



Wexford CYPSC Newsletter

August 11th 2023

For information on services and supports for children, young people and families see [Wexford CYPSC](#)

For information on parenting supports and programmes, see [Wexford Parents Hub](#) or access on facebook www.facebook.com/wexfordparentshub/



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→ BeLonG To Youth Services: New Sports Online Learning Course

Research tells us that many LGBTQ+ young people can feel excluded from sports and there is still work to do to ensure that sport is inclusive to everyone.

This free, online course is a great first step to learn how to create inclusive sports for LGBTQ+ youth. The interactive course includes videos, exercises and quizzes. It takes 45 minutes to complete.

Anyone who works or volunteers with young people in a sports settings can take part. The course is designed to empower participants with the skills and awareness needed to provide a more supportive environment for LGBTQ+ youth engaging in sport.

[CLICK HERE TO LEARN MORE!](#)

As part of the training, you will learn about:

- Actions to create a safe, inclusive clubs.
- Participation of LGBTQ+ youth in sport.
- The impact of casual homophobia in sport.
- LGBTQ+ terminology and language.
- Inclusion and bias.

We are grateful to the Department of Children, Equality, Disability, Integration and Youth for funding this e-learning initiative under the LGBTI+ Community Services Fund 2021.

This course is the latest in our suite of free online learning opportunities. BeLonG To also offers free online training for educators, youth workers, volunteers and mental health professionals. [Take a look at our interactive, user-friendly courses here.](#)

All of our training courses are evidence-based, and informed by the experiences of the LGBTQ+ young people that we support.

→ Free Service to 'Dispose of Unused Medicines Properly' (DUMP) available in Co. Wexford

DUMP

DISPOSE OF UNUSED MEDICINES PROPERLY



A free service to dispose of unused and out of date medicines.

Please avail of this opportunity to DUMP these medicines safely and properly.

WHERE & WHEN

Enniscorthy Vaccination Centre
St. John's Chapel,
Munster Hill
Y21 H4CF

Thursdays:
July 6th, 13th, 20th and 27th
August 3rd, 10th, 17th, 24th and 31st

10 am to 3 pm

(Please note that medicines will only be accepted on the specified dates)



For more information, please contact
Tracy Nugent or Sarah Hearne
051 874013



Following a successful DUMP Campaign in Waterford in May, the HSE/South East Community Healthcare is asking the public to avail of a free service to dispose of unused medication over the next few weeks in Co. Wexford.

The free 'Dispose of Unused Medicines Properly' (DUMP) Campaign will enable anyone to bring unused or out of date medicines to a designated "DUMP" site at the HSE's Vaccinations Centre on the St. John's Hospital campus in Enniscorthy.

The "DUMP" service is available to the general public from 10 am to 3 pm on Thursdays 17th, 24th and 31st of August in the Enniscorthy Vaccinations Centre.

Among unused and out of date medicines brought to the facility when recently operated at the Waterford Vaccination Centre were some 32,800 tablets/pills.

Explaining why people should take this opportunity to safely dispose of unwanted medicines, HSE Pharmacist Fiona Maher says:

“The HSE urges people to take this opportunity to get rid of out of date or unused medicines. Medication can pose a real hazard in the home, particularly to children or other vulnerable people. Clearing out your medicine cabinet is something that should be done on a regular basis. Check all the dates and remove anything that is out of date or no longer required. Medicines have an expiry date for the same reason food does and out of date medicines could do more harm than good.”

“It’s important that medicines are disposed of correctly. Disposing of medicines in the rubbish bin means that they could be accessed by children or pets. Flushing medicine down the sink or toilet means that medicine residues can enter the environment and even small amounts of medicines can affect freshwater ecosystems.”

“Medicines can build up in the home for a variety of reasons (e.g. you might have an unfinished course of antibiotics or have medication for a condition/illness that is no longer a problem). Also, older people or someone with an ongoing illness can often have large amounts of medicine at home. Whatever the reason, the HSE/South East Community Healthcare urges householders to take this opportunity to dispose of these unwanted medicines (prescription or over-the-counter) safely.

HSE/South East Community Healthcare’s Resource Officer for Suicide Prevention Tracy Nugent says:

“There are risks involved in storing large quantities of medication at home, including”:

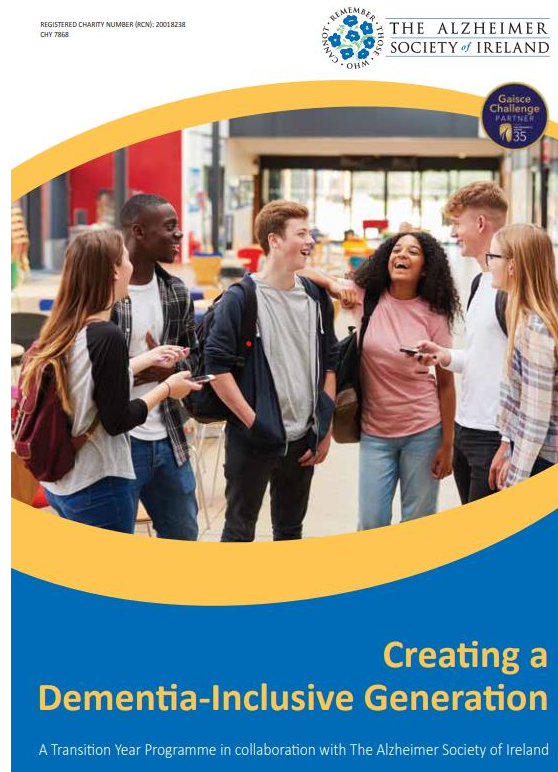
- **Accidental poisonings (particularly in children):** In 2021, the National Poisons Information Centre in Beaumont Hospital received 10,847 enquiries involving poisoning in humans. Almost 60% of these related to children under 14 years old. Most poisonings involving children took place in the child’s home and more than half of poisonings involved medicines, with Paracetamol and Ibuprofen being the most common medicine involved. Brightly coloured medications or liquids can easily be mistaken for sweets or drinks by children or other vulnerable people.
- **Inappropriate sharing of medicines:** It is important that medicines are taken as directed by the person for whom they were prescribed and only that person. Medication is prescribed to cure illness/infection, however, sharing or not completing courses of medication may cause illness, injury, or even death. Also, when antibiotics are used inappropriately (i.e. not completing the course or sharing with someone), not all bacteria are destroyed and more resistant bacteria survive and multiply. These drug-resistant bacteria then make it harder to prevent and treat infections because fewer antibiotics are effective against them. Increased antimicrobial resistance is a serious threat to global public health.
- **Overdose suicide attempts:** The National Suicide Research Foundation (NSRF) reported that in 2020, there were 12,553 presentations to hospitals due to self-harm

and 62% or 2 out of every 3 presentations were due to intentional drug overdose using prescription or over-the-counter medicines. The NSRF also revealed in a recent study that there were 10,985 paracetamol-related drug overdoses recorded among young people in Ireland between 2007 and 2018.

“Most households will have a quantity of medicine in their home and it is important that it is stored correctly and out of reach of children or other vulnerable people. The HSE/South East Community Healthcare is encouraging you to use this DUMP service over the coming weeks.”

→ Creating a Dementia Inclusive Generation

The Alzheimer Society of Ireland (ASI) would love to offer schools and students the opportunity to participate in our new online programme. Over 50 schools across Ireland have signed up, and over 700 students have already completed this highly innovative programme. This programme has been identified by Alzheimer Europe as one of the six most powerful anti-stigma programmes in Europe.



How Does it Work?

There are two phases to this programme the first being an online e-learning course that is divided into five modules each containing workbooks, videos and questions on dementia with a focus on brain health.

We recommend students complete this programme during class times as there are topics within the five modules where students can discuss the content included in the modules and their own experiences’.

We will provide teachers with all the materials and tools you need to deliver this course as part of your TY curriculum.

In addition, Phase two is the peer education piece. The ASI Creating a Dementia Inclusive Generation Programme is an official Gaisce Challenge Partner, which allows students to use the programme towards award requirements should they so wish. They can do this by using their learnings, and supported by a tool kit provided by ASI, they can relay the information they have learned to other peers - be they other student groups, other school groups or

indeed community groups . It is a very exciting time for both ASI and the schools we are partnering with as we are the only organisation who offer this type of programme to students.

We have received incredibly positive feedback from many of the students and teachers that have taken part in this programme “The online dementia course has enhanced and complimented my Community Care Module with the TYs. As part of the module we do discuss Dementia and visit the Alzheimer's Unit in Carn. Raising awareness and providing up to date information can only enhance their knowledge and I feel the students have really benefited from this online training. As a TY year group we are always involved in projects that help raise awareness of Alzheimer's”. Elaine Farren, TY Coordinator in Carndonagh Community School. If you have any questions, please don't hesitate to contact me. Please see the attached fliers and please feel free to share as you see fit.

To access the Transition Year Programme Leaflet, click [here](#)

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

Many thanks,
Cathryn

Cathryn O'Leary,

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