

Wexford CYPSC News and Resources Update

January 6th 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

Consultation;

P.3 : Public Consultation - Government Policy Framework for the Participation of Children and Young People in Decision Making : Department of Children, Equality, Disability, Integration and Youth Consultation is open.

Parenting Supports;

P.5 : Parenting Programme Mary O’Kane

Webinars and Training;

P.7 : HSE Regional Suicide Resource Office Training 2023

P.8 : 2023 Online Workshops on Loss and Bereavement

P.10 : Department of Health Research Conference - Save the Date - 14th of February

P. 11 : Quit smoking for 28 days to start taking back control

CONSULTATION

→ **Public Consultation - Government Policy Framework for the Participation of Children and Young People in Decision Making : Department of Children, Equality, Disability, Integration and Youth Consultation is open.**



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

We want to hear from you!

The Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, has launched a public consultation on the next Government Policy Framework for the Participation of Children and Young People in Decision Making.

You can submit your views up until Thursday 19th January 2023.

Purpose

The views and opinions collected from this consultation will be considered and will help inform the next policy framework for children and young people’s participation in decision-making in Ireland. This policy framework will build on the achievements of the National Strategy for Children and Young People’s Participation in Decision Making 2015 – 2020. The Strategy was guided and influenced by Article 12 of the United Nations Convention on the Rights of the Child (UNCRC) and the EU Charter of Fundamental Rights, which ensures the right of the child to have their views heard and given due weight in all matters that affect them. The Strategy is primarily aimed at children and young people under the age of 18, but also includes the voice of young people in the transition to adulthood.

The Strategy set out commitments across the whole of government to ensure that children and young people were included in decision making:

- in their local communities.
- in early education, schools and the wider formal and non-formal education systems.
- in decisions that affect their health and well-being, including on the health and social services delivered to them.
- in the courts and legal system.

Additionally the Strategy set out commitments to ensure:

- that children and young people are consulted or otherwise included in decision making in the development of policy, legislation and research.
- that there is leadership in place to support this work, including education and training for professionals working with and on behalf of children and young people.

DCEDIY is now developing the next phase of participation policy building on progress made under the Participation Strategy. A Final Review of the Participation Strategy will be published in the coming weeks and will be available to view on gov.ie once published.

DCEDIY is keen to hear your views to inform the development of this participation framework. You can do this in one of two ways, before Thursday 19th January 2023:

1. By open submission, following the guidelines below, emailed to citizenparticipation@equality.gov.ie
2. By responding to the survey link [here](#).

Option 1: Open Submissions

You can send the submission on your own behalf, or on behalf of your organisation. Submissions can be made in Irish or in English. Please consider the following questions in your submission and keep submissions to no more than 2000 words.

- What is working well in how children and young people are supported to participate in decision-making in Ireland in all matters that affect them?
- What is not working well in how children and young people are supported to participate in decision-making in Ireland in all matters that affect them?
- What needs to change in how children and young people are supported to participate in decision-making in Ireland in all matters that affect them?
- How can government remove barriers so that all children and young people can equally participate in decision making in all matters that affect them and in the services they receive from the state?
- What top priorities should the new policy framework focus on?

Responses will be collated into a report to inform the development of next stage of national policy for Children and Young People's Participation in Decision-Making. The report will be published as part of the suite of documents informing this work. Extracts from submissions or survey answers may be quoted in the report.

Please note that individual submissions will not be responded to.

Email your submission to citizenparticipation@equality.gov.ie before close of business Thursday 19th January, 2023.

Option 2: Survey

Respond to the [survey](#) before close of business Thursday 19th January, 2023.

PARENTING SUPPORTS

→ Parenting Programmes – Mary O’Kane

Supporting Anxious Children. 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 11th January, further details at:

<https://www.canavanbyrne.ie/training/detail/supporting-anxious-children/266>

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 18th January. Further details at:

<https://www.canavanbyrne.ie/training/detail/raising-resilient-children/267>

Parenting in the Online World. This is one of the biggest challenges faced by parents today, and the session offers practical advice on how to support your child emotionally in their online engagements. As I keep saying in this session, knowledge is power! This session is run on Wednesday 15th February. Details at this link:

<https://www.canavanbyrne.ie/training/detail/parenting-in-the-online-world/269>

Then on 22nd February 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 at this link:

<https://www.canavanbyrne.ie/training/detail/parenting-with-patience/270>

Then we have 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 1st March. Details at:

<https://www.canavanbyrne.ie/training/detail/parenting-tweens-and-teens/271>

Finally, on 8th March, 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 at the link below:

<https://www.canavanbyrne.ie/training/detail/developing-a-growth-mindset-from-surviving-to-thriving/272>

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

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.

Finally, for any of you that might have felt under pressure with your parenting over the Christmas 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!

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://eu01.z.antigena.com/l/AiN69bkzZws76lYggBmgW1r7yw6ZBP6N6ruSUdVVPaZztDOE-Z6r-SXN0-sffBeuqBcfycTWYqB9qq9RtVX18W3Bj3b3e-l~THf9naLdgLd8A0FZAnmBssKHMSErSJVKIhNvXuCF9ZLGHBKHYKLEidzmC~llw3KfchOhdTRsFeHd~a9eHHagi35>

Best wishes,

Mary O'Kane

Mary O'Kane, BSc, MPhil, PhD
Lecturer in Psychology and Early Childhood Education;

Author of Perfectly Imperfect Parenting;

Parenting: Newstalk Radio; Galway Bay FM; Ireland AM

Business Facebook Page: Dr Mary O'Kane

WEBINARS & TRAINING

→ HSE Regional Suicide Resource Office Training 2023

HSE Regional Suicide Resource Office



Connecting for Life
South East Community Healthcare



yourmentalhealth.ie
Information | Support | Services

Suicide Prevention, Intervention & Suicide Bereavement Training in the South East January to June 2023

Please see below and attached the Training Schedule from the HSE Regional Suicide Resource Office for early 2023. Further dates will be added for the One Day Suicide Bereavement Workshop and training can be delivered to specific groups on request, you can call Niamh O’Gorman (Development and Training Officer) on the office number below or email TrainingSRO@hse.ie to discuss this. Training delivery was impacted by the Covid-19 Pandemic over the last couple of years so this might be a good opportunity to assess the needs of your group or organisation.

To access information on Suicide Prevention, Intervention & Suicide Bereavement Training in the South East January to June 2023, click [here](#).

Tracy Nugent

HSE Service Manager/Resource Officer for Suicide Prevention

Front Block, St. Patrick's Hospital, John's Hill, Waterford X91 KX25

Tel: 051 874013

Mobile: 087 9271041 **Email:** Tracy.Nugent@hse.ie

www.connectingforlifesoutheast.ie

To book a place on any of our suicide, self-harm or bereavement Training Programmes please visit www.bookwhen.com/sro



→ 2023 Online Workshops on Loss and Bereavement



We are now accepting bookings for the 2023 series of Workshops on Loss and Bereavement which will be delivered online via Zoom from January - June. Details and booking process can be found on the following link <https://hospicefoundation.ie/our-supports-services/education-training/our-workshops-webinars/>

Jan 26	Overview of Loss & Bereavement
Jan 27	Bereavement in the School Community
Feb 8	Supporting Bereaved People
Feb 16	Understanding Grief and Supporting the Suicide Bereaved
Feb 23	Prolonged/Complicated Grief: Why Grief Gets Stuck and What Can Help
March 24	Children & Loss
March 30	Supporting Adolescents Through Grief
April 20	Loss & Grief in Later Life
April 25	Working with Adults Facing Death
April 27	Grief in Maternity Care Services – A Journey Through Perinatal Loss
May 11	Supporting Adults with Intellectual Disabilities in Bereavement & Loss
May 17	Dementia & Loss
May 18	Handling Difficult Calls or Interactions for First-line Staff
May 24	Addiction & Loss
May 26	Pet Bereavement
June 14	Grief is Creative: The Arts of Loss & Bereavement
June 15	Mindfulness, Self-Compassion and the Journey of Grief (half-day)

This is a series of introductory workshops. They are targeted at professionals and volunteers who may wish to learn more about loss and bereavement and for those working with people who have experienced a major loss.

Please note bookings and payment for the workshops can only be made by using the following link to Eventbrite **[Irish Hospice Foundation Events | Eventbrite](#)**

For queries please contact: Iris Murray, Administrator, Irish Hospice Foundation
Email: **iris.murray@hospicefoundation.ie**

To access the Irish Hospice Foundation website click **[here](#)**.

→ Department of Health Research Conference - Save the Date - 14th of February

The Research Services and Policy Unit in the Department of Health are organising a health research conference on the 14th of February. The themes are:

- Health system sustainability and productivity
- Expansion of care into the community
- Prevention, health promotion, and well-being

I'm emailing you now to alert you to save the date, and also to request, if possible, to circulate this email to others that you think may be interested.

You will note further details in the below flyer and there's a hyperlink included if people want to make a submission to speak at the event. To make a submission click [here](#).



Department of Health Research – Application for Speakers, click [here](#)

→ Quit smoking for 28 days to start taking back control

The HSE Quit service has launched a new [advertising campaign](#). The campaign shows how people who smoke can start to take back control over their addiction in 28 days with help from the Quit service.



South East Community Healthcare Stop Smoking Advisors are encouraging HSE staff and service users who smoke to take the 28 day stop smoking challenge and quit for the month of January. If you quit smoking for 28 days, you are 5 times more likely to quit for good

Our friendly stop smoking advisors provide personalised, free support by phone, in- person, or through secure video consultation in each county in the South East.

- Quitting is the single best thing you can do to improve your health
- You are up to 4 times more likely to stop smoking for good when you use a combination of stop smoking medication (NRT) and receive support from a HSE Stop Smoking Advisor
- Free Nicotine Replacement Therapy (NRT) is now available to anyone who engages with our HSE Stop Smoking Advisors on the Standard Treatment Programme

You don't have to quit today. Your stop smoking advisor will help you to set a quit date.

Please email SouthEastStopSmokingSupport@hse.ie for a referral form for staff or service users or scan the QR code below



Elaine Banville

Health Promotion and Improvement Officer

Health and Wellbeing Division

HSE

1st Floor

Upper Georges Street

Wexford

Y35 AW96

Email: Elaine.banville@hse.ie

Phone: 0871880033



Making Every Contact Count – eLearning can be accessed on www.HSeLand.ie

Get the help you need to QUIT for free!

You Can QUIT and we Can Help. Visit www.quit.ie, call 1800 201 203, or join www.facebook.com/HSEquit