an introduction for those with little or no knowledge of FASD.

This training is supported through the What Works Sharing Knowledge Fund 2022.

### ***Learning outcomes of 2.5 hour training, parents will:***

1. Start to understand the contributing factors and incidence rates for FASD in Ireland and around the world.
2. Become familiar with common signs and symptoms of FASD, and the typical difficulties for both children and parents when these are misunderstood.
3. Understand some of the underlying biological differences that give rise to the cognitive and sensory issues typical in FASD.
4. Start to develop an understanding of the principles of how each brain affected by PAE/FASD is different, so that expectations and support can be tailored to suit each family that requires extra help.

### ***Take Home Resources:***

Participants will also leave with handouts, links to the most relevant websites and a newly developed tool called "*My Kind of Mind, A Guide to Understanding [FASD]*" For those that wish, connections will be provided for an active Irish FASD Parent Caregiver support group.

**Facilitator:**

David Gerry BSc Biology & Psychology In addition to raising two now 30+ year old adults with FASD, he has co-founded charities/non-profits in two countries to advocate for and support other families raising members with this condition

This workshop will be delivered on **three** occasions. Select the date that suits you best.

**Option 1:**

**Oct 26<sup>th</sup> 2022 (10am – 12.30pm)**

Register in advance for this webinar:

[https://us06web.zoom.us/webinar/register/WN\\_DkI3WGvBSgSTMYHp0NwjLg](https://us06web.zoom.us/webinar/register/WN_DkI3WGvBSgSTMYHp0NwjLg)

**Option 2:**

**Nov 8<sup>th</sup> 2022 (7:00-9:30pm)**

Register in advance for this webinar:

[https://us06web.zoom.us/webinar/register/WN\\_nl5fxFKnT6Cun874xdPnQQ](https://us06web.zoom.us/webinar/register/WN_nl5fxFKnT6Cun874xdPnQQ)

**Option 3:**

**Nov 16<sup>th</sup> 2022 (10:00-12:30pm)**

Register in advance for this webinar:

[https://us06web.zoom.us/webinar/register/WN\\_g7o1fZbSTbaSyChM-t1rBQ](https://us06web.zoom.us/webinar/register/WN_g7o1fZbSTbaSyChM-t1rBQ)

After registering, you will receive a confirmation email containing information about joining the webinar.

## Suicide Bereavement Training

We are delivering a *One day workshop for professionals and key contacts who are supporting people bereaved by suicide* next **Thursday, October 27th from 9.30 am to 4.30 pm in the Woodlands Hotel, Waterford**. Please see the information attached and you are welcome to circulate this to colleagues who may be interested. Places can be booked on <https://bookwhen.com/sro/e/ev-sete-20221027093000>. You must be able to attend for the full day and we don't recommend this training for anyone who has been bereaved in the past year.

To access the Leaflet on Supporting People Bereaved By Suicide, click [here](#)

Warm regards,

Tracy

Tracy Nugent

HSE Service Manager/Resource Officer for Suicide Prevention

Front Block, St. Patrick's Hospital, John's Hill, Waterford X91 KX25

**Tel:** 051 874013

**Mobile:** 087 9271041 **Email:** [Tracy.Nugent@hse.ie](mailto:Tracy.Nugent@hse.ie)

[www.connectingforlifesoutheast.ie](http://www.connectingforlifesoutheast.ie)

To book a place on any of our suicide, self-harm or bereavement Training Programmes please visit [www.bookwhen.com/sro](http://www.bookwhen.com/sro)



## NETWORKS

### o Implementation Network Event

'The successful ingredients of implementing policy to enable and support our response to gender based violence'



We are delighted to announce the date of the Autumn 2022 Implementation Network of Ireland and Northern Ireland event: '**The successful ingredients of implementing policy to enable and support our response to gender based violence.**'

It will take place on **15th November between 10am to 2.00pm, in Dublin.**

We will be following on from the June 2022 event: ['Tackling Gender-Based Violence: What have we learned from good implementation on the ground?'](#) with a focus this time on strategy and policy implementation.

Further details to follow.

**Save the date in your diary now**, and keep an eye out for further updates and details in the coming weeks.

## ○ Young Social Innovators Networking Event



### Invitation to the YSI Local Community Network Event

We are delighted to announce the first annual YSI Local Community Network Event on **November 7th 2022**. There are a few places left. Don't miss out, sign up today!

We wish to welcome you to learn more about YSI and what we do and also to hear about other ways in which you could collaborate with us.

We will share details about the events that are taking place this year, the offerings we have for schools, the support we offer as well as who we are, what we do and why we do it.

We would be delighted if you could join us.

To RSVP Click [Here](#)

#### Zoom Meeting Details:

**Topic:** YSI Local Community Network Event 2022

**Time:** Nov 7, 2022 02:00 PM Dublin

**Link:** <https://us02web.zoom.us/j/83240369933?pwd=ZXI1Nk9Ma3RpUDJyRlBEZG1KWjhRQT09>

**Meeting ID:** 832 4036 9933

**Passcode:** 732082

**Join by Skype for Business:** <https://us02web.zoom.us/skype/83240369933>

## o Mental Health Partner Pack

Following from the launch of the HSE Mental Health Literacy Campaign on World Mental Health day, please find attached a partner pack outlining the messages, and containing links to some of the main assets for now.

The campaign helps people make the connection between common mental health difficulties like ongoing stress, sleep, anxiety or low mood that they or others in their life may be experiencing and highlights the different levels of support that can help.

Any support of this campaign is appreciated and please circulate as you see appropriate.

Kind regards,

[Sarah Hearne](#)

[HSE Resource Officer for Suicide Prevention](#)



See email attachment for Mental Health Literacy Campaign Pack.

## ○ CyberSafe Kids Detox



The graphic features the CyberSafe Kids logo on the left, supported by the Lifes2good Foundation. A central orange tablet displays the text 'CyberBreak' and 'A 24 hour family digital detox from 5pm Friday 21st October 2022'. On the right, an illustration shows a family of four sitting on the floor eating and talking, with a dog nearby.

**Disconnect to Reconnect!**

**Feel like your family needs a CyberBreak?**

Challenge yourself and your family to a 24 hour digital detox from 5pm Friday, 21st October, 2022

**Sign up now!**

[www.cybersafekids.ie/cyberbreak](http://www.cybersafekids.ie/cyberbreak)

CyberSafeKid's 24 hour CyberBreak is happening for families and schools all across Ireland from 5pm on Friday, 21st October, 2022. Families can sign up on [www.cybersafekids.ie/cyberbreak](http://www.cybersafekids.ie/cyberbreak)



**Edel Flynn**

Communications Officer

CyberSafeKids

*My working hours are 9am - 2pm (Mon - Fri)*



087 784 3746



[edel@cybersafekids.ie](mailto:edel@cybersafekids.ie)



[www.cybersafekids.ie](http://www.cybersafekids.ie)



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