



Wexford CYPSC Newsletter

May 17th 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

→ Suicide or Survive: Free Half-Day Wellness Workshop - Wexford



SOS is delighted to bring a half-day Wellness Workshop to **Clayton Whites Hotel** (Abbey Street, Townparks, Wexford), on **Friday 28th June 2024**.

Attending a Wellness Workshop is a great opportunity for you to take time out and learn a wide range of simple practical and effective tools and tips that can be used in your everyday life to improve your own wellness. These workshops aim to help you understand and take charge of your own mental health. The workshop is for anyone over the age of 18.

Our workshops are informal and relaxed. They are facilitated by people with both lived life experience of mental health difficulties, and people with experience of working in various mental health arenas. The workshop runs from **9 am to 12.30 pm**. Included with the ticket is a comprehensive Wellness Workbook, to support you in maintaining your daily wellness. Tea and coffee will also be made available.


To book your **free** place please click [here](#) or contact the SOS team at **(01) 272 2158** or info@suicideorsurvive.ie and we would be happy to register you.

This workshop is fully funded thanks to the National Office for Suicide Prevention and our amazing donors and fundraisers. If you want to learn more about our programmes and how to support us, please visit our [website](#).

To access the Wellness Workshop Poster, click [here](#).

→ Adult Reading Clubs

Wexford Library Services have scheduled an Adult Reading Club in Gorey and Wexford Town libraries for 8 weeks over June and July.

Adult Reading Clubs	
Gorey 8 meetings Tuesdays at 7pm 4 June to 23 July 2024	Wexford Town 8 meetings Thursdays at 11am 6 June to 25 July 2024
	

Please note:

- ✓ The Adult Reading Club is for emerging adult readers wanting to develop their reading skills and a reading routine.
- ✓ Reading Material: Easy read short stories.
- ✓ Spaces are limited.
- ✓ Registration with Gorey or Wexford Town library service is essential – see posters attached.



www.wwetb.ie

www.adultliteracyforlife.ie

Gorey Reading Club

Find the Joy of Reading



Gorey Library

**Tuesday Evenings at
7:00pm**

**8 meetings from
4th June to 23rd July**

**For adults beginning their
reading journey through
English**

"I couldn't read books
to my own children,
but now I can read
them to my
grandchildren."
Bridie, Westmeath

"Within 9 months I
was reading books. I
discovered a bit of an
imagination and a
flair for writing."
Maurice, Waterford

To book or enquire call
053 9483820 or
email goreylibrary@wexfordcoco.ie



Wexford Reading Club

Find the Joy of Reading



Wexford Library

**Thursday Mornings
at 11:00am**

**8 meetings from
6th June to 25th July**

**For adults beginning their
reading journey through
English**

"I couldn't read
books to my own
children, but now I
can read them to my
grandchildren."
Bridie, Westmeath

"Within 9 months I
was reading books. I
discovered a bit of an
imagination and a
flair for writing."
Maurice, Waterford

To book or enquire call
053 9196760 or
email wexfordlibrary@wexfordcoco.ie



► HUGG : Suicide Bereavement Event Kilkenny

Please see below information on an upcoming suicide bereavement event in Kilkenny. HUGG (Healing Untold Grief Groups) is one of our NGO partners, the support groups specialise in suicide grief and are run by trained facilitators who have experienced the loss of a loved one to suicide. Please share with your colleagues and networks.



**FREE information event on suicide grief
and supports available**

**Saturday, 15th June 1-3pm
Avalon House Hotel, Co. Kilkenny**

**Join us for compassionate conversations
All welcome, no need to register**

**What to expect:
Guest Speaker, Bryan Nolan, Grief and Loss Specialist
Personal stories of suicide loss and hope
Local support services will be available**



Learn more www.HUGG.ie

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



WEBINARS FOR PARENTS

→ National Parents Council – Webinars for Parents

The graphic features the NPC logo (Supporting Parents, Supporting Children) and the text: NATIONAL PARENTS COUNCIL, LET'S TALK: EXAM STRESS WITH DR. COLMAN NOCTOR, FREE WEBINAR FOR PARENTS OF CHILDREN IN SECONDARY SCHOOL, 7: 30 PM, 26th of April, 2023. A photo of Dr. Colman Noctor is shown with a text box asking: 'Are you a parent of a child who is preparing for their junior certificate or leaving certificate this year?' and the website www.npc.ie.

“Lets Talk : Exam Stress” with Dr. Colm Noctor. Click [here](#) to access

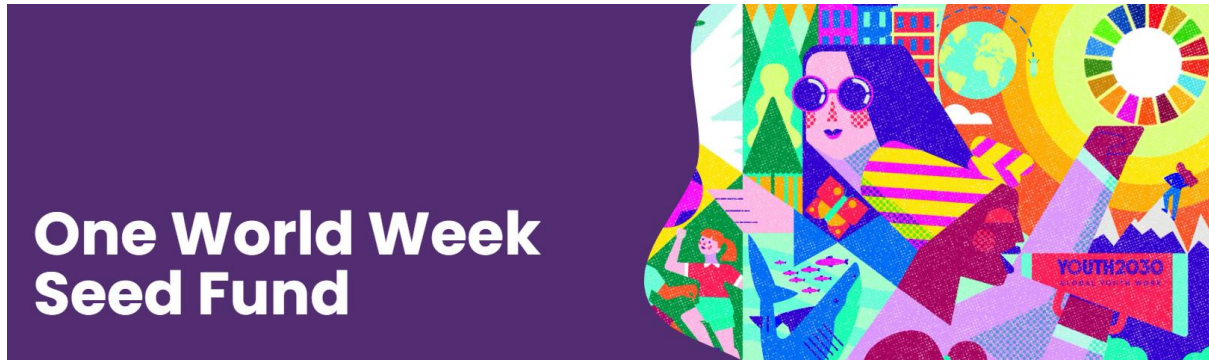
The following webinars are available to view on the NPC website. Click [here](#) to go to the landing page and select the webinar from the following list.

- **“Lets Talk about Connecting with your child”**
- **“Let’s Talk about helping Anxious Children” Dr. Colm Noctor Webinar # 1.**
- **“Let’s Talk about helping Anxious Children” Dr. Colm Noctor Webinar # 2.**
- **“Let’s Talk about your Childs Online Life” Dr. Colm Noctor Webinar # 3.**
- **“Let's talk about building your child`s social savvy” Dr. Colman Noctor Webinar # 4.**
- **“Let's talk about supporting your child's additional needs when starting Primary School”**
- **“Webinar for parents on Community National Schools”**

Call the NPC Helpline
01 887 4477
Virginia media logo

FUNDING

→ One World Week Seed Fund



The OWW Seed Fund is an exciting opportunity for youth organisations to explore an aspect of the Sustainable Development Goals (SDGs), and to connect your work locally with issues, events and happenings globally’.

Project implementation should take place between 12th August – 20th October 2024. Successful applicants will receive a grant of **up to €400** and free **training** with the Youth 2030 expert team to help you deliver a **young person-centred project on issues relating to our global world**. This funding is to support projects in the non-formal youth work education sector. Bring your ideas to life!

Deadline to apply: June 21st 2024

All projects are to be **completed between August and October 2024**
All queries can be submitted to niamh@nyci.ie

For more details on the fund and how to apply, click [here](#).

→ Irish Youth Foundation: Coca-Cola Thank You Fund 2024



Fund Objective

A fund of €200,000 / £171,000 (sterling figure based on conversion rates at the time) will be available to support community-based projects and programmes across Ireland and Northern Ireland that are focused on cultivating inclusive communities by empowering young people aged 16-25 to become skilled and engaged citizens under the pillars of learning and sustainable development.

The two categories are explained in detail below:

1. Empowering Learning

Help us understand how your work is empowering young people who may otherwise be at risk of early school leaving or low education attainment, through inclusive practices. Show us how you are engaging these young people to access supportive interventions that will empower and equip them to become active members of their communities by successfully transitioning into skills-based opportunities, engaging in mentorship opportunities or further learning and employment opportunities.

Specific emphasis will be placed on supporting one of the following three areas:

- **Education support** – e.g. projects working with young people, from communities experiencing levels of disadvantage, to access additional education opportunities such as grinds, internships, mentoring and soft skills such as interview preparation, CV development and management of your online profile.*
- **Upskilling opportunities** – e.g. programmes offering targeted skills training for young people.*
- **Personal development opportunities** – e.g. programmes designed to build resilience and help participants develop positive coping strategies to overcome challenges in their lives.*

2. Empowering Sustainable Development

Help us understand how your work is creating inclusive communities through projects designed to empower young people to address the theme of sustainability in their lives. We are looking to support projects and programmes that are focused on education, action and / or awareness building, with specific emphasis on the following three areas:

- **Climate Action** e.g. Projects equipping individuals, SMEs or communities with knowledge and skills to develop solutions to the environmental and climate crises. This can encompass nature restoration and water stewardship.
- **Supporting the journey towards a Circular Economy** e.g projects focused on designs or concepts that move away from take-make-waste models. These can be focused on eliminating pollution or waste, recycling or reuse of products or materials, or regenerating nature. This can include education and awareness initiatives around the new Deposit Return Scheme.
- **Food insecurity** e.g. projects in the community that are designed to support reduction of food waste, combating the issue of food insecurity and hunger and education around such initiatives.

**Applications are not limited to the examples listed above. These are included to offer an idea of the types of projects we aim to support through this year's Coca-Cola Thank You Fund.*

The fund will support not-for-profit or charitable organisations working with young people across the Republic of Ireland and Northern Ireland aged between 16-25 years.

Who is eligible to apply for funding?

To be eligible the applying organisation must;

1. Work with young people aged between 16-25 years old.
2. Be a registered not-for-profit or charitable organisation.
3. Have a bank account set up in the name of the organisation.
4. Be registered in the Republic of Ireland or Northern Ireland and active for the past 12 months.
5. Have a child protection / safeguarding policy in place.

What funding opportunities are available?


Awards of between €8,000 - €15,000 / £7,000 - £13,000 (sterling figure based on conversion rates at the time) will be available.

Organisations applying for funding will be asked to submit a **detailed budget breakdown** of expenditure for the total funds being requested. The final allocation of awards will be determined after all applications have been reviewed.

Further Information : For more information on this fund please visit the Irish Youth Foundation website <https://iyf.ie/coca-cola-thank-you-fund-2024/> or contact Sarah Edmonds on sarah@iyf.ie

CAMPAIGNS

→ National Carers Week



Calling all Professionals

As a professional working with families or young people, you might meet young carers in your service. This session will give information on young carer's challenges, importance of identification and what supports are available.

Date: Monday 10th June
Time: 10am-11.30am
Location: Online via Zoom

Please register through Eventbrite

National Carers Week
10th-16th June
www.familycarers.ie/events

Young Carers
Family Carers Ireland
No one should have to care alone

For National Carers Week, Family Carers Ireland have a range of events on offer. As part of this, we are holding an online information session on our **young carer supports** for professionals. Join us on Zoom Monday June 10th at 10am to learn more about young carers and how we can support them.

Please register on Eventbrite link [here](#) for this session.

Feel free to share this event with your team and network. Hope to see you all there.

For more information on Family Carers Ireland see: <https://www.familycarers.ie/>.

Kind regards,

Niamh Finucane

Support Manager- Young Carers

Family Carers Ireland

086 1077085

→ Hello How Are You? Campaign



What is the 'Hello, How Are You' Campaign?

Hello, How Are You? is a campaign about connection and engaging in open conversations about mental health. The campaign asks individuals, communities, workplaces, friends & family to say Hello and ask the question 'How Are You?' in a meaningful way. Asking this small question and having one conversation can make a real difference in someone's life. Creating, maintaining and staying connected with others helps tackle loneliness, creates a sense of belonging and purpose and builds relationships.

You don't need to be an expert to have a meaningful conversation. By using the HELLO Steps you can feel supported in asking the question. Let's make saying Hello and asking How Are You? an everyday question that keeps us connected.

Mental Health Ireland anticipates this campaign:

- Improving awareness & understanding of mental health
- Normalising and increasing confidence in starting conversations about mental health
- Reducing loneliness and enhancing connections for people
- Expanding signposting to services
- Creating a greater sense of community
- Leading to earlier help-seeking / help-finding

For Further Information, click [here](#)