



Wexford CYPSC Newsletter

May 24th 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

► “Building Children’s Futures” Invitation to participate in Training in Children’s Rights Impact Assessments

Training in Children’s Rights Impact Assessments is being offered as a key part of a European funded project called *Building Children’s Futures: Using Children’s Rights to Recover from the Global Pandemic*. Tusla and Children and Young People’s Services Committees (CYPSC) are partners to this Children’s Rights Alliance-led project. Other project partners are DCEDIY, Eurochild, UNESCO Child and Family Research Centre University of Galway, and Foróige. You can find out about the overall project [here](#).

A central part of the *Building Children’s Futures* project is to train key professionals and practitioners in how to use Children’s Rights Impact Assessments (CRIAs) in their work. The half day training will provide participants with:

- An in-depth knowledge of Children’s Rights Impact Assessments (CRIAs)
- Practical step by step guidance on how CRIAs can be used in everyday work.
- Best practice examples of how CRIAs can be used.

Children’s Rights Impact Assessment Training Workshops are now available across Tusla regions and CYPSC areas and registrations are now being accepted. The training is open to Tusla staff and the wider network of CYPSC member organisations and Project partners’ networks and **is suitable for professionals, practitioners, managers, and leaders in organisations that have an impact on the lives of children and young people.**

The training schedule is copied below for reference and the training venue will be notified to registrants.

Building Children’s Futures Children’s Rights Impact Assessment Training Workshops					
Date	Time	Venue	Date	Time	Venue
11/06/2024	9.45am – 2pm	Cork City	25/06/2024	9.45am – 2pm	Kilkenny City
19/06/2024	9.45am – 2pm	Limerick City	26/06/2024	9.45am – 2pm	Naas
21/06/2024	9.45am – 2pm	Dundalk	27/06/2024	9.45am – 2pm	Sligo City

Click [here](#) for full information and details of how to register. Registration is encouraged from a range of member organisations. **Places are limited and on a first-come first-served basis.**



► 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.

Booking : 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](#).

NATIONAL EVALUATION OF CYPSC

► National Evaluation of CYPSC – Invitation to Participate in Online Survey



Note : The email below has already been circulated to CYPSC Committee and Sub Group members. If you are not involved in any of those groups but have collaborated with CYPSC initiatives and would like to participate in the valuation, please see details below.

Dear CYPSC Members and Collaborating Organisations,

My name is Karl McGrath and I am a researcher in the Centre for Effective Services (CES). CES is undertaking an evaluation of Children and Young People's Services (CYPSC) on behalf of the Department of Children, Equality, Disability, Youth and Information (DCEDIY).

As part of the evaluation, we are conducting a survey. The survey is intended for all members of the CYPSC main committees and sub-committees, **as well as organisations who are not members of a CYPSC but who may collaborate with a CYPSC on certain projects.**

This survey is ***not*** for Coordinators, Chairs and Vice-Chairs.

The survey aims to gather feedback on various aspects of the CYPSC initiative. Your responses will enable the evaluation team to make informed recommendations that support positive change where it is needed most. Your participation is vital in ensuring that we capture the full diversity of perspectives and experiences.

To access the survey for CYPSC members and collaborating organisations click on the following link: <https://forms.office.com/e/tjc7n0i0SW>

The survey will take around 10-15 minutes for CYPSC members to complete and 5 minutes for collaborating organisations to complete. Please choose a suitable time to complete the survey in one sitting. If you exit the survey before completing it, your responses will not be saved.

All survey responses will be kept confidential, and data will be analysed in aggregate to protect people's privacy. **The deadline for completing the survey is Friday 14th June**, so we encourage you to participate at your earliest convenience.

Thank you in advance for your time, we sincerely appreciate your support and collaboration. If you have any questions or require further information, please do not hesitate to contact us.

Kind regards,

Karl McGrath

Researcher, Centre for Effective Services kmcgrath@effectiveservices.org

PARENTING

► Parenting initiatives taking place in June + Global Day of Parents (Saturday 1 June)



It looks like summer is finally here and parents will no doubt be thinking about summer camps and events to keep their children active and entertained as the school year draws to a close. With this in mind, we welcome details of any parenting initiatives which will be taking place from 1 June 2024.

1 June also marks the annual Global Day of Parents. The United Nations has designated this date as the day on which the essential role and work of parents/guardians is recognised and honoured throughout the world. DCEDIY wish to play our part in promotion of the day and details of any specific events for Global Day of Parents, along with other parenting initiatives taking place at any point in June can be submitted via the short survey available [here](#).

Please feel free to circulate this email to any service within your network that may have an upcoming parenting event which they wish to promote.

It would be appreciated if details of any upcoming events could be provided by COB this Friday 24 May to allow sufficient time for the DCEDIY Media team to develop content for sharing across DCEDIY social channels.

You can check across DCEDIY social channels for your event and please feel free to like and share our social posts.

Any queries can be directed by email to: parentingsupport@equality.gov.ie

We wish to sincerely thank you for your continued support on this initiative.

Kind regards

The Parenting Support Policy Unit

FUNDING

► Rethink Ireland: Sports and Wellness Fund 2024

The Sports and Wellness Fund aims to support social innovations that use **sports and physical activity programmes** to have a demonstrable impact on **improving mental health outcomes** and **social inclusion** for people and communities in Ireland.

This two-year Fund will offer a package of cash grants and non-financial supports to up to 5 awardees to help them scale and maximise their impact in promoting healthier lives, increased levels of mental health and wellbeing and improved social cohesion.

Key Objectives of the Fund:

- **Positive Mental Wellbeing:** The primary goal of the fund is to support sports programmes that have a demonstrable impact on improving mental health outcomes. This includes reducing stress, anxiety, and depression while promoting overall psychological resilience.
- **Enhancing Social Inclusion:** The fund would facilitate the development and implementation of sports programmes that actively promote social inclusion. This involves reaching marginalised populations, promoting diversity, and ensuring accessibility for individuals with varying abilities.

Sports and Wellness Core Criteria

- Have been operating for at least 1 year and provide evidence that it is up and running, or has been tested at least in a minimal way – we would encourage organisations from an early Lifecycle stage to apply.
- Be able to secure philanthropic funding commitments totalling at least €100,000 (€50,000 per annum)

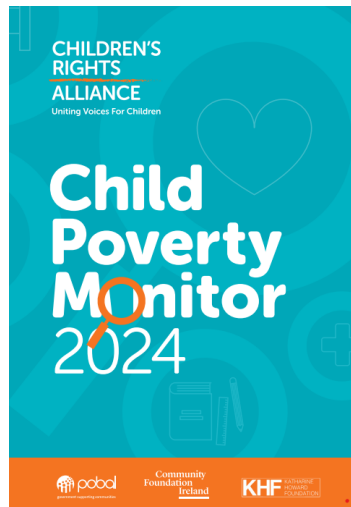
What do successful applicants get?

- A minimum 50% uplift on funding secured*
- A place on Rethink Ireland's Accelerator Programme
- A tailored non-financial supports package to support them in improving their financial sustainability, including supports in the areas of financial/business modelling, market assessments and growth strategies
- Access to Rethink Ireland's networks

Applications : You can apply to the Sports and Wellness Fund via this [LINK](#) from April 12th to July 12th at 1 pm.

PUBLICATIONS

► Children's Rights Alliance's Child Poverty Monitor 2024



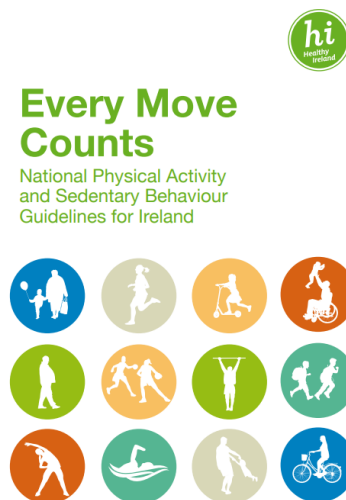
This is the third edition of the Children's Rights Alliance's Child Poverty Monitor. The Monitor tracks government progress on reducing the number of children experiencing poverty, showcases best practice solutions and spotlights key areas of concern including: food poverty, income inadequacy, family support/child protection and welfare and educational disadvantage.

The European Commission's recommendation Investing in Children, provides a roadmap of how to address child poverty using a three-pillar approach which focuses on adequate resources and affordable quality services and the right to participate. This Recommendation is the lens through which the Child Poverty Monitor is developed.

To access the Child Poverty Monitor Report 2024, click [here](#).

**CHILDREN'S
RIGHTS
ALLIANCE**

► “Every Move Counts” : National Physical Activity and Sedentary Behaviour Guidelines for Ireland



Click [here](#) to access the Guidelines

The benefits of regular physical activity, at moderate to vigorous levels, for our overall health are immense. It improves our heart health, reduces risk of developing cancer and chronic diseases such as type-2 diabetes and well as improving our mood and sleep.

We also know that, even for people who are regularly active, spending a lot of time in sedentary activity, can undermine many of these benefits. For example, in adults, higher amounts of sedentary activity are associated with cardiovascular disease, cancer and type-2 diabetes.

Sedentary activity would include most desk-based office work, driving a car, and watching television or other screen time activities. Replacing this sedentary time, where possible, with activity of any intensity – essentially moving more everyday – is strongly advised to protect health.

We now have new [National Physical Activity and Sedentary Guidelines for Ireland](#) which can help people to make choices to increasing their physical activity levels. The more time spent being physically active, the greater the health benefits – even relatively small increases in moderate level physical activity, up to 5 hours a week, can contribute to improved health.

New recommendations for each age group include:

Infants aged less than a year should:

- be physically active several times a day in a variety of ways, particularly through interactive floor-based play
- not be secured for more than 1 hour at a time (e.g., prams/strollers, high chairs, or strapped on a caregiver’s back)

Children aged 1-2 years should:

- spend at least 3 hours in a variety of physical activities at any intensity, spread throughout the day
- not be secured for more than 1 hour at a time (for example: prams/strollers, high chairs, or strapped on a caregiver's back) or sit for extended periods of time

Children aged 3 - 4 years should:

- spend at least 3 hours in a variety of physical activities at any intensity, of which at least 1 hour is moderate-to vigorous-intensity physical activity, spread throughout the day
- not be secured for more than 1 hour at a time (e.g., prams/strollers) or sit for extended periods of time

Children and adolescents aged 5-17 years, including those living a disability should:

- at least an average of 1 hour per day of moderate-to vigorous-intensity, mostly aerobic, physical activity, across the week
- additional activities that strengthen muscle and bones, should be incorporated at least 3 days a week
- for some people with certain disabilities (for example: cerebral palsy, muscular dystrophy) a reduced level of physical activity may be adequate to attain significant health benefits, considering their higher energy cost of physical activity

Adults aged 18-64 years, aged 65+ including those living with a disability:

- at least 2 hours and 30 minutes to 5 hours of moderate-intensity aerobic physical activity; or at least 1 hour and 15 minutes to 2 hours and 30 minutes of vigorous-intensity aerobic physical activity throughout the week
- additional muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups are recommended on 2 or more days a week
- as part of their weekly physical activity, older adults (aged 65+) and older adults living with a disability should do varied multicomponent physical activity that emphasises functional balance and strength training on 3 or more days a week, to enhance strength and capacity and to prevent falls

Limiting sedentary activity is also a key recommendation across all age groups. The Guidelines recommend limiting sedentary time and time spent sitting and replacing with any type of movement or physical activity. Screen time is a very common type of sedentary activity, particularly screen time for young children and adolescents. Screen time includes time spent watching screen-based entertainment (TV, computer, mobile devices).

EVENTS

► Fleadh Cheoil Volunteers Sought



Fleadh Cheoil

Calling on all volunteers who enjoy the “**craic agus ceol**”, why not register to help out at the upcoming Fleadh Cheoil na hÉireann 2024 which will be held from **4th – 11th August** in Wexford town.



You can choose from various roles, which can be found on the website www.fleadhcheoil.ie/volunteer Any queries please email volunteers@fleadhcheoil.ie or phone 053-919 6000

▶ Traveller Pride Week

Hidden Voices within the Traveller Community - a celebration of those less heard

Traveller Pride Week celebrates and promotes the Traveller community's unique contribution to Irish society while combating the discrimination and prejudice Travellers face.

Traveller Pride Week 2024 kicks off on **May 20th and runs until the May 31st**. There is a huge range of activities happening around the country from family fun days, Traveller living history, arts, music and more.

You can find the programme of events [here](#).