

Wexford CYPSC Newsletter

13 March 2025

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 and Workshops

► Understanding Physical Literacy Week 22nd-30th of March - Online Workshop

As part of Sport Ireland's Understanding Physical Literacy week this year Wexford Sports Active in collaboration with Bar Monkey Calisthenics are hosting an **Understanding Physical Literacy workshop**.



Understanding Physical Literacy Online Workshop

Learn more about why physical activity is so important to children and how we can do more to encourage it

FREE!

Wednesday 26th of March at 6.30-9pm

Registration : <https://pay.easypaymentsplus.com/feepay1v2.aspx?id=179>

Understanding Physical
Literacy Week
March 22nd to 30th



Wednesday the 26th of March 6:30pm – 9pm

Spaces are limited, so secure your spot for this free online workshop by registering through the following link; <https://pay.easypaymentsplus.com/feepay1v2.aspx?id=179>

Physical Literacy goes beyond just knowing how to move; it's about understanding why movement matters. It's the foundation for a lifetime of physical activity, promoting well-being and preventing disease.

It is crucial that children are taught from an early age the importance of good health and exercise choices and how it leads to a healthy life. Becoming physically literate in childhood is essential for lifelong participation in sport and exercise. This course is recommended for teacher, parents, coaches, and any person who is interested in Physical Literacy.

What is Physical literacy?

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding that enables a person to value and participate in physical activity throughout life.

Join us for an interactive online workshop at to enhance your knowledge of physical literacy. This event will cover the importance of physical literacy in overall well-being and how to incorporate it into daily life. Whether you're a coach, teacher, parent, or simply interested in the topic, this workshop is perfect for anyone looking to deepen their understanding of physical literacy.

Learning Outcomes

- Definition and different aspects of physical literacy.
- Why is physical literacy important?
- Physical literacy life journey and assessment framework

Guidance on how and where physical literacy can be developed.

Sport Northern Ireland CEO Antoinette McKeown commented: "Across a huge range of sports there are skills that form common building blocks, whether it be throwing & catching, swinging & striking, or balance & movement. How we think about them, do them, and how they make us feel when we are participating, all make up our experience of sport, including from a very young age."



Should you have any further questions, please do let me know.

Kind regards,
Nicola Collins
Community Sports Development Officer,

Sports Active Wexford,

Wexford County Council, County Hall, Carricklawn, Wexford Y35 WY93
Comhairle Contae Loch Garman, An Charrig Leathan, Loch Garman

M: 087 139 7544 @ Nicola.collins@wexfordcoco.ie |



► Understanding Self-Harm One Day Workshop Kilkenny



The HSE Regional Suicide Resource Office is delivering, **Understanding Self-Harm, a one Day Workshop** in Kilkenny, Tuesday April 1st from 9:30am - 4:30pm. For more information please see the leaflet attached or to **book your place please click;** <https://bookwhen.com/sro/e/ev-spw5-20250401093000>

Access the [information leaflet](#) for this workshop here

If you could please circulate this email to your colleagues and networks.

Kind regards,

Sarah

Sarah Hearne

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

► “Strong Not Tough” Resilience Training for Volunteers : Places Available

Resilience Training for Community Volunteers

Strong Not Tough

‘Strong Not Tough’ is the adult version of the international FRIENDS programme, developed in Australia.

This training will provide individuals with a toolbox of evidence-based approaches designed to enhance their emotional resilience and manage stress more effectively.

These tools will help individuals improve their self-awareness, enhance their emotional literacy, empathy skills and improve peer relations.

Healthy Wexford are offering this course to community leaders across County Wexford. The learning and concepts of the programme using the CBT approach provides an invaluable skillset to share with the wider communities, in their homes, clubs etc.

Supported by:



Healthy
Wexford



Rialtas na hÉireann
Government of Ireland



The Healthy Ireland Fund supported by the Department of Health

Course delivered by



21st March 2025

10am to 5pm

Riverside Park Hotel
Enniscorthy

Pre-Booking required:

Expressions of interest to

Annette Dupuy

annette.dupuy@wexfordcoco.ie

087-6095565

► **Introduction to Facilitation Skills Workshop – facilitated by HSE Health Promotion Officers**



INTRODUCTION TO FACILITATION SKILLS WORKSHOP

The aim of the training is to provide a practical skills-based training for people who have some experience of group work and would like to develop their skills in this area.

By the end of the training participants will have:

- Gained more confidence and experience in the facilitation of group sessions.
- A better understanding of how groups work.
- Co-facilitated a short workshop on a health topic.
- An understanding of how to give and receive constructive feedback

**15th & 16th
May 2025**

9.30am-4pm

Kilcannon
Garden
Centre
Enniscorthy

**Register for the training by
scanning the QR code below:**



PARENTING

► Requesting details of parenting initiatives taking place during late March/April 2025

Thank you for continuing to support our promotion of parenting initiatives by informing us of upcoming events in your area.

We are now seeking details of any parenting initiatives which will be taking place in late March or at any point during April. As with previous months, a selection of these events will be promoted across DCEDIY social media channels to raise awareness among parents of the supports available to them in their locality. Details of upcoming events can be provided via a short survey by clicking [here](#).

It would be appreciated if details of any upcoming events could be provided by Friday 21 March.

You can check across DCEDIY social channels for your event and please feel free to like and share our social posts. We also encourage you to circulate this email to any service within your network that may have an upcoming parenting event which they wish to promote.

May we request that information on upcoming events is submitted through the survey link above. However, if you experience any issues using the survey or if you have any queries, please do not hesitate to email parentingsupport@equality.gov.ie for assistance.

Kind regards

The Parenting Support Policy Unit

FUNDING

► Reach Fund 2025



Please note that the [#Reach2025](#) application and guidelines are now out for groups to apply.

For applications and guidelines, or any questions you may have, please contact the following people depending where you are based:

Co. Waterford --- ainewhelan@wwetb.ie
Waterford City --- deborahbutler@wwetb.ie
South Wexford --- bridinlyngmoloney@wwetb.ie
North Wexford --- yvonneoconnor@wwetb.ie

☀ Closing date for receipt of applications: **Friday 21st March 2025**

<https://www.wwetb.ie/.../fet.../community-education/>

RESEARCH

► Coping With Infant Crying Research : Children's Health Ireland



Dear Colleague

We would greatly appreciate your assistance in recruiting for our project “Coping with infant crying” by displaying the attached poster in an area which will be visible to caregivers of infants of 6 months and under. We are a group of Paediatric Healthcare Workers interested in understanding the response of caregivers in Ireland to infants crying. We have devised an anonymous survey which is available in a digital format through the QR code on the poster. The link includes a patient information page and consent form. The questionnaire takes approximately 5 minutes to complete online, and can be done on your phone. We wish to encourage carers to disseminate the survey widely amongst their own networks of other caregivers of young infants.

As Healthcare Workers we are conscious that many caregivers struggle with infant crying. Normal healthy babies can cry for 2-3 hours a day leaving carers feeling overwhelmed and distressed. We hope to gain insights into caregivers’ perceptions of crying, their response to it, and how prepared they felt prior to taking on the role of caring for the infant in question. We hope that the information gathered will inform supports for caregivers, and help us to guide those with an inappropriate response. We aim to develop resources and supports for all caregivers of young infants and to target any particularly vulnerable populations identified by the survey.

This project has been granted ethical approval by the Ethics and Research committee of Children's Health Ireland (REC-308-23) and was also granted approval to proceed from the Data Protection Office at Children's Health Ireland. The survey will run until June 20th 2025.

Please find attached the poster. If you have any further queries please do not hesitate to contact us at the following address starprojectire@gmail.com.

Kind Regards,

Dr. Emma Curtis, Consultant Paediatrician, CHI at Tallaght

Dr. Aisling Geoghegan, Consultant Paediatrician, CHI at Crumlin

Dr. Aisling O’Riordan, Consultant Paediatrician, University Hospital Limerick

Dr. Sabine Maguire, Consultant Paediatrician, Cardiff University

Ms. Eimear Gilchrist, Child & Adult Safeguarding Lead CHI

Ms. Noelle O’Keeffe, Senior Counselling Psychologist, CHI at Tallaght

Ms. Jacqueline Crowley, Clinical Nurse Manager, CHI at Tallaght



The poster features the CHI logo (Sláinte Leanaí Éireann / Children's Health Ireland) in the top left. The main title is 'Are you caring for a baby under 6 months old?' in large white text on a blue background. Below it, a circular inset shows a close-up of a baby's hand being held in an adult's palm. The text continues: 'Please take this survey to help us understand how you feel about infant crying.' A QR code is shown with an arrow pointing to it from the text, and a 'SCAN ME' button below it. The survey link is provided as <https://tinyurl.com/29pkhzwmm>. The survey closes on 20th June 2025. At the bottom, the CRA Registered Charity Number (RCN): 20202295 and Revenue Charitable Status CHY: 22235 are listed.

Sláinte Leanaí Éireann
CHI
Children's Health Ireland

‘Are you caring for a baby under 6 months old?’

Please take this survey to help us understand how you feel about infant crying.

Scan the QR code or go to the following link for more information and to take the survey <https://tinyurl.com/29pkhzwmm>

Survey closes 20th June 2025

CRA Registered Charity Number (RCN): 20202295
Revenue Charitable Status CHY: 22235

EVENTS & COMPETITIONS

► FDYS Colour Run : April 11 2025



WHEN? 6PM 11TH APRIL

WHERE? WEXFORD RACE COURSE

HOW MUCH? ADULTS €5
U18S €2

WHO? REGISTER WITH
MICHELLE.SINNOTT@FDYS.IE
OR FDYS YOUTH LEADERS

WHY? RAISING AWARENESS FOR
POSITIVE YOUTH MENTAL
HEALTH



► Climate Champions Competition for Enniscorthy!



Wexford County Council's Climate Action Team are hosting a "Climate Champions Competition" in the Enniscorthy region.

Teams are invited to try out as many climate actions as possible over a two-week period (**March 31st to April 11th inclusive**) to save CO₂.

It is aimed at three categories – community/voluntary groups, workplaces and schools.

Multiple teams from either of the three categories can participate.

To take up the challenge, simply assemble a team of at least five friends and colleagues to try out as many climate actions as possible, which save CO₂ and add to your team score. All you need to do is register as a team leader which will allow your team members to log their actions on the website (from a comprehensive list of possible actions that save CO₂) daily for two weeks using their phone (starting Mon 31st March)

Why not set up a few teams within your school or workplace and create some healthy competition (bragging rights!!) During the challenge, participants can view the leaderboard and keep a watchful eye on the opposing teams - the team that saves the most CO₂ over the two weeks wins!

The closing date to register your team is **Friday, March 21st**. Details of the competition and the team registration link are available [HERE](#)

The whole process is very straight forward but if any team leaders would like some additional guidance, the Climate Action Team in association with Global Action Plan will run a short explanatory webinar before the competition starts on the March 31st. Any queries can be emailed to climateaction@wexfordcoco.ie

As well as being a free, fun competition, there will also be a prize for the winners - so why not give it a go!

Climate Action Team

Wexford County Council

T: 053 919 6443 | E: climateaction@wexfordcoco.ie

► Hub na nÓg Network of Practice - Needs Analysis



Hub na nÓg is the national centre of excellence and coordination in children and young people's participation in decision making. We support government departments, state agencies, public service and non-government organisations in providing opportunities for children and young people to participate in decision-making, with a particular focus on those that are seldom-heard.

Hub na nÓg is establishing an inter-agency Network of Practice to share knowledge and approaches to inclusive, meaningful participation.

This network will focus on strengthening children and young people's participation in decision-making processes by developing connections and sharing expertise. We hope that interested organisations and individuals who form the Network of Practice will collaborate, share experiences, and learn from each other to improve children's and young people's participation in decision-making in Ireland.

Hub na nÓg are currently in the planning stages of this Network and would like to hear directly from organisations that work with and for children and young people and include their participation in decision-making in their work in Ireland. We invite you to complete this short online [needs analysis form](#) to enable us to collect your organisation's views on what would work well in a Network of Practice and identify any needs your organisation might have that could be met within this project's scope. The closing date for completing this form is **5pm on Monday 31st March 2025**.

We intend for this Network of Practice to benefit its members, so your views are very important. We appreciate you taking the time to provide your opinions; this analysis is voluntary.

If you have any questions regarding this, please contact info@hubnanog.ie

Kind regards,
Deborah

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