

Wexford CYPSC Newsletter

July 14th 2023

For information on services and supports for children, young people and families see <u>Wexford CYPSC</u>

For information on parenting supports and programmes, see <u>Wexford Parents Hub</u> or access on facebook <u>www.facebook.com/wexfordparentshub/</u>



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WEBINARS & TRAINING

→ Level 8 Certificate in PPFS and Certificate in Applied Family Support





Applications are invited for this Certificate, designed for practitioners who are directly engaged in the delivery of services which support prevention, partnership and family support.

To access the information leaflet for this course, click <u>here</u>.

Click <u>here</u> for the finalised timetable for the delivery of the Certificate in PPFS and Certificate in Applied Family Support. The PPFS modules are timetabled for;

- Waterford SETU 29th September to 20th October
- Wexford SETU 10th November to 8th December

The course will take place over 5 Fridays

NOTE: If you are interested in attending please reply to sinead.cronindaly@tusla.ie with name, agency, role and email address. There is a limited number of places.**

All potential applicants for this course SETU will contact you directly via email inviting you to apply for your chosen course and subsequently to register for same.

→ LGB Online Awareness Training – 20th July 2023

LGB Awareness Training takes places as detailed below with limited spaces available: -

Type of Training: VIRTUAL PLATFORMS

Title of training module: <u>LGB VIRTUAL AWARENESS TRAINING</u>

When – Date & Time: Thursday 20th July, 2023 - 10am to 1 pm

How to attend/register –link Email: emma.whitty@fdys.ie

- where to find on HSELanD:

Information about the event: South East Community Healthcare's LGBT+ Health Steering Group's Model of LGB Awareness Training is now available for delivery over three hours on a virtual platform.

Training Aims;

The training aims to enhance the development of a welcoming and supportive environment to both employees and service users who identify as LGB+.

There is no fee to take part in the training. Certification of Attendance, LGBT+ Awareness Card and LGBT+ Sticker are provided on completion for display within services.

On completion of this training, participants will be offered an opportunity to train as a Trainer where you will be provided with the tools and knowledge to deliver LGB Awareness Training within your service area.

→ ASIST Training Spaces Available



Applied Suicide Intervention Skills Training

We are delivering the two day ASIST Programme (Applied Suicide Intervention Skills Training) in Waterford on Friday and Saturday, August 18th and 19th from 9 am to 5 pm both days. This might appeal to people who are unable to take two days off for training. I have attached information on the programme and you can book via the link below. Participants must have completed safeTALK or START in advance of ASIST. Please feel free to share with your networks.

https://bookwhen.com/sro/e/ev-sezj-20230818000000

To access the information leaflet on ASIST, click here.

Warm regards,

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





→ 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

Venue	Day	Start date	Finish date	Time
St Dympna's Hospital, Carlow	Wednesday	30 th August 2023	4 th October 2023	10.30am-1pm
Nano Nagle Centre, Carrick on Suir, Tipperary	Thursday	31st August 2023	5 th October 2023	10.30am-1pm
Online	Monday	4 th September 2023	16 th October 2023	10.30am-1pm
Loughboy Parish Centre, Kilkenny	Tuesday	5 th September 2023	10 th October 2023	10.30am-1pm
Online	Monday	23 rd October 2023	11 th December 2023	2pm-4.30pm
Ferrybank Primary Care Centre, Waterford	Tuesday	7 th November 2023	12 th December 2023	10am– 12.30pm
Waterford Primary Care Centre, John's Hill	Tuesday	7 th November 2023	12 th December 2023	2pm-4.30pm
Clonmel FRC, Tipperary	Wednesday	8 th November 2023	13 th December 2023	10.30am-1pm
Raheen FRC, Wexford	Thursday	9 th November 2023	14 th December 2023	10.30am –1pm

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

PARENTING

→ HSE Talking Health & Wellbeing Podcast

A weekly podcast series focusing on Health and Wellbeing Podcast where we talk about the work of HSE Health and Wellbeing with our partners and get under the bonnet on the work underway to achieve the Healthy Ireland ambition to create the optimum health and wellbeing for all.

In this episode, we speak to Professor Bobby Smyth, Consultant Child and Adolescent Psychiatrist, on the role of parents in the area of substance prevention and education, as part of an ongoing campaign 'Parents Matter' to promote information about substances and how to engage children and young people on this matter. Families have the potential to act as a major protective force in the lives of children and adolescents. Mutually supportive family relationships generally influence the prevention of substance use among young people.

In the podcast we hear about the current drug and alcohol landscape, including the latest drug trends and how parents can help in supporting healthy decision making by their children. Professor Smyth also discusses the reasons why we seek to delay or avoid young people's entry into the world of alcohol and drug use and the steps which parents can take to reduce the likelihood that their son or daughter develops a substance use problem. Hosted by Noreen Turley.



Click **here** to access the podcast

To find out more information and the support options for concerned parents see <u>here</u>.

SERVICE UPDATES

→ ARC Family Resource Centre's new website goes live

ARC Family Resource Centre (formally Raheen FRC) have recently launched their new website, and with it their rebrand as ARC to encompass the expansion of services into Adamstown and Clonroche over recent years. The website gives a good insight into available services spanning Family Support, Childcare, Senior Services and Community Development. Our new team of Family Support workers Jayne, Amanda and Aoife are happy to facilitate the use of our office space across the villages for meetings hosted by professionals with families at local level, so please feel free to contact us for more information on this – 051 442888

We would love to hear feedback on our new website, have a look here: www.arcfrc.ie



Follow us on Facebook: https://www.facebook.com/arcfrc.raheen

Instagram : https://www.instagram.com/arcfrc/

Best wishes,

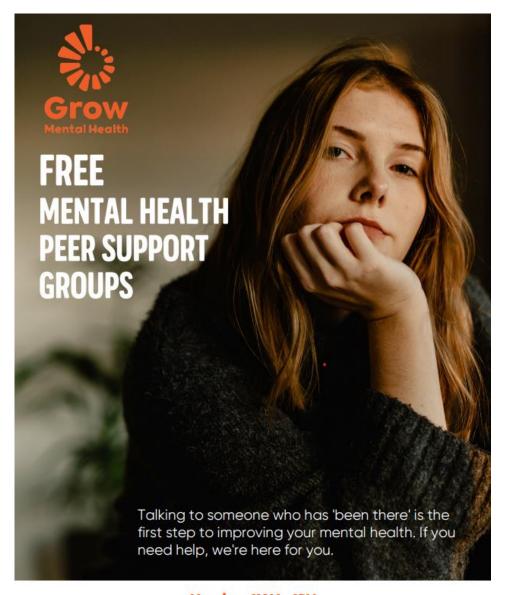
The ARC FRC Team

RESOURCES / SUPPORTS

→ GROW Mental Health Peer Support Groups

Please see poster below for details of free support in Wexford town for people experiencing mental health challenges.

The GROW website can be accessed here.



Mondays 11AM - 1PM
Wexford Mental Health Association
Henrietta Street, Co. Wexford
Contact Felicia on 086 1034332

→ Food, Nutrition and Hydration Policy for Adults accessing Disability

Services: A Toolkit



HSE/South East Community Healthcare, through its Disability Services, is aware of the unique social and developmental needs of adults living in our care and their different requirements as they grow, develop and mature from childhood into adulthood.

As identified in the United Nations Convention on the Rights of Persons with Disabilities (which Ireland ratified some years ago), those with a disability have the right to be actively involved in determining the services they receive and should be empowered to exercise their rights, including the right to food choices, enjoyment of meals, food patterns and food preferences.

By the same token, people with disabilities also the right to be supported to live in an environment that enables healthy choices and to prevent and manage any nutritional issues that may impact on their health and wellbeing.

The HSE has a comprehensive toolkit available which provides practical resources and guidance for all care staff tasked with the implementation of the **Food, Nutrition and Hydration Policy for Adults accessing Disability Services** (2020).

For each section of the Policy, which include nutrition standards and recommendations, there is an equivalent section in this Toolkit with resources to help implement the recommendations in the policy.

Most of the resources in this Toolkit have been developed by health care professionals working in Irish disability services.

The toolkit can be accessed here.

We in the South East services also have a presentation on **Food, Nutrition and Hydration for Adults accessing Disability Services** that can be accessed by

- 1. Log in to HSELand (https://www.hseland.ie/dash/Account/Login)
- 2. Click on "Catalogue"
- 3. Click 'ONMSD'
- 4. Click 'RCNME-HSE South East'
- 5. Click 'Food Nutrition and hydration for Adults accessing Disability Services Presentations and Resources'
- 6. Click 'Enrol'

Thank you,

Dr. Anne-Marie Tully, Dietitian Manager, HSE/.South East Community Healthcare.

Julie Dagg, Senior Dietitian/Adult Disability, HSE/South East Community Healthcare

YOUNG PEOPLE

→ Join the Shared Island Youth Forum 2023/24 Call for NYCI nominees 18-

25yrs



Would you like to be part of the Shared Island Youth Forum 2023/2024!

- This is an opportunity for young people who are in a position to commit themselves to a significant role over 12 months.
- The reps will join other young people from across the island, both north and south and form the Shared Island Youth Forum.
- The Forum will comprise up to 80 young people aged 18-25 from across all communities, meeting 6 to 8 times over a 12-month period at locations across the island.
- This call is open to Young Voices aged between 18-25 years.

Complete the form if you're interested >>>

Deadline for Application Monday 17th July.

More Info:

The Shared Island Youth Forum is convened by the Shared Island Unit in the Department of the Taoiseach in partnership with the National Youth Council of Ireland (NYCI) to provide a space for young people to discuss their common concerns and values for a shared future. The Forum will see young people interact with their peers from across different communities, traditions, regions and backgrounds on the island of Ireland. The purpose of the Forum is to build on existing youth engagement as part of the Peace Process, to foster deeper cross-border and cross-community relationships, and provide a space for young people to bring their perspectives and visions for how we share the island. The Shared Island Youth Forum meetings will focus on themes of common interest shaped by the members, which may include but are not limited to: mental health; environment; understanding of other communities and identities; youth connections; education and employment opportunities.

It is envisaged that the Forum will produce an outcome document to inform and inspire broader discussions on a shared future for all communities on the island of Ireland.

Key dates for 2023: (The forum will also meet 3 times in the 1st half of 2024)

- Friday 8th September (Dublin)
- Friday- Sunday, 15th-17th September (Residential Corrymeela NI)
- Friday 20th October (Dublin)
- Friday 17th November (Belfast)

If you have any questions, please get in touch international@nyci.ie

Complete the form if you're interested >>>

CONSULTATIONS / CAMPAIGNS

→ Public Consultation to inform a new Action Plan for Youth Services



We want to hear from you!

The Minister for Children, Equality, Disability, Integration and Youth has launched a public consultation to inform the development of a new Action Plan for Youth Services.

Youth services in Ireland provide young people aged 10-24 with the opportunity to take part in and avail of an array of out-of-school youth work and related developmental activities and supports. These include (but are not limited to) local youth clubs, projects and interventions aimed at young people at risk of social exclusion, youth cafés and other supported spaces for young people in their communities, mentoring programmes, personal challenge programmes such as \underline{Gaisce} – The President's Award; and international youth exchanges and opportunities.

Youth services support and empower young people as they grow to adulthood, promoting their wellbeing, helping them to develop their potential and overcome adversity, and connecting them with their community and the wider world. Data from the National Growing Up in Ireland survey indicates that 34% of the surveyed young people at aged 13 and 14% at aged 17 and 18 had participated in a youth group of some kind. In 2022, the Department provided almost €75 million to support youth services across the country.

The details of the consultation can be found here.

The focus of this Public Consultation is on youth work and related leisure-time developmental opportunities and supports for young people. These include youth clubs and projects, whether for all young people or targeted at particular groups and including all delivery mechanisms; special interest youth groups and organisations; youth mentoring programmes; uniformed groups such as the Scouts and Guides; participation in leisure-time youth achievement, social entrepreneurship and civic engagement activities and youth-led volunteering; youth exchanges and residentials in Ireland or internationally; youth information centres; and dedicated low-cost or free spaces for young people such as youth cafés. The deadline for submissions is Friday 14th of July.

→ Public consultation on Disposable Vaping Devices: please consider a submission



Dear Colleagues,

Please share with any of the organisations you work with.

Please see below a public consultation on disposable vaping devices. I would encourage all organisations to consider making a submission particularly those working with young people or interested in protecting the environment. Disposable vapes are cheaper and more attractive to young people and are very damaging to the environment.

The risks and negative health effects linked with vaping include:

- · nicotine dependence
- · injuries for example, from defective e-cigarette batteries
- poisoning and exposure to toxins
- · changes to how your heart, lungs and other organs normally work

Over time these risks may cause diseases such as heart disease, lung disease and cancer.

Vaping liquid that does not contain nicotine often has other chemicals such as colours and flavourings. These chemicals can be harmful when you inhale them into your lungs.

Vaping use in young people under the age of 18 has increased in recent years. About 1 in 5 young people say they vape.

Vaping liquids can contain high levels of nicotine. The amount of nicotine you inhale from a vape can vary. Some vape product labels do not show that they contain nicotine. Some vape liquids sold as 0% nicotine have been found to contain nicotine.

Children and young people are more at risk of:

- · developing an addiction to nicotine
- the negative effects of nicotine use on the developing brain for example, problems with attention, learning, mood and impulse control
- Many young people who vape did not smoke cigarettes before they started vaping.

Public consultation on Disposable Vaping Devices:

The Minister of State at the Department of Environment, Climate and Communications, Ossian Smyth, invites the public to participate in the a public consultation on disposable vaping devices. Feedback will help to inform Ireland's policy response to dealing with waste disposable vaping devices. Disposable vapes are electronic cigarettes that are NOT

rechargeable. Rechargeable cigarettes are outside the scope of this consultation. The consultation period closes on **Thursday, 27 July 2023 @ 5:30pm.**

Further information and details of how to contribute to this public consultation are available at this <u>link</u>:

Kind regards,

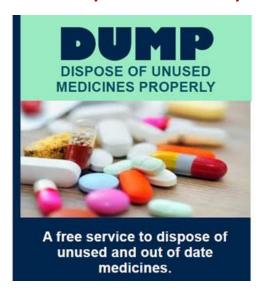
Derval Howley

Office of the Head of Service Health and Wellbeing,
South East Community Healthcare,
Wolfe Tone House, Wolfe Tone St,
Kilkenny R95 WC8W.

Tel 087-4431682 (Donna Cooney)

Email: SoutheastHWB@hse.ie

→ Free Service to 'Dispose of Unused Medicines Properly' (DUMP) to run throughout South East Community Healthcare in July and August



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 Carlow, Kilkenny, South Tipperary and Wexford.

The free 'Dispose of Unused Medicines Properly' (DUMP) Campaign will enable anyone in the South East area to bring unused or out of date medicines to a designated "DUMP" site at the HSE's Vaccinations Centres in Carlow, Kilkenny, Clonmel and Enniscorthy.

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 courses 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."



To download the poster above, click here.

To download information on the DUMP campaign, 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

→ Campaign to Promote Safer Practices in Nightclub Settings

Wexford CBDI are looking for support in developing a campaign to promote safer practices in nightlife settings, which I have detailed below. We would be very grateful if you could share this link (https://forms.office.com/e/zzuvR3HV8b) and encourage people to complete it and circulate it.

Wexford Community Based Drugs Initiative (CBDI) is an FDYS project which is funded by the HSE. We were established in 1999 and have since been supporting individuals, families and those in the local community who are either directly or indirectly affected by substance misuse.

The first strategic priority of the National Drugs Strategy is to strengthen the prevention of drug and alcohol use and the associated harms among children and young people.

The risks and dangers associated with socialising in nightlife settings are becoming increasingly serious.

There have been reports of an increase in assaults, including sexual assault and drink and needle-spiking, in local and national press recently.

The age group who are most vulnerable report a lack of education and awareness around alcohol and substance use and the risks involved in socialising in nightlife settings.

Our aim is to combine a media campaign with a community-based programme of education and prevention as a collaborative initiative between those facilitating and those attending nightlife settings:

- to increase awareness of the risks and harms associated with socialising in nightlife settings and to encourage safer practices to alleviate these risks,
- to encourage reduction in risk-taking behaviours,
- to provide education around harms associated with alcohol and substance use,
- to promote responsible behaviours and pro-social attitudes and responses,
- to improve capacity to respond to safety concerns in nightlife settings.

What do we want from stakeholders?

- Encourage young people in your community to complete the questionnaire that will shape the campaign and/or attend future education and prevention workshops.
- The link for the questionnaire is https://forms.office.com/e/zzuvR3HV8b

• Collaboration, input, expertise, and guidance as part of a working group

• Support in promoting, distributing, displaying material and key messages.

If you would like further information, would like to offer suggestions or would like to offer support to this campaign then please email Johnpaul.oneill@fdys.ie

Please note, I will be taking a period of annual leave over the coming weeks and will respond to any enquiries on my return.

We would very much appreciate any support that you can give to developing this campaign as we believe that it is a matter of increasing importance.

Kind regards,

John Paul O'Neill

FDYS

Wexford Community Based Drugs Initiative

085 8053978

johnpaul.oneill@fdys.ie



Andy Hargreaves

Drug Education Officer

Substance Misuse Team

St. John's Hospital

Enniscorthy

Co. Wexford

Mobile: 087 906 0806

Email: andy.hargreaves@hse.ie

FUNDING

→ Minister O'Gorman announces 2023 LGBTI+ Community Services Funding Call



- €900,000 is being made available to applicant groups, operating at national, regional and local level, to support community services and promote visibility and inclusion of LGBTI+ people
- Funding aims to promote inclusion, protect rights and to improve quality of life and wellbeing for LGBTI+ people in Ireland.
 - Grant scheme is open to applications from existing LGBTI+ non-government organisations and community organisations working with LGBTI+ people.

The Minister for Children, Equality, Disability, Integration and Youth, Roderic O'Gorman, today announced that applications can now be made for funding from the LGBTI+ Community Services fund.

The 2023 LGBTI+ Community Services Funding Call is an important element in supporting the implementation of the National LGBTI+ Inclusion Strategy, which was published on 28 November 2019, and complements the National LGBTI+ Youth Strategy published in June 2018.

Announcing the fund, Minister O'Gorman said:

"The opening of the LGBTI+ Community Services Funding Call coincides with Pride celebrations, and recognises the need for greater access to LGBTI+ services across Ireland. For the past 3 years, the Fund has provided vital funding to organisations throughout the country to help improve the quality of life for LGBTI+ people and ensure they are supported in realising their rights and I am pleased to see this continue.

Provision of this funding underscores the Government's commitment to continue to support the LGBTI+ community to enable them to participate fully in Ireland's social, economic, cultural, and political life."

There are two streams of funding;

- Scheme A will support new initiatives but is also open to applications from existing LGBTI+ NGOs for funding to maintain and enhance existing services and initiatives.
 This will assist these organisations build capacity and maintain existing and wellestablished LGBTI+ supports.
- Scheme B will provide small grants to organisations for projects that promote visibility and inclusion of LGBTI+ persons.

All applications must be submitted electronically.

Applications for funding will remain open until 12pm on Wednesday 26 July 2023. Groups can access a detailed guidance document and complete an online application form at the following links:

Scheme A -

https://ec.europa.eu/eusurvey/runner/LBGTICommunityServicesFundingOpenCall2023Sc hemeA

Scheme B -

https://ec.europa.eu/eusurvey/runner/2023LGBTICommunityServicesFundingCallScheme

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