



Wexford CYPSC Newsletter

July 21st 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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WEBINARS / TRAINING

Recovery College South East Timetable - Autumn / Winter 2023 Interactive Workshops



We are delighted to let you know about our upcoming Autumn / Winter ***interactive workshops***.

This year, we are able to offer integrated/hybrid workshops which means you have the option of attending **some** of the workshops in person or joining online from home. **Each workshop on the timetable specifies whether it is in-house or online, or both. Please tick the appropriate box on the enrolment form to reflect your choice.**

In this regard, click [here](#) to access our timetable for September to December 2023 together with an enrolment form and a brief description of the workshops for your information.

If you are interested in taking part in any of these sessions, please complete the enrolment form and return it to us by email or contact us by phone to enrol. Our contact details are as follows:-

Email: enrolrecoverycollegesoutheast@gmail.com

Phone: [086 1746330](tel:0861746330)

The courses/workshops in the Recovery College are for everyone, as mental health is everyone's business. We are all directly or indirectly affected by it and particularly in these challenging times.

→The Childline Guide to a Happier, Healthier Summer : Digital Mental Health and Wellbeing Programmes

Children, young people and families often talk with us about how they can experience anxiety and challenges to their mental and emotional wellbeing. Anxiety is a normal human response to danger or threat, but it becomes an issue when it is more severe than it should be relative to the situation, lasts longer than it should, or influences the way we function in our daily lives.

To support, we offer FREE digital programmes aimed at reducing anxiety for children and young people, as well as digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager. If there is a young person in your life that you think might benefit from Space from Anxiety, you can refer them by filling out a simple form. For more details email spacefromanxiety@ispcc.ie

Resources are available for young people, parents and professionals.

Children and Young People:

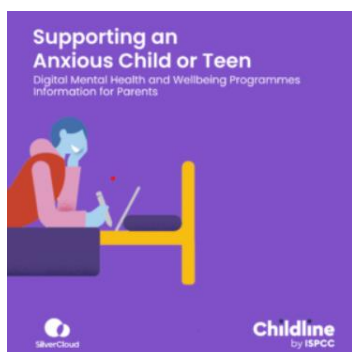


- The **'Space from Anxiety'** programme is for children and young people between the ages of 14 – 18 years old** who experience low to moderate anxiety.
- The programme is designed to assist young people in reducing the distress associated with anxiety.
- Space From Anxiety teaches young people techniques they can use every day to help them cope with whatever might come their way.

*** Children and young people need the consent of their parent/carer to avail of the Space from Anxiety programme.*

Click [here](#) for more information on the Space from Anxiety Programme for Children and Young People

Parents and Carers:



These programmes are for parents and carers to help them explore anxiety and to better support their child or young person.

- **‘Supporting An Anxious Child’** programme– for parents/carers of children and young people between the ages of five and 11 years old.
- **‘Supporting an Anxious Teen’** programme – for parents/carers of children and young people between 12 and 18 years old.

Click [here](#) for more information on our Digital Mental Health and Wellbeing Programmes for anxious children and teens.

Professionals:



If you work with children or are a childcare professional, you can refer parents /carers/ children and young people aged 14-18 years to us.

Children and young people must have parental consent to participate.

The programmes outlined in this document are not suitable for high risk users or those experiencing suicidal ideation.

Click [here](#) to download the leaflet for further information. For more information on ISPCC’s Digital Mental Health programmes, go to <https://www.ispcc.ie/guided-digital-programmes/>

FUNDING

→ safefood: Community Food Initiatives Funding



The Community Food Initiatives (CFI) is a healthy eating programme funded by **safefood**. The programme runs over a three year cycle (2022-24) and its purpose is to provide people with the knowledge and skills to provide healthy food options for themselves and their families. **safefood**, as a North / South body established under the Good Friday Agreement, provides CFI funding to organisations in Northern Ireland and in the Republic of Ireland. The programme is managed by SECAD Partnership on behalf of **safefood**.
CFI at Home

safefood is inviting organisations who are not currently involved in the CFI to apply for funding to deliver an online project, in their own local area, that meets the criteria of the CFI at Home Programme. The purpose of the CFI at Home Programme is to support families in their own homes to develop their cooking skills and healthy eating habits. Projects could include all or some of the following elements:

- Learning how to prepare & cook a recipe
- Attending an online cookery session
- Online support groups for sharing ideas and tips
- Online interactive talks delivered by a dietitian or registered nutritionist

Examples of online projects that were delivered during 2020 and 2021 can be found at this link: [CFI Booklet 2019-21](#)

safefood Resources

The resources needed to plan and deliver a CFI at Home project can be found on the **safefood** website at www.safefood.net/cfi-hub and include:

- 101 Square Meals Recipe Book
- Food Pyramid and The Eatwell Guide
- **safefood** START campaign
- Handwashing
- Family Meal Planning
- Food Safety
- Healthy Lunchboxes
- Kitchen Skills

Funding

Interested organisations can apply for funding up to a maximum of **€2,000** or **£1,720** to deliver a project in their local area.

Applicant Organisation Criteria

Organisations must:

- Be community-led organisations with a legal status and appropriate governance structure
- Be experienced in the management of public funds which support social inclusion initiatives
- Currently employ and manage full time professionals with community development experience
- Have experience of working with the target group identified
- Be supporting other broader community initiatives through their work
- Provide supports across communities irrespective of age, race or creed

Preparing an Application

Please contact SECAD Partnership for details on how to apply for the funding at:

Sinéad Conroy

SECAD Partnership CLG

T: [00 353 \(0\)87 354 3606](tel:003530873543606)

E: sconroy@secad.ie

Closing date for application

Applications will be reviewed on a rolling basis up to and including **Friday, 16th September 2023**. As funding is limited, interested organisations are advised to apply as soon as possible. All activities must be completed by **Sunday, 5th November 2023**.

→ St Stephens Green Trust: Strengthening Democracy through Civic Engagement and Participation



One of the strategic goals of [St Stephen's Green Trust](#) (SSGT) is to contribute to strengthening democracy through civic engagement and participation. As part of this work, SSGT is launching a new funding programme that aims to contribute to a 'high energy democracy' by supporting civil society groups to:

- Engage in participative and deliberative democracy initiatives that harness the power of civil society to transform democratic decision-making processes
- Develop progressive platforms for collective power and influence which use values-based approaches to identify elements of transformative change
- Create spaces for participation and voice, particularly among those who are most marginalised

This is a one-off grant programme to fund groups on the island of Ireland for up to £12,500/€15,000. Detailed criteria and guidelines for applicants can be found [here](#).

If you have any queries about the programme or your group's eligibility to apply, please contact Sara, SSGT's Grants and Development Manager, at sara@ssgt.ie. The grant round **opens** on the **18th July 2023** and **closes** at 16:00 on the **14th September 2023**.

Detailed Criteria and Guidelines for Applicants click [here](#).

→ START Campaign

START today

START is a campaign created by parents for parents. Parents told us they have a rough idea of what they should do about their child's health but everyday life gets in the way of doing this.



START is about helping you as parents to make the right decisions.

It's not about being perfect but about starting with a change, sticking with it and getting a small daily win. The good habits that our children learn in the home will stay with them for life.

One of the best ways to promote healthy lifestyle behaviours with your children is for all your family to adopt healthier habits.

This can be a challenge, but one daily win can start you and your children on the way to a healthier life. Parenting is tough but you are tougher.

Access the START campaign booklet [here](#)

→ Information Session : Traveller Youth Advisory Group for Tusla



Tusla is pleased to announce an opportunity to provide a **Peer Support Work service and to help establish Traveller Youth Advisory Group**. Details of the project and how to how to express your interest in it are available [here](#).

This group will be made up of young Travellers aged 18-24, who have experience of Tusla services, particularly those with care experience, to ensure their voices are heard and that they can have an impact on Tusla policies and services. Funding for this project comes from the Dormant Accounts Fund.

If you would like to know more, please join us for an online information session on Thursday, July 27th from 11am-12pm to learn more about this exciting project. Click the link below to [register](#). You will receive a link to access the event in the confirmation email and we will also send a reminder email closer to the event. We can't wait to see you there!

Click [here](#) to register