

Wexford CYPSC Newsletter

31 October 2025

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

► Substance Use Information and Awareness Session





Andy Hargreaves, Drug Education Officer with the HSE Substance Misuse Service will be facilitating a 1 hour information and awareness session on Substance Use.

Some of the topics that will be covered are:

- ▶ What is a drug?
- ► What do drugs look like?
- Why do some teenagers and adults take drugs?
- Some signs and symptoms of drug use
- ▶ Understanding some of the causes of drug-related problems
- Some of the consequences of taking drugs
- Practical ways that professionals/loved ones/friends can help
- Communication between adults and teenagers regarding substance use (SAOR Programme)
- ► Contact details of local confidential help available

The session will be informal, and you are encouraged to ask questions and join in as much as you are able to.

Date and Venue : This training will take place online using Microsoft Teams. Two sessions are available

- Tuesday 11 November at 2pm
- Wednesday 12 November at 11am

Registration: Please complete a registration form online to indicate your date of choice.

Complete the <u>Registration form Substance Use Information Session</u>. You will be sent the appropriate link for the event.

SAOR Training

If the above information and awareness session was of interest to you, and you would like more in-depth skills, you can then participate in SAOR training. The SAOR training helps professionals and volunteers to effectively raise the issue of drug use with members of their respective target groups. You will be able to support the person, ask about their drug use, assess their level of drug use, offer assistance and refer them to appropriate services.

The SAOR training involves a 1 hour online training course and 3 hours in-person training.

There is no cost for any of the above training.

► Suicide Prevention Training in Wexford

Dear Colleagues,

I'm emailing to let you know there are spaces available for upcoming safeTALK and ASIST from the HSE Regional Suicide Resource Office in Kilcannon Garden Centre, Enniscorthy. Please follow the links below.



safeTALK (Suicide Alertness Training)
Friday 14th November 9.30am to 1pm
Register_here.



Understanding Self-Harm Thursday 20th November 9.15am-4.30pm

Register here.

To view our full training schedule: www.bookwhen.com/sro

To learn more about suicide prevention trainings from the

HSE: https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/training/types-of-training/

If you have any queries relating to training, please contact me on the numbers below.

Kind Regards,

Niamh O'Gorman

Oifigeach Forbartha agus Oiliúna | Development and Training Officer

087 1800766 | 051 874013 | www.connectingforlifesoutheast.ie

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

To access free online suicide prevention training, *Let's Talk About Suicide*, please visit https://traininghub.nosp.ie/

To book a place on any of our suicide prevention, self-harm or suicide bereavement training programmes,

please visit www.bookwhen.com/sro

► Healthy Weight for Children Annual Learning and Sharing Webinar Event Invitation; Tuesday 25th November 10 - 12.30 pm

Hello all,

We've the official invitation to register for our annual learning and sharing event, which is now live for you to share widely.

We invite you to <u>REGISTER</u> for an engaging webinar featuring a series of presentations focused on nutrition in the early years, culminating in a keynote on the recently published TOPCHILD research and a panel discussion with leading experts.



Programme Highlights:

- Update on resources and supports from HSE for parents introducing family foods to their baby
- Nutrition Support in Early Years and Education Presented by Kathryn O'Riordan, Department of Children, Disability, and Equality.
- Food Reformulation Roadmap Focus on commercially available complementary foods, presented by Sinead O'Mahoney, Food Safety Authority of Ireland.
- Update on the safefood Food Environment Campaign Presented by Aileen McGloin, safefood.
- Keynote Presentation: TOPCHILD Research (TBC)

Following the presentations, a panel discussion will explore key learnings from the TOPCHILD research, featuring contributions from:

- Aileen McGloin, safefood
- Fiona Ward, Department of Health
- Dr Abigail Collins, National Healthy Childhood Programme, HSE

We look forward to your participation in this important conversation on early years nutrition.

Veronica Conti

Project Manager – Healthy Eating Active Living Programme

Healthy Eating Active Living Programme, HSE Health & Wellbeing, Parkgate Business Centre, Parkgate St, Dublin 8, D08 YFF1.

Phone: 087 0936654 | Email: veronica.conti1@hse.ie



EVENTS & CAMPAIGNS

► Wexford Town Library Events



History Club for Teenagers, 2nd Thursday of every month, 6:30pm - 7:30pm.

Join Derek on the second Thursday of every month at 6.30pm for historical discussions, research projects, journaling, genealogy studies, guest speakers and more. The club is suitable for 14-17 year olds. Book online or phone: 053 9196760. Should you require additional supports to attend this event please contact Wexford Library 053 919 6760 or email wexfordlibrary@wexfordcoco.ie.

The Chatterbooks Book Club. We meet on the 3rd Tuesday of the month at 4pm in Wexford Library. 9-12 years. Tuesday, 21st October, 4:00pm - 5:00pm.

Our next meeting is on Tuesday 21st October. The book we will read is The ghosts of magnificent children by Caroline Busher.

Books read 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!

Weekly Events

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.

Healthy living for everyday life

Trusted information for better health

At your local library

Every Tuesday morning from September to December 10:30 am - 12 pm

Join us for a series of health and wellbeing talks at your local library, delivered by trusted professionals.

You will learn how to make healthy lifestyle choices, that will benefit you and those around you in everyday life.

To book and for more information

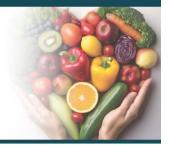
(053) 919 6760

www.wexfordcoco.ie/ libraries/whats-on-inmy-library



We will explore the cycle of change together.

















Healthy living for everyday life

Trusted information for better health

Wexford library

Every Tuesday morning 10:30 am - 12 pm

16 September 2025 Alcohol awareness

Reducing the health risk (Irish Heart Foundation)

23 September 2025 **Movement matters**

Practical tips for everyday exercise (Sports Active Wexford)

30 September 2025 Understanding smoking and vaping

Tools and supports to quit (HSE Health Promotion)

07 October 2025 Healthy eating

Eat well, live well (HSE Dietician)

14 October 2025 Cancer risk reduction

Reduce risk and spot signs (HSE Health Promotion)

21 October 2025 Five ways to wellbeing

Introduction to mental wellbeing (Mental Health Ireland)

Talks are free but booking is essential.

Please drop in, email wexfordlibrary@wexfordcoco.ie or give us a call on 053 919 6760 to book your place.















► 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**.



Young Adult Book Club for ages 13 to 15 years - Friday 7^{th} November, 4.15 to 5.00pm

Join us for the Bunclody Library YA book club! New members are always welcome.



Saturday Storytime - Saturday 8th November, 11.00 to 11.40am

Join us for stories and songs. No booking required.



An introduction to Micro:Bits and VR Headsets ages 9+ – Saturday 8th November, 2.30 to 3.30pm

Join us to learn about Micro:Bits and how to create a simple game programme! We are also excited to introduce our VR Headsets - explore the ocean, get up close to wild animals and much more. This pop-up event is suitable for **ages 9+**. All welcome – **no need to book.**



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.

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

Tel: +353 53 9375466

Web: .www.wexfordcoco.ie/libraries

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07 October 2025 Alcohol awareness

Reducing the health risk (Irish Heart Foundation)

14 October 2025 Movement matters

Practical tips for everyday exercise (Sports Active Wexford)

*20 October 2025 Understanding smoking and vaping

Tools and supports to quit (HSE Health Promotion)

04 October 2025 Healthy eating

Eat well, live well (HSE Dietician)

11 November 2025 Cancer risk reduction

Reduce risk and spot signs (HSE Health Promotion)

18 November 2025 Five ways to wellbeing

Introduction to mental wellbeing (Mental Health Ireland)

(* Monday 20th- change to session)

Talks are free but booking is essential.

Please drop in, email bunclodylibrary@wexfordcoco.ie or give us a call on 053 937 5466 to book your place.

















► Enniscorthy Library Events



Baby and Toddler Rhyme Time at Enniscorthy Library - every Tuesday at 10.30am Join us in Enniscorthy Library every Tuesday at 10.30am for songs, stories and rhymes! Perfect for up to 3 years old but fun for everyone! Through rhymes children naturally learn essential skills for communicating such as turn-taking and joining in. All



Interactive Story Time at Enniscorthy Library – every Saturday at 11am

Join us in Enniscorthy Library every Saturday at 11am for our Interactive Story Time! Perfect for 3-5 years old.

Through the magic of storytelling, children are transported to far-off lands, introduced to diverse characters, and exposed to a rich tapestry of language, all while developing fundamental literacy skills such as vocabulary acquisition, comprehension, and phonological awareness. All welcome and no booking required.

Beata Marchilewicz Phone: (053) 923 6055 E: beata.marchilewicz@wexfordcoco.ie

Find us on Facebook: www.facebook.com/enniscorhylib

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Enniscorthy library

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14 October 2025

Alcohol awareness

Reducing the health risk (Irish Heart Foundation)

21 October 2025

Movement matters

Practical tips for everyday exercise (Sports Active Wexford)

04 November 2025

Understanding smoking and vaping Tools and supports to quit (HSE Health Promotion)

11 November 2025

Healthy eating Eat well, live well (HSE Dietician)

18 November 2025

Cancer risk reduction

Reduce risk and spot signs (HSE Health Promotion)

*26 November 2025

Five ways to wellbeing Introduction to mental wellbeing (Mental Health Ireland)

(*Wednesday 26th- change to session)

Talks are free but booking is essential.

email enniscorthylibrary@wexfordcoco.ie or give us a call on 053 923 6055 to book your place.













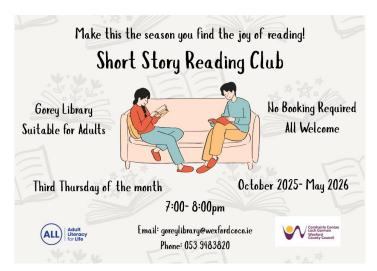




► Gorey Library Events

Short Story Reading Club, 3rd Thursday every month until May 2026

Gorey library's new season of the Short Story Reading Club starts on Thursday 16th October, with further sessions scheduled for the **third Thursday every month until May 2026!**



The dates are as follows:

Thursday, 20 November 2025

Thursday, 18 December 2025

Thursday, 15 January 2026

Thursday, 19 February 2026

Thursday, 19 March 2026

Thursday, 16 April 2026

Thursday, 21 May 2026

All are welcome to join us in finding the joy of reading this Autumn. The group will read all-new short stories, share ideas on them and build confidence in reading-together!

It is perfect for

- native and non-native speakers who are ready to read for pleasure.
- people who have fallen out of the habit of reading (or never really got into the habit in the first place).
- people who would like to build their confidence in reading aloud
- people who would like to share the experience of reading with other people

Please feel free to share this message among your network, learners, family and friends.

Mary Kearney | Executive Librarian | Gorey Library

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Trusted information for better health

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To book and for more information



(053) 919 6760

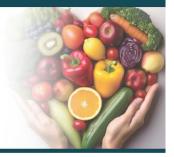


www.wexfordcoco.ie/ libraries/whats-on-inmy-library



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Gorey library

Every Tuesday morning 10:30 am – 12 pm

23 September 2025 Alcohol awareness

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07 October 2025

Understanding smoking and vaping Tools and supports to quit (HSE Health Promotion)

14 October 2025 Healthy eating

Eat well, live well (HSE Dietician)

21 October 2025

Reduce risk and spot signs (HSE Health Promotion)

04 November 2025

Five ways to wellbeing Introduction to mental wellbeing (Mental Health Ireland)

Talks are free but booking is essential.

Please drop in, email goreylibrary@wexfordcoco.ie or give us a call on 053 948 3820 to book your place.

















▶ New Ross Library Events

Healthy living for everyday life

Trusted information for better health

At your local library

Every Tuesday morning from September to December 10:30 am - 12 pm

Join us for a series of health and wellbeing talks at your local library, delivered by trusted professionals.

You will learn how to make healthy lifestyle choices, that will benefit you and those around you in everyday life.

To book and for more information

(053) 919 6760

www.wexfordcoco.ie/ libraries/whats-on-inmy-library



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04 November 2025

Reduce risk and spot signs (HSE Health Promotion)

11 November 2025 Five ways to wellbeing

Introduction to mental wellbeing (Mental Health Ireland)

Talks are free but booking is essential.

Please drop in. email newrosslib@wexfordcoco.ie or give us a call on 051 421 877 to book your place.













► Invitation to the Launch of the Evaluation of the Parental Advocacy and Information Service delivered by Barnardos



Dear All,

We're delighted to invite you to the Launch of the Evaluation of the Parental Advocacy and Information Service delivered by Barnardos.

Speakers include:

- Dr Clive Diaz, Professor of Social Work, Swansea University
- Tanya Ward, CEO, Children's Right Alliance
- Francis Chance, Chairperson of the Project Oversight Group
- Niamh McCarthy, Head of Parental Advocacy and Information Service delivered by Barnardos Ireland
- Representative from Tusla
- Parents who have used the service

Please register your attendance via **Eventbrite**

Kind Regards,

Szilvia Gál, Administration Worker, Parental Advocacy Service delivered by Barnardos, 4 Christchurch Square

Dublin 8

M: 086 084 0445, P: 01 708 0444 | Email: szilvia.gal@barnardos.ie

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



Dear colleagues,

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 November. 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 Thursday 30 October 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 <u>parentingsupport@dcde.gov.ie</u> for assistance.

Kind regards

The Parenting Support Policy Unit

► The Irish Childhood Bereavement Network. Bereaved Children's Awareness Week will take place from 17th to 23rd November



This year's Bereaved Children's Awareness Week will take place from 17th to 23rd November. We would love for you to get involved in your workplaces and communities.

The theme this year is a powerful reminder: Children Grieve Too. We want to help parents, carers, and supporters to feel empowered and to encourage curiosity in our communities about children's grief. Throughout the campaign, we'll be shining a spotlight on the healing power of books — how stories can help children and young people understand and express their grief.

We're inviting you to be part of a powerful movement to support grieving children across Ireland. This year's theme, **Children Grieve Too**, is a vital reminder that children experience loss deeply and with the right support, they can learn to live with their grief in healthy and hopeful ways.

Here's how you can make a difference:

- Host a stand or display in your workplace.
- Put up a poster on your local notice board.
- Organise a viewing of one of our webinars with colleagues.
- Share our website with families who may benefit.

• Join the conversation on social media.

You can order your **free resource pack here!**

Please note: packs are standardised and we're unable to fulfil personalised orders.

If you're planning a public event, we'd love to help spread the word by featuring it on our website. Just email the details to info@childhoodbereavement.ie.

Together, we can ensure that every grieving child feels seen, supported, and understood.

More Information

PARENT SUPPORT

► HSE Webinar for Parents on Vaping & Psychoactive Substances



Dear Childcare Committee / CYPSC / Parent Hub,

My name is Margaret Bolger, and I am the Early Years Manager at the National Parents Council (NPC).

As part of our ongoing work to support parents and enhance children's early learning and wellbeing, we are excited to invite you to partner with us in offering free, high-quality parent training workshops in your area.

With **Mental Health Month** taking place this October, it's an ideal time to promote positive mental health and wellbeing within our communities.

What We Offer:

Supporting Your Child's Positive Mental Health

This interactive workshop is designed to help parents support and nurture their child's mental health from an early age. It can be delivered **online or in person**, depending on your preference and capacity.

NPC is happy to collaborate with:

- Childcare Committees/Parenting Hubs/CYPSC groups to deliver training to local families
- Early Years providers to offer tailored sessions for the families they support
- Communities of Practice (if applicable) I would be delighted to attend a session to present NPC's full training offering

We would love to work with you to host a session during or around Mental Health Month, but we are also available year-round.

Please feel free to contact me with any questions or to arrange a session. I look forward to the possibility of working together to support parents in your area.

Kind Regards

Margaret Bolger , Early Years Services Manager, 01-8874484, mbolger@npc.ie

LITERACY

► Financial Literacy-Free Community Event - Managing and Keeping your Money Safe





Dear colleagues and partners,

Please see pictured below, details of a **free financial literacy event taking place in** Whites Hotel, Wexford on Wednesday 12 November, 10am–12pm (refreshments from 9.30am).

This community event will help people **learn how to manage their money** and keep it safe, with guest speakers covering topics such as:

- Avoiding fraud and scams
- Budgeting
- Preparing for financial emergencies
- Local supports available

We'd really appreciate your help in **sharing this event** with anyone who would benefit most — particularly **those in your community or service who may need extra support managing money or avoiding scams**.

People can register by calling Keith on 086 786 1828 or simply come along on the day. If you would like to contact me with the number of people you will be bringing along, you can register your group that way as well.

Thank you for helping us spread the word and supporting those who need it most.

Managing and keeping your money safe

Free community event

When: Wednesday 12 November 2025 10am - 12pm Refreshments from 9.30am

Where: Whites Hotel, Wexford The McClure Suite

Do you want to learn how to manage your money and keep it safe?

Then come along to hear guest speakers at our free information event on Wednesday 12 November 2025.

We will talk about:

- Keeping your money safe from fraud
- Budgeting
- · Preparing for financial emergencies
- · The supports that are available locally

There will be:

- · A questions and answers session and
- Local organisations will have stands at the event

How do you register to attend?

- Call Keith on 086 786 1828
- · Register on the day at the event













Kind Regards, Edel Finan

► Literacy Awareness Newsletter







▶ Get Lit Podcast



The podcast aims to raise awareness of literacy make supports easier to find, and connect people to adult literacy services.

Scan the QR code to follow

the podcast on Spotify



► Let's talk about media literacy

Having good media literacy means we can ask the right questions to be able to better understand media. This makes it easier to safely use media for the things that matter.



Full Newsletter Issue 5 Autumn 2025

Funding

► Supporting Parents, Parent Peer Support Fund 2025/26



An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige Department of Children, Equality, Disability, Integration and Youth



The Parent Peer Support Fund:

The Supporting Parents, Parent Peer Support Fund 2025/26 supports statutory, community and voluntary organisations leading or co-ordinating peer support projects for parents and those in a parenting role. The activities funded should focus on best practice in the areas of parent peer support. We encourage applications from organisations already providing peer supports for parents and those wishing to launch new projects.

Two tiers of funding will be made available under the 2025/26 Parent Peer Support Fund.

- 1. Tier 1 will provide grants of €2,500 to successful applicants who either currently operate, or wish to establish a new parent peer support project.
- 2. Tier 2 will provide grants of €5,000 to successful applicants who wish to scale up an existing parent peer support project, that has been proven to have a positive impact for parents.

Organisations seeking funding, should only submit an application for funding under either Tier 1 or Tier 2. Applications for both tiers of funding from the same organisation will not be accepted.

Aims of the Fund:

Please click here for full details and how to apply.

Application Process

- The 2025/26 Parent Peer Support Fund is open for applications from Tuesday 30 September until Friday 31 October 2025.
- Grant applications must be received by the deadline of Friday 31 October 2025, by email only to parentingsupport@dcde.gov.ie. The email must be sent from, or cc, the signatory to the application.
- Funding will be made available to successful applicants in early 2026.
- All funding must be expended by 31 December of the year funding is awarded.