



Wexford CYPSC Newsletter

August 4th 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/



CONTENTS

Parenting

P.3 : Dr. Mary O’Kane – Canavan Byrne Webinars for Parents and Educators Autumn Talks

Webinars & Training

P.5 : “One Family” Online Courses for Professionals and Families.

P.7 : Women’s Aid Online Training

Funding

P.9 : “What Works” Building Evidence Fund 2023

Events

P.10 : “Save the Date” for Rural Youthwork Gathering

Reports

P. 12 : From Poverty to Potential : A Programme for Child Poverty and Well-Being

Vacancies

P.13 : Manager Post ARC FRC

PARENTING

→ Dr. Mary O’Kane – Canavan Byrne Webinars for Parents and Educators Autumn Talks

Dr Mary O’Kane is a Lecturer in Psychology and Early Childhood Education teaching with the Open University. Popular for sharing her expertise in a warm and relatable way, Mary is a regular contributor to **Ireland AM** on both parenting and early childhood education issues. She gives public talks on a range of topics related to child wellbeing, parenting, and education, and is well known for her humorous down to earth approach.

Forthcoming Talks -Autumn 2023

On 23rd August, we have a session for parents of teens **Starting Secondary School** in September. The move from primary to secondary school can result in both anxiety and excitement, and that is just for the parents! This is one of the most significant transitions our young teens face. The changes are social, emotional, and academic, as they move from being the ‘seniors’ in their primary school to the ‘juniors’ in this new educational environment. In this talk I will outline some of the challenges faced during this transition, and offer very practical advice on how we can support students on this new educational journey. Further details [here](#).

Then we have **Supporting Anxious Children (for parents)**. As parents, when your child is anxious it can be difficult to know how best to support them. However, we play an important role in helping our children to both understand and to manage their anxiety. In this talk I will explain anxiety in children and outline very practical advice on how we can help our children to manage their fears and gain confidence. It is on Wednesday 6th September, further details [here](#).

Next up is **Raising Resilient Children** which is all about helping our children to become strong and capable. Resilience is key to helping children cope with the ups and downs that life throws at them. It helps children develop solutions to problems and gives them self-confidence to overcome difficulties. It is on Wednesday 13th September. Further details [here](#).

Then we have **Supporting Anxious Children for Educators**. This session is aimed at educators both at preschool and primary school level. When you have a child in your class who is anxious, it can be difficult to know how best to support them. However, educators play an important role in helping children to both understand and to manage their

anxiety. In this talk I will explain anxiety in children and outline very practical advice on how we can help children to manage their fears and gain confidence. It is on Wednesday 20th September, further details [here](#)

Then on 27th September we have a session called **Parenting With Patience**, it is all about those difficult days when patience is hard to find. The days when we struggle to keep our cool with our children – and that has been most of us at one time or other! It offers practical advice on how to parent in a more calm way, and information is available [here](#).

This is followed by **Parenting Tweens and Teens**. This Webinar outlines the impact of teenage brain development, which explains so much of why we sometimes find our teens hard to understand! I then offer practical advice on how to maintain family connection during these years. This will take place on Wednesday 4th October. Details [here](#).

On 11th October, we have **From Surviving to Thriving: Developing a Growth Mindset in Children**. This is aimed at parents who would say their child can veer towards the negative, a child maybe who does not seem to want to put effort into tasks, and who you feel is not reaching their full potential. Details [here](#).

o Each of these is a 1.5 hour session with additional time for any questions, and has a cost per family of Euro 20-.

- o I will also have some face to face talks coming up, information on these will be posted on my Facebook page: Dr Mary O'Kane, in the coming weeks.
- o Finally, for any of you that might have felt under pressure with your parenting over the summer break, I just wanted to remind you that 'good enough is good enough'! Every so often we all need a reminder that there is no need to be perfect in our parenting, all we can do is to try our best with what we know at the time. You are exactly the parent your child needs, flaws, imperfections and all!
- o If you feel some additional reading to support your parenting would be helpful, my book 'Perfectly Imperfect Parenting: Connection not Perfection' is available at this link: <https://www.drmaryokane.ie/perfectly-imperfect-parenting/>

Best wishes,

Mary O'Kane, BSc, MPhil, PhD

Lecturer in Psychology and Early Childhood Education;

Author of Perfectly Imperfect Parenting;

Parenting Contributor Newstalk Radio/Ireland AM

Business Facebook Page: Dr Mary O'Kane

WEBINARS & TRAINING

→ “One Family” Online Courses for Professionals and Families.

One Family works to affect positive change and achieve equality and social inclusion for all one parent families in Ireland. Click [here](#) to access the One Family website.



As a provider of specialist family support services to one parent families since 1972, One Family, understands the unique challenges and needs of people who are parenting alone, sharing parenting and separating.

Using this practical experience, we have developed an easily accessible e-learning course for professionals working in the areas of family support, early years, therapeutic supports, education, and/or youth work.

For more information and to [register for the professionals course click here](#).



One Family offer a series of group based parenting courses via Zoom. Our courses are specially designed for people parenting alone, sharing parenting and separating. [You can view the Zoom course calendar here.](#)

There are four in-person courses starting in October, the Stay and Play Parenting Course, the Baby Massage Parenting Course, Family Communications: Separating Well for Children and the Positive Parenting for Changing Families course. [You can learn more here.](#)

Our E-learning for parents' offers a selection of five online courses that allow you to learn at your own pace. You can [sign up for the courses here](#). We have also recently redesigned the Family Communications: Separating Well for Children e-course. You can [learn more about the course here](#).

→ Women's Aid Calendared Online Training



"Recognising and responding to the impacts of domestic abuse on women"

About this training;

Women's Aid has developed a **half day online training** programme focused on recognising and responding to domestic abuse. The training is for anyone who in their professional capacity interacts with survivors of domestic abuse. Training is delivered on Zoom. Each participant must have access to a private space, a good internet connection, a computer, or another device to take part in the training.

Upcoming training dates

- Tuesday, 12 September 2023, 10am-1pm (registration at 9.45am)
- Wednesday, 15 November 2023, 10am-1pm (registration at 9.45am)

The fee for the training is €75.00 per person. For information on how to book a space on this training, please go to the Women's Aid website - <https://www.womensaid.ie/get-training/>

"Recognising and responding to the impacts of domestic abuse on women and children"

About this training;

Women's Aid has also developed a **two x half day Online Training** programme focused on understanding how women and their children are impacted by experiences of domestic abuse. This training will be of particular interest to professionals who in any capacity support and provide services to children and families. Training is delivered on Zoom. Each participant must have access to a private space, a good internet connection, a computer, or another device to take part in the training.

*N.B. Please note that session 1 of this training covers the same content as the Recognising & responding to the impacts of domestic abuse on women (half day online training). When deciding which training to opt for please choose **either**; half day Recognising & responding to the impacts of domestic abuse on women or the two half day Recognising & Responding to the impacts of domestic abuse on women and children.*

Upcoming training dates

- Tuesday, 17 & 24 October 2023, 10am-1pm on both days (registration at 9.45am)

- Thursday, 7 & 14 December 2023, 10am-1pm on both days (registration at 9.45am)

The fee for the training is €150.00 per person. For information on how to book a space on this training, please go to the Women's Aid website - <https://www.womensaid.ie/get-training/>

For more information on any of Women's Aid training courses click [here](#)

About Women's Aid

Women's Aid is a national frontline organisation working to prevent and address the impact of domestic violence and abuse including coercive control, in Ireland since 1974. We do this by advocating, influencing, training, and campaigning for effective responses to reduce the scale and impacts of domestic abuse on women and children in Ireland and providing high quality, specialised, integrated, support services. For more information, please visit: www.womensaid.ie

Important: Please note that the training may not be suitable for anyone currently experiencing, or who has recently experienced, domestic violence as the material may be distressing. If you have any questions or concerns about participating in the training, please feel free to contact us.

The training is designed to upskill those supporting women experiencing domestic violence. If you are a woman experiencing domestic violence, or if you are concerned on behalf of someone else, please contact Women's Aid 24hr National Freephone Helpline on 1800 341 900.

FUNDING

→ “What Works” Building Evidence Fund 2023



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth

- Grants of up to €50,000 will be made available to community and voluntary sector organisations working with children and young people through a prevention and early intervention approach. The total value of the fund is €600,000.
- These grants will support organisations to support the effective use of data in service provision for children and young people around Ireland.
- This funding is being made available through the What Works prevention and early intervention initiative which receives its funding from the Dormant Accounts Fund (DAF). The DAF is managed by the Department of Rural and Community Development.

Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman has announced the creation of a new fund under the What Works prevention and early intervention initiative, which is funded through the Dormant Accounts Fund. The What Works Building Evidence Fund has been established under the Quality and Evidence strands of the What Works initiative. It aims to support the gathering and analysis of data and evidence within the community and voluntary sector.

The Fund is open to practitioners and service providers working in not-for-profit organisations who work with children, young people and their families. Not-for-profit organisations are invited to submit applications for funding of up to €50,000 for prevention and early intervention projects that will identify gaps in service provision and develop skills for effective monitoring, evaluation and analysis of prevention and early intervention services. All applications must have a strong emphasis on prevention and early intervention. The total value of the fund is €600,000.

The Fund further aims to help those working with children, young people and families to access training on collecting, research and analysis that improves outcomes for children and young people.

You can read more about the launch [here](#)

The deadline for applications is 5pm, Friday, 22nd September 2023. Applications should be submitted to whatworks@equality.gov.ie. Hardcopies delivered via post will not be accepted. Applicants are advised to carefully and thoroughly read the for the Fund before completing and submitting the Application Form.

For more information on the fund and how to apply, click [here](#).

EVENTS

→ “Save the Date” for Rural Youthwork Gathering

The WWETB are organising a gathering of those working in rural settings with young people. Details will follow in September and feel free to forward this to anyone you feel might be interested. The core focus is to provide a space for those engaged in Youth Work setting with young people in rural areas.



The definition that the Team organising this are using is:

- *Lack of a critical mass of people*
- *Spread of residency*
- *Lack of services*
- *Distance from services*
- *Low mix of economic activity*

➤ The purpose of the event is:

- To provide a space for those active in rural communities to exchange knowledge on their work.
- To provide an opportunity to participants to develop contacts and networks.
- To identify the key issues facing young people and youth workers (both volunteer and paid) in rural areas.
- To develop a set of actions for follow up on as a next step.

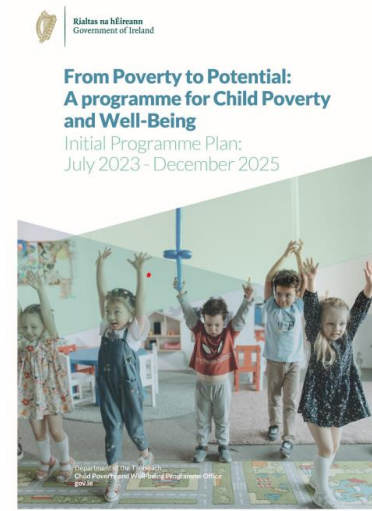
We would ask you to put this date into your diary and bring it to the attention of anyone that you think might be interested in attending.

Regards

Martin Fitzgerald
Youth Officer
P: 058 51433 M: 086 3858781

REPORTS

→ From Poverty to Potential : A Programme for Child Poverty and Well-Being



Taoiseach Leo Varadkar has published the first Programme Plan for the Child Poverty and Well-Being Programme Office in his Department which aims to make Ireland the best country in Europe to be a child.

From Poverty to Potential: A Programme Plan for Child Poverty and Well-being 2023-2025 focuses on six areas for early action, and brings together policies and services to make a real impact on the lives of children living in poverty, starting with Budget 2024.

The initial focus is on making sure that every child and their family has access to:

1. the income they need;
2. early learning and care;
3. reduced cost of education;
4. prevention and mitigation of family homelessness;
5. pathways to access the services they need;
6. and, arts, culture and sports opportunities.

Progress on these six areas will bring us much closer to a society where poverty does not undermine any childhood.

The role of the Department of the Taoiseach is to co-ordinate and focus government action. This programme is intended to drive implementation of a broad range of commitments that will impact on the six areas, but the Office will also undertake a small number of strategic initiatives aimed at enhancing the efficiency and efficacy of cross-government responses.

Click [here](#) to access the report

Click [here](#) to access a child-friendly summary of the report

VACANCIES

→ Manager Post ARC FRC

Raheen Community Development Group CLG are now looking for an energetic and dynamic Manager to lead our team and work closely with the Raheen Board of Management to lead a strategic implementation and development of Family Resource Centre services in Adamstown, Clonroche & Raheen strengthen and empower children, families, and local communities.

<https://www.activelink.ie/vacancies/community/101997-arc-family-resource-centre-manager>

Please email your cover letter and CV to manager@arcfrc.ie

The closing date for applications is **5pm, August 14th.**

Interviews will be scheduled to take place week commencing August 21st

Nora Furlong

Manager

ARC Family Resource Centre,

c/o Raheen Community Development Group Company Limited By Guarantee

Raheen

Enniscorthy

Wexford

Y21 N4V8



Tel: [051 442 888](tel:051442888)

Mob: [089 2431750](tel:0892431750)

Email: manager@raheenfrc.ie