



Wexford CYPSC Newsletter

June 14th 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, TRAINING & CONFERENCES

► Applied Suicide Intervention Skills Training (ASIST)

The HSE Regional Suicide Resource Office will deliver Applied Suicide Intervention Skills Training (ASIST) in **Waterford** on **Friday and Saturday, July 5th and 6th from 8.45 am to 5 pm**. Participants must be available to attend on both days. This training may be of interest to people who cannot attend on two weekdays. Please share with your networks and you can book a place at <https://bookwhen.com/sro/e/ev-syuy-20240705000000>.

Warm regards,

Tracy Nugent (she/her)

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

Tel: 051 874 013 or 087 927 1041 **Email:** Tracy.Nugent@hse.ie

To access free online suicide prevention training, *Let's Talk About Suicide*, please visit <https://traininghub.nosp.ie/>

To book a place on any of our suicide, self-harm or bereavement training programmes, please visit www.bookwhen.com/sro

www.connectingforlifesoutheast.ie



► **Using children’s rights to recover from the Global Pandemic: The closing conference for the Building Children’s Futures project.**



On 3 July, Eurochild, will host an international hybrid conference on the topic of **mainstreaming children’s rights into decision-making through the use of child rights impact assessments**. This conference is part of an EU-funded Building Children’s Futures project. Tusla and CYPSC are partners to this Building Children’s Futures project and other partners are Children’s Rights Alliance (Project Lead), Eurochild (this conference’s organisers), University of Galway, Foróige and DCEDIY. As project partners we are all participating in and contributing to the [conference programme](#).

[Registrations are now open to attend online – click here to register.](#)

The conference, [Using children’s rights to recover from the global pandemic](#), will bring together children, national governments, the European Union, civil society, professionals, all to discuss the importance of listening and including children meaningfully in decision-making through the use of child rights impact assessments.

The cumulative impact of the Covid-19 pandemic has had major implications for a generation of children and young people across Europe. This project worked to ensure that the pandemic recovery would be guided by:

- Improving understanding of the impact of Covid-19 on activities and services for children and young people, especially those disproportionately affected by measures.
- Raising awareness on how decisions about children’s rights were made and the role of child/youth participation and local structures played during emergency times.
- Identifying best practice in responding to children’s needs during the pandemic and how child rights impact assessments are used throughout Europe.

These perspectives, and more, will be shared as part of the conference’s programme, which you can find attached.

Attendees: Approximately 200 people in total, in person and online, made up of civil society organisations and decision-makers in the field of children’s rights, and children and young people themselves

If you have any questions about the 3rd July conference please contact [Ciaran O’Donnell](#) from the Eurochild Secretariat.

CAMPAIGNS

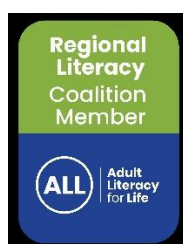
► Adult Literacy for Life (ALL) Campaign



This June, we are launching a new, national information campaign to raise awareness about literacy in Ireland. We would be grateful if you would help us to promote it with your staff and networks. Please help us to promote our campaign. Our campaign is called 'Let's talk about literacy'. We want to start a conversation about how literacy touches almost every aspect of our lives – at home, at work and online. But in our ever-changing, modern world, many of us face challenges with literacy, from understanding a bill to reading a prescription, doing online banking or using a smartphone – and that's okay. It's more common than you think. Our aim is to raise awareness that literacy impacts all of us, and that there are many ways we can support each other. In June, we will deliver a postcard to one million homes across Ireland with information about literacy and how you can get involved and make a difference. This includes raising awareness of local literacy services and creating 'literacy friendly' spaces so that we can help build a more equal society for everyone. There will also be radio and digital advertising, with all communications directing people to go to "<http://www.adultliteracyforlife.ie/get-involved>" to learn more. We have included information in the following pages on messages and social media posts you can use to help us promote our campaign. Thank you for your continued support.

Please see the following assets related to the current "Adult Literacy for Life" (ALL) campaign;

1. YouTube Video: [ALL - Let's talk about literacy](#)
2. Shorter video: [Our world is changing](#)
3. Static "[You can make a difference. Talk about literacy](#)"
4. Static "[Become Literacy Friendly](#)"
5. ALL [Lets Talk About Literacy Partner Pack](#)



► Men's Health Week (MHW) : Monday 10th to Sunday 16th of June 2024

This year's theme for Men's Health Week is '**Know Your Numbers**' highlighting that men's health counts. The aim is to increase awareness of the key numbers that policy makers, service providers, men, and the important people in men's lives need to know. Men's Health Week gives everyone an opportunity to encourage men and boys to take better care of their health and to seek help or treatment at an early stage. The HSE *Connecting for Life*, Regional Mental Health and Suicide Prevention Working Group would like to highlight some of the resources available from the Men's Health Forum in Ireland to promote Men's Health Week. We have also highlighted some recently published research articles that may be of interest.

The main information hub for MHW 2024 is at <https://www.mhfi.org/mhw/mhw-2024.html>. This is where you can find everything you need to know about the week including:

- The '*Toolbox for Action*' paper <https://mhfi.org/mhw2024toolbox.pdf>
- A PDF version of the z-card '*Do You Know Your Numbers?*' <https://mhfi.org/MensHealthInNumbers.pdf> (this visual is shown below)
- Ready-made social media posts and tweets that can be cut and pasted <https://mhfi.org/Tweets2024.pdf>
- An electronic version of the '*Action Man - ten top tips for men's health,*' (developed by HSE Health and Wellbeing and Healthy Ireland) <https://mhfi.org/ActionMan.pdf>

Gorey Family
Resource
Centre

MEN'S HEALTH WEEK

McDermott Street
Y25 KT98

**Friday 14th June
10am - 12:30pm**

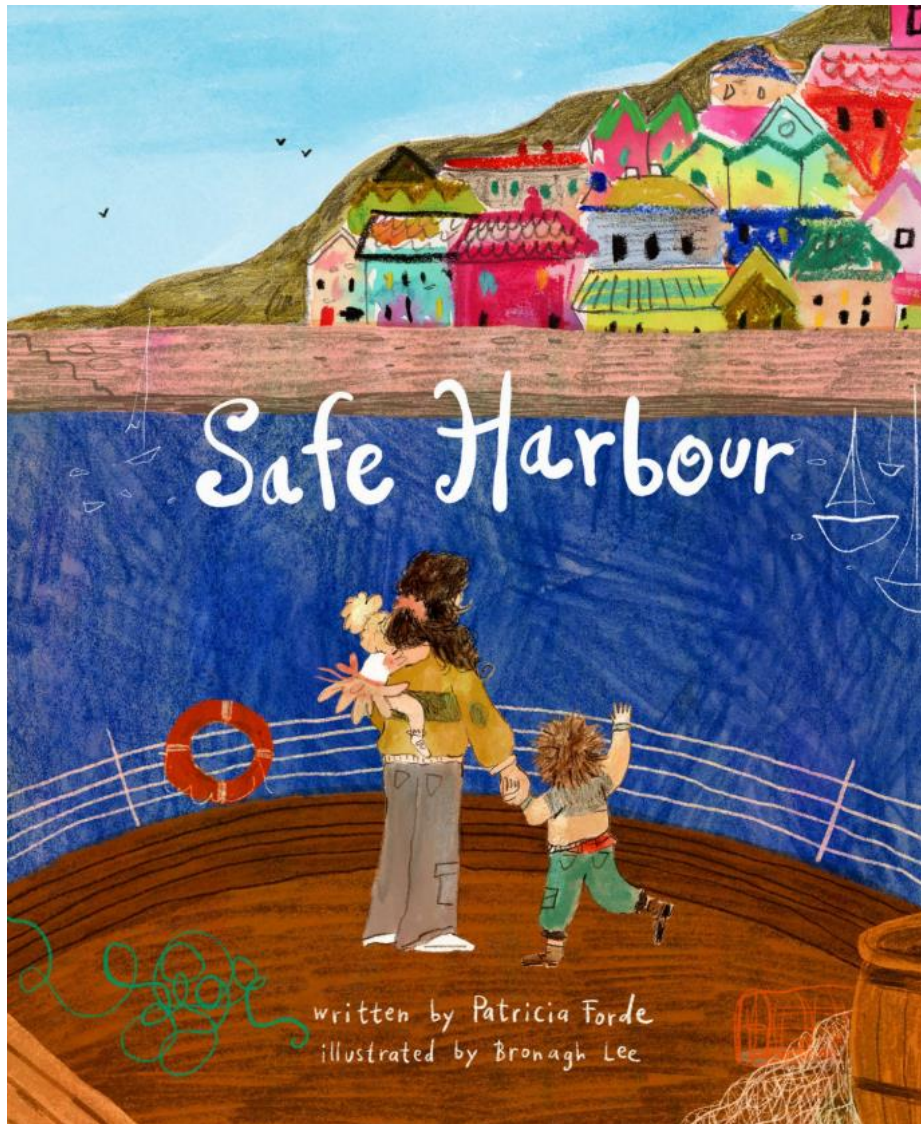
Talk on Men's health, blood pressure checks and cardiovascular checks, signs to look out for.

Or call in for a cup of tea and a chat

Contact us:
☎ 053 948 9017

RESOURCES

► **Safe Harbour - a new illustrated story book for children who have been bereaved by suicide is launched**



A beautiful, new, free illustrated story book 'Safe Harbour' that will support children who have been bereaved by suicide, has been launched this morning.

Written by Patricia Forde and illustrated by visual artist Bronagh Lee, this new HSE resource will empower parents or carers to have difficult conversations safely with their child around this sensitive topic.

The content in SafeHarbour has been developed by bereavement experts, professionals and people with lived experience.

It is accompanied by 'Safe Harbour: A Helpful Guide for Parents and Carers', which outlines how parents or carers can practically use the book. The guide is also helpful for any professionals who would like to integrate Safe Harbour into their work to support a child who has been bereaved by suicide.

Safe Harbour is dedicated to bereaved children and families in Ireland.

Visit [here](#) for

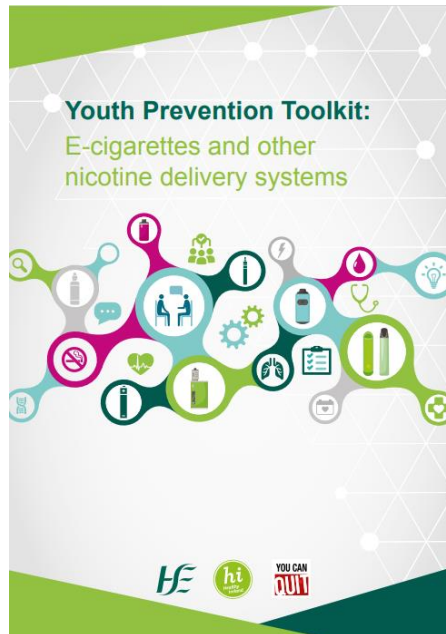
- More information on Safe Harbour
- Downloads of Safe Harbour and Safe Harbour: A Helpful Guide for Parents and Carers
- Accompanying audio resources
- Information on bereavement supports

Safe Harbour, and the accompanying guide, are also available in print. To request printed copies, email safeharbour@nosp.ie.

Produced by HSE Dublin and the Midlands, HSE National Office for Suicide Prevention and Irish Childhood Bereavement Network within Irish Hospice Foundation. With support from HUGG (Healing Untold Grief Groups) Ireland, Pieta and Barnardos Ireland.

[Visit the Safe Harbour website](#)

► Youth Prevention Toolkit : eCigarettes and other nicotine delivery systems



The new [e-cigarette toolkit for Youth Workers](https://www.hse.ie/eng/about/who/tobaccocontrol/resources/youth-prevention-toolkit-e-cigarettes.pdf) is now complete and available to download from the TFI resources page:

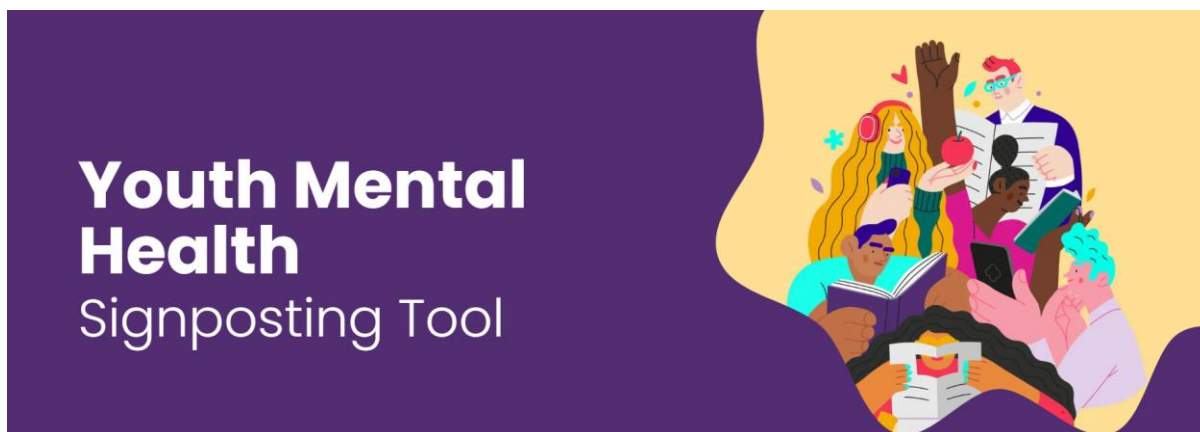
Direct link to the resource:

<https://www.hse.ie/eng/about/who/tobaccocontrol/resources/youth-prevention-toolkit-e-cigarettes.pdf>

The resource was developed for Youth Workers to support them to talk to young people about vaping and the harms associated with this behaviour.

This resource was developed in partnership with a number of youth organisations (see acknowledgements page) and supported by HP&I team members from CHOs 8 and 9 and the HSE Education and Training Programme.

► Youth Mental Health Signposting Tool – National Youth Council of Ireland



The youth mental health signposting tool aims to provide young people, parents, caregivers, and those working with young people, with reliable up to date information on where to access supports and services at both a local and national level for a variety of mental health issues.

To use it, simply select the issue affecting your mental health or the mental health of the young person you are supporting and the area in which you live.

You can narrow your search by choosing a region, a service offered, or both.

Please see the [Youth Mental Health Signposting Tool](#).

Access the [National Youth Council of Ireland](#) website



► Summer Stars

Summer Stars is the free national reading programme for children that takes place in all public libraries and online each summer. This year it **starts in all Wexford Libraries on Monday June 17th**. More information can be found at Summer Stars | Libraries Ireland



Download the [Summer Stars](#) Poster here

FUNDING / OPPORTUNITIES

► “Wexford Girls Get Active” Initiative invites Expressions of Interest



Background

According to Sport Ireland’s “Girls Get Active” research (2021), evidence suggests that only 7% of girls 14-15 years and 5% of girls 16-20 years are meeting the recommended physical activity guidelines. (*Moderate to Vigorous Physical activity for at least 60 minutes a day*). This research has established that the term “Sporty” or “sporty person” is strongly linked with disengagement of physical activity/sports within the teenage girl population. In Ireland, Sport Ireland recognise the need for additional support and have established the “Her Moves” campaign, designed to inspire, and support more teenage girls to be active.

Initiative Description

With this fantastic momentum growing, Wexford Children and Young People’s Services Committee (CYPSC) is delighted to announce the **Wexford Girls Get Active** Initiative. This is funded through Healthy Ireland and is being delivered in partnership with Sports Active Wexford and Gorey Youth Needs Group. This will provide teenage girls in Wexford with an opportunity to get active in a fun, social and non-judgemental environment.

This initiative will include an eight-week physical activity programme where a qualified instructor/coach will provide one session a week for eight weeks on one activity. A theme incorporating a selection of similar activities will be offered to interested organisations. Each organisation will be given an opportunity to name their preferred activities. We will endeavour to match each group to its preferred activity. However, this may not be possible in all instances. This will depend on location and the resources of the applicant.

Empowering teenage girls and giving them a voice will be of the utmost importance throughout this initiative. The girls should select the preferred theme and choice of activities themselves. This will ensure that they engage with the initiative when it is rolled out and creates the opportunity for sustainability upon its completion. Please view the eligibility criteria to observe if you are eligible to apply.

Expression of Interest forms must be returned to Nicola.collins@wexfordcoco.ie by **Friday 28th of June** by **5pm**. Late submissions will not be accepted.

► **Expression of Interest Form, click [here](#)**

► **Costings Form, click [here](#)**