



## Wexford CYPSC Newsletter

December 13th 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](#)



## CONTENTS

### **Webinars and Training**

P.3 : Bereavement and Loss Workshops – Irish Hospice Foundation

P.5 : Programme for Building Resilience and Self Kindness for those impacted by Sexual, Domestic or Gender Based Violence

P.6 : Digital Literacy eLearning Videos

P.7 : Certificate in Family Literacy

### **Surveys and Reports**

P.8 : Focus Ireland: Research Report Launch (Online) : Fathers who are homeless and do not live with their children: experiences, challenges, and responses

P. 9 : Healthy Ireland Survey 2024 : Summary Report

P.10: Survey of Adult Skills 2023

## WEBINARS AND TRAINING

### ► Bereavement and Loss Workshops – Irish Hospice Foundation



From January to June, Irish Hospice Foundation will be running 20 online workshops, covering a range of topics on bereavement and loss, such as “Bereavement in the School Community”, “Working with Adults Facing Death”, and “Children and Loss”. (See all workshop topics below.)

#### About the Bereavement & Loss Workshops

These workshops are targeted at professionals and volunteers who may wish to learn about bereavement and loss, and for those working with people who have experienced a loss. The aim of the workshops is to equip attendees with the understanding of the grieving process, communication skills, and appropriate methods for supporting those who are bereaved.

The workshops are facilitated by practitioners who specialise in specific aspects of bereavement and loss and bring a wealth of experience and knowledge to the training.

#### Workshop Topics

These are the workshops that will be running. Please note that registration is required via Eventbrite.

- [Overview of Loss and Bereavement](#) (30 January 2025)
- [Bereavement in the School Community for Primary School Staff](#) (31 January 2025)
- [Understanding Grief and Supporting Bereaved Adults](#) (13 February 2025)
- [Supporting Secondary School Students with Bereavement and Loss](#) (14 February 2025)
- [Grief in the Family](#) (27 February 2025)
- [Disenfranchised, Ambiguous, and Anticipatory Grief](#) (28 February 2025)
- [Grief in Maternity Care Services](#) (3 March 2025)
- [Climate/Eco Grief](#) (4 March 2025)
- [Supporting Adolescents Through Grief and Loss](#) (3 April 2025)
- [Dementia and Loss](#) (4 April 2025)
- [Illness and Loss](#) (10 April 2025)

- [Prolonged/Complicated Grief](#) (11 April 2025)
- [Working with Adults Facing Death](#) (17 April 2025)
- [Children and Loss](#) (9 May 2025)
- [Grief in the Workplace](#) (15 May 2025)
- [Loss and Grief in Later Life](#) (20 May 2025)
- [Grief, Loss, and the Neurodiversity Paradigm](#) (22 May 2025)
- [Supporting Adults with Intellectual Disabilities in Bereavement and Loss](#) (29 May 2025)
- [Drug-Related Deaths](#) (12 June 2025)
- [Mindfulness, Self-Compassion, and the Journey of Grief](#) (13 June 2025)

### **Registration & Fees**

Workshops are €100 for a full-day workshop and €70 for a half-day workshop.

**Places are limited for each workshop, so early booking is strongly advised. Registration is via Eventbrite.**

[See all workshops and register.](#)

► Programme for Building Resilience and Self Kindness for those impacted by Sexual, Domestic or Gender Based Violence

## Unlock Self-Compassion

### A 12 week Programme for Building Resilience and Self-Kindness for those who have been impacted by Sexual, Domestic or Gender-based Violence

#### Are you ready to create a better relationship with yourself?

Join us for a transformational 12 week programme designed to help you build self-compassion, reduce self-criticism, and boost emotional resilience.

Learn skills to handle life's challenges with kindness and care for yourself and others

#### Who is this for?

If you are aged 18-24 and ready to break free from negative self-talk, build inner strength, and find peace with who you are, this workshop is for you



#### WHAT YOU'LL GAIN:

- **Self-Compassion Skills:** Learn practical ways to treat yourself with the same kindness you give to others
- **Stress Relief Tools:** Explore strategies to manage stress and overcome self-doubt
- **Emotional Balance:** Discover how to reduce anxiety and increase resilience in everyday life
- **Community Support:** Connect with others your age on a similar journey of growth and self-care

#### Programme Highlights

- **Guided Activities:** Engaging exercises to help you understand and practice self-compassion
- **Interactive Discussions:** Reflect and share in a safe, supportive space
- **Expert Guidance:** Led by experienced Therapists specialising in compassion-focused practices.

- **When:** Every Thursday starting on the 23rd January, 2025
- **Time:** 5.30pm to 8.30pm
- **Location:** Wexford Town
- **Total Cost:** €20 (to be paid to secure space on programme)

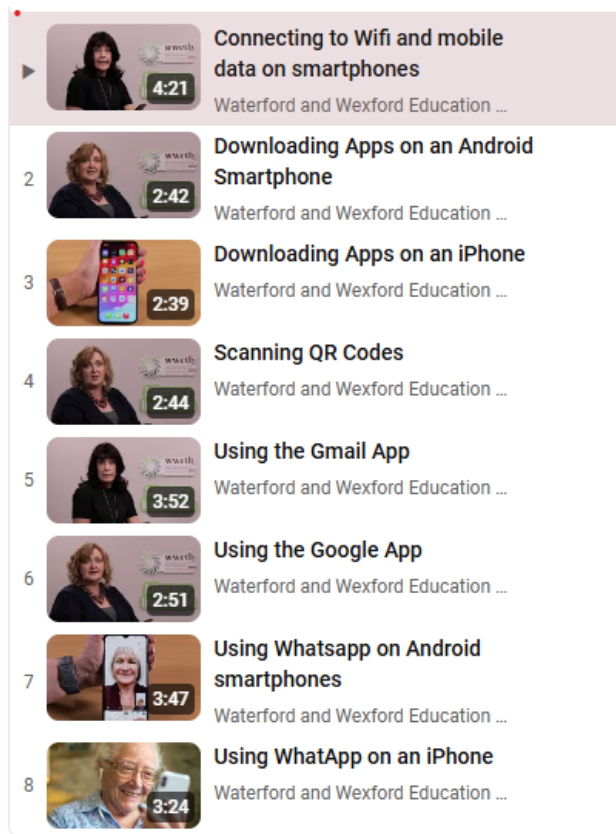
**Wexford Rape Crisis** | Services for Domestic, Sexual and Gender-based Violence Est 1995

For any enquiries please contact Clare or Alison 053 9122722

Download the [poster](#) here

## ► Digital Literacy eLearning Videos

WWETB's Language and Literacy Service has launched eight digital literacy eLearning videos.



Designed for both classroom use and independent learning at home, these videos will support learning, revision and recall.

Access the videos through the QR code or link below.

### [WWETB's Digital Literacy eLearning Videos](#)



Rialtas na hÉireann  
Government of Ireland



Arna chomhchistiú ag  
an Aontas Eorpach  
Co-funded by the  
European Union



**wwetb**  
Bord Oideachais agus Oiliúna  
Phoirt Láige agus Loch Garman  
Waterford and Wexford  
Education and Training Board

WWETB is co-funded by the Government of Ireland and the European Union

► **Certificate in Family Literacy**



setu.ie



**Waterford and Wexford Regional Adult Literacy Coalition**

**Certificate in Family Literacy**

This **FREE** offering of a NFQ Level 6, 10 Credit, Certificate in Family Literacy introduces participants to the theory and practice of family literacy, in order to support adult learners with literacy difficulties. The programme will enable participants to recognise and understand the literacy needs of adult learners accessing support services through ETB's and other providers. Throughout the programme, participants will reflect on, recognise and learn from their own experience in the light of relevant theory. The personal and professional development of each participant, located in Waterford / Wexford is a priority, in an environment of peer group support. The participant for this programme needs to be a community leader with access to a group to deliver a family learning activity as part of the assignment.

SETU - WATERFORD  
Level 6  
10 credits



**Certificate in Family Literacy**

This NFQ Level 6, 10 Credit module aims to provide participants with an understanding of the relationship between social interaction and acquiring literacy and they will be enabled to develop appropriate strategies to promote family literacy and develop effective family literacy programmes.

The programme is delivered over four Thursdays from 16th January - 6th February 2025 where the mode and venue of delivery will be decided upon application

**How do I apply?**

Online application forms are available at [www.setu.ie/ldc](http://www.setu.ie/ldc) or [Literacy.WD@setu.ie](mailto:Literacy.WD@setu.ie).

**Programme Leader**

Catriona Warren  
E: [Literacy.WD@setu.ie](mailto:Literacy.WD@setu.ie)

Follow @setuireland on

## SURVEYS AND REPORTS

### ► Focus Ireland: Research Report Launch (Online) : Fathers who are homeless and do not live with their children: experiences, challenges, and responses



**Date:** Tuesday 17th December

**Time:** 10:00am -11:00am

**Zoom:** [Please register here](#)

This event marks the launch of research conducted by Quality Matters to better understand the experiences of fathers who have been homeless, and the impact of fatherhood in attaining secure, own-door accommodation.

The research sought to facilitate nuanced understanding of the lived experiences of non-custodial or non-residential fathers with experience of homelessness, to understand barriers to this population when they wish to establish, maintain, or improve relationships with their children, and opportunities for addressing these barriers in the context of service provision and national policy.

The research engaged affected fathers, those providing services to them, and those with strategic responsibility to identify barriers and opportunities across the spectrum of influence pertaining to the lives of these men.

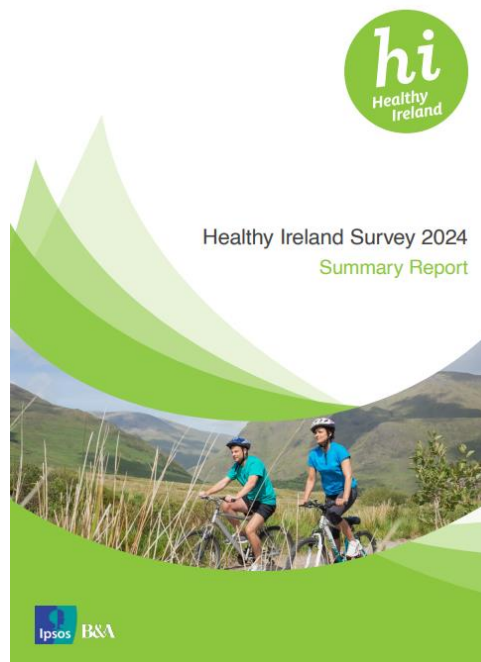
#### Speakers

- Philip Isard, Senior Project Specialist, Quality matters
- Justin Ambrose, Research Participant
- 

[Register here](#)



## ► Healthy Ireland Survey 2024 : Summary Report



Interim Chief Medical Officer, Professor Mary Horgan, today announced the results of the Healthy Ireland Survey 2024. Supported by the Department of Health, the annual survey by Ipsos B&A gives an up-to-date picture of the health of the nation, reporting on many health-related lifestyle behaviours.

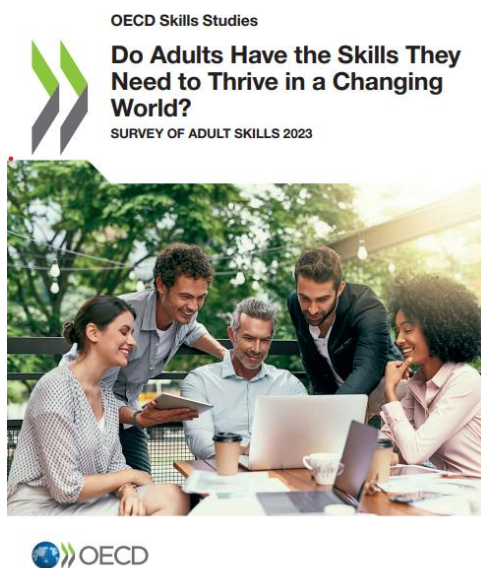
Almost 7,400 people over the age of 15 were surveyed on a range of themes including general health, smoking, vaping and alcohol consumption, mental health, suicide awareness, GP service utilisation, nutrition, physical activity and caring responsibilities. This year, for the first time, the report evaluated the impact of Long COVID on the population.

Highlights include:

- 81% report their general health as 'good' or 'very good'
- 86% rate their quality of life as good or very good, while the number reporting a probable mental health problem has reduced
- GP service utilisation rates have increased
- smoking and vaping rates remain broadly stable

The full [Summary Report](#) can be accessed here.

## ► Survey of Adult Skills 2023



The Organisation for Economic Co-operation and Development (OECD) published the latest Survey of Adult Skills which is part of the Programme for the International Assessment of Adult Competencies (PIAAC). Please see report of survey attached.

The survey done with adults aged 16-65 shows that:

- 1 in 5 adults in Ireland are at or below Level 1 in literacy. This means that around 740,000 people struggle with reading and understanding everyday text, like bus timetables or medicine instructions.
- 1 in 4 adults in Ireland are at or below Level 1 in numeracy. This means that around 880,000 people have difficulty using maths in everyday life, like working out a bill or calculating percentages.
- The percentage of adults in Ireland with literacy needs has risen from 18% in 2013 to 21% now.

See here for a concise look at the [key data](#)