



Wexford CYPSC Newsletter

February 15th 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/.

CONTENTS

Webinars & Training

P.3 : STEPS Programme : WLD

P.5 : You Lead Mental Health Conference

P. 6 : MA/Postgraduate Diploma (Family Support Studies)

P. 8 : Living Well

P. 9 : Connect Safely : Foróige

Funding

P. 10 : Community Recognition Fund

TRAINING & WEBINARS

→ STEPS Programme : WLD

The first **STEPS Programme** of the year will take place on **3rd, 4th and 5th May 2023, in the Wexford Offices of Wexford Local Development.**

As you may be aware this renowned personal development programme is beneficial to all, but particularly those with low confidence, anxiety and negative thought patterns. It helps participants to see that they have choices and, with some simple tools, can develop the thinking skills needed to become self-motivated, self-directed, and accountable. So far **96 people** have attended **11 STEPS Programmes** since **2020**.

The expected outcomes for participants include:

- The ability to think differently about themselves and others
- An improved capability to deal with and manage change
- The recognition of barriers, mainly self-imposed, which prevent them from setting and achieving goals
- The possession of the tools to expand their awareness, helping them to consider new ideas, options and possibilities
- An increased self-esteem level, which in turn, leads to enhanced performance
- Increased motivation
- Improved parenting skills and ability to be better role models for their children
- Increased resilience, enabling participants to stay focussed on positivity amid temporary setbacks

As always, I appreciate your support in referring your clients and sharing this information internally and externally. If you would like me to commit some spaces to your organisation, please let me know. For this course, there is a maximum of 25 spaces available and participants must be over 18.

If you identify any barriers to attendance, e.g. transport, anxiety or others, please get in touch with me so that we can find ways to remove them. If you would like to me visit with individuals or groups you work with to talk about the STEPS Programme, I am more than happy to outreach. **Please note: there will not be many STEPS Programmes this year.**

I have attached some promotional materials, including a poster, client testimonials, a booklet to share with your clients, and a one pager with further for information for you as the referrer, I would be very grateful if you could share them with your clients and colleagues.

- **STEPS booklet**, click [here](#)
- **STEPS Testimonials**, click [here](#)
- **Information for Referrers**, click [here](#)

- **STEPS May '23 Poster, click [here](#)**

Any questions, feel free to give me a call or drop me a line. Happy Monday and have a great week!

With thanks and kind regards,

Jenny

**Jenny Kirwan
Client Support
Wexford Local Development
Block A
Spawell Road
Wexford
Y35 E2FK**

087 693 0063

053 9155800

www.wld.ie

→ “You Lead” Mental Health Conference

I am organising a conference to be held in the Student Village in University College Dublin on March 13th 2023. The conference program click [here](#), includes leading national and international speakers on the topic of **Youth Mental Health** and is an opportunity for researchers and policy makers to hear from one another about innovations in youth mental health policy implementation and cutting edge research findings. Speakers include Professor Pat McGorry from the University of Melbourne, Professor Jo Ellins from the University of Birmingham and Dr Philip Dodd, HSE.

The conference is funded by the [YouLead](#) doctoral program in Youth Mental Health Leadership which was established in 2018. The program is funded by the Health Research Board and represents a collaboration between academic researchers, clinical researchers, health service providers, and other stakeholders. The consortium includes members from University of Galway, UCD, and RCSI, the Health Service Executive and JIGSAW, and is led by Prof. Gary Donohoe (University of Galway). Findings from the various research projects that formed part of YouLead will be presented at the conference.

Registration is free and can be made on Eventbrite: <https://bit.ly/Youlead2023>. The event has been awarded 6 external CPD credits by the College of Psychiatrists and confirmation of 4 Learning Credits is pending from the Psychological Society of Ireland. The event includes morning and afternoon tea/coffee and lunch so we ask that if you register and are then unable to attend that you cancel your registration in order to avoid food waste.

Please feel free to circulate this information to any colleagues who might be interested.

With best wishes

Professor Eilis Hennessy Ph.D., C.Psychol.

School Director of Research, Innovation and Impact

School of Psychology

University College Dublin

Belfield, Dublin 4, Ireland

Tel: +353 1 716 8362

Fax: +353 1 716 1181

→ MA/Postgraduate Diploma (Family Support Studies)



OLLSCOIL NA GAILLIMHE
UNIVERSITY OF GALWAY

Course Overview

The primary focus of family support is on early intervention and prevention, aiming to promote and protect the health, well-being and rights of all children, young people and their families, paying particular attention to those who are vulnerable or at risk. The aim of this programme is to further the education and skills of professionals with a common interest in family support.

Established in 2003, this programme is the only one of its kind in Europe with an emphasis on applying a Family Support orientation across a wide range of practice and policy arenas.

Practitioners who participate in this programme will:

- Strengthen their knowledge base on Family Support theory, policy and practice;
- Understand core theoretical ideas underpinning Family Support;
- Apply this theoretical learning to develop key skills in Family Support practice;
- Enhance the quality of Family Support services delivered by relevant state, voluntary and community agencies;
- Develop their project management and evaluation skills;
- Develop research and report writing skills.

Course Outline and Delivery

This is a two-year part-time programme delivered virtually and face-to-face using a hybrid model. Students are required to attend small group classes two days every second week over the academic year with the agreement of their employers. There are seven modules in total; three of these are core modules and are taught in both years. The programme is assessed using a continuous assessment model. Participants will be taught by a core programme team comprising of leading experts in Family Support along with regular guest speakers.

Entry Requirements

Participants will have a third-level qualification or a recognised professional qualification in a field broadly related to family support service delivery. In addition, as the programme is not geared towards individuals coming out of undergraduate programmes, a minimum of one years' work experience in the health and social services area is required of candidates. As there currently exists a set of practitioners working with children and families who,

despite a wealth of skills, have not attained a formal, recognised undergraduate qualification, two places may be offered on the programme postgraduate level.

Career Opportunities

Graduates will have the opportunity to enhance their careers in a wide range of service areas at both practitioner and manager level, working in state and voluntary services on behalf of children and families. Reflecting the interdisciplinary nature of the family support area, the programme is geared towards those working in social work, social care, community work, public health nursing, disability, education, justice, social welfare, early years, gerontology, and other related fields.

Academic Director – Dr Carmel Devaney, carmel.devaney@universityofgalway.ie

Duration: 2 years, part-time, hybrid delivery

Next start date: September 2023

Course code: 1FS2 (MA); 1FS3 (PDip)

Fees: EU: €1,945 p.a. 2022/23

Applications

Applications are made online via

<https://nuigalway.elluciancrmrecruit.com/Apply/Account/Login>

Join us for Live Q&A

Friday, February 24th 1:00-2:00pm

To register please visit <https://www.eventbrite.ie/e/483715635487>

Further information:

Dr. Carmel Devaney

Course Director

E: carmel.devaney@universityofgalway.ie

<https://www.universityofgalway.ie/courses/taught-postgraduate-courses/family-support-studies.html>

→ Living Well



What does Living Well involve?

- Living Well is a **free** group programme which runs for six weeks. There is one workshop each week which lasts 2.5 hours.
- 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 or follow us on Twitter [@LivingWellSE](https://www.twitter.com/LivingWellSE)

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

→ Connect Safely Programme : Foróige



The **Connect Safely Programme** promotes safer use of digital resources, equipping young people with the skills to safely benefit from being online, while also empowering young people to safely participate in their online communities as positive digital citizens. The programme has been developed to engage young people in safe, creative, digital learning experiences where they can learn, connect, be informed and be creative. It is important that young people experience all the opportunities the internet offers and that they can do so in a way that is safe and as positive as can be.

The programme includes topics such as:

- Cyberbullying
- Screen Time and Well Being
- Privacy Settings
- Digital Citizenship, Fake News and Hate Speech
- Gaming/Gambling
- Online Relationships
- Sexting

The **Connect Safely Programme** is available to the Irish Youth Sector and is suitable for young people aged 12-18 years. It was designed by staff, volunteers and young people within Foróige with an external pilot taking place before the summer.

The training is facilitated online and takes 6 hours. We have made it as easy as possible for you to attend this training - options include attending two online training sessions over two mornings/evenings or attending over one day. This training is free.

Register your interest now, click [here](#).

To learn more about the Connect Safely Programme and to sign up for training, updates or get your questions answered contact **Gavin** at Gavin.Byrne@foroige.ie or call **086 412 7292**.

To access the Foróige website, click [here](#).

FUNDING

→ Expressions of Interests now Sought for Community Recognition Fund

The Community Recognition Fund 2023 aims to support the development of community infrastructure and facilities in recognition of the contribution being made by communities across the country in welcoming and hosting significant numbers of arrivals from Ukraine and other countries.

The funding is specifically targeted at projects located in communities, towns and villages hosting the Beneficiaries of Temporary Protection and/or International Protection Applicants ('new arrivals') including towns identified for the rapid build homes programme.

The Fund aims to support the development of facilities that will be used in the future by all members of the community. It is separate in its objectives and scope to any other public funding streams which aim to support the development of public service needs arising from the significant number of arrivals from Ukraine.

County Wexford has been allocated **€1,509,870** from the fund and Wexford Co. Council now invites expressions of interest for eligible projects in the relevant areas.

[Further information on the Community Recognition Fund.](#)

[Expression of Interest Form for Community Recognition Fund](#)

Please note the closing date for the submission of Expressions of Interest is **5.00pm, 28th February 2023.**

Best regards,

Dymphna O'Connor

Senior Executive Officer, Community | LCDC Chief Officer

T +353 53 919 6526 | M +353 87 682 8012



County Hall, Carricklawn, Wexford, Y35 WY93