

Wexford CYPSC Newsletter

September 8th 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](#)



CONTENTS

Webinars & Training

P.3 :Recovery College South East Educational Workshops September and October 2023

P.8 : LGB Online Awareness Training - Thursday 21st September 2023

P.9 : EPIC Programme: FREE Employment and Integration Training for Refugees, Asylum Seekers & Migrants

Events

P.11 : National Learning Network : Think Possible – Agency Networking Lunch Wexford

P.12 : World Suicide Prevention Day

P.14 : Meet Your Neighbour event

P.15 : Launch of “We’re Breastfeeding Friendly Waterford”

WEBINARS & TRAINING

→ Recovery College South East Educational Workshops September and October 2023



Managing Emotions (12 week in-house workshop)

Venue: The Boardroom, St Dymphna's Hospital, Carlow

Dates: Every Thursday starting 7th, 14th, 21st, 28th September, 5th, 12th, 19th, 26th October, 2nd, 9th, 16th and 23rd November

Times: 10am – 12pm

Do you often experience distress? Do you find it very difficult to manage your distress? Do you often feel overwhelmed? Do you find it difficult to manage your emotions? Have you self-harmed in an attempt to cope with your distress? If so, then this group may be for you...

To get the full benefit from this series of workshops, it is recommended that you attend all sessions.

Writing Group (In-house and online workshop)

Venue: Recovery College South East and Zoom

Dates: Every Wednesday starting Wednesday 20th September

Times: 3pm – 4pm

This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you.

Much more than words (In-house only workshop)

Venue: Involvement Centre, Kilkenny

Dates: Every Friday starting 22nd September

Times: 11am – 12pm

“Much more than words” – a space where you can share a poem, tell a short story, write a few words, sing a song, draw a picture or just sit, listen and enjoy. Open to everyone, it’s fun, entertaining and a great way to meet people – a good way to express yourself and what may be going on for you in your world. Come along and give it a go!

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Gardening for Wellbeing (in-house workshop)

Venue: Recovery College South East

Dates: Every Monday starting on Monday 18th September

Times: 10am – 12pm

Are you interested in learning how you can improve your overall wellbeing through gardening and connecting with others? If so, why not become part of a social gardening group, with a relaxed, friendly, fun atmosphere.

WRAP - Wellness Recovery Action Plan (2 week in-house workshop)

Venue: Recovery College South East

Dates: Monday 18th September and Monday 25th September

Times: 9.30am – 4.30pm

WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain wellness and gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn’t work and how we can get better at staying well.

Understanding and Managing Anxiety (4 week in-house and Online workshop)

Venue: Recovery College South East and Zoom

Dates: Wednesday 20th, 27th September, 4th and 11th October

Times: 10am – 12.30pm

Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort

This workshop is for people who want to learn more about the facts of anxiety and learn practical and effective ways of managing and living with anxiety.

Support Group for people who live with Anxiety (Online workshop only)

Venue: ZOOM

Dates: Monday 25th September and last Monday of every month

Times: 2.30pm – 3.30pm

This peer support group will give you an opportunity to share openly and safely your personal experience of anxiety, what worked well for you, the day-to-day challenges of living with anxiety, a chance to share your knowledge with and also learn coping tips and tools from others who have experience of anxiety.

OCTOBER

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Understanding and Managing Anger (In-house and online Morning workshop))

Venue: In-house and Zoom

Dates: Monday 16th October

Times: 10am – 12.30pm

What is Anger? Why do we feel it? Does Anger affect your wellbeing and quality of life?

Anger is a natural powerful emotion that we all experience from time to time. This workshop explores how anger can impact negatively on our lives and what we can do about it.

Personal Development Programme (8 week in-house and online workshop)

Venue: Recovery College South East and ZOOM

Dates: Wednesday 18th, 25th October, 8th, 15th, 22nd and 29th November and 6th, 13th December

Times: 10am – 12.30pm

This eight week workshop will help you build confidence and self-esteem, identify and develop the skills that can help you to set life goals which can enhance job prospects, and help you live a more fulfilling quality of life.

To get the full benefit from this series of workshops, it is recommended that you attend all sessions.

Learning Self Compassion and Kindness to Myself (Morning Online and in-house workshop)

Venue: Recovery College South East **and Zoom**

Dates: Monday 23rd October

Times: 10am – 12.30pm

Do you ever feel cut off from others and feel like other people are somehow better able to cope? Is it difficult to find time to look after yourself, do you tend to criticise and judge yourself more harshly than you would others? Do you concentrate more on mistakes and failures rather than your strengths and successes? Developing self-compassion and learning to be kinder to ourselves is possible for everyone. This workshop will explore what self-compassion is and how to overcome barriers to developing it.

Support Group for people who live with Anxiety (Online workshop only)

Venue: ZOOM

Dates: Monday 23rd October and last Monday of every month

Times: 2.30pm – 3.30pm

This peer support group will give you an opportunity to share openly and safely your personal experience of anxiety, what worked well for you, the day-to-day challenges of living with anxiety, a chance to share your knowledge with and also learn coping tips and tools from others who have experience of anxiety.

For more information on Recovery college, access the website [here](#).

→ LGB Online Awareness Training - Thursday 21st September 2023

Type of Training: VIRTUAL PLATFORM
Title of training module: LGBT+ VIRTUAL AWARENESS TRAINING
When – Date & Time: Thursday 21st September 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 a three hour on a virtual platform.

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

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 LGBT+ Awareness Training within your service area.

→ EPIC Programme: FREE Employment and Integration Training for Refugees, Asylum Seekers & Migrants



Are you an unemployed asylum seeker, refugee or migrant living in Ireland? Are you looking for a job and you don't know where to start your job search? We can help you develop your employment skills through the EPIC Programme.

What is the EPIC Programme?

The EPIC Programme is a 6- week online training and education programme taught in English that helps you develop your skills, look for work and integrate into Irish society.

By taking part in the programme, you receive help with (Important note: These services are linked together – it is not possible to choose just one):

- Improving your job-seeking skills
- Learning business vocabulary
- Preparing your CV and cover letter
- Identifying and describing your skills
- Practising for job interviews (face to face, phone and online)
- Cultural integration (indirect/direct communication, body language and more)
- Learning about Ireland and how to access different services (health, education, employment rights and more)
- Developing your IT and LinkedIn skills
- One-to-one support of a Career Counsellor

If you decide to take part, be assured that we put you at the centre of our work. We will assess your needs and provide a programme for you. We work with businesses to provide specialised supports.

How do I qualify to take part?

You must meet three conditions to qualify:

1. Have a good level of English - You should have intermediate (B1/B2) to high level of both written and spoken English. You need to be able to communicate in English without requiring translation support and speak English well enough to have a phone conversation. We will assess your English language level before you join the programme.

2. Eligible visa status - You must be an unemployed adult who is one of the following:
 - An asylum seeker with a work permit,
 - A refugee, a person with Subsidiary Protection or Leave to Remain and with Stamp 4
 - A person with Temporary Protection Certificate (Ukrainian refugee)
 - A person with Stamp 4, dependant Stamp 1G or EU/Irish citizenship (conditions apply)
3. Based in the Republic of Ireland

How can I take part?

The first step is filling out the online application form. You can download it or pick it up at our office.

Then you can send it to us:

- **By email:** epic@bitc.ie
- **To our office address:** 3rd Floor Phibsborough Tower, Phibsborough Road, Dublin

Training dates 2023

Tuesday 19th September (afternoon course)

Tuesday 10th October (morning course)

Tuesday 31st October (afternoon course)

Closing date for applications

Monday 11th September (for the course starting on Tuesday 19th September)

Monday 2nd October (for the course starting on Tuesday 10th October)

Monday 23rd October (for the course starting on Tuesday 31st October)

For further information, click [here](#)

EVENTS

National Learning Network : Think Possible – Agency Networking Lunch Wexford

This is a great opportunity to reach out and network with agencies and stakeholders in the local community, to share information and establish a collaborative network within Wexford.

Tickets are free but must be obtained from Eventbrite.ie - see link below - entry is FREE. We hope to see you there!

NETWORKING LUNCH!

This is a great opportunity to reach out and network
with agencies and stakeholders in the local
community, to share information and establish a
collaborative network within Wexford

MONDAY 18TH SEPTEMBER 2023

12.30PM - 2PM

THE SWAN TRAINING CENTRE

THE FAYTHE

WEXFORD Y35 YR53

REGISTER NOW!

- Tickets through Eventbrite.ie

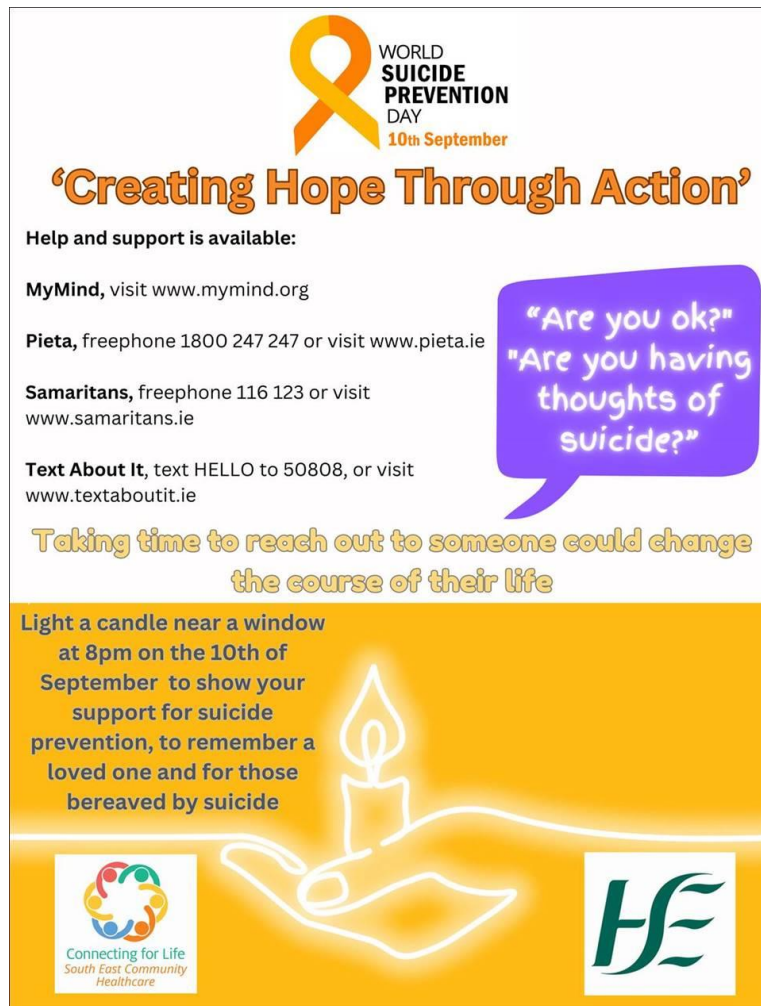
We look forward
to seeing you!



To register on Eventbrite, click [here](#)

→ World Suicide Prevention Day

World Suicide Prevention Day (WSPD) 2023 is on September 10th and the theme is 'Creating Hope Through Action'. In the South East this is an important theme in our regional Suicide Prevention Action Plan, *Connecting for Life South East Community Healthcare, 2022-2024*. It is a time when we can spread a message of hope to others. Even though suicide is a very complex issue, we can always look out for others who might be experiencing suicidal thoughts, and provide support. This helps to create a more caring society where those who need to, feel more comfortable in seeking help.



The poster features a yellow ribbon logo at the top, with the text 'WORLD SUICIDE PREVENTION DAY 10th September' to its right. Below the logo, the theme 'Creating Hope Through Action' is written in a stylized font. A section titled 'Help and support is available:' lists several organizations: MyMind (www.mymind.org), Pieta (1800 247 247 or www.pieta.ie), Samaritans (116 123 or www.samaritans.ie), and Text About It (text HELLO to 50808 or www.textaboutit.ie). A purple speech bubble contains the text 'Are you ok?' and 'Are you having thoughts of suicide?'. Below this, a yellow banner reads 'Taking time to reach out to someone could change the course of their life'. The bottom section, on a yellow background, instructs to 'Light a candle near a window at 8pm on the 10th of September to show your support for suicide prevention, to remember a loved one and for those bereaved by suicide'. It includes a line drawing of a hand holding a lit candle. At the bottom left is the 'Connecting for Life South East Community Healthcare' logo, and at the bottom right is the HSE logo.

WORLD SUICIDE PREVENTION DAY
10th September

'Creating Hope Through Action'

Help and support is available:

MyMind, visit www.mymind.org

Pieta, freephone 1800 247 247 or visit www.pieta.ie

Samaritans, freephone 116 123 or visit www.samaritans.ie

Text About It, text HELLO to 50808, or visit www.textaboutit.ie

**"Are you ok?"
"Are you having thoughts of suicide?"**

Taking time to reach out to someone could change the course of their life

Light a candle near a window at 8pm on the 10th of September to show your support for suicide prevention, to remember a loved one and for those bereaved by suicide

Connecting for Life
South East Community Healthcare

HSE

Free suicide prevention and awareness programmes are available from the HSE.

These can build your confidence, help you recognise people who might be at risk of suicide, ask them about suicide, and connect them with helpful supports and services. For example:

- LivingWorks Start, a 90 minute online programme
- safeTALK, a half day face-to-face programme

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

[Download a WSPD 2023 partner pack – containing information on messages, links, social media images and content – from the HSE National Office for Suicide Prevention](#)

To access the World Suicide Day Poster, [click here](#)

#WorldSuicidePreventionDay | #BeTheLight | #WSPD2023 | #ConnectingForLife | @SouthEastCH | @HSELive

Kind regards,

Sarah

Sarah Hearne

HSE Resource Officer for Suicide Prevention

The Regional Suicide Resource Office, Front Block, St. Patrick's Hospital, John's Hill, Waterford. **X91 KX25**

Mob: 0871091307 **Tel:** 051 874013

www.connectingforlifesoutheast.ie

www.yourmentalhealth.ie

→ “Meet Your Neighbour” Event Campile



You are invited to the FREE!!!!

MEET YOUR NEIGHBOUR EVENT

Weds the 13th of September

@ 7.30pm In Campile Hall

**Is there some club or group you always
wanted to join, but did not have the
contact details or just want to meet
more of your neighbours????????**

**Well, come along on the night and
meet the various clubs, groups and
associations and learn about all the
services available in our community.**

Enjoy a cuppa with your neighbours



Supported by



Healthy
Wexford

→ Launch of “We’re Breastfeeding Friendly Waterford”



The poster features a central image of a smiling woman breastfeeding her baby. To the left of the image is a large heart-shaped logo containing a stylized illustration of a mother and child. The text 'We're Breastfeeding Friendly Waterford' is prominently displayed in the center. Below this, the event details are listed in green boxes. The top right corner is filled with various partner organization logos. The bottom right corner contains a detailed text box explaining the initiative's goals and the legislative context.

We're Breastfeeding Friendly Waterford

**AN INVITATION TO
WELL WATERFORD LAUNCH OF
WE'RE BREASTFEEDING FRIENDLY WATERFORD**

Wed 4th October

At 11.00 - 12.30

**Waterford City & County Council,
The Large Room, City Hall,
The Mall, Waterford**

We're Breastfeeding Friendly aims to help improve the health and wellbeing of breastfeeding mothers, babies and their families through the development and promotion of breastfeeding friendly businesses, organisations and communities and through supporting breastfeeding parents to return to work.

The Work Life Balance and Miscellaneous Provisions, Act 2023 (the "Act") was signed into law by President Michael D. Higgins on 4 April 2023, with parts of the new legislation having come into effect since July. The act extends the entitlement to breastfeeding breaks from 26 weeks to 104 weeks for parents who are returning to work. The breastfeeding entitlement as per the act is one hour per working day- this hour can be broken into 3x 20 minutes breaks.