



Wexford CYPSC News and Resources Update

October 7th 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/.

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UKRAINE SUPPORTS

o A Short Guide Guide for Parents Who Are Newly Arrived in Ireland



This guide was developed by Tusla with input from families who have recently arrived in Ireland. It was developed to try to help families with their transition to living in Ireland. Included in the document is some practical guidance that will help parents / carers to navigate the early years of a child's life in Ireland, from pre-school childcare to the schooling system, right through to child supervision and family support services.

To access the Guide, click [here](#).

CHILDREN & YOUNG PEOPLE

○ Children's Wellbeing Event Sunday 9th October

Wexford GREAT PLACES AND SPACES Wellbeing Map
For children, by children

This event supports the 'Not Around Us' initiative to provide a smoke and vape free space for the children and young people attending.
www.bit.ly/NotAroundUs

Sunday 9th October
12-3pm, Min Ryan Park

Wexford Mental Health Association are hosting a **children's wellbeing event** in celebration of **World Mental Health Week!** We will have music, information, colouring and for those young and old who like a mindful challenge - Brendan Fahy Juggler will be on hand to support you to have a go! We look forward to seeing you there!

Live Music **Juggling** **Drawing**

Comhairle Contae Loch Garman Wexford County Council
Clár Éire Iddínach Creative Ireland Programme 2017-2022
Rialtas na hÉireann Government of Ireland
pobal government supporting communities
CYPSC CHILDREN & YOUNG PEOPLE'S COUNCIL WEXFORD
Feidhmeannacht na Seirbhíse Sláinte Health Service Executive
hi healthy wexford
Healthy Wexford
Sports Active Wexford
WEXFORD Mental Health Association

The poster above is available to download [here](#)

o A Workshop for Parents and Carers of LGBTQ+ Youth : BelongTo

earn your stripes

by learning theirs

A workshop for parents and carers of LGBTQ+ youth
on National Coming Out Day
7-8pm, Tuesday, October 11th

Whether someone in your family has come out as LGBTQ+, or you think your child may be LGBTQ+, join Belong To's expert Youth Workers to learn and talk about:

- Supporting Your Child
- Supporting Yourself
- Terminology And Language

THIS IS A FREE ONLINE EVENT
This session is free of charge, and will take place online. You are welcome to turn your camera on and participate by asking questions or just listen.

Sign Up Today:
www.belongto.org/comingoutday
or call 01 670 6223



The poster above is available to download [here](#)

October 11th is National Coming Out Day. To mark this day, Belong To is hosting a free online Workshop for Parents and Carers of LGBTQ+ young people.

Family support and acceptance is critical to the wellbeing of LGBTQ+ young people and our expert Youth Workers are here to answer questions and talk about:

- Supporting Your Child
- Supporting Yourself

- Terminology And Language

Whether someone in your family has come out as LGBTQ+, or you think your child may be LGBTQ+, join us from 7-8pm on Tuesday, October 11th for this free event.

This Workshop will take place online. You are welcome to turn your camera on and participate by asking questions or just to listen in.

To join the event, visit www.belongto.org/comingoutday

Places are limited.



○ Barnardos Launches Cyberbullying Report



Research reveals 60% of children surveyed would not tell their parents if they were cyberbullied

Of the children surveyed:

- 60% said they would never tell their parents if they were cyberbullied, and do not know how to have this conversation
- 62% have seen other people being cyberbullied
- 53% have been cyberbullied themselves (once or many times)
- 18% have been cyberbullied in a way that really affected ability to learn and feel safe at school
- 25% responded that they had cyberbullied others

Barnardos Online Safety Programme ran a survey and hosted seven focus groups with more than 340 children aged 8-12 in schools across Ireland in June 2022. The charity found that 60% of children surveyed said they would never tell their parents if they were cyberbullied and revealed they weren't sure how to have this conversation with their parents should they need to.

The survey was undertaken as a part of the Barnardos Online Safety Programme to help inform its work with children, parents and teachers. This September marks the 4th year of a five year partnership between Google.org and Barnardos to roll out online safety workshops across the country.

For more information on the Online Safety Programme (OSP) or to see how your school can book, please see [here](#) or email onlinesafety@barnardos.ie

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

o Picture This : Reading Guide for Children & Young People



A new children's reading guide celebrating picture books and illustration was launched by **Children's Books Ireland**. *Picture This* features over 230 recommended reads for children and young people aged 0–18, which have been reviewed by experts in children's literature. Each review is accompanied by a 'Read also' recommendation, bringing the total of books included to over 450.

Picture This focuses on books with strong visual narratives, including wordless or silent books, graphic novels and comics, picture books for all ages and graphic diary-style texts. The guide aims to highlight books, series and texts to encourage reluctant readers or those with language barriers to engage with reading.

Irish Language Books

Testament to the increased visibility of excellent books for children *as Gaeilge*, the guide, whose Irish name 'Amharc! Breathnaigh! Féach!', translates to 'Look! Look! Look!', features 29 Irish language books.

These include new releases, such as *An Slipéar Gloine* by Fearghas Mac Lochlainn and Paddy Donnelly, and family favourites such as *Geansaí Otto* by Sadhbh Devlin and Tarsila Krüse. All books from Irish authors, illustrators, publishers or those written in the Irish language are highlighted in the guide with a shamrock.

Picture This is now available for free in every library authority in Ireland and in sixty participating bookshops island-wide. **The guide is also free to download** from the Children's Books Ireland website: childrensbooksireland.ie.

WEBINARS & TRAINING

o Living Well

Living Well is a free group Self-Management programme for adults living with long-term health conditions. It is now open for bookings.

Day	Start date	Finish date	Time	Location
Saturday	8th October 2022	19th November 2022	10.30am – 1pm	Online
Tuesday	18th October 2022	29th November 2022	2pm – 4.30pm	Online
Tuesday	1st November 2022	6th December 2022	10.30am – 1pm	Tipperary Primary Care Centre, (E34 K682)
Thursday	3rd November 2022	15th December 2022	2pm – 4.30pm	Online (<i>Long Covid</i>)
Monday	7th November 2022	12th December 2022	10.30am – 1pm	Kilkenny, Loughboy (R95 RF97)
Wednesday	9th November 2022	21st December 2022	10.30am – 1pm	Online

What does Living Well involve?

Living Well is a free group programme, which runs for six weeks. There is one workshop each week, which lasts 2.5 hours.

You can do the programme in person or online.

Two trained leaders deliver the workshops. At least one of the leaders lives with a long-term health condition.

People taking part in the workshops may or may not have the same health condition(s). Examples of long-term health conditions include (but are not limited to): Chronic Obstructive Pulmonary Disease (COPD), Asthma, Diabetes, Heart conditions, Stroke, Multiple Sclerosis (MS), Arthritis, Cancer, Crohn's Disease, chronic pain, depression and long covid.

The workshops are delivered in a relaxed and friendly way so that all participants can learn from each other. Each person who takes part gets a book about Self-Management.

For the online programmes, you will receive support to get online, if required.

The following support is available for anyone who needs technical help for online programmes;

- One to one tech support for every programme and prior to starting
- Loan of devices (tablet, webcam, headset etc.)

Over the six week period, participants on the Living Well Programme will develop skills such as goal setting, action planning and problem solving. Workshops also cover topics such as managing your medication, coping with difficult emotions, low mood and feelings of depression as well as communicating with family, friends and healthcare teams. For bookings, enquiries or promotional material email LivingWellSE@hse.ie

Or phone 056 778 49 44 / 056 778 49 45

For More information see www.hse.ie/LivingWell

○ What Works Ireland Evidence Hub



The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) is working with the **Early Intervention Foundation** (EIF) to develop the What Works Ireland Evidence Hub of prevention and early intervention programmes. The Evidence Hub will be an online tool designed to increase access to effective prevention and early intervention programmes by making the best evidence on what works available to policy makers, service commissioners, providers and other audiences. The Department plans to launch the What Works Ireland Evidence Hub in 2023.

For more information on the What Works Irish Evidence Hub and the submission process, [click here](#).

[Register here](#) for a webinar hosted by the DCEDIY and the EIF about the What Works Ireland Evidence Hub on **Wednesday 19th October, 12-1pm**. The webinar will explain the Evidence Hub and its purpose, and familiarise providers with the submission and assessment process. Registration is essential for webinar attendance.

○ Paid Internships with An Garda Síochána

The Gardaí are currently looking for paid interns for 2023, from communities who have been under-represented in the service.

You can apply if you have completed the Leaving Cert and are at least one of the following:

- a member of **the Irish Traveller** or **Roma** communities
- an **ethnic minority** or **migrant**
- **socially** or **economically disadvantaged**
- a person with a **disability**
- from a **lone parent** or **female headed household**
- **LGBTI+**

You can find more information [here](#)

Paid Internships with An Garda Síochána: apply by 3pm on 7th October 2022!