

Wexford CYPSC Newsletter

23 January 2026

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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WEBINARS/TRAINING

► Social Pedagogy in Relationship-Centred Practice Course



Certificate in Social Pedagogy introduces students to *social pedagogy* — a **holistic, relationship-centred framework used in social care, education and community work**. It focuses on how to build meaningful, reflective and ethical professional relationships with individuals, groups and communities of all ages. The course helps learners develop a clear, practical framework for building meaningful professional relationships, improving reflective practice, and responding thoughtfully to complex human situations. It is particularly valuable for those seeking to enhance their effectiveness, confidence and well-being in caring or people-focused roles.

More information on the course can be found here - [SETU | Certificate in Social Pedagogy in Relationship-Centred Practice](#)

An online application can be made here - [Part-Time Courses Application Form](#)

The course is €450 and the first class is onsite in Wexford and the rest of the course is online.

► Supporting Your Child's Positive Mental Health in the Early Years

The National Parents Council (NPC), in collaboration with Wexford Parenting Hub is offering a free online webinar:

SUPPORTING YOUR CHILD'S POSITIVE MENTAL HEALTH IN THE EARLY YEARS

Register Now!!

Easy registration online

<https://forms.office.com/e/gCLERTf5pk>

Date: 26th of January at 10am
approx. 75 min

What You'll Learn:

- How everyday life shapes your child's mental health
- Supporting your child in developing resilience
- Building and nurturing a strong parent-child relationship
- Promoting children's rights for a mentally healthy life
- Help your child manage big feelings and cope with challenges
- Practical steps to implement the Five Ways to Wellbeing

NPC Early Years

WEXFORD Parents Hub

Wexford Parents Hub in collaboration with the National Parents Council will host an online webinar for parents/carers of under 5's children titled 'Supporting Your Child's Positive Mental Health in the Early Years'.

This webinar will focus on:

- How everyday life shapes your child's mental health
- Supporting the development of resilience
- Developing a strong parent-child relationship
- Helping your child manage big feelings and coping with challenges
- Practical steps for positive wellbeing

Details:

Monday 26th of January

10am (for 75 minutes)

Online – to register please visit: [office.com](https://www.office.com) or scan the QR code in the poster.

► HUGG - Free Creative Workshop Dublin



Following the success of our quilt-making workshops last year, we are delighted to invite you to our first free creative workshop of 2026, designed for adults bereaved by suicide.

We are coming together to continue the HUGG memorial quilt, creating new, hand-crafted fabric squares. Each square honours a loved one who died by suicide, and together the finished quilt carries a powerful message: suicide grief does not have to be faced alone. The completed quilt will be displayed at our annual remembrance event and other public spaces also.

This workshop will offer you a supportive space to connect with others who share the experience of suicide loss and may help you explore and reflect on meaningful memories of your loved one. Being in the company of people who understand can bring comfort, support, and a sense of hope, while the process of needle crafting can encourage reflection and creativity.

You don't need any previous crafting, sewing, or artistic experience to take part. This workshop is open to both men and women.

The session will be led by felting artist Marie Hopkins, who will provide a short demonstration and guide you step by step. She will show you how to use the tools, blend colours, and work with the needle. All materials will be provided.

Workshop details

- Friday 6 February
- 10.45am – 1.00pm
- Maldron Hotel Tallaght, Whitestown Way, Tallaght, Dublin 24 (D24 XC9W)

Places are limited and will be offered on a first-come, first-served basis.

To take part, please complete the registration form here:
[HUGG Creative Workshop Registration Form](#)

 If you would prefer to register by phone, you're very welcome to call us on 01 513 4048.

Complimentary refreshments and sandwiches will be served at the end of the workshop.

We hope you'll consider joining us for this meaningful and supportive creative experience

Warm regards,
The HUGG Team

P.S. You're very welcome to attend with a family member or friend, provided they have registered in advance and secured a place.

[Register for the creative workshop](#)

► New Women's Aid Training



Women's Aid have set up a new approach to training about domestic abuse having launched the Women's Aid's new Centre for Learning and Practice Development [CLPD] in November 2025 and making a new suite of training available.

There are two training programmes within the CLDP. They are a service providers programme, e.g. training for anyone with a public facing service provision role in our communities. And our employer engagement programme, which supports employers to respond safely and effectively to employees subjected to domestic abuse. Information about our new programmes and online learning platform can be accessed on www.womensaid.ie/get-training/.

By registering on the CLPD platform you can learn more about the programmes offered. Individuals or a small group of team members (max 3 per organisation) can register on one of our open training programmes directly from the platform. If you are seeking to book a tailored course solely for your organisation, please fill out a training inquiry form and they will respond with an offer of a teams meet up or a phone call to discuss your training needs.



**Centre for
Learning and Practice
Development (CLPD)**

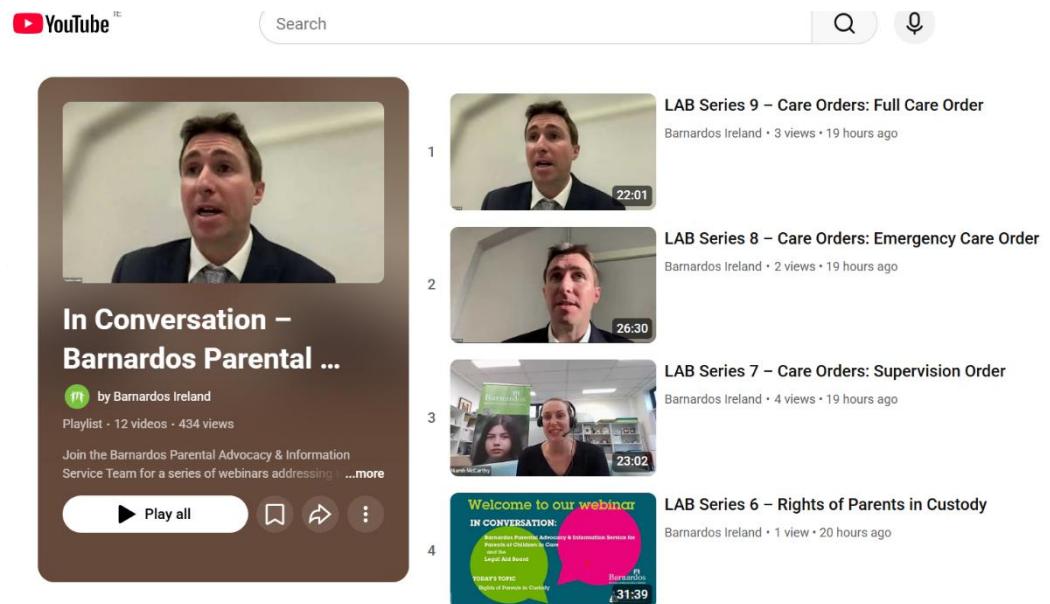
► Barnardos YouTube Webinar Playlist

The "Barnardos In Conversation" playlist is a series of webinars by the Barnardos Parental Advocacy & Information Service in Ireland that address topics around childcare proceedings in a conversational format.

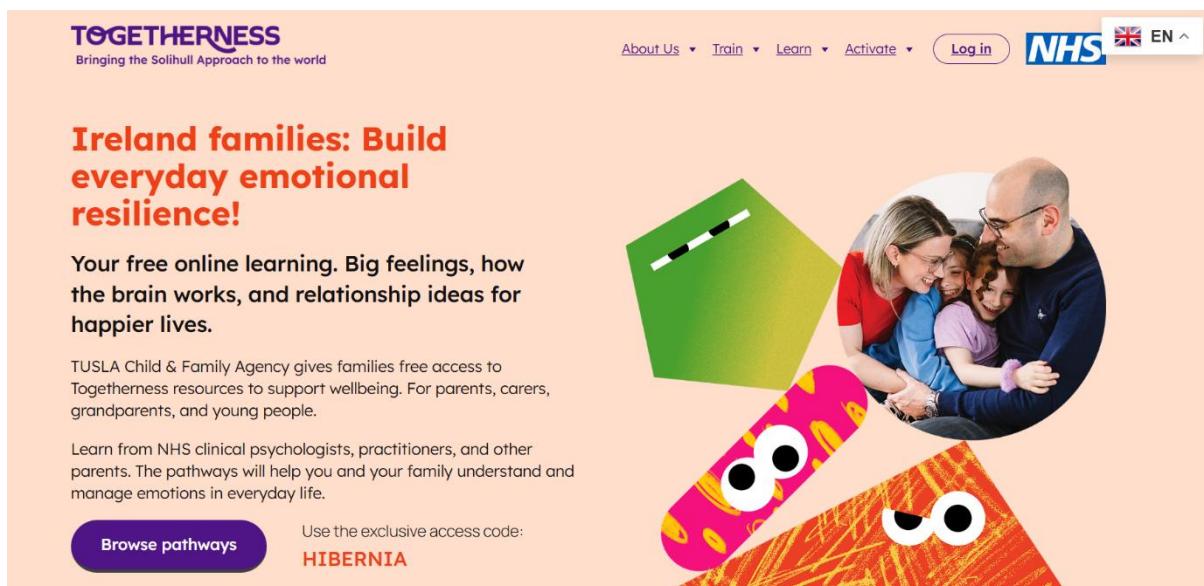
You can access the full playlist and related resources through the following links:

- [Barnardos Parental Advocacy & Information Service Playlist \(YouTube\)](#): This playlist includes 8 videos covering topics such as parental capacity assessments, kinship care, and FAQs for solicitors.
- [Barnardos Ireland Resources](#): This section of the Barnardos Ireland website provides general resources to support children, young people, and parents with various life challenges.

[Click here for the In conversation playlist](#)



► Togetherness (Solihull MUL)



Ireland families: Build everyday emotional resilience!

Your free online learning. Big feelings, how the brain works, and relationship ideas for happier lives.

TUSLA Child & Family Agency gives families free access to Togetherness resources to support wellbeing. For parents, carers, grandparents, and young people.

Learn from NHS clinical psychologists, practitioners, and other parents. The pathways will help you and your family understand and manage emotions in everyday life.

Browse pathways

Use the exclusive access code:
HIBERNIA

The link to the Togetherness parents/carers multiuser licence resource [Ireland | Togetherness - Togetherness](#)

The area access code is Hibernia. Once you sign up and use this access code you can access the pathway/courses available.

The practitioner CPD section can be accessed using the code **HIBERNIA_PRF**

Togetherness pathways

For parents and carers

Learn about your child's development and build your confidence in parenting.

Pathways cover the stages of a child's development and offer helpful advice and ideas.



For grandparents

For grandparents who want to understand the needs of children growing up in the modern world.

Pathways introduce ideas to respond to different behaviours and help your child thrive.



For teenagers

Just for teenagers to help understand and thrive in adolescence.

Have you ever wondered why making decisions becomes so hard or why emotions seem bigger and more intense? The pathways for teens explain how brain development impacts how we feel and behave. Follow 'for teenagers only' pathways for private, self-paced learning.



TOGETHERNESS

NHS

Emotional resilience for the everyday

From understanding to thriving:
for everyone.

Ideas proven to make a difference for
emotional wellbeing and build children's
confidence and kindness.

togetherness.co.uk/learn



TOGETHERNESS

NHS

Online learning pathways for your parenting journey and important relationships.

For healthier relationships and happier lives

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma



Residents of **IRELAND**

In paid partnership with:

TÚSLA

For free access, use access code:

HIBERNIA

SURVEY

► Have Your Say! Wexford Library Service Public Consultation Survey



Wexford Library Service Have Your Say!

Wexford Library Service is preparing our Library Development Plan for the next five years and we want to hear from you.

**Complete our public consultation
survey and have your say!**

Have Your Say! Wexford Library Service Public Consultation

Wexford Library Service is preparing our new Library Development Plan for the next five years and we want to hear from you!

The public library plan is being developed to meet a range of new challenges and emerging opportunities. The plan will shape our public library service for the next five years and it's important we hear everybody's views and ideas.

Help us ensure we're delivering the best possible services and resources by completing the survey at either of the links below.

[**Click here to take the survey in English**](#)

[**Click here to take the survey in Irish**](#)

We have also designed a separate survey to hear views and ideas from teenagers. Please click on the link below to complete our survey for teens.

[Click here to take the Teen Survey in English](#)

[Click here to take the Teen Survey in Irish](#)

There are alternative methods and formats to complete this survey and have your say.

- A printed copy is available at your local library.
- You can also request a digital version in PDF or Word format for use with screen readers.
- Assistive technology, including software readers and adaptive hardware, is available in library branches.
- If you need the survey in another language.
- If you need any other additional supports.

For all requests and enquiries, please email libraryhq@wexfordcoco.ie

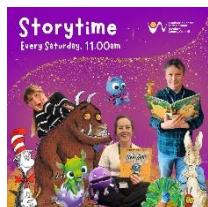
Thank you for your continued support of Wexford Library Service.

EVENTS & CAMPAIGNS

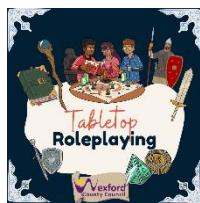
► Wexford Town Library Events



Lego Free Play every Saturday from 11:00am - 3:00pm. Suitable for ages 5yrs+
LEGO Free Play tables available on our Children's floor area from 11am to 3pm. Free to attend. LEGO will be made available for children and families to build their very own designs. Get Creative. Children should be supervised at all times when visiting Wexford Library. No booking required.



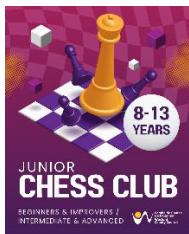
Story Time every Saturday, 11.00am-11:30am, Suitable for children aged 3-7 years.
Join us for Story Time in Wexford Library every Saturday morning. Children should be supervised at all times when visiting Wexford Library. **No booking required.**



Tabletop Roleplaying Club: Dungeons & Dragons, Tuesday, 27 January, 6:30pm - 8:30pm.

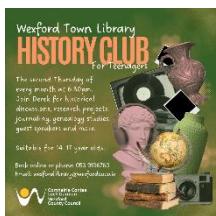
Are you ready to embark on an epic adventure? 🎲🐉 Well then, join us at Wexford Library for tabletop role-playing gaming and unleash your imagination. The sessions will take place the second Tuesday of every month from 6.30-8.30 pm. **Booking is essential.**

Suitable for ages 12-17 years.



Junior Chess Club at Wexford Town Library for 8-13 years, 14 January - 25 February, 3:30pm - 4:30pm.

Come along to our Junior Afterschool Chess Club. The club will run from Wednesday 14th of January to Wednesday 25th of February, 3.30pm to 4.30pm. Suitable for all player levels and strictly for ages 8-13 years. Booking is essential, as places are very limited. Only one booking is required, as this will reserve all 7 weekly sessions. Please note that parents/guardians must remain in the library building for the duration of this event.



History Club for Teenagers at Wexford Town Library, Thursday, 29 January, 6:30pm - 7:30pm.

Join Derek on the second Thursday of every month at 6:30pm for historical discussions, research projects, journaling, genealogy studies, guest speakers and more. The club is suitable for 14-17 year olds. Booking is essential.



Baby Tummy Time in Wexford Library, Tuesday, 27 January, 11:00am - 11:45am.

Join us for a Baby Tummy Time session in Wexford Library. According to the HSE, Tummy time helps to strengthen baby's head, neck, and back muscles. Your baby can begin tummy time as a newborn and continue to do it throughout their first year. We will provide books for babies and there will also be books on parenting available to borrow. This is a great opportunity to meet other parents and babies. Booking is essential. Free event.



Teen Comics Club, Thursday, 29 January, 6:30pm - 7:30pm.

Join our new teen comics club! Suitable for 13 - 15 years. Booking is essential.

Regular Weekly Events

Sensory Hour, Every Saturday from 4.00pm-5.00pm.

Sensory Hour supports library users who have sensory, extra, and/or additional needs.

It offers a calm and sensory family friendly environment.



Rhyme Time, every Wednesday, 11.00am-11:30am. Suitable for children aged 0-3 years.

These fun, free and interactive Rhyme Time sessions are perfect for babies and toddlers. Children should be supervised at all times when visiting Wexford Library. No booking required.

All events are FREE. Wexford Public Libraries App.

Access your library 24/7. Online resources include eBooks, eAudiobooks, eMagazines, eNewspapers, eComics & Graphic Novels, music, take eLearning or language courses, business, education, and research databases and more. **Library membership is free.**

<https://www.wexfordcoco.ie/libraries/whats-on-in-my-library>

► Bunclody Library Events



Rhymetime for ages 0 to 5 years - every Wednesday at 11.15am

Join us for Rhymetime every Wednesday when we will have lots of fun nursery rhymes and stories suitable for babies and toddlers followed by a Duplo play session. No booking required.



Sensory Friendly Hour

Every Saturday from 4.00 to 5.00pm, Sensory Friendly hour will be observed in Bunclody Library.

We encourage you to come along and relax in the calm environment of the library. **No booking required**. All welcome!

Sensory Basket

A sensory basket containing various sensory toys/books available for children to use while visiting the library. Just ask at the desk.



Saturday Storytime every Saturday at 11am

Join us every Saturday morning at 11am for stories and songs for ages 3-7 years. No need to book - all welcome!



Kids Board Games Afternoon – Saturday 24th January, 2.00 to 3.30pm

Pop into the library to play some of your favourite children's board games. This is a family event. No need to book, all welcome!

To book events, please telephone 053 9375466 or book online at wexfordcoco.libcal.com.

► Enniscorthy Library Events



Interactive Story Time at Enniscorthy Library

Join us in Enniscorthy Library every Saturday at 11am for our Interactive Story Time!

Perfect for 3-5 years old but fun for everyone!

Through the magic of storytelling, children are transported to far-off lands, introduced to diverse characters, and exposed to a rich tapestry of language, all while developing fundamental literacy skills such as vocabulary acquisition, comprehension, and phonological awareness. **All welcome and no booking required.**



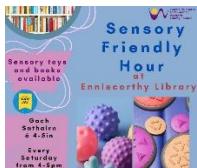
LEGO Free Play at Enniscorthy Library - every Saturday 11.30am-5pm.

Enniscorthy Library invites you and your family to join us for a session of LEGO Free Play, LEGO will be made available for children and families to build their very own designs.

This session is suitable for ages 5+.

Please note we're closed for lunch from 1pm-2pm.

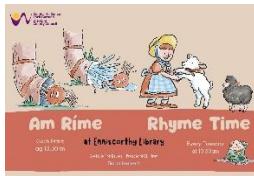
No Booking Required



Sensory Friendly Hour at Enniscorthy Library - Every Saturday from 4-5pm

Sensory Friendly Hour will be observed in Enniscorthy Library.

We encourage you to come along and relax in the calm environment of the library. No booking required. All welcome!



Baby and Toddler Rhyme Time at Enniscorthy Library - every Tuesday at 10.30am

Join us in Enniscorthy Library for songs, stories and rhymes!

Perfect for up to 3 years old but fun for everyone!

Through rhymes children naturally learn essential skills for communicating such as turn-taking and joining in.

All welcome and no booking required.



Winnie the Pooh Story Time - Saturday, January 17th @ 11am

Join us in Enniscorthy Library on Saturday, 17th January at 11am to celebrate Winnie the Pooh Day.

We'll have a special Winnie to Pooh Story Time followed by more bear themed activities.

Perfect for 3-5 years old but fun for everyone!

Through the magic of storytelling, children are transported to far-off lands, introduced to diverse characters, and exposed to a rich tapestry of language, all while developing fundamental literacy skills such as vocabulary acquisition, comprehension, and phonological awareness.

All welcome and no booking required.



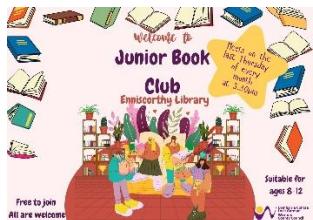
Meet the Garda Story Time

Saturday, January 24th @ 2.30pm

Join us for a special Meet the Garda Story Time, a fun and engaging session for children and families.

The unique story time will be led by Garda Richenda, who will share stories, encourage curiosity and help children get to know their local Garda in a relaxing and welcoming way. For ages 3-6

Please register here: <https://wexfordcoco.libcal.com/event/4489385>



Junior Book Club

Thursday, January 29th @3.30pm

Would your child like to join our free book club here at Enniscorthy Library?

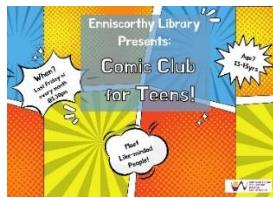
Suitable for ages 8 - 12, the children get together monthly to talk about books in all genres and to share a love of books.

We explore new styles together to encourage reading and to develop a love for books.

This club is about reading for pleasure, making friends and doing some fun activities, drawing or writing too.

If you would like to know more, ask at the desk of the library or ring us on 053 9236055.

Please register here: <https://wexfordcoco.libcal.com/event/4489387>



Comic Club for Teens

Friday, January 30th @3.30pm

Love a good story told in both pictures and words? Want to meet like-minded people?

Join fellow comic book lovers for a discussion, board games and a chat.

If you are between the ages of 13 and 15 years, why not drop in and see for yourself! Take a friend with you.

The library is a relaxed environment where you will be able to chat and share views with no judgement, interesting conversation, and lots of chat & fun!

Please register here: <https://wexfordcoco.libcal.com/event/4322873>

► New Ross Library Events



New Ross Library Rhymetime – Every Thursday, 11-11:30am

Join us in New Ross Library every Thursday at 11.00am for a fun-packed session with lots of stories, rhymes and songs!

Booking for this event is no longer required. A parent or guardian must stay for the duration of the event.

For more info or to book events, please telephone 051 421877 or book online at wexfordcoco.libcal.com.

► Gorey Library Events

	Nollaig na mBan Womens Christmas Coffee & Craft Circle Tuesday 6 th January 3:30-4:30pm
	Alzheimer Society Art Exhibition Launch Tuesday 13th January at 7:00pm
	Film Club: Robert Redford Month Thursday 8 th January 2:30-5:00pm
	Irish Language Poetry Book Launch with Éire Ní Fhaoláin Thursday 22 nd January: 7:00-8:00pm
	North Wexford Historical Society Talk: History of Food Thursday 29 th January at 7:00pm

	New Year New Baby Tummy Time & Baby Handprinting Monday 26 th January 10:30-11:30am
	Bedtime Storytime Thursday 15 th January at 6:00pm
	Winnie the Pooh Day Storytime and Craft Saturday 17 th January at 3:00pm

Children's Storytime: Every Tuesday at 11am

Baby Rhyme Time: Every Thursday at 10:30am

LEGO Freeplay: Every Saturday from 10:30- 12:30

Saturday Sensory Hour: Every Saturday at 4pm

YA Unreal Bookclub: Thursday 15th at 4:30pm

La Leche Breastfeeding support: Wed 14th 11:00am

Book of the Month Bookclub: Tuesday 27th Jan

Online Bookclub: Wednesday 28th Jan

Happy to Chat Coffee Morning: Wed 14th 11:00am

Film Club: Thursday 8th January 2:30-5:00pm

Ciorcal Comhrá: Monthly: Tue 6th Jan at 7:00pm

Short Story Reading Club: Thursday 15th at 7:00pm

English Conversation Circle: Monthly Sat 3rd 2:30pm

Lifting the Lid: Monday 5th 2.30-5.30pm

Wordsmiths Writing Group: Every Friday from 2pm

Knitting Circle: Every Friday from 11am

Scrabble Club: Every Tuesday from 7pm

Philosophy Club: Tuesday 13th & 27th Jan 7:30pm

► **Call for Abstracts | UNESCO Child and Family Research Centre 12th Biennial International Conference | 11-12th June 2026**



UCFRC 12th Biennial International Conference/11-12th June 2026

Institute for Lifecourse and Society Building, University of Galway

Call for Abstracts
Submission Deadline: March 6th, 2026

Shifting Power: New Frontiers in Youth Participation

Follow the conversation at #newfrontiersyouthparticipation

Across research, policy and practice, youth participation in decision-making is widely accepted as a core principle. While participatory and co-production mechanisms are in place, many have been criticised as consultative or sometimes tokenistic in nature. The extent to which young people are fully engaged as partners remains a challenge. In response to a call from UNESCO (2023) member states were tasked to, “[t]ake existing youth arrangements to the next level, create new opportunities and arrangements where they do not yet exist and ensure that youth participation is effectively resourced”. A central focus of this conference will be on power and influence, to explore the ways in which meaningful youth engagement is understood, actioned and evidenced. Participants will be invited to chart the next steps in developing pathways for impact in their everyday practice, based on genuine power-sharing with young people.

In practice, youth participation is supported through a range of structures, processes and methods across formal and informal settings including youth work, education, child protection and welfare and youth justice services among others. Across these settings, areas for exploration include context-specific approaches (e.g. working with different population groups); systems and institutional factors and types of participation models (e.g. co-produced or youth-led). As a future facing conference, it will identify gaps and challenges in existing participatory strategies and methodologies and identify, highlight and promote sustainable practices. Key insights and participant

perspectives from the conference will be disseminated and utilised to inform future direct engagement with policymakers, practitioners and other key audiences.

Proposals are now welcome from delegates to present their work at the conference parallel sessions in presentation, poster or an interactive workshop format. Abstracts are invited from the practice, policy, research and academic communities in relation to the conference themes:

- Adultism, power imbalances and resistance to youth participation.
- Barriers to participation (incl. structural, cultural, language and other challenges).
- Benefits and impact of meaningful youth participation.
- Ethical issues (incl. the risk of harm).
- The role of adult allies.
- Equity (incl. knowledge equity), access and inclusion.
- Proven methodologies and approaches to measuring youth participation.

The active participation of young people in presenting your work is encouraged, where appropriate. Although we are calling for contributions under these sub-themes, other relevant topics are welcome, but all submissions must reflect the overarching theme of the conference. Abstracts must be submitted by March 6th, 2026, and will only be accepted if completed using the [template](#) provided. Further details on presentation types and the time allocated can be found on the submission template.

Abstracts will undergo a peer-reviewed process with successful applicants notified by **April 1st, 2026**. Please note that all presenters are required to register for their attendance at the conference.

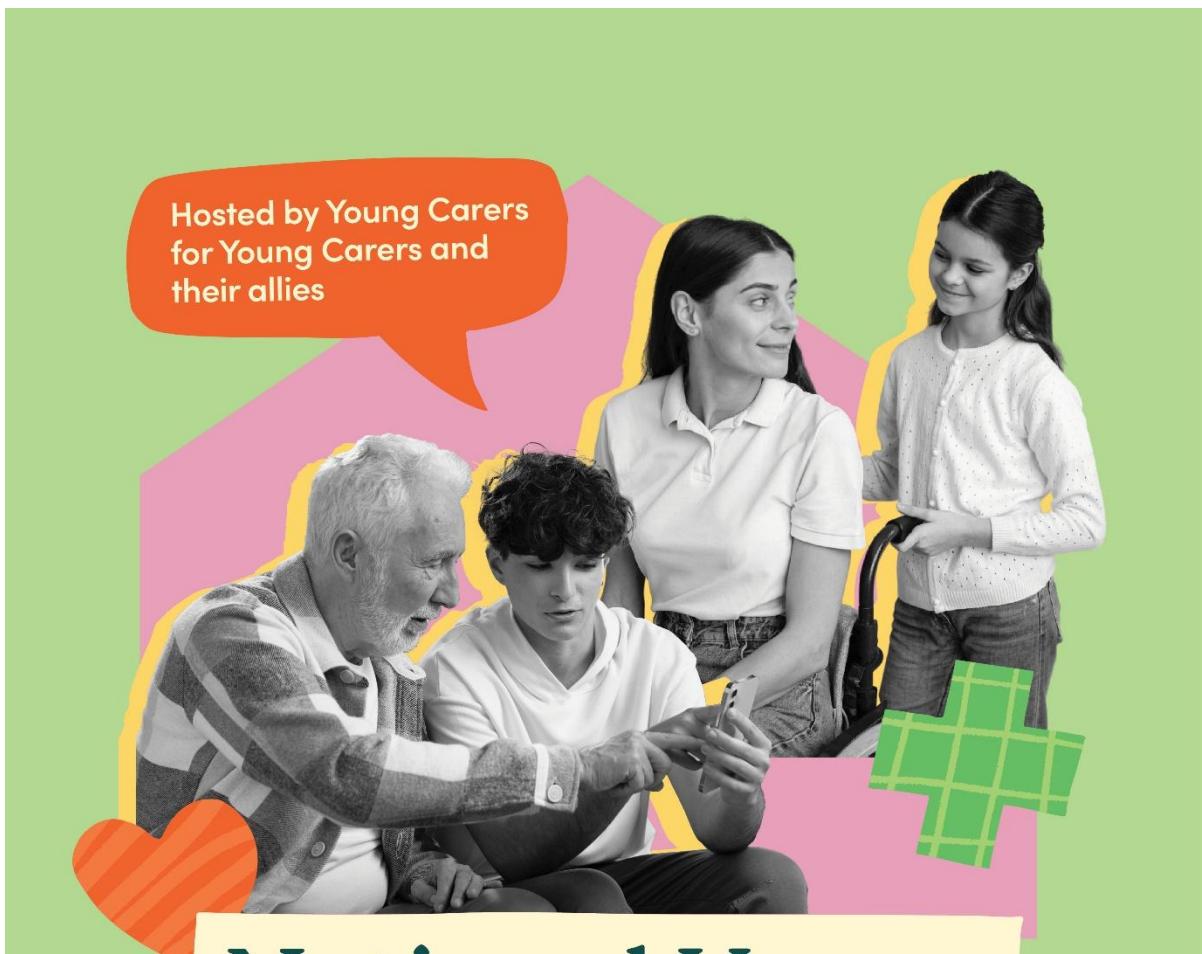
Submit your abstract [here](#).

For regular updates and registration visit the [conference website](#).

Important Dates:

- Deadline Abstract Submission: March 6th, 2026, at 5pm
- Notification of Abstract Acceptance: April 1st, 2026
- End of registration at a reduced fee: April 30th, 2026

► National Youth Carers Conference



Hosted by Young Carers for Young Carers and their allies

National Young Carers Conference

March 7th
11:00 – 16:40

2026

O'Reilly Hall
UCD

Young Carers
Children and young people under 25 who support a family member with a disability, illness, long term injury or mental health challenge including addiction or trauma

Join us!
Tickets are free and free transport is available. Follow the link to register for tickets and transport

ombudsman do leanáid for children

Co-funded by the European Union

Who is a Young Carer?

This is a very difficult question to answer, in the 2022 Census, 4800 young people under age 15 were self-identified as being Young Carers, research by Family Carers Ireland however estimated in 2020 that the number is over 66,000 young people, and the conference project team believe this figure is underestimated.

Young Carers are deemed as young people under the age of 18

Young adult Carers are aged 18-24

This conference is for both young carers and young adult carers. We do suggest that no one under the age of 12 attends unless accompanied by a parent or guardian, due to the nature of some of the content.

[National Young Carer Conference 2026 - BY Young Carers FOR Young Carers. Tickets, Sat 7 Mar 2026 at 11:00 | Eventbrite](#)

Please view this video to understand the role of a Young Carer

<https://youtu.be/6miJJXdWUVQ> There is no minimum threshold for the amount of responsibility a young person has to be considered a Young Carer. It is unique to everyone.

Feel free to contact us as YCCONF26@GMAIL.COM for more details

Young Carer Conference Outline

BOOK FREE TCIKETS HERE [National Young Carer Conference 2026 - BY Young Carers FOR Young Carers. Tickets, Sat 7 Mar 2026 at 11:00 | Eventbrite](#)

Background and Team

The project is funded via Erasmus+ KA154 Youth Participation funding and is led by Shannika Greene and Saoirse Hayden, both 19 year old young carers from Roscommon and Leitrim. They lead a team of 8 young people aged 13 – 21, who were all members of the Roscommon Young Carers Project.

The project coach is Faye Hayden who is the Director Services at CAIM Empowers Social Change and Inclusion Consultancy and was the Roscommon Young Carers Coordinator from 2020 – 2023.

The first of its kind, National Young Carers Conference is supported by the Office of the Children's Ombudsman and will be attended by Dr Niall Muldoon, and Professor Philip

Jaffe who is the Vice Chair of the UN Committee on the Rights of the Child. We aim to reach 400 people at the event.

The event will be opened by President Catherine Connolly and will include the voice of the young carer, and research presentations from Dr Sarah Donnelly of UCD (Carer Harm) and Professor Breda Maloney of UL (Impact of being a Young Carer on Senior Cycle Participation).

The event is operated by young carers for young carers (see separate sheet for description of young carers) and is also open to key decision makers in the lives of young carers, including educators, youth/social/health care workers, politicians and parents/guardians. The event MC will be well known youth advocate, Cara Darmody.

Additionally, there will be information stands hosted by Spunout, Children's Ombudsman, Family Carers Ireland, Carers Alliance, Leargas, and many fun activities for young people, including an appearance by The Kabin Krew, VR activities, photo booth and much more – including a goody bag for every young person.

Event Details

11 – 4.30pm - Saturday March 7th at the O'Reilly Hall University College Dublin.

Free Transport is available.

Target Audience:

Young Carers aged 12-17 and Young Adult Carers aged 18-14

Families of Young Carers

Politicians: Government Ministers, Opposition TDs Spokespeople, County Councillors

Public Service Leads: – Tusla, HSE, DES, DCEDIY, ETBs, ETBI.

Youth/Social Care Services: E.G ETBs, CYPSC, FRCs, NYCI, IYF, Family Carers Ireland Youth Team, Carers Alliance, Foroige, Youthwork Ireland.

Media

Theme:

‘The Real Young Carers of Ireland’

To present an accurate picture of life as a young carer, exploring topics that are ‘hard to hear’ and not openly discussed, whilst also celebrating the important role that young carers lay and the positive skills they develop and experiences they have.

Raising awareness of the challenges faced and taking an action focused approach at the conference to how to mitigate and resolve those challenges. Securing commitments from key decision makers.

Topics:

- Impact of Caring on young people in education (primary to third level), health, social life.
- Adultification of young carers
- Violence in the home (sibling to sibling and parent to child in cases of disability/illness e.g Autism, ADHD, Dementia, Brain injury)
- poverty and Deprivation
- Mental Health Challenges
- Social Isolation and Loneliness
- Caring in the EU – welcoming groups of young carers from the 3 other countries participating in the NEXUS project. [Nexus – connecting research, policy and practices to support young carers](#) Italy, Estonia, Greece.

► **Requesting details of parenting initiatives taking place in February for promotion under the Supporting Parents Communication Campaign**

Dear colleagues,

Wishing you a happy new year from all in the Parenting Support Policy Unit (PSPU).

We are very much looking forward to continuing our promotion of the many fantastic initiatives in operation around the country that are working to support parents during the year ahead. Of course, we cannot do this work without your support, and We are now seeking details of any parenting initiatives which will be taking place during February 2026.

A selection of events will be promoted across DCDE social media channels to raise awareness among parents of the supports available to them in their locality. Details of upcoming events can be provided via a short survey by clicking [here](#).

It would be appreciated if details of any upcoming events could be provided by Friday 30 January.

You can check across DCDE social channels for your event and please feel free to like and share our social posts. We also encourage you to circulate this email to any service within your network that may have an upcoming parenting event which they wish to promote.

May we request that information on upcoming events is submitted through the survey link above. However, if you experience any issues using the survey or if you have any queries, please do not hesitate to email parentingsupport@dcde.gov.ie for assistance.

Thank you for your continued support of this initiative.

Kind regards

The Parenting Support Policy Unit

REPORTS

► Child Poverty and Well-being Summit Report September 2025



The 2025 Child Poverty and Well-being Summit was a major national event in Ireland held on September 11, 2025, at the Aviva Stadium in Dublin. Organized by the Child Poverty and Well-being Programme Office within the Department of the Taoiseach, the summit brought together leaders, policymakers, and practitioners to drive systemic change for children.

2025 Summit Programme Highlights

The summit featured high-level discussions and creative participation from young people:

- Keynote Speaker: Dr. Mike Ryan, Deputy Director General of the World Health Organization (WHO), spoke on the urgent need to invest in frontline workers and NGOs.
- Ministerial Panel Discussion: Moderated by Sinéad Burke, the panel featured:
 - Minister Jack Chambers (Finance)
 - Minister Helen McEntee (Justice/Education)
 - Minister Norma Foley (Education)
 - Minister Dara Calleary (Enterprise, Trade, and Employment).
- Youth Participation:
 - Music: A specially written musical performance by Jimmy Maguire of Music Generation.
 - Art: An exhibition featuring artwork from children and young people across Ireland.

- Dialogue: Engagement with the Youth Advisory Group on Child Poverty and Well-being, who presented their ideas directly to the Taoiseach.
- Thematic Focus: Discussions centered on the six priority areas of the National Child Poverty Target:
 - Income supports and joblessness
 - Early learning and childcare
 - Reducing the cost of education
 - Family homelessness
 - Public health and parental support integration

[**Child Poverty 2025 Summit Report**](#)

HEALTH & WELLBEING

► HSE Talking Health and Wellbeing Podcast

[HSE Talking Health and Wellbeing Podcast](#)



Our first episode of 2026 was focussed on, [Vaping Teens and the Truth](#) with guests Martina Blake, HSE National Lead for Tobacco Free Ireland, and Kirsty Whyte from the HSE Quitline, who discussed the truth about Vaping and the new HSE campaign – *Take a Deep Breath*. The campaign is responding to a growing concern about vaping among young people. We share advice for parents and carers on how to approach the topic with teenagers, recognise signs of nicotine dependence, and find trusted information and supports through HSE.ie and the HSE Quitline.



Episode 127, [Managing Stress Anxiety and Worry](#) highlights the *Balancing Stress Programme* with psychologists Dr Michelle Howard and Dr Niamh Clarke. Together, they explore the first three sessions of this free online series uncovering how stress, worry,

and anxiety can build up in everyday life and how evidence based tools like cognitive behavioural therapy (CBT), positive psychology, and simple breathing techniques can help. The programme is designed to be flexible and accessible, so people can move through the sessions at their own pace and start applying simple yet effective strategies straight away.

Upcoming podcasts

Over the coming weeks include a wide range of topics including loneliness, physical activity during pregnancy, global health and the work the HSE is supporting overseas, school attendance with colleagues from Child Health and Tusla and more on the Balancing Stress programme.

You can access the podcast on all podcast platforms and on [YouTube](#) channel.