

Wexford CYPSC Newsletter

30 May 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](#)



CONTENTS

Webinars and Training

- P.3 : Parent Workshop transition from Preschool to Primary.
- P.4 : HSE Balancing Stress online stress management programme.
- P.5 : Understanding Childhood Bereavement

Surveys

- P. 6 : Wexford One Health Survey
- P. 7 : Comhairle na nÓg - National Youth Health Survey

Library Events

- P. 8 : Enniscorthy Library – “My Little Library” Book Bags
- P. 9 : Bunclody Library Events

Events

- P.11 : Tusla Fostering Awareness Week
- P.12 : National Poster Competition 2025 : World Mental Health Day

WEBINARS & TRAINING

- Free parent workshop transition from preschool to primary June 3rd to June 6th



Join Our Free Transitions
from Pre-school to Primary
School Sessions!

REGISTER WITH LINK:
https://www.surveymonkey.com/r/Transition_Preschool_to_Primary_School_Week_of_3_June_2025

SCAN ME

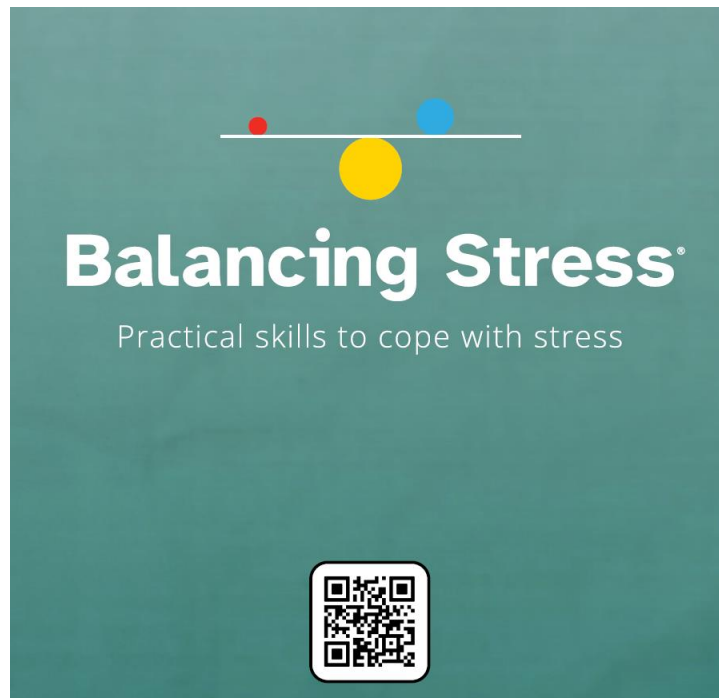


3RD TO 6TH JUNE
AT 10AM AND 7.30PM



NPC
SUPPORTING PARENTS
SUPPORTING CHILDREN

► HSE Balancing Stress - online stress management programme



HSE Mental Health and Wellbeing in partnership with HSE Psychology are delighted to present the Balancing Stress programme. This freely available online programme is designed to help people manage stress in their everyday lives using practical, evidence-based tools and exercises. The programme is designed for adults aged 18+ years.

The programme consists of six 35-minute online sessions and covers topics including: Managing worry, Managing anxiety, Managing low mood and depression, Understanding relationships and stress.

You can access the programme here: [HSE Balancing Stress programme](#)

Additional information about the programme is available on the Balancing Stress leaflet.

► **“Understanding Childhood Bereavement” Irish Childhood Bereavement Network Workshop : 16 June 2025 (Limited Places Remaining)**

Date : Monday 16 June

Time : 9.30am – 4.30pm

Venue : Kilcannon Garden Centre, Old Dublin Road, Enniscorthy, Wexford, Y21 F5D7



WORKSHOP:
Understanding
Childhood
Bereavement

1 Day Workshop - In Person

TUSLA in partnership with CYPSC and the Irish Childhood Bereavement Network bring CYPSC members a workshop on children's grief and bereavement which will support you to:

- ▶ Understand how bereavement impacts children at different developmental stages; grief reactions; supports; and "red flags"
- ▶ Increase your confidence in supporting bereaved families within the context and scope of your role
- ▶ Strengthen collaboration between local members and to develop a shared approach to bereavement support and a compassionate community
- ▶ Recognise grief-related challenges early and to guide families to appropriate support
- ▶ Develop a 'map' of local and national bereavement supports

For more information contact your local CYPSC Coordinator
Register soon as places are limited!



REGISTRATION : This workshop is free to attend, but you must register in advance using this link : [Participant Registration Form: Understanding Childhood Bereavement Workshop](#)

SURVEYS

► Wexford One Health Survey

The Institute for Health Logistics & Analytics at Georgia Southern University are currently completing a survey among residents in County Wexford and are looking for your help in sharing and completing the survey which will take 10-15 mins to complete.

The anonymous survey looks at how health, the environment, and daily life connect in Wexford. Everyone over 18 living in Wexford qualifies - no previous knowledge or experience needed to complete the survey. The results may help shape future health and environmental initiatives in Wexford. You can access the survey [here](#):


Please help spread the word through your groups, networks and via social media.

Healthy Wexford have posts on Facebook, Instagram and X that you can simply share also.



► Comhairle na nÓg - National Youth Health Survey


**National Youth
Health Survey**





SCAN ME
To take the survey
← - - - - -


Link: <https://forms.cloud.microsoft/e/LjyJiz4Vfp>

Are you aged 12-24?
Help us help your health

 Comhairle Contae
Loch Garman
Wexford
County Council

 FDYS

 Worked
Comhairle
na nÓg
Youth Council



LIBRARY EVENTS

► My Little Library Book Bags for all children starting school this year.



Enniscorthy Library can't wait to welcome all the 4, 5 and 6 year old children in to collect their book bags and begin their library membership journey.

To help children to navigate starting school, libraries have put together a bag with books and resources just for them that can be collected at any library.

The 'My Little Library Book Bag' initiative is a collaboration between libraries, the Department of Rural and Community Development, and the Department of Children, Equality, Disability, Integration and Youth as part of the First 5 Strategy.

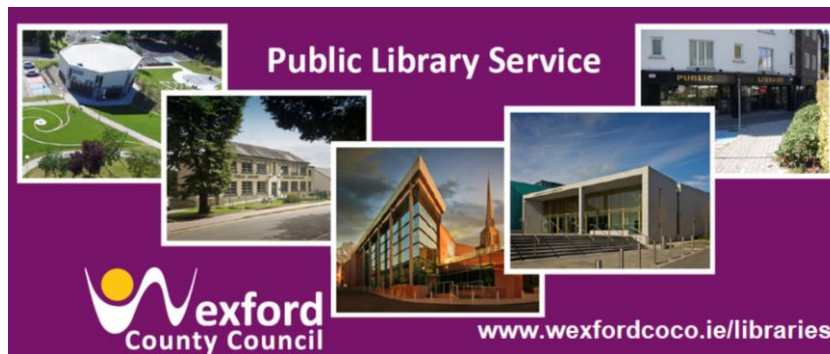
As part of the initiative, a 'My Little Library Book Bag' is available free for every child starting school in 2025 to help them to prepare for this big step.

Children and their parents or guardians can collect the bags at any library throughout the country from 9th of May 2025.

Each of the My Little Library Book Bag contains:

- A book on starting school and a second book on making friends or being comfortable to be yourself
- Their very own library card and special 'My Little Library' cardholder
- A range of resources for parents/children to support the transition to primary school, including a copy of Rufus Handwashing Storybook
- Book bags are available in both Irish and English.

► Bunclody Library Events



- **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**

- **Baby Playtime for Ages 0 to 2 years – Fri 6th June, 11.00am to 12.00pm**

On the first Friday of every month we have our baby sensory playtime morning. We will provide lots of fun sensory toys and story sacks. **No booking required.**

- **Young Adult Book Club for Ages 13 to 15 years - Fri 6th June, 4.15 to 5.00pm**

Join us for the Bunclody Library YA book club! This book club is for ages 13-15 years. New members are always welcome.

- **Cruinniú na nÓg: Singing and Music Workshop with Laura Hyland for Ages 4 to 6 years – Sat 7th June, 11.00 to 11.45am**

We'll use games, chats, listening exercises and sound experiments to create our own music or 'soundscape', with our voices, our bodies, our imagination, and our sensitivity to each other. Places limited, **booking required.**

- **Cruinniú na nÓg: Storytelling through LEGO: The Brick X Club for Ages 7 to 10 years – Sat 7th June, 2.30 to 4.00pm**

This engaging brick-building workshop invites children to explore themes of friendship, teamwork, and community through hands-on LEGO® challenges. **Booking essential.**

- **Father' Day Creation Station – Sat 14th June, 2.00 to 3.30pm**

Pop in to create a fantastic card that you can give to someone special on Father's Day. **No need to book.** All welcome!

- **Refugee Week: Rhymetime for Ages 0 to 5 years – Wed 18th June at 11.15am**

As part of our Refugee Week programme, join us for stories, songs and rhymes. All welcome, **no booking required.**

- **Summer Stars: Grown Ups & Me Storytime and Craft for Ages 4 to 7 years – Sat 21st June, 11.00am to 12.00pm**

Join us for a storytime and craft session for parents/guardians and their children.

Together, we will read some stories and create a little craft to bring home. **Booking essential.**

- **Summer Stars: Moo Music Workshops with Mairead - Sat 21st June, 2.30 to 3.30pm and Sat 28th June, 11.00am to 12.00pm**

Mairéad from Moo Music joins us for two fun, interactive music sessions for 0 to 5 year old children and their parents/guardians, where the children sing, dance, play, learn and have fun while doing it.

Booking essential.

- **Just Read! Junior Book Club – Fri 27th June, 3.30 to 4.15pm**

Join Shane for our Just Read! Junior Book Club for ages 9-12 years. If you are interested in joining the book club, please telephone the library.

- **Sensory Afternoon, Sat 28th June, 2.00 to 5.00pm**

We will have our Sensory Collection on display for families to come in and view. Items include: a dark den, sensory books, lego and duplo, story sacks, sensory basket and much more. All are welcome.

- **Summer Stars Colouring Station, Mon 30th June, 2.00 to 4.00pm**

Join us for a fun Summer Stars colouring event for all the family. **No booking required,** all welcome.

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

EVENTS

► Fostering Week



We foster, could you?

Want to make a positive
difference to a child's life?
Every foster child's journey
begins with a person like you.

Visit: fostering.ie

Freephone: 1800 226 771

Email: tusla.fostering@tusla.ie

Scan the QR code to find your
local event or register for an
online information session



TUSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



COMPETITIONS

► National Poster Competition 2025



Join our initiative to integrate the importance of mental health into everyday life!

Create a poster design to bring public voices into this vital conversation and create a meaningful resource.

Closing Date June 27th 2025

Submissions welcomed under the following categories:

*Individuals or groups can apply (Anybody, of any age, from anywhere in Ireland, of any background).

- Workplaces (if you work, whether you are applying under your workplace or as yourself)
- Universities (If you are of university going age, whether you attend or not)
- Schools (If you are of school going age, whether you attend or not)
- Disability (If you have a disability and would like to apply as an individual or with a group)
- Community (If you have a passion to support your community, OR if you don't identify with any of the above you can apply under this category. Community also offers a space for underrepresented voices, including Neurodiverse Networks, LGBT+, Black & Ethnic Minority, Traveller & Roma communities, [and more](#))