



Wexford CYPSC Newsletter

April 28th 2023

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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→ Living Well : A free group self-management programme for adults living with long-term health conditions.



For bookings, enquiries or promotional material email LivingWellSE@hse.ie

Or phone **056 778 49 44** / **056 778 49 45**

Referrals are accepted from potential participants and/or clinicians, social prescribers, HSE staff, Community Organisations etc

Programmes available in the South East

Day	Start date	Finish date	Time	Location
Wednesday	19th April 2023	24th May 2023	2pm – 4.30pm	Bagenalstown Family Resource Centre, Royal Oak Rd, Carlow R21 Y753
Thursday	4th May 2023	8th June 2023	10.30am – 1pm	SWW Family Resource Centre, The Ramsgrange Centre, Ramsgrange, Wexford, Y34 DP26
Tuesday	16th May 2023	20th June 2023	2pm – 4.30pm	Online
Wednesday	24th May 2023	28th June 2023	10.30am – 1pm	Online
Thursday	15th June 2023	20th July 2023	10.30am – 1pm	Dungarvan Primary Care Centre, Waterford (FULL)
Tuesday	20th June 2023	25th July 2023	10.30am – 1pm	Waterford City (FULL)

What does Living Well involve?

- Living Well is a free group programme which runs for 2.5 hours once a week for six weeks.
- The Programme is available in person and 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 and depression.
- 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, 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 More information see www.hse.ie/LivingWell

Living Well is an SMRC Evidence Based Self- Management Programme originally developed at Stanford University

→ Recovery College South East : Recovery Education Programme April – June 2023

You are invited to join us in our new Recovery Education Programme for Spring/Summer 2023.

This year, we are delighted to be able to offer integrated/hybrid workshops which means you have the option of attending some of the workshops in person or join online from home as specified on the timetable. It is important if you choose the online option, that you indicate your preference on the enrolment form so the link can be sent to your email.

(For more detailed information on the workshops, please go to the Workshop Section of our Website – www.recoverycollegesoutheast.com.) You can scan our QR code for quick access to our website

1. Complete the attached enrolment form and email it to the Recovery College South East at enrolrecoverycollegesoutheast@gmail.com or



Phone us on 086 1746330 to enrol

To access further details on the training available and the application form, click [here](#).

→ **Weekend Applied Suicide Intervention Skills Training (ASIST)**



We are delivering a weekend Applied Suicide Intervention Skills (ASIST) Training on **Saturday/Sunday, May 13th and 14th** from 9 am to 5 pm both days. The training will take place in Waterford Teacher's Centre, the Newtown Road, Waterford. This may be of interest to people who cannot commit to two full days during the week. Participants must have completed safeTALK or Start (Online Suicide Prevention Skills Training) in advance of ASIST. Further details on safeTALK and Start are available at www.bookwhen.co/sro.

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

To book a place on the weekend ASIST please visit <https://bookwhen.com/sro/e/ev-s9fe-20230513000000>. Feel free to share this email with your networks.

Kind regards,

Tracy Nugent

HSE Service Manager/Resource Officer for Suicide Prevention

FUNDING

→ Creative Youth Nurture Fund

The Nurture Fund is a pilot scheme that will support youth-led cultural, artistic and creative engagement by young people aged between **6 and 24 years**.

It is looking to support individuals and organisations that can reach specific groups of young people that are too often seldom heard, to nurture their creative passions and ignite their creative potential.

Grant funding between **€50,000 - €90,000** per project with a duration of 18-24 months will be provided up to a total of **€500,000**.

Proposals are invited from organisations, individuals or partnerships with experience of working with the following groups of children and young people:

1. Living with physical or intellectual disabilities;
2. Refugees and asylum-seekers;
3. Living with mental health issues;
4. LGBTI+;
5. Traveller and Roma;
6. Those within, or transitioning from, the care system; or
7. Engaged with the youth justice system/ incarcerated persons and ex-offenders (up to age 24).

[A full briefing document is available here.](#)

Applications must be completed online and submitted via [submit.com](#) by Friday 9th June 2023 at 5pm. This is linked below.

There will be an **online information session on the 9th of May**. This information session will give you the opportunity to learn more about the fund, how to apply using [submit.com](#), and to ask questions directly to the Creative Youth team. You can RSVP below.

Date: Tuesday, 9th May 2023

Venue: Microsoft Teams

Time: 15:00pm - 16:00pm

This initiative has been developed by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media (Creative Ireland Programme)

Visit us at *creative* ireland.gov.ie

→ The Age Friendly Information Guide to Services for Older People in County Wexford.

The **Wexford Age Friendly Information Guide to Services for Older People in County Wexford** is now available in both soft and hard copy. Soft Copies are available on Wexford County Council Website here - [Age Friendly Directory of Services | Wexford County Council \(wexfordcoco.ie\)](https://www.wexfordcoco.ie).

Healthy Wexford were delighted to contribute towards the printing of this guide.



**Information Guide to Services
for Older People in
County Wexford**

