

## Wexford CYPSC Newsletter

9 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 : “Strong Not Tough” Resilience Training : 16 May 2025

P.4 : Shout Out : Free Information Session 21 May 2025

P.5 : “Understanding Childhood Bereavement” Irish Childhood Bereavement Network Workshop

### Conferences

P.6 : National Forum : Collaborative Approaches to Supporting Young People with Physical Disabilities

P.7 : Climate Action & Biodiversity Fortnight 12-25 May 2025

### Health and Wellbeing

P.8 : Trusted Sources of Health and Wellbeing Information

P.9 : HSE Balancing Stress Programme

### Resources

P.10 : Irish Hospice Foundation – Bereavement Support Line

## WEBINARS & TRAINING

### ► “Strong Not Tough” Resilience Training : 16 May 2025

#### 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 volunteers/ leaders across County Wexford. The learning and concepts of the programme using the CBT approach provides an invaluable skillset for themselves and to share with the wider communities, in their homes, clubs etc.

Supported by:



Healthy  
**Wexford**



Riailtas na hÉireann  
Government of Ireland



*The Healthy Ireland Fund supported by the Department of Health*

Course delivered by



16<sup>th</sup> May 2025  
10am to 5pm

County Hall  
Carricklawn, Wexford

Pre-Booking required:  
Expressions of interest to  
Annette Dupuy  
[annette.dupuy@wexfordcoco.ie](mailto:annette.dupuy@wexfordcoco.ie)  
087-6095565

► **"Shout Out" : Free Information Session: 21 May 2025**



**Inclusive Homes Workshop  
for Parents & Guardians**

**Wednesday, May 21st - 8 to 9 PM**  
**Riverside Park Hotel, The Promenade,  
Enniscorthy, Y21 T2F4**

A practical session for parents, guardians,  
and allies on creating an inclusive home,  
understanding identity, and supporting  
young people.

**Topics include:**

- ✓ Safe spaces & coming out
- ✓ They/them pronouns
- ✓ Inclusive books & films
- ✓ Open Q&A



**SCAN TO REGISTER**

**Join us & learn how small steps make  
a big difference!**



**REGISTRATION** : Scan QR code above or use this link : [Register HERE](#)

"ShoutOut" promotes inclusion through education by delivering LGBTQ+ Educational Programmes in schools, workplaces and service providers. To find out more about ["Shout Out"](#), see their website.

## ► “Understanding Childhood Bereavement” Irish Childhood Bereavement Network Workshop : 16 June 2025

**Date** : Monday 16 June

**Time** : 9.30am – 4.30pm

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



**WORKSHOP:**  
Understanding  
Childhood  
Bereavement

**CYPSC**  
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

**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](#)



## EVENTS

### ► National Forum : Collaborative Approaches to Supporting Young People with Physical Disabilities



## NATIONAL FORUM

### Collaborative Approaches to Supporting Young People with Physical Disabilities

This **national forum** lead by Youth Work Ireland and its members, will provide a **sharing and collaborative** space for support services / agencies, policy makers and funders working with young people with physical disabilities to connect, strengthen relationships, share best practices and identify actions for improved support in youth work.

- Date:** Monday 19th May 2025
- Time:** 11am – 3pm
- Venues:** IHREC, Green Street, Dublin 7
- Attendees:** Policy and decision makers  
Young people with physical disabilities – advocates and activists  
Youth work services  
National disability organisations  
Support services working with young people with disabilities.

**Register** [Register your attendance here>>>](#)

- Goals:** Strengthen inter-agency relationships  
Share best practices and resources  
Identify gaps and opportunities for collaboration  
Develop action points for improved support

**Outcomes:** **Increased Awareness & Understanding:** Provide a space for all participants to gain a deeper understanding of the challenges young people with physical disabilities face in engaging in their communities.

**Cross-Sector Collaboration:** Strengthen networks between youth services and national disabilities organisation to better identify and support young people with disabilities.

**Shared Resources & Best Practices:** Exchange of learning, knowledge, tools, methodologies to enhance engagement and build capacity in youth work.

**Action, Strategies & Policy Recommendations:** Identify recommendations for policy and decision makers to improve inclusion, connection and engagement pathways.

**Empower Young People:** Support young people with disabilities to have a platform to voice their experiences and ideas, contributing directly to shaping more inclusive actions, strategies and policies.

**Commitments for Change:** Establish follow-up actions, working groups, or initiatives to ensure the event leads to a tangible, lasting impact.



► **Climate Action & Biodiversity Fortnight 12-25 May 2025**



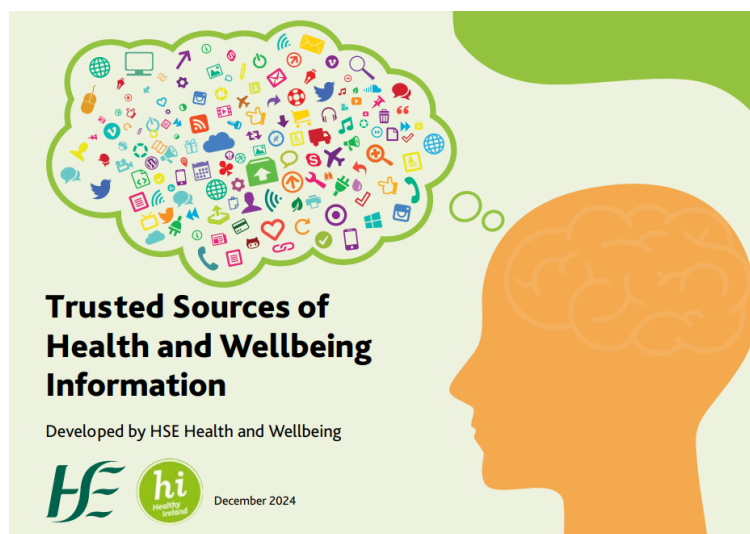
Wexford County Council's Climate Action & Biodiversity Fortnight 2025 is about raising awareness on actions and measures we can all do at a personal and local level and to showcase some of the projects and initiatives underway across our County.

The fortnight serves as a platform to inspire action and drive positive change at local level. Attendance to the Climate Action & Biodiversity Fortnight events is free, with booking required for some events.

A number of events are scheduled to take place throughout Climate Action & Biodiversity Fortnight. For further details see [Wexford Co. Council](https://www.wexfordco.ie/council) website page here.

## HEALTH & WELLBEING

### ► Trusted Sources of Health and Wellbeing Information



Access "[Trusted Sources of Health and Wellbeing Information](#)" [here](#)

As you are aware, correct information from trusted and reliable sources is really important when promoting health and wellbeing, and providing advice to the public. As a reminder, to ensure that we in the HSE, and our partners, communicate reliable and trusted information to the public in relation to health and wellbeing, we have developed, and continually review and update, the Trusted Sources of Information document.

Please find attached the most recent Trusted Sources of Information document which can also be ordered from [www.healthpromotion.ie](http://www.healthpromotion.ie)

We would be grateful if you could circulate this partners involved in initiatives and projects funded by, or associated with, HSE, Sláintecare Healthy Communities and Healthy Ireland.

Kind regards,

Sarah

**Sarah McCormack**

Ceannasáí Náisiúnta um Éire Shláintiúil | National Healthy Ireland Lead



## ► HSE Balancing Stress Programme



The HSE Balancing Stress Programme is a new, free resource on the HSE website to help people to manage stress using practical, evidence-based tools and exercises.

The HSE Balancing Stress programme is a six-part series developed by HSE Health and Wellbeing and HSE Psychology. Each 35-minute video combines proven psychological approaches – including Cognitive Behavioural Therapy, and Positive Psychology to help people build resilience and manage stress in everyday life. HSE Balancing Stress programme

Join us to:

- Learn about the background and development of the programme
- Find out how you and your service can use and share this free online programme
- Hear from a panel of experts about the impact of stress and the role of digital supports in stress management
- Explore how we can enhance population mental health and wellbeing

This event is open to all including healthcare staff, community and voluntary organisations, and the general public. Everyone is welcome.

Please share this invitation widely to help us promote HSE Balancing Stress.

Warm Regards

Dr Aisling Sheehan, National Lead HSE Alcohol and Mental Health and Wellbeing Programmes

## RESOURCES

### ► Irish Hospice Foundation – Bereavement Support Line



Are you grieving the loss of someone close? Or are you supporting or working with someone who is bereaved?

The **Bereavement Support Line** is a national freephone service run by Irish Hospice Foundation in partnership with the HSE. It offers a confidential space for those who have lost a loved one, friend, or colleague to share their grief with someone who is grief-trained and who really understands the grieving journey. The Bereavement Support Line also offers signposting to local bereavement supports (e.g., counselling information in their locality). Any professional, friend, or family member who is supporting a bereaved person can call for information and guidance.

#### How do I call the Bereavement Support Line?

Call freephone **1800 80 70 77**. The line is open **Monday to Friday, 10am to 1pm (excluding bank holidays)**. If the line is busy when you call or if you call outside of these hours, you can request a call back, and you will receive an automatic callback as soon as an agent is available or the line reopens.

Who can call?

Anyone in Ireland over 18 can call. We welcome calls from people who have been impacted by grief in different ways. This includes people who are:

- Recently bereaved or bereaved many years ago.
- Concerned about a friend or family member who is bereaved and are seeking advice and support on how to best support them.
- Looking for bereavement support services in their area.
- Professionals wanting to inform the care their organisation can offer to bereaved colleagues.