

Wexford CYPSC Newsletter

15 August 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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PARENT SUPPORTS

► **Supporting Your Child's Positive Mental Health in the Early Years : Free Online Interactive Training for Parents from National Parents Council.**



Supporting Your Child's Positive Mental Health in the Early Years

Meet your child's emotional needs
Help your child manage big feelings
Build resilience through everyday interactions
Strengthen your relationship
Support your child's rights and wellbeing
Apply the Five Ways to Wellbeing at home



https://www.surveymonkey.com/r/Early_years_mental_health_Aug2025

Free Online Interactive Training for Parents
Monday 25th August – 12pm & 7:30pm
Thursday 28th August – 12pm



NPC
SUPPORTING PARENTS
SUPPORTING CHILDREN

Developed in partnership with St Patrick's Mental Health Services^h, National Parents Council | 01 587 4054 | info@npc.ie | www.npc.ie

The environment that a child grows up in and the relationships that a child has with their parents in the first five years of life is very important to the development of a child's long term positive mental health.

National Parents Council has worked in partnership with St Patrick's Mental Health Services to develop a programme to support parents to support their young child's positive mental health and wellbeing at home.

The key elements of this programme are

- Meeting your child's needs- how everyday life can impact positively on your child's mental health

- Coping when things don't go your way! Helping your child understand and manage their emotions, dealing with challenges
- Developing and nurturing your relationship with your child
- Resilience, how to support your child to build resilience
- Children's Rights - Giving your child the opportunity to live a mentally healthy life
- Five Ways to Wellbeing

This programme is developed to empower and give parents information on how they can support their children's positive mental health through everyday interactions with their child.

NPC will be running free online webinars on the 25th & 28th of August 2025. If you would be interested in attending (virtually) one of these webinars please register your details here.

Please note these sessions will be interactive allowing parents to participate and hence places are limited and will be allocated on a first come first served basis.

Further Information and Registration : [Supporting Your Child's Positive Mental Health in the Early Years](#)

► Resources for Parents available from National Parents Council

The National Parents Council have developed a range of free resources for parents in relation to primary and early years. To access the full range of resources, see the [National Parents Council website](#) here.

Here are some examples of the resources that are available.

► Supporting Your Child's Positive Mental Health



Download here : [Supporting Your Child's Positive Mental Health](#)

► Supporting Your Child's Transition from Pre-School to Primary School



Download here : [Supporting Your Child's Transition from Pre-School to Primary Schools: Hints and Tips.](#)

► Who's Who in Your Child's Primary School - Leaflet



Download Here : [Who's in your child's primary school Leaflet](#)

► Supporting Your Child's Positive Mental Health and Wellbeing



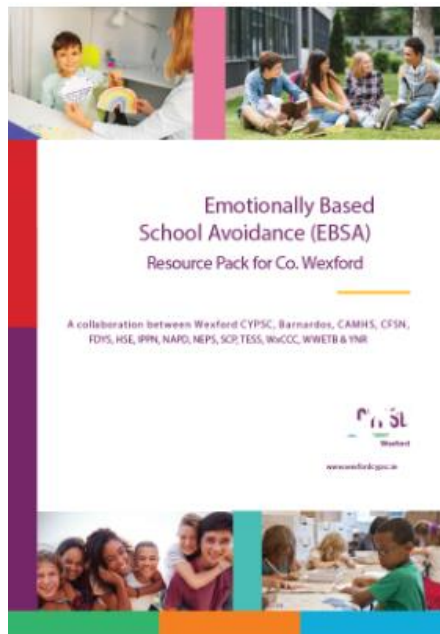
["Supporting Your Child's Positive Mental Health and Wellbeing" Leaflet](#)

For more information on the National Parents Council and the supports they provide see

[National Parents Council](#)



► Emotionally Based School Avoidance (EBSA) Resources



As we moved into the last few weeks of the Summer holidays and the return to school approaches, the issue of EBSA may emerge as an issue in some households.

An inter-agency group, supported by Wexford CYPSC has developed an EBSA Resource Pack for Co. Wexford. This is available to download from the Wexford CYPSC website.

Access [EBSA Pack for Co. Wexford](#) here.

Access [EBSA Resources Page](#) on Wexford CYPSC website here

EBSA Resources Developed by Other CYPSC

[EBSA resources have been developed by other CYPSC](#) and they can be accessed on the national website.

WEBINARS & TRAINING

► “What Works” Early Intervention Webinars

What Works/Foundation Prevention and Early Intervention Webinars 2025



In 2025, *What Works* is partnering with [Foundations UK](#) to deliver a series of four 90-minute webinars designed for commissioners, practitioners and anyone interested in applying evidence-based research. These webinars will be available to view on the *What Works* website.

The first webinar took place on Friday 11 July 2025 and had 57 attendees. The title of the webinar was “The value and purpose of different research designs for understanding what works” and it aimed to explain just why different kinds of research are needed to understand how interventions work, and why robust trials are needed to understand what works. It explored the advantages and limitations of different kinds of research evidence; the difference between evidence strength, evidence standards and evidence hierarchies; and why experimental evidence is typically prioritised for identifying ‘what works’.

You can view the webinar and the slides on the What Works website linked below:

[What Works/Foundation Prevention and Early Intervention Webinars 2025](#)

The next webinar, “10 Steps for Evaluation Success: Turning science-based theories into effective interventions”, will take place on the **19 September 2025**. [You can register here.](#)

For further information on future topics in the [series of webinars](#), see the What Works website.

Kind regards,

The What Works Team

RESOURCES

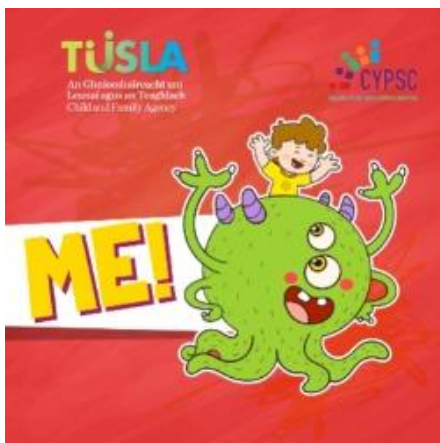
► “ME AND MY MEETING” BOOKLETS

This series of booklets supports practitioners to provide children and young people with a platform to express their views and integrate youth participation into their work with children and young people.

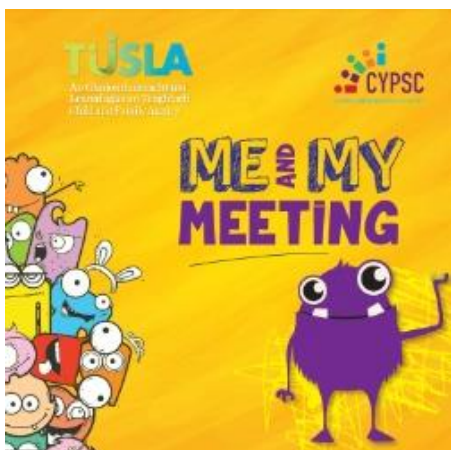
The “*Me and My Meeting*” series consists of five booklets, designed for use by a range of practitioners, including social workers and family support workers. The booklets were originally developed in 2015 by Tusla’s Child Protection Team in Swinford, Co Mayo to enable social workers to ensure that the child’s voice is adequately represented in Child Protection Conferences. In 2020 these resources were further developed and enhanced following a wide stakeholder consultation which included Mayo Young Person’s Advisory Group and Comhairle na nÓg and support and funding from Children and Young People’s Services Committees. Using these booklets can support improvements in practice and can help identify opportunities for systems change; leading to better outcomes for children and young people.

You can view and/or download each *Me and My Meeting* booklet:

Booklet 1 – “[Me](#)”, is a booklet designed to gain an insight into the child’s world.



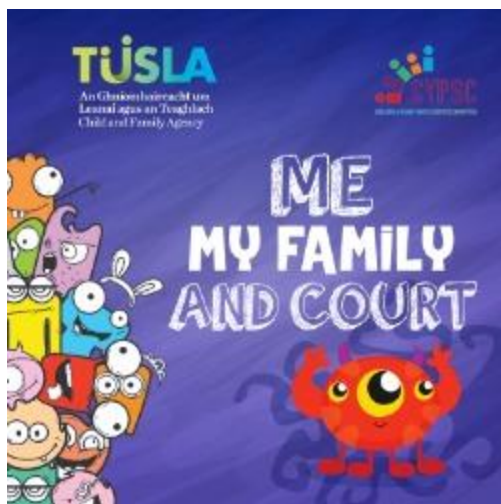
Booklet 2 – “[Me and My meeting](#)”, is a booklet designed for use in social work assessments.



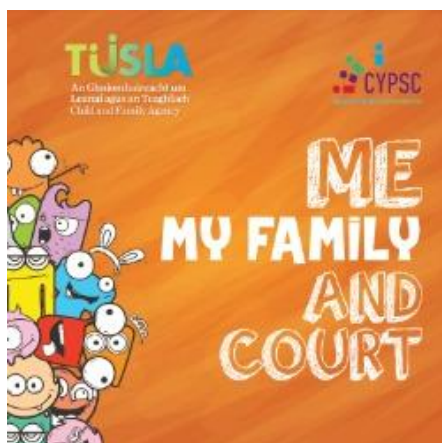
Booklet 3 - “[Me and My Conference](#)”, is a booklet designed to enable children to speak about their lived experience in a child friendly manner in a Child Protection Conference.



Booklet 4 - “[Me, My Family and Court](#)”, (for younger children) is a booklet designed to support children to tell a judge what their life was like, their hopes and dreams.



Booklet 5 '[Me, My Family and Court](#)' (for older children) is a booklet designed to support children tell a judge what their life was like, their hopes and dreams.



LIBRARY SERVICE AND EVENTS

► Promotion of the My Little Library initiative for Parents



Dear Parents,

Is your child making the transition from pre-school to primary school? Every child starting primary school can get a My Little Library Book Bag to help with their transition to primary school. Head on down to your local library today to collect your My Little Library bag and join your library, all you need is some ID.



Download the [“My Little Library” poster](#) above here.

Find out more about the [My Little Library Initiative](#) here.

► Children & Family Events at Wexford Library 13-20 August



Comhairle Contae Loch Garman
Wexford County Council

Summer Stars Seaside Storytime & Craft with Grainne, Friday, 15th August, 11:00am - 12:00pm.

Join us in Wexford Library for a Seaside Storytime & craft. Lets see what Sharky McShark gets up to & also create our own sea creatures. This event is suitable for children aged 4 - 7yrs. Booking is essential.

Summer Stars Junior Chess Session, Saturday, 16th August, 11:30am - 12:30pm.

Come along to Wexford Library for a junior chess session. Players must be able to play a full game of chess to participate. Strictly for ages 8-13 yrs. Booking is essential.

The Wexford Invaders: an illustrated history with Derek O'Brien, Tuesday, 19th August, 11:00am - 12:00pm.

Wexford has a fantastic history. It was invaded and settled twice within 300 years. Who were these invaders? Where did they come from? Why did they come to Wexford? What did they leave behind? Join Derek to explore the history of County Wexford from the Vikings to the Normans in this fact-packed history event for all the family. Suitable for ages 9+. This is a family event. Parents & guardians must stay in the library building for the duration of this event. Booking is essential.

Sensory Hour, Every Saturday from 4.00pm-5.00pm.

Sensory Hour supports library users who have sensory, extra, and/or additional needs. It offers a calm and sensory family friendly environment.

Rhyme Time, every Wednesday, 11.00am-11:30am. Suitable for children aged 0–3 years.

These fun, free and interactive Rhyme Time sessions are perfect for babies and toddlers. Children should be supervised at all times when visiting Wexford Library. No booking required.

Story Time every Saturday, 11.00am-11:30am, Suitable for children aged 3–7 years.

Join us for Story Time in Wexford Library every Saturday morning. Children should be supervised at all times when visiting Wexford Library. No booking required.

Lego Free Play every Saturday from 11:00am - 3:00pm. Suitable for ages 5yrs+

LEGO Free Play tables available on our Children's floor area from 11am to 3pm. Free to attend. LEGO will be made available for children and families to build their very own designs. Get Creative. Children should be supervised at all times when visiting Wexford Library. No Booking Required.

All events are FREE. Wexford Public Libraries App. Access your library 24/7. Online resources include eBooks, eAudiobooks, eMagazines, eNewspapers, eComics & Graphic Novels, music, take eLearning or language courses, business, education, and research databases and more. Library membership is Free. If you would like more information or to book a place at any of our events, please contact Wexford Town Library 053 919 6760 or email wexfordlibrary@wexfordcoco.ie.

Kind Regards,
Gráinne Hayes,
Library Assistant,
Wexford Library,
Mallin Street,
Wexford.

► Children's Events in Bunclody Library



**Comhairle Contae Loch Garman
Wexford County Council**

Rhymetime for 0 to 5-year-olds - every Wednesday at 11.15am

Join us for Rhymetime every Wednesday when we will have lots of fun nursery rhymes and stories suitable for babies and toddlers followed by a Duplo play session. **No booking required.**

Creative Lego Play – every Monday in August, 2.00 to 5.00pm and Saturday 23rd August, 2.00 to 3.30pm

Join us for Lego Free Play. We have Duplo and Lego to let the children's creativity shine. **No booking required.**

Summer Stars Creation Station – every Tuesday in August, 2.00 to 5.00pm

Drop into Bunclody Library to create a summer craft. This is a family-led creative event where we invite families to sit down, relax and make some wonderful creations together. All materials will be provided. **No need to book.** All welcome!

Summer Stars Colouring Station – every Wednesday in August, 2.00 to 5.00pm

Pop into the library for our fun summer colouring event. This is a fun activity for all the family to participate in. **No booking required.**

Kids' Board Games Afternoon every Thursday in August, 2.00 to 5.00pm

Pop into the library to play some of our favourite children's board games. This is a family event. **No need to book** – all welcome!

Sensory Afternoon - every Friday in August, – 2.00 to 5.00pm

Every Friday in August we will have our Sensory Collection on display in the meeting room for families to come in and view. The items we have include a dark den, sensory books, Lego & duplo, story sacks, sensory basket and much more. **All are welcome.**

Scéalta and Sound – Tuesday 19th August, 11.30am to 12.30pm

Lend us your ears for a listening party workshop and learn how to map your very own sonic adventure. What sounds does a cave make? How long is a laugh? Lend us your ears for a listening party workshop featuring a new audio story from the children of Wexford and learn how to map your very own sonic adventure. Facilitator: Alison Martin. **Suitable for ages 6 to 12 years. Booking essential.**

Starting School Storytime and Craft - Saturday 23rd August, 11.00am to 12.00pm

Join us for a special storytime with craft for those starting big-school this September. We will also be giving out a My Little Library Book Bag to those starting school.

To help children to navigate starting school, libraries have put together a bag with a book just for them that can be collected from the library. **Booking required.**

Sensory Friendly Hour

Every Saturday from 4.00 to 5.00pm, Sensory Friendly Hour will be observed in Bunclody Library.

We encourage you to come along and relax in the calm environment of the library. No booking required. All welcome!

Sensory Basket

A sensory basket containing various sensory toys/books available for children to use while visiting the library. Just ask at the desk.

Bookings : To book events, please telephone 053 9375466 or book online at wexfordcoco.libcal.com.

Kind regards,

Josephine Kehoe, Bunclody Library, Mill Wood, Bunclody, Co. Wexford, Y21 E970

Tel: +353 53 9375466

Web: www.wexfordcoco.ie/libraries

RESEARCH

► Call for Abstracts: Department of Education and Youth Research Summit



The Department of Education and Youth has announced the first Annual Educational Research Summit will be held on **Tuesday, 18 November** in Croke Park, Conference Centre. Researchers and policymakers and practitioners involved in research are invited to respond to the call for abstracts for this event. Further information on the Call for Abstracts and the event itself is available at the link below:

[Call for research abstracts for Educational Research Conference](#)

Many thanks,

What Works Team

► Help Shape the Future for Care Experienced Young Adults - Research Invitation



Last week CES launched a major national study to examine how care-experienced young adults aged 18-24 are supported with education, employment and training. Now, we need your help!

Why Your Help Matters:

Care experienced young people face unique challenges with education, employment and training. This research will inform recommendations to the government and services on how to improve supports for care-experienced young adults aged 18-24, and we want you to be part of it!

Plus, young adults who take part have the chance to receive vouchers worth between **€25 - €100**.

Who Can Take Part:

- All young adults aged 18-24, who have experience of the care system in the Republic of Ireland**
- All staff or management of services supporting care-experienced young adults aged 18-24 in the Republic of Ireland, in any way, with their education, employment or training.

How You Can Help:

- **Take Part** by clicking [here](#) if you are a care-experienced young adults aged 18-24** or support care experienced young adults.
- **Spread the word:**
 - **Share this email invitation and flyers** (attached) with your colleagues, networks and care-experienced young adults aged 18-24.

[Care Leavers Leaflet](#)

[Professionals Leaflet](#)

- **Share our social media** posts on Linked ([1](#), [2](#)), X/Twitter ([1](#), [2](#)) and BlueSky ([1](#), [2](#))

The deadline to take part is 19th September. If you have already taken part, thank you so much, we really appreciate your time and feedback. Please help spread the word so others can share their voice too.

Want to Know More:

Check the flyers with this email, visit our [website](#) or watch back our information event on [YouTube](#).

Your help and participation are greatly appreciated. If you have any questions, please don't hesitate to contact Karl at kmcgrath@effectiveservices.org

Kind regards,
Karl McGrath.

Access the [Centre for Effective Services \(CES\) Website](#) here

