



Wexford CYPSC News and Resources Update

September 2nd 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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PARENTING

- **Parenting Today 2021 :Back to School Anxiety: Supporting your child or teenager as they return to school presented by Dr Malie Coyne**



Available online from Monday 30th August at 11.00am on all Wexford County Council Public Library Service Facebook pages and Wexford Libraries YouTube channel

Presented by: Dr Malie Coyne, Best-selling author, Clinical Psychologist, Lecturer at NUI Galway, Infant Mental Health Advocate and Mental Health Advisory Panel for A Lust for Life. Worrying and parenting go hand in hand, especially during times of change, and the return to school after summer break can bring simmering anxieties to the surface for children, teenagers and parents alike.

Join Wexford Library Services and CYPSC Wexford for an online talk with Dr. Malie Coyne, Senior Clinical Psychologist and Author, where she will speak about the anxiety children face in returning to school, and share practical suggestions using her SAFE compassionate approach from her critically acclaimed book 'Love in, Love Out: A compassionate approach to parenting your anxious child'. Malie will also dedicate time to answering your questions. Malie's approach is very down to earth, which stems from her experience as an anxious child, from being an 'at times' struggling parent, and from offering support to many anxious children and parents over the years. It is hoped you'll be left with a sense of reassurance as a parent or carer, and some very practical tools to help you and your children.

Questions are welcomed and will be answered as part of the recording. Send your questions for Malie by 5.00pm on Tuesday 24th August to libraryhq@wexfordcoco.ie. Complete privacy is assured.

Background: Wexford County Council Public Library Service works in partnership with CYPSC (Children & Young People's Services Committee) each year to deliver Parenting Today, an annual programme of free talks for parents and carers throughout Wexford County.



○ “The Good Enough Parent” Places Available October 2021

Dear service providers, state bodies, HSCLs, FRCs, members of civil society and other stakeholders,

Thank you so much for the wonderful response to our mailout last week to you all regarding our parenting support programme running this Autumn in your community!

Following on from last week, 70% of spaces for the first 8-week session are now filled (September 7th – October 26th) and the second 8-week session is now full (October 5th – November 23rd).

As a result of the significant level of demand for the Good Enough Parent Support Programme, I am delighted to announce that we at the Men’s Development Network will facilitate a **3rd 8 week session of the programme** for parents and families in your community on **Thursday evenings, 7 – 8:30pm, commencing October 28th until December 16th**.

As mentioned in the previous email, The Good Enough Parent is an 8-week programme run once a week online in 90 minute sessions. We follow a strengths-based approach in our methodology and create spaces to listen to and learn from one another. The programme is co-facilitated by a both a male and female facilitator and the programme is open to parents of all genders, as long as they have at least one child between the age of 9-17 years old.

I attach the updated poster for the programme to this email and if you could distribute it with parents and families in your community who may benefit from the programme, I would sincerely appreciate it. Additionally, if you could circulate it in your networks or on social media, it would be equally helpful.

Thank you so much for all of your support and I am only a phone call or an email away if you have any questions or if I can be of help in any way to your organisation/school/institute.

With kind regards,

Colm Kelly Ryan
Head of Programmes (Training and Development)
Men's Development Network CLG
49/50 O’Connell St, Waterford, X91 E866,
Republic of Ireland.

Pronouns: He/Him

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www.mensnetwork.ie
[Facebook](#) | [Twitter](#) | [Instagram](#)



**Men's
Development
Network**

Better Lives for Men, Better Lives for All

PARENT SUPPORT PROGRAMME



**Eight-week
Online Course**
conducted through Zoom

The Good Enough Parent

*Designed to support parents in
building good relationships with
their children aged 9–17 years*

SESSION 1 LIMITED PLACES LEFT

TUES, 10–11.30am, Sept 7th – Oct 26th

SESSION 2 FULLY BOOKED

TUES, 7–8.30pm, Oct 5th – Nov 23rd

SESSION 3 REGISTRATION NOW OPEN

THURS, 7–8.30pm, Oct 28th – Dec 16th

**Topics
covered
include:**

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

- ✓ THIS COURSE SUPPORTS PARENTS IN THE GOOD JOB THEY ARE ALREADY DOING.
- ✓ IT PROVIDES THEM WITH AN OPPORTUNITY TO TALK WITH OTHER PARENTS.
- ✓ IT ALSO HELPS PARENTS LOOK AT HOW THEY COMMUNICATE WITH THEIR CHILDREN AND EACH OTHER.

Enquiries: Colm Kelly-Ryan colm@mensnetwork.ie 083-0125488

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



An Roinn Dlí agus Cúirt
Department of Justice
and Equality



Seirbhís Sláinte
Nós Fear
& Forbairt

Building a
Better Health
Service

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."

WORKSHOPS / WEBINARS / TRAINING

→ “The Decider” Training : 28th & 29th September via Zoom



Wexford CYPSC has secured funding from the Community Mental Health Fund to run a 2 day training course on the “Decider Programme” on September 28th and 29th 2021. Training will take place via Zoom. Some places are still available.

The training will be delivered by Anú Community Healthcare Ireland who are authorised trainers for “The Decider” in Ireland. Please see attached information on the training course and note that this training is suitable for those working with children / young people aged 8 years +. The aim is to increase your skills set to work with vulnerable children / young people and to teach them enhanced coping strategies.

Some places are still available for this training. Please submit your Application Forms to Karen McCann at Karen.mccann@gyng.ie by September 10th. Please write “Decider 2 Day Training” in the subject line.

For Further Information;

Please see attached information and application form for “The Decider”. For further details see www.anucommunityhealth.com.

“The Community Health Fund, supported by the Department of Health”



Rialtas na hÉireann
Government of Ireland



○ Anam Cara “Supporting Families after Traumatic Bereavement”

Frontline Professionals Online Workshops Autumn 2021

In October and November 2021 Anam Cara will facilitate a one day workshop for front-line professionals or personnel who are in contact with family members who have experienced a bereavement in traumatic circumstances;

The aim of the workshop:

The aim of this workshop is to identify interventions and responses for frontline personnel when in contact with families who are bereaved in traumatic circumstances.

Overall Objectives:

- Recognise how grief and loss affects the bereaved family
- Understand the normal reactions to grief and loss
- Explore what responses and reactions can be more complex (traumatic grief, PTSD) and require greater interventions;
- understand the purpose of interventions

This workshop is open to:

- Garda Siochana/PSNI Family Liaison Offices
- Emergency First Responders
- Funeral Directors
- Emergency Departments medical staff
- Social Workers
- Chaplains/Clergy
- Front-line staff in organisations in contact with bereaved family members

A certificate for **5 CPD** hours will be issued to all participants who complete both modules

Morning Module ‘1’ 10.00am to 12.30pm	Afternoon Module ‘2’ 1.30pm to 4pm
<p>Facilitator: Brid Carroll <i>Brid is a qualified Psychotherapist and Counselling Supervisor who works with the Irish Hospice Foundation and the HSE and is the present Chairperson of the Irish Child Bereavement Network.</i></p> <p><u>Overview</u></p> <ul style="list-style-type: none"> • Enhance the knowledge and skills of participants so that they can support bereaved families through their work and within their communities Increase • Increase awareness of the difficulties involved for bereaved families • Examine what is involved in supporting families and what interventions might be used in • To realise the impact on ourselves in supporting bereaved families 	<p>Facilitator: David Trickey <i>David is a Consultant Clinical Psychologist who specialises in working with traumatised children, young people and their families since 2000. He also focuses on the training and supervision of others working with traumatised families.</i></p> <p><u>Overview</u></p> <ul style="list-style-type: none"> • Explore what responses and reactions can be more complex (traumatic grief, PTSD) and require greater interventions; understand the purpose of interventions • Note research findings and contemporary frameworks for supporting families through trauma • Examine possible interventions that can be used with traumatic loss

Workshop dates:

Date	Workshops	Times	Facilitator	No. Participant s	Expression of Interest Link
Thursday 7 th October 2021	Workshop 1 Workshop 2	10.am-12.30pm 1.30pm–4.00pm	Brid Carroll David Tricky	50	https://bit.ly/3ALYozL
Thursday 11 th November 2021	Workshop 1 Workshop 2	10am–12.30pm 1.30 – 4.00pm	Brid Carroll David Tricky	50	https://bit.ly/3m51bQj
Thursday 25 th November 2021	Workshop 1 Workshop 2	10.00 – 12.30pm 1.30 – 4.00pm	Brid Carroll David Tricky	50	https://bit.ly/3ANWFtA

Please note anyone interested in attending the workshop, will first needs to visit **Eventbrite** to express their interest and choose their workshop date. Anam Cara will contact them with the details of the Zoom registration closer to the workshop date. Please note there will be a high demand for these workshops so only reserve your place if you can attend on the date you have selected. Thank you from Anam Cara

○ Recovery College South East, Kilkenny - Upcoming Online Workshops for September 2021

Further information from Recovery College South East, tel. (086) 174 6330, e-mail recoverycollegesoutheast@gmail.com

See also www.recoverycollegesoutheast.com

Music for Mood (2 part workshop)

Venue: ZOOM

Dates: Tuesday 7th and 14th September

Times: 2pm – 4pm

Do you listen to music? Has it ever uplifted your mood? How does music influence or affect our mental health?

The aim of this workshop is:

- To explore how music can motivate and sooth us and how we can use music as a wellness tool in our everyday lives.
- To have fun

Creative Writing

Venue: ZOOM

Dates: Wednesday 8th September and every Wednesday thereafter.

Times: 3pm – 4pm

Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our online creative writing group? It's fun, it's entertaining and it is also a great way to meet new friends.

This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious abbot creative writing. This is a great way to express yourself and what may be going on for you in your world.

So, come along, join the group and give it a go. Looking forward to meeting you.

Mindfulness (4 part workshop)

Venue: ZOOM

Date: Friday 10th, 17th, 24th September and Friday 1st October

Time: 11am – 12pm

Mindfulness is about focusing on how things actually are in a given moment, not on what might have happened in the past, or how we might want things to be in the future.

With mindfulness we can learn to think in a way that helps us to be at peace with our thoughts and emotions.

The aim of this workshop is:

- To introduce Mindfulness and explore what it is.
- To demonstrate short mindful practical meditations that can be used in ever day life for self-care and personal wellness

Understanding and Living with Hearing Voices

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Venue: ZOOM

Dates: Friday 10th September

Times: 11am – 1pm

The experience of hearing voices can differ from person to person. Our uniqueness as individuals is often reflected in the voices people experience. These voices can have distinct content, identities, meaning and impact on the person experiencing them.

The aim of this workshop is:

- to gain a better understanding of the common nature of voice hearing,
- to explore the different individual experiences within the group
- to discuss and share ideas for managing and living well with hearing voices

Understanding and Managing Anxiety (4 part workshop)

Venue: ZOOM

Date: Monday 13th, 20th, 27th September and Monday 4th October

Times: 11am – 1pm

Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. Anxiety can change from something everyone experiences in mild forms, to something which is persistent, excessive or over-whelming. It can begin to interfere with many aspects of your life – from confidence, to physical wellbeing and engagement in basic or complex activities of living.

The aim of this 4-part workshop is:

- to explore the facts and origins of anxiety,
- explore the causes and symptoms associated with anxiety
- look at and how anxiety affects people in different ways –
- Explore practical and effective ways of managing and living with anxiety.

Getting a good night's sleep

Venue: ZOOM

Dates: Monday 13th September

Times: 2pm – 4pm

Do you have difficulty getting off to sleep at night? Wake up early in the morning? Spend the night tossing and turning? Getting a good night's sleep and developing a good sleep routine is important for your wellbeing and recovery.

This aim of this workshop is to:

- Explore the different stages of sleep
- Discover the common causes of sleep problems
- Identify techniques to develop better sleeping habits.

Managing Emotions (12 part workshop)

Venue: ZOOM

Dates: Tuesday 14th, 21st, 28th September. 5th, 12th, 19th, 26th October. 2nd, 9th, 16th, 23rd and 30th November

Times: 11am – 1pm

This course is designed to strengthen a person's ability to handle stress without losing control or acting destructively through teaching a number of important skills. So, what are these skills and how will they help you? This course will teach 4 critically important skills that can both reduce the size of emotional waves, and help you keep your balance when these emotions overwhelm you. The 4 skills are;

1. **Distress Tolerance Skills** will help you cope better with painful events by building up your resiliency and giving you new ways to soften the effects of upsetting circumstances.
2. **Mindfulness Skills** will help you experience more fully the present moment while focusing less on painful experiences from the past or frightening possibilities in the future. Mindfulness will also give you tools to overcome habitual, negative judgements about yourself and others.
3. **Emotional Regulation Skills** will help you to recognize more clearly what you feel and then to observe such emotions without getting overwhelmed by them. The goal is to modulate your feelings without behaving in reactive, destructive ways.
4. **Interpersonal Effectiveness Skills** will give you tools to express your beliefs and needs, set limits, and negotiate solutions to problems - all the while protecting and treating others with respect.

At the end of the course by 'putting it all together' you will learn how to integrate all of these skills, in order to make them a regular part of your life. The hard part will be making the commitment to do the exercises and put your new skills into practice. Nothing will change by just listening and reading unless you implement - behaviorally - the new techniques and strategies that you will learn. That is why there will be in between session practice suggestions.

Discovering Hope (2 part workshop)

Venue: ZOOM

Dates: Tuesday 14th and 21st September

Times: 2pm – 4pm

Hope is one of the key components of CHIME and to be hopeful can be a very helpful factor in overcoming life's challenges and making the most of life. Having hope can also help us to support others when their hope may be low.

The aim of this workshop is :

- To discuss what hope is and why it is important in life
- To explore ways of how to cultivate hope

Mental Health Recovery and Families (Information Session)

Venue: ZOOM

Dates: Wednesday 15th September

Times: 11am – 1pm

We invite you to join us for an information sharing event on what we, the Recovery College South East can offer to support Mental Health Recovery for you and your family.

The aim of this information session is:

- To share what is available through the Recovery College South East and to find out what more we can do to support families/supporters in the area of Recovery Education

Understanding and Living with Paranoia

Venue: ZOOM

Dates: Friday 17th September

Times: 11am – 1pm

Many people experience paranoid thoughts at some point in their lives and people have different experiences of paranoia. The symptoms vary in severity and may interfere with all areas of life.

The aim of this workshop is to:

- Explore paranoia and gain a better understanding of what paranoia might mean for you, for someone you care about, or work with and how it may affect your life.
- Discuss some of the strategies for managing the experience of paranoia when it is distressing.

WRAP (Wellness Recovery Action Plan (5 part workshop)

Venue: ZOOM

Dates: Monday 20th, 27th September and 4th, 11th, 18th October

Times: 1.30pm – 4.30pm

WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain

wellness and gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn't work and how we can get better at staying well.

Mental Health and Family Caring (5 part workshop)

Venue: ZOOM

Dates: Wednesday 22nd, 29th September and 6th, 13th and 20th October

Times: 10.30am – 1pm

This workshop will support you in building skills to look after your own wellbeing whilst caring for a person living with a mental health challenge.

The Aim of this workshop is :

- To reflect on and build tools and techniques to enhance self-care
- Expanded your understanding of the concepts of mental health, mental illness and recovery
- Increased awareness around boundaries with regard to personal wellbeing and the caring role
- To learn more about communication skills and active listening techniques
- Learn about what supports and services are available for families

Food for Mood

Venue: ZOOM

Dates: Tuesday 28th September

Times: 11am – 1pm

This workshop will explore the connection between food and mental health and wellness. How true are the old sayings "An apple a day keeps the Doctor away" and "Your health is your wealth"? Simple tips and tools for eating right for your mental health.

Let's Talk Social Media and Wellbeing

Venue: ZOOM

Dates: Tuesday 28th September

Times: 2pm – 4pm

In today's world of social distancing and social isolation, social media has been an invaluable tool for keeping connected to friends, family, work and the wider world. Whilst social media, has many benefits, it's important to remember that spending too much time engaging with social media can also have its downside. Social media can never be a replacement for face to face human connection. It requires in person contact with others to trigger the hormones that alleviate stress and make you feel happier, healthier and more positive.

The aim of this workshop is to:

- Explore how to take ownership of your social media use, and recognise what drives your social media use
- Identify the role social media plays in mental health, how it helps and how it hinders

Lunchtime Wellbeing

Venue: ZOOM

Dates: Wednesday 29th September

Times: 1pm – 1.45pm

Do you make quality time for yourself in your day? Do you find it hard to take time out? This wellbeing session is a safe space for you to relax, unwind and refresh.

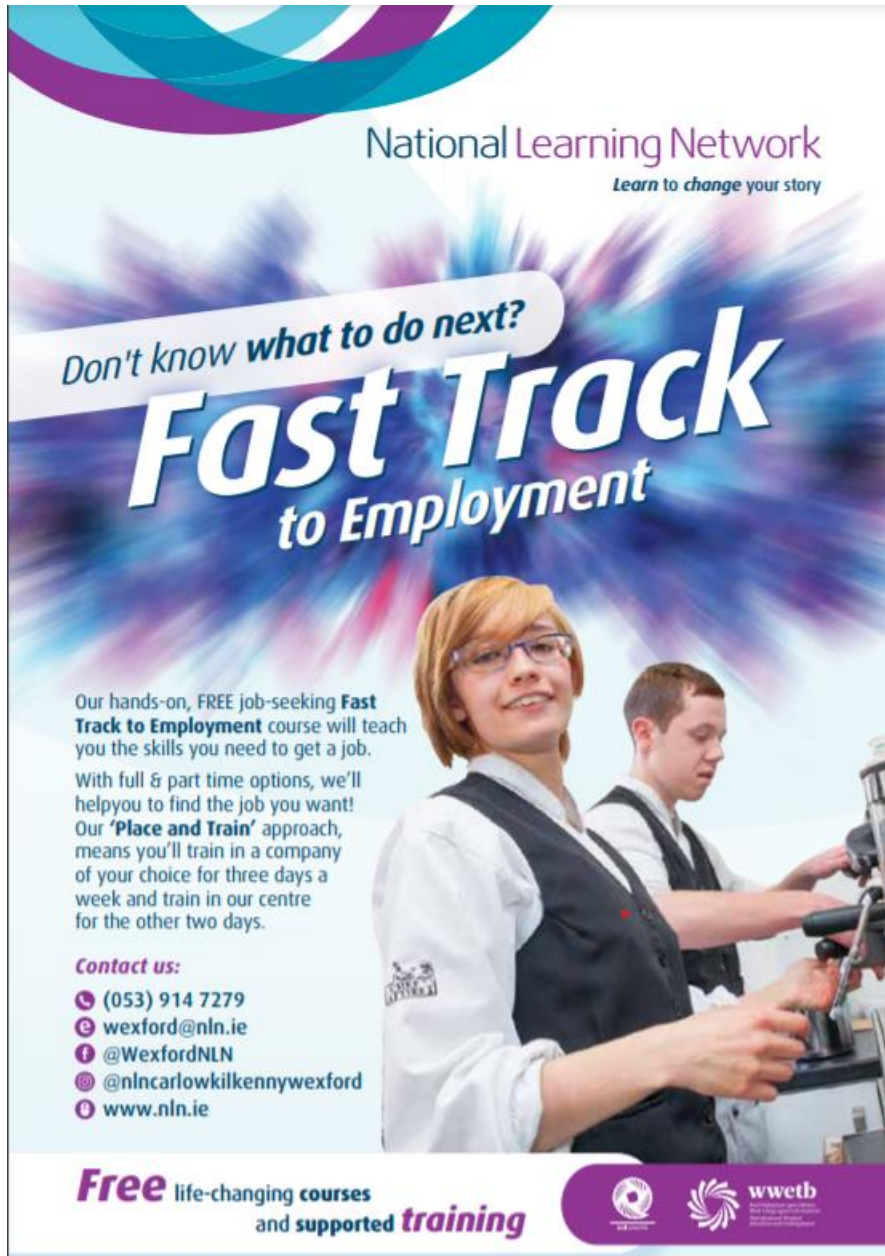
The session will include a variety of meditative practices such as mindfulness, visualization and self-compassion as well as some simple and easy to do Tai Chi and Yoga movements. No previous experience of these practices is necessary to join the session which will have a slow, lighthearted and easy pace. The session will end with an opportunity for questions or reflection within the group though this is optional to each individual.

The aim of this wellbeing session is:

- To create a relaxing space for you to take some time out for yourself
- To practice wellbeing techniques in a safe space

Mary Doran
Recovery College South East
Regards
Mary Doran
Administrator
Recovery College South East
086 1746330
www.recoverycollegesoutheast.com

o National Learning Network

A promotional poster for the National Learning Network's 'Fast Track to Employment' program. The background features a blurred image of two young people, a woman in the foreground and a man behind her, both wearing white shirts and dark aprons, working in a kitchen or food preparation area. The woman is smiling at the camera. The top of the poster has a decorative graphic of overlapping blue and purple circles. The text is arranged in a clear, hierarchical manner, starting with the organization's name and tagline, followed by a question to engage the reader, the program name in large bold letters, a detailed description of the course, contact information, and a final call to action at the bottom. Logos for the National Learning Network and Wexford Training Board are included in the footer.

National Learning Network
Learn to change your story

Don't know *what to do next?*

Fast Track to Employment

Our hands-on, FREE job-seeking **Fast Track to Employment** course will teach you the skills you need to get a job.



With full & part time options, we'll help you to find the job you want!

Our '**Place and Train**' approach, means you'll train in a company of your choice for three days a week and train in our centre for the other two days.

Contact us:

- ☎ (053) 914 7279
- ✉ wexford@nlm.ie
- 📱 @WexfordNLN
- 🌐 @nlmcarlowkilkennywexford
- 🌐 www.nlm.ie

Free life-changing courses
and **supported training**

  **wwetb**
Wexford Training Board
Wexford, Carlow & Kilkenny

National Learning Network

What is the course?

Our **Fast Track to Employment** course allows you to train in a business or company for three days a week and in our centre for two days a week.

MODULES:

- Work Experience
- Work Place Safety
- Communications
- Functional Mathematics
- Computer Applications
- Information Technology
- Understanding Inter-Culturalism
- Health Related Fitness

NON ACCREDITED MODULES:

- Assessment & Goal Settings
- Compensatory Education & Support
- Work Related Social Skills
- Move to Employment
- Time Management
- Group Activities

Why this course is right for you:

- ✿ The course is **free**, it is **fully funded** by the WWETB.
- ✿ **You decide** the type of job you would like to get experience in.
- ✿ **You decide** what location is best for you.
- ✿ **You receive the support** of our qualified instructors while on your work placement.
- ✿ **You keep your existing benefits** from the Department of Employment Affairs and Social Protection.
- ✿ You can work towards a **QQI Level 4** in General Learning
- ✿ We can **provide you** with advocacy and access to a psychologist.
- ✿ You can start the course **when you are ready**.
- ✿ The course will **improve your job seeking skills**; CV, cover letters, interview practice including Teams and Zoom.

Who is eligible?

The course is open to a diverse range of people, aged over 16, who need extra support to help with training and getting a job

This includes people who have...

- ✿ Left school early and need more support for training
- ✿ Had a setback in life due to illness or injury
- ✿ Learning difficulties (inc. dyslexia, dyspraxia etc.)
- ✿ Mental health issues
- ✿ Recovered from addictions
- ✿ Physical disabilities
- ✿ Any other support need

SURVEYS / CAMPAIGNS

Cycling Ireland – Young People Survey

Dear Youth Group

Cycling Ireland Youth Commission and Street Games are working together to understand more closely what young people across the island Ireland think and feel about cycling and how we can encourage more young people to get on their bikes in the future.

Cycling Ireland – Young People Survey

To help the researchers to do this we would like to collect some information from you. This is important because if we know what young people like yourself think about cycling, we can use that information to make sure young people have more opportunities to get involved with cycling in the future. We will ask you to answer some questions about you and your current cycling habits and how you feel about cycling. Don't worry it is not a test and there are no 'right' or 'wrong' answers. We just want you to answer the questions honestly.

All personal information about you will be kept confidential. This means that no one apart from the researchers at Street Games and Cycling Ireland will see any of your personal information. We will keep everything you tell us safe, and all the responses are anonymous. Thank you for your time and helping with this research.

The survey link – [Cycling Ireland – Young People Survey](#)

Cycling Ireland would greatly appreciate your support in helping to get the word out there to the young people through your network by contacting individuals, groups or agencies directly, if you can please share the survey link or QR code attached on your social channels as well. We will be using the information gathered to draw down future funding to be invested in the design programmes that relate specifically to the young people's responses.

Thank you for your continued support to get more young people participating, more often and enjoying the bike!

If you have any questions regarding this email or the survey, please do not hesitate to get in touch.

Kind Regards

Margo

MARGO FINNEGAN Programmes Coordinator

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cyclingireland.ie



Here For You : Bereavement Campaign

Dear Colleague,

The HSE Regional Suicide Resource Office, in collaboration with the Children and Young People's Services Committees and the Health County Committees in South East Community Healthcare, is delighted to share with you details of our upcoming Bereavement Support Campaign.

#HereForYou South East will commence next Monday, September 6th for eight weeks. During this time we will profile eight organisations that provide services and supports to people who are experiencing grief and loss. In advance of the campaign, the Partner Pack below (and attached) explains the campaign and we would ask you to circulate this to your networks. Each Monday, we will send you information on the bereavement service to be profiled that week, this will include an Information Sheet, a short You Tube Promotional Video and additional helpful resources. We will also include materials that can be used on your social media channels.

We hope to reach as large an audience as possible so feel free to circulate the information widely. If you would like any additional information just let us know and we would like to thank you in advance for your support with this campaign.*

Warm regards,

Tracy Nugent/Sarah Hearne (HSE Resource Officers for Suicide Prevention)
The Regional Suicide Resource Office (South East Community Healthcare)
Front Block, St. Patrick's Hospital, John's Hill, Waterford X91 KX25
Tel: 051 874013/087 9271041



Partner Pack

The objective of this eight week campaign is to profile and raise awareness of bereavement supports and services that are available to people living in Carlow, Kilkenny, South Tipperary, Waterford and Wexford.

THE AIMS OF THE CAMPAIGN ARE:

- To educate and inform the public about bereavement, including self-care, how to support loved ones and what services are available in the community
- To signpost people to the resources appropriate for their needs
- To make this information accessible to all

THE SERVICES WE WILL BE PROFILING INCLUDE:

- The Irish Hospice Foundation
- Anam Cara
- The Irish Childhood Bereavement Network
- Rainbows
- Barnardos
- The HSE Bereavement Counselling Service for Traumatic Deaths
- Pieta
- Cancer Support Services in the South East

KEY MESSAGES:

- Grief and loss is a natural part of life
- Grief is expressed and felt in different ways
- There is no right or wrong way to grieve
- How we experience grief and loss depends on a range of factors
- Grief can ebb and flow over time
- Support is available whether your loss was recent or in the past

HOW CAN YOU AND YOUR ORGANISATION SUPPORT THIS CAMPAIGN?

The focus will be on a media campaign that includes a video series, information sheets and other useful resources. Bereavement affects us all and we want to provide connection, comfort and support to those grieving especially in these exceptional times. We want as many people as possible to know about the availability of these bereavement supports.

We would ask you to incorporate our campaign into your current communications including newsletters, email updates, direct mail and printed materials. The campaign assets will include a series of short videos and information sheets that we will distribute to you over the next eight weeks.

We are happy to work in collaboration with you to ensure we reach those who need support.

If you have any queries please contact Tracy Nugent or Sarah Hearne at bereavement.sro@hse.ie



COVID-19 UPDATES

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.

-Everyone aged 12 and over can now receive their COVID-19 vaccine.

-More than 3 million people have been fully vaccinated in Ireland. As of August 18th, 90% of eligible adults are partially vaccinated and 83% of adults are fully vaccinated. Over 75% of our population aged 12 and over are now vaccinated.

Public Health

Measures

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

COVID-19 Testing - Online Booking System

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

[To book a test, log on to our system here](#). You can show up without an appointment, but you may not have to wait as long if you book online.

We have introduced a new contact tracing online system this week. If you get a positive test, you can use this to help list where you've been and help us to get in touch with your close contacts. <https://www2.hse.ie/conditions/covid19/contact-tracing/contact-tracing/>

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 3 million people have been fully vaccinated in Ireland. By this weekend, 90% of adults will be partially vaccinated and 80% of adults will be fully vaccinated. We are grateful to all of our colleagues and partners, and to the public, for taking part and making this happen.

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

Registration for 12 to 15 year olds

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](#).

Please note that 12 to 15 year olds are not eligible at present to attend walk in vaccination clinics.

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

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

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

Who can give consent for vaccination of a young person aged under 16 years

Information is available [here](#).

Isolation quick guide - applying to those aged greater than 3 months and up to 13th birthday

The updated factsheet is [available here](#).

Isolation quick guide - adults and children from their 13th birthday

The updated factsheet is [available 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://www.gov.ie/en/publication/cde55-why-vaccines-are-essential-to-stop-the-spread-of-covid-19/> 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](#).
- Find information on how to receive/amend your EU COVID Digital Certificate [here](#)

HSE COVID-19 webinar - Guidance on Resumption of Day Care Services for Older People

Friday, 3rd September (from 12-1pm)

You can register for the webinar [here](#).

For telephone access to listen to the webinar, please use the following:

Irish dial in number: 01 5260058

Access code: 175 385 4519

Medical cards online

The [online portal](#) for medical card, GP visit card and DPS applications and renewals is now restored.

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