

**Wexford CYPSC Newsletter**

**May 26th 2023**

For information on services and supports for children, young people and families see [Wexford CYPSC](https://www.wexfordcypsc.ie/)

For information on parenting supports and programmes, see [**Wexford Parents Hub**](https://www.wexfordcypsc.ie/wexford-parents-hub) or access on facebook [www.facebook.com/wexfordparentshub/](http://www.facebook.com/wexfordparentshub/).

A close-up of a person's wrist

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**WEBINARS & TRAINING**

**➜ FREE Online Summer Camp : Helium Arts**

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Registrations are now OPEN for our[**FREE Online Summer Art Camp**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhelium.ie%2Fworkshops%2Fteen-online-summer-camp-nationwide-ages-13-15%2F&data=05%7C01%7Csheila.barrett%40tusla.ie%7C999fe377f91545cd4bb508db5dd96467%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206960496153419%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=CyL9mPQ7UcwzxtdmHeRsfmXMFCVx%2Bi4QpkNZ6AMDVfY%3D&reserved=0)**, specially designed for teens (age 13-15) living with a lifelong physcial health condition.**

We are so excited to bring back our ONLINE workshops so more young people can join in with a free Helium Arts workshop from home or even from their hospital bed!

Artist, Emma Fisher, will deliver a 3 day **animation and storytelling camp**, July 4th, 5th & 6th with morning and afternoon times available. Online Zoom registration and link to be provided.  
  
You will receive everything you need, in advance of the camp, through activity sheets dropped in your inbox with step-by-step guides, surprise postal drops, art materials and virtual sharing.

**Spread the Word**

If possible, it would be amazing if you could help us to spread the word with your networks. I’ve included some images and wording for social media below, just in case that would be helpful.

**Twitter / Facebook / Instagram Wording**

Helium Arts is now **ONLINE and NATIONWIDE!**Register for their **FREE Online Summer Camp for teens (age 13-15), living with lifelong physical health conditions.  Email** [**hello@helium.ie**](mailto:hello@helium.ie) **to request a booking form.**[https://bit.ly/459GerF](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbit.ly%2F459GerF&data=05%7C01%7Csheila.barrett%40tusla.ie%7C999fe377f91545cd4bb508db5dd96467%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206960496153419%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=en3DA98Yw2kjbcRC2qMP1URCOvU4ifNQGdQDHmM0JA8%3D&reserved=0) #creativitychangeslives

[https://drive.google.com/drive/folders/1mLc7XI\_kxUj-Y\_ZeuNneYoOvyLCzSLXn?usp=sharing](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Fdrive%2Ffolders%2F1mLc7XI_kxUj-Y_ZeuNneYoOvyLCzSLXn%3Fusp%3Dsharing&data=05%7C01%7Csheila.barrett%40tusla.ie%7C999fe377f91545cd4bb508db5dd96467%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206960496153419%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=eafG%2BBQ6NSpkvY4mBSs9BaQEv4gpV0l4%2B%2Buqap%2BPpBc%3D&reserved=0)

If you would like us to send you some **posters** to display **please email**[**cathymcgann@helium.ie**](mailto:cathymcgann@helium.ie) with your name and address and we will deliver them to you.

**About Our Camps**

Helium Arts offer**free, specially designed art workshops** for **children and young people living with a lifelong physical health condition.**

A lifelong physical health condition is one which can be treated and managed but usually not cured.  Examples include **diabetes, epilepsy, cystic fibrosis, allergies, heart conditions, chronic asthma, spina bifida, juvenile arthritis, rare or complex conditions** and many more.

Living with a lifelong physical health conditions is hard.  Children can face loneliness, stress, anxiety, and feel defined by their condition. They experience: stigma associated with their condition, social isolation, loneliness and fewer quality friendships.

Our camps are a great opportunity for these children to not only explore their creativity but also to make new friends, learn new life skills, grow in confidence and self-esteem and have fun.

If you have any questions at all please don't hesitate to contact me.

Kind regards

Helium Arts

[www.helium.ie](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.helium.ie%2F&data=05%7C01%7Csheila.barrett%40tusla.ie%7C999fe377f91545cd4bb508db5dd96467%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206960496153419%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=av2WPy84%2FKrJs%2FjnFuQW5osI2Dxy0rBZdb9cu54%2FfCo%3D&reserved=0)

**Reg Charity No. 20075200**

**e:** [communications@helium.ie](mailto:communications@helium.ie)

Helium Arts, the children’s arts and health charity.

Follow Helium Arts on [Facebook](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.facebook.com%2FHeliumArts&data=05%7C01%7Csheila.barrett%40tusla.ie%7C999fe377f91545cd4bb508db5dd96467%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206960496153419%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=J%2F24lGtZSQrOKTP63lxxWF7%2FslWtbF8aWU8ebcT3cWg%3D&reserved=0) [Instagram](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2F%3Fhl%3Den&data=05%7C01%7Csheila.barrett%40tusla.ie%7C999fe377f91545cd4bb508db5dd96467%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206960496153419%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=m8a6AXa2p3oySx42iaURHb0MCdQGGDlgNOsuuc7Z4bQ%3D&reserved=0) [Twitter](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftwitter.com%2FHeliumArts&data=05%7C01%7Csheila.barrett%40tusla.ie%7C999fe377f91545cd4bb508db5dd96467%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206960496153419%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nA0Rd9McMex2SWj%2F2pC84VzfbYC%2BA0MVa92DmVq%2Bwqk%3D&reserved=0) and [LinkedIn](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.linkedin.com%2Fcompany%2F10875153%2F&data=05%7C01%7Csheila.barrett%40tusla.ie%7C999fe377f91545cd4bb508db5dd96467%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206960496153419%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=v94KL9rREQwX6IgMjs3C6qkB9B6P8GJ3vEdNpB5JF3Y%3D&reserved=0)

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**➜** **SOS Supporters Programme**

The next SOS Supporters Programme will start next week online over Zoom.  It is an 8-hour programme held over 3 sessions. We are currently recruiting participants for the programme. The dates are as follows -

* Thursday 1st June 6pm to 9pm
* Thursday 8th June 6pm to 9pm
* Thursday 15th June 6pm to 8pm

A poster with a hand and a heart

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***The Supporter’s Programme is for anyone who is supporting a loved one (spouse, relative, friend etc) who is struggling with their mental health***.  The programme teaches supporters **practical skills** they can use to support their loved ones, it gives information on what supports are available and how they can be accessed and teaches practical ways of looking after your own mental health while supporting someone else.

Participants have said that alongside the practical skills learned, the programme has increased their confidence in their existing support skills, helped them to focus more on self-care, and provided an opportunity for them to connect with others who are in a supporter role, so they feel less alone.

If you know of anyone who may benefit from attending they can find out more and apply for a place on the programme here [https://tinyurl.com/SuppApply](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fscanner.topsec.com%2F%3Fd%3D2120%26r%3Dshow%26u%3Dhttps%253A%252F%252Ftinyurl.com%252FSuppApply%26t%3D0817ba86e7ad3e40e657cef7d57aabbedddda79b&data=05%7C01%7Csheila.barrett%40tusla.ie%7Cc7630a7f8bef4018be1008db5dca18e0%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206894808930231%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=cH5rLcv0w6ehs45TtFFYdgHerpYgd4SYfty8LOpttA4%3D&reserved=0) or by contacting Catherine at [catherine@suicideorsurvive.ie](mailto:catherine@suicideorsurvive.ie) or phoning 01 2722158. I have attached a poster for the programme to this email for you.

Thank you in advance for your support, if you have any queries, please do not hesitate to contact me.

Warmest regards

**Catherine Redmond (She/Her)**

**National Programmes Coordinator**

**Suicide or Survive**

**01 272 2158/ 0860677923**

**First Floor, 3-5 Carysfort Avenue, Blackrock, Co. Dublin, A94 W9X6**

[**www.suicideorsurvive.ie**](http://www.suicideorsurvive.ie) **/** [**www.wellnessworkshop.ie/**](http://www.wellnessworkshop.ie/)[**www.youmatter.ie**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fscanner.topsec.com%2F%3Fd%3D2304%26r%3Dshow%26u%3Dhttp%253A%252F%252Fwww.youmatter.ie%252F%26t%3Dadebbe4089a7a2486482199ed041a9f5c4282f82&data=05%7C01%7Csheila.barrett%40tusla.ie%7Cc7630a7f8bef4018be1008db5dca18e0%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206894808930231%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=cqx7zvawbi8ONNg2dkvE70vmk4HyEYE%2BHRkqqD67ldw%3D&reserved=0)

**➜ One Day Workshop for Professionals and Key Contacts Supporting People Bereaved by Suicide – SPACES AVAILABLE**

There are spaces available on our *‘One Day Workshop for Professionals and Key Contacts Supporting People Bereaved by Suicide’*, next **Wednesday, May 31st from 9.30 am to 4.30 pm in the Riverside Hotel Enniscorthy**. Please share this email with anyone who might be interested in attending. I have attached further information and you can book a place on this link [https://bookwhen.com/sro/e/ev-sslz-20230531093000](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbookwhen.com%2Fsro%2Fe%2Fev-sslz-20230531093000&data=05%7C01%7Csheila.barrett%40tusla.ie%7C90824ccd11d34df5b66508db5d1f1f3f%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206160515129155%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Bxk%2B%2Fu6Ut7iNs8OkkpFAnGSj6FTKdYndeR9aEJGW4dg%3D&reserved=0).

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The information leaflet above can be accessed [here.](http://www.wexfordcypsc.ie/sites/default/files/content/Leaflet%20Workshop%20for%20Professionals%20supporting%20people%20bereaved%20by%20suicide_2.pdf)

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](mailto:Tracy.Nugent@hse.ie)

[www.connectingforlifesoutheast.ie](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fscanner.topsec.com%2F%3Fd%3D2304%26r%3Dshow%26u%3Dhttp%253A%252F%252Fwww.connectingforlifesoutheast.ie%26t%3D19cd41d008cade8498b4641b2fbc07c753a18d64&data=05%7C01%7Csheila.barrett%40tusla.ie%7C90824ccd11d34df5b66508db5d1f1f3f%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206160515129155%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2F3ZNaoEdx6HOZuVmUMin3lpin6eRENaNWaETmQXEVrE%3D&reserved=0)

To book a place on any of our suicide, self-harm or bereavement training programmes please visit [www.bookwhen.com/sro](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.bookwhen.com%2Fsro&data=05%7C01%7Csheila.barrett%40tusla.ie%7C90824ccd11d34df5b66508db5d1f1f3f%7Cee9e12c7bca144a2bff48fb8667b6be1%7C0%7C0%7C638206160515285359%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6ECYeOYhpg1AdU0iX6ro%2Fnp9Rj9TQ5UhkJAXaqdIKgA%3D&reserved=0)

**FUNDING**

**➜ Ireland Against Racism Fund**

* €1 million is being made available to applicant groups operating at national, regional and local level to support the implementation of the National Action Plan Against Racism;
* The overall objective of this fund is to provide funding for national and regional projects, as well as local initiatives, that aim to combat racism and foster racial equality and community cohesion;
* The grant scheme is open to applications from existing non-government organisations and community organisations that have a specific focus on anti-racism initiatives.

The Ireland Against Racism funding call is an important element in supporting the implementation of the National Action Plan Against Racism. The funding call arises from Action 2.14 of the plan which states: **‘‘Provide funding for national and local initiatives that aim to combat racism and foster racial equality and community cohesion, in order to support the implementation of this plan and the achievement of its objectives’’.**

There are two streams of funding:

* **Scheme A** will provide grants, ranging from €50,000 to €100,000, to organisations for national and regional projects.
* **Scheme B** will provide grants, ranging from €5,000 to €10,000, to organisations for local projects.

All applications must be submitted electronically.

Applications for funding will remain open until noon on 31 May. 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/IrelandAgainstRacismFund2023SchemeAApplication>

**Scheme B**  
<https://ec.europa.eu/eusurvey/runner/IrelandAgainstRacismFund2023SchemeBApplication>

**REPORTS / LAUNCHES**

**➜ Barnardos Cost of Living 2023 Report**

**Cost of Living 2023. Impact on Children** is a report outlining the growing impact the cost of living crisis is having on children across the country. Over 73% of parents surveyed said the cost of living increases have negatively affected the children in their care over the past 6 months, with almost two in ten (17%) saying it has significantly affected them.

A child sitting at a desk

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The report outlines findings of a survey conducted by Amarach Research of a nationally representative survey of 315 parents and 30 one to one interviews with parents currently supported through Barnardos services.

The survey findings show the realties some families are facing.

Click [here](http://www.barnardos.ie/wp-content/uploads/2023/05/Barnardos-Cost-of-Living-Report-2023.pdf) to access the full report

Click [here](http://www.barnardos.ie/wp-content/uploads/2023/05/Barnardos-Cost-of-Living-Exec-Summary-2023-V2.pdf) to access the executive summary

Click [here](https://www.barnardos.ie/) to access the Barnardos website

**➜ Launch of “What Works” Ireland Evidence Hub**

Minister Roderic O’Gorman is launching the new What Works Ireland Evidence Hub next **Wednesday 31st May online at 11.30 am via WebEx**.

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This is an online tool that is designed to increase access to effective prevention and early intervention programmes. The Evidence Hub will provide policy makers, service commissioners, providers and other audiences with cost and resource requirements for a series of evidence-informed programmes. The Evidence Hub includes programmes for children, young people and their parents in a number of settings and which target areas such as addiction, early years, physical and mental health.

More details can be found on the What Works website: <https://whatworks.gov.ie/youre-invited-to-the-what-works-ireland-evidence-hub-launch/>

The event is open to all so please feel free to circulate with any organisations you may work with. Details on how to register can be found here: [What Works Ireland Evidence Hub Launch (ti.to)](https://ti.to/what-works/what-works-ireland-evidence-hub-launch/with/what-works-ireland-evidence-hub-launch-0d791d16-b50b-4333-bf8b-75eb42014ed6)

**EVENTS**

**➜ Traveller Parent Support Programme Builds on Trust and Collaboration**

Recently an event was hosted in Tusla HQ in Dublin to celebrate the success of the Tusla-led Traveller Parenting Support Pilot Programme. The event was attended by Minister for Children, Equality, Disability, Integration and Youth (DCEIDY), Roderic O’Gorman.

A group of people sitting in chairs in a room

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The gathering on 17th May was to mark the findings of a report on the programme, organised by Tusla’s Prevention, Partnership and Family Support (PPFS) staff in conjunction with their Children and Young People’s Services Committee (CYPSC) colleagues to address gaps in services and provide early intervention and preventative support to Traveller families.

A person standing in front of a large group of people

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Wexford was very well represented by Sinéad Cronin Daly, from PPFS Wexford and Robbie Sludds from FDYS who showcased the “Parents Plus Early Years Programme” and “PATH” programmes respectively. Both programme had been highlighted at a Wexford CYSPC event that was held in the Riverbank Hotel on March 8th. Subsequently, they were invited to share the learning with a wider audience at the Tusla event. Sinéad spoke about how the Traveller community was consulted to identify specific needs and gaps in services. Sinéad said that, following collaboration with CYPSC and the local Family Resource Centre, a Traveller women’s group was set up that identified mental health, parenting and education supports that would benefit the community. One of the results was the successful development of a Traveller specific “Parents Plus Early Years Programme”. This programme was rolled out with the support of a number of agencies.

A group of people standing together

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Robbie Sludds, highlighted how, over a six-week period, an equine-assisted learning project (PATH) for Traveller boys aged 8-12, that was supported through DCEDIY / CYPSC funding developed empathy and confidence in the youngsters. So impactful was the programme that the boys have since gone on to win several national awards for projects that they have undertaken. Robbie said “we can empower a minority in the Traveller community by making small steps with those who want to engage.”