

# **Wexford CYPSC Newsletter**

# September 20th 2024

For information on services and supports for children, young people and families see

Wexford CYPSC

For information on parenting supports and programmes, see <u>Wexford Parents Hub</u> or access on <u>Facebook</u>



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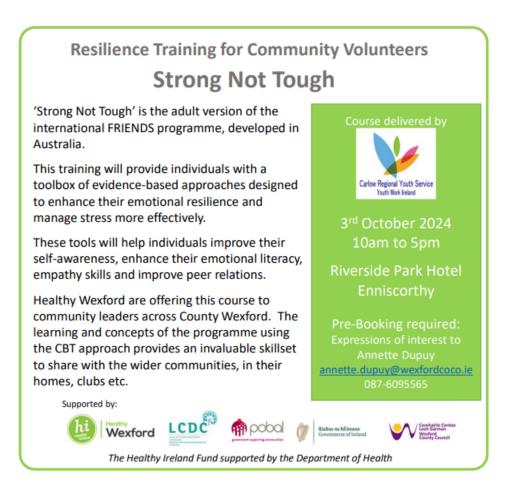
## **WEBINARS, TRAINING & EVENTS**

## ► "Strong Not Tough" Resilience Training For Community Volunteers

Date & Venue: 3rd October 2024, 10am to 5pm, Riverside Park Hotel, Enniscorthy

The next 'Strong not Tough' Community Resilience course is now open to expressions of interest from community leaders across County Wexford. This resilience training is open to community organisations staff also.

This course is offered by Healthy Wexford, supported by the Healthy Ireland fund. See poster below for more details of the course.



Download the "Strong Not Tough" Poster here

## ► Suicide or Survive Wellness Workshop : September 26<sup>th</sup>, Carlow



Wellness Workshop

The HSE Regional Suicide Resource Office are delighted to invite you to participate in a Wellness Workshop facilitated by our national mental health partner, Suicide or Survive. The Workshop will take place Thursday the 26th of September from 9:30am to 4:30pm in the Talbot Hotel, Graigue, Portlaoise Road, Carlow.

The workshop is for anyone who is working or volunteering in health, education, community or social care services as we all have mental health! It is an opportunity to take some time for yourself and to improve your own wellness, particularly as you might often be focused on the wellness of others.

This one-day wellness workshop aims to help you understand and take charge of your own mental health. You will learn a wide range of practical and effective tools and tips that you can use to help yourself personally and professionally in your everyday life.

#### This will include:

- Relaxation and stress management
- How to bring calm to your life
- The relationship between thoughts and emotions
- How to develop a wellness toolkit and daily wellness plan
- An introduction to mindfulness and meditation

Wellness Workshops are informal and relaxed. They are facilitated by people with both lived experience of mental health difficulties, and people with experience of working in various mental health arenas. A comprehensive Wellness Workbook to support you in maintaining your daily wellness is also included.

This is a free event and lunch and refreshments will be provided on the day.

\*\*\*\*To book a place please visit: https://bookwhen.com/sro/e/ev-s4er-20240926093000

This is a targeted event, you can use this password to access the booking: SOSCW24

Please see the <u>SOS Wellness Workshop Poster</u> overleaf for more information and do not hesitate to contact us if you have any questions.



Places will be allocated on a first come basis and we are hoping to ensure that a good range of organisations participate.

Kind regards,

#### Sarah Hearne

**Resource Officer for Suicide Prevention |** Oifigeach Acmhainní um Féinmharú a ChoscOifig Acmhainní Féinmharaithe Réigiúnach FSS, Bloc Tosaigh, Cúraim Chónaithe Phort Láirge, Bealach Phádraig, Port Láirge X91 KX25

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

087 1091307 |051 874013 | www.connectingforlifesoutheast.ie

## ► Recovery College South East Sept - Dec 2024 Programmes

# <u>Recovery Education Programme – Kilkenny</u> <u>September - December 2024</u>

You are invited to join us in our new Recovery Education Programme for Autumn/Winter 2024.

All our courses and workshops are co-produced and co-delivered by those who have lived experience in partnership with professional expertise, "the expert by experience working alongside the expert by profession".

Courses and workshops at the Recovery College South East are for everyone and are free.

(For more detailed information on the workshops, please go to the Workshop Section of our Website – <a href="https://www.recoverycollegesoutheast.com">www.recoverycollegesoutheast.com</a>.) You can scan our QR code for quick access to our

- Complete the attached enrolment form and email it to the Recovery College South East at <u>enrolrecoverycollegesoutheast@gmail.com</u> or
- 2. Phone us on 086 1746330 to enrol

September/October 2024					
VENUE	WORKSHOP NAME	DATES	TIME		
Recovery College South East Kilkenny	Gardening for Wellbeing (Every Monday)  Are you interested in learning how you can improve your overall wellbeing through gardening and connecting with others? If so, why not become of a social gardening group, with a relaxed, friendly, fun atmosphere. No experience required.	Starting Monday 16 <sup>th</sup> September	10am – 12pm		
Recovery College South East (In-house and Online)	Writing Group  This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you.	Every Tuesday starting 17 <sup>th</sup> September	3pm – 4pm		
Recovery College South East, Kilkenny	Dealing with Worry (Morning workshop) Worry is a normal emotion; everyone worries to some degree. There is no right or wrong amount of worry. However, worry becomes a problem when it gets in the way of you doing what you want to do, affects your day-to-day life, takes over and becomes overwhelming. This workshop will give you the practical tools to help you manage worries.	Thursday 19th September	10.00am - 12.30pm		

Involvement Centre, Kilkenny R95 YYCO (In-house only)	Much more than words  "Much more than words" – a space where you can share a poem, tell a short story, write a few words, sing a song, draw a picture or just sit, listen and enjoy. Open to everyone, it's fun, entertaining and a great way to meet people – a good way to express yourself and what may be going on for you in your world. Come along and give it a go!	Every Friday	11am – 12pm
Involvement Centre Carlow (In-house only)	Much more than words  "Much more than words" – a space where you can share a poem, tell a short story, write a few words, sing a song, draw a picture or just sit, listen and enjoy. Open to everyone, it's fun, entertaining and a great way to meet people – a good way to express yourself and what may be going on for you in your world. Come along and give it a go!	Every Friday	11.30am – 12.30pm
Recovery College South East, Kilkenny	Feel The Fear (4-week workshop – one morning per week)  Everyone has fears, they run through our lives. This 4-week workshop, based on the book by Susan Jeffers, shows us how to break down our fears, and work through our fears to a resolution. As she says, "Feel the Fear and do it anyway."	Thursday 26 <sup>th</sup> September and 3 <sup>rd</sup> , 10 <sup>th</sup> and 17 <sup>th</sup> October	10.00am - 12.30pm

November/December 2024						
Recovery College South East, Kilkenny	Mind Over Mood (6-week workshop – one morning per week)  Change the way you feel by changing the way you think. This 6-week workshop is an interactive programme based on a cognitive behavioural Therapy (CBT) approach aimed at improving mood and is particularly suitable for those experiencing anxiety and/or depression. The aim of this series of workshops is to:  • Learn how your thoughts, emotions, physical feelings, behaviours, and life situations are all interconnected and affect each other  • Identify and challenge unhelpful thoughts and beliefs, and develop more helpful and balanced ways of thinking  • Identify and change aspects of your behaviour that may be perpetuating or worsening your mood  • Learn tools, skills and practical steps you can take to make positive changes, to improve your mood and to feel better  • Each week builds on the previous week, so it is advised to attend all of the weeks if possible.  Home practice exercises will be suggested for in between session practices.	Thursday 7th, 14th, 21st and 28th November, and 5th and 12th December	10.00am - 12.30pm			

Download the <u>Recovery College Timetable</u> here

## ▶ Belong To: Free Webinar for Parents of LGBTQ+ Youth



We are excited to announce a webinar for parents of LGBTQ+ youth in partnership with Pieta and Dr Dunlop. We know that LGBTQ+ young people can face challenges and stresses as they navigate their day to day life. This webinar is a space for their loved ones to learn how to best support and understand their needs.

The free webinar will take place on Wednesday, 25 September from 7pm to 8.15pm.

At this event, Belong To's Family Support Worker and members of the clinical team from Pieta will share advice and guidance on how to support young people through challenges faced growing up LGBTQ+.

This event is registration only and will last 1 hour 15 minutes. There will be an opportunity for attendees to put some of their questions to our panel of experts.

Access the BelongTo website here

## **CONFERENCES & EVENTS**

## ► Kinship Care Week October 7th-11th 2024

If you are looking after the child or children of a relative or friend on a full-time basis, then you are a kinship carer.

Kinship Care week takes place from October 7<sup>th</sup>-11<sup>th</sup> this year.

Review the attached guide and get involved in whatever way you can.

When sharing kinship care week resources, you are asked to tag Kinship Care Ireland and use the hashtags #KinshipCareWeek2024 #KinshipCareCounts







# Kinship Care Week October 7th-11th 2024

#### Helpful Guide for kinship care families & allies

#KinshipCareWeek2024 is our opportunity to spotlight and celebrate the incredible care that kinship carers provide to an estimated 10,000-12,000 children in Ireland.

When kinship carers step up to raise a child of a relative or close friend, there are so many challenges to navigate. Every day Kinship Care Ireland hear of the incredible positive impact of the love and care that you give your family. This is Ireland's first #KinshipCareWeek2024 and we want to raise awareness of kinship care so that everybody knows that

#KinshipCareCounts.

As a kinship care family or ally, Kinship Care Week is a great opportunity to raise awareness of kinship care in Ireland. We want people to have a greater understanding, appreciation and support of your family. To support you in taking part in this exciting week, we have developed this guide.

Thank you for speaking up for those that step up this Kinship Care Week.









#### How you can support Kinship Care Week;

Use your voice to raise awareness share Kinship Care Ireland website details with your local community services or schools and explain to them what Kinship Care is.

Contact your local Politicians asking them to commit to supporting kinship care families, and include this commitment in their party manifesto.

Share Kinship Care Week communications on your social media to help raise awareness (tag Kinship Care Ireland #KinshipCareWeek2024 #KinshipCareCounts)

Join the celebrations, if you have time to attend our free event or webinars, we hope you enjoy. Take some time to do something nice for you and your family, you deserve to celebrate.

Children's Art send us a photo of some artwork completed by a young person in your household.

#### **Useful Resources**

Kinship Care Poster

**Kinship Care Guide for Organisations** 

Kinship Care Resource List

Kinship Care Week Events

#### Association of Lactation Consultants in Ireland : National Conference



Please see details below re Association of Lactation Consultants Ireland National Conference on Friday 4<sup>th</sup> and Saturday 5<sup>th</sup> October in Cork with a live online and recorded option available also.

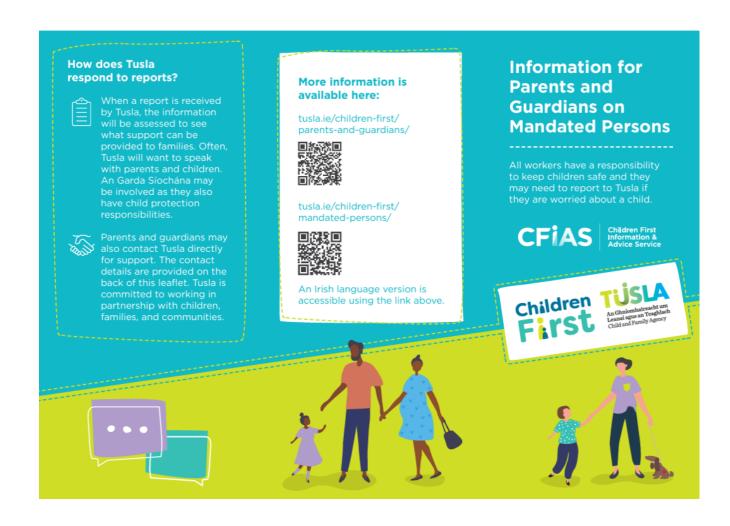
#### Access the **ALCI conference programme** here





## **RESOURCES**

► New leaflet for parents and guardians about Mandated Persons - Tusla



#### Who are mandated persons?



Under the Children First Act 2015, certain people (many of whom are professionals) have additional legal responsibilities, and they are called mandated persons.

A full list of mandated persons is available in the Act. This includes teachers, childcare workers, doctors, nurses, social workers, social care workers, counsellors, An Garda Síochána, foster carers, psychologists and youth workers. Mandated persons often work with children but some work with adults.

You can ask if there are any mandated persons in the organisation your child attends.

# What do mandated persons do?



Mandated persons have a legal duty to report to Tusla if they are concerned that a child has been, is being, or may be harmed. This is called a mandated report. Harm means assault, ill-treatment, neglect or sexual abuse. However, not all reports to Tusla are mandated reports.



A mandated person will also need to make a mandated report if a child tells them they are being harmed.



It is good practice for a mandated person to tell you they are making a report to Tusla. However, there are situations where this will not happen.



All workers, including mandated persons, may use an online form to report concerns to Tusla.



Mandated persons may also report to Tusla where an adult reports childhood abuse. A mandated report will be made where a mandated person has reasonable grounds to suspect that a person, who is currently a child, has been, is being or is at risk of being harmed.



If a mandated person fails to make a mandated report, the Children First National Guidance outlines the possible consequences.



Mandated persons may also be asked to help Tusla in the assessment of a mandated report.







Please see locations and links below for the Mandated Persons - Information for Parents leaflet available in English and Irish. The leaflet is located at 3 places on the Tusla website.

https://www.tusla.ie/children-first/mandated-persons/

https://www.tusla.ie/children-first/parents-and-guardians/

https://www.tusla.ie/children-first/publications-and-forms/

These are the links that will bring you directly to the leaflet.

https://www.tusla.ie/uploads/content/105217 - Children First Mandated Persons Leaflet v4.pdf

https://www.tusla.ie/uploads/content/105217 -Children First Mandated Persons Leaflet IRISH v2.pdf

# **CHILDREN & YOUNG PEOPLE**

## **►** Gorey Community Youth Project



Access GCYP Poster here

## ► National Youth Council of Ireland YOUTH 2030



The National Youth Council of Ireland YOUTH2030 <u>Young People's Committee 2024-2025</u> is an exciting opportunity for young people to connect across Ireland with a focus on engaging in global justice topics. This is achieved in a supportive environment by exploring an aspect of the Sustainable Development Goals (SDGs), and finding the ways in which your work locally with issues connects to events and happenings globally.

The core term takes place between October 2024-October 2025, with handover responsibilities in October/November 2025. Have your voice heard and bring your ideas to life!

Click here for further details and to <u>Apply Now!</u>
Deadline to apply: Tuesday October 2nd 2024, 5pm

## **FUNDING**

## ► "Climate Action Works" Funding



The Department of Environment, Climate and Communications has just launched a new funding programme called 'Climate Action Works'. There is between €2,500 - €10,000 available under this funding stream, for community groups to support climate communications and engagement at a local level. This can involve communicating with and engaging their communities on work they already do, or creating new projects centred around local community climate communications.

Further information and how to apply, is available via the links below:

https://www.gov.ie/en/press-release/d8ac0-minister-ryan-launches-new-campaign-and-funding-programme-for-community-climate-engagement/

https://www.gov.ie/en/campaigns/86098-climate-actions-work/