

Wexford CYPSC Newsletter

19 September 2025

For information on services and supports for children, young people and families see <u>Wexford CYPSC</u>

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



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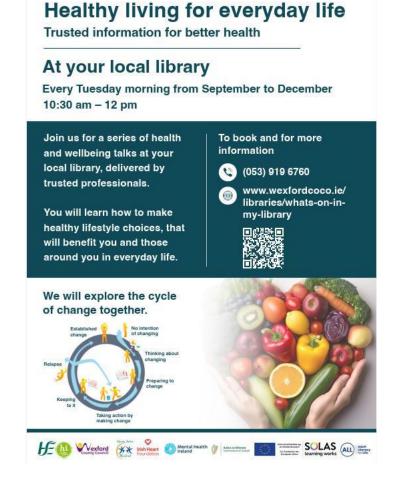
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WEBINARS & TRAINING

► Healthy Living for Everyday Life

Please see below and attached details of <u>Healthy Living for Everyday Life</u> – a series of **FREE** health information seminars at your local library, delivered by trusted professionals, to help you live well every day. Sessions take place in each library and topics include:



Download the Healthy Living for Everyday Life Poster here

- Alcohol Awareness
- Movement Matters
- Understanding Smoking & Vaping
- Healthy Eating
- Cancer Risk Reduction
- 5 Ways to Wellbeing

People can book for just one or all six sessions. See below for details and individual posters for each library.

- Healthy Living for Everyday Life Poster
- Healthy Living for Everyday Life Bunclody
- Healthy Living for Everyday Life New Ross
- Healthy Living for Everyday Life Enniscorthy
- Healthy Living for Everyday Life Wexford
- Healthy Living for Everyday Life Gorey

Booking for all sessions are with the libraries - online, over the telephone, or by calling into the library.

Annette Dupuy | Healthy County Coordinator | Community Development

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

053 9196525 | 087 6095565 | annette.dupuy@wexfordcoco.ie |www.wexfordcoco.ie







▶ Digital Skills for Everyday Life



Here's a booking link to **Free Digital Skills for Everyday Life** sessions which are currently running in **Wexford Library from September – November**.

Sessions are provided by tutor Laura Cullen, WWETB. Join us every Friday in Wexford Town Library in our training suite for relaxed, learner-centred sessions designed to help you build confidence with everyday digital tasks. 10.30am-12.30pm.

Sessions must be booked on a weekly basis. **Booking is essential. Your booking contact details will be shared with the WWETB tutor.**

Book here: https://wexfordcoco.libcal.com/event/4409171

Why not come along and enjoy free, friendly, confidential digital learning sessions at Wexford library. You will learn a range of digital skills, from navigating the internet safely to setting up emails etc.

Approach: Informal, supportive, and based on your needs. Bring your own device (phone, iPad, laptop) if you have one — if not, **no problem!!**

Many thanks all,

Yvonne Smith | Senior Executive Librarian | Wexford Town Library

Mallin Street, Wexford. Y35 AY20 Shráid Uí Mhealláin. Loch Garman.

053 919 6752 | yvonne.smith@wexfordcoco.ie | www.wexfordcoco.ie



▶ " Every Move Counts – let's play our part" Webinar

Webinar Invitation





Every Move Counts

Let's play our part

Time: 2:00pm - 3:15pm

Date: Wednesday 24 September 2025

Join us to hear about:

- The forthcoming National Physical Activity Framework and Action Plan 2024-2028;
- How everyone working in healthcare can help promote physical activity and make Every Move Count.



The physical and mental health benefits of regular physical activity are immense. Yet across Ireland most people are not active enough to experience these benefits. Only 1 in 4 primary school children and 1 in 8 teenagers are active enough to meet Every Move Counts: national physical activity and sedentary behaviour guidelines. For adults it's 4 in 10.

Register to join us on **Wednesday 24 September, 2:00pm – 3:15pm** to hear about:

- The forthcoming National Physical Activity Framework and Action Plan 2024-2028;
- How everyone working in healthcare can help promote physical activity and make
- Every Move Count.

▶ National Learning Network : QQI Level 4 Major Award in Retail Skills

QQI Level 4 Major Award in

RETAIL SKILLS

Duration:78 Weeks

This programme provides students with the skills and support necessary for a rewarding retail career. Students will develop essential retail skills, alongside personal growth opportunities including confidence-building, social skills, and job-seeking strategies.

Valuable real-world experience is provided through work placements. A dedicated team will assist students in exploring career options and creating personalised plans to achieve their goals, encompassing employment, further training, or higher education.

Contact Us Now

086 1644593 wexford@nin.ie nin.ie The Swan Training Centre, The Faythe, Wexford

National Learning Network Wexford Think Possible

Modules:

Communications
Retail Sales Techniques
Information Technology
Work Experience
Stock Control
Customer Service
Retail Payments
Procedures
Digital Media
Word Processing
Personal & Interpersonal
Development
Workplace Safety



FREE life changing courses & supported training

► HUGG: Healing Untold Grief Groups



HUGG'S Annual Suicide Bereavement Remembrance Event

Join us for this special gathering to remember our loved ones. This is a space for reflection, connection and shared hope. Registration not required.

Sunday, 9th November, 2pm

Dublin Unitarian Church & streamed live

St. Stephens Green, D02 YP23

► HSE Health and Wellbeing Podcast



In this episode of the HSE Talking Health and Wellbeing Podcast, host Eamon Keogh talks with Fiona Tuomey, CEO, HUGG, and HSE Suicide Bereavement Co-ordinator Ollie Skehan about suicide bereavement. They discuss how suicide bereavement profoundly affects individuals and communities in Ireland, with each death impacting an estimated 135 people and creating layered grief that includes emotional, practical, legal, and social challenges. The discussion emphasises the need for timely, accurate information and a flexible range of supports, from peer-led and non-clinical options (like support groups community spaces) to clinical care when needed. Reducing stigma and using trauma-informed, non-judgmental language are essential, as is active listening.

Access the podcast here.

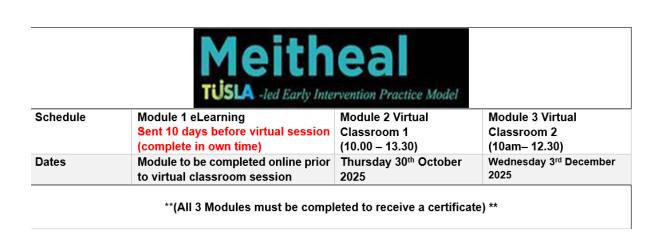
If you have been affected by this topic or would like more information please see supports available below:

www.hse.ie/grief www.hugg.ie www.pieta.ie www.childhoodbereavement.ie

► Meitheal Training

This training is available to any practitioner employed in the statutory or community/voluntary sector, who is working with children/young people and/or their families and is willing to become a Meitheal lead practitioner. The overall aim of Meitheal Standardised Training is to equip you with the skills necessary to apply the Meitheal Model in practice.

Applications: If you/or anyone on your team is interested in attending, please complete the application form attached and return it to me Sinead.cronindaly@tusla.ie



N.B. Applying for training is not a guarantee of a place. Spaces are limited and you will receive an email confirming your application and I will be in touch thereafter to inform you if you have received a place on the training course.

► Supporting Your Child's Positive Mental Health and Wellbeing in their Early Years

The first five years of your child's life are crucial for their long-term positive mental health. To help you create a nurturing environment, the National Parents Council (NPC), in partnership with St. Patrick's Mental Health Services, is offering **free online** webinars designed to empower parents with practical tools and advice.

Session Dates and Times:

Monday 22nd - Thursday 25th September: 10am or 7.30pm

• Friday, 26th September: 10am

What You'll Learn:

This programme provides valuable insights and strategies, including:

- How everyday life impacts your child's mental health.
- Helping your child manage emotions and cope with challenges.
- Building and nurturing a strong parent-child relationship.
- Supporting your child in developing resilience.
- Promoting children's rights for a mentally healthy life.

Practical steps to implement the Five Ways to Wellbeing.



Session Details:

Each webinar lasts approximately **70 minutes** and includes an interactive Q&A, giving you the opportunity to ask questions and receive tailored advice from our experienced facilitators.

How to Register:

To secure your spot, simply click the link below and choose your preferred date and time:

https://forms.office.com/e/MGVHtnh6Zt

Register Here

Please note, spaces are limited and will be allocated on a first-come, first-served basis, so don't delay!

Let's work together to create a positive and supportive foundation for your child's future.

Warm regards, National Parents Council

► Invitation to attend 'Planning for Play', a seminar hosted by the Department of Children, Disability and Equality - 14 October 2025



We are pleased to invite you to attend a one-day seminar entitled *Planning for Play* on the 14th of October in the Radisson Blu Hotel in Athlone.

The event has been designed with a focus on how children and young people's right to play and recreation can be realised during the Local Authority planning process.

Engaging and interactive presentations throughout the day will also explore play and

We hope that you can accept this invitation and join us in person. Further details on the final schedule for the day and venue specific information will be shared closer to the time.

We hope that a cross-sectoral representation of local authority staff and those who work alongside local authorities will come together for a day of inspiration, information sharing, and networking.

Please feel free to share this invitation with any relevant colleagues or contacts. Apologies for any cross-posting of this invitation.

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

recreation opportunities outside of the traditional playground space.

We look forward to meeting you at the Radisson Blu Hotel in Athlone on the 14 October. Kind regards,

Deirdre Reidy Assistant Principal Officer

► Tipperary Parent Hub Webinar Series

Please see attached poster with details on Parent Webinar Series across Autumn/Winter 2025. These webinars are free to parents and there will be a presentation on each topic at each webinar and opportunity for parents to ask questions also.

There is no need to register in advance as we want to make them as accessible to parents as possible, just use QR code for <u>link</u> to more info. These are open to individuals outside of Tipperary also.



Free Webinars for Parents



Free Webinars for Parents

Understanding and Supporting

Executive Functioning Skills for

Children with Dr. Áine O'Dea

Join us on the 25th September 7pm-8:30pm for a

relaxed and practical online workshop where we'll

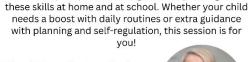
share simple tips and strategies to help strengthen

Tipperary Parent Hub is hosting a series of webinars in the upcoming months covering a range of popular topics for parents.

Join us and experts in the field on the following dates:

- 25th September 7pm-8:30pm Understanding and Supporting Executive Functioning Skills for Children with Dr. Aine O'Dea
- 22nd October 7pm-8:30pm Childhood anxiety and School Avoidance with Dr. Coleman Noctor
- 19th November 7pm-8:30pm Impact of Technology on Child Mental Health with Dr. Coleman Noctor
- 10th December 7pm-8:30pm Psychological Happiness with Patricia Allen-Garrett
- 14th January 7pm-8:30pm Emotional Happiness with Patricia Allen-Garrett

Scan the QR code for more info:



What is Executive Functioning:

- Staying focused
- Managing emotionsGetting organised
- Managing their time
- Remembering instructions

Scan the QR code for more info:



Please check the Tipperary Parents Hub for other events scheduled across the county, and you can share any of your events or news also on the parents hub, www.tipperaryparenthub.ie

Kind Regards

Stephanie O' Callaghan

Tipperary Children and Young People's Services Committee (CYPSC) Co-ordinator

Mobile: +353 872076726 | Email: stephanie.ocallaghan1@tusla.ie

Glenmorgar Ferryhouse Clonmel E91RF38

HEALTH

► RSV (Respiratory Syncytial Virus) and Immunisation

The RSV programme is currently running in the maternity hospitals and in the Community. As well as promoting uptake of the RSV immunisation, I want to highlight that the clinics in the Community will **end on 10th October** so time is of the essence in promoting this immunisation for babies born between 1st March and 31st August 2025. The maternity units will continue the programme for newborn babies until **28th February 2025**.



Protect your baby against Respiratory Syncytial Virus (RSV)



Useful documents / links

- The Parent/Guardian RSV leaflet
- A list of clinics for IHA CKTS & IHA WW which are subject to change depending on demand and you can book an appointment by logging on to the booking portal and if some parents cannot book, please advise them they can walk in and we will look after them. https://www2.hse.ie/conditions/rsv/immunisation/
- A <u>document about RSV for HCP</u> that highlights the success of the programme that ran in maternity units last year from 1st September 2024 to 28th February 2025.

Many thanks for your support in promoting this programme with your colleagues and with parents of a newborn whether it is the first child or a subsequent child. Please come back to me if you have any questions.

HSE Press Release - https://about.hse.ie/news/hse-extends-successful-immunisation-programme-to-protect-babies-from-rsv-this-winter

Kind regards,

Patricia McQuillan,

Stiúrthóir Altranais | Clár Vacsaíne Réigiúnach | Sláinte agus Folláine Director of Nursing | Regional Vaccination Programme | Health & Wellbeing

Events & Campaigns

▶ "Strengthening Food Sharing in Wexford": Food Cloud Event: 23 September, Wexford Arts Centre



Download the Food Cloud Event Poster here

Registration: This is a free event but registration is required. Register HERE

► Wexford Town Library: Services for Primary Schools



Access the newsletter outlining the full range of library services, events and resources for Primary Schools <u>here</u>: Wexford Town Library Services for Primary Schools

► Wexford Town Library Events – September

The Chatterbooks Book Club. We meet on the 3rd Tuesday of the month at 4pm in Wexford Library. 9-12 years.

Our next meeting is on Tuesday 16th September. Bring your favourite book of the summer! Feel free to mention the book club to any child that you chat with during the day, or feel free to send them our way, as it'd be really great to have more members. Why not bring a friend along! It's a very relaxed and easy going environment, we discuss the book at the start of the meeting, we talk about other books we've read, or a great movie we've seen, and then we do an activity: like origami, watercolour painting, etc.... somewhat based on the book we've read that month. It's great Fun so come along and join us. Previous reads so far in 2025 were: January: Freya's Gold by Fiona February: The Wild Robot by Peter Brown March: Cobweb by Michael Morpurgo April: Tom's midnight garden by Edith (graphic novel adaptation of Philippa Pearce's novel) May: The Great Adventures of Sherlock Holmes by Sir Arthur Conan Doyle June: Bird Boy by Catherine Bruton. Come and join us and meet other people and share the joy of reading.

Wexford Library Junior Chess Club. Beginners & Improvers / Intermediate & Advanced. Strictly 8-13 years.

Our Afterschool Junior Chess Club has moved to Saturday mornings for the new school term! Junior Chess Club will run from Saturday, 13th September to Saturday, 18th October at 11:30am – 12:30pm. Suitable for all player levels. Strictly for ages 8-13 yrs. One booking required. This will reserve all six weekly sessions. Booking is essential as places are very limited. If you have booked a session for your child and are unable to attend on that day, please contact us and we can offer that place to another child on our waiting list. Important Notice: Parents & guardians must stay in the library building for the duration of this event.

Wexford Library Teen Club, Wednesday, 24th September, 4:00pm - 5:00pm. Join Wexford Library's Teen club on the last Wednesday of each month for some crafts and chats! Suitable for 13 - 15 years. Booking is essential.

WWETB Apprenticeship Options Information Stand, Thursday, 25th September, 3:00pm - 5:00pm.

Join the WWETB in Wexford Library to learn more about all the apprenticeship options to the public, local schools and Youth centres in the Wexford area. Explore apprenticeships as an educational option. No booking required. Drop into Wexford Library between 3pm and 5pm.

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.

▶ Bunclody Library Events

Rhymetime for ages 0 to 5 years - every Wednesday at 11.15am

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



Saturday Storytime for ages 3 to 7 years – Saturday 27th September, 11.00 to 11.40am

Throughout the month of September, join us every Saturday morning for stories and songs. **No need to book - all welcome!**



Just Read! Junior Book Club for ages 9 to 12 years – Friday 26th September, 3.30 to 4.15pm

Our junior book club returns after the summer break. If you are interested in joining the book club, please telephone the library on 053 9375466. All are welcome.



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.

Kind regards,

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

Tel: +353 53 9375466

Web: .www.wexfordcoco.ie/libraries

► Coffee morning with bite size learning for everyday life



• This is a FREE event.

Register here for this event or contact Edel on 086 084 5354 / edelfinan@wwetb.ie

This coffee morning is open to everyone, and we welcome anyone who wants to learn more about digital literacy in a supportive and friendly setting.

When: Tuesday, 30 September 2025

Time: 9.30am to 1.00pm

Where: Ardmore Lounge - The Tower Hotel, Waterford



► Join Us for Kinship Care Day!

We are delighted to invite you to our Kinship Care Week celebration, taking place on **October 8**th **10am-2pm in The Wood Quay Venue, Dublin 8**. Map to event: <u>Wood Quay - Google Maps</u>

This event is a wonderful opportunity to bring together kinship carers, professionals, and policy makers to honour and celebrate the vital role kinship carers play in providing loving care.

We look forward to welcoming you to an inspiring and enjoyable event, with input from kinship carers, policy updates from the Department of Children, Disability & Equality, and guest input from Dr Joanna Fortune (https://solamh.com/pages/about-joanna), and Sarah Corbett Lynch (https://sarahcorbettlynch.ie/)

RSVP is required. Spaces are limited, please reply to this email to secure your place.



Dietary Requirements:

Please let us know if you have any dietary requirements.

Parking: The closest parking option is below and costs €10.40 per 2 hours;

Q-Park Christchurch 2 Werburgh Street, Dublin, D08 X981

► FREE Helium Online Workshops for Young People Living with Long-Term Health Conditions



Bookings are now open for our **FREE Online Autumn/Winter** workshops and camps for **children and young people with long-term health conditions**.

Online Workshops:

Distance Creates Winter Saturdays (Ages 6–8)

8, 15, 22, 29 Nov & 6, 13 Dec | Online Book your space HERE!

Distance Creates Winter Saturdays (Ages 9–12)

8, 15, 22, 29 Nov & 6, 13 Dec | Online Book your space HERE!

Youth Autumn Camp - Online (Ages 13-16)

28 Oct-1 Nov | Online Book your space HERE!

► Requesting details of parenting initiatives taking place during October for promotion under the Supporting Parents Communications campaign



Dear colleagues,

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

We are now seeking details of any parenting initiatives which will be taking place in October. As with previous months, a selection of these events will be promoted across DCDE 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 Monday 29 September to allow time for the DCDE Communications team to develop content for sharing across DCDE social channels.

You can check across DCDE 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@dcde.gov.ie for assistance. Kind regards

The Parenting Support Policy Unit

LITERACY

► International Literacy Day Partner Pack



We are sharing over the 'partner pack' for this year's International Literacy Day campaign, which will "'go live' on the 8 September this year. We are launching a national and regional awareness-raising campaign focused on Media Literacy that will take place across September (8 -21 September) and again in October 24-31 for Global Media and Information Literacy Week.

You will find attached the partner pack. It includes:

- Information about the campaign
- Key messages
- Events that are taking place all over Ireland
- Social media tags
- A link to download campaign assets

We wish to thank all our partners who have helped us in developing this year's campaign.

We hope you will be able to support the campaign and share the campaign messaging widely.

Kind Regards, ALL Team

Adult Literacy for Life

National Programme Office

www.adultliteracyforlife.ie

FUNDING

► Children's Active Play Fund

RETHINK IRELAND

What is the Children's Active Play Fund?

We invite applications from charitable organisations delivering innovative projects that encourage movement, activity and social connections, making it easier and more enjoyable for young people to lead active lives.

The fund offers a package of cash grants and non-financial supports for up to eight projects to help them expand and increase their social impact.

This includes:

- A multi-year cash grant worth up to between €130,000 €210,000 (per successful project)
- The non-financial supports include: o A place on Rethink Ireland's Accelerator Programme.
- o Business and capacity-building supports designed in consultation with successful projects on topics such as strategic planning, impact management, communications, and fundraising.
- Access to Rethink Ireland's networks.

Applicants can join one of our application clinics on Wednesday 24 September 2025 and Wednesday 1 October 2025. These one-hour webinars will provide information on fund eligibility and the application process and offer an opportunity to answer any questions you have. Register for an application clinic here:

- Wednesday 24 September at 11am Register <u>here</u>
- Wednesday 1 October at 11am Register <u>here</u>
- •

Applicants can apply to the Children's Active Play Fund via this online application. Applications are open from Monday, 1 September 2025 to Friday, 10 October 2025 at 1PM The full list of eligibility criteria can be <u>found here on our website</u> as well as details on how to submit your online application

▶ NDA Research Promotion Scheme 2025-26 funding call – closing 6 October



The National Disability Authority (NDA) is inviting proposals for our Research Promotion Scheme (RPS) 2025-26 from researchers, academic institutions, advocacy organisations, Disabled Persons Organisations, service providers or other relevant bodies

The RPS 2025-26 theme is Disability in Marginalised Groups and Communities with particular interest in proposals focused on disability issues in Traveller and/or Roma communities.

We anticipate awarding up to three grants and are open to individual grant applications for varying amounts between €15,000 and €40,000 with the total funding available not exceeding €80,000.

Applications are required to demonstrate meaningful involvement of disabled people in the research process as appropriate to the design of the study.

Proposals and Application Forms: Those interested in applying should review the full Call for Proposals and Application Forms, available for download on the <u>NDA Website</u>.

Deadline for receipt of completed applications is **12 noon on Monday 6th October 2025.** Please address any queries you have to: research@nda.ie

The NDA is the independent statutory body, providing evidence-informed advice and research to Government on disability policy and practice and promoting Universal Design.