



CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

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Wexford

## Wexford CYPSC Newsletter

**30 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.

► **FREE Helium Online Workshops for Young People Living with Long-Term Physical Health Conditions**

**get creative  
with life**

**FREE ONLINE Art Workshops**

- For young people with long-term physical health conditions
- Get a free bespoke art pack delivered straight to your door
- Receive step-by-step guided art activities by email
- Interactive Zoom sessions optional

**Ages 6-12**  
6 Spring Saturdays  
7 Mar - 11 Apr

**Ages 13-16**  
Monthly Saturday Meet-Ups  
21 Mar, 18 Apr, 16 May...

**Book Today**  
[helium.ie](http://helium.ie)

Bookings are now open for our **FREE Online Spring** workshops for **children and young people with long-term physical health conditions**.

**Online Workshops**

**Distance Creates Spring Saturdays – Online(Ages 6-8)**

**Workshop Dates:** 7, 14, 21, 28 March & 4, 11 April

**Workshop Times:** New activity every Saturday – do it anytime!

**Distance Creates Spring Saturdays – Online(Ages 9-12)**

**Workshop Dates:** 7, 14, 21, 28 March & 4, 11 April

**Workshop Times:** New activity every Saturday – do it anytime!

**Youth Saturday Monthly Meet-up's – Online (Ages 13-16)**

**Workshop Dates:** 21 March, 18 April, 16 May

**Workshop Times:** AM: 10:30 - 12:00 PM: 14:00 - 16:00

**[Book your ONLINE space HERE!](#)**

## ► 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](#)

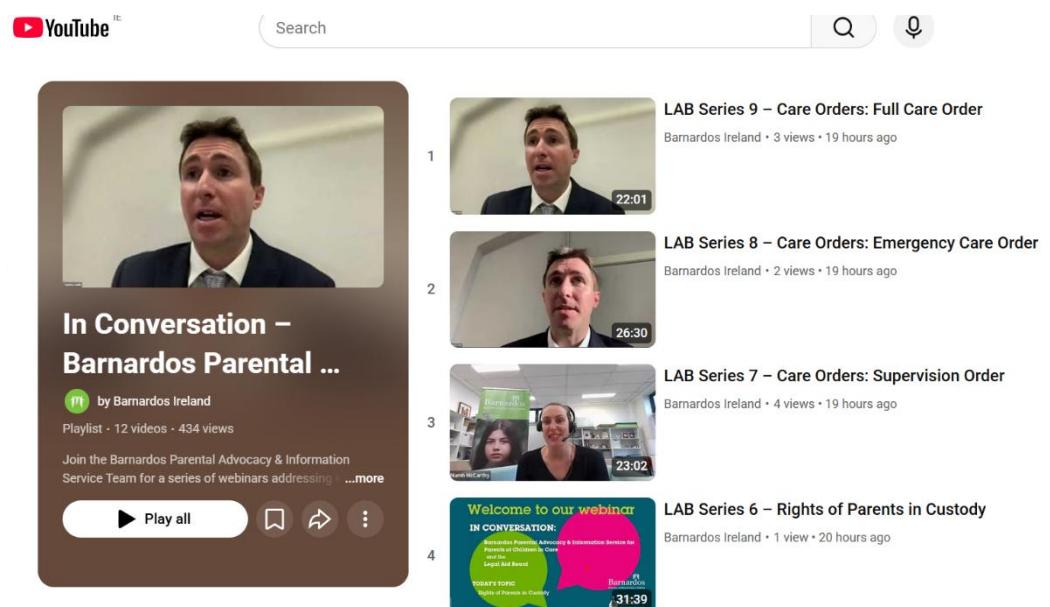
## ► Barnardos YouTube Webinar Playlist

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.

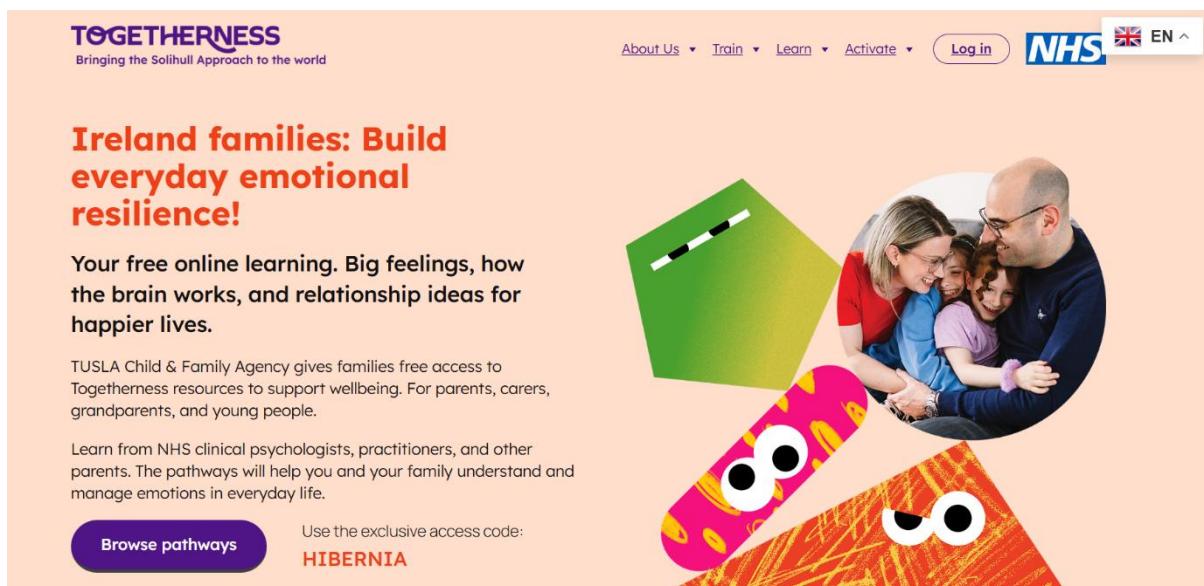
You can access the full playlist and related resources through the following links:

- [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](https://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**

## PUBLIC CONSULTATION

### ► Public Consultation on Child and Family Homelessness Action Plan



Ríaltas na hÉireann  
Government of Ireland

The Department of Housing, Local Government and Heritage has launched a public consultation to inform the development of the Child and Family Homelessness Action Plan.

See full details here: <https://www.gov.ie/en/department-of-housing-local-government-and-heritage/consultations/child-and-family-homelessness-action-plan-public-consultation/>

If you have any views about what should be included in the Plan, we encourage you to make a submission.

We would also be grateful if you could share details of this consultation among your networks.

Kind regards,

Child Poverty and Well-being Programme Office

## FAMILY SUPPORT

### ► Family Support Services



Gorey FRC have a Family Support outreach service in Riverchapel Community Complex Hub every Wednesday morning from 9.30am – 12pm.

We offer a broad range of supports and services, such as:

- Parental support programmes
- One to One Parenting Support
- Advice, information & advocacy for parents across a wide range of issues
- An information and support service on various rights and entitlements
- Advocating for and signposting families to relevant services and supports, where appropriate

For more information, please contact Anne on (053) 9489017 or email [anne@goreyfrc.ie](mailto:anne@goreyfrc.ie)

## ► Budgeting for Christmas 2026



### Budgeting for Christmas 2026

*Gorey Family Resource Centre*

Friday 27<sup>th</sup> Feb from 10am – 12pm

Make Christmas feel paid for before it arrives!

- No January regret
- Set a realistic Christmas budget
- Break it into an easy monthly plan
- Use simple trackers to stay on course

## 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.

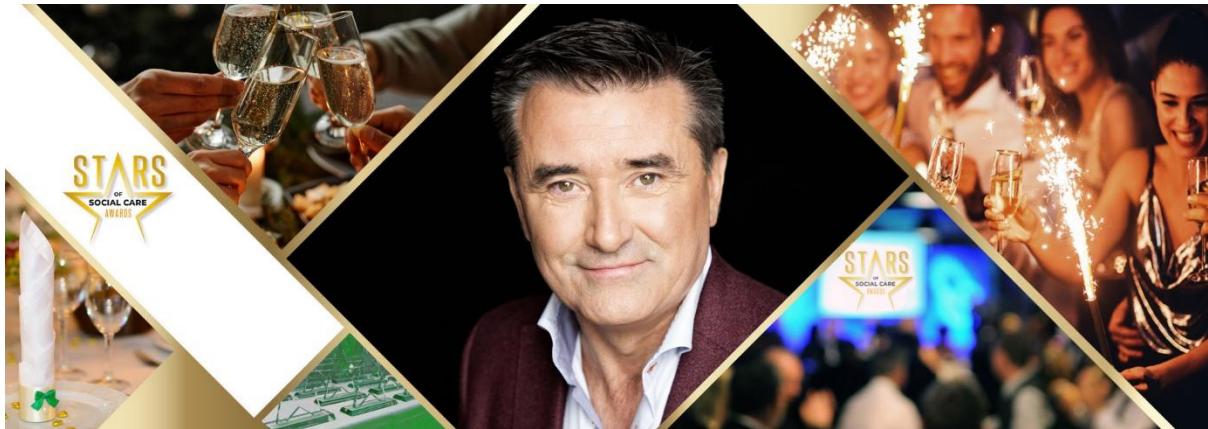
- A printed copy is available at your local library.
- You can also request a digital version in PDF or Word format for use with screen readers.
- Assistive technology, including software readers and adaptive hardware, is available in library branches.
- If you need the survey in another language.
-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

For all requests and enquiries, please email [libraryhq@wexfordcoco.ie](mailto:libraryhq@wexfordcoco.ie)

Thank you for your continued support of Wexford Library Service.

## EVENTS & CAMPAIGNS

### ► The Stars of Social Care Awards



The Stars of Social Care Awards Ireland celebrate excellence across all areas of social care in Ireland, from the independent and voluntary sectors to statutory services. Covering residential care, home care, children & young people services, learning disabilities & autism services, housing with care, and suppliers of products and services, the awards bring the whole sector together, promoting collaboration, innovation, and outstanding care

#### **The Children & Young People's Specialist Award**

Honours a specialist working with children and young people in social care settings. Recognising expertise, compassion, and impact, it celebrates professionals who improve lives, safeguard wellbeing, and create positive, nurturing environments for children and young people in care.

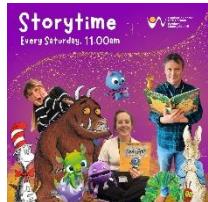
**[Nominate Here!](#)**

## ► Wexford Town Library Events

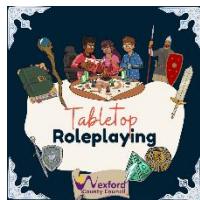


### **Lego Free Play every Saturday from 11:00am - 3:00pm. Suitable for ages 5yrs+**

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.



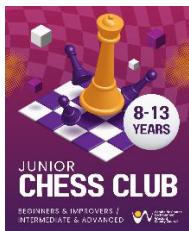
**Story Time every Saturday, 11.00am-11:30am, Suitable for children aged 3-7 years.**  
Join us for Story Time in Wexford Library every Saturday morning. Children should be supervised at all times when visiting Wexford Library. **No booking required.**



### **Tabletop Roleplaying Club: Dungeons & Dragons, Tuesday, 3 February, 6:30pm - 8:30pm.**

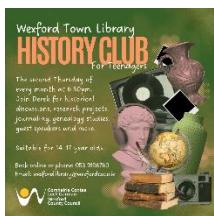
Are you ready to embark on an epic adventure? 🎲🐉 Well then, join us at Wexford Library for tabletop role-playing gaming and unleash your imagination. The sessions will take place the second Tuesday of every month from 6.30-8.30 pm. **Booking is essential.**

**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, 5 February, 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, 3 February, 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, 5 February, 6:30pm - 7:30pm.**

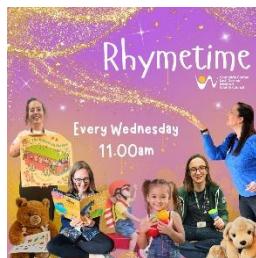
Join our new teen comics club! Suitable for 13 - 15 years. Booking is essential.

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 31 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.](http://wexfordcoco.libcal.com.)



### **Baby Playtime for 0 to 2 year olds – Friday 6<sup>th</sup> February, 11.00am to 12.00pm**

Join us for our baby sensory playtime morning. We will provide lots of fun sensory toys and story sacks. Come along and meet other parents and babies in a comfy environment! **No booking required.**



### **YA Book Club – Friday 6<sup>th</sup> February 4.15 to 4.45pm**

Join us for the Bunclody Library YA book club! New members are always welcome.



### **Valentine's Day Creation Station – Saturday 7<sup>th</sup> February, 2.00 to 3.30pm**

Pop into the library to create a Valentine's Day gift for someone special. Make something unique for a loved one in time for next weekend. This is a family creative event, and all materials will be provided. No need to book – all welcome!

## ► 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.**

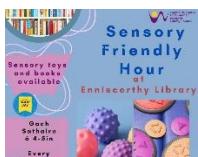


### LEGO Free Play at Enniscorthy Library - every Saturday 11.30am-5pm.

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.**

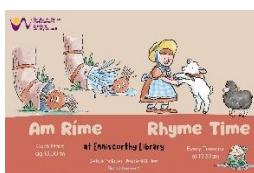
**No Booking Required**



### 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.**

## ► New Ross Library Events

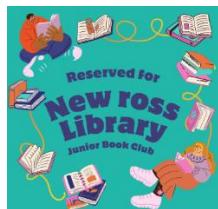


### **New Ross Library Rhymetime – Every Thursday, 11-11:30am**

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](http://wexfordcoco.libcal.com).



### **New Ross Library Junior Book Club – Saturday 7<sup>th</sup> February, 3-4pm**

The New Ross Library Junior Book Club is the place for young book lovers, aged 9 to 12, to share their love of stories with others.

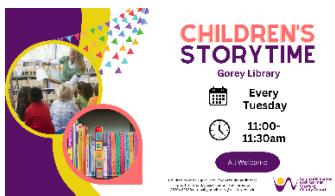
We meet each month for an hour of bookish chatter and activities and we'd love you to join us.

Copies of the book will be available to borrow at the library.

**Register below or phone on 053 9196722**

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

## ► Gorey Library Events



### Storytime at Gorey Library – Tuesday 3<sup>rd</sup> February, 11-11:30am

Drop in to storytime at Gorey Library! Every week, we will have a fun session of stories, rhymes and songs.

This event is suited to children aged 2-4 years, but we encourage all the family to join in!

No need to book, just call in.



### Baby Rhymetime at Gorey Library – Thursday 5<sup>th</sup> February, 10:30-11am

Join us at Gorey Library for a fun session of singing and rhymes! This is an interactive session for 0-2 years.

Booking essential.

**WHEN BOOKING PLEASE REMEMBER TO BOOK BOTH THE ADULT AND CHILD/CHILDREN ATTENDING.**

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

► **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

► **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](mailto: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\*\*](#)

► **ESRI Report – The role of misperceptions in attitudes to immigration**



## 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.

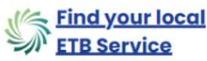
## LITERACY

## ► Adult Literacy for Life Workplace Calendar Resource



## Adult Literacy for Life

Please visit the [Adult Literacy for Life Workplace Calendar Resource here](#).



# Let's talk about workplace literacy this February



Click on the link in each date to access resources.

Videos			01  <b>Introduction</b>	02  Take the first step	03   Customer Communications Toolkit	04   Work skills videos and exercises for levels 1 and 2 - DSL	05   Online course: Let's talk about literacy	
Learning for employers and practitioners, fact sheets, and information								
Adult Literacy for Life Health Literacy Awareness courses	06   The benefits of workplace basic education - NALA	07   A literacy friendly service can change lives	08  An employers guide to basic skills at work - NALA	09  Workplace dyslexia courses from Dyslexia Ireland	10  Assess your digital skills with Digital stepping stones tool	11   Tips for Employers on Being Disability Inclusive in Apprenticeships	12   Explanation of payslip words and phrases	
Research	13  	14   Check your skills with this free tool - NALA' skills checker	15   Mental Health at Work 	16   Digital literacy elearning videos - WWETB	17  National workplace wellbeing day	18   Looking after health, safety and welfare at work	19   Reading your payslip	
Information for employees	20   Work ready resources from: CDETB and Down Syndrome Ireland	21   Free Employee Training Resources: UPS Skills for Work (Canada)	22   Skills Hub courses for learners (Canada)	23   Workplace basic education, health and safety work practices	24   Managing your time at work	25   elearning course: Let's talk about plain language	26   <b>Work</b> 2nd Edition	
Teaching & Learning Resources	27   <b>Tips Sheet</b>	28   Work based learning with your local ETB	Using maths at work	  Workplace Mathematics for Work and Everyday Life	Supporting diversity at work	   	Using technology at work	
<b>Contact</b>								
If you have any questions about the content or links in this calendar please contact your local Regional Literacy Coordinator								

We are delighted to present a new calendar style interactive resource for workplace literacy. You can click on a new item each day to access information, resources and tips about literacy in the workplace. The calendar has information on the many ways that employers, staff and workplaces everywhere can create more literacy friendly environments. The items each day are free to view or to use.