

Wexford CYPSC Newsletter

September 1st 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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TRAINING /WEBINARS

→ **LGBT+ Awareness Training :limited spaces available**

Type of Training: VIRTUAL PLATFORM
Title of training module: LGBT+ VIRTUAL AWARENESS TRAINING
When – Date & Time: Tuesday 10th October, 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.

→ Healthy Food Made Easy – Tutor Training



Healthy Food Made Easy (HFME) is a community cooking programme developed under the Sláintecare Healthy Communities Programme. Participants take active part in the programme, which focuses on improving:

- cooking skills
- eating behaviours
- nutrition knowledge

The programme is suitable for everyone. It is particularly helpful to:

- parents' groups
- youth groups
- members of the Traveller community
- families living in homeless hubs
- families attending family support services
- groups of people over 65.

If you or any of your work colleagues, contacts or clients might be interested in being a tutor for HFME please complete the application form and return to the address attached.

- To access the Poster, click [here](#)
- To access the Application Form, click [here](#)
- To access Programme Information, click [here](#)

If you have a mailing list of people who might also be suitably interested in applying please forward this email to them.

Kind Regards

Elaine Banville,

Health Promotion and Improvement Officer

→ Traveller Culture Awareness Training (TCAT)

Type of Training: Face to Face
Title of training module: Traveller Culture Awareness Training (TCAT)
When – Date & Time: Tuesday the 24th of October 2023, 10am-4pm

Where - Kilcannon Garden Centre, Old Dublin Road, Enniscorthy, Co. Wexford, Y21F5D7

Contact Details:

*Laura Myles,
North Wexford Traveller Community Health Programme,
Wexford Local Development Company, 5 Slaney Place Enniscorthy, Wexford - 087-1311855*

Bookings : Please email lmyles@wld.ie to book a place for this training

Information about the event:

The TCAT programme aims to improve Travellers' health through the provision of education and awareness raising on Traveller culture and issues, to health service staff and other public service staff, to make their services more accessible and thus have an impact on Traveller health outcomes. There is no fee to take part in the training. Certification of Attendance and Traveller Health Sticker are provided on completion for display within services.

Prior Training requirement:

Completion of the HSEland online module: "Introduction to Traveller Health".

→ STEPS Programme

ASK YOURSELF...
Do you need to make a change but you're not sure how?
Do you wish you had more confidence?
Do you feel a bit stuck in a rut?

If so, this group programme might be for you.

STEPS
TO ECONOMIC & PERSONAL SUCCESS®

4th, 5th, 6th October 2023
10am - 4.30pm

For more info about this highly renowned, free and confidential course
CONTACT US
Office 053 9155800
or
Jenny 087 6930063

Learn the tools to make positive change happen

Tackle negative thinking & challenge your comfort zones

Take a fresh look at your life

Increase your motivation & set achievable goals

wexford
local development
Forbairt Áitiúil Loch Garman

The Social Inclusion and Community Activation Programme (SICAP) 2019-2023 is co-funded by the Government of Ireland, through the Department of Rural and Community Development, and the European Union.

Riobairt na Mídeanna
Government of Ireland

Cooperating with the
European Union
Co-funded by the
European Union

Our next STEPS Programme will take place on **4th, 5th and 6th October** and as always I welcome your referrals.

STEPS is personal development programme that operates on the premise that if participants can understand how the human mind works and how their current beliefs and attitudes shape their expectations for the future, they will learn how to take control of their thinking and how to use that power to change the way they live their lives. It helps participants to see that they have choices and, with some simple tools, can develop the thinking skills needed to become self-motivated, self-directed, and accountable. It stimulates increased participation in and ownership of one's own personal development. It provides tools for effective goal setting, tools to raise self-esteem levels and the know-how to create a 'can do' attitude, often in the face of deep-seated beliefs that nothing can change.

The expected outcomes for participants include:

- The ability to think differently about themselves and others
- An improved capability to deal with and manage change
- An ability to set achievable goals and to help their loved ones with goal setting
- The possession of the tools to expand their awareness, helping them to consider new ideas, options and possibilities
- Improved parenting skills and ability to be better role models for their children

The programme runs for **three full days** with a follow up session in 4 - 6 weeks to further

imbed the skills learned. Each participant is asked to consent to being added to a WhatsApp group which will run for the duration of the programme and 4 weeks after the follow up session.

Participants must be 18, have conversational English and the intellectual ability to understand the material. Good literacy is NOT a prerequisite. Clients will also need to be able to commit to attending the full programme and will need to meet SICAP eligibility, ie

- Are unemployed
- Belong to the Traveller or Roma community
- Are a one-parent family
- Have a disability
- Live in an area that is less well off
- Are a migrant, refugee or asylum seeker
- Are living on low income

This time around, we haven't set a venue yet as this will be determined by client demand. I have attached a promotional poster and some more details about the programme, please feel free to share this with your clients, stick it up on your notice boards, talk about it with external organisations and stakeholders and/or leave it in areas with potential client footfall. I would really appreciate it if you could support me to get the word out. If transport is a barrier for your client, please let me know.

If you have any questions at all, please feel free to get in touch with me, I would welcome the opportunity to speak with you and/or your clients.

To access STEPS Promotional Information, click [here](#)

To access STEPS Testimonials click [here](#)

To access info on STEPS Content, click [here](#)

To access STEPS Poster, click [here](#).

With thanks and kind regards,

Jenny Kirwan



Jenny Kirwan
Client Support



wexford
local development
Forbairt Áitiúil Loch Garman

Block A
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☎ 087 693 0063

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Compartite na gairí
Aontas Eorpach
Co-fundáil le hEagraíocht
Eorpach



Riadas na hÉireann
Government of Ireland



Social Inclusion
Community Activation
Programme

→ Professional Seminar on LGBTQ+ Mental Health

Join us for a morning of learning and discussion at our upcoming event 'Better Out Than In: A Mental Health Seminar for Professionals Working with LGBTQ+ Youth.'

The half-day seminar will take place in Dublin City Centre from 9.30am-1pm on Thursday, September 7, 2023.

We are pleased to welcome Dr Brendan J Dunlop (he/him) as our keynote speaker. Dr Dunlop is a Principal Clinical Psychologist in the NHS, and author of *The Queer Mental Health Workbook*.

Dr Dunlop will deliver a seminar on LGBTQ+ mental health, and the psychological frameworks that can be applied when understanding and supporting LGBTQ+ youth. Dr Dunlop will also lead a workshop focusing on supporting LGBTQ+ people who engage in self-harm discussing specific clinical considerations.

During the event, we will be joined by experts in youth mental health for a panel discussion, including the Ombudsman for Children, Dr Niall Muldoon; Tara Mulhern, Clinical Lead at Jigsaw, the National Centre for Youth Mental Health; and Nash Zvikaramba, Psychotherapist at Pieta and Belong To.

Further details about the half-day seminar are included at the end of this email. Please note that places are limited.

If you are interested in registering for this free seminar, please send your name and the name of your organisation to info@belongto.org or call 01 670 6223.

We look forward to welcoming you to this exciting day of learning and professional knowledge-sharing.

In Pride,

Moninne Griffith (she/her)

CEO, Belong To

CHILDREN & YOUNG PEOPLE

→ My Little Library Books



My Little Library Book Bags are available **free of charge** for all children starting school this year!

Children with their parent or guardian can collect a bag of lovely new picture books from any library in County Wexford.

Little Library Parent Invitation, click [here](#)

Little Library Social, click [here](#)

Little Library Instagram, click [here](#)

All the Wexford libraries locations, opening hours and contact details can be found at [Opening Hours & Branches | Wexford County Council \(wexfordcoco.ie\)](#)

→ **Templeshannon Free Youth Group FDYS**



FREE

**Templeshannon Free
Teen Youth Group**

**Age: First Year-
Third Year**

**Date and time:
Every Friday.
4pm-6pm**

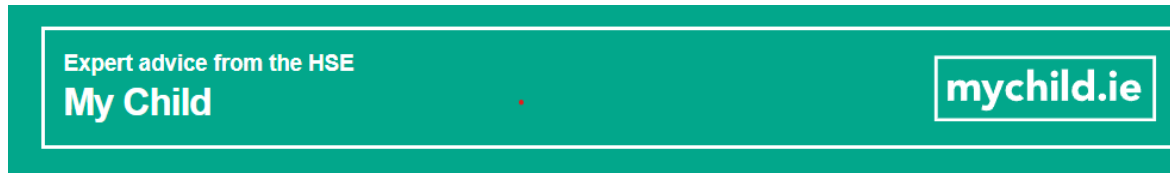
**Location:
Templeshannon
Community centre
Enniscorthy.**

**Starting:
Friday 18th of August.
4pm-6pm**

**For more information
and registration contact: Mary
0831183731**

**Spaces may be
limited**

→ **MyChild.ie**



As school returns, get child health advice from MyChild.ie

With children coming back together at this time of year, viral infections can start to spread in childcare settings, pre-schools and schools.

It's important to keep unwell children at home. This protects your child from further infection and stops viruses spreading to others.

Parents can find advice and information on a range of topics at MyChild.ie, such as:

- staying up to date with vaccines
- dealing with common childhood illnesses

Healthcare professionals are a trusted source for health information. MyChild.ie is a guide developed by healthcare professionals in consultation with parents. Encourage parents and parents-to-be to visit [MyChild.ie](https://mychild.ie).

RESOURCES

→ Digital Help Hub



The Education and Lifelong Learning Team here at WLD have been collaborating with the WWETB, ALL (Adult Literacy for Life) and the Wexford County Council Library Service on a new Digital Help Hub initiative. The Help Hub is a pop up service, staffed by two IT tutors, which is designed to support those who are struggling to manage online life and as a result, are impacted by the digital divide. People can approach the tutors and receive help and advice on a range of topics such as

- How to effectively use technological devices, especially their own
- How to fill in digital forms
- How to use eGov and access multiple services, like MyWelfare, the National Childcare Scheme, Revenue, Susi and more
- How to use of a range of literacy resources and language learning
- All details of the times, dates and venues are on the posters and flyers attached. The Help Hub is free and confidential and will pop up in various public locations around Wexford and Enniscorthy. It is ideal for anyone who is struggling with digital literacy skills.

We would be grateful if you could share the information with your clients, display it on your noticeboards, leave some copies of the posters in your reception areas and even share it with your own networks and contacts.

- To access the Enniscorthy poster, click [here](#)
- To access the Enniscorthy flyer, click [here](#)
- To access the Wexford poster, click [here](#)
- To access the Wexford flyer, click [here](#)

If you have any questions, please get in touch.

Kind regards,

Jenny Kirwan

Jenny Kirwan
Client Support

wexford
local development
Forbairt Áitiúil Leath Garman

Block A
Spawell Road
Wexford, Y35 E2FK

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Co-funded by the
European Union



Wexford Local Development
Government of Ireland



FUNDING

→ St. Stephen's Green Trust: Civil Society Grant Programme



Between 2023 and 2027 SSGT will implement a strategy to contribute to strengthening democracy through civic engagement and participation. Learning from the Northern Ireland grassroots peacebuilding programme (2017-2024) will support the programme design. The strategy will support collective action initiatives which deepen democracy across a number of levels and draw out the learning.

As part of this work, SSGT is launching a new funding programme in 2023 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

Applicant groups should design approaches which: focus on learning; ensure the voice of those most affected are included in the design and delivery of the outcomes; seek to build relationships that last beyond the funded work, including the strengthening of relationships at both a horizontal and vertical level and have a clear idea about what they want to achieve.

This is a one-off grant programme to fund groups on the island of Ireland up to £12,500/ €15,000 for work taking place over 12 to 18 months. The programme and its ambition emerged from a detailed [Context Paper](#), and we strongly encourage applicants to read it, along with our [Applicant Guidelines](#), before completing the application form which can be accessed [here](#).

If you have any queries about the programme or your group's eligibility to apply, please contact our Grants and Development Manager Sara at sara@ssgt.ie.

Deadline for Applications : The grant round opens on the 18th July 2023 and closes at 16:00 on the 14th September 2023.

→ COVID 19 Partner Pack Update



Health service updates and information

Free webinar to mark International Overdose Awareness Day

Join us for a free live webinar hosted by the HSE Social Inclusion Office, marking International Overdose Day 2023.

The theme, "Recognising Those People Who Go Unseen," shines a light on the often-unseen heroes among us: grieving families, compassionate healthcare and support service workers, and spontaneous first responders.

The event will include presentations on a range of topics including living with bereavement by drug-related deaths, advancing addiction recovery, UISCE's 'Now you see me' campaign videos and an update on the HSE naloxone programme.

Don't miss this opportunity to support those affected most by overdose.

[Register here](#) for this online event on Thursday 31st of August from 1:30-3pm.

GP Visit Cards for children Under 8

All children aged 0-7 can now get a GP Visit Card, which means free GP care for all children under 8 living in Ireland. Previously, this was available for all children under 6. The expansion will provide free GP care to an estimated 78,000 children aged 6 and 7. Current GP visit cards for children will automatically be extended until their 8th birthday.

If you have a GP visit card, you don't have to pay to see your doctor. You will have to pay for medicines and other services.

Parents can register children for a GP visit card at [hse.ie](https://www.hse.ie). If a child turns 6 on or after 1 July 2023, and already has a GP Visit Card, their card will automatically be extended by the HSE and they don't need to register.

If people or a family already have a medical card for their child, they don't need to register for this service. The medical card already provides free GP visits, along with other benefits.

If you need more information, please visit www.hse.ie/GPVisitCards.

HSE Health and Wellbeing 2022 Report

We are pleased to share with you the [HSE Health and Wellbeing 2022 Report](#). This report outlines the key activities that HSE Health and Wellbeing delivered both nationally and locally last year, with insights shared from across our policy areas, partners, and various work streams.

The report aims to give insights across our areas of work as we progress the implementation of Healthy Ireland in the health service. It also includes links to further information on the work and other assets such as videos, webinars, and publications produced last year.

You can find more information on HSE Health and Wellbeing [here](#).

Listen to our [Podcast](#), follow on [Twitter](#), subscribe on [YouTube](#), & join our [Mailing List](#).

Health Regions Implementation Plan published

The health service is being reorganised into six HSE Health Regions.

Health Regions will allow us to:

- deliver more integrated care closer to patients' homes by bringing hospital and community services together
- plan and deliver services around the needs of local populations
- improve governance and accountability at all levels

- strengthen local decision-making
- provide consistent quality of care across the country

Health Regions will help shape the future of health and social care in this country. They will allow us to deliver safer, better care that is planned and funded in line with local and regional health needs.

The Implementation Plan sets out a high-level programme of work to establish Health Regions from February 2024. It includes key actions and timelines throughout 2023 and into 2024.

Read the Health Regions Implementation Plan [here](#).

Emergency Department reopened at Wexford General Hospital

The Emergency Department (ED) in Wexford General Hospital (WGH) has successfully reopened. We would like to thank our staff and our community for their patience, work and support over the last months.

Although the ED service has been restored at WGH, full bed capacity has not yet been reached. It is expected to take 3-4 weeks before full bed capacity is returned. The injury unit will continue to remain open.

The latest information regarding services in WGH can be found at hse.ie/WexfordHospital.

HSE Injury Units

HSE Injury Units treat injuries that are not life-threatening. For example, broken bones, dislocations and burns. The waiting times at injury units are usually quicker than at Emergency Departments where staff need to prioritise treating urgent and life threatening conditions. We'll be promoting Injury Units on local radio stations, digital audio and social media during the August Bank Holiday.

For more, visit hse.ie/InjuryUnits.

SunSmart Campaign 2023

Whether you're at home or visiting a country with a warmer climate this summer, it is important to be SunSmart and protect yourself and your family from the sun. Whether you are in Ireland or abroad remember to:

- Slip on long loose clothing
- Slop on the sunscreen
- Slap on a wide-brimmed hat
- Seek shade even when it's cloudy
- Slide on sunglasses

The HSE and Healthy Ireland SunSmart campaign continues on radio, digital audio and social media throughout the summer, and you can visit the [HSE SunSmart page](#), for information and materials to help you support the campaign.

Water safety for children

Water play can be fun and refreshing for children, but safety should always come first. [Read our advice on water safety for children this summer here](#).

Pregnancy, baby and toddler health on mychild.ie

Look out for a [TV ad in August](#) about the HSE's pregnancy and child health website and series of books written by healthcare professionals for parents-to-be and parents of young children. The information grows with you and your little one - from pregnancy and birth, to taking care of newborns and toddlers. Developed with parents, the site has almost 500 pages of advice on pregnancy, baby and toddler health with millions of visits each year. Find expert advice for every step at mychild.ie

HSE-funded Fertility Treatment Services to start from September 2023

The HSE will introduce publicly funded fertility treatment services from September 2023. This includes treatments such as IVF, IUI and ICSI for people who meet the access criteria.

People who are experiencing fertility issues should talk to their GP, who can do initial tests. Patients can then be referred by their GP to their local Regional Fertility Hub where they can avail of further specialist tests and interventions.

From September, if further advanced treatment is recommended by a Reproductive Medical Consultant and the patients meet the access criteria, the hubs will refer patients to a HSE-approved private provider of their choosing.

There is no cost to patients for treatment in the Regional Fertility Hubs or the recommended treatment through the private providers.

You can read more about the new service on our website: <https://www2.hse.ie/conditions/fertility-problems-treatments/fertility-treatment/#free-assisted-conception>

COVID-19

For information and advice, 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.

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.

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

Many thanks,

Kahlil & Katie

Stakeholder Engagement, HSE Communications

Many thanks and best wishes,



An Roinn Sláinte
Department of Health

Nicola Marten

Oifig Preasa agus Cumarsáide

Press and Communications Office

—

An Roinn Sláinte

Department of Health

Bloc 1, Plaza Miesach, 50 - 58 Sráid Bhagóid Íochtarach, Baile Átha Cliath, D02 XW14

Block 1, Miesian Plaza, 50 - 58 Lower Baggot Street, Dublin, D02 XW14