



Wexford CYPSC Newsletter

May 3rd 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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Wexford Children & Young People's Plan

► Consultation with Parents for Wexford Children & Young People's Plan



As part of the consultation process to develop the new Wexford Children & Young People's Plan, we are consulting with **parents** in the county. An online survey has been developed to facilitate this. Wexford Parents Hub will be sharing the link on their social media.

Closing Date for receipt of responses is **Friday May 17th**.

The link to the survey is here :

<https://www.surveymonkey.com/r/JFYVQYK>

Please share the link on your social media as appropriate and encourage any parents in your service to complete the short survey.

→ Consultation with Children & Young People for new Wexford Children & Young People's Plan



As part of the consultation process to develop the new Wexford Children & Young People's Plan, we are consulting with **children and young people** in the county. An online survey has been developed to facilitate this. Thank you to the members of Comhairle na nÓg who assisted with the development of the survey.

The link to the survey is here : <https://www.surveymonkey.com/r/3C76JKZ>

Please share the link on your social media as appropriate and encourage any children and young people in your service to complete the short survey.

WEBINARS & TRAINING

→ MA in Childhood and Adolescent Studies

We are a third level college based in Limerick and Griffith College Dublin, offering a wide range of educational programmes, utilizing blended/online learning technologies. We offer a wide range of programme in the area of Counselling, Psychotherapy, Addiction, Psychology, Leadership and Management but more specifically and why I am contacting you is to provide information on a bursary on our MA in Childhood and Adolescent Studies, MA in Childhood Studies and MA in Adolescent studies.

Following on from the success of last year bursary the college is offering a bursary again this year reducing the cost of our MA programmes in Childhood and Adolescent studies by €3000 as part of the college's commitment to affordable access to education.

The programmes available on this bursary are listed below, further information around modules covered can be found on the attached document.

- MA in Childhood and Adolescent Studies - <https://ichas.ie/course/m-a-in-childhood-adolescent-studies/>
- MA in Childhood Studies - <https://ichas.ie/course/m-a-in-childhood-studies/>
- MA in Adolescent Studies - <https://ichas.ie/course/m-a-in-adolescent-studies/>

We offer the programme on a Full Time(evening) 1 year and Part time(evening) over two years and can be attended via online classes.

Click [here](#) for a summary of the programmes and modules on these programmes, I have also attached details of the Bursary [here](#).

I would really appreciate if you could share this information with your staff/ Colleagues.

Applications can be made via <https://myichas.ie/newApplication/apply>

If you have any questions or require any further information on the above mentioned programmes or any of our other programmes, please do not hesitate to contact me.

Kind Regards,

Tony O'Brien

Quality Assurance and Enhancement Officer

Irish College of Humanities and Applied Sciences

Walton House, Lonsdale Road,

National Technology Park,

Castletroy, Limerick

Tel: 061 216288

Website: www.ichas.ie

→ “Let's Talk About Suicide” Online Suicide Prevention Programme



‘Let’s Talk About Suicide’ - a new online suicide prevention training programme from the HSE NOSP – has been developed to provide people with the knowledge and confidence to have a conversation if they are concerned that someone may be thinking about suicide. It aims to provide people who access it with a sense of hope and reassurance that suicide prevention is possible

This introductory programme uses a mix of guided online content, video and interactive questions. Participants can pause and recommence the programme at their own convenience. On average, the programme will take 60 minutes to complete, but participants can work at their own pace.

The programme supports people to:

- Recognise the signs that someone may be thinking about suicide.
- Confidently engage with a person and speak openly about suicide.
- Let the person know what organisations, people can help.
- Practice self-care after having a conversation with a person having thoughts of suicide.

<https://traininghub.nosp.ie/>

Tracy Nugent (she/her)

Bainisteoir Seirbhíse **Service Manager**

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

→ **BelongTo – Webinar for Parents and Carers of LGBTQ+ Young People**



For some parents and family members, it can be a challenging time when their child comes out as LGBTQ+. It is normal to feel confused, upset or that you don't know enough.

At Belong To, we are here to help. [Our new Family Support Service offers one-to-one support for the families of LGBTQ+ young people across Ireland.](#) We can meet you in-person or online and share information and resources. Our Family Support Worker will also answer online queries. This is a free and confidential service.

As part of this new service, we are hosting a Webinar for the Parents and Carers of LGBTQ+ young people.

This free, one-hour workshop will take place online on **Tuesday, May 7th at 7pm**. In this workshop, we will cover the following topics: Supporting Your Child, Supporting Yourself, and Terminology And Language.

To register for this free online event, email family@belongto.org

It can be difficult for some parents when they learn that their child is LGBTQ+ - from not anticipating this news and grieving the life they had imagined for a child, to feeling uncertain about how to best support your child in their school or community.

We also know from our work and research that there are better mental health and life outcomes for LGBTQ+ youth when they have the support of their parents. But you may need to support yourself first.

Whether someone in your family has come out as LGBTQ+, or you think your child may be LGBTQ+, we are here for you.

[Visit our website to make contact with our Family Support Worker, and share information about the upcoming webinar with anyone in your network who may need support.](#)

In Pride,

Moninne (she/her) CEO, Belong To

→ Maternal Mental Health Resources available from HSE



World Maternal Mental Health Day is **May 1st 2024**. This is a global campaign dedicated to talking about mental health problems during and up to one year after pregnancy. It is about raising public and professional awareness of maternal mental health difficulties. You can support this campaign by advocating for women who may be affected, by changing attitudes, and by empowering women and families to access the information, care, and support they need to keep well.

You can signpost family, friends and colleagues to the Post Birth Wellbeing Booklet developed in South East Community Healthcare by HSE Perinatal Mental Health and Primary Care Services in partnership with the HSE Regional Suicide Resource Office (visit www.connectingforlifesoutheast.ie or use the QR Code below). The booklet is designed to help expectant and new mums prepare for the post-birth period, looking at self-care, wellbeing, and mental health difficulties. It includes a comprehensive directory of useful services and supports available throughout the South East region. This initiative was funded under *Connecting for Life, Ireland's National Strategy to Reduce Suicide*.

You can also download or order a number of HSE published resources (listed below) from www.healthpromotion.ie.

- Mental Health in Pregnancy
- Planning a Pregnancy, Information for Women with Mental Health Problems
- What are Perinatal Mental Health Services
- Perinatal OCD

- Post Natal Depression
- Post-Partum Psychosis

Aware will host a Perinatal Mental Health Webinar on Wednesday, May 8th from 12 pm to 1pm that will explore the complexities of emotional wellbeing during pregnancy and the postpartum period and look at the impact of perinatal mental health challenges on both mothers and their families. There will also be a discussion on how to navigate the perinatal period for those who are already living with a mental illness. You can register for the webinar

[HERE](#).

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



RESEARCH & REPORTS

→ Young People Required for Research Study “Identifying the needs of young people and their families bereaved by suicide”



Researchers at the National Suicide Research Foundation are conducting a study titled: “Identifying the needs of young people and their families bereaved by suicide“. The aim of this study is to explore the needs of young people who have been bereaved by suicide, and to identify barriers and facilitators to accessing appropriate supports and services.

As part of the study, we want to hear from young people who have been bereaved by suicide:

- We are recruiting **adolescents (aged 15-17 years) through their parents/guardians**
- We are recruiting **young adults (aged 18-24 years) directly**

Taking part in this study would involve participating in an individual interview. This will be a discussion between the young person and a researcher where the researcher will ask questions about the support that would be helpful for young people after they experience a death by suicide. The interview may take approximately 1 hour and will be held online.

More information about the study is available in the information sheets (dedicated information sheets;

parents of adolescents - click [here](#),

adolescents themselves- click [here](#) and

young adults – click [here](#)).

Please follow this [link](#) to express your interest. If you have any queries about our study, you can email grace.cully@ucc.ie or eibhlin.walsh@ucc.ie.

Grace Cully

Senior Postdoctoral Researcher, National Suicide Research Foundation

My regular work days are Tuesday to Friday, grace.cully@ucc.ie | Twitter: @grace_cully

Recent Publications: [2024 Journal Articles – National Suicide Research Foundation \(nsrf.ie\)](https://www.nsrff.ie)

→ Report Launch : The Irish Health Behaviour in School Aged Children (HBSC) Study 2022.



The Irish Health Behaviour in School-aged Children (HBSC) Study 2022 is a survey of school children in Ireland and is part of an international collaboration with countries across Europe and North America. In the 2022 survey, a total of 9,071 children aged from 9 to 18 years old from a representative sample of 191 primary and post-primary schools across the country participated. Children filled in a self-completion questionnaire on a wide range of issues including health behaviours, health outcomes and the contexts of health.

The HBSC Study takes place every four years, and this is the seventh time that Ireland has taken part. This report is the first of a series of research outputs to present the findings from the Health Promotion Research Centre, University of Galway.

For more information, see University of Galway website [here](#)

To access the report, click [here](#)



OLLSCOIL NA GAILLIMHÉ
UNIVERSITY OF GALWAY

PARENTING

→ Information Required for DCEDIY Parenting Calendar



An Roinn Leanai, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth

It is that time again where we are seeking details of upcoming events or initiatives that are designed to assist parents/guardians in their parenting role.

Looking ahead to the summer months which hopefully will bring us some warmer weather, parents will no doubt be thinking about summer camps and events to keep their children active and entertained. With this in mind, we welcome details of any parenting initiatives which will be taking place from 1 June 2024.

As with previous months, a selection of these events will be promoted across DCEDIY social media channels to raise awareness among parents of supports available to them in their locality. Details of upcoming events can be provided via a short survey by clicking [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 on Friday 24 May** to allow time for DCEDIY Communications 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

EVENTS

→ Wexford Volunteer Centre – Community and Volunteer Expo

FYI #Wexford

Location Riverside Park Hotel Enniscorthy. Eircode Y21 T2F4.

Time Open to the public from 5pm-9pm

Date Monday, 13 May 2024

Wexford Volunteer Centre
Ionad d'Obair Dheonach Loch Garman

COMMUNITY & VOLUNTEER EXPO

We'll be there!
Come say hi!

MONDAY 13TH MAY 2024

5PM - 9PM

**RIVERSIDE PARK HOTEL
ENNISCORTHY, Y21T2F4**

FREE PUBLIC EVENT

www.volunteerwexford.ie