



Wexford CYPSC Newsletter

January 31st 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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WEBINARS AND TRAINING

► Parenting with ADHD : Insights and Support Strategies (Workshop for Professionals working directly with families)


Karen Costello from Archways is currently doing a PhD at Dublin City University, focusing on parental ADHD and how it impacts family dynamics, parenting styles, and mental health.


To launch this study, she is hosting a free 45-minute online information session that would be really valuable for family support workers and other professionals.


The session, “Parenting with ADHD: Insights & Support Strategies”, will cover:


- How ADHD affects parents and family life.
- Practical strategies to support parents with ADHD.
- Ideas on how services can better meet the needs of families affected by ADHD.

Workshop Details:

 Date: Wednesday, 5th February

 Time: 12:00 PM

 Location: Zoom

 Link to Register: [Eventbrite Booking](#)

We think this workshop would be really helpful for those working directly with families, offering new insights and tools for supporting parents with ADHD. It’s also an opportunity to hear about the research and ways to get involved in promoting the study.

► National Grief Awareness Week

Today marks the beginning of **National Grief Awareness Week** 27 January – 02 February 2025

Run by the Irish Hospice Foundation, the aim of the campaign is to encourage a more open, supportive, and understanding approach to grief—helping both the bereaved and those around them navigate this challenging part of life with greater empathy.

[Click here for overview of the campaign](#)

Throughout the week there are various online events along with a social media campaign to raise awareness of grief and the supports and services available for those who feel they would benefit from additional support.

SHARE on your social media accounts using their promotional assets and using **#NGAW2025 #BeGriefAware**.

To register for two online events please go to this link: [IHF Webinars](#)

If you are interested in understanding more about the grieving process and developing skills to support those bereaved by suicide, we provide Suicide Bereavement Training; A workshop for professionals and key contact people providing support to those bereaved by suicide. Please see the attached information leaflet. If you would like to find out more about this training or others please go to www.bookwhen.com/sro. Alternatively, if you have a group interested, we can organise a training day. Please contact us on: trainingsro@hse.ie or phone 051 874013.

Access Leaflet on [Workshop for Professionals Supporting People Bereaved by Suicide](#)



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

► **Save The Date: Online Launch - Report Card 2025 : Children's Rights Alliance**



How has the Government progressed on its commitments to children in 2024? Did it keep its promises in important areas like health, housing, education, poverty, equality and early years? Will they get an 'A' or an 'F' grade? A 'C' or a 'C+'?

Find out at the launch of **Report Card 2025**– the fifth and final analysis of the *Programme for Government: Our Shared Future* and our collective opportunity to build on progress in the area of children's rights and address remaining key issues for children and young people.

Please save the date for the online launch of **Report Card 2025** on the morning of **Tuesday 25th February 2025 from 10.00 am – 11.30am.**

**The above timings are provisional and subject to change.
Full details of speakers will follow.**

Please register your online attendance at this event via Eventbrite [here](#).

We look forward to seeing you at the launch!

#ReportCard2025

PARENT SUPPORTS

► EBSA Parents Workshop (Primary School) : Gorey Area

We are delighted to inform you that the Wexford EBSA implementation group is delivering Emotionally Based School Avoidance (EBSA) workshops for parents throughout the county this academic year.

The aim of these workshops is to support parents to understand why attendance at school may be difficult and to explore strategies to support their children.

The Gorey area workshop for **parents of primary students** will be facilitated by Amy Goodison Gorey School Completion Programme and Ger O'Connor Wexford Parents Hub- Barnardos.



**EBSA
Parents
Workshop**

Thursday
6th
March

9.30am-12.30pm
Amber Springs Hotel
Gorey

Are you a parent of a
Primary School Student
in the Gorey area

Do you want to explore:

- What is Emotionally Based School Avoidance (EBSA)
- What are the signs of EBSA
- How to Respond to EBSA
- Support available

For More Information
Amy.goodison@scp.ie
0874100792
Ger.oconnor@barnardos.ie
086 0491118

**REGISTER
HERE**

Barnardos

Wexford County
Schools
Committee

CYPSC

wweb

This workshop is free to attend but places need to be booked by parents before the 28th of February via [this link](#)

Please see posters with further details and post for using on social media

Access [Social Media Post](#) here

Access [Parents Workshop Poster](#) here

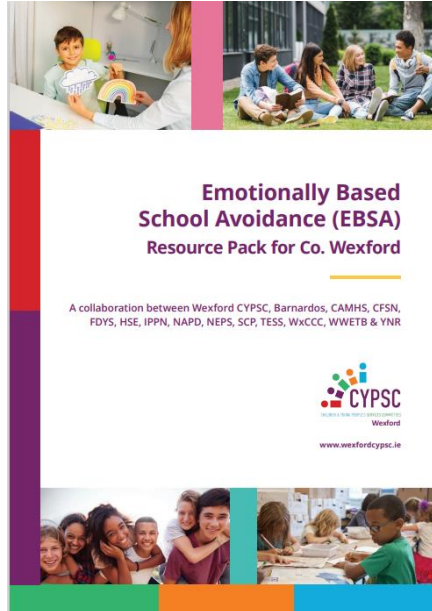
If you could please circulate to parents in your schools and on your social media accounts, we would really appreciate it.

Kind regards

Wexford EBSA Implementation Group

EBSA Resources available on Wexford CYPSC website

Wexford EBSA Resource Pack



Access [Resource Pack](#)

Poster for Schools

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

Access [Schools Poster](#) here

Poster to Support Autistic Students Experience EBSA

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.

Common factors that influence high stress & anxiety among autistic students at school:

- Change in routine
- Literal interpretation of situations
- Overstimulation
- Difficulties with communication
- Peer concept of time
- Don't know what's going to happen
- Don't know what's going to happen
- Anxious about future
- Sensory difficulties

ANXIETY

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

What is the Concern?
If you have a concern for a student's wellbeing the **Autism Good Practice Guidance for Schools (2022)** resource can help.

Why is it Happening?
Gather and share information in a way that can help, including:

- Information from the autistic child/young person
- Supporting Adults (This may also include staff from a previous school)

How can we Help?

- Aim to use **autism-friendly teaching** methods, and plan ahead to support students during **changes or transitions**.
- Build on & improve inclusive practices and increase understanding of **neurodiversity and anxiety**.
- Home and school can help build good relationships and keep **meaningful connections** with peers.

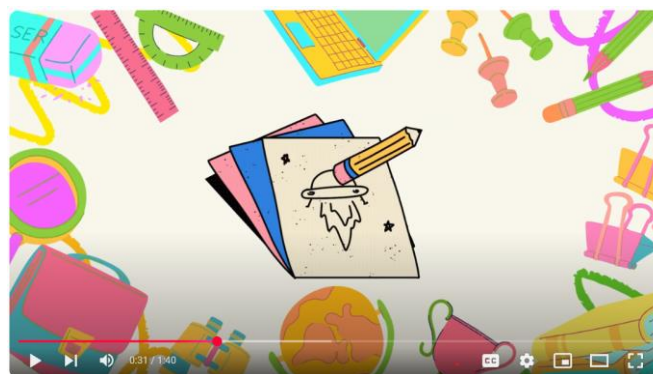
Did it Work?
Keep track of student progress and keep improving support and inclusion for autistic students at all levels of the Continuum of Support.

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.

Access [Poster](#) here

What you can do if you notice signs of EBSA with your Child or Young Person : Short Video



What you can do if you notice signs of EBSA with your Child or Young Person

Access [Video](#) here

► Free Online Webinars: Supporting Your Child's Positive Mental Health and Wellbeing



The first five years of your child's life are crucial for their long-term positive mental health. To help you create a nurturing environment, the National Parents Council (NPC), in partnership with St. Patrick's Mental Health Services, is offering **free online webinars** designed to empower parents with practical tools and advice.

Session Dates and Times:

- **Tuesday, 4th February:** 10am or 7.30pm
- **Wednesday, 5th February:** 10am or 7.30pm
- **Thursday, 6th February:** 10am or 7.30pm
- **Friday, 7th February:** 10am

What You'll Learn:

This programme provides valuable insights and strategies, including:

- How everyday life impacts your child's mental health.
- Helping your child manage emotions and cope with challenges.
- Building and nurturing a strong parent-child relationship.
- Supporting your child in developing resilience.
- Promoting children's rights for a mentally healthy life.

Practical steps to implement the Five Ways to Wellbeing

Session Details:

Each webinar lasts approximately **70 minutes** and includes an interactive Q&A, giving you

the opportunity to ask questions and receive tailored advice from our experienced facilitators.

How to Register:

To secure your spot, simply [click the link here](#) and choose your preferred date and time

Please note, spaces are limited and will be allocated on a first-come, first-served basis, so don't delay!

Let's work together to create a positive and supportive foundation for your child's future.

Warm regards,
National Parents Council

► Request for details of parenting initiatives, your feedback and service visual assets for Department social media posts under the Supporting Parents Communications Campaign



Dear colleagues,

Before we make this month's request for parenting initiatives the Parenting Support Policy Unit and DCEDIY want to extend our sincerest thanks to each and every one of you who have engaged with this communications campaign thus far. It is your valued input that is making this campaign such success, positively impacting the lives of parents and children. Thank you!

As well as requesting details of any parenting initiatives which will be taking place in February or March 2025, we are including two additional asks of you this month which are outlined below, which we hope will continue to build on the work that has been taking place.

1. We have been sharing your parenting initiatives across DCEDIY social media channels on a monthly basis since late 2023 and as such, we feel it is now a good time to gather any feedback you may have on the progress of this communications campaign to date. It really is your input that counts and, on this basis, we have decided to ask some additional questions in the hope that we can gather your thoughts, views and experiences so we can improve the campaign moving forward. Your thoughts and opinions are really appreciated, so please help us make any improvements so we can make your service as impactful as possible.
2. The DCEDIY Communications team are seeking to update their bank of visual assets from which they draw upon each month as part of the content generation process for this campaign. It would be greatly appreciated if you could include your services visual assets such as logos and banners via the survey link below. This ensures that if there are any months that there is little parenting support activity such as summer, Christmas, easter etc, DCEDIY can utilise your logos to highlight your services as 'evergreen content'. Up to date and engaging visual assets form an essential part of the Department's social media output, so please take a few short moments to upload the files. Our Comms team will do the rest.

Feedback, visual assets and Details of upcoming parenting events can be submitted [here](#).

It would be appreciated if submissions could be provided to us by Friday 21 February.

You can check across DCEDIY 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 all information 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@equality.gov.ie for assistance.

Kind regards

The Parenting Support Policy Unit

► National Youth Council of Ireland: Local Champions Project



Applications are now open for NYC's *Local Champions* initiative! If you're 18–29 and passionate about youth work, this is your chance to develop skills, learn about local politics, and make your voice heard.

Applications close on **14th February**.

Further Information and Applications : Find out more [here](#)

FUNDING

► Grants Available for Training Networks – The Wheel



[The Wheel](#) is delighted to share some good news! [Training Links](#), a workforce development funding and support programme, is now open for applications. Since 2005, Training Links has funded the training and upskilling needs of staff, volunteers and board members in the community and voluntary sector. This year we see a record total fund of €575,000.00 available for sector upskilling.

Application Process

Training Networks with a minimum of 10 members are invited to apply for grants ranging from €10,000.00 to €50,000.00. Applications are welcome from new, existing, previously funded networks who have completed their programme or previously unsuccessful networks. The application deadline is **Friday, 7 February 2025 at 5pm.**

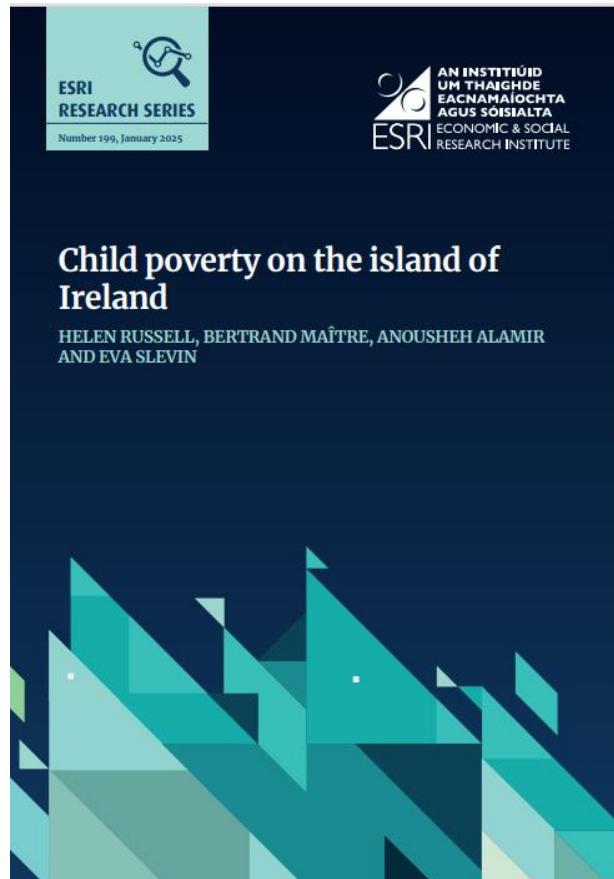
Find Out More

If you would like to learn more about the opportunities available through Training Links, [check out our website](#). You can contact us by emailing traininglinks2025@wheel.ie.

Training Links is funded from the National Training Fund through the Department of Further and Higher Education, Innovation, Research and Science

REPORTS

► Child Poverty on the Island of Ireland



The Economic and Social Research Institute recently (January 16th 2025) published “Child Poverty on the Island of Ireland”

The effects of poverty in childhood can last a lifetime. Research shows that children living in poverty have lower levels of health and wellbeing, attain lower levels of education, have lower levels of occupational attainment and are more likely to be poor in adulthood. In this report, the ESRI focus on child poverty on the island of Ireland.

The full [Child Poverty report](#) can be accessed here

RECRUITMENT

Circulated on behalf of Gorey FRC



Gorey Family Resource Centre Ltd

Gorey Family Resource Centre: Vacancies x 2

WE ARE RECRUITING

Financial Administrator

(Part-time, Permanent)

Community Development Support Worker

(Part-time, 9-month fixed term contract)

Financial Administrators (Part-time, permanent) Job Description

Community Development Support Worker (9-month fixed Contract) Job Description

All Gorey Family Resource Centres contracts are subject to continuous funding.

Please email your application form to Emer at manager@goreyfrc.ie stating your name and the position you are applying for in the subject line.

Application to be received by Gorey FRC no later than 5pm Friday 14th February 2025. Interviews will take place the week of: 24th of February 2025

Shortlisting will take place.

NOTE : The details and application form can be found on www.activelink.ie

Our vision

Gorey Family Resource Centre- enhancing the well-being and quality of life for individuals and families within the community of Gorey and surrounding areas.

