



## Wexford CYPSC Newsletter

March 3rd 2023

For information on services and supports for children, young people and families see

[www.wexfordcypsc.ie](http://www.wexfordcypsc.ie).

For information on supports for parents, see **Wexford Parents Hub** at

[www.wexfordcypsc.ie/wexford-parents-hub](http://www.wexfordcypsc.ie/wexford-parents-hub) and on Facebook at

[www.facebook.com/wexfordparentshub/](https://www.facebook.com/wexfordparentshub/).

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## WEBINARS & TRAINING

### → Engage National Men's Health Training : Connecting with Men

A one day training course for health professionals and community workers who work with men

Wed March 29<sup>th</sup> 2023

Enniscorthy Co Wexford

**Aim:** To assist a broad range of practitioners and service providers to explore the world of males, and to develop practical strategies for effectively engaging with them around health and wellbeing issues.

The workshops primarily focus on the engagement process (i.e. WHY and HOW to build relationships with men and boys), rather than offering a new or revised health programme.

#### **Objectives:**

The key objectives for this training are to:

- Reflect upon how to create a “safe space” for working with men.
- Gain a common understanding of what men's health is and why it is important.
- Explore how gender influences the values and attitudes that men develop in relation to their health, and how this influences their health behaviours.
- Identify some of the determinants that shape health outcomes for men.
- Reflect on participants' own value base, experience, skills, attitudes towards and expectations of men.
- Explore what a 'male friendly' health programme or service looks like in practice.
- Signpost participants to further sources of help, advice, guidance and support.

**Methodology:** Experiential

**Number of Places:** 20

To book a place please click on the link and fill in the necessary information

<https://bookwhen.com/southeasttraining/e/ev-svbu-20230329091500>

**Closing date for receipt of completed application is Wed March 15<sup>th</sup> 23**

**For further information please contact Sean Davitt** Health Promotion and Improvement Officer, 087 1794798 [sean.davitt@hse.ie](mailto:sean.davitt@hse.ie)

## FUNDING

### → The Disability Participation and Awareness Fund 2023

# RETHINK IRELAND

The Disability Participation and Awareness Fund is a €3 million, 1-year Fund created by Rethink Ireland in partnership with the Department of Children, Equality, Disability, Integration and Youth (DCEDIY). You can apply to the Disability Participation and Awareness Fund via the **online portal** from Monday, 20th February 2023 until Friday, 31st March 2023 at 1pm.

If you would like to access an Easy Read version of these Fund Guidelines, please click [HERE](#)

Please join us for our application clinics on the 8th and 16th of March to find out more about the Fund and answer any questions that you have.

**Application Clinic** on Wednesday 8th March at 12 noon: [Register](#)

**Application Clinic** on Thursday 16th March at 12 noon: [Register](#)

To access more information on the fund including eligibility guidelines and how to apply, click [here](#).

## CAMPAIGNS / AWARENESS RAISING

### →“Hello How Are You” Campaign.



On March 30th we're inviting the nation to say Hello, and ask How Are You? with meaning.

Now in its second year, the Hello, How Are You? campaign highlights the importance of staying connected, helps tackle loneliness, creates a sense of belonging and builds relationships. It also encourages early help-seeking through reliable information on mental health support services. If we really ask and we really listen, this could have a massive impact on someone.

From coffee mornings to sharing information, getting out for a walk and chat, or even simply picking up the phone, there's so many ways to connect and celebrate this year's national Hello, How Are You? campaign. Perhaps you are already having an event that day (or week) and would like to share some hello resources at the event too, eg a Woodlands for Health walk, a Workshop, a Support Group, a Coffee Morning? This will work also.

Our Hello, How Are You? website is now live! Click [here](#)  
Hello resources, toolkits and all the information you need in different languages, click [here](#)

To register for training, click [here](#)

To register your "Hello" event, click [here](#).

For further information, contact Gina Delaney, development Officer for the South East.

Email: [gina@mentalhealthireland.ie](mailto:gina@mentalhealthireland.ie)

Mobile 087 835 3925

Recovery College South East, Greenshill, Kilkenny, R95 YYC0

## → Self-Harm Awareness Day, 1<sup>st</sup> of March



See [www.Twitter.com/SouthEastCH](https://www.Twitter.com/SouthEastCH)

The HSE/South East Community Healthcare is drawing attention to today, March 1<sup>st</sup>, as Self-Harm Awareness Day (known internationally as Self-Injury Awareness Day).

This day is an opportunity to raise awareness about self-harm, to reduce the stigma attached to self-harm and to signpost people towards help and support.

Self-harm is when somebody intentionally damages or injures their body and while self-harm is a way of coping with difficult or painful feelings, people who engage in self-harm are at greater risk of suicide.

A resource containing further information for parents and concerned adults about self-harm and young people is available from the HSE National Office for Suicide Prevention ([Booklet self-harm-and-young-people.pdf](#)).

### COMMON MISUNDERSTANDINGS ABOUT SELF-HARM

**MYTH:** Self-harm is a suicide attempt.

**FACT:** Suicide and self-harm are different in terms of the intent that lies behind them. In many cases, self-harm is a way of staying alive rather than an attempt at ending one's life. However, some people who have died by suicide have engaged in self-harm before their death. Self-harm must always be taken seriously, as death can occur by accident. Repeated self-harm is a risk factor for suicide.

**MYTH:** Self-harm is attention seeking behaviour.

**FACT:** Self-harm can be hidden and those who engage in self-harming behaviour may feel shame, they may not tell anyone or they may have difficulties asking for help. Self-harm is an expression of emotional pain and attention is often not what motivates the behaviour.

**MYTH:** Self-harm is a phase that young people will grow out of.

**FACT:** Saying that someone 'will grow out of it' minimises self-harm. Suggesting that it is a 'phase' indicates that it is not being taken seriously and this can add further to the person's distress. Self-harm can go on for years, where people use it as a way of dealing with problems as they arise. The recovery process involves learning other ways of coping with

their emotional pain and with difficult situations. Self-harming behaviour doesn't just apply to young people.

### **SIGNS OF SELF-HARM**

If you think a friend or family member is self-harming, signs might include:

- unexplained cuts, bruises or cigarette burns
- keeping themselves fully covered at all times, even in hot weather
- pulling out their hair
- misusing alcohol or drugs
- self-loathing and expressing a wish to punish themselves
- speaking about not wanting to go on and wishing to end it all
- becoming withdrawn and not speaking to others
- changes in eating habits or being secretive about eating
- unusual weight loss or weight gain
- signs of low self-esteem, such as blaming themselves for any problems or thinking they're not good enough
- signs of depression, such as low mood, crying or a lack of motivation or interest in anything

### **GETTING HELP**

Further information and training is available from the HSE Regional Suicide Resource Office (see <https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resourceofficers/>)

**UNDERSTANDING SELF-HARM** is a one day training programme that can develop your understanding of self-harm and your knowledge of the reasons for self-harm behaviour, the training also explores the needs of people who self-harm. To book a place on this or any of our training programmes visit [www.bookwhen.com/sro](http://www.bookwhen.com/sro) or in counties Carlow, Kilkenny, South Tipperary, Waterford and Wexford (the South East) call 051 874013.

It's important for anyone who is self-harming to see their GP. They can treat any physical injury and recommend further assessment to find out why the person might be engaging in self-harm. To find out the type of questions the GP might ask and for further information on seeking help around self-harm, please see the following link <https://www2.hse.ie/conditions/self-harm/getting-help/>.

24/7 supports are also available via Samaritans 116 123; Pieta 1800 247 247; Crisis Textline 50808.

## REPORTS

### → Minister O’Gorman publishes Spotlight Report on Young People’s Participation in Youth Organisations



Riailtas na hÉireann  
Government of Ireland

February 2023



STATISTICAL SPOTLIGHT #9

## Young People’s Participation in Youth Organisations

The Minister for Children, Equality, Disability, Integration and Youth, Roderic O’Gorman, has published a report, which collates available data on young people’s participation in youth organisations. This report on Young People’s Participation in Youth Organisations is the ninth report in a series of Statistical Spotlights. These Spotlight publications are topical in nature and of interest to both specialist and general readers. The data is sourced from European surveys and from Growing Up in Ireland, the national longitudinal study on children and young people.

Some of the key findings from the report are:

- Young people’s participation in youth organisations in Ireland over the last decade has remained relatively high compared to European averages.
- In 2021, 23% of 16-30-year-olds in Ireland reported having ever joined a youth organisation, compared to 14% in the EU27 as a whole.
- In Ireland and the EU27, males and females had similar rates of participation in youth organisations, with participation slightly higher for males than females in 2021, the most recent survey year.
- In both Ireland and the EU27, younger people (15-19-year-olds) had higher percentages of participation in youth organisations than those who were older (20-30-year-olds).



- In both Ireland and the EU27, young people who were still studying had higher percentages of participation in youth organisations than those whose education had ceased.
- In the EU27, a higher percentage of self-employed respondents reported that they had ever joined a youth organisation compared to other groups of respondents – employee, manual worker, or not working.
- The percentage of 15-30-year-olds in Ireland who participated in a youth organisation was highest for respondents living in small/mid-size towns when compared to those living in rural villages or large towns.
- In Ireland, where the household financial situation was categorised as “not enough money for basic bills”, a higher percentage of respondents reported that they had ever joined a youth organisation compared to those in other household financial situations.
- In the EU27, the percentage of 16-30-year-olds who had ever joined a youth organisation was significantly higher among respondents who speak more than one European language than among those who speak only one or none.

From young people in the “Growing Up in Ireland” study:

- More 13-year-old females (36%) participated in youth clubs compared to males (32%). 17/18-year-old and 20-year-old males and females reported similar levels of participation in youth clubs.
- Children from households with lower annual incomes reported more participation in youth clubs than children from households with higher annual incomes.
- Young people’s participation in youth clubs was greater for those living in rented housing than those living in owned housing.
- More 17-year-olds and 20-year-olds with no disability participated in youth clubs compared to those with a disability.

The Spotlight Report can be accessed [here](#).

## RECRUITMENT

### → Healthy Ireland Co-ordinator for CYPSC

Tusla is recruiting a Healthy Ireland Co-ordinator for CYPSC. This is an important new role that will support inter-agency collaboration to achieve better outcomes for children, young people and families across Ireland. Follow our link to more information. Applications accepted up to **12 noon on the 20<sup>th</sup> March 2023** via [Tusla Recruit Portal](#).

[Healthy Ireland Co-ordinator for CYPSC \[Children and Young People's Services Committees\] at Tusla Recruit](#)

[Healthy Ireland Co-ordinator for CYPSC \[Children and Young People's Services Committees\] on ActiveLink](#)

[Healthy Ireland Co-ordinator for CYPSC on LinkedIn](#)

[Healthy Ireland Co-ordinator for CYPSC on CYPSC.IE](#)



### → HSE Partner Pack 27 February 2023

#### COVID-19 vaccination for children aged 6 months to 4 years

Today, (Friday, 17<sup>th</sup> February) the HSE has announced that from next Monday (20<sup>th</sup> February), they will provide COVID-19 vaccines for children aged 6 months to 4 years. Appointments may be booked from today on [www.hse.ie](http://www.hse.ie).

The National Immunisation Advisory Committee (NIAC) has recommended COVID-19 vaccination for children aged 6 months to 4 years with [underlying conditions](#) that place them at higher risk of severe COVID-19.

NIAC has also recommended that COVID-19 vaccination should be offered to all others in this age group to protect them from severe disease, provide extra protection from the rare risks of serious illness from COVID-19 (e.g. multisystem inflammatory syndrome in children), as well as providing the modest benefit in reducing household transmission to those immunocompromised or too young for vaccination.

NIAC has also stressed the safety profile of the vaccine and the comparable immunogenicity to that in older children and adolescents.

Dr Aparna Keegan, Specialist in Public Health Medicine, HSE National Immunisation Office (NIO) said; “We are encouraging parents to familiarise themselves with HSE advice on the Children’s COVID-19 vaccine with information available at [www.hse.ie](http://www.hse.ie). We know from listening to parents they have questions about getting the COVID-19 vaccine for their children. This is why we have [provided information on our website](#) to help parents make an informed decision.

“While serious illness from COVID-19 in this age group is rare, this vaccine offers further protection particularly for children who have health conditions that put them at high risk of severe COVID-19.”

Children in this age group will require three doses of the vaccine with an interval of three weeks between dose one and two and at least eight weeks between dose two and three.

It is also recommended that the COVID-19 vaccine is separated from the administration of other vaccines by 14 days.

Community Vaccination Centres across the country will commence the roll out of clinics from Monday onwards with many commencing clinics later in the week and over the following weekend. At present the vaccination is only available through the community vaccination centres.

Clinic details will be updated on [www.hse.ie](http://www.hse.ie) on a rolling basis so parents are advised to check the website for updates on clinic availability in the coming weeks.

### **Get your COVID-19 booster vaccine**

It's important that all eligible people avail of the COVID-19 booster to protect themselves and those around them from serious COVID-19 illness.

All people in the 18-49 years age group are eligible for their second COVID-19 booster, provided it is six months since their last vaccine or since they had a COVID-19 infection.

The HSE strongly urges people who have not yet received a COVID-19 booster vaccine to check their vaccine status and to do so as soon as possible. You can do this by contacting HSELive on 1800 700 700.

Booster COVID-19 vaccines are available at Community Vaccination Centres, participating GPs and pharmacies and information on getting your booster dose of the COVID-19 vaccine is available [here](#).

### **Advice for people at higher risk from COVID-19**

You should contact a doctor urgently if you are at higher risk and you have COVID-19 symptoms or you have a positive COVID-19 PCR or antigen test.

Some people who are at higher risk from COVID-19 may be recommended for treatments. If your doctor decides that treatment is right for you, you'll start treatment as soon as possible. Treatment for COVID-19 is free of charge through the HSE if it is recommended for you.

If COVID-19 treatment is not recommended for you, your doctor will provide you with the care that is right for your condition and symptoms.

You can find [more information here](#) and also information on [how to stay safe here](#).

### **Protect yourself and your family from common winter illnesses**

There has been a significant rise in common winter illnesses like RSV, flu and COVID-19 this winter. You can help prevent common winter illnesses by:

- Staying home if you are unwell (child or adult)
- Practicing good hand hygiene
- Covering coughs and sneezes
- Getting your recommended vaccines

Our [guide to keeping well this winter](#) contains advice for patients with chronic conditions. It also has information on how to manage common illnesses at home and advice about COVID-19.

## **RSV and flu in children**

The flu and respiratory syncytial virus (RSV) are still circulating. Remember to keep children at home if they're unwell, wash hands, cover coughs or sneezes and stay up to date with recommended vaccines. Please visit [hse.ie/winter](https://www.hse.ie/winter) for advice on preventing and treating common illnesses in children, and when to get medical help.

## **COVID-19 vaccine resources**

The HSE produces and regularly updates resources for the COVID-19 vaccine. You can visit the [COVID-19 vaccine materials page](#) for the latest leaflets and booklets including information on boosters and vaccines for children.

## **COVID-19 Testing**

Details [are available here](#).

## **COVID-19 information in other languages**

Visit [hse.ie/translations](https://www.hse.ie/translations) for a range of COVID-19 vaccine information videos and resources that have been produced in other languages, including information on COVID-19 vaccination in pregnancy.

Information videos on COVID-19 vaccination for parents of children aged 5-11 are available [here](#).

## **Health service updates and information:**

**HSE announces free Nicotine Replacement Therapies (NRT) for anyone who wants to quit smoking: Expert support available from [QUIT.ie](https://www.quit.ie)**

On this year's National No Smoking Day (Wednesday, 22nd February 2023), the HSE announced that nicotine replacement therapies (NRT) are free from local

stop smoking clinics as part of a package of supports on offer to people who quit smoking through the HSE QUIT service.

NRT are licensed medicines that safely give you lower levels of nicotine to help you get through cravings and withdrawal symptoms that can double your chances of quitting for good.

In 2022, almost one in five people in Ireland smoke\* (Healthy Ireland, 2022). The prevalence of smoking in Ireland remains at 18% and has not declined since 2019.

Visit [QUIT.ie](https://quit.ie) to take back control over smoking. Sign up to a personalised quit plan and find contact details for your local stop smoking clinics.

### **HSE Data Breach Notification Programme**

In November 2022 the HSE started to contact people whose information was illegally accessed and copied during the cyber-attack in May 2021 on HSE systems. The HSE is continuing to write to those who need to be notified under GDPR. Due to the numbers involved we began to notify approximately 113,000 people all over the country in this phased way from November. These letters will continue to issue over the coming weeks and we anticipate we will have contacted everyone by April 2023. [Please find a link to all of the information about the Data Breach Notification Programme here.](#)

### **START campaign: one daily win**

The START campaign is encouraging parents and guardians to start healthy family habits with one daily win. For example, replace sugary breakfast cereal for a healthy one, introduce vegetables to dinner time, have fruit after school instead of treats, or drink water with meals. There are plenty of tips for families to help choose one small change, make a plan, and stick to it. For advice and more ways to make one daily win visit [www.makeastart.ie](https://www.makeastart.ie)

## **The Laura Brennan HPV vaccine catch-up programme**

An advertising campaign to promote The Laura Brennan HPV vaccine catch-up programme is currently live. Clinics are being set up around the country to allow young people who didn't get the HPV vaccine when it was offered to them in school, to get it now for free as part of the catch-up programme. Appointments are available to anyone who hasn't got the HPV vaccine and is:

- female age 16 to 24 years
- male age 16 or older who started 1st year of secondary school, homeschool or a special school between 2019 and 2021

You can find more information at [hpv.ie](http://hpv.ie)

An updated campaign partner pack with new campaign assets is attached at the bottom of this message.

## **Injury Units**

Injury units treat injuries that are not life-threatening. For example, broken bones, dislocations and burns. The waiting times at injury units are usually significantly less than at Emergency Departments (EDs) where staff need to prioritise treating acutely ill patients. See [here for more information](#).

## **Trauma Study: Informing policy & practice for trauma care by analysing the patient journey from incident to recovery**

This study will combine the National Ambulance Service (NAS) electronic Patient Care Record (ePCR), and the Major Trauma Audit (MTA). This data will help healthcare professionals identify which hospital to bring trauma patients to. More information about the study is available on the [website here](#).



If you were a trauma patient during 2020-2022 and wish know more about the study, how data will be processed or to withdraw your data from the study, please contact us at: [TRAUMASStudy@rcsi.com](mailto:TRAUMASStudy@rcsi.com)

### **Health service information for Ukrainian nationals**

- Updated mental health supports information is [here](#)
- Disability services information is [here](#)
- Healthcare services information is [here](#)
- COVID-19 information is [here](#)
- COVID-19 vaccination [video](#), Dr Oksana Kozdoba, a Pediatrician from Ukraine, shares information about the vaccination programme in Ireland. She covers the vaccines offered in Ireland to protect babies, school children and adults.

### **Public Health Information**

For updated information and advice on Coronavirus, please go to:

<https://www2.hse.ie/conditions/covid19/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>. Clinical and professional guidance relating to COVID-19 is available on [www.hpsc.ie](http://www.hpsc.ie) where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check [here](#) for partner resources for COVID-19.

You can find translated resources [here](#).

You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).

Ireland's COVID-19 Data Hub is [available here](#).

If your organisation has any requests in relation to COVID-19 public health information materials, please reply directly to this email to let us know.

Many thanks and best wishes,

Kahlil & Katie

COVID-19 Stakeholder Engagement, HSE Communications

Many thanks and best wishes,



**An Roinn Sláinte**  
Department of Health