



Wexford CYPSC Newsletter

October 4th 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](#)



CONTENTS

Parent Support

P.3 : EBSA Workshops for Parents of Gorey Post Primary Students

P.5 : Register Now! Barnardos Plugged In Switched Off Webinar on AI with Children and Young People

Seminars & Training

P.6 : Participation Play and Recreation Seminar

P.7 : Foundation Programme in Sexual Health Promotion

P.8 : Healthy Food Made Easy Tutor Training

Children & Young People

P.10 : Empowering Youth Voices

P.11 : Helium Arts Online Autumn Youth Camp

Mental Health Month

P.12 : October : Mental Health Month

P.13 : Digital Mental Health and Wellbeing Programmes ISPC

Funding

P. 15: DCEDIY Parent Peer Support Fund

PARENT SUPPORTS

► EBSA Workshops for Parents : Gorey Post Primary Students

I am delighted to inform you that 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 first workshops will be delivered in **Gorey for the parents of post primary students** and will be facilitated by Amy Goodison Gorey School Completion Programme and Ger O'Connor Wexford Parents Hub- Barnardos.

These workshops are free to attend but places need to be booked by parents via this link

<https://forms.office.com/e/VSFhe3b22S>

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

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

If you have any further questions please do not hesitate to contact me

Kind regards

Amy Goodison

Coordinator | Gorey School Completion Programme



SCHOOL COMPLETION PROGRAMME

m. 087-4100792 | e. amy.goodison@scp.ie

a. Gorey Community School

EBSA PARENTS WORKSHOP

Are you a parent of a
Secondary 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

THURSDAY

14

NOVEMBER

9.30am-12pm

or

6.00pm-8.30pm

Amber Springs Hotel
Gorey



► Register Now! Barnardos Plugged In Switched Off Webinar on AI with Children and Young People



The graphic features a green background. On the left, the Barnardos Online Safety Programme logo is displayed, consisting of a white smartphone icon with a smiley face and signal waves, and the text 'Barnardos Online Safety Programme'. Below the logo, the title 'Plugged In, Switched Off 2024 Exploring AI with Children and Young People' is written in white. Further down, the date and time 'Tuesday 15th October | 10am' are shown, followed by 'Live from The Foundry, Dublin | Webinar'. On the right side, there is a circular photograph of two young boys sitting on the ground, looking at their smartphones. At the bottom right, the text 'Supported by Google.org' is visible.

See link [here](#) to The Barnardos Online Safety Programme webinar, Exploring AI with Children and Young People, which will take place on Tuesday, 15th October from 10.00-11.30am. The webinar will also be recorded to watch it back at a later date.

The Webinar will Explore:

- Children's Voices - Hear directly from young people about their experiences and concerns with AI
- Innovative Uses of AI - Discover exciting ways AI is being used in education and by young people
- Opportunities & Risks - Address key concerns about AI's impact on children's safety online
- Empowering Parents & Professionals - Practical guidance to help children navigate the world of AI

SEMINARS & TRAINING

► Participation, Play & Recreation Seminar



The event has been designed with Local Authority personnel as the key target audience, bringing together people working in a variety of roles such as planners, Comhairle na nÓg coordinators, engineers, heritage offices, arts officers and many more.

We aim to bring a focus on the participation of children and young people in decision-making in the sphere of play and recreation, and have planned an engaging agenda for attendees. The day will feature elements such as:

- A key note speech from Marguerite Hunter-Blair, who recently stepped down as CEO of Play Scotland,
- sharing findings from current research commissioned by the department relating to the public provision of play and recreation,
- inspirational examples of best practice taking place across the country, and
- an introduction to the Participation of Children and Young People in Decision-making by Hub na nÓg.

Registration is now available from this link: <https://www.ticketsource.eu/participation-play-and-recreation-unit>

We look forward to meeting you at the **Aviva Stadium on Wednesday the 30th October**

Best wishes,

Participation Play and Recreation Unit

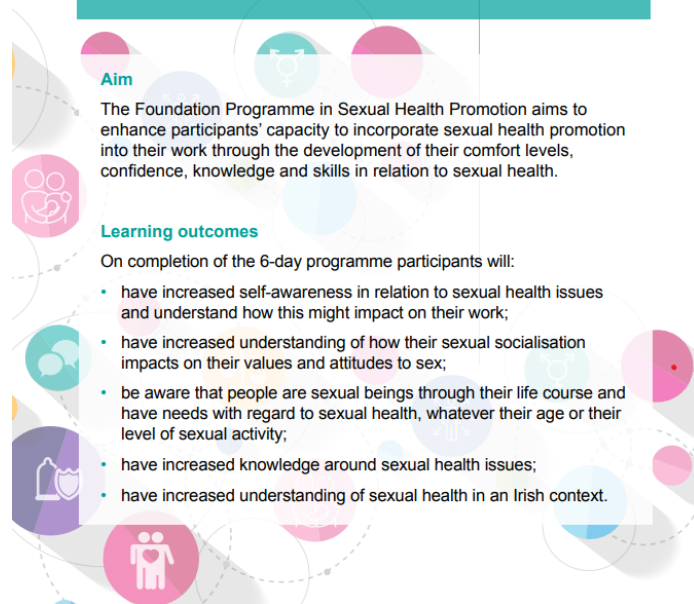
An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality, Disability, Integration and Youth

Bloc 1, Plaza Míseach, 50-58 Sráid Bhagóid Íochtarach, Baile Átha Cliath 2. D02 XW14
Block 1, Miesian Plaza, 50-58 Baggot Street Lower, Dublin 2. D02 XW14, Freepost F5055

► Foundation Programme in Sexual Health Promotion 2025

The Foundation Programme in Sexual Health Promotion

The six-day Foundation Programme in Sexual Health Promotion (FPSHP) is for health, education, youth work and community service providers who wish to develop their confidence, skills and knowledge in the area of sexual health promotion.



The Foundation Programme in Sexual Health Promotion will be taking place in 2025 on the following dates:

6 day Programme

- **29th and 30th January**
- **26th and 27th February**
- **26th and 27th March**

Training Location: HSE Health Promotion Department, Waterford Vaccination Centre, Ashley Drive, Kilcohan, Waterford, X91 EY73

Please find [Application Form](#) and [Information Flyers](#).

A fully completed application form is essential in order to progress to the second stage which is an online interview. Online interviews are held with all shortlisted applicants who have submitted a completed application form.

Online Interview Dates: 11th 12 and 13th of November.

Closing Date for Applications: Tuesday 29th of October.

Application forms to be forwarded to Sarah Fitzpatrick sarah.fitzpatrick9@hse.ie

► Healthy Food Made Easy : Tutor Training

Healthy Food Made Easy Tutor Training

November 6th & 13th

9am – 4.30pm

Enniscorthy, Co. Wexford (Venue TBC)

Health & Wellbeing Division are seeking Tutors to deliver “Healthy Food Made Easy (HFME)” courses in the South East (CHO5)

HFME is a six week nutrition education and cooking programme which provides practical information on healthy eating and improves cooking skills by showing participants ways to provide healthy, nutritious, low cost meals and snacks.

The Tutor Training is 2 days in Enniscorthy which aims to provide an overview of the HFME Programme and includes facilitation skills and practical information on the delivery of the programme. A HFME resource pack will be provided to all participants on completion of the training.

To apply please email:

southeastHFME@hse.ie

**Closing date for applications: 14th October
2024**



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Resources

[HFME Tutor Application Form](#)

[HFME Programme Overview](#)

[HFME A4 Poster](#)

CHILDREN & YOUNG PEOPLE

► Empowering Youth Voices



Date: **Friday 18th October.**

Time: 2:30-4pm

Venue: Zoom

Join PPI Ignite Network @ University of Galway and D1 now in this online seminar on Friday 18th October, at 2:30-4:00pm showcasing international examples of PPI excellence in the realm of health research for young people and young adults. The event aims to demonstrate the impact of youth participation in research, sharing insights from young people's experiences of participation and exploring the challenges faced by researchers in managing long-term youth advisory boards.

Speakers will include Aswathi Surendran, Programme Manager of D1Now and a member of the D1Now Young Adult Panel, Niyah Campbell, Public Involvement and Engagement Lead of the University of Birmingham Institute for Mental Health, and Assistant Prof Marleen Kunneman and Anka Van Gastel of the Leiden University Medical Centre. Presentations will be followed by a facilitated panel discussion and Q&A.

Registration

This event is open to everyone, and we encourage young people interested in getting involved to join and hear about the difference they can make.

To register: <https://tinyurl.com/dpvja4hd>

Organisers:

This event is organised by the [D1 Now Definitive Trial](#) and [PPI Ignite Network @ University of Galway](#), a member of the national [PPI Ignite Network](#), focused on training and education in public and patient involvement (PPI) in research.

► Helium Arts Online Autumn Youth Camp



This Autumn midterm break, join our free online Autumn camp from your own home!

This programme is suitable for young people (ages 13-16), living with a lifelong physical health condition.

What's Involved?

The camp will take place over the week of mid-term break (29 Oct – 2 Nov). It will consist of **three days of interactive sessions on Tuesday, Thursday and Saturday**. During these sessions, you will receive activities that encourage creativity and connect you with other young people who have similar life experiences. The time between the live sessions can be used for catching up or further immersing yourself in your project or activity at your own pace throughout the week.

Participants will receive art materials by post along with inspirational digital resources, demos, and tips from the artist.

See the Helium website for more information on the [Online Youth Autumn Camp](#)

Learn more about [Helium Arts](#)



MENTAL HEALTH

► October : Mental Health Month

October is Mental Health Month. Across the county, a range of events are taking place. See screenshot of Wexford and Waterford events.

Waterford/ Wexford:	3 rd Oct	Cuppa and a Chat morning 11am-12.30pm Wexford MHA Henrietta Street, Wexford,	Wexford Mental Health Association
	16 th Oct	Creativity Counts Art Exhibition Launch The Exhibition will take place 19 th , 20 th , 26 th , 27 th , 28 th October and 2 nd November, 11am-4pm	Wexford Mental Health Association
	24 rd Oct	Expression Project The 'Expressions' Project aims to promote awareness amongst young people. The competition will focus on the theme of 'Positive mental health is....', and applications will be open young people in County Wexford between the ages of 15 and 18 years of age. Event open to participants.	Wexford Mental Health Association
	29 th Oct	Gentle Yoga Movement Project -6 week Programme, 12-1pm, Wexford MHA, Henrietta St, Y35 W406. Friendly, fun and gentle movement and yoga, followed by refreshments and chat, for over 55's.	Wexford Mental Health Association
	October	The Waterford WRAP Network are running WRAP workshops	Waterford WRAP Network

Click here to access information on the [full range of events in the South East.](#)

Mental Health Ireland
Mental Health Month

This October...

Find out what our Mental Health Associations are doing!

The graphic shows a map of Ireland with numerous Mental Health Associations (MHAs) connected to a central logo. The associations listed include: SLIGO MHA, BREFNI MHA, GTI MHA, CLOUGHANEELY MHA, COSAIN - PATHWAYS TO RECOVERY, MAYO MHA, MENTAL HEALTH ROSCOMMON, TUAM & DISTRICT MHA, GALWAY MHA, WEST LIMERICK MHA, KILMALLOCK & DISTRICT MHA, N CLARE MHA, W CLARE MHA, LIMERICK MHA, N LIBERTIES MHA, BAHEEN & DISTRICT MHA, KERRY MHA, THIBLES & DISTRICT MHA, HENAGH & DISTRICT MHA, KILKENNY MHA, MENTAL HEALTH LONGFORD, TULLAMORE MHA, MULLINGAR (N MIDLAND) MHA, BIRR MHA, GATEWAY MENTAL HEALTH PROJECT, TROY MHA, HEARTH & MIND, KILDARE MHA, WICKLOW MHA, CARLOW MHA, and WEXFORD MHA.

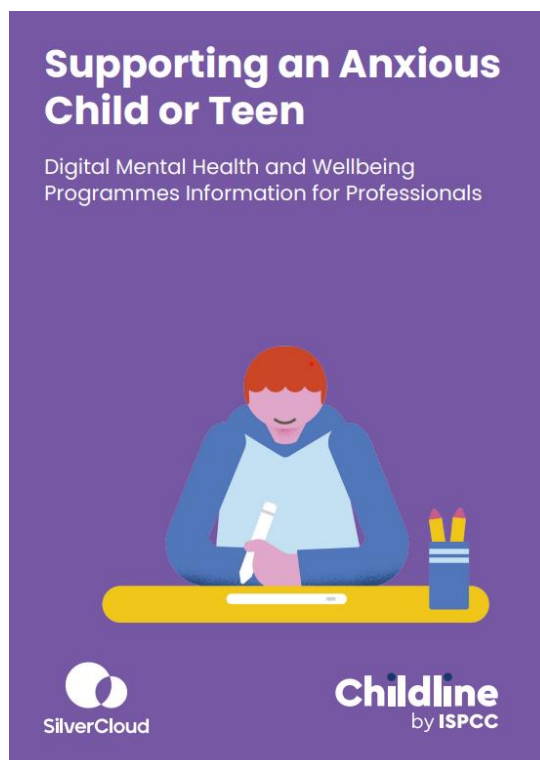
Also here is a link to an [e-brochure of all the events happening across the country](#) being led by Mental Health Association, and other member groups with Mental Health Ireland.

► Digital Mental Health and Wellbeing Programmes ISPCC

Children, young people and families often talk about how they can experience anxiety and challenges to their mental and emotional wellbeing. Anxiety is a normal human response to danger or threat, but it becomes an issue when it is more severe than it should be relative to the situation, lasts longer than it should, or influences the way we function in our daily lives.

To support, ISPCC offer FREE digital programmes aimed at reducing anxiety for children and young people, as well as digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager. If there is a young person in your life that you think might benefit from Space from Anxiety, you can refer them by filling out a simple form. For more details email spacefromanxiety@ispcc.ie

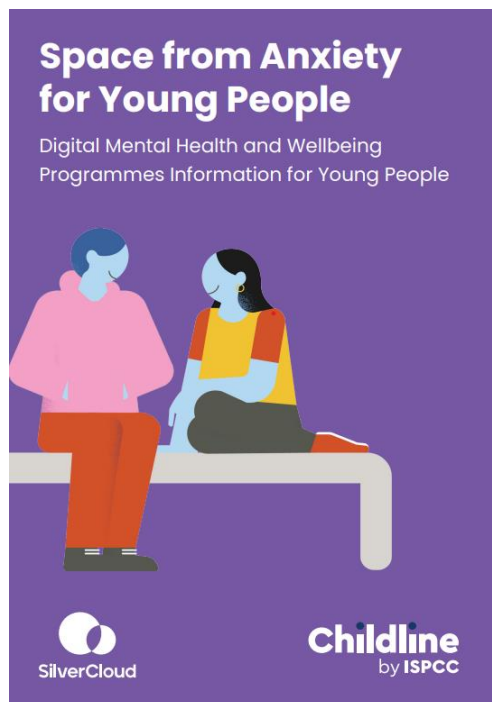
- Space From Anxiety: aimed at 15–18-year-old young people who experience mild to moderate anxiety.
- Supporting An Anxious Child: aimed at parents/carers of 5–11-year-old children who experience mild to moderate anxiety.
- Supporting An Anxious Teen: aimed at parents/carers of 12–18-year-old young people who experience mild to moderate anxiety.



Access the [brochure for professionals here](#)



Access the [brochure for Parents here](#)



Access the [brochure for Young People here](#)

For further information see the ISPCC [website](#)

FUNDING

► DCEDIY Parent Peer Support Fund



The Department of Children, Equality, Disability, Integration and Youth, has launched the 2024/25 Parent Peer Support Fund. The fund is open to organisations working with parents and/or children and young people to facilitate the development of parent peer support projects.

This year, the total funding available has increased to €100,000 and a new tier of funding has been introduced for applicants.

- Tier 1 will provide grants of €2,000 to 37 successful applicants who either currently operate, or wish to establish a new parent peer support project.
- Tier 2 will provide grants of €5,000 to 5 successful applicants who wish to scale up an existing parent peer support project, which is already having a positive impact on parents.

[2024/25 Fund Press Release](#)

[2024/25 Application Forms and Guidelines](#)

Fund Opening Date : Monday September 30th – Tuesday 29th October