



Wexford CYPSC Newsletter

September 6th 2024

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](#)



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PARENTING SUPPORTS

► Free Online “Triple P” Self Care Workshop for Parents : 11th September



Small changes,
big differences



Free Online Self-care Workshop for Parents
8pm – 9pm
Wednesday 11th September
Join us on MS Teams – just click [HERE](#)



Parenting can be tough, but taking time for **YOU** is essential. Grab a cup of tea and join Geraldine and Danielle for a relaxing 1-hour workshop focused on **YOUR** wellbeing.

Discover:

- Practical self-care techniques for busy parents*
- Mindfulness strategies to reduce stress*
- Tools to stay calm and present in stressful moments*
- How to create and prioritise a self-care routine that works for you*



Happier you, happier kids!

[Join the meeting on Wednesday the 11th of September from 8:00PM – 9:00PM by Clicking Here](#)

Meeting ID: 379 517 625 221 Passcode: bd8Y3z



Download the [Poster for the Online Self-Care Workshop](#) here.

► **Barnardos Parental Advocacy & Information Service Project – Upcoming Webinars**

I'm writing to you as the Information and Advice worker within the Barnardos Parental Advocacy & Information Service Project. We are a 5 year pilot project with the aim of listening to, informing, and empowering parents of children subject to care proceedings. Our work includes the provision of court accompaniment services and a monitored email and Freephone, as well as the provision of online and print information materials. Our newest endeavour involves the creation of a series of webinars conducted in collaboration with the Legal Aid Board.

The webinars will take place once monthly and will last roughly 30-45 minutes. The webinars will be presented by ourselves and by Stephen Cahill, Managing Solicitor of the Chancery Street dedicated Childcare Law Centre. Topics to explore will include how to apply for legal aid, the work of solicitors, what the different care orders mean, and alternative pathways such as non-relative kinship care. See below our schedule:

- **Webinar 2** – Tuesday, 10th September at 1pm - What is a solicitor and their role in childcare cases?
- **Webinar 3** – Tuesday, 15th October at 1pm - The courtroom experience - what happens, who will be there, and how to prepare?
- **Webinar 4** – Tuesday, 12th November at 1pm - What are some frequent questions parents ask during childcare proceedings?
- **Webinar 5** – Tuesday, 17th December at 1pm - What is non-relative kinship care and family mediation?

With our first webinar kicking off this week, we would be absolutely thrilled to receive attendance from members of your organisation or any service users who you may think could benefit from this online event. I've attached a PDF invite to this email with a clickable registration link, however, should this not work, the registration link can also be accessed here <https://us02web.zoom.us/webinar/register/WN_OMo6mWVJQAKApXiS2i6R6w>

We would greatly appreciate your circulation of this information within your organisation, as well as your attendance and participation in what is sure to be an excellent learning opportunity and space for inter-agency collaboration and communication.



PARENTAL ADVOCACY & INFORMATION SERVICE



Scan for more info:



The Parental Advocacy & Information Service delivered by Barnardos is available to **parents of children subject to care proceedings.**

The service is available in **Dublin North City, Waterford, and Wexford.** There is also a national helpline and to provide parents with information and advice.

MORE INFORMATION

Freephone: 1800 333 355

Email: parent.advocacy@barnardos.ie

RCN 20010027



How does the service work?

The Parental Advocacy & Information Service works by:

- Providing the information that parents need to understand what is happening (in legal or child protection contexts) and what it means for them and their child.
- Helping parents to understand their family's situation and the next steps available to them.
- Preparation for and support in attendance at meetings with Tusla and legal professionals.
- Preparation for and accompaniment at court hearings.
- Helping parents understand their rights and responsibilities.
- Signposting or supporting parents to access therapeutic and other specialist services as required.
- Empowering parents to participate, be heard, and be seen.

Scan for more info:



How can I access the advocacy service?

Self Referral:

If you are a parent of a child subject to care proceedings and you live in one of the following catchment areas – **Dublin North City, Wexford, or Waterford** – you can fill out our [self-referral form](#).

Third Party Referral:

If you know of a parent who may benefit from our service, and they live in one of the following catchment areas – **Dublin North City, Wexford, or Waterford** – you can fill out our [third party referral form](#).

You can get in touch with our Information Provision & Communication Service should you need help filling out the form.

How can I access information & advice?

The Information Provision & Communication Service is available **nationwide**.

This can be accessed via our Freephone number – 1800 333 355 – available Monday-Friday from 10am to 1pm.

You can also reach out via our monitored email at parent.advocacy@barnardos.ie


Barnardos
Because childhood lasts a lifetime

Download the [Parental Advocacy & Information Leaflet](#) above.

► Dr. Mary O’Kane : Autumn Talks for Educators and Parents

As promised, this is my quarterly email with information on my Autumn Talks and Webinars for Parents and Educators.

I have started a new radio show every Saturday morning on Dublin City FM!

It is called **Perfectly Imperfect Parenting**. Each week I interview someone with a story to tell about some aspect of family life. The show is aimed at anyone who has an interest in issues that families in Ireland face today.

We have lots of lots of great chats lined up for you... from talking about our little ones, through to the teenage years, right through to our older family members. We will be talking about pressures on families today, supporting family carers, mental health issues and children with disabilities. Some weeks I will have a specific Expert on board, usually psychologists or therapists, who will be here to discuss any challenges you may be facing and will be happy to answer your questions. Please do give me a shout if there are any topics you would like me to cover, and I will absolutely try my best.

If you are outside Dublin, the show goes up on Spotify as a Podcast every Sunday evening, you can listen back to past episodes here:

<https://open.spotify.com/show/6NKiGSRUNrrGhjZwUX92SF>

I will also be giving a number of face to face talks this Autumn, most of which are free to attend. I will be in Ardee Library, Portlaoise Library, Castlebar Library, and Tramore Library. I will also be online on behalf of Sligo Education Centre, Blackrock Mother and Toddler Group, Monaghan Integrated Development, Childminding Ireland and Mayo Libraries.

Keep an eye on my social media for details of dates and how to book:

Facebook: <https://www.facebook.com/MOKEarlyYears/>

Instagram: <https://www.instagram.com/drmariyokane/>

I am also giving the following Webinars for Canavan Byrne this Autumn:

On Wednesday 2nd October, we have **Supporting Anxious Children** for parents of children from preschool through to teens. Further details

at: <https://www.canavanbyrne.ie/training/detail/supporting-anxious-children/890>

I will be doing a similar session, this time for **Educators** on 20th November, details at:

<https://www.canavanbyrne.ie/training/detail/supporting-anxious-children-for-ey-educators/893>

On Wednesday 6th November, I will be giving a session on **Parenting with Patience**, it is all about those difficult days when patience is hard to find. Info at:

<https://www.canavanbyrne.ie/training/detail/parenting-with-patience/891>

Then we have **Raising Resilient Children** which is all about helping our children to become strong and capable. It is on Wed 27th November. Further details at:

<https://www.canavanbyrne.ie/training/detail/raising-resilient-children/892>

Then on 11th December we have **Parenting Tweens and Teens**. Details at:

<https://www.canavanbyrne.ie/training/detail/parenting-tweens-and-teens/894>

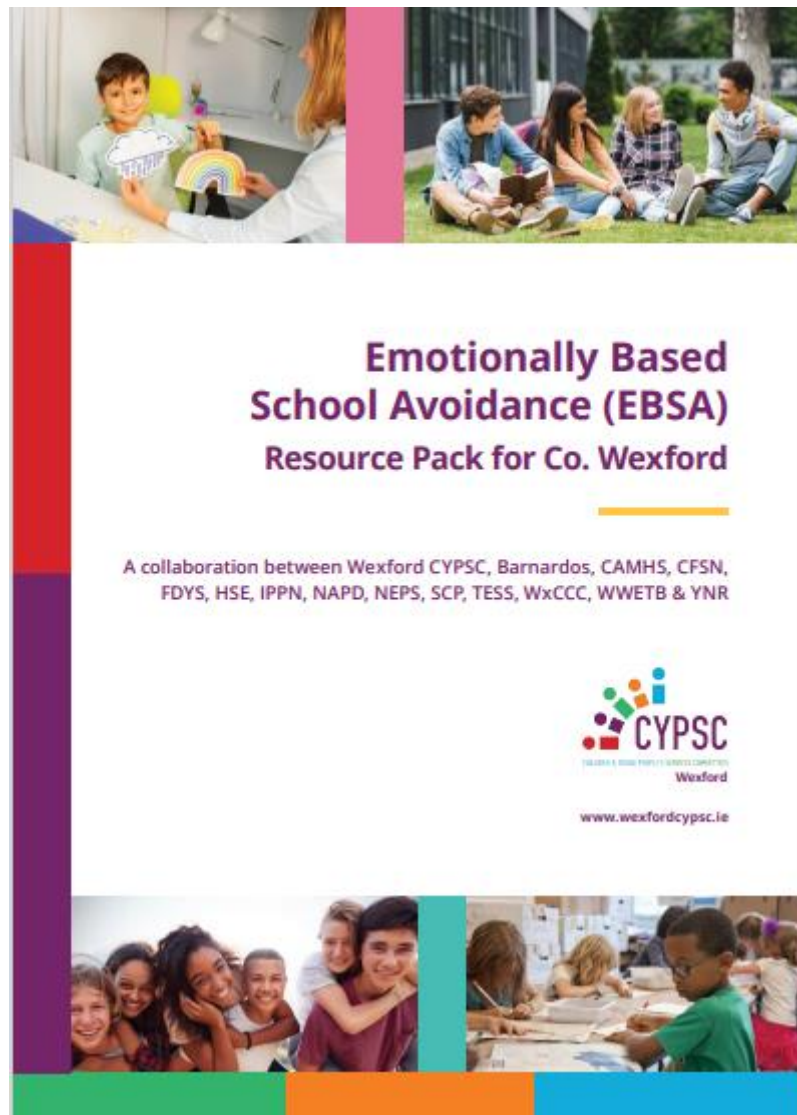
If you feel some additional reading to support your parenting would be helpful, my first book 'Perfectly Imperfect Parenting: Connection not Perfection' is available at this link:

<https://www.drmaryokane.ie/perfectly-imperfect-parenting/>

and 'Anxious Children in an Anxious World: Facing Fears and Finding Brave' is available at:

<https://www.drmaryokane.ie/anxious-children-in-an-anxious-world/>

► Resources for Emotionally Based School Avoidance



With the return to school this September, Emotionally Based School Avoidance (EBSA) may be an issue for some students. Please refer to the [EBSA Resource Pack for Co. Wexford](#) which is available on the Wexford CYPSC website.

Two posters have also been developed;

Guidance on [how to support Autistic students who experience EBSA](#)

[Poster with Information for Schools](#)

Supporting Autistic Students who experience Emotionally Based School Avoidance (EBSA)



What is EBSA?

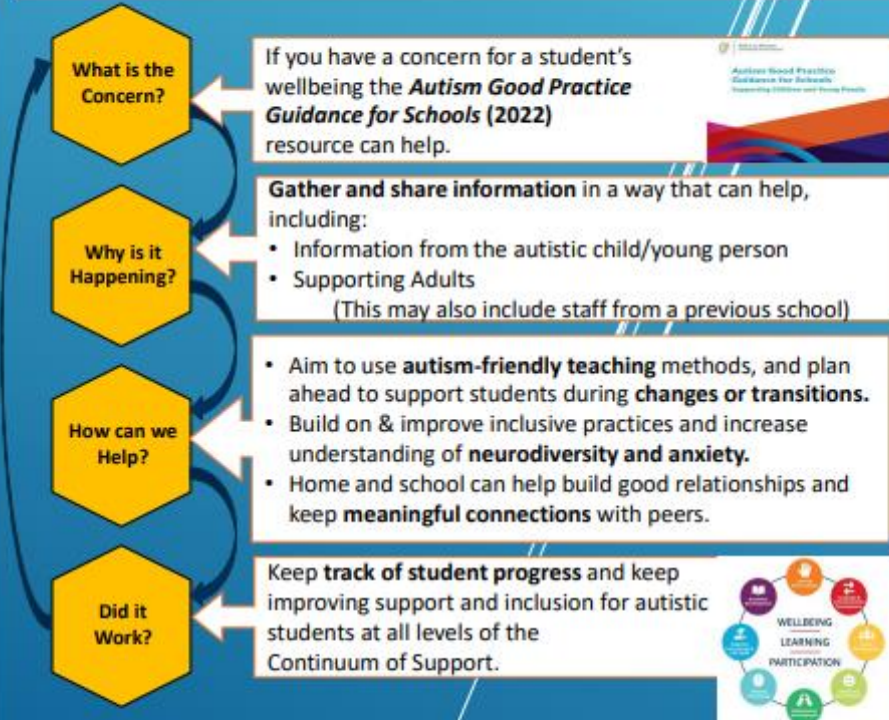
EBSA is a term used to describe a period of time when a Child/Young Person has trouble attending school because of emotional reasons.
Without intervention, this can lead to prolonged absence from school

Autistic students, or students with other complex social-emotional needs, can find school life stressful, and may be at higher risk for EBSA

Understanding sources of stress for these students, can help in creating a Support Plan



The NEPS Problem Solving Framework can be useful in understanding & supporting students



For more information, guidance, and Support Plan ideas, please refer to CYPSC's EBSA Resource Pack for Co. Wexford



Scan this QR Code for The EBSA Resource Pack for Co. Wexford



Information in this Poster is taken from Chapter 7 of the EBSA Resource Pack for Co. Wexford

Emotionally Based School Avoidance (EBSA) Information for Schools

What is EBSA?

EBSA is a term used to describe a period of time when a Child/Young Person has trouble attending school because of emotional reasons. Without intervention, this could lead to prolonged absence from school

What can we do as a School?

Create a Plan using the Continuum of Support

Whole School and Classroom Support for All

- Develop *Wellbeing for All* interventions at school
- Promote **early identification** of students whose wellbeing is "at-risk"
- Include the **student's voice** in whole school planning
- Promote **staff awareness** of anxiety and staff confidence in managing EBSA

School Support for Some

Use the NEPS Problem-Solving Framework:

- Gather information** from;
 - Child or Young Person
 - Parents
 - School Staff
- Develop a Plan** based on this information
- Review the plan**; What worked well?

School Support Plus/for Few

- **Increase the intensity** of social-emotional behaviour support to a student.
- Promote the maintenance of a **routine** at home
- Boost **connection & sense of belonging** between school & home

To achieve successful outcomes, it is important to **maintain supportive communication with students and their families.**

Every Interaction is an Intervention. A student's sense of **connection and belonging** at school, helps them successfully return

For more information, guidance, and resources, please refer to CYPSC's **EBSA Resource Pack for Co. Wexford**

Scan this QR Code for The **EBSA Resource Pack for Co. Wexford**

Information in this Poster is taken from Chapter 4 of the EBSA Resource Pack

WEBINARS, TRAINING & EVENTS

► World Suicide Prevention Day – Wexford Mental Health Event

Marking World Suicide Prevention Day

Wexford Mental Health Association presents:
“Chat Now- Ease your Mind!”

When & Where?

Wexford Town Library, Tuesday 10th September from 11am to 3pm.

Stands will be available providing information, access to services and an opportunity to chat. The groups featured will include...

- The Suicide Prevention Office
- Adult Literacy for Life
- My Mind
- Wexford Marine Watch
- Alone
- Grow
- Barnardos
- Wexford Social Prescribing
- Jigsaw
- Aware
- Hugg
- Pieta
- Wexford Mental Health Association
- FDYS
- Shine

Designed by Freepik

► Change the Narrative # Start the Conversation Webinars

To mark World Suicide Prevention Day (WSPD) and to promote the Green Ribbon campaign, the HSE Regional Suicide Resource Office in South East Community Healthcare is hosting three webinars to *#StartTheConversation* on mental health, suicide prevention and suicide bereavement. The theme for World Suicide Prevention Day for 2024-2026 is 'Changing the Narrative on Suicide' with a call to action to 'Start the Conversation'. Changing the narrative on suicide is about transforming how this complex issue is perceived and shifting from a culture of silence and stigma to one of openness, understanding, and support. The theme is reflected in our national strategy to reduce suicide, *Connecting for Life*. Suicide can affect every one of us and by raising awareness, reducing the stigma and encouraging action we can help to reduce suicide. The topics of focus for the webinars have been informed by a recently conducted survey distributed to our *Connecting for Life* partners and networks.

World Suicide Prevention Day was first introduced by the International Association for Suicide Prevention and is observed every year on the 10th of September. 'Changing the Narrative on Suicide' starts with each of us. Reaching out to a family member, friend, colleague, or even a stranger can change the course of another's life. By showing that you care, you can give someone hope. All of us can play a role, no matter how small. We may never know what action makes a difference, but we all have the ability to reach in and ask somebody how they are doing.

The call to *#StartTheConversation* encourages individuals, communities and organisations to engage in open, honest discussions about mental health and suicide. Through conversation, we can break down barriers and raise awareness, check in with a friend or loved one, share personal stories and advocate for mental health resources and support services. Every conversation, no matter how small, contributes to a more supportive and understanding society. **You can support WSPD by joining us for the webinars detailed below and by sharing this email and poster with your networks and your communities.**

You can also *#StartTheConversation* by participating in our new online 'Let's Talk About Suicide' training on <https://traininghub.nosp.ie>

CHANGE THE NARRATIVE

 #StartTheConversation

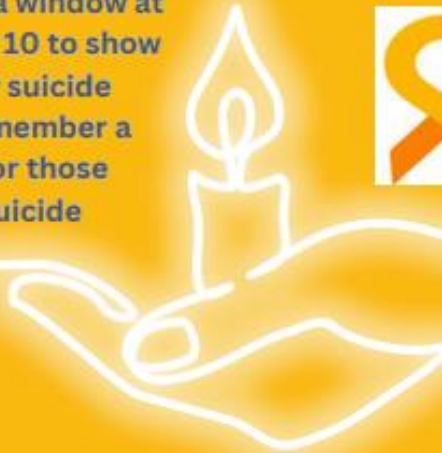
To mark World Suicide Prevention Day the HSE Regional Suicide Resource Office, South East Community Healthcare, is hosting a series of webinars on suicide prevention, mental health and suicide bereavement.

- **Webinar 1: Start The Conversation in the Community**
WSPD, Tuesday, September 10, 7pm to 8pm
We invite you to join us to light a candle at 8pm
- **Webinar 2: Start The Conversation on Mental Health**
Friday, September 13, 1pm to 2pm
- **Webinar 3: Start The Conversation on Suicide Bereavement**
Tuesday, September 17, 1pm to 2pm

To register, scan our
QR code or visit
www.bookwhen.com/sro



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



► **Good Grief : Explore Your Grief Through Creativity**



FREE creative day retreats for people in Counties Waterford and Wexford in their second year post-bereavement.

Good Grief is a series of fully funded creative workshops running in October and November 2024, aimed at people in their second year following a bereavement.

This is open to anyone over the age of 18 and no creative experience is necessary.

If you are in your second year of bereavement and would like to learn more, please don't hesitate to reach out to Nicola (nspendlove@waterfordcouncil.ie) or Elizabeth (elizabeth.howard@wexfordcoco.ie).

This project is generously funded by Creative Ireland, and developed in partnership with Healthy Ireland, Réalta (the national resource organisation dedicated to developing arts and health in Ireland), the HSE and Wexford Mental Health Association.

► CAIM Empowers : Young Carers Training

In conjunction with Irish organisation [REDIAL Partnership](#), CAIM Empowers will be delivering young carer related training as part of the [EU NEXUSPROJECT](#) connecting research, policies, and youth practices for.

The training is **free of charge** and open to those interacting with: young people who have caregiver responsibilities (including to a family member with mental health / addiction challenges), in a youth work capacity. *Training information is below and you just **need to complete the registration form** <https://forms.office.com/r/hhzDmE1hD2> . **You are welcome to share this invitation with other interested parties.***

This comprehensive training will not only equip you with important information relating to how you can best identify and support young carers (who often do not even realise this is their role), but it is also an exciting opportunity to learn about participatory research and how it can be utilised to inform policy, practice and funding opportunities locally, nationally and internationally.

Stage One of the training will be taking place in person in Dublin:

Date: Wednesday September 18th.

Location: 8 New Cabra Road, D07 T1W2

Time: 10am - 4,30pm

Stage Two of the training will take place online (3 sessions):

Date: Wednesday October 9th, 16th and 23rd

Location: Your Desk

Time: 10am - 1pm

Stage Three of the training is up to you..... we aim to establish a community of practice that can support your practice with young carers and also support participatory research that you undertake for any youth cohort, or in fact for any age group at all that you support.

Don't forget to register your attendance for this free training opportunity via this form <https://forms.office.com/r/hhzDmE1hD2>.

This is a 15 hour commitment over 5 weeks that has the potential to positively impact your practice significantly and improve your grant writing capacity via the use of research that connects to policy outcomes.

We look forward to seeing you on September 18th.

Best wishes

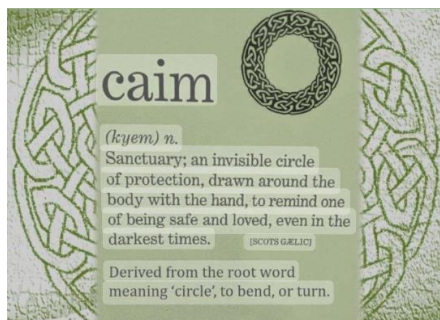
Faye

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Faye Hayden LLB, MA.

CAIM Empowers Consulting Managing Director

087 397 5737 / www.caimempowers.org



► Age Well Coffee Morning

We are excited to announce our [Age Well Coffee Morning](#)!

When and Where: Friday, 13 September 2024 from 9:45am to 1pm in the Tower Hotel Waterford – for individuals aged 55 and over.

Literacy changes lives!

Literacy allows us to fully participate in society and be active citizens. It is more than reading and writing. It touches every aspect of our lives – at home, at work, at play and in the community. It allows us to:

- engage effectively with others
- understand, use, and act on information
- access services
- follow instructions and
- use technology.

Literacy increases opportunities to explore new possibilities and initiate change. It is also about having the confidence to use your skills in different situations.

At the [Age Well Coffee Morning on Friday, 13 September](#) we will facilitate fun and engaging activities to improve these skills. We will explore 'literacy' as a superpower for ageing well.

How can you help?

- ✓ Please promote this event within your network of colleagues, friends and family.
- ✓ Share the poster.
- ✓ Encourage and support people to register and attend.
- ✓ Bring your groups along.

Note: registration is essential!

Thank you for your support in making this event a success!

Your Superpower for Ageing Well?

Age Well Coffee Morning

When: 9:45am on Friday, 13 September 2024

Where: The Tower Hotel, Waterford

Please arrive by 9:45am to be seated!



Literacy for Living Well



Writing for Wellness

LISTEN.
LISTEN... Film for ALL

Please Register by Friday, 6 September!



Click here or

1. Email edelfinan@wwetb.ie or
2. Telephone 086 084 5354 or
3. Scan the QR Code



► HSE Suicide or Survive

The *HSE Regional Suicide Resource Office* are delighted to invite you to participate in a Wellness Workshop facilitated by our national mental health partner, Suicide or Survive. The Workshop will take place **Thursday the 26th of September from 9:30am to 4:30pm in the Talbot Hotel, Graigue, Portlaoise Road, Carlow.**

The workshop is for anyone who is working or volunteering in health, education, community or social care services as we all have mental health! It is an opportunity to take some time for yourself and to improve your own wellness, particularly as you might often be focused on the wellness of others.

This one-day wellness workshop aims to help you understand and take charge of your own mental health. You will learn a wide range of practical and effective tools and tips that you can use to help yourself personally and professionally in your everyday life.

This will include:

- Relaxation and stress management
- How to bring calm to your life
- The relationship between thoughts and emotions
- How to develop a wellness toolkit and daily wellness plan
- An introduction to mindfulness and meditation

Wellness Workshops are informal and relaxed. They are facilitated by people with both lived experience of mental health difficulties, and people with experience of working in various mental health arenas. A comprehensive Wellness Workbook to support you in maintaining your daily wellness is also included.

This is a free event and lunch and refreshments will be provided on the day.

To book a place please visit: <https://bookwhen.com/sro/e/ev-s4er-20240926093000>

This is a targeted event, you can use this password to access the booking: SOSCW24

Please see the attached poster for more information and do not hesitate to contact us if you have any questions.

Places will be allocated on a first come basis and we are hoping to ensure that a good range of organisations participate.

Kind regards,

Sarah

Sarah Hearne

Resource Officer for Suicide Prevention | Oifigeach Acmhainní um Féinmharú a Chosc

Oifig Acmhainní Féinmharaithe Réigiúnach FSS, Bloc Tosaigh, Cúraim Chónaithe Phort Láirge,
Bealach Phádraig, Port Láirge X91 KX25

The HSE Regional Suicide Resource Office, Front Block, Waterford Residential Care Centre, St Patrick's Way, Waterford X91 KX25

087 1091307 | 051 874013 | www.connectingforlifesoutheast.ie

FUNDING

► LGBTI+ Youth Fund 2024



The Department of Children, Equality, Disability, Integration and Youth is inviting applications from organisations who work with young people to apply for funding under the LGBTI+ Youth Fund 2024. A total of up to €400,000 is being made available in grants to applicants to the fund, with the term of the grant running from October 2024 to December 2025.

The fund has been established to support initiatives that make a difference in ensuring LGBTI+ young people are visible, included, treated equally, healthy, and safe in their communities.

The fund supports initiatives related to this goal at community, regional and national level. Initiatives eligible for funding include, but are not limited to:

- Initiatives to enhance the ability of youth work services to meet the needs of LGBTI+ young people, whether in dedicated groups or otherwise, including through training and other resources;
- Initiatives to enhance the services provided by NGO or community organisations to LGBTI+ young persons, such as providing additional outreach capacity or locations;
- Initiatives to promote inclusion of LGBTI+ young people in educational settings, within the workplace, or in wider society;
- Initiatives to support social inclusion and address multiple discrimination for LGBTI+ young people at heightened risk of marginalisation such as Travellers, Roma, migrant communities, people with disabilities, etc.;
- Initiatives to combat the impact of rural isolation on young members of the LGBTI+ community.

Grant amounts of between €20,000 and €75,000 are available to support projects that will make a substantial impact in advancing the objectives of the fund.

Applications are invited from organisations that can demonstrate a track record in working with young people, in particular with LGBTI+ young people, defined for the purposes of this scheme as those aged under 25, and who have proposals for programmes of work that can make a real difference in the lives of LGBTI+ young people.

Further information on eligibility, the funding available and the application process can be found in the [LGBTI+ Youth Fund 2024 guidance note](#).

Closing Date for submission of Applications is **September 16th 2024**.

Queries may be addressed to YAUCompliance@equality.gov.ie.

The fund will be administered by the Youth Affairs Unit of the Department of Children, Equality, Disability, Integration and Youth.