



Wexford CYPSC News and Resources Update

September 9th 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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COURSES / TRAINING OPPORTUNITIES

o Wexford Youth Film Festival

Hi all,

Hope you are well, Please find attached information and flyer about the call out for submissions for the Wexford Youth Film Festival. The festival is run by Traditional Archive Channel (John Ó Faoláin) with the support of Wexford Local Development, Barnardos Ireland and the Department of Children, Equality, Disability, Integration and Youth. We want to put young people at the core of this festival and help them get a better understanding of identity and the importance of belonging and inclusion with a focus on community integration. To embrace our cultural similarities, race, disability, gender and to explore the challenges faced across all sections of the community.

If you could share this with your members/service users or wherever you see fit I would really appreciate it. I can also host information sessions on Zoom to chat with your members/service users about the festival if that is required.

Please feel free to contact me if you have any questions. Ph : 0877045961

Regards, John



WEXFORD YOUTH FILM FESTIVAL 2021

Submissions are now open for short films....

Wexford Youth Film Festival are delighted to announce that submissions for the 2021 festival are now being accepted!

The film festival is aimed at Primary and Secondary school aged pupils from around the Wexford area or with a connection or an interest in Wexford.

So if you have made a short film, or would like to make one especially for the festival we'd love to hear from you! Whether you are a young aspiring filmmaker or you are part of a school, or youth group, get your film to us to be part of this year's festival. Every type of film is welcome, including fiction, documentary, animation and music videos. The theme of the festival is 'A celebration of identity and the importance of belonging and inclusion with a focus on community integration'. The short films should look to examine themes of cultural similarities, race, disability, gender and to explore the challenges faced across all sections of the community.

How to enter :

Follow the instructions below to submit your film free of charge.

1. Upload your short film to YouTube or Vimeo and put it as unlisted.
2. Films can be between 1 and 10 minutes in duration.
3. Films can be of any type. Fiction, Documentary, Comedy, Drama, Environmental, Animation and Music videos.
4. Make sure to put the details in the description section on the chosen platform.
5. Email the unlisted link along with your details to John Ó Faoláin at wexfordyouthfilmfestival@gmail.com
6. State in the email if you are an individual filmmaker or with a youth group, film club or a primary or secondary school.

Closing dates for entries is 16th of October 2021.

A panel will select 1st, 2nd and 3rd place in each age category and the winners will be screened at an event in late October.

Prizes and certificates will be awarded to the winners in each category.

All films submitted will be shared on our Facebook page over the coming months.

To be eligible for inclusion film entries must be:

- The original work of schools, groups or individuals aged from 7 to 18
- Completed after 1st January 2016
- Films can be between 1 and 10 minutes in duration

Categories

Ages 7 - 12 - Category 1

Ages 12 - 15 - Category 2

Ages 15 - 18 - Category 3

We are really looking forward to seeing your films.....

○ Wexford VTOS Courses

Wexford VTOS is currently enrolling for our Academic year. all classes commence on 20th of September and will be face to face thank god. To be eligible for our full time programmes you must be over 21 and in receipt of a payment from DSP. The ATI programme is particularly attractive as it is fully funded compared too the 800 per anum fees elsewhere. I would appreciate if you could distribute this amongst CYPSC members in the Wexford district for further distribution..

If you need anything from me please do not hesitate to ask

Is Mise le Meas
Peadar Ó hEideáin
Comhardaitheoir Scéim Deiseanna Oiliúna Gairmoideachais
Ionad Aosoideachais Loch Garman
An Geata Thiar
Loch Garman

Peter Hayden
VTOS Coordinator
Wexford Adult Education Centre
Westgate
Wexford
053 9146188
0860748031



Level 4 Office Skills

Modules Include:

- General Office Skills
- Reception Skills
- I.T Skills
- Customer Service

For more information contact
wexfordvtos@wwetb.ie
Phone 086 0748031
or apply online at
www.fetchcourses.ie
Course Code: 319555

www.wwetb.ie

Course Location:
Wexford VTOS or online,
restrictions lift permitting





wwetb
West Wicklow Education and Training Board
West Wicklow Education and Training Board
West Wicklow Education and Training Board

Accounting Technician Ireland Year 1

Modules Include:

- Financial Accounting
- Business Management
- Law
- Taxation

For more information
contact
wexfordvtos@wwetb.ie
Phone 086 0748031
or apply online at
www.fetchcourses.ie
Course Code: 318613

www.wwetb.ie

Course Location:
Wexford VTOS or online,
restrictions lift permitting



Level 5 Business Administration

Modules Include:

- Accounts
- Business Administration
- Insurance
- Customer Service

For more information
contact
wexfordvtos@wwetb.ie
Phone 086 0748031
or apply online at
www.fetchcourses.ie
Course Code: 318620

www.wwetb.ie

Course Location:
Wexford VTOS or online,
restrictions lift permitting



wwetb
West Wicklow Education and Training Board
West Wicklow Education and Training Board
West Wicklow Education and Training Board



Sport and Recreation Coaching and Performance

Modules Include:

- Sport & Recreation
- Psychology
- Teamworking
- Exercise and Fitness

For more information
contact
wexfordvtos@wwetb.ie
Phone 086 0748031
or apply online at
www.fetchcourses.ie
Course Code: 319561

www.wwetb.ie

Course Location:
Wexford VTOS or online,
restrictions lift permitting



Level 4 General Learning - English as a Second Language

Modules Include:

- ESOL
- Business English
- Teamworking
- Communications

For more information
contact
wexfordvtos@wwetb.ie
Phone 086 0748031
or apply online at
www.fetchcourses.ie
Course Code: 319551

www.wwetb.ie

Course Location:
Wexford VTOS or online,
restrictions lift permitting



wwetb
West Wicklow Education and Training Board
West Wicklow Education and Training Board
West Wicklow Education and Training Board



Sport and Recreation Sports Injury Rehabilitation

Modules Include:

- Massage & Figure Analysis
- Anatomy & Physiology
- Physio Assistant
- Exercise & Fitness

For more information
contact
wexfordvtos@wwetb.ie
Phone 086 0748031
or apply online at
www.fetchcourses.ie
Course Code: 319567

www.wwetb.ie

Course Location:
Wexford VTOS or online,
restrictions lift permitting



Level 6 Business-Management

Modules Include:

- Managing People
- Supervisory Management
- Business Management
- HRM

For more information
contact
wexfordvtos@wwetb.ie
Phone 086 0748031
or apply online at
www.fetchcourses.ie
Course Code: 324903

www.wwetb.ie

Course Location:
Wexford VTOS or online,
restrictions lift permitting

○ Upcoming Courses at South West Wexford FRC



Evening Courses Commencing September 2021

| Module | Component of Major Award | QQI Level | Price |
|--|------------------------------------|-----------|-------|
| Bookkeeping Manual & Computerised | Business Administration/eBusiness | 5 | 285 |
| Children With Additional Needs | Early Childhood Care and Education | 5 | 285 |
| Communications | ALL MAJOR AWARDS | 5 | 285 |
| Training and Development | Special Purpose Award | 6 | 550 |
| Palliative Care Support | Healthcare Support | 5 | 285 |
| ICDL (previously ECDL) | ICS SKILLS Award | N/A | 440 |
| Childcare Level 6 | Early Childhood Care and Education | 6 • | 315 |

FREE Digital Skills for Citizens

10 hours of FREE digital training

Course Content:

- Introduction to Internet
- Internet Safety & Security
- Email services
- Shopping Online
- Online Government Services
- WhatsApp/Zoom



To book a place on any course call 051-389418. Funding may be available for social welfare and COVID-19 payment recipients. Courses will run subject to minimum numbers. Price includes certification where applicable. Due to the current COVID-19 situation, our courses will consist of a mixture of blended learning and in-house learning.

Tel: 051-389418 | Email : read@swwfrc.ie | Web: www.swwfrc.ie





Have you thought of creating your own herb garden at home?

Get started this Autumn with co-creating a Community Herb Garden at The Ramsgrange Centre with some top tips from Local Gardener Annette Wickham .

Hear about the History of Herbs, design and layout of a raised herb garden , types and uses of herbs , harvesting and drying herbs for culinary use & how to make Pot Pourri.

Learn also how to propagate from cuttings in the nursery. A wide range of plants will be covered including annuals and perennials, featuring both familiar herbs and some lesser-known varieties.

Ramsgrange Community Herb Garden

September 2021

8 week course

10-1pm

SWWFRC

The Ramsgrange Centre
Ramsgrange

Register your interest by emailing

Manager@swwfrc.ie

In partnership with



wwtb
Wicklow Water Treatment Board
Wicklow Water Treatment Board
Wicklow Water Treatment Board



South West Wicklow



Social, Personal & Health Education
(SPHE) Programme

CONNECTING FROM THE HEART

COURAGE TO BE REAL TOGETHER
IN THESE PRESENT TIMES

ON-LINE

VIA ZOOM



'This course offers participants the opportunity - in a safe, friendly and enjoyable environment - to explore and share the impact of the pandemic (both positive & negative) on our social and personal lives.'

8 WEEK SHORT COURSE

using an experiential groupwork approach

Wednesday Mornings

10am-12.30pm

29 September - 24 November

(with a break for mid-term)

Fully subsidised/no charge to participants

Closing Date: 30 August

Early booking advantageous

To book your place:

Sharon Kennedy

South West Wexford FRC

(051) 389 418

manager@swwfrc.ie



wwetb
Wexford Water Treatment Board



Heilthéireacht na hÉireann
Health Service Executive



TUSLA
Child Welfare

www.socialandhealth.com

CONNECTING FROM THE HEART

COURAGE TO BE REAL TOGETHER
IN THESE PRESENT TIMES

'This course is an invitation to become aware of and appreciate how personally and collectively we coped during the pandemic'.

INDICATIVE COURSE CONTENT

The course will be customised to the needs of the group. Topics covered may include:

- Group building – trust, safety and hopes
- Connecting through sharing our experiences of the recent times (I)
- Group building & connecting through sharing our experiences of the recent times (II)
- How we respond when threatened as persons and communities
- Connecting through sharing our experiences of our Communities over the recent times
- From the Inside Out – naming & allowing feelings
- Understanding and creating my narrative
- Appreciation of all our strengths, supports, learning – courage and hope

WHO CAN PARTICIPATE?

This course is open to people from all walks of life. No prior qualifications are needed - just a willingness to be personally involved and to interact with others. There will be approximately 14 people in the group.

FACILITATORS

Michelle Fitzgerald & Joan Frawley



SHEP
Experiential Training
Facilitated Learning in Groups

ABOUT SHEP

The Social and Health Education Project has pioneered the development of experiential learning in group-work settings for over 45 years.

VALUES & APPROACH

In all of SHEP's courses our approach to facilitation

- Creates a safe space where our experiences can be shared, received and validated
- Values the life experience of the participants
- Creates opportunities for humour, appreciation, creativity & growth
- Fosters the development of life skills, tools and methods for grounding and connecting for the journey ahead.

'This short course is a important opportunity to connect more with yourself and others. It will help you consolidate your strengths and develop new skills for the journey ahead.'

FACILITATING ON-LINE

The course is facilitated on-line. Through the investment of time and resources by everyone in the Project (e.g. practice development workshops and trainings), SHEP's community of practitioners have developed practice experiences and expertise (technical and facilitation skills) to create effective, sensitive and meaningful presence and connection on-line.

The experiences will be of an atmosphere that is in-formal, with lots of discussion and a few inputs from the facilitators. The emphasis is on providing a place where participants can feel free to learn from others and their own experiences.

PARENTING

○ Foster Parent Language Classes Bridgetown College

Note : These classes are open to all parents. You do not have to have a child attending Bridgetown College.

Are you a parent/guardian whose first language is not English?

Bridgetown College are offering free English language classes !!!

When? Every Friday starting Sept.10th 9.30am-12.30pm

Where? AOH Hall Bridgetown

To find out more contact

Eileen Codd HSCL

Bridgetown College

0872943530.(Funded by ESOL WWETB)



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.

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.



MENTAL HEALTH / BEREAVEMENT

o Green Ribbon Campaign



Dear Colleagues,

The annual See Change Green Ribbon campaign gets underway tomorrow for the month of September. See Change is Ireland's organisation dedicated to ending mental health stigma. The theme for this year's campaign is "Let's talk about inclusion" and there are two national campaign launches that you are welcome to attend. Please see the details at the end of this email.

WEBINARS HOSTED BY THE HSE REGIONAL SUICIDE RESOURCE OFFICE IN SOUTH EAST COMMUNITY HEALTHCARE

In collaboration with See Change we would like to invite all our *Connecting for Life* partners to one of our webinars to be held in September to mark the Green Ribbon Campaign. Each Webinar will follow the same format; we are holding two to ensure maximum participation throughout the region.

This will be an opportunity to hear from a Green Ribbon Ambassador with lived experience who will share their personal story along with a stigma reduction presentation. There will also be input from the HSE Regional Suicide Resource Office including information on how the implementation of *Connecting for Life* influences stigma reduction in our communities.

WEBINAR 1: Tuesday the 7th of September, 2pm to 3.30 pm

WEBINAR 2: Thursday the 30th of September, 11am to 12.30 pm

If you are interested in attending either webinar please email: sarah.hearne@hse.ie to register and receive the link.

Green Ribbon Distribution

If anyone would like Green Ribbons to wear throughout the campaign and to share among your service/organisation please contact me at sarah.hearne@hse.ie or call the office on 051 874013 and we can send them to you.

You will find additional downloadable resources on www.seechange.ie and please find attached a timetable of events for the National Green Ribbon campaign.
<https://seechange.ie/download-our-supporters-pack-2021/>

NATIONAL LAUNCH DETAILS

DUBLIN Green Ribbon Launch:

Date: Wednesday, September 1st **Time:** 11:00 – 13:00

Host: Barbara Brennan , See Change Programmes Team Leader

To register for this event, click [here](#)

CORK Green Ribbon launch

Date: Friday, September 3rd **Time:** 11:00 – 13:00

Host: Barbara Brennan , See Change Programmes Team Leader

To register for this event, click [here](#).

Kind regards,

Heath & Wellbeing Team
South East Community Healthcare
HSE

To access training provided by the HSE Regional Suicide Resource Office please visit contact TrainingSRO@hse.ie

If you need HELP NOW for yourself or for another person:

- GP - talk to your GP if possible
- CALL 999 - in the event of an emergency
- A & E - visit your Accident & Emergency Department

CALL A HELPLINE: Ring the Samaritans 24/7 on Freephone 116 123 or Pieta House Freecall 1800247247

Visit www.yourmentalhealth.ie

#HereForYou South East

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.*

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.

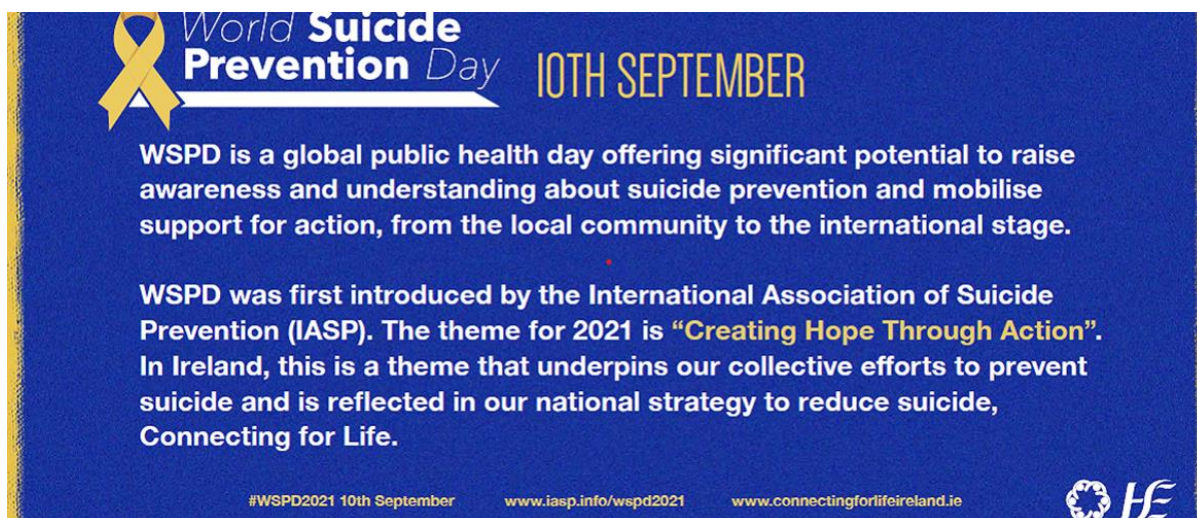
We are happy to work in collaboration with you to ensure we reach those who need support.

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



○ World Suicide Prevention Day

World Suicide Prevention Day is next Friday, 10th September



World Suicide Prevention Day (WSPD) is a day for raising awareness about suicide prevention and for mobilising local and international support.

The International Association of Suicide Prevention's 2021 theme is "Creating Hope Through Action".

Our national suicide prevention strategy, Connecting for Life, reflects this theme.

The HSE National Office for Suicide Prevention (NOSP) has provided a [Partner Pack for WSPD 2021](#). It contains social media images, recommended messaging, and suggested actions you can take to create hope.

Minister Mary Butler TD launched the HSE NOSP Annual Report for 2020 today. This report outlines work and activities related to the NOSP, suicide prevention and Connecting for Life. Find the report [here](#).